

# GFWC Georgia Monthly Connections

# It's Back!

The GFWC Georgia Monthly Connections is returning to your inbox, but with a different look and vibe. This e-bulletin is intended as a supplement to The Georgia Clubwoman newsletter, offering more in-depth information on projects, programs, partnerships, events, deadlines, and issues during the month. Through this monthly supplement, our hope is that the clubwomen of Georgia will be better informed, educated, and inspired to work in and serve our communities. Let's find our purpose, our passion, and our power and stay.

#### connected!

The month of August feels bittersweet and brings several emotions with it. There is something nostalgic and sad — it's still summer after all, but most have taken those vacations as many schools in Georgia start the new year at the beginning of August. We feel summer's lazy, hazy days slipping away — sunrises are later, and sunsets are earlier. But there is also hope and excitement in the air as GFWC Georgia members gather in Athens for Institute and LEADS—that "motivational kickstart" weekend for the new club year, filled with learning, laughter, fun, food, and fellowship! Welcome August and the start of a new Club Year!

### 2023 LEADS, Institute, and State Board

#### **Calling All Federated Sisters**



All federated sisters across Georgia are urged to set aside August 25-26 for a weekend of fellowship, friendship, and fun as GFWC Georgia prepares for another exciting and productive club year.

**WHEN** August 25-26, 2023

WHERE UGA Center for Continuing Education & Hotel

117 South Lumpkin Street Athens, GA 30602-3603

WHY Fun, training, fellowship, ideas, food, guest speakers, etc.!

#### A Quick Glance at the Weekend

#### Friday, August 25, 2023

- ◆ LEADS Workshop (*Registration Required*) 9:30 AM (Registration) 10 AM to 4 PM
- ♦ Ella F. White Memorial Endowment Committee Meeting 3:30 PM to 4:30 PM
- ♦ Registration 4:00 PM to 8:00 PM
- ♦ GFWC 2025 Convention Meetings (By Invitation Only) 4:00 PM to 6:00 PM
- ◆ Executive Committee Meeting/Dinner 6:30 PM to 9:30 PM
- ♦ "Hall of Fame" Club Project Set-Up 3:00 PM to 8:00 PM

#### Saturday, August 26, 2023

- ♦ Registration 7:30 AM to 4:00 PM
- ♦ Vendor Exhibits Set-Up 8:00 AM to 9:00 AM
- ♦ Shopping (Vendors, GFWC Georgia Sellables, District Baskets) 9:00 AM to 5:00 PM
- ♦ "Hall of Fame" Displays 8:00 AM to 5:00 PM
- ◆ Opening Session (Welcome, Officer and Committee Presentations) 8:30 AM to 10:00 AM
- ♦ Morning Session (*Juniorettes, Historian, Task Force Report, Membership/National Day of Service*) 10:30 AM to 12:00 PM
- ♦ "Empty Bowl" Lunch (Guest Speaker—Erin Barger) 12:00 PM to 1:00 PM
- ♦ Afternoon Session (GFWC Awards, Wellspring Living, Damsel in Defense, Human Trafficking, Director of Junior Clubs Special Project, Legislative Update) 1:15 PM to 4:00 PM
- ♦ Junior Conference Meeting 4:15 PM to 5:15 PM
- ◆ Dinner and State Board Meeting 6:30 PM to 9:00 PM
- ♦ Bingo (benefiting Wellspring Living) 9:00 PM to 10:00 PM
- ♦ District Gatherings 10:00 PM to 11:00 PM

#### **GFWC Georgia LEADS 2023**



Where: First Presbyterian Church of Athens

185 East Hancock Avenue

Athens, GA 30601

**When:** Friday, August 25, 2023—9:30 am to 4:00 pm

Who: All interested GFWC GA Clubwomen

Cost: \$30, includes lunch

**Registration Required** 

Take a **Road Trip** through GFWC Leadership! Our Compass will "**LEAD**" us to new places and topics. We will visit the following:

- **BEACH** How to handle the waves of GFWC with relevant information on various topics.
- **DESERT** How to handle those "Hot" and "Uncomfortable" topics in your Club.
- MOUNTAINS AND LAKES— How to maneuver the "HIGHS" of Club Work as we Fish through different topics of club leadership.

Juliet Casper, GFWC Legislative and Public Policy Chairman, will share her insights on club leadership.

#### **Registration Deadlines**

Hotel — July 31, 2023

LEADS and Institute — August 11, 2023, by 11:59 PM



#### What to Bring to Institute

- Club Projects and Programs (no more than 3) for "Hall of Fame" Exhibition "Most Creative" and "People's Choice" winners determined by members. Display project on Foam Board (20" x 30") pictures, media coverage, programs, agendas, steps to accomplish the project, and possible handouts to share. Easels provided.
- School Supplies for Children in Foster Care donated to Department of Family and Children Services (Back Pack, Scissors, Pencil Box. Crayons. Dry Erase Markers, Pencils, Glue Sticks, Erasers, Colored Pencils, Pocket Folders, Spiral Notebooks, 3-Hole Punched Paper, 3-Ring Binder, Box of Tissues, Cleaning Wipes, Bottle of Glue). Bring to Opening Session Saturday Morning.
- Grocery Store Gift Cards (*Publix, Kroger, Ingles, etc.*) and Children's Pajamas (*infant to 18 years*) for Military Families in Support of the Tammy S. McEver Christmas Assistance Program (CAP) of the Georgia National Guard Military Family Support Branch.
- \$\$ Money for Shopping and Fundraisers Vendors, GFWC Georgia Sellables, District Baskets.
- Loose Coins for "Be the Change!" at Executive Committee and State Board Meetings for Wellspring Living. Raid your Piggy Bank and Coin Purse for spare coins.
- Wellspring Living Hygiene Box In each box—(1 tube of toothpaste, 1 toothbrush, 1 body wash, 1 shampoo, 1 conditioner, 1 deodorant, 1 lotion, 1 hairbrush or comb, 1 nail care set, 1 towel set) Goal: 100 boxes

# August: Awareness Months

- National Back to School Month
- National Crayon Collection Month
- National Get Ready for Kindergarten Month
- National Immunization Awareness Month
- Family Heritage Month
- Children's Eye Health & Safety Month
- National Breastfeeding Awareness Month

- Psoriasis Awareness Month
- Native American Indian Heritage Month
- National Wellness Month



August is named after the very first Roman emperor (and grandnephew of Julius Caesar)

Augustus Caesar (63BC - AD14).

Stone = Peridot Flower = Gladiolus



Hilda Hagarty, Editor news@gfwcgeorgia.org

### **National Immunization Awareness Month**



#### Get back on track with routine vaccinations.

August is **National Immunization Awareness Month (NIAM).** This annual observance highlights the importance of getting recommended vaccines throughout your life. The COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, everyone is encouraged to talk to their doctor, nurse, or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

For more information about adult vaccinations, visit the CDC website at:

https://www.cdc.gov/vaccines/adults/index.html

### **National Back to School Month**

#### Time to pack up the beach towels and beach balls and fill up the backpack!

Since the 1960s, National Back to School Month has been observed during the month of August. In the United States, the school year traditionally starts in the fall and ends in the spring. This schedule was created to allow children in farming families to be home to help out during the relation and begreating account in an allowing the relationships and begreating account in the spring through a science.

ing the planting and harvesting seasons in our primarily agricultural society. With more families living in urban and suburban areas, some schools have shifted to a year-round or alternative academic calendar. However, most schools keep a start date sometime in August, making it the perfect awareness month for back-to-school preparations.

### How can you help?

- Adopt-A-Classroom donate supplies, volunteer, or recognize the teacher.
- Support first-year teachers by providing encouraging messages, basic supplies, snacks, gift bags, etc., at their teacher orientation.
- Fill-the-Backpack sponsor a school supplies drive in the club and community.
- Participate in Boxtops for Education Program <a href="https://www.boxtops4education.com/s/">https://www.boxtops4education.com/s/</a>.
- Provide teachers with supplies for their classroom, such as stickers and small incentives for positive behavior.
- Sponsor recognitions, such as Student of the Month.
- Support Donors Choose.

**Did you know?** — Didaskaleinophobia, an acute fear of going to school, affects approximately 2.4 percent of children.

"Passion is energy. Feel the power that comes from focusing on what excites you." -Oprah Winfrey

# National Wellness Month

#### Let's Get Healthy!

**National Wellness Month** focuses on self-care, managing stress, and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown that self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, it will make a small change and positively impact your health.

There are numerous ways to make those small changes, too.

- Increase your water intake. It's the key to digestion, clearer skin, and even weight loss!
- Monitor your sleep and adjust for better sleep habits.
- Join a yoga, walking, or aerobics class. Just 30 minutes per day can be a significant mood booster.
- Learn to meditate.
- **Spend time outside.** Fresh air can do a mind and body good improve your memory, lower your blood pressure, and boost your mood.
- **Practice deep breathing.** Stress and anxiety can impact your breathing without you even realizing it, causing you to take shallow breaths or even hold your breath for a period of time, causing your body to tense up.
- Take a social media break. A digital detox can help with anxiety, sleep, mood, and more. Put the phone away one hour before bedtime.
- Call a friend or family member. Friends and family play a huge role in our mental health; social connection can be an instant mood booster.
- Cut back on sugar and load up on fruits and veggies. The average American consumes 22 teaspoons of sugar daily, hidden in salad dressings, alcohol, coffee creamer, etc. Sugar depletes your energy and makes you tired and grumpy (afternoon slump, anyone?)

These small steps can lead to many more healthy habits in your lifestyle.

## Family Heritage Month



The month of August is known as Family Heritage Month.

So what is family heritage? It is those cultural traits passed down through the generations that include personality and skill traits, such as those with talents and abilities similar to their ancestors.

Learning about your overall heritage, what you have inherited — the one you share with all your family can include the love of travel, the appreciation of the arts, the love of history, the nurturing of children, etc. You might be musically inclined, just like your grandmother, or have an aptitude for math, just like your father.

By gathering and knowing what makes up your heritage, you, in a sense, learn more about yourself and why you think, feel, and function as you do. Reach out to your relatives, find similarities, and see if a common ancestor had that attribute. **Discover your heritage this month!** 



### **GFWC Federation Refresher**

In August, clubs resume or think about resuming their regular meeting schedule after a summer hiatus. It's the perfect time to think about adding a **GFWC Federation Refresher** to your first meeting agenda — a positive program of continuing education on the work and benefits of GFWC.

A GFWC Federation Refresher at the beginning of the club year allows club leaders to share any new information received at the GFWC International Convention in June, especially if it is the start of a new administration, or to share ideas and information from GFWC Georgia Institute and LEADS in August. It's a great time to share with all members — new and seasoned the information tools offered by GFWC and GFWC Georgia: magazine, newsletters, e-bulletins, websites, Facebook pages, manuals and yearbooks, Member Portal, etc.

One way to incorporate a GFWC Refresher is to develop GFWC, State, or Club facts into FUN federation quizzes or puzzles. And these don't just have to be for the first meeting — add to each monthly agenda or add a fun fact in your club's newsletter.

*Need help finding resources for a Refresher Course?* Look only as far as the GFWC Georgia website. Under "Club Resources," click on "Tools for Success—Resourceful Toolkits," and scroll down to find:

- Membership Refresher—2019 a pdf
- GFWC Federation Facts and Game Activities a pdf
- How Does GFWC Georgia add Value to your Club a PowerPoint presentation by Cimi Douglass
- Orientation a PowerPoint presentation

Under "About Us," click on "Our History," and scroll down to find:

- A brief "GFWC Georgia History."
- GFWC Georgia Presidents—a complete listing of our Presidents and their accomplishments
- Mary Ann Lipscomb (1906-1909) a video
- Mary Ann Lipscomb Living History Re-Enactment by Libba Beaucham presented at 125th Anniversary Convention in 2021
- Additional videos on GFWC Georgia Presidents Nellie Peters Black (1916-1919) and Louise Frederick Hayes (1919-1923).

Under "About Us," click on "GFWC History," scroll down to find:

• 125 GFWC Facts

A new promotional video on GFWC Georgia is also available— $\underline{\text{https://www.youtube.com/watch?v=mnXQtUiH85c}}$  - great for new and seasoned members.

Additional resources can be found on the GFWC website — www.gfwc.org — under Member Portal.

## Women's Equality Day — August 26



Women's Equality Day commemorates the passage of the 19th Amendment in 1920 to the U.S. Constitution, granting women the right to vote. In 1971, Congress designated

August 26 as Women's Equality Day—the day ratification of the amendment was officially certified.

Women's Equality Day is all about uplifting and empowering women and marveling at how far women have pro-

gressed, defying all odds and oppression.

On this day:

- ♦ Thank the women in your life thank them for the physical and emotional labor they do for others.
- ♦ **Support women-owned companies**—use your consumer power to support women entrepreneurs.
- ◆ Register to vote exercise this right so many of our foremothers fought to secure for us!



Scan the QR code to access the GFWC Georgia website.

# August 2023

(Click on the link for more information. Dates in Orange Bold are GFWC/GFWC Georgia Events.)

August 1	National Night Out — https://natw.org/
August 1	U.S. Air Force Day—https://www.military.com/military-appreciation-month/origins-of-air-force-day.html
August 2	National Coloring Book Day- https://www.coloringbookday.com/
August 3	Friendship Day—http://www.friendship.com.au/friendday.html
August 4	Coast Guard Birthday
August 7	Purple Heart Day—https://www.purpleheartmission.org/national-purple-heart-day
August 7-10	GFWC Board of Directors Meeting—Hyatt Regency, Albuquerque, NM
August 9	World Indigenous People's Day— <a href="https://www.un.org/en/observances/indigenous-day">https://www.un.org/en/observances/indigenous-day</a>
August 12	International Youth Day—https://www.un.org/en/observances/youth-day
August 14	Federation Fellowship (Zoom) — 7:00 to 8:00 pm
August 15	National Relaxation Day— <a href="https://nationaltoday.com/national-relaxation-day/">https://nationaltoday.com/national-relaxation-day/</a>
August 19	World Humanitarian Day - <a href="https://www.un.org/en/observances/humanitarian-day">https://www.un.org/en/observances/humanitarian-day</a>
August 19	National Honey Bee Day- http://honeylove.org/national-honey-bee-day/
August 25	LEADS — First Presbyterian Church, Athens, GA
August 25	GFWC Georgia Executive Committee Meeting—UGA Center for Continuing Education & Hotel—Athens, GA
August 25	National Park Service Day—https://www.nps.gov/subjects/npscelebrates/nps-birthday.htm
August 26	GFWC Georgia Institute and State Board — UGA Center for Continuing Education & Hotel—Athens, GA
August 26	"Hall of Fame" Exhibition — UGA Center for Continuing Education & Hotel
August 26	School Supply Collection for Children in Foster Care — donated to Family and Children Services—GFWC Georgia Institute
August 26	Hygiene Box Donations at GFWC Georgia Institute for Wellspring Living
August 25-26	Be the Change! Change collection at State Executive Committee and State Board Meetings for Wellspring Living — GFWC Georgia Institute
August 26	Junior Conference Board Meeting —UGA Center for Continuing Education & Hotel—Athens, GA
August 26	Bingo, benefiting Wellspring Living—GFWC Georgia Institute
August 26	Women's Equality Day— <a href="https://nationalwomenshistoryalliance.org/resources/commemorations/womens-equality-day/">https://nationalwomenshistoryalliance.org/resources/commemorations/womens-equality-day/</a>

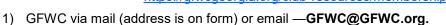
# Friendly Reminder

#### GFWC 2022-2024 Membership "Sparkle and Shine" Recruitment Campaign

Retention: "Pearls—Strengthening Relationships" Report Due for June, July, and August Recruitments

Deadline: September 1, 2023

Complete the fillable Campaign Report Form available at <a href="https://gfwcgeorgia.org/club-resources/membership-info/">https://gfwcgeorgia.org/club-resources/membership-info/</a> and send to:



2) Send a copy of the report to **membership@gfwcgeorgia.org** for Julie Walters, Third Vice President.