

The Woman's Club of Clayton

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NC General
Federation of
Women's Clubs
www.gfwcnc.org



The Woman's Club of Clayton is a member of the General Federation of Women's Clubs (GFWC), an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.

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1st Vice President

Trish Perna

2nd Vice President

Brenda Hill

Recording

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Loretta Mascia

Corresponding

Secretary

Patty Jo Johnson

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Judy Ryan

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Club Chatter



Volume 2023, Number 3

March 2023

From Our President

Betsy Grannis

Hello, March! February is always such a short month that it seems March comes along too quickly! So, buckle up – March is marching on in!

Congratulations to our **Individual Clubwomen Awards** winners: **Sandy Nesselrode** for Clubwoman of the Year, **Robin Sachsenheimer** for Citizenship and Patriotism, and **Patty Jo Johnson** for Clubwoman With Heart. These ladies will be submitted to GFWC-NC for these awards at the state level. Congratulations, Ladies, and thank you for being great representatives of The Woman's Club of Clayton!

We held the **Lights of Love** luminary event on Saturday, February 25th. The venue had to be changed to the Civitan Club due to rain but that did not hamper the spirit of recognizing ones who were loved (*see picture below*). A huge thanks to **Rachel Masimore** and **Christie Latham** for organizing this fundraiser.



Did you hear that we reached our goal for our **Bags to Benches** project which is our **President's Special Project** for this year? That's right! We hit the 500 pound mark and have exceeded it – the final numbers will be reported the first week of March so I will have that number for you at our March meeting. We will be working with the Trex company to choose the bench that will work for the **Mountains to Sea Trail** here in Clayton.

We are excited for our largest fundraiser of the year – the **Taste of Carolina** event will be happening on March 18th at The Farm at 42. Posters have been distributed to downtown businesses and ticket sales are in full swing. Please continue to **sell tickets** to everyone you know – we need your support to make this a successful event. Remember to get in your ticket stubs with money to Loretta Mascia. What fun it will be to get all dressed up and enjoy all the delicious food choices, dancing and **fun with friends!**

The **GFWC-NC State Arts Festival** will be held at the Mebane Arts



and Community Center on Saturday, March 11th. We have a great group of members attending the event and bringing our student and clubwomen art to be judged. Thank you to **Susan Johnson** for her efforts as the Arts Festival Chair and to all the helpers that have made this happen. Thank you to **Angela Williams** for getting our clubwomen entries organized. Thanks also to **Peggy Earp** being our club's literature chair! Can't wait to hear the results!

I leave you with this thought for an inspired March:

Hello March

May the early spring

A waken your soul and

Remind you to

Celebrate the season with the

Hope and Joy it brings



OurMindfulLife.com

Dates to Remember

March 6

ESO Book Club
TWCC Clubhouse
10:00am

March 7

Environment CSP
Set Up for meeting
TWCC Clubhouse
10:00am

March 8

TWCC Lunch Meeting
11:45am
TWCC Clubhouse

March 9

Night 'N' Gals
Via Zoom
7:00pm

March 10

Bingo
Clayton Senior Center
10am

March 11

GFWC-NC Arts Festival
Mebane Arts Center
Mebane, NC

March 14

TWCC Executive Board
TWCC Clubhouse 10am

House of Hope Meal

March 18

Taste of Carolina
The Farm at 42

March 28

TWCC Bunco
TWCC Clubhouse 1:00pm

April 20-21

GFWC-NC Convention
Charlotte Embassy Suites



February Meeting Highlights

The February 8th lunch meeting was hosted by the **Health & Wellness CSP**. The devotion and blessing was given by Sandy Nesselrode.

Program speaker, Dr. Melissa Palmer (*pictured at right*), owner of Clayton Audiology, gave an excellent presentation about her business and audiology.



Three guests were welcomed, Joni Koch, Dariea Day and Gigi Hill.

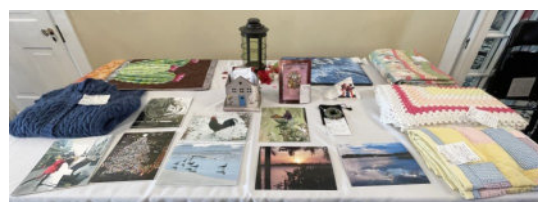
Highlights from the meeting:

- Members voted for the Clubwoman awards: **Outstanding Citizenship & Patriotism** nominees are Peggy Earp and Robin Sachsenheimer; **Clubwoman of the Year** nominees are Sandy Nesselrode and Judy Ryan; **Clubwoman with Heart** nominees are Dixie Brady and Patty Jo Johnson. Voting will be done as well during the Night 'N' Gals meeting. The winners will be announced in the March newsletter and recognized during the March meeting.
- The **Murder Mystery Dinners** were sold out and more than \$4500 was raised. Thanks to everyone who contributed to this fun event!
- The **Lights of Love** fundraiser will be delayed due to a high chance of rain. To date, about 170 tickets have been sold.
- The club's major fundraiser, **Taste of Carolina**, will be on March 18, 2023 at The Farm at 42. Tickets are selling and silent auction items are coming in. Dianne announce the 12 participating restaurants (*refer to Taste of Carolina report*).
- The Scholarship Committee has completed their work and the winners were announced:

For **Sallie Southall Cotten scholarship**, the winner of a \$2000 scholarship who will proceed to District is Sarah Adrien Fuccello; Runner up and winner of a \$1000 scholarship is Taylor Nicole Houston.

Winner of the \$500 **Sybil Champion Community College Scholarship** is Emily Oberman.

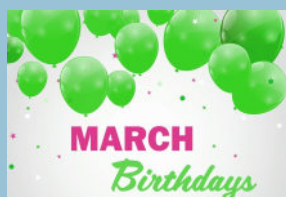
- The **Arts Festival** for both students and clubwomen will be held February 9th at 6pm. Susan Johnson announced the winners of the Clubwomen entries (*refer to Art Festival report*). All entries were displayed at the meeting (*pictured below*)—amazing job ladies! Anyone interested in attending the GFWC-NC Arts Festival March 11th in Mebane should contact Susan Johnson.



- Betsy Grannis thanked **Trish Perna** for her work on the club reports and getting all required information to GFWC. Members were reminded to submit their reports at the conclusion of a project while the information is fresh.
- Treasurer Judy Ryan reminded members that **receipts** must be turned in with any requests for reimbursement.
- Betsy Grannis announced that more than 500 pounds of plastic bags have been collected so the goal for the **President's Special Project** has been met for this year. Betsy will contact Trex to determine next steps in order to receive the bench to be placed in Clayton along the **Mountain to Sea Trail**.
- Brenda Gay announced that more than enough **First Grade books** have been received for the book bags to be packed in the Spring.
- Nancy Maynard announced a new **Walking Challenge**. She also requested that members bring any unused **prescription or reader glasses** to the March meeting. These will be given to the Lion's Club. (*Refer to Health & Wellness report*)

Health & Wellness CSP

Co-Chairs: Nancy Maynard, Judy Ryan, Deborah Fuller



MARCH

3/2 Joann Cassone
3/6 Faye Brooks
3/21 Debbie Jamison
3/28 Betty Godwin
3/31 Mary Ellen Causby



Liz McLaurin is recovering from a broken hip. She is now at home: 516 S Lombard St, Clayton, NC 27520

Please pray for Betsy Grannis and her husband Michael as Michael recovers from major surgery and reconstruction. Michael remains at UNC Hospital in Chapel Hill and will undergo another surgery on 2/28.



A big **thank you** to the Health and Wellness ladies that decorated and hosted the February meeting! Judy—the library window looked great!

Trish Perna and Sharon Lavery provided a wonderful meal on February 14th for the **House of Hope**. They were especially excited about the chocolate covered strawberries! We are currently serving 9 which includes one gluten free student and one student with a nut allergy. For more information about the House of Hope check out their website at www.houseofhopeofnc.com. If you are interested in making a meal or dessert and have questions, please call Nancy Maynard 815-274-4446. Thank you!

If you have any **eyeglasses** that you no longer need, consider donating them to the **Lion's Club**. There is a box located near the optical department at Walmart or you can bring them to our next meeting, and we will donate them for you.



Are you ready for another **health challenge**? You do not need to sign up for this one. Everyone should find an activity they are able to do. If you are not a runner or walker you can use the equivalent chart in this newsletter to choose your activity. The chart (*see attachments at end of newsletter*) shows you how to convert your activity into miles. As you can see, some of the things you already do on a regular basis can be "converted" into miles! I added stationary cycling and house cleaning to mine. Someone mentioned golfing was not on there. Just try your best. You know if you are working hard at an activity. Keep track of only your miles from March 1-31. Send your results to Nancy Maynard at mothermaynard@hotmail.com by Friday, April 7th. Challenge yourself!

There will be a sign-up sheet at the March 8th meeting to see how many of you would be interested in participating in a **CPR class**.

March is **National Nutrition Month**. The FDA (food and drug administration) website is a great source for keeping up with latest news about nutrition. It also has tools for you to make your personal food pyramid.



Environment CSP

Co-Chairs: Rachel Masimore, Christie Latham



The Environment CSP will be **hosting the March meeting** so plan to set up for the meeting on March 7th at 10am.

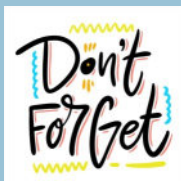
Arts & Culture CSP

Co-Chairs: Angela Williams, Faye Brooks, Dianne Carroll



Clayton's **Public Art Advisory Board** is calling all knitters and crocheters to join in a top-secret surprise project! The Board is collecting **acrylic yarn** knitted or crocheted squares. Squares can be 15", 20", or 24" inches. Any color or pattern is accepted, but yarn **must be acrylic**. The squares collected will be used for a surprise project that will be displayed in Downtown Clayton. The Public Art Advisory Board will reveal this surprise art project to the public in the **fall of 2023**. Drop off your yarn squares at our collection locations:

- The Clayton Center - 111 E 2nd St, Clayton, NC 27520
- Artmosphere—3919 Raleigh Rd, Clayton, NC 27520
- Bring them to the March meeting and Angela Williams will take them to The Clayton Center



Things to bring to the March meeting:

- Unused prescription or reading glasses
- Money for Civitan BBQ Chicken Plates \$12/plate



In the event of illness or bereavement, members are encouraged to contact Patty Jo Johnson if assistance is needed with meals, errands, etc. Call 919-818-3444 or email johnsonpatty2253@gmail.com



Education & Libraries CSP

Co-Chairs: Brenda Gay, Sandy Nesselrode



The Education & Libraries CSP has been busy getting several items completed for the past month. One being the **Sallie Southall Cotten Scholarship**. The TWCC winner, Sarah Adrien Fuccello, also won District 8. Normally, the TWCC scholarship is \$1000 but because of the generosity of a club member donating an extra \$1,000, Sarah will receive \$2,000 from TWCC and \$500 from District 8. She will advance and compete for the GFWC-NC Scholarship of \$12,000. The scholarship funds are paid out to the university she attends. The same TWCC member also donated a \$1,000 for the runner up, Taylor Nicole Houston, which will go to the university she attends.

TWCC also supports the **Sybil Champion Community College Scholarship**. The winner of the \$500 scholarship is Emily Oberman.

The National Reading Day Across America, March 2nd - This will be at Cooper Academy for 4 first grades classes. An email went out to our Education & Libraries CSP for readers. Sandy Nesselrode, Brenda Gay, Maggie Vitali and Robin Rose will be the readers from 12:30 to 1:00. **We need four more readers for 1:00 to 2:00.** Books have been left at the Hocutt-Ellington Library in Debbie Ragland's office for the readers to choose from. Please note that this has nothing to do with "Read for the Record" where the same book is read nationwide. Hocutt-Ellington Library will be closed March 1 and will re-open March 2 at 11:00. If you need a book, pick one up before these dates. Please email (bmgay82@gmail.com) or call (919-763-7117) Brenda Gay to let her know if you can be a reader.

Book Bag Project - we will begin assembling our book bag project for Cooper Academy in May (date TBD). We wish to thank all who have brought books to the meetings to assist us in this project. Because of you, we have enough books this year to fill our bags.

Lunch Program/Meeting - The Education & Libraries CSP will be hosting the lunch meeting on April 12th. We will be setting up on Tuesday, April 11th. We will need all our Education/Libraries CSP members' help so please save the dates.

A Brainy Quote: Education's purpose is to replace an empty mind with an open one. -Malcolm Forbes

Civic Engagement & Outreach CSP

Co-Chairs: Susan Johnson and Sarah Brooks



RECYCLING CELL PHONES
FOR A SAFER COMMUNITY

Civic Engagement and Outreach CSP will continue to collect used and unwanted cell phones and tablets for **Secure the Call**, that will clear the data, and re-program the phones to dial 911 only. Secure the Call is a national Coalition of over 350 organizations, including Police and Sheriff's Department, Domestic Violence Shelters, and Senior Citizen groups that pass this emergency-only phones to at-risk clients that they serve. **The collection barrel will remain at the Hocutt-Ellington library on Church Street until the end of February.** If anyone needs a pickup of their phones, contact Susan Johnson.

Night 'N' Gals



The **Night 'N' Gals** will meet via Zoom on **March 9th at 7pm** and all members are invited to attend. The Zoom link will be sent to all members on March 8th.



Clubwoman Arts First Place Winners Going to State Arts Festival

Crafts

Crochet—Patty Jo Johnson

Knitting—Val Taylor

Quilting, machine, small—Val Taylor

Quilting, machine, large—Val Taylor

Jewelry—Val Taylor

Upcycling—Patty Jo Johnson

Other—Zip Barnard

Fabric Craft—Patty Jo Johnson

Photography

Our World Up Close—Jayne Hafer

Natural Wonders—Brenda Gay

Reflections—Jayne Hafer

Visual Arts

Acrylic—Gracie Chamblee



Notify Patty Jo Johnson, Corresponding Secretary, if information about a club member needs to be communicated to the membership (e.g., illness, bereavement)

919-818-3444

Art Festival Chair: Susan Johnson



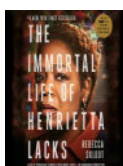
The **2023 Student and Clubwomen Art Festival** was held Thursday, February 9th at the Clayton Center. Over 100 parents, students, teachers, and clubwomen attended the event. **Mayor Jody McLeod** was our guest of honor and congratulated each winner as he distributed their certificates. A total of 49 high school students and 47 middle school students created 117 entries for the show. The 41 first place winners will be entered in the **GFWC-NC State Art Festival** in Mebane on March 11th. Five of our club members entered 15 pieces of work, and eleven of those will be taken to the State Art Festival as well. Attached at the end of the newsletter is the information about the State Art Festival and a registration form. **Thanks** to all club members that contributed snacks for the event, and that served as a host for the evening.

ESO Book Club

Chair: Brenda Gay



The members of the Epsilon Sigma Omicron (ESO) met on Monday, February 6th at 10:00 at The Woman's Club of Clayton with ten members reporting on book reports that they had read over the past few months. We are reading some great books as well as reporting on them. Listed below are a few that was reported on at the February meeting.



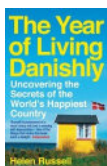
"The Immortal Life of Henrietta Lacks" by Rebecca Skloot

This is a true story and well worth the read. It starts out as Henrietta Lacks, but scientist knows her as HeLa. She is a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells were taken without her knowledge – became one of the most important tools in medicine. The first "immortal" human cells grown in culture, which are still alive today, though she has been dead for over sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb's effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions.

Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave.

Henrietta's family did not learn of her "immortality" until more than 20 years after her death, when scientist investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits.

The Immortal Life of Henrietta Lacks captures the beauty and drama of scientific discovery, as well as its human consequences. This book report was given by ESO member, Marianne Sapsara.



"The Year of Living Danishly" by Helen Russell

Helen Russell agrees to relocate from London to Denmark for a year when her husband is offered his dream job of LEGO. With Denmark named the happiest country in the world, Helen begins her quest to find out what makes Danes so happy. This book report was given by ESO member, Nancy Maynard.

As mentioned in previous articles, ESO book club members read and report on great and interesting books. All the books reported on are listed each month. They are available upon request. The above are just a few....

Our next book club meeting will be **Monday, March 6th**, 10:00 at The Woman's Club of Clayton. Please let me know if you cannot be present as it helps with setting up for the book club.

"Reading books exercises your brain"

Thank
YOU

A huge THANKS to
Karen Keeslar for
taking over manage-
ment of the monthly
Bunco games



**Meals for House of
Hope (2nd Tuesday)**

**Bingo at Senior Ctr
(2nd Friday)**

**Silent Partners
Hospitality**

Recipe Makeovers

Taste of Carolina

**Read to First Grad-
ers (see E&L CSP)**

**Knit or Crochet
Acrylic Squares (see
A&C CSP)**

**CPR Class (see H&W
CSP)**

Menu

*Chicken Pastry
Fried Chicken
Green Beans
Hushpuppies
Waldorf Dessert*

*Environment CSP
will host and
provide the meal*

TWCC Bunco

Organizer: Karen Keeslar



Bunco is an extremely easy game of dice that provides members time to come together for an afternoon of fun and frivolity!! All members are welcome to participate and it is a great way to learn more about members.

Hostess for January 24th Bunco was **Sarah Brooks**. Winners: Betty Francies—Most Buncos, Betsy Grannis—Most Wins, Marlene Dillon—Most Losses, Dixie Brady—Most Fakes, Marlene Dillon—Bunco Gift.

Next Bunco date/time: February 28th at 1:00pm. Hostesses: Brenda Gay and Dixie Brady

Taste of Carolina Co-Chairs: Dianne Carroll, Debra Beal,
Val Taylor, Karen Keeslar



The club's largest fundraiser of the year, **Taste of Carolina**, will be held on **Saturday, March 18th** from 6pm-10pm at The Farm at 42. Participation of all members is needed to make this event successful!

The dining event showcases the best food from local restaurants, all in one location. Those attending will sample "**taste-size**" portions from the restaurants' menus and participants will vote on a **People's Choice** award for their favorite restaurant. In addition, culinary judges will determine awards for Most Original, Best Dessert, Best use of Local Ingredients and Best Presentation.

Participating restaurants are Neuse Country Club—918 Bar and Grill, Manning's, Vinson's, Skylines, Nina's, Festejos, Lo and Slow, Kobe's Steakhouse, Caribbean Delight, Demario's, Carolina Bleu, Simple Twist.

Items are coming in for the **Silent Auction** and include: Clayton Food Truck (gift certificates from local restaurants), Spring Wreath, Wine Basket, Ice Cream Basket, Spa Basket, Handmade Whirligig, Diamond Earrings, Antique Music Box, several golf course packages.

Food will be served from 6:00pm – 8:30pm with awards presented at 8:30pm. There will be a Silent Auction, DJ, dancing, 50/50 Raffle. Beer and wine will be available for purchase. **Tickets are \$65** and can be purchased online at twccnc.org/special-events/ or email lmascia@twccnc.org.

Lights of Love Co-Chairs: Rachel Masimore, Christie Latham



The **Lights of Love** fundraiser, originally scheduled for Saturday, February 11th had to be postponed because of weather. The event was rescheduled for **February 25th**. Unfortunately, Mother Nature decided that day would be poor weather once again. Rather than rescheduling a third time, the event was moved to the Civitan Club. Members came out to fill bags with sand, form a heart with the sand bags and then light the candles. Thanks to all the members who stepped up to help with this event. **Approximately \$3000 was raised!**



Congratulations to the Clubwoman Award Winners for 2023!

Clubwoman of the Year Award

The award is given annually to honor a clubwoman who has given of her time, talents, interest, organizational efforts, and active participation to render outstanding service through the Federation.

Sandy Nesselrode

Outstanding Citizenship and Patriotism Award

The award is to recognize a clubwoman for outstanding contributions in citizenship and patriotism (including community affairs including church, political, other service organizations, civic, board positions, etc.)

Robin Sachsenheimer

Clubwoman with "Heart" Award

This award is to be given annually to a General clubwoman who by her efforts provides the "heart" for her club. It is not to be given on the basis of community or club involvement, but rather to the person who best exemplifies the words of the Collect for Clubwomen.

Patty Jo Johnson



Clayton Civitan BBQ Chicken Dinner

March 17, 11am–7pm

1/2 chicken, potatoes, string beans, roll

\$12/plate

They promise to have plenty of plates!

Tickets available at March meeting



Subscribe to GFWC News & Notes

Simply provide your
name, mailing address,
email, and
club name
to gfwc@gfwc.org



Recipe Corner—St. Patrick's Day



Purchase a Corned Beef in the store and follow the package directions. Then add some of these recipes!



Do you have club member news, personal announcements, family news, personal achievements or recipes to share with club members?

Please submit items by the **25th** of the month to the "Club Chatter"
Editor, Sarah Brooks
sbrooks@twccnc.org



Each month will feature recipes by category

April—Easter
May—Mother's Day

Send your favorite recipes to

sbrooks@twccnc.org

Irish Whiskey Mule

Ingredients

2 oz Irish Whiskey
1/2 oz Lime juice plus 1 lime wheel
4 oz Ginger Beer
1 Mint sprig

Instructions

Fill a copper mug halfway with ice. Add the Irish whiskey and lime juice and give it a stir to combine. Pour over the ginger beer, stir gently and serve with a lime wheel and sprig of mint.



Ina Garten's Sauteed Cabbage

INGREDIENTS

Small head white cabbage, including outer green leaves
2 T unsalted butter
1 1/2 tsp kosher salt
1/2 tsp freshly ground black pepper

DIRECTIONS

1. Cut the cabbage in half and, with the cut-side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
2. Melt the butter in a large saute pan or heavy-bottomed pot over medium-high heat. Add the cabbage, salt, and pepper and saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season, to taste, and serve warm.



Guinness Brownies

Ingredients

1 cup all-purpose flour
3/4 cup unsweetened cocoa powder
1 T instant espresso powder
1 tsp kosher salt
11.2 oz bottle Guinness Extra Stout Beer
1 1/2 sticks unsalted butter, cut into pieces
4 oz bittersweet chocolate, chopped
1 1/2 cups granulated sugar
5 large eggs
1 T vanilla extract
2 tsp flaky sea salt, for garnish
1 T confectioner's sugar, for garnish

Instructions

1. Preheat the oven to 350 degrees F. Spray a 9-by-9-inch baking pan with cooking spray and line the bottom with parchment, leaving a 2-inch overhang on 2 of the sides. Spray the parchment with cooking spray.
2. Whisk the flour, cocoa powder, espresso powder and kosher salt in a medium bowl until combined.
3. Slowly pour the Guinness into a medium saucepan, trying to make as little foam as possible. (Hold the pot at an angle and press the lip of the bottle to the side of the pot and slowly pour. This should help eliminate foam.) Bring the beer to a boil over high heat, then reduce the heat to medium-low and simmer until thickened and reduced to 1/3 cup, 12 to 13 minutes (you may need to pour the beer into a liquid measuring cup a few times to make sure it is reduced enough). Add the butter and whisk constantly until melted, about 1 minute. Add the bittersweet chocolate and whisk constantly until melted and smooth, about 2 minutes.
4. Remove the pan from the heat and whisk in the granulated sugar until combined. Whisk in the eggs, 1 at a time, beating well after each addition. Stir in the vanilla extract until just combined. Add the flour mixture and stir slowly until combined, taking care that none of the flour spills out of the pot. Pour the mixture into the prepared pan.
5. Bake until set on top, the brownies have slightly pulled away from the sides and a toothpick inserted into the center comes out with just a few moist crumbs, 30 to 35 minutes. Sprinkle the flaky sea salt on top.
6. Let cool in the pan for 30 minutes, then use the parchment overhang to remove the brownies from the pan to a cutting board and let cool completely, about 30 minutes.
7. Use a fine-mesh sieve to sprinkle the confectioners' sugar on top of the brownies and slice into 16 squares.



March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2  Joann Cassone 	3	4
5	6  Faye Brooks  ESO TWCC Clubhouse 10:00am	7  National cereal day!!! ENV CSP Set Up for lunch mtg—10am	8  TWCC Lunch Meeting 11:45am 	9  Night n Gals Via Zoom 7pm	10  H&W CSP-Bingo at Senior Center 10am	11  GFWC-NC State Art Festival Mebane, NC
12 	13	14  TWCC Board Mtg 10am TWCC Clubhouse  House of Hope Meal	15	16	17  St. Patrick's Day!	18  Taste of Carolina HWY 42 East 6-10pm
19	20 	21  Debbie Jamison  WORLD POETRY DAY	22	23  March 23 is NATIONAL PUPPY DAY	24	25  INTERNATIONAL WAFFLE DAY MARCH 25
26	27	28  Betty Godwin  TWCC Bunco TWCC Clubhouse 1:00pm	29  VIETNAM VETERAN'S DAY WE HONOR AND REMEMBER THEIR SACRIFICE	30	31  Mary Ellen Causby	



Exercise Equivalents

The exercise values have been estimated by average caloric burn for a 150 pound person exercising at moderate intensity levels for 30 minutes. The primary goal of GFWC-NC Mountains to Sea Virtual Hike is to encourage people to participate in regular activity to increase overall health. The exercise equivalents were developed so participants who enjoy activities in addition to walking can log credit for those different activities.

- You may log 1 mile for 20 minutes of any exercise that makes you breathe hard and sweat.
- You may log 1 mile for 15 minutes of any continuous exercise that makes you breathe very hard and perspire heavily.

*Remember we are counting purposeful walking/exercise –
not the number of steps in an average day.*

Although competition with others is an excellent motivator, we encourage people to participate in GFWC-NC Mountains to Sea Virtual Hike to enjoy the many benefits of exercise at their own pace and at their own level.

Some Examples of Exercise Equivalents

Activity	Actual Miles	Recorded Miles
Walking (4 mph)	1 mile =	1 mile
Running	1 mile =	1 mile
Cycling/Mountain Biking (13 mph)	7 miles =	1 mile
Spinning	15 minutes =	1 mile
Aerobics (moderate intensity)	20 minutes =	1 mile
Stairmaster	15 minutes =	1 mile
Roller Blading	3 miles =	1 mile
Swimming	1 mile =	1 mile
Volleyball	45 minutes =	1 mile
Gardening	30-45 minutes =	1 mile
Basketball	20 minutes =	1 mile
Dancing fast (social)	30 minutes =	1 mile
Raking leaves	30 minutes =	1 mile
Water Aerobics	20 minutes =	1 mile
Wheeling self in wheelchair	30 minutes =	1 mile
Wheelchair basketball	20 minutes =	1 mile
Stair Walking	20 minutes =	1 mile
Horseback Riding	1 mile =	1 mile
Yoga	30 minutes =	1 mile
Strength training.	1 hour	3.5 miles

Mountains to Sea Challenge

How to participate: Use this map to track how many miles you walk, run or bike each week during the month of March!

1. Add up total miles exercised, complete this form & email it to j3nn3rb@gmail.com each week for prize drawings.
2. Submit weekly exercise commentary and/or photos to be entered into an additional prize drawing at the end of the Challenge.
3. We will tally the total number of virtual miles exercised as an organization each week - the goal is to collectively reach the end of the trail by April 5th, 2023.
4. Challenge starts Feb. 27, 2023 and ends April 2, 2023. Please turn in forms for prize drawings by:

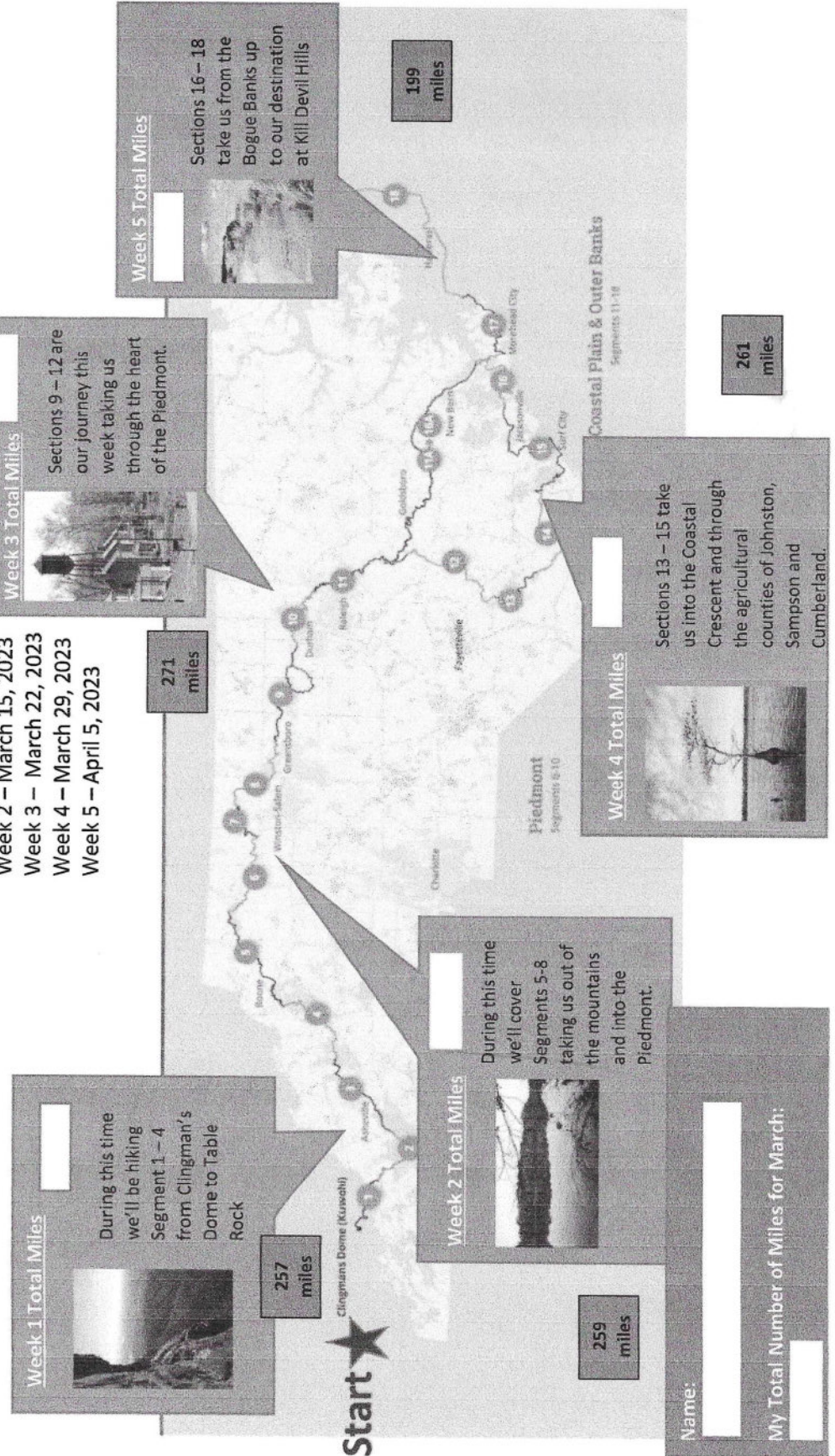
Week 1 – March 8, 2023

Week 2 – March 15, 2023

Week 3 – March 22, 2023

Week 4 – March 29, 2023

Week 5 – April 5, 2023



GFWC-NC Arts Festival OFFICIAL CALL

Mebane Arts Center, 633 Corregidor Street, Mebane, North Carolina 27302

March 10-11, 2023

I, hereby call the membership of the GFWC of North Carolina, Inc. to the State Arts Festival to be held at Mebane Arts & Community Center in Mebane, NC, on Saturday, March 11, 2023.

Kim Fulcher, GFWC-NC President

PRELIMINARY SCHEDULE

(More detailed schedule to follow)

Entries may be registered Friday 4:00 p.m. until 6:00 p.m.

Entries will be received ONLY until 9:00 a.m. Saturday.

ALL CONTESTS and JUDGING begin at 9:30 a.m.

Everyone will register in the lobby of Mebane Arts and Community Center where meetings Crafts, Visual Arts, ArtFest, & Literature will take place.

FRIDAY, MARCH 10TH

4:00 - 6:00 pm Registration and Artwork Check-in

SATURDAY, MARCH 11TH

7:30 am Arts Festival Ambassador Meeting

7:30 am HarperBelles-Coffee Cart

8:00 am Registration, Vendors & Materials For Sale
ALL ARTWORK CHECKED IN BY 9:00am

8:30 am Earth Muffin Studio Art Project
Additional Information and Fee to be provided

9:30 am Artwork Judging Begins

9:30 am WORKSHOPS
Member Portal
Upcycled Spring Planting - Hands On
Presidential 2.0 - Conflict and Coaching
Women's History and Resource Center &
Federation Day

10:30 am WORKSHOPS
Hiking 101 on the MST...a fun interactive experience!!
Leadership GPS
Boys & Girls Home
Hands-On Art Project

11:45-12:30 pm Lunch

11:45 am GFWC-NC Juniors Meeting

12:30 pm ART WALK

1:15 pm BINGO

2:00 pm Closing Comments & Artwork Pickup

PAYMENT INFORMATION

Checks made payable to GFWC-NC & mailed to:

GFWC-NC 7474 Creedmoor Rd., Unit 310,
Raleigh, NC 27613

OR

Via PayPal

www.paypal.me/GFWCNC

OR

Via Venmo

www.venmo.com/GFWC-NC

If paying via PayPal or Venmo, please include registration and description of fund designations.

REGISTRATION FORM

Form and payment due to Headquarters by

February 27, 2023

Please fill out one form per attendee.

Full Name (as to appear on namebadge):

Club Name: _____

District: _____ **Phone Number:** _____

Email Address: _____

Registration (Includes Lunch) \$40 ____

____ Chicken Salad ____ Turkey ____ Gluten Free/Vegetarian

Registration After February 28th \$55 ____

Lunches are ordered on the number registered by the deadline. Registration after deadline cannot be assured lunch

Arts Fund \$ _____

Legacy Fund \$ _____

Sallie S. Cotten Scholarship \$ _____

Greeson Johnson Teaching Scholarship \$ _____

General Trust Fund \$ _____

1902 Society \$ _____

CCWC \$ _____

GFWC-NC President's Special Project \$ _____

GFWC-NC Junior Director's Special Project \$ _____

Disaster Relief Fund \$ _____

GFWC-NC Member Relief Fund \$ _____

GFWC/SER Candidacy Fund \$ _____

TOTAL COST: \$ _____

GFWC-NC Arts Festival

The GFWC-NC Arts Festival will be held on Saturday, March 11, 2023. Information will also be posted on the GFWC-NC website.

Thank you for promoting the arts in your communities through the GFWC-NC Arts Festival tradition. Please review the following information so you are prepared for this year's Festival.

Please remember to pay close attention to State Contest Chairman in the Arts Festival Guidelines when mailing Contest Participation & Pre-Registration Forms (pgs 7 & 8). For Student Visual Arts and Artfest entries, please send forms to Jill Sutphin, as there are no chairmen for these categories.

General Reminders

Use the State Arts Festival Guidelines to govern your local and district contests. Unfortunately if a requirement is not met, a winner may not be eligible. Please make sure you are aware of each contest rule.

IMPORTANT RULES:

- No Frames!!! No Glass!!! – Visual Art submitted with frames and/or glass will be disqualified. The only exception is simple frames for canvas entries.
- Artfest entries - it is preferred that no glass or frame be used.
- Photography – 8"x10" submission only will be accepted and NO matting allowed (Clubwoman). Size of entry (without matting) must be at least 8 x 10 inches and no larger than 16 x 20 inches (Student). Winners for Clubwomen go on to the GFWC Contest.
- Literature Contest – Authors must not be professional writers – earnings may not exceed \$500 annually.
- PLEASE review ALL rules regarding submissions. Any disqualified art will be allowed for display but not judging.
- Clubwoman Literature, Clubwoman Photography and Student Literature goes on to GFWC competition and MUST include a waiver, which can be found in the State Arts Festival Guidelines (pg 9).

DEADLINES

- **Literature Deadline: February 19, 2023**
- **ALL Art Entries Deadline: February 26, 2023**
- Adhere to deadlines!!! If your district is having a late Festival, it is your responsibility to make sure the chairs know when they can expect the District entries.

DISTRICT CHAIR RESPONSIBILITIES

- The District Chairs are responsible for entering District winners with the appropriate State Contest Chairs. The Forms can be found on page 7 & 8 of the Arts Festival Guidelines.
- There will not be any onsite contest registration – all must be pre-registered.

CLUB RESPONSIBILITIES

- Clubs are responsible for notifying District winners they are sponsoring in each contest of the date, time, and location of the State Arts Festival.
- Clubs are responsible for registering ALL Arts Festival attendees with GFWC-NC.
- Registration must be paid for all clubwomen.
- Label entries completely using the format and including all info requested in the guidelines (pg 10). Be sure that the right category is indicated on the entry card. Take special care if another club is transporting entries.

IMPORTANT REMINDERS

- Checks must be cashed before the end of the fiscal year on June 30th.
- All corrections/replacements for certificates or checks must be requested within 30 days of the Arts Festival.
- NO art may be picked up until after the ArtWalk
- All Chairman contact information is in the Arts Festival Guidelines. Please make sure you have the correct information.

Please contact the appropriate Contest Chairman with questions. Any questions regarding District Festivals need to be addressed with the District Presidents. Any other questions –please contact:

Mary Grayson Hart, GFWC-NC State Arts Festival Chairman
mgrayhart@gmail.com
919-624-0868

HOTEL/REGISTRATION/PAYMENT

If you are in need of a Hotel Room, please contact The Drury Inn & Suites Burlington via Individual Call-In reservations can be made by reserving online, go to www.druryhotels.com, then entering Group number 10048578.
Reservations may also be made by calling 1-800-325-0720 and referring to the Group number 10048578

Additional information will be sent via email and posted on www.gfwcnc.org. If you have any questions, please contact Headquarters at hq@gfwcnc.org or call 919-418-9476.

Registration closes 2/27/2023 Registration Fees: \$40
Registration (\$55 after 2/27/2023) due from all clubwomen.

ART WALK

Attendees will have the opportunity to view art work submitted to the GFWC-NC Arts Festival. Take advantage of the Art Walk immediately following lunch to view art and see the winning artwork!

Please note, category winners will not be announced. A list of all winners will be emailed following Arts Festival. Art work must be picked up along with certificates and checks after the closing session.

We are having a "Pie"ART y!

It is sure to be a great time at the GFWC-NC STATE ARTS Festival with guest stars Yogi and Boo Boo leading the DANCE PARTY, BINGO and PIE RAFFLE!

It's PICNIC and "Pie"ART y time!!!!

Come to the State Arts Festival in Mebane!

Donate a pie! Buy a pie! It is PIE & ART time! It is a "Pie"ART y!!!!

There will be PIE and ART everywhere!

We're having a "Pie"ART y

Dancing to the music

Played by the DJ

On the radio

The cokes are in the icebox

The popcorns on the table

Me and my baby

We're out here on the floor

So, listen, Mr. DJ

Keep those records playing

'Cause I'm having such a good time

Dancing with my baby!!!!



Show off your skills and support the Federation. Contact Ann Landis if you would like to donate a pie. alandis@ec.rr.com

If you ordered a NC Cares Shirt to Support the GFWC-NC Junior Director's Special Project, please wear it to show your support!