



GENERAL FEDERATION
of WOMEN'S CLUBS

October 2023



GFWC Georgia Monthly Connections

Wow, it's October when the leaves turn to brilliant gems of color, the air cools, and the soups simmer again. With those dog days of summer finally behind us, we're more than ready to trade in those sandals and flip-flops for boots and go for a brisk walk among nature's kaleidoscope of colors. Or admire the many hues of the autumn leaves as we take a road trip to the mountains, maybe stopping at a winery, an apple orchard, a corn maze, a pumpkin patch, or a local fall festival. This month emphasizes the GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention. Throughout the month, club women will inform and educate members and their community about domestic violence, honor their local victims, and support their local survivors and the organizations who assist them. As we also finish our Fall District Meetings, our attention turns to Southern Region's "Magic of Mississippi" and the Juniors' Advocates of Children Week. We end the month with pumpkin carvings, scary costumes, and candy corn as we await the ghosts and goblins of Halloween.

October is fall's answer to spring!

Fall District Meetings

The remaining districts will be having their Fall District Meetings in October. They, too, 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 they will enjoy food, fun, and fellowship with their District sisters. Each district will collect ten (10) Household Box Donations for Wellspring Living.

North East District | October 7, 2023



WHEN: Saturday, October 7, 2023

WHERE: Gainesville Civic Center
830 Green Street NE
Gainesville, GA 30501

TIME: 9:30 am—Registration
10:00 am— Business Meeting

PRESIDENT: Barbara Brooks

HOST CLUBS: GFWC Gainesville Phoenix Woman's Club
GFWC Toccoa Federated Woman's Club
GFWC Toccoa Junior Woman's Club

South East District | October 14, 2023



WHEN: Saturday, October 14, 2023

WHERE: First Baptist Church of Gordon
1012 N. Van Buren
Gordon, GA 31708

TIME: 10:00 am—Registration
11:00 am— Business Meeting

PRESIDENT: Barbara Scott

HOST CLUBS: GFWC Civic Woman's Club of Milledgeville
GFWC Gordon Woman's Club

North West District | October 21, 2023



WHEN: Saturday, October 21, 2023

WHERE: St. Luke's Presbyterian Church
1978 Mt. Vernon Rd.
Dunwoody, GA 30338

TIME: 9:30 am—Registration
10:00 am— Business Meeting

PRESIDENT: Julie Bates

HOST CLUBS: GFWC Dunwoody Woman's Club
GFWC Roswell Cares Service League
GFWC Sandy Springs Woman's Club

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

GF WC Georgia and the Atlanta Braves



Join the GF WC Georgia Family and See the Atlanta Braves Play the Washington Nationals at Truist Park!

When: Sunday, October 1, 2023

Where: Truist Park
755 Battery Avenue Southeast
Atlanta, GA 30339

Time: 3:05 PM

Seats: Home Run Porch Sections 145 & 146

(Fundraiser for GF WC Georgia and Wellspring Living)

Southern Region Annual Meeting

The Magic of Mississippi



Federated sisters across the Southern Region will assemble for a weekend of fellowship, learning, and fun on the Bay as they attend GFWC workshops, hear inspiring speakers, enjoy the hospitality and culture of Mississippi, try their luck in the casinos, and relax with pampering spa packages.

- WHEN:** Thursday, October 26 - Sunday, October 29, 2023
- WHERE:** Imperial Palace (IP) Casino Resort & Spa
850 Bayview Avenue
Biloxi, MS 39530
- DRESS:** Tropical Casual (*Tours*), Tropical Business Casual (*Meetings and Saturday evening*), Black and White Business Casual (*Friday evening*), and Dr. Seuss Theme (*Junior Fun Night on Friday evening*)
- WHAT TO BRING:** New or gently used children's books for MS school libraries, State Opportunity Basket or Purse, \$\$ for shopping (vendors, state and GFWC tables, casinos, souvenirs, etc.)
- SPECIAL GUESTS:** GFWC International President Deb Strahanoski
GFWC President-Elect Suellen Brazil
- HOST:** GFWC Mississippi Federation of Women's Clubs, Inc.



GENERAL FEDERATION
of WOMEN'S CLUBS

2023 Region Conference GFWC Presentations

What's in store for you while attending your region's conference? GFWC Chairmen and Committee members will provide immersive presentations in the following areas.

Signature Program: Advocating for Victims ~ Education for All



This presentation will share ways GFWC members can advocate and educate in their communities. We will highlight the GFWC Success for Survivors Scholarship application procedures and expand on effective advocacy strategies, including raising awareness, providing safe spaces for survivors to share their stories, lobbying for policy changes, and promoting education on consent and healthy relationships.

Juniors' Special Program: ABC Project Ideas with Affiliate Organizations



Utilizing the tools from GFWC Affiliate Organizations is the easiest way to advocate for children. We will give you the ABCs to project ideas and community awareness.

Get a CLUE with Done-in-a-Day Projects



Are you looking for clues to uncover the secrets to done-in-a-day projects to bring micro-volunteers and potential members to your community projects? Join Mrs. Peacock, Colonel Mustard, Ms. Scarlet, and all the CLUE characters when the investigation into easy hands-on projects begins. If you are looking for clues, this one is for you.

And there's more...

Building Leadership Capacity through Club Projects Organizations



Hear innovative ideas for club projects that will build leadership skills to increase members' confidence and encourage acceptance of new leadership roles.

Membership and Micro-Volunteers

How do GFWC clubs recruit, engage, and manage prospects with limited time? Micro-volunteering may be the solution your club is looking for! Micro-volunteering is an approach to community action that allows short-term, low-commitment opportunities to get involved with your club programs, events, and fundraisers to create value for their time and engage more prospects of future dedicated members.

Rebranding, why we need each club woman to lead the way.

Engage yourself in rebranding and understand why each club woman needs to get GFWC's identity known in local communities. Learn simple tweaks in communication efforts that make a difference.



"And the Survey Says...Advocacy!"

Over 700 clubwomen were surveyed; the top answers will be revealed during this gameshow fun.



Recipe for a Successful Fundraiser

Don't think you're ready to tackle a fundraising event? This simple recipe will be a crowd-pleasing treat—an easy recipe for success.



The General Federation of Women's Clubs is a unifying force, bringing together local women's clubs with members dedicated to strengthening their communities and enhancing the lives of others through volunteer service. With more than 60,000 members in affiliated clubs in every state and more than 20 countries, GFWC members are community leaders who work locally to create global change by advocating for women, children, and families on issues such as domestic violence and sexual assault, food insecurity/hunger, and promoting healthy lifestyles. GFWC also supports the arts, works to preserve natural resources, advances education, encourages civic involvement, and

Domestic Violence Awareness Month

GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention (DSVAP)

GFWC is a national leader in the fight to end domestic violence by raising awareness about this social issue. The goal of this signature program is to increase awareness of and help prevent the widespread occurrence of domestic and sexual abuse and violence against women in communities across the nation by working with national domestic violence networks, supporting existing activities, working with various established programs, and initiating educational opportunities for club members and local citizens. GFWC is a powerful voice for those who have no voice.

What is Domestic Violence Awareness Month?

Domestic Violence Awareness Month (DVAM) evolved from the “Day of Unity” observed by the National Coalition Against Domestic Violence (NCADV) in October 1981.

The goal of this event was to connect advocates across the nation who were working to end violence against women and their children, and the range of activities associated with the effort ultimately expanded to include events at the local, state, and national levels.

In October 1987, the first Domestic Violence Awareness Month was observed, and the first national domestic violence toll-free hotline was launched. In 1989, Congress designated October as the National Domestic Violence Awareness Month, and every year since, organizations around the country have marked the month with a variety of awareness activities focused on a few common themes: mourning those who have died as a result of domestic violence, acknowledging and celebrating those who have survived, and connecting allies and others motivated to end all forms of relationship violence. (NCDSV, 1996)

DOMESTIC VIOLENCE MYTH VS. FACT

Domestic violence only happens to women.

1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime. 30-50% of transgender people will experience domestic violence in their lifetime.

Drugs, alcohol, stress, and mental illness are the causes of DV.

While drugs, alcohol, stress, and mental illness can be factors in an abuser's life and can certainly make an abusive situation more complicated, these things do not cause domestic violence.

Abusers are just out of control and need anger management.

Abusers use many deliberate tactics to maintain power and control in a relationship. Sometimes these tactics can include physical violence and aggression, but there are many other ways that control is established.

Domestic violence is always physical abuse.

While physical abuse can be one way of maintaining power and control, it does not occur in every abusive relationship and is usually not the only form of abuse if it is occurring. Emotional abuse, financial abuse, sexual abuse, isolation, threats, and intimidation are all forms of domestic violence.

If a victim doesn't leave, it must not be that bad or they are ok with how they are being treated.

Leaving an abusive relationship is extremely difficult. On average, a victim will try to leave an abusive relationship at least 8 times before leaving successfully. Some of the things abusers do to make leaving hard can include: creating financial dependence, using children as a coercion tool, making threats of violence or legal retaliation, or using the court system to keep control of a victim even after they leave.

Simple program/project ideas for the month:

- 1) Make and distribute purple ribbons/brochures about domestic violence to club and community members.
- 2) Invite representatives from a local domestic shelter to speak to members.
- 3) Contact your local domestic shelter for a “needs” list and host a drive for them.
- 4) Recognize the staff of a local shelter with gifts that show appreciation — gift cards, spa baskets, tea baskets, etc.
- 5) Donate to the GFWC Success for Survivors Scholarship.
- 6) Purchase items from [The Starfish Project](#).
- 7) Host a [Clothesline Project](#).
- 8) Create a Purple Pinwheels Garden outside the clubhouse or other facility.



For more information on the GFWC Signature Program, refer to the:

- a) GFWC Georgia Yearbook — Club Resources—Tools for Success (password protected — <https://gfwcgeorgia.org/>)
- b) GFWC 2022-2024 Club Manual in the Member Portal — www.GFWC.org

Additional Resources:

- a) [Georgia Coalition Against Domestic Violence](#)
- b) [National Network to End Domestic Violence](#)
- c) [National Center on Domestic and Sexual Violence](#)
- d) [National Coalition Against Domestic Violence](#)
- e) [Domestic Shelters](#)

October: Awareness Months

- National Arts & Humanities Month
- National Cyber Security Awareness Month
- National Crime Prevention Month
- National Book Month
- National Principals Month
- National Learning Disabilities Month
- Birth Defects Prevention Month
- Breast Cancer Awareness Month
- Pregnancy and Infant Loss Awareness Month
- Domestic Violence Awareness and Prevention Month
- National Bullying Prevention Month
- National Residents’ Rights Month
- Sudden Infant Death Syndrome Awareness Month
- World Blindness Awareness Month
- Country Music Month
- Financial Planning Month
- National Substance Abuse Awareness Month
- National Fire Prevention Month
- National Children’s Health Month
- Dental Health Awareness Month
- German-American Heritage Month



October comes from the Latin word octo, "eight," because it was the eighth month of the early Roman calendar.

Stone = Opal Flower = Snap Dragon

Advocates for Children Week

Sunday, October 22 to Saturday, October 28, 2023



GFWC Juniors' Special Program: Advocates for Children is designed to encourage all Women's, Junior, Juniette, and International Affiliate clubs to make a difference in our world by becoming advocates for children. Members may choose to organize projects that benefit children in their community, state, or the world. Clubwomen can become advocates by ensuring that children are protected from harmful situations, encouraging healthy physical and emotional lifestyles, and impacting policy to improve children's lives.

The Juniors' Special Program: Advocates for Children encourages advocacy and projects that will assist and protect children in crisis, including those experiencing: 1) Child abuse, 2) Cyberbullying, 3) Depression and suicide, 4) Foster or residential care, 5) Homelessness, 6) Human trafficking, 7) Life-threatening illness, 8) Limits on screen time, 9) Poverty, and 10)

Texting while driving.

During this special week, GFWC will celebrate the 24th anniversary of the Juniors' Special Program: Advocates for Children. Although the program is new in the scope of GFWC's 133-year history, advocating for youth and supporting children worldwide is a core part of GFWC values and tradition. A push for improved public schools, the establishment of kindergartens, and public libraries were among the very first civic missions of GFWC in the late 19th and early 20th centuries.

During the 1896 GFWC Convention in Denver, Colorado, members focused on solving problems affecting women and children that had been exasperated due to rapid urbanization and industrialization. In Denver, clubwomen unanimously resolved that no child under 14 should be employed in a hazardous setting and that proper sanitation and safe working conditions must always be provided. This resolution would become the cornerstone of legislation preventing child labor. Clubwomen, such as Jane Addams, advocated for children by heading GFWC's Child Labor Committee in 1901. GFWC is proud of its history of supporting children and providing a voice to those without one.

Proper hygiene for children, nutrition, and care for infants, also became a rallying point for clubwomen throughout the 20th century. When President Franklin Delano Roosevelt established the March of Dimes in 1938, clubwomen immediately found an ally in the fight for proper health care and hygiene for mothers and their children. Today, GFWC partners with March of Dimes through the Juniors' Special Program. Whether hosting an event, participating in a walk, or collecting spare change, clubs are dedicated to helping March of Dimes in its mission to end premature birth and infant mortality.

At the 2015 Annual Convention in Memphis, Tennessee, GFWC was proud to begin a partnership with St. Jude Children's Research Hospital, giving clubs another way to support the Juniors' Special Program: Advocates for Children. GFWC has demonstrated a commitment to ending childhood cancer by bringing all hands on deck for the St. Jude Run/Walk to End Cancer.



Advocates for Children Week, which takes place this year from October 22 to October 28, gives members the perfect opportunity to shine a light on all that they do year-round for children. The emphasis for club projects during Advocates for Children Week will be on children whose lives are impacted after being removed from their homes due to unsafe conditions. The goal is to collect **personal hygiene items** (*toothpaste, toothbrush, shampoo, body wash/soap, comb/hairbrush, washcloth, disposable wipes, tissues, and could include socks, crayons/coloring books, pencil/sharpener, and other items dependent upon the age of the child*), **clothing** (*socks, hats, gloves, underwear, and outerwear depending on age of child*), and **blankets** that can be delivered to local organizations serving these children.

History will judge us by the difference we make in the everyday lives of children.

Nelson Mandela



Mental Illness Awareness Week

The first week in October (October 1-7) is Mental Illness Awareness Week (MIAW), an annual national public education campaign led by the National Alliance on Mental Illness (NAMI), designed to help raise awareness of mental illness. This year's theme, **Together for Mental Health**, advocates for better care for people with mental illness.

Common **WARNING SIGNS** of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- 
- ! Feeling very sad or withdrawn for more than two weeks
 - ! Trying to harm or end one's life or making plans to do so
 - ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
 - ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
 - ! Significant weight loss or gain
 - ! Seeing, hearing or believing things that aren't real*
 - ! Excessive use of alcohol or drugs
 - ! Drastic changes in mood, behavior, personality or sleeping habits
 - ! Extreme difficulty concentrating or staying still
 - ! Intense worries or fears that get in the way of daily activities

*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

50%
of all lifetime
mental illness
begins by age

14

KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)


75%
by age
24


Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

 NAMI HelpLine
800-950-NAMI (6264)

 NAMI

 NAMICommunicate

 NAMICommunicate

 www.nami.org

 **nami**
National Alliance on Mental Illness

OCTOBER IS

NATIONAL BULLYING PREVENTION MONTH

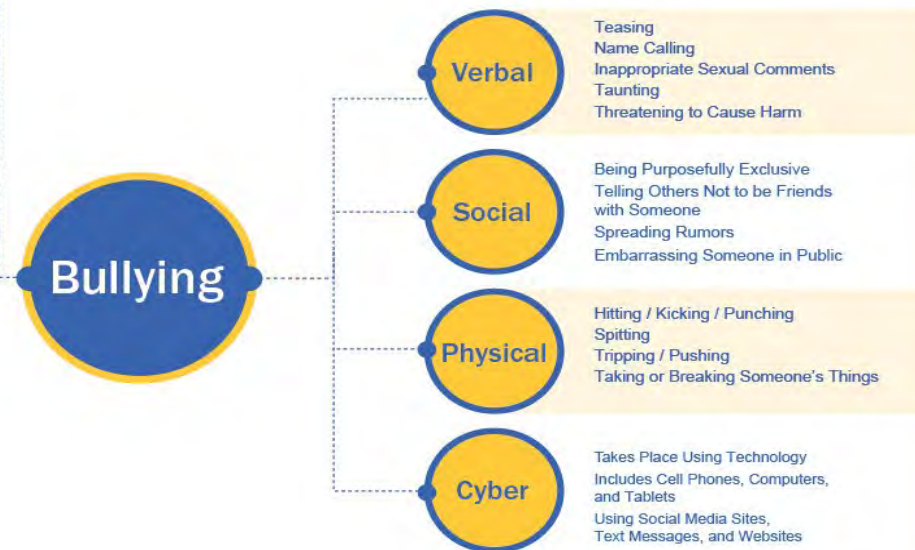
NCTSN
The National Child Traumatic Stress Network

BULLYING FACTS

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance

The behavior is repeated, or has the potential to be repeated, over time (US Department of Health & Human Services)

Bullying Happens in Many Ways



FACT

1 in 5

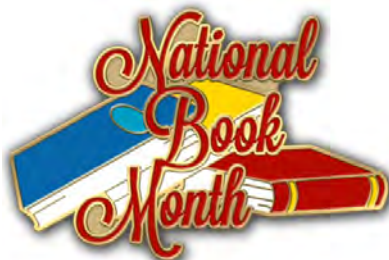
high school students are bullied in the US



That's

8.2 Million

every year



October is National Book Month! Authors, booksellers, publishers, and readers celebrate this month-long event.

Since 1950, the National Book Foundation has highlighted

the best fiction, nonfiction, poetry, translated literature, and YA literature. In 2003, the organization created the first National Book Month.

This themed month is the perfect opportunity to read books, support others' rights to read books, make the

choice to support independent bookstores and maybe even chip away at your own book.

How can you celebrate this month?

1. Read a new book.
2. Reread a favorite book.
3. Help fight book bans.
4. Pay a visit to your local library.
5. Support an independent bookstore.
6. Try audiobooks.
7. Put up a Little Free Library.
8. Gift a book to a child, relative, or friend.
9. Write your own book.

National Arts and Humanities Month

National Arts & Humanities Month in October encourages everyone to appreciate art and explore the diverse cultures around us. It is the largest celebration of arts and culture in the U.S. with festivities from coast to coast to honor NAHM.

This celebration acknowledges the impact of arts and humanities on humankind's wisdom, intellect, creativity, innovation, and imagination. The arts and humanities enrich the lives of every human across the globe and play a unique role in the lives of our families, our communities, and our diverse cultures.

Established in 1993, the National Arts and Humanities Month's four goals are:

- **FOCUSING:** To create a national, state, and local focus on the arts and humanities through the media,
- **ENCOURAGING:** To encourage the participation of individuals, as well as arts, humanities, and other organizations nationwide,
- **ALLOWING:** To provide an opportunity for federal, state, and local business, government and civic leaders to declare their support for the arts and humanities,
- **RAISING:** To establish a highly visible vehicle for raising public awareness about the arts and humanities.

How can you celebrate?

- 1) Check out your local calendar of events to see what artistic events are happening in your area and attend.
- 2) Take a friend, neighbor, or relative to a museum, play, film, or concert.
- 3) Take a painting, drawing, sculpturing, or other art class and share your talents with your club members.
- 4) Participate in art therapy programs in hospitals, senior living facilities, memory care facilities, etc.
- 5) Initiate a public art project with children or teens.



Are you familiar with the music of Chris Stapleton, Dolly Parton, Garth Brooks, or Carrie Underwood?

Then you are familiar with today's Country Music. But do you know how this musical genre developed and how October became Country Music Month?

After classical music, country music was among the first genres of popular American music. It developed as a fusion of church music, folk music, and African-American blues in the southeastern states of America. The instruments used to play country music were the mandolin, fiddle, acoustic guitar, banjo, and autoharp.

In the early 1920s, country music began as a successfully recorded genre. The first successful country single was 'Wreck of the Old '97' by Vernon Dalhart in 1924. But, it

was the signing of Jimmie Rodgers and The Carter Family in 1927 that marked the birth of country music. Jimmie Rodgers became successful nationally and is known as the 'Father of Country Music.'

From southern Appalachia's songs of struggle, heartbreak, and faith to the rollicking western swing of Texas, from California honky tonks to Nashville's *Grand Ole Opry*, country music evolved over the course of the twentieth century to emerge as America's music.

Country Music Month was initially observed in 1964. Still, it was not until President Richard Nixon, a fan of the genre, made a proclamation in 1970 to celebrate October as Country Music Month that it became a celebration.

Want to know more about the history of country music?

Watch Ken Burns' eight-part, 16-hour, *Country Music* series on PBS. Released in 2019, it traces the origins of country music with original footage, photographs, and interviews with country music artists and the influence it has had on our country.

Did you know that cooking fires are the leading cause of home fires and home fire injuries?
Cooking safety starts with YOU.



October is Fire Prevention Month!

Fire Prevention Month (and the week of October 8th -14th) aims to raise fire safety awareness and help protect homes and families.

In 1922, the National Fire Protection Association (NFPA) named the second week of October Fire Prevention Week, commemorating the Great Chicago Fire in 1871.

The NFPA's 2023 campaign for Fire Prevention Month is "Cooking Safety Starts with You." The theme highlights the importance of practicing safe cooking skills at home.

Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.



OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast Health



About one in eight women in the U.S. will develop invasive breast cancer during their lifetime.

No.1

Breast cancer is the most common cancer among American women, except for skin cancers.

232,670

Estimated amount of new cases of invasive breast cancer diagnosed in women.

55+

Two of three breast cancers are found in women 55 or older.

2.8 million

Estimated amount of breast cancer survivors in the US.

No.2

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

Breast cancer survivorship has tripled over the past 60 years.

Risk Factors

GENDER

A woman is 200 times more likely than a man to develop breast cancer.

AGE

Your risk of developing breast cancer increases as you get older, and half of all breast cancers are diagnosed in women older than 60.

GENETICS

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease. Less than 15 percent of women with breast cancer have a family member with this disease.

WEIGHT

Being overweight or obese increases breast cancer risk.

RACE

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

Health Tips



■ **BREAST DENSITY**
Having dense breasts makes your chance for breast cancer four times higher.



■ **KNOW YOUR FAMILY HISTORY**
5 to 10 percent of breast cancer is hereditary.



■ **NUTRITION**
Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



■ **SCREENING**
Remember to get annual mammograms and clinical breast exams beginning at 40.



■ **WATCH WEIGHT**
Women who gained 21 to 30 pounds since age 18 were 40 percent more likely to develop breast cancer than those who hadn't gained more than five pounds.



■ **PHYSICAL ACTIVITY**
Women who walk briskly for 1.25 to 2.5 hours a week had 18 percent less risk than women who are inactive.



■ **ALCOHOL**
Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



■ **SUPERFOODS**
City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

Symptoms

- Breast or nipple pain
- Nipple retraction (turning inward)
- Swelling of all or part of the breast
- Redness, scaliness or thickening of nipple or breast skin
- Skin irritation or dimpling
- Nipple discharge

Financial Planning Month

Financial Planning Month is observed nationwide during October. With the holiday season coming up (aka hefty gifting expenses) and the new year just around the corner, Financial Planning Month is a great opportunity to get your finances and budgets in order before life gets too busy. As we know it now, financial planning includes investing, tax planning, retirement planning, and other ways to get your finances in order and create mindful budgets to ensure a safe and secure future. Getting a step ahead of your spending and finances is beneficial in the long run, and Financial Planning Month is the perfect time to do that.



Some simple ways to get started:

- 1) Set a financial goal.
- 2) Review your income and expenses for the year. Look at the how much money you spend on eating out, luxury items, memberships, drive-thru coffees, etc.
- 3) Make a budget.
- 4) Pay bills on time. Late fees and penalties result in extra costs and harm your credit.
- 5) Start saving. Even a little a month becomes a habit quickly.
- 6) Sell what you don't use anymore. If you have things collecting dust, taking up space, and generally not being used, then sell or get rid of them. Recycle, repurpose, reuse.
- 7) Can't sell those items — donate them.
- 8) Review your insurance policies (all of them from auto, homeowners, life, health, long-term care, etc.) and investments too.

Cybersecurity Awareness Month



Since 2004, the President of the United States and Congress have declared the month of October to be Cybersecurity Awareness Month, a dedicated month for the public and private sectors and tribal communities to work together to raise awareness about the importance of cybersecurity.

2023 marks the 20th annual Cybersecurity Awareness Month, and this year the Cybersecurity and Infrastructure Security Agency (CISA) is launching a new awareness program that encourages every American to take four (4) simple steps to stay safe online. These are simple actions that we should take during Cybersecurity Awareness Month, but every day throughout the year.

- **Use strong passwords and a password manager:** Strong passwords are critical to protecting data. They are long, random, unique, and include all four character types (uppercase, lowercase, numbers, and symbols). Password managers are a powerful tool to help you create these unique passwords for all your accounts. Plus, they make storing passwords and user IDs easy.
- **Turn on multifactor authentication (MFA):** You need more than a password to protect your online accounts and enabling MFA makes you significantly less likely to get hacked. Enable multifactor authentication (User ID, Password, PIN, Security Questions) on all your online accounts that offer it, especially email, social media, and financial accounts and use authentication apps or hardware tokens for added security.
- **Recognize & report phishing:** Phishing emails, texts, and calls are the number one way data gets compromised. Be cautious of unsolicited emails, texts or calls asking for personal information. Avoid sharing sensitive information or credentials over the phone or email unless necessary and don't click on links or open attachments sent from unknown sources. Verify the authenticity of requests by contacting the individual or organization through a trusted channel. Report phishing attempts to the appropriate authorities or IT department.
- **Update software:** Updating your software is the best way to ensure you have the latest security patches and updates on your devices. Regularly check manually for updates if automatic updates are not available and keep operating systems, antivirus software, web browsers, and applications up to date.

GFWC Georgia's Holiday Express

All aboard GFWC Georgia's holiday express!

Sunday, November 12th 4:30 to 6:00pm EST

Take an interactive virtual journey with a few of our GFWC special guests.

Purchase your virtual passport to preparing for the holidays. Ticket cost \$20

Purchase your ticket today!



**All proceeds will benefit our signature project,
Wellspring Living**



All aboard! Get ready for a festive holiday season with a few GFWC's special guests! We are excited to announce an interactive virtual journey that will guide you through the process of preparing for the holidays. Experience the joys of the season from the comfort of your own home with our virtual passport as our special GFWC guests will guide you through fun and festive activities, including crafting, cocktails, sweet treats and decorating. Don't miss out on this unique and exciting opportunity to celebrate the holidays with a few of your federation sisters while benefitting our signature project, Wellspring Living.

Check out our GFWC Georgia Holiday Express Itinerary as we stop in Georgia, South Carolina, Mississippi, Alabama and Florida. Once registered, all virtual passengers will receive their virtual ticket with a list of supplies that you will need if you choose to participate with us along with a zoom link.

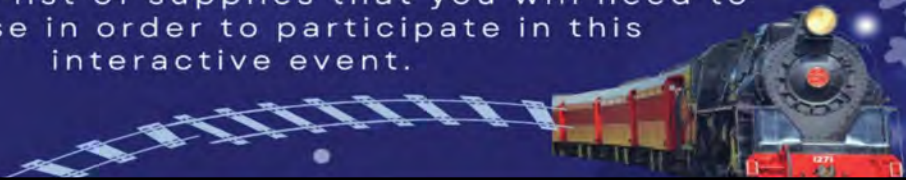
Purchase your virtual passport today and get ready for a holiday adventure like no other!

Purchase Train Ticket
here!

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.

All Aboard!

- First stop: South Carolina-Juliet Casper hosts mixology class to mix the perfect festive holiday cocktail.
- Second stop: Georgia-Kim Sekulow hosts a diy Christmas wreath or table scape
- Georgia-Tina Neese will teach us the art of folding a Christmas tree napkin for the perfect table setting.
- Third Stop: Alabama-Christine Steele will teach us how to assemble easy & impressive charcuterie board.
- Fourth stop: Mississippi-Becky Wright says it's all about the desserts, a simple southern dessert that guests will love.
- Last stop: The beach is near in the Sunshine State of Florida with Sharon Oliphant. Special holiday gift wrapping your bottles of wine.
- Upon confirmation of your ticket purchase, we will send you the list of supplies that you will need to purchase in order to participate in this interactive event.



Hilda Hagarty, Editor
news@gfwcgeorgia.org

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

Reminders



OPERATION CHRISTMAS CHILD

*Send good news
& great joy!*

**GET
FREE
MATERIALS!**



It's time to begin preparing for National Collection Week, Nov. 13-20! To help you gear up for the start of the 30th Anniversary of Operation Christmas Child and the 2023 season, Samaritan's Purse is providing free materials — adhesive labels, brochures, flyers, posters, videos, and bulletin inserts. Check out the [Free Materials](#) page, where you'll find all these refreshed promotions that will help get your club or group excited about sending gift-filled shoeboxes and the Gospel to boys and girls worldwide.

The deadline to place an order for these free materials is **Monday, October 23, 2023.**



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.

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

Chick-fil-A Peach Bowl and Fan Fest

Bought your tickets for a chance to attend this event???

Don't delay — buy them today!!

1 ticket — \$10

6 tickets — \$50

12 tickets — \$100

Click on the link for the order form:

<https://gfwcgeorgia.org/>

Or scan the QR Code:



October 2023

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

October 1	GFWC Georgia Family Day — Atlanta Braves vs. Washington Nationals—3:05 PM— Truist Park (Fundraiser for GFWC Georgia and Wellspring Living)
October 1	<u>International Day of Older Americans</u>
October 1	<u>International Music Day</u>
October 1	Deadline to Register for Junior and Juniorette Leadership Certification Program. Form at GFWC Member Portal > My Digital Library > Resources > J
October 1-7	<u>Mental Illness Awareness Week</u>
October 1-7	<u>Banned Books Week</u>
October 2	<u>National Custodial Workers Day</u>
October 3	Last Day to Register for Imperial Palace (IP) Casino Resort & Spa Hotel for Southern Region Annual Meeting— Biloxi, MS
October 4	50th Annual Home Tour — GFWC Dunwoody Woman’s Club — 10 am to 2 pm
October 4	<u>World Financial Planning Day</u>
October 5	<u>World Teachers Day</u>
October 5	<u>National Be Nice Day</u>
October 6	<u>Kids Music Day</u>
October 6	<u>World Smile Day</u>
October 7	GFWC North East District Meeting — 9:30 am — Gainesville Civic Center, 830 Green Street NE, Gainesville, GA 30501
October 7	<u>World Day of Architecture</u>
October 8-14	<u>Fire Prevention Week</u>
October 9	<u>Columbus Day</u>
October 9	Federation Fellowship (Zoom) — 7:00 pm
October 10	<u>World Mental Health Day</u>
October 13	<u>U.S. Navy Birthday</u>
October 14	GFWC South East District Meeting — 10:00 am — First Baptist Church of Gordon, 103 College Street, Gordon, GA 31031
October 14	Lilburn Daze — GFWC Lilburn Woman’s Club — 9 am to 5 pm — Lilburn City Park
October 16	<u>World Food Day</u>
October 19	<u>Stop Bullying Day</u>
October 19	“It’s Pink Partini Time” — GFWC Hartwell Service League — Catechee Country Club — 6-9:30 pm. Benefits The Nancy Hart Foundation
October 21	GFWC North West District Meeting—9:30 am — St. Luke’s Presbyterian Church, 1978 Mt. Vernon Road, Dunwoody, GA 30338
October 22-28	GFWC Juniors’ Advocates for Children Week
October 23	Last day to order free materials for Samaritan’s Purse <i>Operation Christmas Child</i>
October 24	<u>United Nations Day</u>
October 24	<u>World Polio Day</u>
October 26-29	GFWC Southern Region Annual Meeting—Imperial Palace (IP) Casino Resort & Spa, 850 Bayview Avenue, Biloxi, MS 39503 — Hosted by the GFWC Mississippi Federation of Women’s Clubs
October 27	Boo-unco Night — GFWC Reynolds Woman’s Club — 6 to 8 pm—Clubhouse
October 28	<u>Make a Difference Day</u>
October 31	<u>Halloween</u>
October 31	Deadline for News Articles for the November Issue of the <i>The Georgia Clubwoman</i>
October 31	Last Day to Purchase Krispy Kreme BOGO cards (Fundraiser for GFWC Georgia)