

What's Inside?

CHECK OUT REPORTS FROM DISTRICT CHAIRMEN & MORE!



A FEW WORDS FROM FAYE
PAGE 2



PROPOSED DISTRICT PROJECT
PAGE 6



MEET THE NEW JUNIOR LIAISON
PAGE 3

SOUTHWEST SCOOP



Photo Courtesy Angela Paez

District Clubwomen Attend State Conference

Nearly 200 clubwomen from around the Commonwealth were in attendance at the 2018 GFWC Virginia Annual Summer Conference last month.

Held in Charlottesville, the event featured workshops from more than 15 state chairmen, including the Southwestern District's own – Education Chairman Jenny Martin, of Narrows Junior Woman's Club, and Home Life Chairman, Sandy Stiltner, of Grundy Woman's Club.

Pictured above, Martin, who is also serving as District Parliamentarian, and District President Faye Bocock greeted 2018-2020 GFWC VA President Kelly Lane and Third Vice President/Director of Junior Clubs Trina Behbahani during the district caucus.



GENERAL FEDERATION
of WOMEN'S CLUBS



President's Message

It is with great enthusiasm I begin my next two years as the district president for the Southwestern District of GFWC Virginia. This is my second term as District President and I still face the same challenges as I did in the previous two years. I have committed to concentrate on Membership during the next two years. We must add new members to fulfill our obligations to the projects we hold so dear

within our organization. We must encourage each member to “step up” to recruiting new members and to “step out” to help those clubs that are at risk of dissolving.

I am also committed to helping our members to be the best that they can be as I promote our district project for the upcoming two years ...WOMEN'S HEART HEALTH....AWARENESS AND PREVENTION. It is important that we all take the best care of ourselves that we possibly can. A healthy lifestyle prepares us physically, emotionally and energetically to engage in our GFWC projects. I'm equally excited to support and promote our state project of “HUMAN TRAFFICKING “ as we again step out to do our part on awareness and prevention of this travesty in our state and across the country. I look forward to the next two years as we start this new journey together as the women of GFWC VA.

Spring Meeting – Save The Date!

The date for the Southwestern District Spring Meeting has been set and a location chosen!

On Friday, April 5, 2019, SWD President Faye Bocoock is inviting clubwomen from throughout the district to join the ladies of Pearisburg and Narrows as they host GFWC VA President Kelly Lane and 3rd Vice President/Director of Junior Clubs Trina Behbahani for a pre-meeting dinner. Details are still pending. But for those who are a short drive away or who will be staying in town that weekend, this casual dining experience offers a fun, informal meet-and-greet with the women representing GFWC Virginia.

Then, on Saturday, April 6, 2019, the Southwestern District will gather at the Davis Banquet Hall in Pearisburg for the annual Spring Meeting and our official State visit. As is customary, those in attendance should be prepared to hear from President Lane and Junior Director Behbahani, both of whom will serve as guest speakers at the meeting.

Who Could You See as a Fellow Clubwoman?



Maybe it's the person sitting beside you at church or at book club. Maybe it's your hairdresser.

The people you enjoy spending time with are the same people who might like to serve with you. Have you asked?

Introducing Our New SWD Junior Liaison...



Susie Christian

Hello, my name is Susie Christian. I have been a member of the Narrows Junior Woman's Club for about 26 years. I currently serve as president of our club and have held several of our other officer positions over the years. I have served as Junior Director for Southwestern District once, 94' – 96'. I am currently serving as the Liaison for our district. I love being able to give back to our community in anyway possible. I have always felt this is the perfect place to bring your children up in. Therefore, I felt that I should do what I could do to help improve the community for my children as well as other children.

I am married to Greg Christian. I have three beautiful children, my daughter, Lauren, 24, and my twin sons, Dustin and Devin, 18. I also have three wonderful stepchildren; Blayne, 26; Austin, 21; and McKenzie, 19.

I work at Greenbrier Academy for Girls, a therapeutic boarding school for troubled teen girls. I serve the school as registrar and testing coordinator. It is a year round school and I can say that I truly love my job. I am able to do just what I want to do, work with students, listen to their issues, offer a safe and loving environment, and watch as the majority of these girls graduate from here becoming a more confident, successful, bright, young lady ready to face the challenging world head on.

The list of things that I enjoying doing on my off days have gotten shorter since my children have grown up and left home. I have to say that at the top of my list is cuddling up in the recliners on the weekends with my husband and dogs and watching Hallmark channel all day. I love going to Sunday dinners at my mom's house with my family. I love going to support my nieces and nephews at their sporting events.

See you at the Fall District Meeting!

Hopefully, all clubs have already registered for the Southwestern District Fall Meeting and are gearing up to make the trip to First United Methodist Church, located at 398 Main Street in Narrows, next Saturday, October 20. Don't forget that the registration table will open and breakfast will be available at 9:30 a.m. General session and workshops will begin at 10 a.m., with lunch to follow at 12 noon. We'll be hearing about the proposed District Project, as well as the newly adopted State Project; so this is a meeting you'll definitely want to attend.

Thank you to Pearisburg Woman's Club, Pearisburg Junior Woman's Club, and Narrows Junior Woman's Club for hosting us!

For any registration questions, you may contact Credentials Chairman Betty Shields at 276-935-5743. Remember: No refund will be provided unless a reservation is cancelled at least three days prior to the meeting.

Have anything you want to see in the newsletter? Contact JoBeth Wampler at 540-250-6294 or jobeth.wampler@gmail.com.

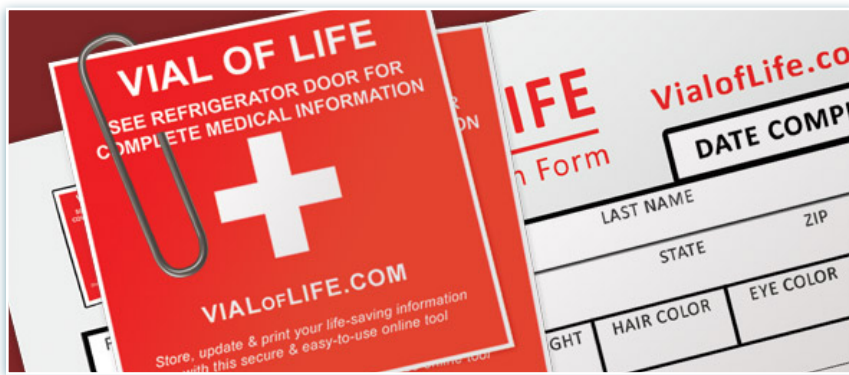
Chairman Reports & Updates

Health

DISTRICT CHAIRMAN ANNA RUTH COLEMAN

I have been given the opportunity and honor of serving again as Southwestern District Health Chairman for 2018-2020. For club members, who are serving as a new chairman in this department or as a reminder for those who have served previously, please be advised that this program is listed under Home Life Department in the GFWC VA annual yearbook. Home Life and Health are separated into two reporting areas for the Southwestern District.

Please refer to the State Handbook under 'Home Life' to select health related ideas to develop projects for your Club. This would include implementing projects that support a healthy lifestyle, increasing knowledge through educational programs, prevention research and treatment of diseases. The manual offers an endless list of ideas, but you certainly may be creative if you think of a program that would be beneficial to your club and community.



Many may be interested in checking out the Vial of Life Program which can be found on the web at <http://www.vialoflife.com/vial-is-free/>. The Vial of Life is a smart way to have your medical information on hand just in case of an emergency. Free information is available as well as the form online and can be completed and

printed on your home computer. As an FYI, our Special District Project for this term will be Women's Heart Health Awareness and Prevention. More information will be shared regarding this project at the fall district meeting.

Chairmen, you are very welcome to contact me regarding any questions you may have or let me know if there is any way I can assist you or your club in accomplishing your projects. My home phone number is 276-597-7050 and email acoleman3@roadrunner.com.

GFWC VA Junior's Special Project: Advocates for Children

DISTRICT CHAIRMAN JENNY MARTIN

The fourth week in October has been declared 'Advocates for Children Week.' I would encourage clubs to plan special events to bring awareness to children during this time.

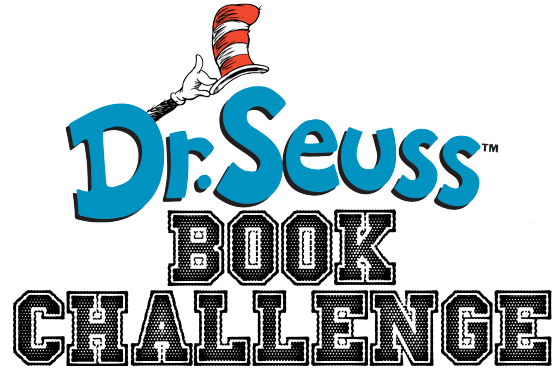
One idea is to collect Halloween costumes and distribute them free for a fall festival parade or for a Halloween parade. Another idea is to collect items for children who are in domestic violence shelters or emergency shelters. You could include coloring books & crayons, bubbles and small toys.

Continue to offer monetary support to our partners, such as March of Dimes and St. Jude Research Hospital. The St. Jude Walk/Run to End Childhood Cancer will be held on September 22, 2018; so mark your calendars and plan to donate and participate.

Education

STATE CHAIRMAN JENNY MARTIN

GFWC has issued an education challenge to clubs toward the purchase of 1,000 new Dr. Seuss books by March 2, 2020, which is Dr. Seuss's birthday. Ladies, my challenge to the clubs of Southwestern District and to GFWC Virginia is for the state of Virginia alone to collect 1,000 new Dr. Seuss books. Clubs may send books – new Dr. Seuss books ONLY – to GFWC Headquarters (1734 N Street NW, Washington, DC 20036-2990) and label them as being from GFWC Virginia. If clubs can gather \$25, it will buy a set of 5 new Dr. Seuss books from Amazon. AND if you have Amazon Prime, you can get free shipping and have books mailed directly to GFWC. I have gotten 65 books myself; so I challenge you to outdo my total!



When sending the money to GFWC, be sure to put on the memo line from GFWC Virginia toward Dr. Seuss books. Let the challenge begin! Please keep me posted on your clubs totals as I'm tracking the end results.

Membership

DISTRICT CHAIRMAN JOBETH WAMPLER

I was blessed with the opportunity to attend the GFWC Virginia Summer Conference along with four ladies from my club, and it was great! I love spending time with my volunteer soulmates and getting a little break from the day-to-day.

20by20

Membership Tip:

New members can't hear about your club if you aren't doing anything. Get active and get noticed! And don't forget to publicize your work!

It was there we learned GFWC Virginia has set a membership goal of 20% growth by 2020. So I'm certainly feeling the pressure! Essentially, that means forming or re-federating 1 new club per district and recruiting 776 new members statewide over the next two years – around 39 of those right here in our district.

My personal goal has less to do with building a GFWC army and more with helping clubs leave a lasting legacy. And I think the latter is at the heart of GFWC's mission. It's easy to put a nasty spin on goals like this one because we sometimes don't see the benefits of growing, especially if our new members aren't pulling their weight. Quality over quantity seems to fit our current recruitment style, doesn't it? Yet what we don't realize, often until it's too late, is that there is a season to what we're capable of

doing. You're going to burn out, get sick, get hurt, or simply tire out. It happens to everyone. When that day comes, what will become of our clubs if we haven't trained replacements? Keep that in mind as I speak to you about membership goals over the next two years. We're laying the groundwork for a gift we're leaving for our families and communities. Let's make sure it lasts.

If you know of a group of ladies who might be interested in forming their own club, call (540-904-0314 home / 540-250-6294 cell) or email (jobeth.wampler@gmail.com) anytime.

Fundraising

DISTRICT CHAIRMAN SANDY STILTNER

As you Club Women know, we are broke! Well, not completely, but close.



As Fundraising Chairman, I have taken as my project to raise enough money to pay for our NEW District Flag. The NEW Flag will be making its appearance at the Fall District meeting. Nothing has been changed (logo-wise), just the background, and it is made of a material that shouldn't wrinkle so badly.



We will be having our Jewelry sale, like we did at the spring meeting, and we will be selling chances on a beautiful wreath. So will you join me in taking chances and buying jewelry to help out our District?

If you don't want to buy any jewelry or take any chances, could you please just donate \$1 to the cause?

Legislation

DISTRICT CHAIRMAN
JENNY MARTIN

There are so many legislative resolutions that need to remain a top priority within our state, local governments, and within the GFWC Federation.

Topics include taking action against elder abuse, alerting the public to current scam alerts and publicizing the misuse of pharmaceutical drugs.

Please continue to keep club members informed about current issues that impact their lives.

Always continue to let your voice be heard about issues of importance and continue to vote your opinion.

Get to Know the Proposed District Project

While District President Faye Boccock did not endorse any specific women's heart health organization in her Proposed District Project, the American Heart Association's Go Red For Women campaign can do a lot of the legwork for you and your club!

Check out these 'Facts About Heart Disease in Women,' found on the Go Red For Women website:

Do you know what causes cardiovascular disease in women? What about the survival rate? Or whether women of all ethnicities share the same risk?

The fact is: cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!

But it doesn't affect all women alike, and the warning signs for women aren't the same in men. What's more: These facts only begin to scratch the surface.

There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health for this very reason. In this section, we'll arm you with the facts and dispel some myths – because the truth can no longer be ignored.

Recently nominated for the Best PR Campaign in the last 20 years, Go Red is a great resource we can all tap to advance Faye's chosen project.
