

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.

Officers

President

Betsy Grannis

1st Vice President

Trish Perna

2nd Vice President

Brenda Hill

Recording

Secretary

Loretta Mascia

Corresponding

Secretary

Patty Jo Johnson

Treasurer

Judy Ryan

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Club Chatter



Volume 2023, Number 7

November 2023

From Our President

Betsy Grannis

I would very much like to thank Trish for leading our October meetings – I heard from several members that she did an excellent job! My husband and I enjoyed our time in California with family, my niece had a beautiful wedding celebration, but we are glad to be home in North Carolina! Our club has a busy few months coming up, with multiple opportunities to contribute your time, talent, and resources.

One of the events talked about at our October meeting, the Serve the Need Thanksgiving Meal, is happening on Wednesday, November 22nd, the day before Thanksgiving. We work with a Community Committee made up of various churches and service organizations to put on this meal for underprivileged people of our Clayton community. We will once again have the sheets for signing up to bake brownies and to volunteer at the event; and Tom the Turkey will be visiting again to be fed any loose change, dollars or checks you would like to give towards our club's cranberry sauce contribution. Thank you for your generosity!

We are getting things lined up for our Christmas Tree Lighting Food Sale. We will be serving hot dogs and barbecue sandwiches during the town event on Thursday, November 30th. There was a good response to our request to donate food items for the sale and we thank you for that. We will once again have the sign-up sheets for working that evening available at our meeting this month; and will also update our needs for assistance.

Our Executive Board determined that we will have the funds to shop for over 80 kids this year for our Christmas Kids project!! This means that we will need a few more people willing to help out with the shopping.

We will have the sheets at our meeting so that you can sign up to spend someone else's money to brighten a child's Christmas. What could be better than that? We are all set for the Golden Wishes program for this year. As soon as we receive the wish lists we will distribute them to our volunteers.



I love the Fall, I love November, and I am grateful for each and every one of you! I leave you with this thought for the month:





November 5

Daylight Savings Ends

November 6

ESO Book Club
TWCC Clubhouse 10AM

November 7

Election Day

Meeting Set-up

November 8

TWCC Meeting

November 9

Play Day

Night-N-Gals
Via Zoom 7:00pm

November 10

Bingo

November 11

Veterans Day

November 14

House of Hope Meal

Executive Board Meeting

November 17

Civitan Boston Butt fundraiser

November 22

Serve the Need Meal
Civitan 10:00am

November 23

Thanksgiving Day

November 28

Bunco

November 30

Tree Lighting Fundraiser

October Meeting Highlights

Monthly
Meeting

First Vice-President **Trish Perna** called the meeting to order.

The October lunch meeting was hosted by the **Health & Wellness CSP**. The devotion and blessing was given by **Brenda Gay**.

The program was provided by the Health & Wellness CSP. Our speaker was Shauna MacFarland, a Night-N-Gal member, who encouraged members to establish and practice personal "Self Care"

Several guests were welcomed, with 3 joining. New members are **Melea Basom, Gigi Hill, and Carrole Dayton**.

Health and Wellness co-chair, **Nancy Maynard** recognized Breast Cancer survivors as October is Breast Cancer Awareness Month. Those members are **Edie Brown, Patty Jo Johnson, Brenda Hill, Gracie Chamblee, & Marianne Sapsara**.

Highlights from the meeting:

- The GFWC-NC District 8 Fall meeting was held on September 30 at the TWCC clubhouse. **Betsy Grannis** was elected President for the upcoming term. **Betsy Grannis** and **Karen Keeslar** were elected to the Nominating Committee. **Patty Jo Johnson** was elected as Secretary.
- The Nominating Committee put officer descriptions on each table to explain the duties and responsibilities. In February, new officers will be elected. Please let **Angela Williams** know if you are interested in any Board positions.
- Serve The Need Thanksgiving Meal will be held on November 22nd from 11:00am until 2:00pm at the Civitan Club. Sign-up sheets were on the back table. Collections were made for the cranberry sauce that TWCC always provides.
- Christmas Tree Lighting Food Fundraiser sign-up sheets were available on the back table. This event will be held on November 30th.
- The 2024 LEADS Nominee for TWCC will be **Deborah Fuller**.
- Christmas Kids Project & Golden

Wishes Program are in the planning stages. There were sign-up sheets for both programs in the back.

- The Corporate Champions for Women and Children will be held on October 27th at the Woman's Club in Raleigh. Please see **Betsy Grannis** if interested in attending.

Officer's Reports

Trish Perna reminded all CSP Chairs to turn in their reports by December 20th.

Judy Ryan reminded all that dues are due by December 1st. Dues are \$85 for regular members and \$55 for Night-n-Gal members.

CSP & Special Project Report

The President's Special Project is still ongoing. Please continue to collect plastic bags and send you weight-count to **Sarah Brooks**. Lowe's Foods, Harris Teeter and Food Lion are collection stores. This year's goal is 1000 pounds!

Civic Engagement will be collecting gently used coats at the November meeting. They will be given to Her Haven of Light for distribution.

Education & Libraries is hoping to resume the puppet shows at the elementary schools. Special thanks to **Susan Mancuso** and her husband **Lou** for construction of the new stage.



Trish Perna officiating her first TWCC meeting

Health & Wellness CSP

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

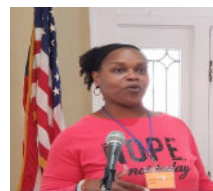


November

11/12 Jean Cornell
11/12 Karen Keeslar
11/15 Rachel Masimore
11/18 Carrole Dayton
11/21 Betsy Grannis
11/22 Susan VanVactor
11/24 Sandy Nesselrode

We are excited to introduce our newest H&W CSP member: Welcome Gigi Hill!

October was a busy month for the Health and Wellness CSP. We hosted the October luncheon. Our guest speaker was club member **Shauna MacFarland**. The subject was "Self-Care". Thank you, **Shauna**, for sharing your expert knowledge with us. At the luncheon we also recognized our Breast Cancer survivors. We are amazed by your strength, ladies.



Shauna MacFarland



Breast Cancer Survivors: Edie Brown, Patty Jo Johnson, Brenda Hill, Gracie Chamblee, & Marianne Sapsara

Thank you, **Malea Basom**, and **Lynn Roman** for making the girls and staff of House of Hope a meal. We appreciate your kindness.



October 18th, **Deborah Fuller, Laurie Partlo and Susan Press** took cupcakes to Springbrook Nursing and Rehabilitation Center and socialized with the residents and staff. We are writing Christmas cards for the 100+ residents. If you have any extra Christmas cards that you would like to donate, please bring them to the November meeting. The director at Springbrook is looking for people to do activities around 2:00pm weekdays, if you have any ideas, please let any one of the co-chairs in Health and Wellness know.



Cupcake Day! Laurie Partlo, Susan Press, & Deborah Fuller



Walking Challenge: Deborah Fuller, Tina Zimmerman, Nancy Maynard, Laurie Partlo, Marianne Sapsara

Rise Against Hunger is a global movement to end hunger. Nine of our members (and 2 spouses) participated in one of their events recently. In only an hour and a half they helped pack 10k meals! Nice job, ladies!

As you count your blessings on Thanksgiving, please know that we are thankful for YOU! Happy Thanksgiving!



Tim Johnson, husband of Susan Johnson continues his recovery from a stroke in October. Please keep him in your prayers.

Prayers are also needed for **Faye Brooks** as she recovers from a knee-cap injury and a broken finger.



Blast from the Past.

Woman's Club art class.

Ramona Cash and **Mrs. J W Payne**
1965

Arts & Culture CSP

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



Volunteering with "Play for Pink" fundraiser at the Neuse Country Club. Pictured are **Judy Ryan** and **Donna Steele**

DUES ARE DUE!!!



Special needs class

We would like to thank **Dianne Carroll, Patty Jo Johnson, Patti Farmer, and Becky Stewart** for helping Mrs. Ricks special needs class make trick or treat bags. The kids decorated the bags with our members help. After the bags were complete the kids trick or treated with the members and received snack treats.



Halloween Bags at Horne Square

Dianne Carroll, Patty Jo Johnson, and Karen Keeslar helped kids decorate trick or treat bags at the Farmer's Market at Horne Square on October 21. Fifty kids made bags for their Halloween fun. We provided a treat for each child also. A **BIG** thank you to **Karen Keeslar** for the great banner she made for the event.

Environment CSP

Co-Chairs: Rachel Masimore, Christie Latham, & Sarah Brooks



The Environment CSP will be **hosting the November meeting**. In advance, a huge thanks to **Betsy Grannis** for catering the Thanksgiving lunch. Also, thanks to **Barbara Barat** for decorating the Library Window for November.

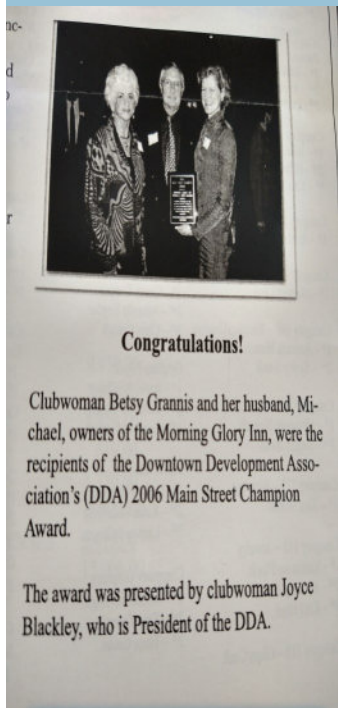
A huge welcome to new Environment CSP members, **Janis Holman** and **Carrole Dayton!**

The Environment CSP is **collecting end-of-life athletic shoes** this year and donating them to the Nike Grind program. Nike Grind began as a grassroots initiative in 1992 to repurpose shoes headed for landfills. It is now a global sustainability program that helps transform manufacturing scrap and end-of-life shoes into recycled Nike Grind materials. It's all part of a vision for a circular future—one where the concept of waste no longer exists. 140 million pounds of Nike Grind have been recycled into partners' products since 1992.

Nike footwear that isn't suitable for sale (like samples or defects) and worn-out athletic shoes are processed into Nike Grind and given a second chance to perform. Manufacturing scrap, unused manufacturing materials and end-of-life footwear—including rubber, foam, fiber, leather, and textiles—are collected, separated, and reused or processed into new Nike Grind materials. Extra manufacturing materials that don't get used and can't be used for future Nike products find new life in others' products. For nearly three decades, Nike has been incorporating Nike Grind materials into product design, retail spaces and workplace environments at Nike World Headquarters and around the globe. Innovative companies are using Nike Grind in everything from football fields, furniture, running tracks, skateboards, laptop sleeves, etc.

To all club members, please continue to collect **wine corks** and **athletic shoes** and bring them to the meetings. Also, continue to collect **plastic bags**, weigh them, and deposit them in the bins at Food Lion, Lowes Food and Harris Teeter. Report the weight to **Sarah Brooks** via email (sbrooks@twccnc.org) or via text (919-601-7959). TWCC has until October 3, 2024, to collect 1000 pounds of plastic for the Trex Bags to Benches program.

As of October 20th, **we have collected 67.62 lbs**. We can do this ladies!



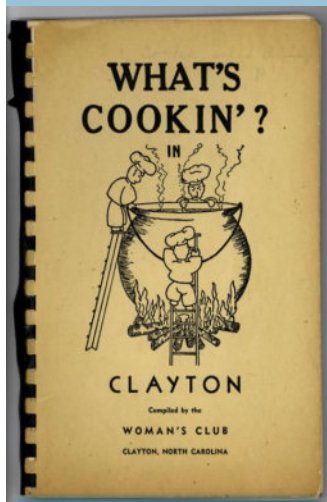
Congratulations!

Clubwoman Betsy Grannis and her husband, Michael, owners of the Morning Glory Inn, were the recipients of the Downtown Development Association's (DDA) 2006 Main Street Champion Award.

The award was presented by clubwoman Joyce Blackley, who is President of the DDA.

Taken from the February 2007

"Club Chatter"



Blast from the past

Our cookbook from 1948

'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'

-Maya Angelou



Somewhere hidden in this newsletter is a tiny white star. Find it and be the first to email me (jaryan612@gmail.com) with its location and you'll be rewarded at the next membership meeting.

The Education/Libraries CSP (Community Service Program) would like to thank the membership for all the school supplies donated for Cooper Elementary Academy at our September luncheon. We took the supplies to the school a few weeks ago and they were so appreciative and could not thank us enough.

We will be collecting books again this year for our "Book Bag Project". The Books are for the first grade classes at Cooper Elementary Academy. We give each first grader a bag with about three books, a book-buddy (small stuff animal), pencil, book marker, etc. to take home to have during the summer. This encourages the children to continue reading over the summer months. Please bring either new or gentle used books to the club each month. No religious or political books please.



We finally have our stage and puppets in place for showing!! Thanks again to **Susan Mancuso**, and her husband **Lou**, for making our puppet stage manageable for us to use. **Robin Sachsenheimer** agreed to chair our Puppet Shows. We are asking for two volunteers to step forward to assist **Robin**. This entails setting the stage and puppets up at the school the day of showing. We would like to have a show at Cooper Academy in December. Date TBA later. If this is something you would be interested in, please contact **Robin**. Any club member can volunteer.



We are projecting a puppet show three or four times for first and second graders during the 2023-2024 school year. We need your help to make this a good project for the students.

The members of Education/Libraries CSP would like to welcome our newest member, **Melea Basom**. We look forward to getting to know you.



Happy Thanksgiving,
Brenda Gay & Sandy Nesselrode, Co-Chairs



HalcyonBookClub_1962
by Clayton Library History Room

Blast from the past.
Our clubhouse 1962 housing the Halcyon Book Club

Civic Engagement & Outreach CSP

Co-Chairs: Susan Johnson and Sarah Brooks



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



Meals for House of Hope (2nd Tuesday)
Bingo at Senior Ctr (2nd Friday)
Silent Partners
Hospitality
Walking Challenge
Recipe Makeovers

ATTENTION:

The Clubhouse will not be available from December 26—January 8

Menu

Turkey with Gravy Dressing
Mashed Potatoes
Sweet Potato Casserole
Green Beans

Environment CSP will host and provide dessert

We will be collecting gently used coats at the November 8th meeting for **HER Haven of Light: Coats and Cocoa**. **HER Haven of Light** is a nonprofit organization located in Clayton that provides resources to women dealing with domestic violence, rape, teenage pregnancy, homelessness, abortion recovery, eating disorders and suicide loss. They will be giving out coats and cocoa on November 11th to those in need in our community. Please bring clean new or gently used coats for women, men and children to the TWCC meeting on November 8th.

Each day, our troops stand on the frontlines, selflessly putting their lives on the line to ensure our safety and protection from harm. One of the simplest yet most impactful ways to support our military is by expressing our gratitude. A heartfelt "thank you for your service" can go a long way in letting them know that their sacrifices do not go unnoticed. That's why we are eager to help TWCC member **Judy Ryan** with her granddaughter's project to generate letters to wounded soldiers. Judy's oldest granddaughter, Liberty Ciraso, is the daughter of a Purple Heart recipient. He was injured on his first tour to Iraq in 2004. He recovered from his injuries and returned for his second tour of duty in 2006. He was killed soon after arriving in Baghdad by an improvised explosive device (IED) that detonated near his military vehicle. Liberty was 10-months old when he died.

Liberty is the DECA (Distributive Education Clubs of America) Vice-President at Corinth Holders High School where she and her fellow classmates are participating in "**OPERATION GRATITUDE**". Corinth Holders High School DECA is writing letters to wounded soldiers for their community service project. Operation Gratitude is a Non-Profit organization. Their goal is to write 1,000 letters to wounded servicemen and women by December 31, 2023.



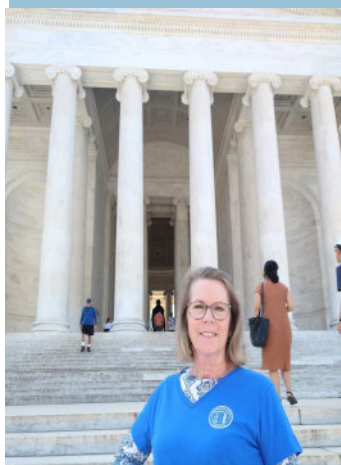
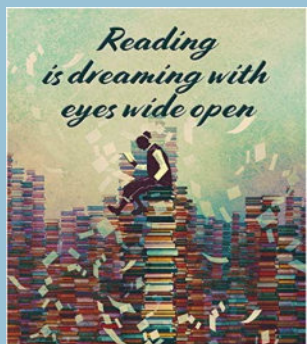
Our request to TWCC members is to write a few (or many) letters to our wounded soldiers to let them know they are not forgotten. The letters need not be lengthy but should come from the heart. All salutations are to be written to "Dear Soldier" and only your first name need be in the closing with no addresses. Corinth Holders High School will deliver all the letters. If you are willing to help in this endeavor, you may send your letters to **Judy Ryan** (jaryan612@gmail.com) and she will print them, or you may print them and bring them to the November or December TWCC meeting. There are many examples of letters on Google (sample letters to wounded soldiers).

The Municipal Election is right around the corner, happening on November 7th. It's time to make your voice heard and shape the future of our town! The Clayton Chamber of Commerce website is a good resource with links to register to vote, sample ballots, and videos of all of the candidates. Go to: <https://www.claytonchamber.com/vote.html>.

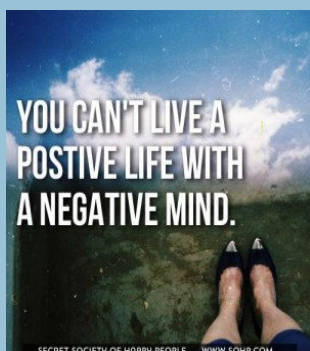
Night 'N' Gals



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



Judy Ryan at the Jefferson Memorial in Washington DC wearing my TWCC shirt!!!. Take a pic on your next outing with your TWCC shirt and send them to me. Let everyone know what matters to you!



ESO Book Club

Chair: Brenda Gay



The ESO Book Club met on Monday, October 2nd at The Woman's Club clubhouse. We enjoyed great fellowship with one another before finally getting down to reporting on our books we had read over the past months. The following are three that were discussed:

"Tom Lake" by Ann Patchett (Genre: Fiction & Literature) report by **Robin Sachsenheimer**

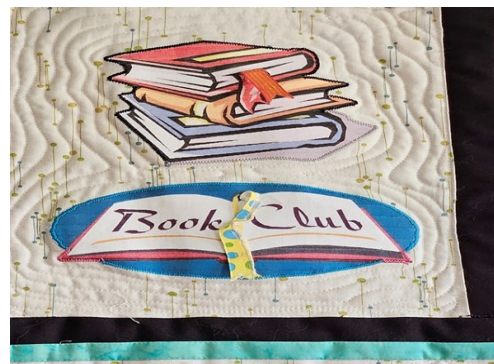
"King of Scars" by Leigh Bardugo (Genre: Fantasy) report by **Trish Perna**

"By Invitation Only" by Dorothea Benton Frank (Genre: Fiction, Literature) report by **Margaret Lee**

Information for our newest members who have joined The Woman's Club of Clayton: ESO is an honorary educational society that is federation-supported and open to all GFWC (General Federation of Woman's Clubs) members. It is a structured book club for the purpose of providing educational pursuits and stimulate a desire for self-improvement. A one-time application of \$2 should accompany the application form. If interested, contact **Brenda Gay**, ESO Chair of The Woman's Club of Clayton.

Bmgay82@gmail.com ; 919-763-7117
(C) Website: www.gfwcnc.org – click on Community Services or type Search ESO.

Our next book club meeting will be Monday, November 6th, 10:00 a.m. at The Woman's Club of Clayton clubhouse. Please let me know if you cannot attend. Look forward to seeing you.



Food for thought: "Life has no remote...get up and change it yourself."

Silent Partner

Administrator: Brenda Gay



Silent Partner – The Silent Partner Program was established years ago as a partnership between The Woman's Club of Clayton and local schools to help meet some of the special needs of students. In our program, members agree to contribute \$25 when called upon. This is done during the two-year term. It starts over when the administration changes. (you are only called one time during the administration) There will be a sign-up sheet on the back table if you wish to contribute. The schools we help are: Cooper Academy, Riverwood Elementary, Riverwood Middle, West Clayton Elementary, Clayton Middle, Clayton High, East Clayton Elementary, Corinth Holders, & Archer Lodge Middle.



Things to bring to the November meeting:

- Gently used coats/jackets
- Books appropriate for First Graders (English or Spanish) for E&L CSP
- Old sneakers
- Wine corks
- Musical Ornaments
- Christmas Cards
- Letters to Soldiers



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



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 Clubwomen and Student Art Festival is scheduled for February 8th, 2024, at 6:00pm at the Clayton Center. The committee is set for the students, and Angela Williams is prepared to supervise the Clubwomen entries. Once again, the categories will be in photography, visual arts, and crafts. Guidelines for the entries are at the back of this newsletter.

Part of the Art Festival is a Literature contest. Entries can be submitted in poetry and short story categories. Margaret Lee has agreed to chair the Literature portion of the Art Festival. Get your pens busy and submit your entries to Margaret by the January 10th general membership meeting.

Please see Clubwomen contest rules and descriptions at end of newsletter.

TWCC Bunco/Play Day

Organizer: Sarah Brooks



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. Prior experience playing Bunco is not needed.

Members played Bunco on October 24 and the winners were: Most Fakes- **Rhonda Nielsen**; Most Losses- **Debra Beal**; Most Wins- **Tina Zimmerman**; Most Buncos- **Robin Rose**; Last Bunco- **Brenda Hill**

Upcoming Buncos: November 28th at 1:00pm; No Bunco in December

TWCC Play Day is the second Thursday of each month. At the current time members are playing bridge and Mexican train. Other games can be added based upon member interest. On October 12th there were 12 members and guests playing bridge and three members playing Mexican train.

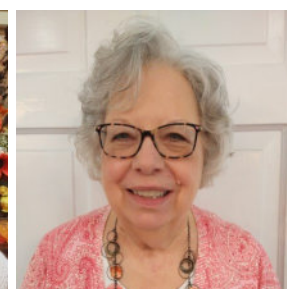
Upcoming Play Days: November 9th at 1:00pm: December 14 at 1:00pm

WELCOME NEW MEMBERS

Please welcome

Jackie Evans, Melea Bassom, Gigi Hill, and Carole Dayton.

Jackie & Melea will be involved with Education and Libraries while Gigi will share her skills with Health & Wellness. Carole will be helping out with Environment



GFWC-NC District 8 Fall Meeting Minutes



Speaker & GFWC-NC President Kim Fulcher

Meeting called to order by **Kismet Matthews**, District Vice President presiding in place of **Peggy Earp**. **Sandy Nesselrode** gave the invocation.

GFWC-NC President **Kim Fulcher** brought greetings from the GFWC-NC Executive Committee.

Ms. Matthews and Jessica Rigouard gave the report from the nominating committee. The committee recommended and elected the following to serve as District Officers for the 2024-2026 administration:

District President—**Betsy Grannis**

Vice President—**Timpla Stewart** from the Clayton Junior Woman's Club

Secretary—**Patty Jo Johnson**

Treasurer—**Kismet Matthews** from the Woman's Club of Williamston

The floor was opened for nominations for candidates for the GFWC-NC Nominating Committee for Officers, the GFWC-NC Nominating Committee for CSP Chairs, and the GFWC-NC Junior Nominating Committee. The following were nominated and elected:

Nominating Committee for Officers—**Betsy Grannis**

Nominating Committee for CSP Chairs—**Karen Keeslar**

Nominating Committee for Junior Officers—**Timpla Stewart**

Jessica Rigouard provided the financial report

Betsy Grannis & Nancy Maynard provided information about My Kids Club, the beneficiary of the District 8 National Day of Service Project. Over 500 snacks were contributed, and 100 cards with encouraging messages were prepared for the students who attend My Kids Club.

Ms. Matthews expressed appreciation for the opportunity to preside and asked to keep **Peggy Earp** in our prayers. She also thanked TWCC for hosting and providing refreshments. Upcoming events are:

GFWC-NC Corporate Champions for Women & Children—Raleigh, October 27

GFWC-NC 2023 Fall Conference—Raleigh, October 28

LEADS application deadline—November 1

District 8 January Board meeting—TBD

GFWC-NC 2024 Arts Festival—Mebane—March 19, 2024

GFWC-NC 2024 Convention—Raleigh, April 26-28, 2024

Clayton Junior Woman's Club fundraiser—Annual Charity Fashion Show—November 9



Donated snacks for My Kids Club



Encouragement Cards for My Kids Club



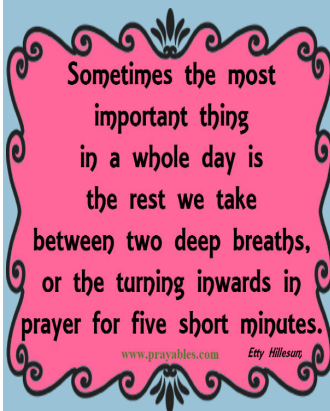
Back L-R: Angela Williams, Susan Johnson, Sandy Nesselrode, Debbie Ragland, Deborah Fuller, Donna Steele, Nancy Maynard. Middle L-R: Karen Keeslar, Ruth LaRocca, Brenda Hill, Betsy Grannis, Joy Garretson, Timpla Stewart. Front L-R: Patty Jo Johnson, Jessica Rigouard, Kim Fulcher, Kismet Matthews. Not pictured – Judy Ryan



Scenes from the District 8 Fall Meeting



October Library Window
by Judy Ryan



Alzheimer's Disease Awareness Month

Alzheimer's is often referred to as misunderstood, mysterious, and deadly. It is more than just memory loss. Alzheimer's is fatal, incurable, and the 6th leading cause of death in America. It kills more than breast cancer and prostate cancer combined.

Learn the 10 Warning Signs of Alzheimer's <https://www.alz.org>

If a loved one or friend begins to exhibit warning signs, seek support services, plan for the future, and access treatment.

The Alzheimer's Association has a 24/7 Helpline that offers confidential support for individuals with dementia, caregivers, families, and the public. **800-272-3900**. Visit their website to take advantage of educational videos that provide - information on the disease, guidance for caregivers, and reinforcement for those living with Alzheimer's. <https://www.alz.org/help-support/resources/care-education-resources>

According to the Alzheimer's Association, Alzheimer's is America's most expensive disease, costing the nation \$277 billion. Costs are bankrupting our healthcare system and destroying retirement savings for millions of Americans. Every 65 seconds, someone in the United States develops the disease. Want to advocate? Ask your members of Congress and State legislators what they will do to increase the nation's investment in Alzheimer's and dementia research at the National Institutes of Health. Visit the **Alzheimer's Impact Movement** to find statistics relative to your state and to review your state's Alzheimer's Plan Overview. Does your state want to increase funding for Alzheimer's Respite Care Grants or empower law enforcement with dementia training? Maybe your state wants to strengthen the dementia care workforce or increase funding for dementia care specialist programs. Visit <https://alzimpact.org> to see what issues are pertinent to your state and how you can advocate.

Let's put an end to Alzheimer's! **Join the Walk**. You can support the mission even if there is no team in your community. Donate to the **Diamond Daisies of GFWC**. Thank you to those who have already contributed to our team. This chairman aims to raise \$5,000, but we can do more! Click the QR code or link below to join the GFWC National Team.

National Family Caregivers Month Dale Fisher, GFWC Health and Wellness CSP Chairman

The 2022 National Family Caregivers presidential proclamation reads;

"Family Caregivers are the backbone of our Nation's long-term care system, doing essential work with devotion, often at great emotional and financial cost. We owe them. It is time to bring their services out of the shadows and celebrate and support them in living their own happy, healthy, and fulfilling lives."

Over 50 million Americans care for aging parents, adults, and children with mental and physical disabilities. As life expectancies increase, medical treatments advance, long-term medical costs rise, and more people live with disabilities and chronic illnesses, many find themselves caring for a loved one at home. Caregiving can be tiresome, repetitive, physically challenging, and emotionally straining. Yet spending intimate time with your loved one can also be very rewarding.

New to being a caregiver? Learn as much as possible, join a caregiver support group, trust your instincts, encourage your loved one's independence, and know your limits.

How can you help a caregiver? Your gift of time is precious. Provide a much-needed break for the caregiver by offering to sit with their loved one. Let them talk without offering your advice or opinion. Try to avoid "let me know if I need anything." Be specific in your offer. Assist with household chores. Invite them to participate in activities. Even if they decline, continue to reach out. You never know when they may accept your hospitality. And we all know how a "thinking of you" card or friendly text message lifts our spirits.

Compliment 3 people
every day

Forget the Joneses

Pray not for things but
for wisdom & courage

Never waste an oppor-
tunity to tell someone
you love them

Be tough minded &
tender-hearted

Never give up on
someone...miracles
happen.

Who do I Contact?

Member Illness

Patty Jo Johnston

Clubhouse Rental

Loretta Mascia

Newsletter Content

Judy Ryan

Clubhouse Repairs

**Angela Williams, Deb-
bie Ragland, or Dianne
Carroll**

Membership

Brenda Hill

Bylaws

Sarah Brooks

Silent Partner

Brenda Gay



The Rise Against Hunger meal packaging event was held on October 21st at Horne Memorial Church. This amazing group packaged 10,000 meals in about 1.5 hours. Meals will be distributed to those in need throughout the world. Pictured at top L-R are **Brenda Hill, Gary & Rhonda Nielsen, Debra & Lance Beal, Betsy Grannis, Laurie Partlo, & Deborah Fuller. Seated are L-R Ann Kreuzinger & Judy Ryan.**

Recipes Provided
by
**Susan Johnson &
Judy Ryan**



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, Judy Ryan
jaryan612@gmail.com



Each month will feature
recipes by category

December—Christmas

January—New Years Day

**Send your favorite
recipes to**
jaryan612@gmail.com

Recipe Corner—Thanksgiving Day



FALL FAVORITE CARAMEL CORN

INGREDIENTS

1 cup light brown sugar
1 stick butter
¼ cup light corn syrup
½ tsp salt
½ tsp baking soda
12-14 cups popped corn



DIRECTIONS

Heat first four ingredients over med/low until well mixed (2-3 min). Add baking soda. While hot add 12-14 cups of popped corn. Mix well. Spread on baking sheet. Bake for one hour at 200 degrees. Mix 1-2 times while baking

BRUSSELS SPROUTS & BACON

INGREDIENTS

1 lb. bacon cut into small pieces
4 dozen Brussels sprouts
Salt & Pepper to taste



DIRECTIONS

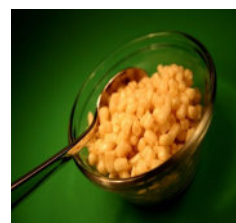
Fry bacon until crispy. Transfer to paper towel. Leave bacon grease in the pan. Add the Brussels sprouts to the pan. Stir until they are nicely coated in bacon grease. Cover the pan, reduce heat to medium-low and cook for 5 minutes. Add bacon back to pan. Cook, uncovered, for a few more minutes or until the sprouts are as tender and browned as you want. You can cover the pan again if you wish.
Season with salt & pepper if needed.
Serve immediately

Servings 8

SKILLET FRIED CORN

INGREDIENTS

1 Dozen ears of corn
1/2 stick of butter
1 onion, chopped
2 sticks celery, chopped
1 cup (more as needed) vegetable stock
1 Tablespoon black pepper
Salt as needed



DIRECTIONS

Remove corn from cob.
In a large skillet, sauté onions and celery in butter. Add corn to skillet. Add vegetable stock, pepper & salt. Fry the corn, stirring frequently, until it starts to turn dark (about 15-20 minutes). Add more vegetable stock as needed to keep from sticking.
Serve immediately.

Servings 12

November 2023



AMERICAN INDIAN HERITAGE MONTH

	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5  Daylight Savings ends	6  ESO	7  Meeting Set-up	8  TWCC Meeting	9  Play Day Night-n-Gals 	10  Bingo	11 
12  Jean Cornell Karen Keeslar	13	14  House of Hope meal Exec Board Meeting 	15  Rachel Masimore	16	17	18  Carrole Dayton
19	20	21  Betsy Grannis	22  Susan VanVactor Serve the Need Thanksgiving Meal 	23 	24  Sandy Nesselrode	25
26	27  Full Moon	28  Bunco	29	30  Tree Lighting		

Clubwomen Crafts Contest

Directions/Submission requirements:

1. The Local club will arrange for a contest or display of crafts made by club members to determine winners.
2. Qualified judges should be secured.
3. All entrants are limited to non-professionals as defined in the GFWC-NC Arts Festival Rules and Procedures. Any earnings from craftwork must not exceed \$500 per year.
4. One article per category will be declared the winner at the Local level and then will be entered in the District competition; therefore, if only one article is entered in a category, it shall be declared the winner and will represent the club at the State Arts Festival.
5. Winners will be pre-registered by the Local club with the District Crafts Contest Chairman two (2) weeks prior to the District Arts Festival (Form on Page 8).
6. Entries sent to the District and State in an incorrect category will not be judged. If there are questions about proper placement of an article, contact the District or State Crafts Contest Chairman.
7. First, second, and third place ribbons and certificates will be awarded to clubwomen winners in each category.
8. Only after judging shall the name of the exhibitor be shown. The display of craft entries will be open for viewing only after judging is completed and certificates and ribbons placed on entries.
9. **Label entries correctly. Each article must be labeled with an Entry Label (page 10).** It should be folded in half and the contest information showing. Yarn, ribbon or lightweight string can be used to attach the card to the item or to a safety pin, pinned to the item so it may be flipped. DO NOT tape or pin the label directly to the item.
10. Needlework items may be framed under glass.
11. All entries must have been completed within the prior year of the Festival.

Overall Judging Requirements/Criteria for Contests Categories: Judges shall be qualified. They shall judge workmanship and originality (not personal preference). All judges shall receive a list of categories prior to the day of the Festival.

Workmanship	50 points
Originality	25 points
Design and Appearance	25 points

Clubwoman Crafts Categories - Needlework:

- CC1. Basic Embroidery (on stamped canvas or fabric using basic embroidery stitches)
- CC2. Counted Cross Stitch
- CC3. Crochet (small – doilies, placemats, etc.)
- CC4. Crochet (large – bedspreads, afghans, etc.)
- CC5. Crochet (garments – sweaters, etc.)
- CC6. Knitting (accessories, scarves, booties, etc.)
- CC7. Knitting (garments only – sweaters, etc.)
- CC8. Quilting - Machine (small – baby quilts, pillows, wall hangings, etc.)
- CC9. Quilting - Machine (large – full quilts, pieced or appliqué)

Clubwoman Crafts Categories - Crafts:

- CC10. Jewelry (any single medium or combination)
- CC11. Painting on fabric, wood, metal or other surfaces
- CC12. Nature Craft (dried flowers, etc.)
- CC13. Sequin and Bead Craft (flowers, jewel pictures, Indian beading, ornaments, etc.)
- CC14. Paper Craft (quilling, paper sculpture, Papier-mâché, etc.)
- CC15. Scrapbooking (single page submission only)
- CC16. Glass Craft (stained glass, etc.)
- CC17. Fabric Craft (appliqué, felt/burlap work, wall hangings, etc. – not stenciling)
- CC18. Upcycling (creative reuse is the process of transforming unwanted products into new materials or products of better quality)
- CC19. Open Category: If an entry does not fit in any of the preceding categories, the Crafts Contest Chairman may place it in the Open Category.

Clubwoman Literature Contest

District Literature Chairmen: District first place winning entries in each category must be sent to the State Literature Contest Chairman **THREE (3) WEEKS** prior to the State Festival. Entries are judged before the Festival. Entries that arrive late will not be judged. The entries may be emailed to the Literature Chairman with all district information in the body of the email OR US Mail and the district number should be placed on the outside bottom left corner of the mailing envelope. Entries will only be returned via US mail if a pre-paid envelope is included with the submission.

Only winning entries are displayed at the State Arts Festival. The winning entries, certificates, and checks must be picked up at the State Arts Festival.

Directions/Submission Requirements:

1. The Clubwoman Literature Contest is open to all clubwomen and authors must be dues-paying members of an active GFWC club.
2. Clubwomen may submit only one entry per category.
3. Entries may not have been published prior to the competition and must be the original work of the author.
4. Entries must be typed, double-spaced, printed on one side only with minimum margins of 1 inch on all four sides and on 8-1/2 x 11 inch paper. Clubwoman entries must include "Labeling Requirements" as indicated below and must be typed on the top right-hand corner of EACH page.
5. Submissions may be sent electronically or three (3) copies of each entry must be submitted if sent via US mail.
6. Entries must be written during the year preceding the contest year (January 1 – December 31).
7. Authors must not be professional writers; earnings are not to exceed \$500 per year.
8. State first place winners in Category 1 - Short Story and Category 2 – Poetry will be eligible for the GFWC national level contest. The State Arts Festival Literature Contest Chairman will hold on to qualifying entries for the GFWC competition. She will contact the author about forwarding to GFWC. Entries submitted to GFWC will **NOT** be returned. By submitting your entry to GFWC, you are providing GFWC with a royalty-free perpetual license to use, reproduce, post, display, create derivative works, sell, license, or sub-license the work in any media now known or later invented without limitation, for commercial or non-commercial purposes. A signed Creative Arts Waiver must be included with each submission to GFWC. Entries must be submitted to GFWC by April 1. Please see the GFWC Creative Arts Waiver Form on page 9 or the contest section of the *GFWC Club Manual* in the Membersuite on the GFWC website for complete information about the GFWC National Writing Contest.
9. First, second and third place ribbons and certificates will be awarded to clubwomen winners in each category.

CLUBWOMAN LITERATURE CONTEST LABELING REQUIREMENTS Information
below must appear in the top right-hand corner of EACH page.

CLUBWOMAN

Author's Name:

E-mail Address:

Mailing Address:

Phone Number:

Name of Author's GFWC Club and State Federation:

Category:

Title of Work:

Clubwoman Literature Contest Categories:

- CL1 **Short Story** - Limited to 2,000 words, any style. (A SHORT STORY IS DEFINED AS A STORY WITH A FULLY DEVELOPED THEME BUT SIGNIFICANTLY SHORTER AND LESS ELABORATE THAN A NOVEL. IT IS A PIECE OF INVENTED PROSE FICTION THAT TYPICALLY CAN BE READ IN ONE SITTING AND FOCUSES ON A SELF-CONTAINED INCIDENT OR SERIES OF LINKED INCIDENTS, WITH THE INTENT OF EVOKING A "SINGLE EFFECT" OR MOOD. IT DEALS WITH A FEW CHARACTERS AND AIMS AT UNITY OF EFFECT AND OFTEN CONCENTRATES OF MOOD RATHER THAN A PLOT.)
- CL2 **Poetry** – Any style with a minimum length of eight (8) lines and maximum of fifty (50) lines.
- A. Best Lyric or Narrative

Clubwoman Photography Contests

Directions/Submission Requirements: These rules apply to The World in Pictures and GFWC Volunteers in Action photography contests. Information pertaining specifically to each respective contest is listed under each contest.

1. All photographers must be dues paying members of an active GFWC club.
2. Photographs must be taken during the calendar year (January 1-December 31) prior to the Festival.
3. Contestants must be amateur photographers; earnings from may not exceed \$500 annually.
4. Photographs must be the original work of the member submitting the photo.
5. **Label entries correctly. Each article must be labeled with an Entry Label (page 10)** and affixed to the back of each photograph, and place an arrow indicating TOP.
6. Each submission must be an **8 x 10** inch print and mounted on a rigid **8 x 10** inch board and overall thickness may not exceed 3/8 inch. NO mattes, frames or hangers.
7. Photographs may be taken with digital cameras (high resolution copies) or film. They maybe color or black & white. Digital submissions alone will not be considered.
8. Photographs may be vertical/portrait or horizontal/landscape.
9. Club entries must go through the District competition first, and only one winner per category.
10. The same image may be submitted to multiple photo contests (i.e. World in Pictures and GFWC Volunteers in Action contest), but separate photographs must be entered into each contest.
11. State Winners in the World in Pictures and GFWC Volunteers in Action contests will be eligible for the GFWC national level contests. The State Arts Festival Photography Contest Chairman will hold photography entries that qualify for the GFWC Photography competition. She will contact the photographer about forwarding to GFWC. By submitting your entry to GFWC, you are providing GFWC with a royalty-free perpetual license to use, reproduce, post, display, create derivative works, sell, license, or sub-license the work in any media now known or later invented without limitation, for commercial or non-commercial purposes. A signed GFWC Creative Arts Waiver must accompany each entry. Entries must be received by GFWC on or before May 15th, Please see the GFWC Creative Arts Waiver Form on page 9 or in the GFWC *Club Manual* for details.
12. **Winning photographs submitted to the GFWC contests will not be returned.**

Clubwoman Photography Contest Categories:

1. **The World in Pictures Contest:** These photographs showcase the people, places and things at home and around the world that impact our lives in a meaningful way, as expressed in these three categories:
 - a. **Our World Up Close** — Create a visual that offers a novel viewpoint or a macro image that takes the viewer into a whole new, tiny world.
 - b. **Natural Wonders** — Use wide angles and panoramas, or moody landscape images, to showcase mountains, meadows, sand hills, rivers, waterfalls, oceans, deserts, or any other magnificent vista.
 - c. **Reflections** — Feature a setting, situation, or landmark that brings back poignant memories, or capture a fleeting image reflected in glass, water, or another mirrored surface.
2. **GFWC Volunteers In Action Contest:** These photographs capture the special moments in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer or celebrate, in groups or one-on-one. All Direction/Submission Requirements and Judging Requirements/Criteria above apply.

Clubwoman Visual Arts Contest

Directions/Submission Requirements:

1. Any clubwoman may enter any or all categories.
2. All entries must not have been previously entered in the GFWC-NC Arts Festival on any level.
3. Entries must be no larger than 30 X 40 inches, not including mat. Entries on materials other than canvas must be matted. Only Canvas entries may have a simple frame. OTHERWISE NO GLASS OR FRAMES and will not be accepted.
4. All entrants are limited to non-professionals as defined in the GFWC-NC Arts Festival Rules and Procedures. Earnings from Visual Arts must not exceed \$500 per year.
5. All paintings must be original. The subject matter is the choice of the artist.
6. First, second, and third place ribbons and certificates will be awarded to clubwomen winners in each category.
7. **Label entries correctly. Each article must be labeled with an Entry Label (page 10).**
Affix to back or underside of entry using string or tape with category information facing up.
8. All entries must have been completed within the prior year of the Festival.

Overall Judging Requirements/Criteria for Contests: Judges shall be qualified. They shall judge workmanship and originality (not personal preference). All judges shall receive a list of categories prior to the day of the Festival.

Workmanship	50 points
Originality	25 points
Design and Appearance	25 points

Clubwomen Visual Art Categories:

- CV1 Oil
- CV2 Acrylic
- CV3 Pen and Ink
- CV4 Watercolor
- CV5 Pencil
- CV6 Mixed Media