



KANSAS CLUBWOMAN NEWS

OFFICIAL PUBLICATION OF THE GENERAL FEDERATION OF WOMEN'S CLUBS OF KANSAS

Special points of interest:

- Membership
- Citizenship Essay Contest
- Creative Writing Contest
- State Convention Update
- Clubs Helping Clubs

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From Janine's Chair...



Janine Eilert
GFWC of Kansas President
2022-2024

Dear GFWC of Kansas Clubwomen,

The end of the calendar year is near, and this is a time to gather with family and friends. It truly is a time to be thankful for what we do have in our individual lives. For a lot of clubwomen in GFWC of Kan-

sas we count our fellow sister clubwomen as those special friends that we might call our family.

Thank you to all the clubs in Kansas who are contributing to needed families over the holiday season. Whether your club is purchasing gifts for a select few residents at a residential care facility who no longer have surviving family members, or your club is providing a needed family a Christmas dinner and presents for the children. I know that many clubs are making a huge difference in someone's life this year end, you are making their "Whirl Go Round", thank you for caring.

"To make a difference in someone's life you don't have to be brilliant, rich, beautiful, or perfect. You just have to care" ~ Mandy Hale
 An update on my challenge to all clubs to collect and donate 999 items for local blessing boxes, foodbanks and/or food pantries in your community for the 2022-2023 club year. Well, as of this newsletter we have

collected and donated 1,042 items. WELL DONE. Thank you to the following clubs for updating me on how many items your club had collected. Gardner Athena, Questers Hutchinson, Ad Astra Wamego, Wamego Study Club, Sunflower Sisters, and Goddard Woman's Club. A friendly reminder to all club presidents to please update me monthly on how many non-perishable food items or hygiene products your club has donated. The new goal will be 1,999 items.

Thank you for the opportunity to visit the following clubs during my first few months as the state president for GFWC of Kansas, Waterville Shakespeare Club, Wamego Study Club, and Sedgwick Amitie. In December I plan on meeting with clubwomen from Lawrence Classics and Maple Hill Research Club. Each of the clubs that I have met with have truly inspirational clubwomen with a wealth of knowledge of GFWC. They are incredibly passionate about helping their communities. WELL DONE.

Please remember to check our website frequently as my Vice President and myself will be continually updating our working document the "state handbook" www.gfwcofkansas.org. In addition, check out our state Facebook page to see what other clubs are doing in the state.

Have a blessed holiday season with your family and friends and, continue to "Make the Whirl Go 'Round" in your community. Merry Christmas to all.

Janine Eilert, GFWC of Kansas President
kiwieilert@sbcglobal.net (316) 250-0432



"In seed time learn,
in harvest teach, in
winter enjoy." –
William Blake

Vice President

Hello Kansas Clubwomen,

2022 is coming to an end already. How can that be? We will be celebrating the holidays soon. Then right after the New Year we have to change our focus to reporting. So to prepare for that I will send the details, due dates and forms to all club presidents in early December. The forms are already posted on the Resources page of gfwcofkansas.org. I will also be communicating with our state chairmen and appointees who will be reporting on their specific areas.

I wish you all a Happy Holiday Season and best wishes for the New Year.

Linda Loyd
GFWC of Kansas Vice President

Secretary

When your club makes a monetary donation to any of the partnership organizations, like HOBY, March of Dimes, Heifer International, St, Jude, etc., please remember to send your check payable to GFWC of Kansas so that both your club AND Kansas GFWC benefits from your club's generosity.

You may use the **Remittance Form** on page 2 of the State Handbook or send a note with your check giving me the information how to allocate your donation.

This is the same process to use if you are donating to GFWC of Kansas for Art, Music, Citizenship, or Veterans, or other choices, such as a donation to defray the cost of the quarterly *Kansas Clubwoman News* or to the President's charity of her choice.

Be sure your check is made payable to **GFWC of KANSAS**, send it to me the State Secretary, and I will mail your club a receipt indicating how you have instructed me to allocate the money. Please make a copy of the form (or the note you sent me) for your club records. My address is:

Linda Krebs, GFWC State Secretary
124 Riverview Drive, Wamego, KS 66547.

Our State Treasurer, Carol Hanson, will earmark the money for the charity or organization you have requested, and all the accumulated donations from our Kansas clubs are sent together once a year to the designated charities.

A friendly reminder for club presidents – if your club has officer elections each year, please remember to send me your **NEW officer info** after your elections in January. The **CLUB OFFICER ELECTION REPORT**, on page 1 of the State Handbook, should be filled out and sent to me so I can update your officer information. Thank you for your help!

December and the start of winter, as well as the holiday season, is upon us! We wish you and your club a Merry Christmas and a great New Year!

Linda Krebs
GFWC of Kansas Secretary

Treasurer

The Holiday season is upon us! I certainly hope my kitchen remodel is finished, and I'm moved back into it in time to make a couple of Thanksgiving pies. At this point, I still have 20 boxes to unpack and put away!

Following is a mid-year status report on the balances and activity in our special funds:

Music Fund : Balance of \$2,937.28
 Donations from Clubs: \$55.00
 Donations in Memory of Shirley Ferley's Mom, Marcella Welch:
 \$35.00
 Donations in Memory of Jan Schwartz: \$62.50

Scholarship Fund: Balance of \$3,565.26
 Donations from Clubs: \$102.50
 Donation in Memory of Judy Davis: \$70.00
 Donation in Memory of Beverly Kindler:: \$170.00

Veterans Fund: Balance of \$174.12
 Donations from Clubs: \$94.12

Art Fund: Balance of \$3,635.93
 Donations from Clubs: \$122.50
 Donations in Memory of Beverly Randall: \$155.00
 Donation in Memory of Debrah Jaeckel: \$100.00
 Donations in Memory of Jan Schwartz: \$62.50

Citizenship Fund: Balance of \$1,620.32
 Donations from Clubs: \$75.00

Carol Hanson
 GFWC of Kansas Treasurer

Membership

Since the last issue of the Kansas Clubwoman News the following clubs have added additional new clubwomen to their membership. Liberal Woman's, Questers of Hutchinson, and Ad Astra of Wamego. We have 38 new clubwomen who have been added to the membership rosters of GFWC of Kansas as of mid-November 2022. Our total membership is 339 clubwomen in GFWC of Kansas.

We need ONE more new clubwoman before the end of December to show international we have increased our state membership. Which club is going to help us reach that goal? Note: two or more new clubwomen would be outstanding.

The membership challenge of adding 3 or more new clubwomen before the state convention in 2023 has been keenly received. The following clubs have already qualified for their monetary prize, Mulvane Federated Women's, Flint Hills of Manhattan, Liberal Woman's, Ness City Gradatim, Junction City Ladies Reading, Ad Astra of Wamego, and Sunflower Sisters. Congratulations to those clubs.



*"The rooms were very still while the pages were softly turned and the winter sunshine crept in to touch the bright heads and serious faces with a Christmas greeting." –
 Louisa May Alcott*



"Laughter is the sun that drives winter from the human face." – Victor Hugo

Scholarship Committee Report—October 2022

A recipient was selected for the GFWC Kansas General Scholarship. Her name is Joana Guadalupe Ramirez Aguirre and she is from Ford County. She is a sophomore at Dodge City Community College studying nursing. We certainly applaud all students entering a healthcare profession in these challenging times! Joana has already received the first half of the funds for fall semester and will receive the rest of the funds once successfully enrolled for second semester.

The scholarship fund has ample unencumbered funds, \$4,065, to fund our President's Scholarship and next year's General Scholarship. We have \$56,552 invested in C.D.s. There is good news about the current inflation

for savers! We will be able to reinvest C.D.s that mature at much higher interest rates. One is set to mature this December. It will be wonderful to have our money working for us again!

We would like to take a moment to recognize the excellent, professional, dependable work of Carol Hanson on our financial reports. Carol consistently goes above and beyond for us and I always want to be sure she knows we appreciate her time and talent devoted to this organization. Thank you, Carol!

*Submitted from Co-Chairs
Lisa Stoller and Ila Stone*

State Convention Update

April 21st and 22nd 2023 (Friday and Saturday) are the scheduled dates for the state convention. The meeting location has however changed due to financial incompatibility with the previous location. The new location will be in Goddard at the newly constructed multi-purpose room of Challenger Intermediate School. Accommodations will be at the Hampton Inn in Goddard which is still under construction. Two or more representatives of each club are encouraged to attend state convention.

We will have the honor of having the newly elected GFWC International Treasurer, Becky Wright, attending our state convention. This is a privilege for us to have a member of the Executive committee attend the state convention and it is a wonderful opportunity for all

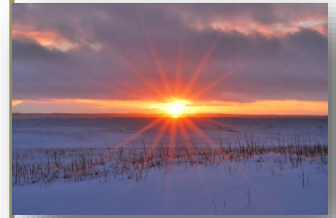
attendees to meet and talk with her. Please strongly consider attending state convention.

Are you a legacy? Was your grandmother, mother, or sister a GFWC clubwomen? Is your daughter a GFWC clubwomen? If so, we would like to honor you at the upcoming state convention. Please contact Janine Eilert with all the relevant names of the legacy members. kiwieilert@sbcglobal.net (316) 250-0432.

Please send photos to Rachel Purdy jripurdy@yahoo.com of your club activities so she can create a digital presentation at the state convention.

Email Phishing

If you are receiving emails from anyone from the executive committee of GFWC of Kansas asking for gift cards, wire transfers, money transfers, cash, or checks please do not reply to those emails. You will probably notice that it may state our name, but it is not from our email address. Delete those emails immediately. Please use your judgment, check your emails carefully, and know that none of us would ask for money in such a manner.



Nominating Committee Needs Your Help

At the Fall Board meeting the nominating committee was elected as stated in our bylaws, Article V Section 1 B. The chairman of the committee is our immediate past president, Jan Moore. The other members of the committee are Sabra Clarke, Juanita Rothaus, and Jackie Hays. Their contact information is listed below, and they would love to receive phone calls from clubwomen volunteering to step up to the executive committee. GFWC of Kansas needs your help to succeed for the 2024-2026 administration.

Jan Moore (785) 597-2177
 Sabra Clarke (785) 798-7554
 Juanita Rothaus (913) 980-4104
 Jackie Hays (785) 249-4616

Current vacant positions on the board of directors for the 2022-2024 administration

President-Elect

Chairman for Signature Program: Domestic & Sexual Violence Awareness & Prevention

GFWC of Kansas State Competitions

Please see the website for more detailed information about each competition or contact the chairperson directly.

Citizenship Essay (students)

Submissions are due February 15th, 2023.

Mary Pat Patrick, patrickmary1977@gmail.com (316) 841-7257

Music Auditions (students)

Entries and fees due February 16th, 2023 to allow for scheduling.

Auditions to be held in person in Junction City (First Baptist Church, 7th/Jefferson) on March 4th, 2023.

Florence Whitebread, fcwhitebread@gmail.com (785) 238-2395

Creative Writing (Short Story and Poetry, students and clubwomen)

Submissions are due March 1st, 2023.

Elizabeth Hemberger rgea@havilandtelco.com (620) 435-6416

Art (student and clubwomen)

Submissions are due April 21st, 2023 at the state convention for judging.

Vickie Luthi vickieluthi@gmail.com (316) 650-6195

Myra Stutzman cwstutz@aol.com (316) 250-1413

Photography (student and clubwomen)

Submissions are due April 21st, 2023 at the state convention for judging.

Shirley Ferley ferley@swbell.net (913) 259-1577

“A snowball in the face is surely the perfect beginning to a lasting friendship.”

– Marcus Zusak



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home."

– Edith Sitwell

A “Whirl” of a time at Fall Board Meeting and MVR Conference

Fall Board Meeting

We had thirty-one registered attendees for the Fall Board meeting August 25th and 26th of 2022. Unfortunately, a few attendees did not make it to Manhattan for the meeting because of sickness and unexpected family situations. We had 2 first time attendees, Karen Keatley (Goddard Woman’s Club) and Marsha Field (Questers, Hutchinson) make the meeting. (Photo pg. 16) The meeting was held in the beautiful K-State Alumni Center with accommodations at the Holiday Inn at the Campus, across the street.

We did accomplish a lot during the time we were together. Clubwomen donated 548 items (non-perishable food and hygiene products) to the Cats Cupboard on campus at Kansas State University. Our guest speaker was Shelly Williams, director of the Cats Cupboard, and she spoke of the immense need for some students, staff, and employees of the university for consistent access to food. Some of the attendees at the meeting delivered some of the donated items to blessing boxes in Manhattan on Thursday evening.

The meeting was also held on Zoom, and we had one attendee choose to attend using this platform. Hopefully in the future at the next Fall Board meeting (August 24th and 25th, 2023) we will have additional clubwomen choose to attend via Zoom who cannot travel otherwise. We do plan on meeting in a larger space in 2023 so in-person for more than 30 clubwomen should be easy to accommodate.

Notable mention was that the new state directories were given to all club presidents, chairpersons, and appointees. The state handbook was discussed. This handbook is a working document and pages are added to the website when updated. The following pages have been omitted from the recent version of the state handbook;

- Publicity book contest
- Club memory scrapbook rules
- International Clubwoman Magazine order form
- Veterans Report form

The publicity book contest has not been held on the international level for the past two administrations. The international club-

woman magazine publication is now solely digital and recent issues are loaded on the gfwcofkansas.org website. The memory scrapbook rules are no longer relevant because there have been no submissions from any club for over 6 plus years. The previous veterans report form was extremely outdated and needs change monthly at those facilities. It was suggested to directly contact a facility where a club would like to donate items to ask what they needed most. Also omitted in the updated pages of the state handbook is the judging component of the yearbooks. Ribbons will not be given for yearbooks in the future. Clubs are still welcome to send a copy to the state president for her reference. A copy of the directory and handbook is being added to the website under the password protected area. Please contact the state communications and public relations appointee, Linda Loyd, for the password.

Mississippi Valley Region (MVR) Conference

Eight clubwomen from Kansas attended the meeting in Bismarck, North Dakota in September of 2022. There were three first time attendees to MVR from Kansas. They were Kelle Harkness, Cynthia Rice, and Sharon Glenn, all from Gradatim in Ness City. The other attendees were Kate Field, Shirley Ferley, Kathy Baker, Sabra Clarke, and Janine Eilert. (Photo pg. 16) We had an opportunity to tour the Germans from Russia Heritage Society building and the North Dakota Heritage Center and State Museum. We had multiple opportunities to listen and meet with our international president Deb Strahanoski and learn to “Dream Big, Sparkle More and Shine Bright”. We also heard from committee members from the advancement areas and the signature program, domestic & sexual violence awareness and prevention. Most of the 7 states in MVR had a state president who attended, and each presented on what they hoped to achieve during their 2-year administrations. Several Kansas clubwomen won baskets and other items at the conference so packing cars to return home was a true art in spatial awareness. The next MVR conference is in Branson, Missouri September 15th-17th 2023.

Civic Engagement and Outreach

Most home fires occur in January and February. While no one likes to even think about the possibility of a fire, prevention and knowledge are essential. Below are some safety tips and reminders from the Red Cross.

7 ways to prepare for a Home Fire

1. Install the right number of smoke alarms. Test them once a month and replace the batteries at least once a year.
2. Teach children what smoke alarms sound like and what to do when they hear one.
3. Ensure that all household members know two ways to escape from every room of your home and know who to contact if they cannot find one another.
4. Establish a family emergency communications plan and ensure that all household members know who to contact if they cannot find one another.
5. Practice escaping from our home at least twice a year. Press the smoke alarm test button or yell "Fire" to alert everyone that they must get out.
6. Make sure everyone knows how to call 911
7. Teach household members to STOP, DROP AND ROLL if their clothes catch on fire.

Remember These Dos and DON'Ts

****DO** keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.

****Smoking materials** are the leading cause of residential fire deaths in the US. If you smoke: smoke outside; choose fire-safe cigarettes; use deep, sturdy ashtray, **DON'T** ever smoke in bed, or if anyone in the home is using oxygen.

****DO** talk to children regularly about the dangers of fire, matches and lighters and keep them out of reach.

****DO** turn portable heaters off when you leave the room or go to sleep.

****DON'T** leave a burning candle unattended, even for a minute.

****Install** smoke alarms on every level of your home and outside every sleeping area.

****Install** a carbon monoxide alarm in a central location outside each separate sleeping area.

****Make** sure your home's number is easily read-

able from the street, even at night.

****Make** sure your home heating sources are clean and in working order.

****Check** electrical wiring in your home.

****Fix** or replace frayed extension cords, exposed wires, or loose plugs.

Guard Against Kitchen Fires

****Keep** the stove area clean and clear of things that can catch fire.

****If** you are cooking and a fire starts in a pan, slide a lid over the burning pan and turn off the burner. Leave the lid in place until the pan is completely cool. Moving the pan can cause serious injury or spread the fire. **NEVER POUR WATER ON A GREASE FIRE.**

If a Fire Starts

****Know** how to safely operate a fire extinguisher.

****Remember** to GET OUT, STAY OUT AND CALL 9-1-1 or your local emergency phone number.

****Yell** "Fire!" several times and go outside right away. Leave all your things where they are and save yourself.

****Never** open doors that are warm to the touch.

****If** you must escape through smoke, get low and go under the smoke (crawl) to your exit. Close doors behind you.

****If** smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.

If your Clothes Catch on Fire

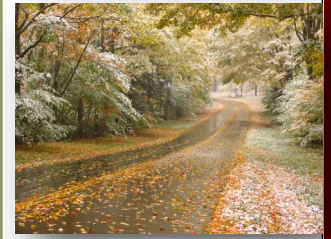
Stop what you are doing.

Drop to the ground and cover your face if you can.

Roll over and over or back and forth until the flames go out. Running will only make the fire burn faster.

Once the flames are out, cool the burned skin with water for three to five minutes. Call for medical attention.

Kathy Baker
Civic Engagement and Outreach Chair



"To appreciate the beauty of a snowflake, it is necessary to stand out in the cold."

- Aristotle



“A lot of people like snow. I find it to be an unnecessary freezing of water.”

– Carl Reiner

Creative Writing Short Story and Poetry Contest

Now is the time to be thinking of entering the Creative Writing Contest. Remember this is for all school age children, home schooled ones included, as well as all clubwomen. All entries are to be sent to me by March 1, 2023. There is a monetary award for each category of poetry and short story for youth and adults. First place is \$15, second place \$10, and third place \$5. The first place in each category will be sent to international. Be sure all the correct information is included in the upper right hand corner of each page. This includes name, email address, mailing address, phone number, author's GFWC of Kansas club, state federation, category, and title of manuscript.

You should consult the handbook on pages 33-34 for further information. Be sure to include the waiver, which can also be found on page 25 in the handbook.

I look forward to hearing from you.

Elizabeth Hemberger
Creative Writing Chairman
1220 W 20th Ave N
Argonia, Kansas 67004-8014
rgea@haviglandtelco.com
620-435-6416

Busy Time for Club Activities and Holiday Celebrations

It's that time of the year we all get excited to share and care, in our families and communities. I would like to make your club time easier to manage during this busy time. Wrapped in love, tied with friendships and sealed with care.

EACH and every club member: give your club President some of your time to help report and support the work of your club. A club President does more than chair your meetings after taking office.

IF you were elected one of the other offices, make sure you are communicating to ALL your members needs and build a strong bond of fellowship.

IF you were appointed an Chairmanship, make sure you get your information out to ALL in a timely matter.

IF you are on a committee, make sure ALL your members are included in the work of the club.

Enjoy the time and work of your club, it will yield friendships that will last a life time and enrich your knowledge of your community. YOU must do the work and be willing to give of yourself to receive these rewards.

I am not going to repeat information given in the August Clubwoman about your By-Laws and how to update them for your clubs, no, I am going to ask that you send a current copy of your by-laws and standing rules to our GFWC Parliamentarian Diane Addante at daddante@GFWC.org. Also while you are about it, send a copy to me, delva.powers@gmail.com.

GFWC Headquarters receives copy of the by-laws in our State Directory, and a separate copy of the bylaws has been sent via email to the GFWC Parliamentarian Diane Addante.

I would like to wish each and every club member a wonderful, healthy holidays and to thank you for your support and love of your community.

However you celebrate this season, enjoy!!!!

Delva Powers, By-laws & Resolutions
delva.powers@gmail.com

Library Board

At a recent meeting of the State Library of Kansas Board, we had the pleasure of learning about the plans and budgets of the state's regional library systems for the coming year. This is an annual agenda item for the board and a great reminder of how much the systems do for libraries and Kansans.

Kansas is divided geographically into seven regional systems known as the Northwest, Southwest, Central, North Central, South Central, Northeast, and Southeast Kansas Library Systems. Each has a regional headquarters including those in Norton, Dodge City, Great Bend, Manhattan, Hutchinson, Lawrence, and Iola respectively. They have member libraries of every type, from public and school libraries to college and special libraries.

The systems were established in 1965 by the state statutes to serve as agents of support for local libraries. The primary goals were and continue to be to improve existing library services and programs and to extend library service to areas where they were previously unavailable. The systems have helped to level the playing field so communities from the smallest to the largest can provide quality library service to their citizens.

While each system varies somewhat in the services they offer their member libraries, all provide some measure of continuing education, assistance with budgeting, and communication from the state and federal levels on new legislation and regulations, etc. Other system services can include:

- Direct grants and grant writing assistance
- Consulting regarding youth and adult services, human resources, technology, etc.
- Collection management including item ordering, cataloging, processing, weeding, book repair, etc.
- Bulk ordering of items and supplies to receive better pricing
- Rotating collections from a book van
- Assistance with courier delivery service for inter-library loans

With this assistance libraries in communities from LaCygne to Liberal to Lawrence can provide a much wider range of library services than they likely could on their own.

For its part, the state library board reviews annually the plan of service and budget for each of the regional systems and offers its input, guidance and support to the system staff. Said staff are often present at the board's quarterly meetings which helps keep everyone on the same page with updates and developments.

The regional library systems are an integral part of the provision of high-quality library service to Kansans. Along with the state library and local libraries they form a well-knit community that makes each strong, efficient, relevant and necessary.

Susan Moyer



“Anne came dancing home in the purple winter twilight across the snowy places.”

– L. M. Montgomery

Kansas Regional Library System	Population Served	Public Libraries	School districts	Academic Libraries	Special Libraries	Other Libraries	Total membership
Central Kansas Library System (CKLS)	179,068	54	32	5	1	0	92
North Central Kansas Library System (NCKLS)	234,588	38	7	4	1	6	56
Northeast Kansas Library System (NEKLS)	1,311,476	48	51	11	7	0	117
Northwest Kansas Library System (NWKLS)	36,943	19	21	2	4	1	47
South Central Kansas Library System (SCKLS)	804,232	72	56	14	3	0	145
Southeast Kansas Library System (SEKLS)	201,005	54	41	7	1	0	103
Southwest Kansas Library System (SWKLS)	100,041	35	12	2	2	0	51

Source: Kansas State Library



“Snow flurries began to fall and they swirled around people's legs like house cats. It was magical, this snow globe world.”

– Sarah Addison Allen

Epsilon Sigma Omicron–Zeta Chapter of Kansas

Here is an interesting fact. In 1989 there were 146 ESO members from 67 clubs in Kansas. That’s an amazing thing to think about. We have a ways to go to catch up with them.

The GFWC ESO Book Club has announced a member contest. The state with the largest percentage increase each year will be recognized at the 2023 and 2024 GFWC Annual Convention ESO Breakfast. I have submitted our current membership as of July 1, 2022.

Interestingly, in 1988 ESO Zeta Chapter announced two similar contests. One for the club with the most active members, and a second for the club with the most new members. They offered a \$10 award. I’d like to announce the same competition for the 2022-2024 .club years. Award amount TBD at this time. We have a very good opportunity with both of these competitions.

The ESO Membership Standards have been updated and are posted on the Resources page of gfwcofkansas.org. The standards list the reading levels and books required to reach each level. Don’t forget to count book group attendance .

I will be including ESO membership and books read in our annual reporting, so please bring your reading up to date. Even if you’re still working on your Pledge Level. It still counts. Remember, to report your reading, just send me a list of the books you’ve read. To join, send me your name to let me know you are working on the Pledge Level. I look forward to hearing from you.

Happy reading!

Linda Loyd
ESO Chairman
lindaloyd05@gmail.com
381 Birch St
Gardner, KS 66030

Women’s History Resource Center

The GFWC WHRC Committee is excited to bring “Sparkle” to this Advancement Program area during 2022-2024. Throughout GFWC’s history, members have been involved with countless issues of importance to women and their communities. As the Years passed, clubwomen became concerned for the preservation of the archives. Did you know...years before it had a permanent home, GFWC secured its important records in the “Federation trunk”, which was maintained by the GFWC Recording Secretary? The acquisition in 1922 of a permanent Headquarters offered “a central place where the records of the organization may be preserved...in proper and readily fashion”. It is a sure bet that every following Recording Secretary was relieved by this action!

During the second year of this administration, the 40th anniversary of WHRC will be celebrated. You will want to plan a special event for your club to honor this event! The GFWC WHRC was officially dedicated on May 1, 1984. Vice-President George H. W. Bush honored the occasion by cutting the ribbon to open the Center to the public. Juanita Bryant said, “My love of history and the privilege of serving as GFWC International President from 1982-1984 truly made this dream a reality.”

Hopefully every club will want to have a 40th anniversary celebration for the Women’s History and Resource Center!

WHRC Reporter, Jeanne Urban

Health and Wellness

By this time your clubs have finished compiling your year program book and I trust all have included some programs towards "Health and Wellness". With this article I would like to stress some awareness close to my heart.

November has come and gone and it was National Family Caregivers Month which really is every month in my heart having been a Hospice Nurse. More than 90 million Americans care for loved ones with disabilities, diseases, or the infirmities of old age. The demands of tending to children with significant health needs, wounded veterans, or elders with Alzheimer's, take a toll and caregivers can sometimes sacrifice their well-being.

How can you lend support? ~ Write notes of support and encouragement. ~ Help with household chores, meals, and errands. ~ Be there to talk, laugh, and cry. ~ Give the gift of savory or sweet treats, a book, aromatherapy, or massage.

November was also American Diabetes Month. People with diabetes are at risk for developing serious related health problems. Spread the word about how to live healthier with diabetes awareness tools you can provide to employees and members of the community. Positivepromotions.com/diabetes is just one site that offers a collection of essential resources that provide advice, statistics, information, and tips on fighting diabetes, from their popular slide guides and pocket pals to magnetic glancers and nutrition guides. You'll even find special diabetic cookbooks with healthy recipes, as well as Spanish language versions of many items to help extend the reach of your diabetes awareness outreach programs.

Camp Discovery is a residential camp offering young people with diabetes a week of fun that your club can support. Opportunities such as outdoor recreation, arts and crafts, horseback riding, education and the excitement of developing close friendships with other campers and counselors make this a special place. Special attention to diabetes makes Camp Discovery a safe environment for active youth while providing valuable diabetes management education.

January will be Glaucoma Awareness Month. Glaucoma is a leading cause of irreversible blindness in the US. It has no noticeable symptoms in its early stages, and vision loss progresses at such a gradual rate that people affected by the condition are often unaware of it until their sight has already been compromised. During Glaucoma Awareness Month, the American Academy of Ophthalmology (AAO) advises the public that the best defense against developing glaucoma-related blindness is by having routine, comprehensive eye exams.

During American Heart Month in February, thousands of American Heart Association volunteers raise awareness about and raise funds to fight cardiovascular disease, our number one killer. A federally designated event for more than half a century, American Heart Month reminds people to focus on their hearts and encourages them to get their families, friends and communities involved.

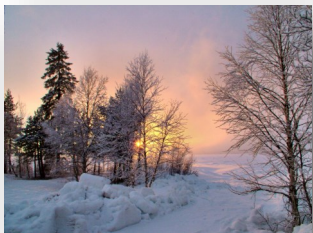
Don't forget to record your great programs on Health and Wellness. Would love hearing about them.

Sharon Teagarden-King
Health and wellness



"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."

*- Attributed to
John Boswell*



*"I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, 'go to sleep, darlings, till the summer comes again.'"
—Lewis Carroll*

Environmental/Conservation

On July 21, 2022, the International Union for the Conservation of Nature placed the migratory monarch butterfly on its Red List of threatened species and classified it as endangered. Monarchs migrate across North America each year and are one of the continent's most widely recognized species. Many of our GFWC Clubs have created butterfly gardens to help save the monarchs. The Conversation asked Oklahoma State University biologist Kristen Baum, who has studied pollinators for more than 25 years, to explain the listing's implications for the monarch butterfly in the U.S. I have used part of her research for this article.

The Red List, which was developed in 1964, provides a standardized approach for assessing the extinction risks of species. Listing the monarch butterfly draws attention to its status and to areas where more research is needed to understand factors contributing to its decline. There are two migratory populations: one east and one west of the Rocky Mountains. The eastern population migrates thousands of miles from overwintering sites in central Mexico to breeding grounds in the Upper Midwest and southern Canada. The western population migrates from overwintering sites along the Pacific Coast in California and Baja California in Mexico to breeding grounds west of the Rocky Mountains.

What are the main factors threaten-

ing monarchs?

There are many factors contributing to monarchs' decline. One of the most serious threats is habitat fragmentation and loss. Habitat fragmentation occurs when urban development or agricultural expansion break up large areas of habitat into smaller, often isolated patches. This leaves fewer areas for monarchs to find the nectar-rich plants that adult butterflies feed on, or milkweed, the sole food source for monarch caterpillars.

Other threats include pesticides, disease, climate change and invasive species. Providing more suitable habitat for monarchs in more places could help them tolerate these stresses.

Monarchs are particularly susceptible to threats during the parts of their annual cycle when many millions of them cluster together. For example, a winter storm in March 2016 killed 31%-40% of the monarchs in some overwintering colonies in central Mexico.

What can we do? Keep planting milkweed for them to feed on. Keep working on those Butterfly Gardens. Try not to use pesticides on your lawn or in gardens to keep out weeds.

Yes, WE Can Make a difference in Kansas: one butterfly garden at a time.

*Juanita Rothaus
GFWC Kansas Environment/*

In Memory

It is with sadness that we announce the passing of GFWC Questers member, Mickey Y. Jones of Hutchinson. Mickey was born December 3, 1942 and died September 13, 2022. Many of you may remember her as the GFWC of Kansas District Music Chairman, from the Bucklin/Mullinville area. She was a member of GFWC of Mullinville. Mickey loved music and served many years teaching vocal and instrumental music in the public schools, choir director in her church, private teaching of voice and piano, and sang with the Dodge City Sweet Adelines.

Upon retirement Mickey and her husband, John Paul Jones, moved to Hutchinson where Mickey joined GFWC Questers. Mickey's love for music was passed on to her two children, Jason and Jacque, and her grandchildren.

Citizenship Essay Contest

Important Reminders about the 2023 Citizenship Essay Scholarship:

Now is the time to be reminding our high school writers about entering the competition for our Citizenship Essay. The first place essay winner will receive a \$500 scholarship applied toward tuition for the college, university, or trade school he or she plans to attend. I am happy to say there will be scholarships for some runners up as well. Those amounts, however, are yet to be determined.

Where can you find potential writers? Work through high schools, scout troops, community youth groups, relatives, and neighbors. This is a wonderful scholarship opportunity, and we would like as many applicants as possible. In schools, often it is easiest to share the scholarship with the counselors and let them post the information for you. Some clubs contact social studies teachers directly to announce the scholarship. REMEMBER, the essay cannot be a classroom assignment.

There are some big changes with the 2023 scholarship. First of all length is 750 words or less. Secondly, the topic is very specific. Lastly, each club may have two en-

trants advance to state.

On the website are more specific instructions as well as a generic flyer you may run off and fill in club name, club contact, and your essay due date.

Our topic is What Do You Feel Are the Three Most Important Issues Affecting Our Nation and the World Right Now That Should Be Addressed by the Citizens and the Government?

Deadline for sending your two essays to me is February 15. I prefer to get them via email; but if you send by regular mail then essays should have a February 15 postmark.

Please read information on the website and contact me with any questions.

I am looking forward to lots of essays.

Mary Pat Patrick,
Goddard Woman's Club
Citizenship Essay Chairperson
patrickmary1977@gmail.com

2022 Food Insecurity Challenge

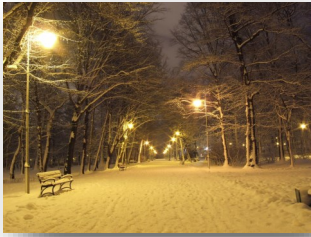
GFWC of Kansas 2022
Food Insecurity Challenge
Goal: 1,999

June, 2023	
March, 2023	
December, 2022	553
September, 2022	548

Total Items Donated: 1,101



*"One kind word
can warm three
winter months."
- Japanese
Proverb*



*"No winter lasts forever; no spring skips its turn."
– Hal Borland*

Clubs Helping Clubs

I would like to see a higher level of knowledge of clubs knowing what each other is trying to collect for their communities to complete projects. If we can help other clubs support their communities then that is a "win-win" situation. Please bring your donated items to the next state meeting April 21st and 22nd, 2023. If your club is collecting items for donation in your community that you think would otherwise be discarded by clubwomen please reach out and we will endeavor to get your request added to the list.

Wamego Study Club

Clean and label free prescription bottles and lids (NOT OVER THE COUNTER MEDICINE OR VITAMIN BOTTLES) for Community Care Ministries. Contact person is Linda Krebs; lindafredkrebs@gmail.com

Gardner Athena Club

Plastic (any color) coat hangers for Meadowbrook Rehab Hospital. Contact person is Kathy Baker; bkbakers@gmail.com

Goddard Woman's Club

Plastic bags (grocery shopping bags) to be made into benches for the community. Contact person is Gail Jamison; gailjamison@sktc.net

Kansas Clubwoman Next Issue

News items for the **March, 2023** issue of the Kansas Clubwoman are due **February 20, 2023**. Please feel free to forward your articles to me whenever you have them ready. No need to wait for the due date. I maintain a working copy of the next issue and will insert your article when I receive it. I will always send a reply to confirm that I have received your article. If you don't receive a confirmation, please check with me.

Back issues of the Kansas Clubwoman are archived in our website gfwcofkansas.org.

If you would like to have a digital copy of the Clubwoman emailed to you, please let me know.

Linda Loyd, Editor
lindaloyd05@gmail.com
913-856-8602

GFWC Study Club "Rides the Rails"

Monday, October 17, 2022, *GFWC WAMEGO STUDY CLUB (WSC)* carpoled to Blue Rapids, Kansas, and rode the CENTRAL BRANCH RAILROAD east from Blue Rapids across the Big Blue River! Weather was chilly; the WSC members bundled up and "rode the rails" on the Atchison and Pikes Peak Railroad, originally incorporated in 1859. In 1867 the name was changed to the Central Branch



Union Pacific (CBUP).

The first one hundred miles of the CBUP ended at the present town of Waterville. Waterville was a booming cattle town in 1868 and 1869. The Central Branch Railroad is one of the oldest and longest historical railroads in Kansas. It has a rich history of bringing settlers and their families west, as well as a route to transfer WWII German POWs to the Concordia camp, part of the original Orphan Train route, a shipping point for turkeys driven from Beloit, and a popular mode of transportation for hobos!

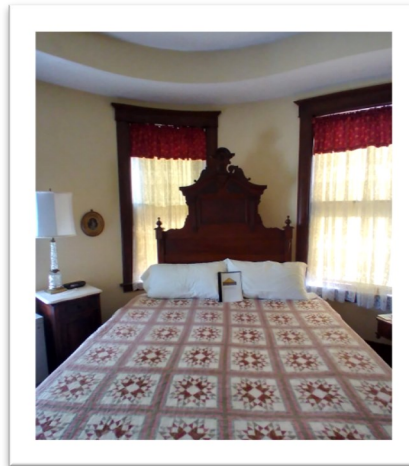
An effort to purchase the twelve miles of track being abandoned by the Union Pacific RR began in 1999. The Marshall County Railroad Historical Society succeeded and began offering train rides in 2002. (centralbranchrailroad.com)

Study Club members and guests from the *GFWC Shakespeare Club of Waterville* felt they had stepped back in time when they entered the historic Weaver Hotel in Waterville, Kansas, for a special luncheon prepared and served by the Waterville Preservation Society.

The Weaver, built in 1905, sits directly across the street from the railroad tracks of the Central Branch Railroad. In the early years, passengers waited for their train in the front parlor of the hotel, found lodging upstairs, ate in the dining room, and stepped across the street for performances in the Opera House.

Railroad crews, workers building the railroad, and then the operating crews stayed at the Weaver. Traveling salesmen came by train and stayed at the Hotel with their wares and catalogs to display and to take orders. The impressive Weaver was known as the "Pride of the Central Line." (theweaverhotel.com)

The Waterville Preservation Society purchased the building, and with the help of two grants and a lot of challenging work from concerned citizens, the Weaver Hotel has been restored. The facility offers ten lodging rooms, two party rooms, a visitor center, and a 4-floor elevator. The original, beautiful, interior wood moldings, trim, staircases, and doors were saved! The hotel rooms are tastefully furnished with appropriate Victorian period furniture and accessories.



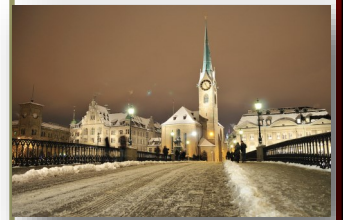
WSC member **Mary Jean Peterson** gave a heartfelt prayer before lunch and all the members and guests enjoyed the hot food and the pleasant time to visit with other members, as well as the train and hotel volunteers!

The afternoon was enjoyed with a full tour of the historic Weaver Hotel, including several lodging rooms and meeting rooms, the Missouri Pacific Depot Museum, and the Historic Waterville Opera House.

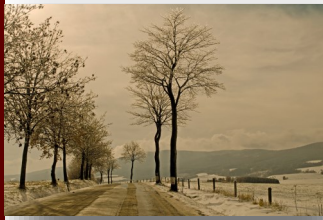
GFWC Shakespeare Club, we are glad you could join us for our October field trip in your beautiful town.

GFWC Wamego Study Club would like to express our gratitude to **Sandy Harding** in assisting us to plan this "step back in time" and her work and tours the day of our visit. Also, a thank you to the train crew - **Gene Harding, Don King, and Ann Walter**. The hot meal including salad, entrée, dessert, and drinks was delicious and we would like to thank the Weaver kitchen staff and all who made the day such a wonderful experience for our Club!

Linda Krebs
Trip Chairperson



"I love the scents of winter! For me, it's all about the feeling you get when you smell pumpkin spice, cinnamon, nutmeg, gingerbread and spruce."
-Taylor Swift



*"I pray this winter
be gentle and kind—
a season of rest
from the wheel of
the mind."*

— John Geddes

GFWC Waterville Shakespeare

The Waterville Shakespeare Club has had a fabulous start this year. We began with a Friendship Tea at the Historic Weaver Hotel. Special guest was Janine Eilert and members brought friends that would be prospective members. The club's history was presented and Janine got to learn the history of our town too. Places each had tea cups dug out of our closets and used. The club presented long time member Bevy Roepke a rose for her years in Shakespeare.

October we held a book signing with Washington teenager Kady Toole at the library which was opened to the public. Toole has published two children's books on Izzy, The Cowgirl Corgi. She spoke of the process she has gone through in publishing her books. Many bought and had her sign her books. Refreshments were enjoyed hosted by the Friends of the Library.

The ladies are now planning on a special Veteran's Day coffee hour with the public. A book was recently discovered in a box and given to the library from the belongings of Maude Bryans. Members will present "Memorial Reminiscences: Sketches of Civil War Veterans of the Waterville Community". Donuts and coffee will be offered.

Sharon Teagarden-King



**Fall Board and
MVR Attendees**

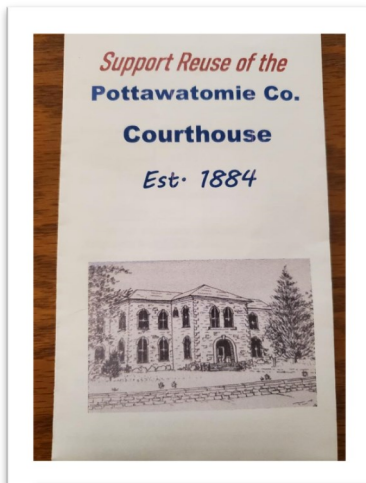


GFWC Flint Hills Club of Manhattan

The GFWC Flint Hills Club of Manhattan began their club year in September at the home of Prudence Fager with guests from the Broderick Family Community Education Unit (FCE). Natha Manges Burns, FCE representative gave a brief history of the Pottawatomie County Courthouse and the plans to renovate the building for future use as opposed to demolish it. The main court house building was built in 1884 and has been placed on the National Register of Historic Places. Several of the members have community ties and fond memories of the building.

We held our October meeting at the Riley County Senior Center which included a tour of the facility and lunch. Our business meeting was held in one of their meeting rooms. The director informed us of their services which include but aren't limited to dance classes, exercise classes, meet the author book reviews, card parties, meals on site and meals on wheels. Member Janice May is one of the center's volunteers.

We are looking forward to our Chili Luncheon in December. For many years the luncheon was held at the home of Beverly Randall. Beverly was a long-time club member who passed away in the spring of 2022. We are continuing the luncheon in her memory.



GFWC Athena Club

The GFWC Athena Club has been busy. This summer we set up a booth at the Farmer's Market and sold raffle tickets for a quilt that was donated. We are collecting protein food donations each month and so far have donated 25-30 items to a local pantry. Kathy Baker heads the collecting of clothes hangers for Meadowbrook Rehab, and some of our ladies took special items there. We are writing our GFWC stories to put into a special book to celebrate our birthday. We are celebrating our 100 year anniversary as a Club so watch for an invitation to our BIG Celebration in the Spring. Hope many of you can come help us celebrate. We are working on a date and time, so stay tuned.

Juanita Rothaus, President

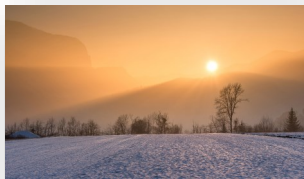


Pictured: Kathy Baker, Jill from Meadowbrook, Toni Weyand, and Linda Loyd.



"I pray this winter be gentle and kind—a season of rest from the wheel of the mind."

– Thomas Wentworth Higginson



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home."

– Edith Sitwell

GFWC Ad Astra



GFWC AD ASTRA began the Club year in "full swing." meeting at the Wamego Historical Museum in the beautiful Wamego City Park. We welcomed guests Barb Depew, Kathy Freeze, and Cynthia Whitney to our meeting, along with 12 members. Museum curator, Madge McDonald, member of GFWC STUDY CLUB, welcomed us to the museum and gave an overview of the artifacts found in the museum. The museum traces the evolution of Wamego and Pottawatomie County from the first inhabitants, the Konza and Pottawatomie Indians, to the history of the Underground Railroad in the area and the artifacts brought back from the Columbian Exposition of 1893. We were then invited to browse through the museum before the business meeting.



Guests from neighboring GFWC clubs

were invited to attend our October meeting. They were introduced along with our three new members: Barb Depew, Kathy Freeze, and Cynthia Whitney. We are delighted to welcome these new members to our Club.. Julene Sylvester, SNAP Educator (Supplemental Nutrition Assistance Program) from KSU and Pott County Extension presented a slide show and tour of The Faith Market, which is a food pantry serving community residents. 130 food items were donated that evening by Club members. Julene demonstrated a quick peanut butter fruit dip that we all sampled.



Veteran's Day was spotlighted at our November meeting. Tom Tavitigian, from Wounded Warrior United, presented a very informative program. WWU is a 501C3 non-profit based in Manhattan, Kansas. They provide outdoor adventures to our Men and Women who served our Country during combat events that include hunting, fishing, and numerous sporting and social events. In 2015, WWU started their Mentor program. Wounded and Combat Veterans help struggling Heroes with PTSD, pain, suicidal thoughts and everyday struggles.

Ad Astra has adopted a family through the Wamego Christmas Bureau, sponsored by the Wamego Council of Churches. Our December meeting will find our club wrapping gifts for the adopted family as well as enjoying a delicious soup supper. The gifts will then be delivered by club members.

Wishing all Club members and families a Happy Holiday Season.

GFWC Goddard Woman's Club

The Goddard Woman's Club has had a busy fall. In September we hosted our HOBY students. Their enthusiasm and



positivity was so infectious! These young people give all of us hope for a great future. Three of our students have been asked to return next summer as counselors, one for a second year, making them leaders among leaders!

We are winding down the long season of caring for the flowers in our biggest park. Conditions were harsh but we partnered with the city staff and managed to keep beautiful, thriving flowers from April to the present. We are so happy to be a part of making our community a place for all of us to be proud of!

Our October meeting took us to the Kansas Food Bank for a quick tour and some service time. The Kansas Food Bank, based here in Wichita, is HUGE! They serve almost all of Kansas and work with over 800 entities across the state that distribute food to those in need. We filled bags for the Food 4 Kids program which sends food with children for the weekend. Up to 6,000 students across the state receive this food. We were so impressed with the level of organization. They rely on an army of volunteers and donors, like US, like YOU, to keep up with the demand. They have everything ready for groups or individuals to immediately get to work when you arrive. They recommend only working for two hours at a time. We were surprised until we got to work. We started out moving really fast but by the time we were done, we were

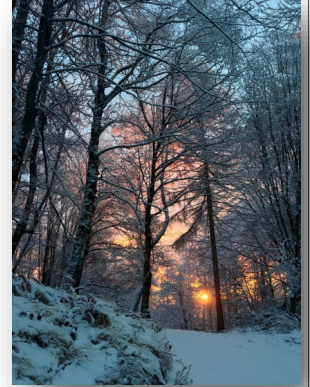
really slowing down. Six of us packed up 160 bags in 20 boxes and we were able to visit while we worked. We plan to go back. If you live close enough, grab a group, arrange a quick tour, and put in a couple of hours. You can go to lunch before or after. ;)

We were honored by the community by being asked to be Grand Marshals of our annual Goddard Fall Festival Parade. Our lead car held our club's honorees - 47 year active member Mrs. Joan Montgomery and our GFWC Kansas President and club member Mrs. Janine Eilert. We hadn't planned on putting a float in this year's parade but we couldn't be Grand Marshals without a float! With help from our Boosters, we created a shiny, festive lady carrier. We tossed out many pounds of candy but it



wasn't quite enough because the crowd was massive! The food trucks ran out of food, too. It was a very windy but successful Fall Festival. Next year, for our 90th year celebration, we will go all out on our float and bring twice the amount of candy!

And last but not least, we are happy to announce that Story Time with the Puppet Ladies has resumed bringing books to life on a limited basis! Oh, we have missed the laughter and smiles of the children and adults and are so happy to be back to this joyful literacy project!



"What good is the warm of summer, without the cold of winter to give it sweetness."

- John Steinbeck



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