



# GFWC/Iowa



## Clubwoman Newsletter

*"Be A Beacon for GFWC/Iowa  
"-Advocates for Youth"*

Message From the President

Newsletter Fall 2010



### Greetings Club Members,

The steamy days of summer are nearly over and the Fall Season will soon be here. This will start a new club year and I hope that all club members find renewed enthusiasm for new and old projects, doing the work of GFWC. I heard some very good responses to the 'Institute' (workshop) that was held in July. It was attended by 83 members and I appreciate your support for this workshop.

I am thankful to those who supported the raise in dues and the re-districting from 8 to 4 districts. We have lost some clubs but not necessarily due to the raise in dues. We need to retain the members we have and gain new members and clubs. Perhaps in your community a club can be formed. If you have any ideas about starting a new club, please let the Membership Chairman, Kay Basham, know about it.

With the theme "Be a Beacon for GFWC/Iowa", we can bring light to all in our clubs, communities and the world. Light means that we will consider what projects our club can do with the energy, time and funds available. From the GFWC Manual which will be coming to the presidents very shortly, find grass roots projects that your club can accomplish. Set a goal, be realistic about that goal and reach the goal.

One project that all can be working on is in the Domestic Violence Awareness area, the Signature Project for GFWC. This will be a continuing project as the problem continues to persist in every community. Another is my special project "Advocates for Youth". You will be hearing more about this project from the Chairman, Sandy Phillips.

The reporting form has changed and the process for reporting will be somewhat different. See the article in this newsletter from Kay Basham.

I hope you are planning to attend the Mississippi Valley Region Conference in Cedar Rapids. We need your help in making this a successful conference. GFWC International President Carlene Garner and GFWC President-elect Mary Ellen Laister will be our guests and enlighten us with GFWC information.

By now most of you have received the Bluebook. If you have not and you have access to the Internet, go to [www.gfwciowa.org](http://www.gfwciowa.org). The entire Bluebook is on the Web Page. You can print any of the pages. There are still some to be distributed at the district meetings.

Karen Martinek and I will be traveling to the district meetings and we look forward to seeing you there. We will bring information mentioned at the 'Institute' and news regarding this administration. Hope to see you all at the district conventions.

In Federation,

Carma J. Bisinger  
GFWC/Iowa President



## ATTEND YOUR DISTRICT CONVENTION



**Conceive it! Believe it! Achieve it!**

### The New GFWC/Iowa Volunteer

Redistricting has given new energy to our Districts.

They are now larger and more empowered.

Help reorganize your district and discuss your potential contributions and responsibilities.

Visit with old friends and meet your new members.

Complete or deliver MVR projects and assignments.

Learn of new GFWC programs and projects that are just right for your community.

Become acquainted with the new reporting forms and Department names.

Bring an old or broken watch to become part of the American Mural Project as a tribute to the time donated by GFWC volunteers.

**See District  
Convention  
Information  
on Page 6-7**

Karen Martinek, GFWC/Iowa President-elect

## A PROJECT EVERY CLUB CAN DO!!!



Collect and send coupons to military families overseas. When received, volunteers sort and distribute. Visit

<http://couponing.about.com/cs/aboutcouponing/a/militaryexpcou2.htm>

or [www.siteforsavings.com](http://www.siteforsavings.com) online.

Or just clip the coupons, add up how many dollars you send, keep track of hours spent clipping them and dollars that it costs to mail them. Below is a list of a few commissaries that you can send them to:

Ramstein Air Base Commissary (Germany)  
Bldg 1200 Unit 3062  
APO AE 09094

Mannheim Commissary (Germany)  
Bldg 200 Unit 29902  
APO AE 09086

Sagamihara Commissary (Japan)  
Unit 45005 Bldg S-104  
APO AP 96343-5005

## Submit your GFWC/Iowa Membership Dues by October 15th.

It is time again for clubs to send their annual membership dues to GFWC/Iowa Headquarters.

All club treasurers received instructions either by email or regular mail. The deadline is October 15th and membership dues are \$27 per member. This covers your dues to both GFWC and GFWC/Iowa. Please remember to send an alphabetical and numbered list of members along with your dues check so we can update our records. If you include email addresses, these will be added to our emailing address list. Occasionally we send information by email that you would not receive through regular mail. Keep us informed of any officer changes in your clubs also.

Thank you!  
GFWC/Iowa  
Headquarters Secretary





## SCRIP Fundraising

### CRIP

When you attend the Mississippi Valley Region Conference in Cedar Rapids and are staying at the Marriott Hotel on October 8<sup>th</sup>-10<sup>th</sup> at the cost of \$79 for two double beds, make sure to send me a note and order gift cards in advance to pay for your stay at the hotel. Send a check made out to GFWC/Iowa Scrip to Headquarters for the cost of the card or cards. The gift cards are available for \$50, \$100, and \$500. Use the gift cards instead of cash or credit cards and GFWC/Iowa receives 8% with no cost to you. It is a win, win deal!

Check the list of participating retailers that have gift cards available through scrip on [gfwciowa.org](http://gfwciowa.org). Be thinking of upcoming birthdays, holidays, weddings, etc and be prepared by ordering gift cards as soon as possible. Use gift cards for eating out; for shopping for clothes and/or computer supplies; for gas; for construction supplies, paint and tools; for obtaining books, sporting goods, and drugs. Use gift cards instead of credit cards, cash, or check and GFWC/Iowa benefits without costing you a cent.

To order gift cards, contact Sandy Phillips at [sandyp.phillips01@gmail.com](mailto:sandyp.phillips01@gmail.com) or call (319) 363-2210.

## Youth Advocacy

While working with youth, use “put-ups” instead of “put-downs”.

To build self confidence be as positive as possible. We all know that a “put- up” or a pat on the back gets better results. Avoid put-downs, even as jokes as children take them seriously. Use the following phrases of praise often when complimenting a student for achievement or for trying:

You’ve Outdone Yourself! *Great!* Way to Go! *You’re Amazing!* You’ve Made Progress! *You’re Tops!* Great Listener! *Marvelous!* You’re Very Talented! *Be Proud!* Wonderful! *Nice Going!* Good For You! *Awesome!*

What An Imagination! *Superb!* The Time You Put In Really Shows!

*Stupendous!* Take A Bow! *Hooray For You!* How Thoughtful Of You!

*Magnificent!* Congratulations! *You’re A Joy!* Amazing Effort! *You’re A Okay!* Cool! Thumbs Up! *What A Great Idea!* You Make Me Smile!

*Very Good!* Take A Bow! *Thanks For Caring!* You’re Inspiring! *You’re A Shining Star!* You’ve Got What It Takes! *Super Job!* Brilliant! *You’re*

*Tops!* You’re #1! *Terrific!* Clever! *You’re Neat!* Way to Go! *Terrific!*

**Use the above “put-ups” often and add your own to help build up our youth in our communities.**



## New Shopping Opportunities

Shop with GFWC/Iowa for gifts – showers, weddings, graduations, birthdays anniversaries and Christmas

Check the [www.bagolitas.com/gfwciowa](http://www.bagolitas.com/gfwciowa) website often for purse specials.

### Any Occasion

#### New- Aluminum ½ Sheet Pan, Pizza Pan, flat and spoon Spatulas.

Pair a pizza pan with a pizza cutter from the **RADA** collection or a sheet pan with a **RADA** server or whisk for a perfect shower, wedding or graduation gift.

### Save Time and Effort

Additional items to include with a gift would be from our new line of **Frontier Spices**. Add a bottle of vanilla with a sheet pan and server, Cinnamon sticks for the holidays and healthy choices such as no-salt seasonings or sea salt. Spice up your meals with taco or chili seasoning.

### Support GFWC/Iowa

All items will be available at your District Conventions and MVR.

Plan ahead for those special occasions. Shop this autumn with GFWC/Iowa.

We encourage each club to have a GFWC/Iowa fundraiser sometime during the year.

Invite the community. A fundraising volunteer will attend whenever possible.



## GFWC/Iowa Membership Matters

### Kay Basham, Membership chairman

Thank you for being a member of GFWC/Iowa. Take pride in being a part of this wonderful volunteer organization. Your membership does matter! You are important and appreciated.

GFWC/Iowa President, Carma Bisinger, has selected the theme, “Be A Beacon for GFWC/Iowa”. Her symbol is the lighthouse. Shine your GFWC membership pride. It is up to you to create an environment where GFWC will be valued in your community.

A suggestion for a membership program for your club could be a GFWC Federation refresher program. Discuss the community service projects and partnerships endorsed by GFWC. Have a sharing time to talk about the many projects your club has supported in your community. Remembering past accomplishments can strengthen purpose for the future.

This chairman has set a goal to call every club president before the district meetings. This is a friendly call to have an opportunity to know these leaders better. I look forward to each of these conversations. My husband and I are attempting to create a frame of a light house that will be at all the district meetings. Each club will receive shining stars placed on the lighthouse for membership achievements. Bring in a new member, have a new member tea, invite a state officer, district president or vice president to a meeting and report this to this membership chairman. Your club will get a star on the lighthouse for every membership accomplishment.

This chairman wants to see the lighthouse covered with stars by state convention. Get your clubs name and accomplishment on a star today. Now this chairman has to focus on getting that lighthouse made! One member has challenged me to see if I can get a light on the top for a beacon. I am going to try my best. Please try your best to reach for the membership stars and be a shining membership beacon for GFWC/Iowa

## Community Service Programs



Reporting is the written legacy of the volunteer commitment of each club.

Please report the volunteer involvement of each club in the GFWC community service programs.

Each year reporting creates a history of what is important to women in their communities. Each year complete a current reporting form with club hours and include a narrative of the volunteer effort. This needs to be sent to GFWC/Iowa headquarters by the February 1 deadline.

GFWC has had program departments for many years. GFWC still does, they will now be called Community Service Programs. There are six Community Service program areas. They are: Arts, Conservation, Education, Home Life, International Outreach (changed from International Affairs), and Public Issues (changed from Public Affairs.)

Each community service program will have two areas: Partnership and Collaborations. The partnership area includes projects that involve any organization with which GFWC has a partnership and whom provides resources to our clubs. Examples would be projects that involve Canine Companions for Independence, Easter Seals, Habitat for Humanity.

The Collaborations area will include reporting of any community service project that a club conceives, develops and implements without the cooperation or input from any GFWC national partner. By reporting collaborations projects from your club to your state, from the state to GFWC, a network of outstanding community projects can be developed and shared with all clubs. Be a part of this GFWC networking of club project ideas by reporting the outstanding projects of your club!

Please call this officer with any questions about these program areas. The GFWC club manual should be available late August. The description of all program areas is available online at [www.gfwc.org](http://www.gfwc.org)

Looking forward to all your reports this year!

Kay Basham, GFWC/Iowa First Vice-President

**ARTS**  
**CONSERVATION**  
**EDUCATION**  
**HOME LIFE**  
**INTERNATIONAL OUT-REACH**  
**PUBLIC ISSUES**



### **GFWC/Iowa SOUTHEAST DISTRICT Convention**

**Date: Saturday, October 2, 2010**

**Time: To Be announced**

**Place: Timber Dome Lodge (Located in the Solon Recreation & Nature Area)  
Corner of Shover St & Racine Ave., Solon, Iowa**

The "New" Southeast District plans to meet and rock the timbers at the Timber Dome Lodge. Your attendance will make GFWC/Iowa a strong, vibrant organization. We look forward to making new friendships and renewing old ones.

**Directions: From the north (or on Hwy 30) take IA Hwy 1 South at the 4 way stop in Mt. Vernon. Travel south to Solon. Turn RIGHT at Casey's (Short St) Travel 3 blocks, turn and follow the road to the Lodge. ( You will see the Lakeview Elementary School and St. Mary's Church).**

**If traveling from the south (I80), take the Solon/Dodge St exit onto HWY 1 North. Follow Hwy 1 to Solon. Turn LEFT at Casey's then follow the above directions to the site.**

### **GFWC/Iowa NORTHEAST DISTRICT Convention**

**Date: October 1, 2010**

**Time: 8:30 Registration: 9:00 Call to Order**

**Place: Homestead Restaurant— 2000 Swan Lake Avenue, Independence, Iowa**

#### **Brief Summary of Convention Plans:**

The new Northeast District will be holding their first meeting at the lovely Homestead Restaurant in Independence, Iowa. This restaurant, centrally located for the clubs in the new Northeast District, will provide a wonderful atmosphere and outstanding food for the District's inaugural meeting. Hosted this year by the clubs of Clayton County, our guest speaker will be Tara Thomas, news anchor for KWWL television. Tara will address her role as a professional woman in the media world.

**Directions: From East or West: Located right off Hwy. 20 and visible from the road, this restaurant is located near the Heartland Acres Agribition Center in Independence. Take Highway 20 to Exit 252; go north to Swan Lake Blvd, turning left to enter Homestead Restaurant.**

**From North or South: Take Hwy 150 to Hwy 20; get on Hwy 20 West for approximately 1 mile, then exit at Exit 252; go north to Swan Lake Blvd, turning left to enter Homestead Restaurant.**

### **GFWC/Iowa NORTHWEST DISTRICT Convention**

**Date: September 28th, 2010**

**Time: 9:30 Registration: 10:00 Call to Order**

**Place: Spencer, Iowa—Clay Country Regional Events Center**

We will celebrate our first convention together as the Northwest District, but also the 102nd Annual District Convention for our member clubs. The convention will be hosted by the Clay and O'Brien County clubs. Come early for coffee and refreshments and browse through the displays for the Community Service Programs and the Silent Auction and Scholarship sale items.

The Northwest District will focus on being "A Beacon for GFWC/Iowa" and learning more about being "Advocates for Youth." In addition to hearing more about this from GFWC/Iowa President Carma Bisinger, our guest speaker will be Maureen Hansen. She is Residential Manager for the Iowa Department of Corrections and will speak on "Restorative Justice." Please join us for fellowship with more club members from our expanded district and for an opportunity for learning.

## OFFICIAL CALL TO THE MISSISSIPPI VALLEY REGION

### 37<sup>TH</sup> ANNUAL CONFERENCE

OCTOBER 8 – 10, 2010

“YOU ARE THE KEY TO GFWC”

Dear GFWC/MVR Members:

On behalf of the GFWC Iowa clubwomen, I invite you to *key* in your auto navigator, check your On-Star and travel to Cedar Rapids, Iowa October 8-10, 2010. We will key into our rooms at the Cedar Rapids Marriott Hotel.

Be sure to sign up for the tour and experience the wonders of Kalona -- tours, lunch, and of course, shopping.

Boosters, be sure to include Kalona on your schedule. Also there is a public golf course close to the Hotel. Other activities TBD.

There will be interesting and informative speakers including GFWC President, Carlene Garner and the GFWC President Elect. We will learn more about the GFWC Signature Project – Domestic Violence Awareness as well as information on women’s health issues.

So mark your calendars, make your reservations and join your fellow MVR clubwomen at the Mississippi Valley Region Conference in Cedar Rapids, Iowa.

Yours in Federation,

Jean Hennings  
Mississippi Valley Region President

Congratulations to the GFWC/Iowa Audubon Federated Women’s Club, GFWC winner of Uncle Al’s Pecan Sales Contest. Also at GFWC Convention GFWC/Iowa won awards in Creative Arts, Conservation Beautification and the Leadership Program. Thank you for all your efforts and for your club reports. Without your reports GFWC/Iowa could not have won these awards. .

## GFWC/Iowa SOUTHWEST DISTRICT Convention

Date: Wednesday, September 28, 2010

Time: To be announced.

Place: Tentatively Anita

**OFFICIAL CALL to the MISSISSIPPI VALLEY REGION**  
37<sup>TH</sup> ANNUAL CONFERENCE  
OCTOBER 8 – 10, 2010

**LOCATION:** Cedar Rapids Marriott Hotel  
1200 Collins Road N E  
Cedar Rapids, IA 52402

**RESERVATIONS:** 1-800-396-2153 Reference “GENFED of Women”  
[www.marriott.com/cidmc](http://www.marriott.com/cidmc) (Direct line to Cedar Rapids Marriott—319/393-6600)  
Room Rates: \$79.00 plus tax - Two Double Beds  
\$99.00 plus tax - Two- room Suites, with king bed, living room with  
Sofa sleeper and small refrigerator.  
Free airport shuttle service available to the Hotel

Reserve by: **September 16, 2010**

CONVENTION CHAIRMEN

Karen Martinek

Carma Bisinger

**WHAT TO BRING:**

**Service Project --** In place of a “Day of Service” project this year, we would like each attendee to bring a book to donate to a local domestic violence shelter, school, library, or other facility that deals with troubled youth and teens. Choose a book with the topic “bullying and/or harassment”. This may include the following subjects: cyber stalking, dating violence, teen pregnancy, alcohol, drugs, tolerance and/or teen suicide. Please check with your local schools or libraries for appropriate books.

**GFWC/MVR** is also registered as a team to participate in Lee National Denim Day, October 8<sup>th</sup>. A \$5.00 donation is recommended.. On Friday the 8<sup>th</sup>, we will all wear our denim, including our GFWC apparel. Those traveling to Kalona on the tour will receive a pink pin and bandana to demonstrate our participation. Those arriving later in the day may also participate by wearing your bandana with denim or wearing your bandana with your prairie or pioneer clothing. Our team’s goal is to raise \$600 for Breast Cancer Research. Read more about this project at [www.denimday.com/](http://www.denimday.com/)

**State Baskets** - for the raffle.

**The General Store** – Items to sell to help balance the MVR budget. Items may include handmade gifts, crafts, baked goods, jewelry, garden flags, candy, books, CD’s etc. etc.

**Sales tables** – A reminder that each MVR state is allowed to sell three (3) items of their choice. For this Opportunity, states will pay MVR \$20.00, states will take turns maintaining the tables. The host state shall be allowed to sell any number of items and/or opportunity drawings. Please inform the MVR President or the Conference Chairman if your state will be having a sales table.

**REGISTRATION FORM**

**GFWC MISSISSIPPI VALLEY REGION CONFERENCE  
OCTOBER 8-10, 2010  
Cedar Rapids Marriott, Cedar Rapids, Iowa**

Registration, Member	\$10.00	_____
Registration, Booster	\$ 5.00	_____
Tour – Kalona	\$45.00	_____
Iowa State Night Banquet	\$25.00	_____
Saturday Luncheon	\$25.00	_____
Saturday Banquet	\$32.00	_____
Sunday Breakfast	\$20.00	_____

**Total Amount Enclosed** \_\_\_\_\_  
**Make Checks Payable to GFWC IOWA**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
 \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Position:** \_\_\_\_\_

**First Time Attendee?**                      **Yes** \_\_\_\_\_ **NO** \_\_\_\_\_

*If you have any dietary restrictions or mobility concerns, please tell us when you register and we will make every effort to meet your special needs.*

Please return this form by **September 16, 2010** to  
 Mary Stull  
 3000 27<sup>th</sup> Street, SW  
 Cedar Rapids, IA 52404-3328  
 319-393-6254  
[mcdstull@aol.com](mailto:mcdstull@aol.com)

**Mississippi Valley Region Conference Highlights**

(October 8, 9, 10)

Cedar Rapids, Iowa Marriott

**Help Iowa Shine!!!**

We host the Mississippi Valley Regional Conference Only Once Every 7 Years

**Friday**

8:00-3:00 Bus to Kalona - Tour Historical Kalona Village and Quilt Museum

Shop Quilt, P. Buckley Moss Gallery, Local Craft and Antique Stores

Homemade Noon Meal in a Mennonite Home

Iowa Night Banquet - Prairie Picnic, Betty Nobiling presentation on Laura Ingalls

Blue Grass Music

Dress in Pioneer/Prairie or Denim Garb - Best costumes win prizes.

**Saturday**

MVR Business Meeting

Luncheon speakers -Sandy Phillips, GFWC Signature Project

Janice Baldes, Bagolitas

Boys and Girls Club Acceptance of Book Donations

GFWC Chairman and workshops

Social Hour with Tabor wine tasting

Dressy Banquet with speaker-GFWC International President, Carlene Garner

**Sunday**

Breakfast Speaker - Alzheimer's disease

State Presidents Reports

MVR Service Projects:

-Participation in the "Lee Denim Day" - October 8<sup>th</sup>-

Wear Denim and Donate \$5.00 for Breast Cancer Research

Receive a Pink Bandana and Pin

-Each participant bring a book to donate to a Cedar Rapids Youth Agency  
damaged by the floods of 2008

See the list of suggested books on Page 11 of this newsletter.

### Suggested Books to donate at MVR

#### The Boys and Girls Club of Cedar Rapids-

#### Suggested books for youth (not limited to these):

Kissing in the Rain by Kevin Brooks, The Courage to be Yourself: True Stories by Teens About Cliques, Conflicts and Overcoming Peer Pressure, Published by Free Spirit, Defying the Diva by Anne D. Love, How Can School Violence Be Prevented, published by Greenhaven Press, Cyberstalking: Harassment in the Internet Age and How to Protect Your Family by Paul Bocij, Coping with Sexual Harassment and Gender Bias by Victoria Shaw, 33 Snowfish by Adam Rapp, The Color Purple, I was a Teenage Fairy by Francesca Lia Block, Megan's Law by Margie Druss Fodor, The Missing Girl by Norma Fox Mazer, Strong at the Heart: How it Feels to Heal from Sexual Abuse- Published by Farrar, Straus, and Giroux, Breathing Underwater by Alex Flinn, Dreamland by Sarah Dessen, Everything You Need to Know about Sexual Assault by Laura Kaminker, Things Change by Patrick Jones.

#### Waypoint Advocacy Services and Domestic Violence Shelter

Speak by Laurie Halse Anderson: A Story of surviving sexual assault

Changing Bodies, Changing Lives by Ruth Bell: A book about having a healthy sense of self, healthy relationships, and healthy sexuality

Blank books/journals: To encourage journaling/sketching for teen survivors as a means of healthy coping.

### GFWC/Iowa Scholarship



For your information the Scholarship Packets will be mailed to your Club's President in October. Be looking for them! When you receive them, fill in the required information: Club Name, Local Club Representative, and District Scholarship Chairman information. Make several copies with your information added and distribute the Scholarship Application forms and the Music Campship forms to the Counselors and to the band and chorus directors.

Present the information about the scholarships at the club meeting so members are aware that they may need to write a letter of recommendation for a student and that they may have students they may want to help apply.

In 2009-2010 the GFWC/Iowa Scholarship Program awarded 12 scholarships and 9 Music Campships totaling \$10,700. Thanks for your help. Since interest rates are so low, GFWC/Iowa needs more financial support from the clubs and individuals. Make sure you purchase materials from the scholarship sales tables at the District Convention.

This long-standing program is a youth advocacy program as we help Iowa students achieve their dreams and become an asset to society.

**Sandra Phillips, GFWC/Iowa Scholarship Chairman**

## **GFWC/Iowa Federation of Women's Clubs**

3839 Merle Hay Road, Suite 201  
Des Moines, Iowa 50310-1321

Must Have  
Regular Post-  
age

Phone: 515-276-0510

E-mail: [gfwciowa@aol.com](mailto:gfwciowa@aol.com)



Visit us on the web  
[gfwciowa.org](http://gfwciowa.org)

**RETURN SERVICE REQUESTED**



### **Inside this issue:**

Call to Mississippi Valley Region Conference	<b>Pg 7 &amp; 8</b>
Registration Mississippi Valley Region Conference	<b>Pg 10</b>
Membership Matters	<b>Pg 4</b>
Advocacy for Youth	<b>Pg 3</b>
Community Service Programs	<b>Pg 5</b>
Fundraising	<b>Pg 3 &amp; 4</b>
District Convention Information	<b>Pg 2 &amp; 6</b>