



GENERAL FEDERATION  
of WOMEN'S CLUBS

September 2023



## GFWC Georgia Monthly Connections

Ah, *September* — that 30-day interlude between the fading days of summer and the hints of cooler weather to come. Nature begins to paint a wonderful canvas as leaves start to change and the wonderful fall colors begin to emerge. Our attention is turned from vacations, hot and lazy afternoons, pool parties, and cotton outfits to football, tailgating, fall festivals, and layers from our closets. Although not a new year for all clubs, it is a new season for many as they resume their meetings and activities after a summer hiatus. Clubs are invigorated with new ideas and projects learned at Institute and LEADS. They are excited about reconnecting with fellow club members and hopeful about the inclusion of new members. And they are refreshed and renewed about making a difference in their communities. So, let this season of harvest be a productive one for all clubwomen in all their endeavors. *Autumn Blessings!*

### Fall District Meetings

It's that time of the year for the Districts to have their Fall Meetings. It's an odd year, so they will be welcoming the GFWC Georgia President-elect Cathy Jones and Director-Elect of Junior Clubs Jennifer Stalvey as they conduct district business, elect a district nominating committee, elect a representative to the State Nominating Committee, and endorse a district member for a state office. And enjoy food, fun, and fellowship with their District sisters. Each district will also be collecting ten (10) Household Box Donations for Wellspring Living.

#### Central West District | September 9, 2023



- WHEN:** Saturday, September 9, 2023
- WHERE:** First Baptist Church of Morrow  
1647 Lake Harbin Road  
Morrow, GA 30260
- TIME:** 9:15 am—Registration  
10 am— Business Meeting
- PRESIDENT:** Libby Bond
- HOST CLUBS:** GFWC College Park Woman's Club  
GFWC Old Campbell County Woman's Club  
GFWC Reynolds Woman's Club

## South West District | September 16, 2023



**WHEN:** Saturday, September 16, 2023  
**WHERE:** GFWC Albany Woman's Club House  
1012 N. Van Buren  
Albany, GA 31708  
**TIME:** 9:30 am—Registration  
10:00 am— Business Meeting  
**PRESIDENT:** Lisa Ramsey  
**HOST CLUB:** GFWC Albany Woman's Club

## Central East District | September 30, 2023

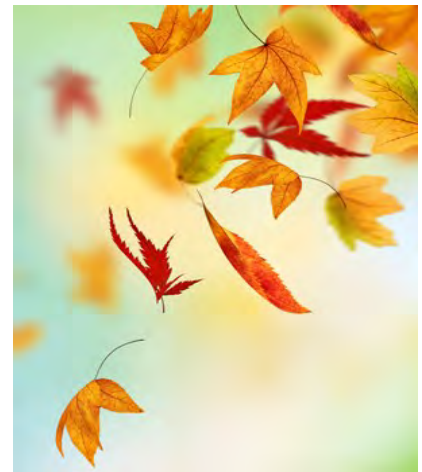


**WHEN:** Saturday, September 30, 2023  
**WHERE:** GFWC Winder Woman's Club House  
15 W. Midland Avenue  
Winder, GA 30680  
**TIME:** 9:00 am—Registration  
10:00 am— Business Meeting  
**PRESIDENT:** Mary Beth Jacobson  
**HOST CLUBS:** GFWC Athen-Oconee Junior Woman's Club  
GFWC Monroe Junior Woman's Club  
GFWC Winder Woman's Club

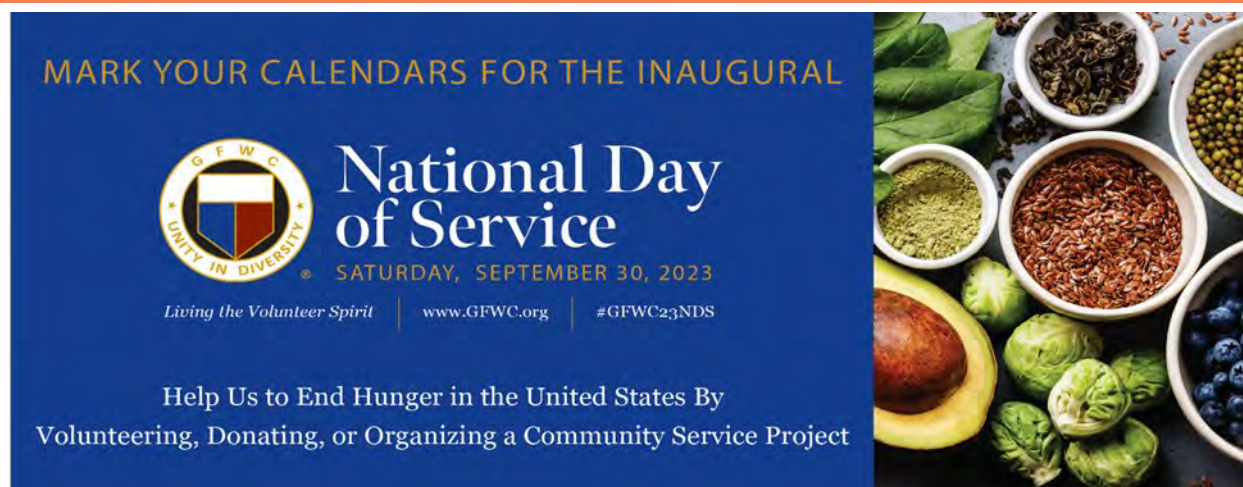
**Household Box Donation for Wellspring Living** – At the Fall Meetings, each District will collect Household Boxes that include: *paper towels, toilet paper, cleaning supplies, light bulbs, batteries (AA/AAA), a small tool set, dishwashing liquid, laundry detergent, a roll of quarters, hand soap, and hand sanitizer.* **Goal: 10 boxes per District.** The District President who collects at least ten (10) boxes will be crowned the **“Queen of Clean.”**



Leaves ARE  
Falling  
AUTUMN  
IS Calling



# GFWC National Day of Service

A promotional graphic for the GFWC National Day of Service. The left side features a blue background with the GFWC logo (a shield with 'G F W C' and 'UNITY IN DIVERSITY'), the text 'MARK YOUR CALENDARS FOR THE INAUGURAL National Day of Service', the date 'SATURDAY, SEPTEMBER 30, 2023', the website 'www.GFWC.org', the hashtag '#GFWC23NDS', and the slogan 'Living the Volunteer Spirit'. Below this is the text 'Help Us to End Hunger in the United States By Volunteering, Donating, or Organizing a Community Service Project'. The right side of the graphic shows a top-down view of various fresh ingredients in small white bowls, including leafy greens, lentils, chickpeas, quinoa, blueberries, and Brussels sprouts.

## Frequently Asked Questions (FAQ)

### ***What is GFWC National Day of Service?***

The General Federation of Women's Clubs (GFWC) is united in its dedication to volunteer community service. The **National Day of Service (NDS)** is a day in which all GFWC comes together in service to highlight an area of need, take action to address it, and raise public awareness about its importance. State federations and clubs will participate by organizing Community Service Programs (CSP) in their communities as part of NDS. It's also an excellent opportunity to invite guests to participate in your NDS activities and introduce them to the benefits of GFWC.

### ***What is food insecurity? How does it differ from hunger or famine?***

At first glance, these terms may seem the same, but they aren't. The USDA defines food insecurity as a lack of consistent access to enough food for every person in a household to live an active, healthy life. This can be a temporary situation for a family or can last a long time. Hunger is the uncomfortable or painful physical sensation someone has when they do not have food. Certainly, hunger is a part of food insecurity, but hunger can affect people from all socioeconomic groups, from the wealthiest to the poorest. Famine is an extreme crisis of access to adequate food. Fortunately, it is not common and is only declared when certain conditions are met — one in five households face an extreme food shortage, 30% of a given area's people suffer from severe malnutrition, and death rates exceed two deaths per 10,000 people daily.

### ***Who is food insecure in the United States?***

In a country that wastes billions of pounds of food each year, it is hard to imagine millions of our neighbors who don't get the food they need to live healthy lives. But the reality is that food insecurity does exist in the U.S. In 2020, an estimated one in eight Americans were food insecure, meaning that 38 million Americans, including 12 million children, did not have access to the necessary food for normal growth and development. Certain segments of the population are more prone to food insecurity — homeless, unemployed/underemployed, Black and Hispanic households, single parent households, physically and mentally ill adults, older adults and seniors, and lower-income families.

### ***Where is food insecurity found in the United States?***

People in every county and every congressional district in all 50 states and the District of Columbia experience food insecurity. *Feeding America* has collected data in the U.S. since 2011 to learn more about food insecurity at the local level. Their latest data, *Map the Meal Gap* (2021), is compiled into an interactive map on their website — <https://map.feedingamerica.org/>. Based on their findings, the food insecurity rate in Georgia is 10.7%, compared to the national average of 11.8%. Generally, the counties with high food insecurity are in the South, and they are rural.

### ***How can you help solve food insecurity in the United States?***

To initiate the planning process, GFWC encourages you to contact your local food banks and food pantries — wherever people go for food — to find out how best to be of service. For example, a club can sponsor a food bank, pantry, or food program to organize a volunteer activity with fellow club members, family, and friends. Ask every member of your club to invite a friend who is not presently a member to participate and experience GFWC in action.

### Whom should you invite to participate?

Use the activity to motivate and inspire your friend(s) to join GFWC. The benefits of community service make a person feel good, but it helps to build meaningful friendships and bonds that will last a lifetime.

### Ideas for NDS Activities:

- **Volunteer at a Local Food Bank.**
- **Food Drives:** Connect directly with the local food bank to determine how your club can be of service. They will welcome the support and donation of time and food.
- **Raise Awareness About Hunger:** Reach out to your local media to introduce NDS and the cause being promoted. Ask the reporter to mention NDS and how people can participate and donate. Also, use social media to discuss food insecurity with members of your community, clubs, schools, church groups, and others.
- **Advocate to End Food Insecurity:** Use GFWC's Legislative Action Center (LAC) to interact with your federal and state elected officials to advance a bill or introduce legislation that helps to end hunger by funding programs specific to the issue.

### Resources to Locate Your Local Food Bank & Food Service Programs:

- \* Second Harvest – [food near me – Second Harvest \(2-harvest.org\)](#)
- \* Feeding America – [Find Your Local Food Bank | Feeding America](#) Type “food banks (your state)” into your search engine
- \* Find churches with food banks in your state – [https://save.lovetoknow.com/Churches\\_with\\_Food\\_Pantries](https://save.lovetoknow.com/Churches_with_Food_Pantries)

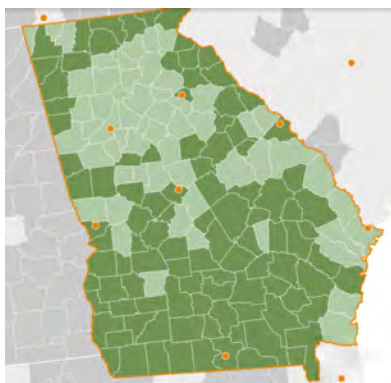
### How to register?

Please contact Melanie Gisler, Director of Membership Services, at [MGisler@GFWC.org](mailto:MGisler@GFWC.org), and copy Deb Strahanoski, International President, at [DStrahanoski@GFWC.org](mailto:DStrahanoski@GFWC.org) to register. Be sure to include the following in your email: *Club Name, Point of Contact, Address, Phone Number, and Email.* **It's Not Too Late — Register Today!**

## Georgia Clubs Participating in NDS

GFWC Atlanta Woman's Club – (Atlanta)  
GFWC Azalea City Woman's Club – (Valdosta)  
GFWC Brunswick Woman's Club – (Brunswick)  
GFWC Carrollton Civic Woman's Club – (Carrollton)  
GFWC Dallas Woman's Club – (Dallas)  
GFWC Four Corners Woman's Club – (Athens)  
GFWC Gainesville Phoenix Woman's Club – (Gainesville)  
GFWC Georgia Gordon Woman's Club – (Gordon)  
GFWC Heartland Woman's Club – (Oxford)  
GFWC Lilburn Woman's Club – (Lilburn)

GFWC Marietta Woman's Club – (Marietta)  
GFWC Monroe Junior Woman's Club – (Monroe)  
GFWC Morrow Civic Woman's Club – (Morrow)  
GFWC Roswell Cares Service League – (Roswell)  
GFWC Service Guild of Covington – (Covington)  
GFWC Stone Mountain Woman's Club – (Stone Mountain)  
GFWC Sylvania Junior Woman's Club – (Sylvania)  
GFWC Valdosta Junior Women's Club – (Valdosta)  
GFWC Violets Junior Woman's Club – (Sharpsburg)  
GFWC Winder Woman's Club – (Winder)



Food Insecurity Rates 0 No Data 0-11.8% 11.9-23.6% 23.7-35.4% 35.5-47.2% 47.3-59.0%

### What Hunger Looks Like in Georgia



Map and Chart from Feeding America — [www.feedingamerica.org](http://www.feedingamerica.org)



# GFWC Membership Recruitment Campaign Deadline—September 1

*Did You Add New Members in June, July, or August?*

## GFWC'S "Sparkle and Shine" RECRUITMENT CAMPAIGN

Report your successful recruitment events and new members to GFWC Headquarters as part of GFWC's Membership Recruitment Campaign. Clubs achieving and reporting **three** new members on the GFWC Recruitment Campaign Report form will be recognized in *GFWC Clubwoman Magazine*. Submit a report even if your club only recruited one or two new members.



***Every Member Counts!***

**RETENTION**

**"Pearls — Strengthening Relationships"**

**Report Due September 1, 2023**

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

- 1) GFWC via mail (address is on form) or email —[GFWC@GFWC.org](mailto:GFWC@GFWC.org).
- 2) Send a copy of the report to [membership@gfwcgeorgia.org](mailto:membership@gfwcgeorgia.org) for Julie Walters, Third Vice President.

## What's New at GFWC

*Did you know that GFWC has updated the Style Guide?* Well, they have!

***Ok, what is the GFWC Style Guide, you ask?***

The style guide is a reference tool with writing, formatting, and emblem use standards for all members to use and follow for all publications, email, and social media accounts. Its purpose is to ensure the GFWC brand is presented the same when used by everyone in the Federation.

***What does the guide include?***

The **GFWC Brand** — the distinguishing features of an organization — for GFWC, it includes the emblem, the full name spelled out, a tagline, design guidelines for using the emblem, a clear definition of the organization's personality, its values, and core messages. In other words, GFWC's brand is its identity and conveys friendship, community service, and volunteering. The basic **Brand Statements** — Mission Statement, Boilerplate, Tagline, and Diversity, Equity, and Inclusion Statement are included. Information on **GFWC programs and titles, writing tips, word usage, general formatting guidelines, trademark use policies, and GFWC social media accounts** are also references for all forms of communication.

***Who should download and use it?***

All members should review the contents to understand the GFWC Brand, especially those who are a "voice" for the Federation — officers and committee chairmen at all levels, newsletter and website editors, and social media posters.

***Where can the new style guide be found?***

The *GFWC Style Guide* (updated June 2023) is available now for all members to download from the GFWC Member Portal—Digital Library—Resources —S — *2023 GFWC Style Guide*.

A downloadable link was also included in the August 17, 2023 issue of *News & Notes* — <https://www.gfwc.org/news-publications/news-notes/>.

**Mission Statement** — *The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.*

# GFWC and GFWC Georgia Resources

As many clubs get back in the groove after a reduced schedule during the summer, now is an excellent time to remind new and seasoned members of the many resources available on the GFWC and GFWC Georgia websites.

## GFWC — [www.GFWC.org](http://www.GFWC.org)

Several tabs on the homepage — *About, What We Do, News and Publications*, and *Membership* — contain essential information for members. Click on each tab for a drop-down menu of what is included.

The abundance of resources is password-protected in the members-only **GFWC Member Portal** — documents, forms, toolkits, etc.

To access the Member Portal, click on the **Member Login** button in the upper right-hand corner of the homepage.

- 1) On the landing page, enter your email address and password and click **Sign In**.
- 2) If you do not have an account, click **Sign Up** on the landing page and create an account, following all the prompts. It will take about 24 hours to establish an account.
- 3) Once you have signed in, click on your profile in the upper right-hand corner, and from the drop-down menu, click **My Digital Library**.
- 4) Click on **Resources** and an alphabetized list of resources will be at your fingertips. An index is available to assist you in your search.

## GFWC Georgia — [www.gfwcgeorgia.org](http://www.gfwcgeorgia.org)

On the home page, there are several tabs— *About Us, What We Do, Find A Club Near You, GFWC GA's Day of Service, President's Special Project—Wellspring Living, Shoppe for the Greater Good Marketplace*, and *Club Resources*—with a wealth of information pertinent to the Georgia Federation. Click on each tab for a drop-down menu of what is included.

For example, click the **About Us** tab to learn more about our leadership, our history, and the Tallulah Falls School.

Most of the resources for clubs can be found under the **Club Resources** tab. This tab includes:

- An Administrative Calendar
- Membership Resources
- Tools for Success—Resourceful Toolkits (*PP*)
- Tech Tools for Success
- Reporting and Forms (*PP*)
- Communications and Newsletters
- Photos and Fun

*PP — Password Protected*

## September: Awareness Months

- ◆ Hispanic Heritage Month
- ◆ National Preparedness Month
- ◆ National Library Card Sign-Up Month
- ◆ World Suicide Prevention Month
- ◆ Healthy Aging Month
- ◆ Ovarian Cancer Awareness Month
- ◆ National Infant Mortality Awareness Month
- ◆ Cholesterol Awareness Month
- ◆ Childhood Cancer Awareness Month
- ◆ National Campus Safety Awareness Month
- ◆ Leukemia and Lymphoma Awareness Month
- ◆ Attention Deficit Hyperactivity Disorder Month
- ◆ Blood Cancer Awareness Month
- ◆ Skin Cancer Awareness Month
- ◆ Women's Friendship Month
- ◆ World Alzheimer's Month
- ◆ Baby Safety Month



September comes from the Latin word *septem* "seven," because this was the seventh month of the early Roman calendar.

**Stone = Sapphire    Flower = Aster**

# National Preparedness Month

**TAKE ACTION AND PREPARE**

There are many ways to take action and prepare before a disaster occurs. The actions on this card include some of the most important ways to help yourself, your family, and your community increase your preparedness. Simple actions at home and in your neighborhood can make a big difference!

FEMA  
FEMA 15021  
Catalog No. 1575-3  
April 2016

[@readygov](https://twitter.com/readygov)  
[Twitter.com/readygov](https://twitter.com/readygov)  
[facebook.com/readygov](https://www.facebook.com/readygov)  
[Fema.gov/mobile-app](https://www.fema.gov/mobile-app)  
[ready.gov/prepare](https://ready.gov/prepare)

## Disasters Don't Plan Ahead!

September 1 marks the beginning of **National Preparedness Month**, an annual event to help people become more prepared for disasters and emergencies. This month-long celebration has been around since 2004, when it was established by the Federal Emergency Management Agency (FEMA). Its main goal is to encourage citizens to take the necessary steps to ensure their safety and well-being in any potential disaster situation. From making an emergency plan to stocking up on essential supplies, National Preparedness Month provides a great opportunity for everyone to get ready for whatever life throws at them.

Visit <https://www.ready.gov/> for more information and resources. The Federal Emergency Management Agency has made their Ready Campaign's publications available to the public to download at no cost. Just click on the "Resources" tab to access these materials.

You can also order free printed copies of materials related to individual and community preparedness for your club through the FEMA warehouse using their [online ordering tool](#).

**Be Prepared!**

### 12 WAYS TO PREPARE

|  |   |   |  |   |   |
|--|---|---|--|---|---|
| <input type="checkbox"/> Sign up for Alerts and Warnings | <input type="checkbox"/> Make a Plan          | <input type="checkbox"/> Save for a Rainy Day   | <input type="checkbox"/> Practice Emergency Drills   | <input type="checkbox"/> Test Family Communication Plan | <input type="checkbox"/> Safeguard Documents          |
| <input type="checkbox"/> Plan with Neighbors             | <input type="checkbox"/> Make Your Home Safer | <input type="checkbox"/> Know Evacuation Routes | <input type="checkbox"/> Assemble or Update Supplies | <input type="checkbox"/> Get Involved in Your Community | <input type="checkbox"/> Document and Insure Property |

# Healthy Aging Month



Began in 1992, when the first of the Baby Boomers were about to hit 50, the focus was to encourage people to concentrate on their health and to take precautions to help them face the challenges that come with aging.

The message was clear then as it is now — it is possible to adopt a healthier lifestyle at any age and mature gracefully.

As we age, we become aware that our physical and mental health and dietary and social needs change. And while genetics play a role in aging, Baby Boomers (those born between 1946 and 1964) and now Generation X (those born between 1965 and 1980) can still take charge of their well-being by aging with a healthy body and mind.

1. **Stay Fit** — Sit Less, Move More.
2. **Stay Healthy**—Eat a well-balanced diet.
3. **Stay Connected**—Interact and Engage with Others
4. **Stay Adventurous**—Try something new. Tick off that Bucket List.

# World Alzheimer's Month

## 2023 ALZHEIMER'S DISEASE FACTS AND FIGURES



More than  
**6 million Americans**  
are living with Alzheimer's

Over 11 million  
Americans  
provide unpaid care for  
people with Alzheimer's  
or other dementias

These caregivers  
provided more  
than 18 billion  
hours valued  
at nearly

**\$340  
billion**

**1 in 3**  
seniors dies with  
Alzheimer's or another  
dementia

It kills more than  
**breast cancer**  
+  
**prostate cancer**  
combined

The lifetime  
risk for  
Alzheimer's  
at age  
45 is

**1 in 5** for women  
+  
**1 in 10** for men

Between 2000 and  
2019, deaths from  
heart disease has  
**decreased  
73%**

In 2023, Alzheimer's  
and other dementias will  
cost the nation  
**\$345 billion**

By 2050,  
these costs  
could rise  
to nearly  
**\$1 trillion**

while deaths  
from Alzheimer's  
disease have  
**increased  
145%**

While only 4 in 10 Americans  
talk to their doctor right away  
when experiencing early  
memory or cognitive loss,

7 in 10 would want to know  
early if they have Alzheimer's  
disease if it could allow for  
earlier treatment.

ALZHEIMER'S ASSOCIATION

## Facts About Alzheimer's Disease

**Alzheimer's is the most common form of dementia.** Dementia is a brain condition that affects parts of the brain that control thought, memory, language, and behavior.

**Alzheimer's is not a normal part of aging.**

The greatest known risk factor is increasing age, and most people living with the disease are 65 and older, but it can strike younger than that.

**Alzheimer's worsens over time.** Alzheimer's is a progressive disease where dementia symptoms gradually worsen over a number of years.

**Alzheimer's has no cure.** There are treatments that can temporarily slow the worsening symptoms and improve the quality of life for some affected.

## Signs in the Early Stages of Alzheimer's

- Getting lost in familiar places.
- Having trouble handling money and paying bills.
- Repeating questions.
- Taking longer to complete normal daily tasks.
- Displaying poor judgment.
- Losing things or misplacing them in odd places.
- Displaying mood and personality changes.

# Women's Friendship Month



## Celebrate the Important Women in Your Life!

Childhood friends, college classmates, work colleagues, family, and FEDERATION SISTERS — the bonds we share with other women are empowering. Beyond the enrichment, support, and encouragement female friends bring to women's lives, studies have shown that maintaining and nurturing social ties keep women healthier. Nurturing connections with other women help women live longer, happier lives. Working with friends keeps women more satisfied with their jobs and more productive. And when women band together to work toward a common goal, the community benefits. (Yes, GFWC sisters know this!)

Show your love and appreciation for the important women in your life.

- 1) Schedule a lunch date.
- 2) Write a personal note.
- 3) Send flowers.
- 4) Exercise together.
- 5) See a movie.
- 6) Send a greeting card.
- 7) Post to social media pages.
- 8) Host a progressive dinner.
- 9) Take a girls' weekend trip.



# Childhood Cancer Awareness Month



September's **Childhood Cancer Awareness Month** is a time to shine the light on the realities of childhood cancer, emphasizing the importance of life-saving research, and join together to make a difference for children diagnosed. President Barack Obama made the first proclamation in 2012, which created National Childhood Cancer Awareness Month and made September a national health initiative. Since then, charities, research organizations, state and local governments, and families affected by the disease have joined the effort to increase awareness of pediatric cancer and to raise funds for research into its cause, prevention, diagnosis, treatment, and cure.

## *Did you know?*

- 47 children per day - or 17,293 children per year - are expected to be diagnosed with cancer in the United States.
- Childhood cancer is not one disease – there are more than 12 major types of pediatric cancers and over 100 sub-types.
- Cancer is the number one cause of death by disease among children. Worldwide, 100,000 children lose their lives every year to cancer.
- Only six drugs have been approved in the first instance for use in children. This is compared with hundreds of medications developed and approved for adults.

## *How can you help?*

- ◆ Support or participate in **St. Jude 5K Walk/Run in Atlanta**, in-person or virtual, on **September 23, 2023**. Location — The Battery at Truist Park. Register or Donate — [https://fundraising.stjude.org/site/TR/Walk/Walk?pg=entry&fr\\_id=144741](https://fundraising.stjude.org/site/TR/Walk/Walk?pg=entry&fr_id=144741)
- ◆ Volunteer at the St. Jude 5K Walk/Run in Atlanta.
- ◆ Mention Childhood Cancer Month at your club meeting. Visit <https://www.stjude.org/> for more information about St. Jude Children's Research Hospital in Memphis.

# National Grandparents' Day—Sept. 10

Celebrated the first Sunday after Labor Day, it is an opportunity to treasure that special bond between grandparents and grandchildren and spend some quality family time together. On August 3, 1978, President Jimmy Carter signed the Congressional proclamation for a "National Grandparents' Day," and the first day was celebrated in 1979.

## *How to Celebrate:*

- **Spend time with your Grandparents.** If you are fortunate to still have grandparents living, try to spend some time with them. If you are a grandparent, spend time with your grandchildren.
- **Have a Family Dinner.** Having a multi-generational meal together is a great way to spend time together and learn from each other.
- **Enjoy an Activity Together.** It might be as simple as working on a jigsaw puzzle, playing cornhole or horseshoes, taking a walk, reading a book, painting, or attending a sporting event.
- **Volunteer at Assisting Living/Nursing Homes.** Unfortunately, some grandparents have no one to share the day with. Volunteer at a facility or recognize grandparents with a special project — cards, flowers, an ice cream social, etc.



# Patriot Day– September 11



Patriot Day is an annual observance on September 11 to remember those injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans know Patriot Day as 9/11, September 11, or National Day of Service and Remembrance.

This is not a public holiday. Government and public offices, businesses, and schools are not closed on this day but may hold special events and outreach programs to commemorate the annual observance.

## How to Observe:

- **Display an American Flag** at your home or work. If displayed on a stand-alone stand, it should be at half-staff as a mark of respect for those who died on September 11, 2001.
- **Attend a community Patriot Day event** remembering the nearly 3,000 innocent victims of the September 11, 2001 terrorist attacks and the first responders, military, and ordinary Americans who risked their lives to save others.
- **Observe a moment of silence at 8:46 am**—the time that the first plane flew into the World Trade Center.
- **Volunteer in a community service project** — thank you cards and goodie bags for first responders, donate blood, participate in a local park or street clean-up, sort medical supplies, contribute to a food pantry — do at least one good deed in your community to help others.

# Constitution Day and Citizenship Day



On September 17, 1787, thirty-nine delegates to the Constitutional Convention in Philadelphia met for the last time. They signed the new document they had written and debated over the long, hot summer of 1787. That new document was the U.S. Constitution and formed a new government for the then thirteen states.

For over 200 years, the Constitution has served as the supreme law of the land. The Constitution, the Bill of Rights, and other amendments define our government and guarantee our rights. In 2004, Congress created **Constitution Day and Citizenship Day**

to require that all schools that receive federal funding offer some educational program on the U.S. Constitution.

**September 17** was chosen for its historical significance as the day the Constitution was signed. September 17-23 is also recognized as **Constitution Week**. During this time, all Americans are encouraged to reflect on the rights and responsibilities of citizenship and what it means to be a U.S. citizen.

## How Much Do You Know About the Constitution?

1. Who is considered the Father of the Constitution?
2. Who was unanimously elected to preside over the 1787 Constitutional Convention in Philadelphia?
3. Under the Constitution, how long can a person serve as President?
4. How many Amendments are there to the Constitution?
5. What was our country's first Constitution called?
6. Who makes laws under the Constitution?
7. What are the first 10 Amendments to the Constitution called?
8. What was the first state to ratify the Constitution?
9. Which Amendment to the Constitution abolished slavery?
10. Who appoints federal judges?

*Answers to the Left*

|          |     |                           |
|----------|-----|---------------------------|
| Answers: | 1.  | James Madison             |
|          | 2.  | George Washington         |
|          | 3.  | 10 years                  |
|          | 4.  | 27                        |
|          | 5.  | Articles of Confederation |
|          | 6.  | Congress                  |
|          | 7.  | Bill of Rights            |
|          | 8.  | Delaware                  |
|          | 9.  | 13th                      |
|          | 10. | President                 |



# World Suicide Prevention Month

## WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

### TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

### FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

### CHANGING BEHAVIOR, SUCH AS:

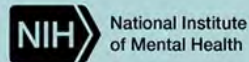


- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

**988 Suicide & Crisis Lifeline**  
Call or text 988  
Chat at [988lifeline.org](https://988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741



[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)



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GFWC Georgia • P.O. Box 39, Tallulah Falls, GA 30573 • (706) 754-3127 • [www.gfwcgeorgia.org](http://www.gfwcgeorgia.org)

# GFWC Georgia Fundraiser



Enter for your chance to win 2 tickets to the college football Chick-fil-A Peach Bowl and admission to FanFest *(value \$600)*

**December 29, 2023** in the  
**Mercedes-Benz Stadium**  
in Atlanta, Georgia.

**Chances to win are \$10 each or 6 for \$50**

Drawing for the winning ticket will occur on November 1, 2023.  
Winner will be contacted by phone and tickets will be mailed.

Mail this completed form with a check made payable to GFWC Georgia, to PO BOX 39, Tallulah Falls, Georgia 30573

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zipcode \_\_\_\_\_

Phone Number \_\_\_\_\_

I want one ticket and have enclosed a check for \$10 \_\_\_\_\_

I want six tickets and have enclosed a check for \$50 \_\_\_\_\_

I want twelve tickets and have enclosed a check for \$100 \_\_\_\_\_



**All funds raised will be donated to the President's Special Project "Gertrude Needs a Face Lift" theatre restoration at Tallulah Falls School.**

# Reminders

## GFWC Georgia Fundraiser



**BOGO CARDS**  
**BUY ONE GET ONE**  
Valid for 10 free dozens  
**\$25**

<https://events.r20.constantcontact.com/register/eventReg?>

Good at any Krispy Kreme in the U.S.

Cards can be mailed to you.

Cards can also be donated to Wellspring Living residents.

**Available for Purchase until  
October 31, 2023 - 12:30 AM**

## Take them out to the Ballgame...

JOIN US TO SEE THE

# Atlanta Braves

## at our 2nd Annual

# GFWC GA FAMILY DAY

**OCT. 1, 2023  
3:05 P.M.**



**TRUIST PARK**



This fundraiser will benefit GFWC Georgia and Wellspring.  
Our goal is to sell 100 tickets.

Share this link with your family and friends to join us at our  
GFWC Georgia Family Day!

Join GFWC Georgia members, family, and friends to watch the Atlanta Braves take on the Washington Nationals at Truist Park. Ticket Cost: \$33.00.

Seats are in the Home Run Porch Sections 145 & 146.

The deadline to purchase tickets is September 18, 2023, at 11:59 pm.

<https://fevogm.com/event/Gfwcgeorgia>

## Southern Region Annual Meeting

**Imperial Palace (IP) Casino Resort & Spa**

**Biloxi, MS 39530**

The Call and complete Registration details are on the Southern Region website:

<https://www.gfwc-southernregion.org/home/meetings>

**Deadlines:**

**Meeting Registration — September 29, 2023**

**Hotel Reservations — October 3, 2023**

**REGISTER FOR**  
**Southern Region Conference**  
**Biloxi, MS**  
**OCTOBER 26 - 29, 2023**

# September 2023

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

|                                 |   |
|---------------------------------|---|
| <b>September 1</b>              | <b>Form Due — GFWC 2022-2024 Membership “Sparkle and Shine” Recruitment Campaign — Recruitments for June, July, and August.</b>   |
| September 2                     | V-J (Victory over Japan) Day  |
| September 4                     | Labor Day   |
| September 5                     | International Day of Charity— <a href="https://www.un.org/en/observances/charity-day">https://www.un.org/en/observances/charity-day</a>   |
| September 6                     | National Read a Book Day — <a href="https://nationaldaycalendar.com/national-read-a-book-day-september-6/">https://nationaldaycalendar.com/national-read-a-book-day-september-6/</a>  |
| <b>September 7-10</b>           | <b>GFWC Board of Directors Fall Meeting, Westminster, CO</b>  |
| September 8                     | International Literacy Day  |
| <b>September 9</b>              | <b>GFWC Central West District Fall Meeting—9:15 am — First Baptist Church of Morrow, 1647 Lake Harbin Road, Morrow, GA 30260</b>  |
| September 10                    | National Grandparents’ Day— <a href="https://en.wikipedia.org/wiki/Grandparents%27_Day">https://en.wikipedia.org/wiki/Grandparents%27_Day</a>   |
| September 10                    | World Suicide Prevention Day  |
| September 10-16                 | National Suicide Prevention Week  |
| <b>September 11</b>             | <b>Federation Fellowship (Zoom) - 7:00 to 8:00 pm.</b>  |
| September 11                    | National Day of Remembrance and Service and Patriot Day<br><a href="https://www.dodea.edu/dodeacelebrates/national_day_service.cfm">https://www.dodea.edu/dodeacelebrates/national_day_service.cfm</a>  |
| <b>September 12</b>             | <b>Shot @Life Training Champion Training—7:00 pm—Zoom. Registration required.</b>   |
| September 15-17                 | Rosh Hashanah (at sundown)  |
| September 16                    | National POW/MIA Recognition Day  |
| September 16                    | National Cleanup Day — <a href="https://www.nationalcleanupday.org/">https://www.nationalcleanupday.org/</a>  |
| September 16                    | Mayflower Day — <a href="https://nationaltoday.com/mayflower-day/">https://nationaltoday.com/mayflower-day/</a>   |
| September 16 to October 3       | Oktoberfest   |
| <b>September 16</b>             | <b>GFWC South West District Fall Meeting — 9:30 am — GFWC Albany Woman’s Club House, 1012 N. Van Buren, Albany, GA 31708</b>  |
| September 17                    | Constitution/Citizenship Day <a href="https://www2.ed.gov/policy/fund/guid/constitutionday.html">https://www2.ed.gov/policy/fund/guid/constitutionday.html</a>  |
| September 18                    | U.S. Air Force Birthday   |
| <b>September 18 by 11:59 pm</b> | <b>Deadline to Purchase Tickets for the 2nd Annual GFWC GA Family Day with the Atlanta Braves on October 1, 2023. Cost: \$33.</b>   |
| September 21                    | International Day of Peace  |
| September 23                    | Autumn Begins   |
| September 23                    | St. Jude 5K Walk/Run in Atlanta -The Battery at Truist Park - Virtual or In person<br><a href="https://fundraising.stjude.org/site/TR/Walk/Walk?pg=entry&amp;fr_id=144741">https://fundraising.stjude.org/site/TR/Walk/Walk?pg=entry&amp;fr_id=144741</a> |
| September 23                    | National Public Lands Day — <a href="https://en.wikipedia.org/wiki/National_Public_Lands_Day">https://en.wikipedia.org/wiki/National_Public_Lands_Day</a>   |
| September 24                    | Gold Star Mother’s and Family’s Day   |
| September 24-25                 | Yom Kippur  |
| September 24-30                 | Banned Books Week — <a href="https://bannedbooksweek.org/">https://bannedbooksweek.org/</a>   |
| September 27                    | Ancestor Appreciation Day   |
| September 27                    | Women’s Health and Fitness Day <a href="https://www.cdc.gov/women/observances/index.html">https://www.cdc.gov/women/observances/index.html</a>  |
| September 29                    | World Heart Day — <a href="https://www.cdc.gov/women/observances/index.htm">https://www.cdc.gov/women/observances/index.htm</a>   |
| <b>September 29</b>             | <b>Last Day to Register for Southern Region Annual Meeting — Biloxi, MS</b>   |
| <b>September 30</b>             | <b>GFWC Central East District Fall Meeting — 9:00 am — GFWC Winder Woman’s Club House, 15 W. Midland Avenue, Winder, GA 30680</b>   |
| <b>September 30</b>             | <b>GFWC National Day of Service—Fighting Food Insecurity &amp; Hunger</b>   |