



GFWC
est. 1890
GENERAL FEDERATION
OF WOMEN'S CLUBS

January 2024



GFWC Georgia Monthly Connections

It's January — a month of new beginnings when we can start fresh and make positive life changes. Whether it's eating healthier or traveling more, many people see January as the first chapter of a more fulfilling, enjoyable, and productive life. For clubwomen, January is a time to reflect on the year past as we compile, write, and submit our club reports on the activities of 2023. As we do so, we also marvel at how much a difference we have made in the lives of others, from the simple collection of canned goods and socks to the hosting of an elaborate luncheon for the benefit of a favorite charity. Every small act of kindness and generosity impacts someone. As we welcome this chilly month with open arms and leave behind the old, it's a perfect time to pause and take a breath from the hectic holiday season and to reflect on our hopes, goals, and intentions for this new year. Let's renew our sense of purpose personally and as an organization as we embrace the many opportunities that this month and this year bring.

Happy New Year!

January Awareness Months

- Bath Safety Month
- Book Blitz Month
- Cervical Cancer Awareness Month
- Financial Wellness Month
- Lifelong Literacy in America Month
- National Birth Defects Prevention Month
- National Blood Donor Month
- National Clean Up Your Computer Month
- National Eyecare Month
- National Glaucoma Awareness Month
- National Mentoring Month
- National Personal Safety and Stalking Awareness Month
- National Poverty in America Awareness Month
- National Slavery and Human Trafficking Awareness Month
- National Soup Month
- Teen Driving Awareness Month
- Thyroid Awareness Month

January

January is named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, the other into the future.

Stone = Garnet Flower = Carnation

End of the Year Club Reports

Deadline — January 25, 2024— 11:59 P.M.

It's that time of year to compile all your club's hours, club contributions, and in-kind donations for all your projects for 2023 and submit your reports.

Need Help?

- [GFWC GA website](#)—From GFWC GA Website > Club Resources > Reporting & Forms. Scroll down the page to find links to all the Google Questionnaires (Reports) to report your club data.
- [GFWC Georgia Yearbook](#)— Click on the link to the Reporting Guidelines in the GFWC Georgia Yearbook.
- Practice Link for Questionnaires — From GFWC GA Website > Club Resources > Reporting & Forms. The link to the practice form is at the top of the page.
- Reporting FAQs — From GFWC GA Website > Club Resources > Reporting & Forms. Scroll down the page to “Reporting FAQs.”



READY, SET, GO!

Need Further Assistance?

- [Peggy Wilson](#), GFWC GA 2nd V.P. — all reporting questions.
- Individual CSP/Advancement Area Chairmen — questions regarding a specific area
- [Laedina Jewel or Deborah Landress](#) — Google Questionnaires (Reports)
- Federation Fellowship — January 8, 2024, at 7:00 p.m. via Zoom — The link to meeting will be sent via Constant Contact.

What Questionnaires (reports) or forms are due by this January 25, 2024—11:59 P.M. Deadline?

- **All Community Service Program (CSP) Reports** — statistical data, narratives for top 10 projects*, most outstanding/creative project*, and Community Connection Initiative Project* *Optional, but not required for award eligibility. Use the appropriate Google Questionnaire to submit your club report.
- **Advancement Areas — Communications & Public Relations, Fundraising, Leadership, Legislative, Membership, Women's History Reports.** Use the appropriate Google Questionnaire to submit your club report.
- **Special Projects — Domestic and Sexual Violence Awareness Project (DSVAP), Advocates for Children, Ella F. White Memorial Endowment Fund, Lipscomb Society, 1734 Society, and Tallulah Falls School Reports.** Use the appropriate Google Questionnaire to submit your club report.
- **GFWC Georgia Achievement Goal Sheet.** Use the Google Questionnaire to submit your data.
- **GFWC Georgia Epsilon Sigma Omicron (ESO) Report.** Use the Google Questionnaire to submit your data.
- **[Arts & Culture Photography, Writing, Student Art, and Member Craft Contests.](#)** — Click on the link for the rules and contest forms for each of the contests from the GFWC Georgia Yearbook.

1) **Photography and Writing Contests** — photos and/or writing entries, entry forms, and creative waiver forms are submitted to:

Joyce Broughton
GFWC Georgia Arts & Culture CSP Chairman
732 Registry Run, NW
Kennesaw, GA 30152
E: ArtsCulture@gfwcgeorgia.org

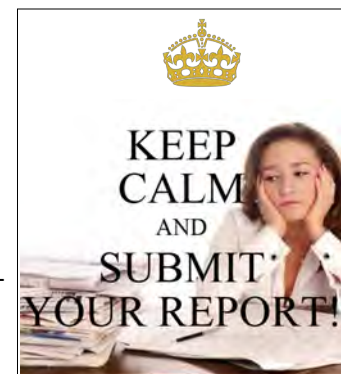
2) **Student Art and Member Craft Contests** — entry forms are submitted to the District Arts & Culture CSP Chairmen.

Central East	Lynn Garrett GFWC Service Guild of Covington 992 P J East Road Covington, GA 30016 E: relyga2@me.com
Central West	Judy Penrod GFWC Locust Grove Woman's Club 705 Derek Place Locust Grove, GA 30248 E: judypenrod@bellsouth.net
North East	Pat Shaver GFWC Lilburn Woman's Club 1295 Cedar Keys Ct. Stone Mountain, GA 30083 E: patshaver1@gmail.com
North West	Joyce Broughton GFWC Marietta Woman's Club 732 Registry Run, NW Kennesaw, GA 30152 E: j49broughton@aol.com
South East	Annette Belk GFWC Sylvania Junior Woman's Club PO Box 306 Sylvania, GA 30467 E: annette.belk@yahoo.com
South West	Ginger Myers GFWC Albany Woman's Club 2301 Doublegate Dr. Albany, GA 31721 E: myersginger@bellsouth.net

- [Communication and Public Relations Contests](#) — Click on the link for rules regarding each of the contests from the GFWC Georgia Yearbook.
 - 1) **GFWC Georgia Garrett Newsletter Contest** — p. 184 in Yearbook — submit requested info to Kim Sekulow — president@gfwcgeorgia.org and Hilda Hagarty — news@gfwcgeorgia.org.
 - 2) **GFWC Junior Club Newsletter Contest** — p.184 in Yearbook — submit requested info to Nicole Braun — juniordirector@gfwcgeorgia.org and Freda Tylor — jrnews@gfwcgeorgia.org.
 - 3) **GFWC Georgia Social Media Contest** — p. 185 in Yearbook — submit required materials to Deborah Landress — social@gfwcgeorgia.org.
 - 4) **GFWC Georgia Website Contest** — p. 185 in the Yearbook — submit required materials to Cimi Douglass — website@gfwcgeorgia.org.

What are the benefits to submitting club reports?

- **Statistical** — Helps the state provide critical statistical information to GFWC to represent the membership to national policy makers and to receive grants and partnerships with national organizations. These reports document the club's non-profit organizational status.
- **Historical** — Provides a record of the activities of a club for the present and posterity, allowing current and future members to see what was done and allows the members to see how the organization has evolved over the years. Reports are great tools for publicity and recruitment.
- **Recognition** — Are means by which GFWC at all levels recognizes and acknowledges clubs for their outstanding service to our communities.
- **Monetary** — Your club could win **\$250** in 2024. At the 2024 GFWC Georgia Convention, one club will be the lucky recipient of \$250 just by submitting their reports.



Wellspring Living Event



Wellspring Living

There are two ways to support this organization during January.

1) Amazon Wish List

The periodically-updated [Amazon Wish List](#) is a great way to donate items that are needed for their residential programs, as well as individual items for survivors.

2) In-Kind Needs List

You can also [check here](#) for their current needs list for their residential programs.

By **January 31, 2024**, please send Tina Neese, the State President's Special Project Chairman, a list of items and prices the club purchased for Wellspring Living.

Send to:

Tina Neese

E: tinadaniel1224@gmail.com

January 1-31, 2024

After Christmas Shopping Spree

to benefit Wellspring Living

Visit the In-Kind Wish List and Donate Items.

Shop Now

Then compile a club list of items purchased and prices and send to Tina Neese (tinadaniel1224@gmail.com) by **January 31, 2024.**



Federation Fellowship



Monthly GFWC Georgia Gatherings

January 8, 2024 via Zoom — 7:00 to 8:00 pm

Click on the button (Federation Fellowship) in the Constant Contact email.

Each session will begin with a “Meet and Greet” from 7:00 to 7:15 pm, a “CPR” Highlight from 7:15 to 7:30 pm, and Questions following the presentation.

JANUARY IS

NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH



What is Modern Slavery? It is an umbrella term encompassing slavery, servitude, force or compulsory labor and human trafficking. Victims of modern slavery are unable to leave their situation of exploitation and are controlled by threats, punishment, violence, coercion, and deception.

What is human trafficking? It is a crime that involves the use of force, fraud, or coercion in exchange for labor, services, or a commercial sex act. Causing someone under the age of 18 to engage in a commercial sex act, regardless of motive, is human trafficking. Human traffickers use various forms of force, fraud, or coercion to control and exploit victims. — imposing debt, fraudulent employment opportunities, false promises of love or a

better life, psychological coercion, and violence or threats of violence.

The month of January is National Slavery and Human Trafficking Awareness and Prevention Month to bring to light the facts related to human trafficking as it is a worldwide problem affecting all populations and socioeconomic classes. Human trafficking hinges on the exploitation of another person. People mistakenly believe that victims must be moved from one place to another to qualify as a victim legally, but that is not the case. Human trafficking does not require transportation or crossing borders to be considered a crime — it can be committed against an individual who has never left his or her hometown.

Who are the Victims?

Human trafficking victims can be any age, race, gender identity, sex, ethnicity, nationality, immigration status, and socioeconomic class. Victims may not come forward to seek help because they are vulnerable, may have a language barrier, lack of documentation, shame, emotional attachment and dependency, fear or distrust of law enforcement, physical threats to themselves or their family, or do not identify as a victim.

Human traffickers exploit many vulnerabilities to victimize their prey. Individuals who are particularly susceptible to human trafficking are children in the child welfare and juvenile justice systems, runaway and homeless youth, individuals with substance abuse/misuse issues, American Indian and Alaskan Native communities, and migrant and undocumented workers.

Human traffickers exploit many vulnerabilities to victimize people. These include:

- 1) lack of safety at home from violence, abuse, and neglect.
- 2) homelessness or runaway status.
- 3) mental health concerns.
- 4) Involvement in child welfare or juvenile justice systems.
- 5) poverty or economic hardships.
- 6) isolation from family and/or community.
- 7) recent migration, relocation, or displacement.
- 8) unstable living conditions.
- 9) substance abuse.

Where are the victims found?

Human trafficking is often “hidden in plain sight.” Victims can be found in legitimate and illegitimate industries, for example:

- **Sex Trafficking:** escort services, illicit massage services, outdoor sexual exploitation, residential brothels, bars, strip clubs, pornography production, personal sexual servitude, and livestreaming of sexual exploitation.
- **Forced Labor:** domestic work (such as housekeepers, traveling sales crews, restaurants, peddling and begging, agriculture (field/farm work), beauty services, construction, hotels, landscaping, entertainment, commercial cleaning services, manufacturing, fishing, mining, carnivals, forestry, healthcare, recreational facilities, and criminal enterprises, such as drug dealing.

How Can You Join the Fight Against Human Trafficking?

- Learn the [indicators of human trafficking](#).
- If you believe someone is a victim of human trafficking, call the 24-hour National Human Trafficking Hotline at **1-888-373-7888**.
- Be an informed consumer. [Who makes your food and clothes?](#)
- Support organizations, such as [Hope for Justice](#) or our State President’s Special Project: [Wellspring Living](#) that fights human trafficking and helps victims and survivors worldwide.

Statistics

- There are 27.6 million people (U.S. statistic) living in modern-day slavery worldwide: 19.9 million victims of labor trafficking in private or state-run industries, 1.4 million in domestic servitude, and 6.3 million victims of sex trafficking.
- Women and girls account for 54% of all victims and 78% of forced commercial sexual exploitation.
- 1.7 million children are in forced commercial sexual exploitation globally.
- 1 in 4 victims of modern slavery globally are children.
- In 2023, there are 1,091,000 people living in conditions of modern slavery in the USA on any given day.
- The U.S. Department of Labor has identified 156 goods from 77 countries made by forced and child labor.
- Modern Slavery and Human Trafficking is a multi-billion-dollar criminal industry — \$150 billion per year, with \$99 billion in commercial sexual exploitation and \$51 billion is economic exploitation, including domestic work, agriculture, and other economic activities.

Source: Hope for Justice Briefing June 2023

National Stalking Awareness Month

NATIONAL STALKING AWARENESS MONTH 2024

KNOW IT
NAME IT
STOP IT

STALKING IN THE UNITED STATES



MOST COMMON STALKING TACTICS EXPERIENCED BY VICTIMS:¹



APPROX. 13.5 MILLION PEOPLE ARE STALKED IN A 1-YEAR PERIOD¹



While legal definitions of stalking vary between jurisdictions, a good working definition of stalking is *a pattern of behavior directed at a specific person that would cause a reasonable person to fear for their safety or the safety of others or suffer substantial emotional distress.*

Many people use ‘stalking’ as a fun term for digging up details about people through social media, but the true meaning of the word creates fear for those who have been victims of the crime. Stalking is more than just going through the statuses or photos of a person. It is following them around to discover every intimate detail about the life of the victim. Stalking includes phone calls, obsessive text messages, notes left on cars, creepy gifts, or messages on social media platforms.

Since many of these initial stages later lead to kidnapping, sexual violence, or physical attacks, ‘stalking’ is considered a crime, an offense under the Crimes (Domestic and Personal Violence) Act 2007. Fewer than 1/3 of the states classify stalking as a felony in all circumstances, including on the first offense, and more than 1/2 of the states classify stalking as a felony upon the second or subsequent offense, or when the crime involves aggravating factors, such as possession of a deadly weapon, violation of a court order or condition of probation/parole, victim under 16 years old, or same victim as prior occasions.

In Georgia, to be convicted of stalking, the State must demonstrate that the accused is guilty beyond a reasonable doubt. This included showing that there is a pattern of harassing and intimidating the victim. Conviction of the first offense of stalking is a misdemeanor, however, a second or successive conviction is a felony and the perpetrator can face from one to ten years in prison as a result.

Citations

¹ Smith, S.G., Basile, K.C., & Krawan, M. (2022). The National Intimate Partner and Sexual Violence Survey (NISVS): 2016/2017 Report on Stalking. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. ² Baum, K., Catalano, S., & Rand, M. (2009). Stalking Victimization in the United States. Washington, DC: Bureau of Justice Statistics. ³ Mohandie, K., Maly, J.R., McGowan, M.G., & Williams, J. (2006). The RECON Typology of Stalking: Reliability and Validity Based upon a Large Sample of North American Stalkers. *Journal of Forensic Sciences*, 51(1), 147-155.

SPARC STALKING AND PERSONAL ABUSE RESEARCH CENTER
STALKINGAWARENESS.ORG

Cervical Cancer Awareness Month

We can PREVENT Cervical Cancer

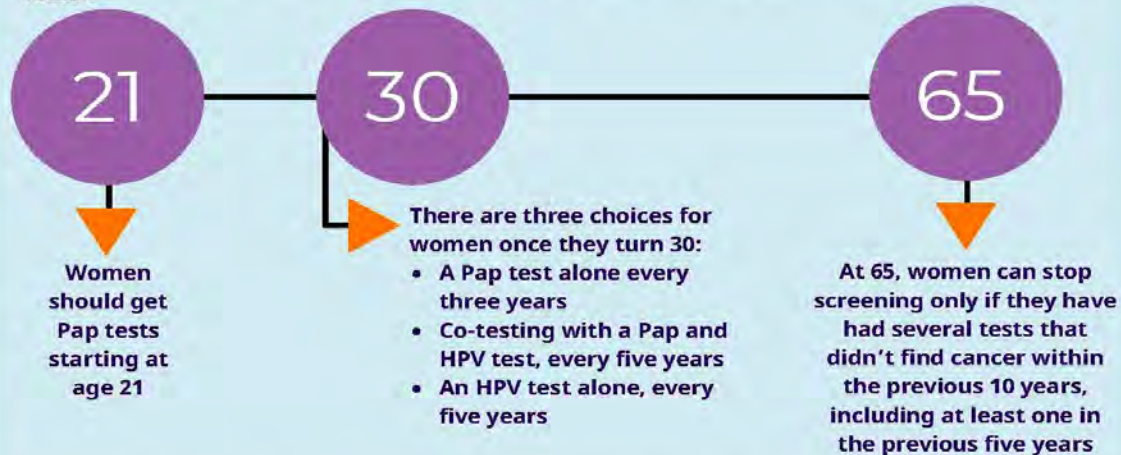
Each year, more than 13,000 women are diagnosed with cervical cancer in the United States. **Yet cervical cancer is one of the most preventable cancers today.** In most cases cervical cancer can be prevented through early detection and treatment of abnormal cell changes that occur in the cervix years before cervical cancer develops.



As many as 93% of cervical cancers could be prevented by screening and HPV vaccination.

SCREENING: WHAT TO DO—WHEN TO DO IT

The cell changes that can lead to cervical cancer are caused by **human papillomavirus (HPV)**. The test for early detection of these changes is the **Pap test**. For women age 30 and over, an **HPV test** is also recommended. HPV tests can find any of the high-risk types of HPV that are commonly found in cervical cancer.



WHY GET SCREENED? WHAT ARE THE BENEFITS?

HPV IS COMMON



It's estimated that about **four out of five women will have HPV at some point**. While most of women infected with the HPV virus do **NOT** develop cancer, screening can identify problems early.

SCREENING IS PREVENTION



More than 50% of all new cervical cancers are in women who have never been screened or have not been screened in the previous five years.

EARLY DIAGNOSIS SAVES LIVES



In most cases **cervical cancer can be prevented through early detection and treatment** of abnormal cell changes years before cancer develops.

Learn more about cervical cancer prevention at www.nccc-online.org





Ten Things to Know About Birth Defects

1. Did you know that birth defects are common?

FACT: Birth defects affect 1 in 33 babies every year and cause 1 in 5 infant deaths. For many babies born with a birth defect, there is

no family history of the condition.

2. Did you know that a woman should take folic acid during her teens and throughout her life?

FACT: Because half of all pregnancies in the United States are not planned; all women who can become pregnant should take a vitamin with folic acid every day. Folic acid helps a baby's brain and spine develop very early in the first month of pregnancy when a woman might not know she is pregnant.

3. Did you know that many birth defects are diagnosed after a baby leaves the hospital?

FACT: Many birth defects are not found immediately at birth. A birth defect can affect how the body looks, works, or both. Some birth defects like cleft lip or spina bifida are easy to see. Others, like heart defects, are not.



4. Did you know that some birth defects can be diagnosed before birth?

FACT: Tests like an ultrasound and amniocentesis can detect birth defects such as spina bifida, heart defects, or Down Syndrome before a baby is born. Prenatal care and screening are important because early diagnosis allows families to make decisions and plan for the future.

5. Did you know that birth defects can greatly affect the finances not only of the families involved but of everyone?

FACT: In the United States, birth defects have accounted for over 139,000 hospital stays during a single year, resulting in \$2.6 billion in hospital costs alone. Families and the government share the burden of these costs. Additional costs due to lost wages or occupational limitations can also affect families.

6. Did you know that birth defects can be caused

by many different things, not just genetics?

FACT: The cause of most birth defects is unknown. Use of cigarettes, alcohol, and other drugs, taking of some medicines, and exposure to chemical and infectious diseases during pregnancy have been linked to birth defects. Researchers are studying the role of these factors and genetics as causes of birth defects.

7. Did you know that some birth defects can be prevented?

FACT: A woman can take some important steps before and during pregnancy to help prevent birth defects. She can take folic acid; have regular medical checkups; make sure medical conditions, such as diabetes, are under control; have tests for infectious diseases and get necessary vaccinations; and not use cigarettes, alcohol, or other drugs.

8. Did you know there are ways a pregnant woman can keep her unborn baby safe from infections?

FACT: The best way to keep an unborn baby safe from infections is for a pregnant woman to wash her hands often, especially after using the bathroom; touching raw meat, uncooked eggs, or unwashed vegetables; handling pets; gardening; or caring for small children.

9. Did you know there is no known safe amount of alcohol or safe time to drink during pregnancy?

FACT: Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning, which can last a lifetime. There is no known safe amount, no safe time, and no safe type of alcohol to drink during pregnancy. FASDs are 100% preventable if a woman does not drink alcohol while pregnant.

10. Did you know that an unborn child is not always protected from the outside world?

FACT: The placenta attaches a baby to the mother and is not a strong barrier. When a mother uses cigarettes, alcohol, or other drugs, or is exposed to infectious diseases, her baby is exposed also. Healthy habits like taking folic acid daily and eating nutritious foods can help ensure that a child is born healthy.

Facts from the Centers for Disease Control and Prevention and National Birth Defects Prevention Network.

To find out more about birth defects and healthy pregnancies, please visit the Centers for Disease Control and Prevention website www.cdc.gov/pregnancy or call your state or local health department.





JANUARY
**NATIONAL
BLOOD
DONOR
MONTH**

A snapshot of blood donation today



Every two seconds

someone in America needs a blood transfusion.

The need is great

extending beyond unexpected emergencies like car crashes, encompassing a wide range of medical treatments such as cancer therapies, cardiovascular and orthopedic surgeries, and organ and bone marrow transplants.

3% of Americans currently donate blood

despite 65 percent of the population being eligible to do so. Additionally, less than 20 percent of blood donations come from individuals in communities of color, and donations from individuals aged 19-24 have declined by nearly 32 percent from 2019 to 2021.

Nearly 7 million people

selflessly give blood every year, serving as a lifeline for countless individuals in need. This includes trauma victims, patients battling sickle cell disease or Thalassemia, as well as those who require organ or bone marrow transplants.

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather, often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.

That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, “Blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life.”

How to Observe National Blood Donor Month?

- 1) *Donate* — not just in January, but as you can. If you begin donating blood at age 17 and for every eight weeks thereafter, by the age of 76, you will have donated 48 gallons of blood.
- 2) *Learn and remember your blood type.* O positive donors are needed more often than any other blood type, as it is the most common blood type. O negative donors are considered “universal donors,” as their blood can be given to any person with any blood type and thus is needed most for emergency transfusions and for immune deficient infants. AB positive donors are “universal recipients,” as they can receive blood from any other blood type.

Remember that donating blood saves lives — It’s the gift that keeps on giving.



Financial Wellness Month is observed throughout January and was created to remind us to pay closer attention to our financial wellbeing. It comes

right after the hustle, bustle, and spending that comes with the holiday season to help us slow down and prepare our finances for the new year and our lives.

We equate the term finance to money, but it actually encompasses not just money, but also the creation and management of money and investments — in other words, how you earn money and how you spend that money. Financial wellbeing plays an important role in the lives of anyone who earns an income. Individuals burdened with

financial issues yield low productivity in the workplace.

So, how can you maintain financial wellbeing?

- 1) *Create a financial plan.* Take stock of all your expenses, your earnings, savings, and investments. This will give you an outlook on your finances for the entire year and possibly for the future.
- 2) *Create a budget.* A lot of people run into debts and financial issues simply due to poor planning and living above their means. Create a budget and stick to it; living within your means helps you reduce debts and save better.
- 3) *Review your credit reports.* Reviewing your credit report gives you a picture of your financial situation and your creditworthiness. This will help you get a handle on bill payments and limit your expenses.

Teen Driving Awareness Month

Teen Driving Awareness Month is observed every year in January to spread awareness about teen driving and the risks associated with it. The Centers for Disease Control and Prevention (CDC) reports that every day, six teenagers between the ages of 16 and 19 die in car crashes. This equates to roughly 2,100 teenagers dying every year.

Generally, in the U.S., the minimum driving age in most states is 16 years old — sophomores or juniors in high school. The age factor is critical in assessing the safety of the teen driver. Between the ages of 16-19, teens are three times more likely to die in a car accident than drivers aged 20 or older, and males are twice as more likely than females to be involved in crashes.

Although teens in this age group are typically coming right out their driving education and lessons, the novelty of driving impacts their safety. Teens are reported to largely underestimate dangerous situations. They also tend to speed more than older drivers and allow less room between cars. Combined with teens have the lowest rates of seat belt use among all drivers, it's clear to see why these scary facts exist.

While it's impossible to prevent all bad situations on the road, several important actions can be taken to protect teens as they become drivers. And one of the most important components of protecting teens is the role of parents. As a parent, talk with your children about safe and responsible driving, observe your child's driving, and set rules and consequences for irresponsible behavior behind the wheel.

5 TIPS FOR TEEN DRIVER AWARENESS MONTH

1 STAY ALERT

Drivers should remain alert to changing road conditions and other drivers that may pose a hazard.



2 3-SECOND RULE

You should have three-to-four seconds of distance between you and the driver in front of you.

3 GO HANDS-FREE

Drivers should avoid using handheld electronic devices while driving. Texting and driving is against Texas law.



4 BUCKLE UP

The CDC reports that seat belts reduce the risk of death in crashes by 45%.

5 NO ASSUMPTIONS

Never assume what another driver is going to do or how they will react to a potential hazard.



January is National Clean Out Your Computer Month.

Who knew there was such a thing, right? But it makes sense when you stop and ponder it for a moment, January is the start of a new year and many people choose "to get organized" as one of their top resolutions every year, so it's great that the two coincide! By utilizing National Clean Out Your Computer Month, you will know where everything is in your files, and you won't have so much junk in general sitting on your computer taking up space and slowing down your whole machine.

And when it comes to actual "cleaning" of the computer itself:

- 1) Use a can of compressed air to blow dust off your keyboard, screen, and case.
- 2) Buy a special surge protector to protect against fluctuations of power.
- 3) Invest in a good antivirus program that automatically protects your computer and data from harm.

CLEAN UP YOUR COMPUTER MONTH

- ✓ Disinfect your computer
- ✓ Declutter your desktop
- ✓ Delete old files
- ✓ Back up current files
- ✓ Organize your email
- ✓ Empty the recycle bin
- ✓ Run software updates



January is Poverty in America Awareness Month, and this campaign aims to recognize the severe conditions of poverty that many live in. The United States is the world's most developed, advanced nation, yet thousands of people are deprived of three meals a day, a quality education, and even clean and healthy drinking water. Many can't afford warm clothes in winter.

What is Poverty?

The definition of poverty is dependent on what organization or country defines it. It might be inaccessibility to healthcare, necessary

vaccines food, water, and shelter. While education is considered important in developing countries, many struggling countries choose food over being able to read as an indicator of poverty. The federal government defines poverty in the United States based on family size and income. If a family's total income is less than the poverty threshold set by the federal government, then that family is considered impoverished. The official poverty measure is adjusted annually to account for inflation. Using the official poverty measure set by the Department of Health and Human Services, a family of four in 2022 would be considered impoverished if their annual household income was **\$29,678 or less before taxes**. Since the measure is set at the federal level, it does not consider the varying living costs in different parts of the country, which can lead to errors in counting.

Causes of Poverty?

- 1) *Education Levels* — The more advanced one's education, the greater the chance of achieving a secure economic future. Without the knowledge and skills required for well-compensated work in the modern workplace, each succeeding generation of undereducated adults merely replaces the one before it without achieving any upward mobility or escape from poverty.
- 2) *Access to Healthcare* — Health is also strongly related to income. Poor people have higher mortality rates, a higher prevalence of acute or chronic diseases and more emotional and behavioral issues.
- 3) *Access to Food* — Food poverty is the inability to obtain healthy and affordable food. Poorer families tend to have low intakes of fruit and vegetables and high intakes of junk food. They also tend to suffer more from cancer, diabetes, obesity, and heart disease.
- 4) *Crime* — The relationship between poverty and crime is complex, and many factors are associated with poverty and crime, including unemployment, population density, high school dropout rate and incidence of drug use.

How Can You Help?

- 1) Learn and share information about poverty in your clubs, on social media accounts, and with your family.
- 2) Donate to local food banks, food pantries, weekend food programs for children, charities that fight poverty, etc.
- 3) January is the perfect time to clean out your closets and donate those unused items, i.e., clothes, appliances, blankets, etc.
- 4) Volunteer/Support at a local food pantry, homeless shelter, family crisis center, reading/remedial programs at schools, etc.

Poverty Facts

- In 2022, the poverty rate in U.S. was 11.5%, with 37.9 million people in poverty.
- Poverty rates are highest among American Indian or Alaska Native (24.3%), Black (19.5%), and Hispanic American (17.1%) populations.
- The poverty rate for children (under 18) was 16.3%, while rate for those 65 and over was 10.9%.
- More women (12.9%) live in poverty than men (10.9%).
- The poverty rate for single-family households (no husband) was 24.9% and for single-family households (no wife) was 12.7%.
- Poverty rate for people living with disability was 25.7%.
- Poverty rates are highest in rural areas in the South and Southwest, with New Mexico having the highest (18.2%).
- Nearly 70% of adults have less than \$1,000 in savings and almost 1/3 of all Americans have no savings.

Source: U.S. Census Bureau



Hilda Hagarty, Editor
news@gfwcgeorgia.org

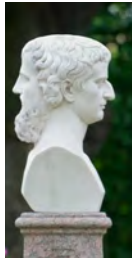
New Year's Day — January 1

Civilizations worldwide have celebrated the start of each new year for at least four millennia. Today, most New Year's festivities begin on December 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1 (New Year's Day).

The earliest recorded festivities in honor of a new year's arrival date back some 4,000 years to ancient Babylon. For the Babylonians, the first new moon following the vernal equinox — the day in late March when the day and night are equal — heralded the start of a new year. It was a massive religious festival called Akitu, honoring barley, and included 11 days of celebrations.

Civilizations typically welcomed the new year during a significant astronomical or agricultural event. In ancient Rome, New Year celebrations occurred on the first full moon in March with the festival of Anna Perenna—the goddess of the year. It was a time of feasting and drinking, and people would exchange gifts and make wishes for the new year. Celebrations continued in spring until 46 B.C. when the emperor Julius Caesar introduced the Julian calendar, which resembles the modern Gregorian calendar used today around the world.

As part of his reform, Caesar instituted January 1 as the first day of the year, partly to honor the month's namesake:



Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future. Romans celebrated by offering sacrifices to Janus, exchanging gifts with one another, decorating their homes with laurel branches, and attending parties. When Constantine was Emperor, the Festival of Janus was kept as New Year's Day, but it became a day of prayer and fasting, and not

partying, and this became the norm for much of Europe, until 1582 when Pope Gregory XIII reestablished January 1 as New Year's Day.

It wasn't until 1752 that Britain and its colonies adopted the new Gregorian calendar, and January 1 as the beginning of the year. But many Puritans in New England felt Janus was an offensive pagan god and chose to ignore January as New Year's Day. Instead, they made the entire month of January as "The First Month" of the months. Things progressed, and today, no one really considers January 1 a fasting day, but rather a major day to feast on some traditional foods and watch football games on television.

New Year's Traditions and Celebrations Around the World

Typical New Year's traditions around the world begin on

December 31 — New Year's Eve—and includes everything from toasting with champagne and eating foods to bestow good luck, making resolutions for the coming year, and watching fireworks. The age-old custom of kissing your loved ones at the stroke of midnight is thought to have been passed down from English and German folklore, which held that the first person you encountered in the New Year would determine the year's destiny. This evolved over a chance encounter to choosing who you wanted the year's good luck to be shared with. Other traditions — in Colombia, people wear brand-new yellow underwear to ring in the year. The Danes jump off chairs at the stroke of midnight to leap into a luck-filled new year.

Lucky New Year's Food Traditions

1. **Hoppin' John** — a mixture of black-eyed peas, rice, and pork, originate in the South Carolina Low Country with slaves. And served with this rice mixture are greens (for money) and cornbread (for gold).
2. **King Cake** — a sweet ringed cake topped with colorful icing and sprinkles and baked with a trinket inside. Popular in Louisiana, but similar versions are found in Greece, Cyprus, Spain, and Latin American countries.
3. **Tamales**—bundles of masa stuffed with meat, wrapped in corn husks and steamed. Tamales can be traced back to the Mayans and Aztecs. Very popular in Central and Latin America during the holiday season.
4. **Soba Noodles**—a soup with buckwheat noodles that is a staple in Japanese traditions for New Year's.
5. **Grapes**—A Spanish tradition of eating 12 grapes at the stroke of midnight for luck in the coming year.
6. **Lentils**—some form of legumes is a staple in many cultures and often served with some pork.
7. **Pickled Herring**—fish, a symbol of fertility, long life, and bounty, is especially popular among Scandinavian, Dutch, German, Polish, and Northern Europe.
8. **Pork and Sauerkraut**—popular among the Germans and in America, the Pennsylvania Dutch, the dish is said to bring good luck and progress because pigs are known to root forward, or move ahead, while sauerkraut is made with cabbage, which is tied to symbolic riches and prosperity and a long life thanks to its long strands.
9. **New Year's Pretzel** — a German good-luck symbol that is sweeter than savory, topped with a glaze rather than salt and sometimes nuts and candied fruit.

MLK Day — January 15

Martin Luther King Day is observed every year on the third Monday of January, and on January 15 this year. King was an influential civil rights leader — best known for his work on racial equality and ending racial segregation in the United States. His life and achievements are remembered and celebrated on this day.

The concept of Martin Luther King Day as a holiday was promoted by labor unions. After King's death, U.S. Representative John Conyers and U.S. Senator Edward Brooke introduced a bill in Congress to make King's birthday a national holiday. The bill first came to a vote in the U.S. House of Representatives in 1979; however, it fell five votes short of the number needed for passage. Two of the main arguments mentioned by opponents were that a paid holiday for federal employees would be too expensive and that a holiday to honor a private citizen would be contrary to longstanding tradition, as King never held public office. Only two other figures had national holidays celebrating them at the time: George Washington and Christopher Columbus.

Soon after, the King Center looked for support from the corporate community and the public. The success of this strategy was cemented when musician Stevie Wonder released the single 'Happy Birthday' to popularize the campaign in 1980 and hosted the Rally for Peace Press Conference in 1981. Six million signatures were collected for a petition for Congress to pass the law and it is considered the largest petition in favor of an issue in U.S. history.

President Reagan initially opposed the holiday, citing cost concerns. But on November 2, 1983, Reagan signed a bill proposed by Representative Katie Hall to create a federal holiday honoring King. The bill passed the Senate by a count of 78 to 22, and the House of Representatives by 338 to 90. The holiday was observed for the first time on January 20, 1986. It's celebrated on the third Monday of January rather than directly on Martin Luther King, Jr.'s birthday because it follows the Uniform Monday Holiday Act guidelines.

Celebrating Martin Luther King Day can be done in various, meaningful ways that honor Dr. King's legacy and promote his ideals. Here are some ways to celebrate:

- **Attend Commemorative Events:** Many communities organize parades, lectures, and other events celebrating Dr. King's life and message.
- **Engage in Community Service:** Participate in volun-

teer activities or service projects that benefit your community, aligning with Dr. King's commitment to social justice.

- **Educational Activities:** Learn more about the civil rights movement and Dr. King's work through books, documentaries, or visits to relevant museums and historical sites.
- **Reflect on Social Justice:** Take time to reflect on the progress made in the fight for civil rights and consider how you can contribute to a more just society.
- **Spread Awareness:** Share Dr. King's equality, love, and nonviolence messages on social media to inspire others.

Did You Know?

- **His birth name was Michael.** The civil rights leader was given the name Michael King Jr at birth — later, his father changed his own name as well as of his son to Martin Luther, after the Protestant Reformation leader.
- **He started college at the age of 15.** King skipped grades 9 and 12 and enrolled at Morehouse College in 1944
- **"I Have a Dream" was not his first speech.** Six years before his iconic speech at Lincoln Memorial, King spoke during the Prayer Pilgrimage for Freedom in 1957.
- **He was imprisoned a lot.** According to the King Center, Martin Luther King, Jr. went to jail 29 times.
- **His last public speech foreshadowed his death.** In his last speech the night before he was assassinated, King said, "Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now, I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land."



February 1, 2024—Deadline for GFWC Georgia LEADS Candidate Application

[Click for Application](#)

Questions: Contact Becky Bolden — beckybalden11@gmail.com

January 2024

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

January 1-31	Donate to Wellspring Living In Kind Wish List
January	GFWC Georgia Finance, Bylaws, and Strategic Planning Committee Meetings
January 1	New Year's Day
January 1	World Day of Peace
January 2	Deadline for News Articles for the January issue of <i>The Georgia Clubwoman</i>
January 4	World Braille Day
January 4	Thumbs Up Thursday—GFWC Advancements and Programs Forum—Facebook Group
January 4-7	GFWC 2024-2026 Administration Orientation Meeting
January 5	National Bird Day
January 5	Twelfth Night
January 6	Epiphany
January 8	Opening of Georgia General Assembly
January 8	Federation Fellowship—via Zoom—7:00 to 8:00 pm
January 9	National Law Enforcement Appreciation Day
January 11	National Human Trafficking Awareness Day (Blue Day)
January 13	Korean American Day
January 13	Stephen Foster Memorial Day
January 15	Martin Luther King, Jr. Day/National Day of Service
January 16	National Religious Freedom Day
January 17	International Mentoring Day
January 18	National Winnie the Pooh Day
January 18	National Day of Action for Stalking Awareness
January 21	National Sanctity of Life Day
January 21	World Religion Day
January 23	Maternal Health Awareness Day
January 24	International Day of Education
January 25	Robert Burns Day/Burns Supper
January 25	Deadline for Club Reports for CSPs, Advancement Areas, Special Projects, and Special Programs for GFWC Georgia via Google Online Questionnaires. All reports are due by 11:59 pm.
January 25	Deadline for GFWC Georgia Achievement Goal Sheet via Google Online Questionnaire — due by 11:59 pm.
January 25	Postmark Deadline for GFWC Georgia Arts Contests (Photography, Writing, Student Art, Member Crafts) to the State or District Arts and Culture Chairman. Refer to GFWC Yearbook for guidelines and entry forms.
January 25	Deadline for entering the GFWC Georgia Newsletter, Social Media, and Website Contests. Refer to the GFWC Georgia Yearbook for entry requirements.
January 27	Holocaust Remembrance Day

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." – Benjamin Franklin