



Special points of interest:

- Environment/
Conservation Award
- Call to Convention

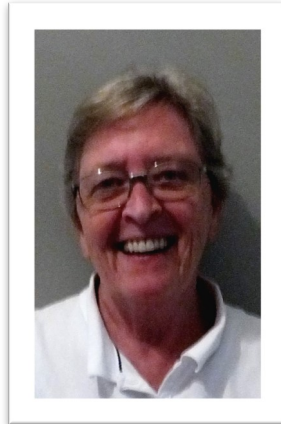
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KANSAS CLUBWOMAN NEWS

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

From Jan's Chair...



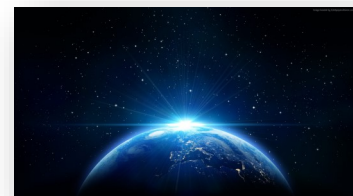
Jan Moore
GFWC of Kansas President
2020-2022

"SIGNALS!"

Houseflies know when the weather changes from Summer to Fall. They take every opportunity to enter the house. If you sit outside to take advantage of the cooler temperatures - they'll sit on you. I'm wondering what will be "the signal" of the end of the pandemic? The daily news states that the end will be when a majority of our human population is vaccinated. I'm also wondering if Mother Nature will enter the equation and "throw a temper tantrum" - what would that look like? Would it be what we've been seeing lately - earthquakes; destructive fires; early hurricane season; torrential rains with flooding in cities, towns & villages? Or would she just make COVID-19 plus all the variants fade away to end up as a footnote in our human history? That's what she did with the 1918-1919 "Spanish flu" pandemic. **WE HATE THIS COVID-19 VIRUS!** Here's the simple truth. Get vaccinated. Tell your children/family/friends to do the same - no excuses (and I've heard some "whoppers"). Wear masks

at every opportunity. I hate wearing masks because I know that I'm "rebreathing" my own allergy-laden air - thus making my eyes water and my nose run and my glasses fog up - but that's okay. Socially distance as best you can. If we can minimize the false information that shows up on "social media" that would be a big help. We will need booster shots - it will be no different than the flu shots we all get each Fall. Let's make Mother Nature smile on us again. I can't wait to see that happen - will it be like a rainbow after a Fall rain storm? Or a housefly zipping into the house to drive Lucee, the Calico Cat crazy. As Clubwomen, we must spread the word - "Vaccines Save Lives". Together we can make a difference and we will become the change that we want to have happen. We must make our planet safe for our great-grandchildren because you and I are only borrowing it from them. There is no Planet B.

Jan Moore





“The earth is the mother of all people, and all people should have equal rights upon it.”

*-Chief Joseph, Nez Perce
(1840-1904)*

President-Elect

Dear GFWC of Kansas Clubwoman,

I wanted to start this 2021~2022 administration year by sharing some very exciting news. As of the beginning of August GFWC of Kansas has 8 clubs that have added at least 1 or more new members. We have a total of 12 new members. Keep up the excellent work ladies with recruiting. You are doing amazing things in your communities and other community members want to be part of your fun. Special note: for the 2020~2021 whole administration year we recruited a total of 13 new members. With the 12 new members already added in the first few months of 2021~2022 I am very confident we can reach a minimum of 15 new members. Increasing our total clubwoman membership is an exciting trend to be celebrated by all.

Remember if you recruit a new member after your initial completion of your annual club membership report we still need that additional new person's information. Complete the form on page 8 of 2020-2022 state handbook and remit \$25 in dues to our state secretary Linda Krebs. Please keep your new member engaged in your club and make them feel special.

Three friendly reminders with regards to membership for your 2021~2022 administration year. GFWC of Kansas Membership Challenge. GFWC of Kansas is again sponsoring a membership challenge. For any club that adds 3 or more paid new members to its membership roster before state convention 2022 a monetary award will be presented to your club at

that convention.

Mae Wenger Club Membership Award.

This award goes to a club that has the greatest percentage increase in their membership in a club year. The club's name and year is engraved on the plaque and is also presented at state convention in the spring of 2022.

GFWC International is again offering a \$50 membership grant to all clubs. The form is on www.gfwc.org under M on the member portal. If you cannot find the form please let me know and I will email or mail you a copy of the form for your club to complete. This monetary grant is designed to help clubs with their recruiting efforts.

We must GROW to SURVIVE and THRIVE

Janine Eilert

GFWC of Kansas President-Elect and Membership Chairman

*kiwieilert@sbcglobal.net
(316) 250-0432*

Vice President

Dear Club Members,

It looks like another year when we must remain flexible in how we hold our meetings. If you find that for your area changes must be made, remember the GFWC Club Manual has various ideas and lists of resources for meeting ideas. It is also not too early to encourage your members to keep track of just how much they do to help others. Seeing what we have accomplished during the times of limited interactions may help boost morale.

Thank you for all you do,

Margaret Thomas
GFWC of Kansas Vice-president

Treasurer

Summer is winding down. Kids have started back to school, or will start this week. The college dorms are open. What has changed in the last year? Not much! We're still wearing face masks (or should be!), and staying 6 ft. away from people out in public. I'm very relieved when I am seated way back in the corner of a restaurant. Even though I carry a card showing I am fully vaccinated, I feel like it is still August, 2020. Here's hoping things take a turn for the better soon!

All of the donations that were made to various charitable organizations during the 2020-2021 fiscal year have been distributed, as follows"

Heifer International—\$145.00
HOBY—\$75.00
Ronald McDonald House—\$200.00
St. Jude Children's Research Hospital—\$15.00
Shot at Life—\$43.05
TOTAL—\$478.05

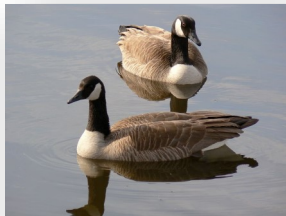
In addition to the above-listed donations, a total of \$125.29 was divided among three Veterans Administration Medical Centers in Kansas, with \$41.76 going to each one.

I have also distributed funds for several scholarships. A total of \$1,400.00 was sent to Ft. Hays State University, Kansas State University, Washburn University, University of Nebraska-Lincoln, and Flint Hills Technical College for Citizenship Essay scholarships. A total of \$400.00 was sent to Flint Hills Technical College and Hillsborough Community College in Tampa, FL for Music Audition scholarships.

Carol Hanson
GFWC of KS Treasurer



*"Unity is strength...
when there is
teamwork and
collaboration,
wonderful things can
be achieved."
- Mattie Stepanek*



"We only have one earth, let's take care of it"

*-Debra Haaland,
U.S. Secretary of the Interior (and first woman/Native American to hold that position!)*

Secretary

GFWC clubs of Kansas, I am excited about the start of a new club year! I am excited for all of the Clubs in GFWC of Kansas, as well as my own club in Wamego. We hopefully can get back to the business of helping others and making a difference in our communities and the world!

I am looking forward to the Kansas State Convention to be held in Junction City on October 15th and 16th. It is a great time of camaraderie and learning more about our wonderful organization and all of our great Kansas GFWC clubs.

At the time of this writing, I have received updated Membership Rosters and club dues from twenty-two Kansas clubs. I am hoping to hear from the remaining four clubs and receive their dues as soon as possible. If any club needs assistance or I can be of help, please call or email me. My contact numbers are **785-313-4191** and lindafredkrebs@gmail.com. My address to mail your Club Roster and dues to is: **124 Riverview Drive, Wamego KS 66547**.

Please remember, if GFWC of Kansas has outdated addresses for your members, those members will not receive the quarterly *Kansas Clubwoman*. The Newsletter is a vital, direct link to each member within our organization, filled with reminders and information!

It is of the utmost importance that I receive all our clubs' current information and dues of \$25 from each member. \$15 of those monies are due to GFWC International in Washington, D.C., and \$10 stays with GFWC of Kansas.

I would like to remind our club presidents to please send a copy of their new Yearbooks to our Kansas President Jan Moore and to Judy Jeck, GFWC State Program Coordinator, by October 1, 2021. If your club chooses not to have your book judged, you may include a "Not for Judging" note.

I wish each member and club a wonderful, rewarding GFWC year ahead!

*Linda Krebs
GFWC of Kansas Secretary*

Environment/Conservation Award

Sponsored by GFWC of Kansas.

In the September 2020 issue of the Kansas Clubwoman News, we announced a state environmental award that was going to be awarded monetary prizes at the state convention of 2021. As we all know the state convention was not held in the spring of 2021. We did hear from a few clubs who were interested in being part of the competition but were not meeting face to face because of Covid-19 restrictions. Due to the pandemic and how it has changed how we interacted over the past 16+ months we felt it only appropriate to extend the completion time frame to March 2022. GFWC of Kansas hopes that clubs can start to meet face to face to work on this award if they so wish.

Written submissions would be due to the state Vice President by April 1st, 2022. Please include photos with your narrative. Note: This is completely different from your annual club submission of statistical forms, summary of club activities and club submission of creativity awards which are due February 1st.

The criterion for the award is as

Scholarship Committee

The GFWC Kansas General Scholarship recipient for 2021-2022 is Ashley Dyer of Inman, KS. Ashley is a sophomore at Hutchinson Community College this fall and will complete her Licensed Practical Nursing (LPN) certification at the end of the Spring Semester 2022. Her goal then is to pursue an RN degree.

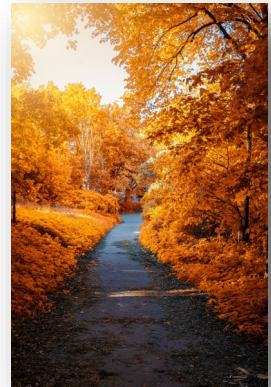
*Ila Stone
Scholarship Committee*

follows,

Involve or be involved with another civic or not for profit organization to work on a community garden or beautification project. Engage and educate as many generations as possible about the importance of the community garden or beautification project for future residents of your community.

As it was described in September 2020 the environmental award was purposely left extremely broad so that it was open to incorporating recycling, water/energy conservation and other components into community gardens and or/spaces. Be creative; paint a mural on the outside of a building, plant native trees of Kansas and tag them, create an interactive walking park are just a few ideas.

“Save our planet ONE community at a time”



*“Take only memories,
leave only
footprints” Chief
Seattle, Suquamish
Tribe*



*"We will be known
forever by the
tracks we leave"*

Dakota Proverb

Arts and Creative Crafts

Club woman arts, and crafts (no photography this time) will be included at our October 15-16 State Convention. Are you planning your entries? Don't worry if you haven't done anything recently. Our rules say that entries must have been made within the last five years. So enter those items you made last year or the year before. And you can have more than one entry, just in different categories. We're looking forward to seeing your creativity. You can find the rules and entry forms in the state handbook on pages 19 - 25. Your arts and crafts entries will be accepted at Convention on Friday, the 15th until 7pm. Judging will be first thing Saturday morning.

Student art and photography will return at our spring 2022 convention. So, please notify your teachers that student art is back.

*Linda Loyd and Char Grelk,
Co-Chairs Art and Creative
Crafts*

Next Issue & New Email

News items for the **December** issue of the Kansas Clubwoman are due **November 20, 2021**. Please feel free to forward your articles to me whenever you have them ready. No need to wait. I maintain a working copy of the next issue and will insert your article when I receive it. I will always send a reply to confirm that I have received your article. If you don't receive a confirmation, please check with me.

**Very important, be sure to use my new email address:
lindaloyd05@gmail.com**

*Linda Loyd, Editor
913-856-8602*

Clubwoman Health

Health Benefits of Pumpkin

With Fall upon us, we tend to shift to all things pumpkin. They are so healthy and nutritious. Did you just think they were for decorating?

Beta Carotene Boost

Just like their orange cousins, the carrot and the sweet potato, pumpkins are rich in beta carotene. Your body changes this antioxidant to vitamin A. You need vitamin A to see, ward off germs, and for your reproductive system to work the way it should. It also helps your heart, lungs, kidneys, and other organs stay healthy.

Sharpen Your Sight

One cup of pumpkin can give you 200% of your recommended daily vitamin A intake. If you get it, your eyes will thank you. Vitamin A helps you have healthy eyes and see more clearly, especially in low-light conditions.

Curb Your Cancer Risk

Pumpkin's vitamin A kick brings another biggie: a lowered risk of certain kinds of cancer, like lung or prostate cancer. Studies show this benefit comes only when you eat foods with vitamin A. You don't get the same protection from vitamin A supplements alone.

Boost Your Immunity

In addition to beta carotene, pumpkins offer vitamin C, vitamin E, iron, and folate - all of which strengthen your immune system....helping to ward off germs and speed healing when you get a wound.

Help Hypertension

Pumpkin's rich orange color is also a sign it's packed with potassium. This is crucial for lowering blood pressure. Unsalted pumpkin seeds are also crammed with minerals and plant sterols that raise HDL cholesterol levels (the "good" kind) and help keep blood pressure numbers down, too.

Studies show that higher potassium levels can lower your risk of stroke, kidney stones, and type 2 diabetes. Potassium may also increase bone mineral density, boosting your bone health. Some people have medical conditions which involve their potassium....if this is you, be sure to check with your doctor before having a "pumpkin eating fest".

Trim Your Tummy

Pumpkins are high in fiber and low in calories. That means they make you feel full without adding to your overall food intake for the day. If you're looking for a healthy way to fill up, nutrient-rich pumpkin is a good go-to choice. The

fiber uptick in your diet promotes digestive health, too, so what goes in comes out on a regular basis.

Sleep More Soundly

Pumpkin seeds have tryptophan, an amino acid that helps make a chemical called serotonin. In addition to making you feel good, serotonin is also a key player in promoting good sleep.

Soothe Skin

The antioxidant power of beta carotene in pumpkin works to combat the effects of aging on your skin. It also helps ease inflammation, which keeps your skin - and your body - calmer and happier.

Help Your Heart

Your odds of heart disease go down as your fiber intake goes up, and pumpkin is loaded with it. But it isn't just the fiber that takes care of your ticker: The vitamin A and potassium you get when you add pumpkin to your diet also play a part in heart health.

Best Ways to Eat Pumpkin

With all the goodness pumpkins offer, surely an extra-large pumpkin spice latte with a pumpkin muffin can't hurt. But experts say hold your horses. The best way to get pumpkin's health benefits is to avoid the sugar and processing of baked goods or pumpkin flavor. Opt for more wholesome choices, like roasted pumpkin, pumpkin puree, pumpkin hummus, or pumpkin soup.

Reviewed by Melinda Ratini, DO, MS

Kathy Baker, GFWC of Kansas Health and Wellness Chairman



*"Before I judge
another, let me walk
a mile in their
moccasins"
Native American
saying*





*"Tell me and I'll forget.
Show me, and I may not
remember. Involve me,
and I'll understand." -
Tribe Unknown*

GFWC Signature Program

GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention

The GFWC Signature Program **Domestic and Sexual Violence Awareness and Prevention** has identified 8 focus areas. They include awareness and prevention of: Human Trafficking, Teen Dating Violence, Child Abuse, Campus Sexual Assault, Military Sexual Assault, Elder Abuse, Intimate Partner/Domestic Violence and Violence Against Native American Women.

Listed below are months of national observance for these causes. Clubs could offer programs, events, and support to groups or causes addressing awareness and prevention goals through club programs, volunteering, fundraising, and donations. GFWC has also recommended topical books and articles that could be shared as book studies or reports at a meeting.

January: Human Trafficking; January 11, Human Trafficking Awareness Day, (Color-Blue)

GFWC recommended read: *Disposable People: New Slavery in the Global Economy* by Kevin Bales

February: Teen Dating Violence; Teen Dating Violence Awareness Month, (Color-Orange)

GFWC recommended read: *Until It Hurts to Stop* by Jennifer R. Hubbard

April: Child Abuse: Awareness and Prevention; Sexual Assault Awareness Month-SAAM; can include **Campus Sexual Assault, Military Sexual Assault, and Violence Against Native American Women,** (Color-Blue)

GFWC recommended reads:
The Black Leather Satchel by Paula Czech (GFWC member/biography)
Rape Culture on Campus by Meredith Minister
Fight Like a Girl: The Truth Be-

hind How Female Marines Are Trained by Kate Germano and Kelly Kennedy
Conquest: Sexual Violence and American Indian Genocide by Andrea Lee Smith

June: Elder Abuse; June 15, Elder Abuse Awareness Day, (Color-Purple)

GFWC recommended read: *Getting Older, Getting Fleeced: The National Shame of Financial Elder Abuse and How to Avoid It* by Pamela Camille

July: Human Trafficking; July 30, United Nations World Day Against Trafficking in Persons

October: Intimate Partner/Domestic Violence; October 1, Tillie Black Bear "Women are Sacred Day" (Color-Purple)

GFWC recommended read: *Tech Is a Double-Edged Lifeline for Domestic Violence* by Emma Grey Ellis
<https://www.wired.com/story/covid-19-coronavirus-domestic-violence/>

November: American Indian Heritage Month,

GFWC recommended read: *Conquest: Sexual Violence and American Indian Genocide* by Andrea Lee Smith

*Gail Jamison,
State Chairperson*

Music Auditions 2022

Good news from the GFWC Music Department!! We plan to hold Music Auditions in 2022! The Auditions will again be held at the First Baptist Church in Junction City on Saturday, March 5, 2022. I will have Music Audition packets for each club to pick up at the Convention in Junction City on October 15-16. If your club is unable to attend the packet will be mailed. However, please let music teachers (both school and private) know about the Auditions and date. The Audition rules and registra-

tion forms will be in the packets. I have already had a call from a private music teacher asking about the auditions—so please let everyone know they are resuming.

*Florence Whitebread
State GFWC Music Chair*

Creative Writing Short Story and Poetry Contest

Since school had started, it is time to think about the Creative Writing Short Story and Poetry Contest. This is for all students grade K-12 and all club women. The rules are on pages 33-34 in the State Handbook. The waiver, which must accompany each entry, can be found on page 25, also in the State Handbook.

Please have the following on each page of your entry in the top right-hand corner - author's name, email address, mailing address, phone number, name of GFWC of Kansas club, state federation, category, title of manuscript, and grade level category. The entries must be to me by March 1, 2022.

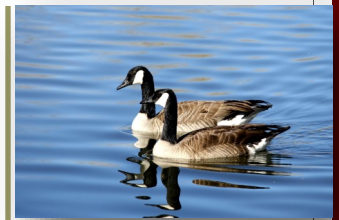
The first place in each category and each area will be sent to international for judging. The Rainbow

Club will be giving 1st place - \$15, 2nd place - \$10, and 3rd place - \$5 in each category.

If you have questions, please contact me at 620-435-6416 or by email rgea@havigland.telco.com. I will get back to you as soon as possible.

I look forward to hearing from you.

*Elizabeth Hemberger
State Creative Writing Chairman*



*“What is life? It is
the flash of a firefly
in the night. It is the
breath of a buffalo
in the wintertime. It
is the little shadow
which runs across
the grass and loses
itself in the sunset.”*

- Blackfoot



"When we show our respect for other living things, they respond with respect for us."

- Arapaho

Conservation

Save a Bee, Save the World

We all know the importance of butterflies but what about bees? The bee population is shrinking world-wide. What can we do in Kansas to help? Here are some ideas for clubs to think about and act upon.

1. We can control the use of pesticides in our yards. Ask questions when you shop for seeds and flowers for non-pesticide options.

2. Contact your elected officials to pass county and town ordinances to reduce pesticide spraying.

3. We can urge corporations to stop making and selling neonicotinoids.

4. We can replace green space with wildflowers. Plant native Kansas wildflowers in your city or along the highways. Here are some common wildflowers: Milkweed, Black-eyed Susan, cosmos, coneflowers, the common sunflower. Trees to plant include American Plum, Dogwood, Maples, Redbud and the serviceberry.

5. Use planters and window boxes if you are short on space. These still provide foraging habitat for bees if you plant wildflowers or herbs.

6. Hot summer and fall days means bees need help to find water. Set out a small, shallow sau-

cer or bowl with water in it. Add a small stone or floating cork for the bees to perch on to drink. You can also grate up apples with a little water to give them a sweet treat. Remember to clean these often!

What about bee hotels? I would recommend that you really do the research on those, because many articles I have looked at show that some can cause more harm than good.

Point is, we can do our small part to "Save our Planet One Community at a Time" in so many ways. Helping to save bees is just one of them.

*Juanita Rothaus,
GFWC Kansas Conservation
Chair*

The ERA Revisited.....

After a previous article about the Equal Rights Amendment (ERA), some serious concerns were expressed to me by some of our state clubwomen. While GFWC does endorse the passage of ERA, each clubwoman should research the issues for herself and support as she sees fit (for all topics, not just ERA). I have done some research and am presenting here a FEW reasons both for and against the ERA. If you search the web, there is an abundance of material on this topic and you will find many more arguments than I have listed.

Reasons FOR the ERA:

- To guarantee that all citizens, regardless of sex, are treated equally under the law. Currently, the 14th Amendment gives equal rights to all citizens but does not explicitly mention women. The 19th Amendment explicitly gives women equal voting rights relative to men but does not broaden its scope beyond that issue. An amendment combining the two is considered necessary by proponents of this perspective.
- ERA would also set a clear federal judicial standard for deciding cases of discrimination on the basis of sex. Without the ERA women regularly – and occasionally men – have to fight long, expensive, and difficult legal battles in an effort to prove that their rights are equal to those of the other sex.
- Ensuring that government programs and federal resources benefit men and women equally.

Reasons AGAINST the ERA:

- The ERA will actually **threaten** equal rights for women. Activists argue that the language used in the ERA should open the door for men who identify as women to compete in—and dominate—women’s sports, and for biological males to enter women’s bath-

rooms and shelters designed to protect women who have suffered abuse, rape, and trafficking at the hands of men. This misuse of the ERA would jeopardize the many gains that women have made in employment, education, and sports. Also women would lose privileges and protections such as exemption from compulsory military service and combat duty and economic support from husbands for themselves and their children.

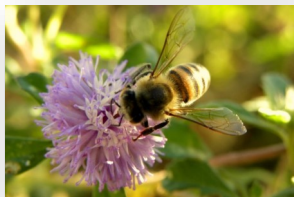
- Activists will push to use the ERA to further entrench a radical abortion regime. It could be used to force Americans to pay for abortions with their own tax dollars—including abortions up to the moment of birth.
- Ratifying the ERA now, long after the deadline, would defy our constitutional process. Article V of the U.S. Constitution lays out the process for ratifying an amendment. According to that process, 38 states must ratify an amendment, and they must do so within a certain timeframe. When Congress proposed the ERA to the states in 1972, it set a deadline of seven years. Only 35 states ratified the amendment during that time period—three states short, bringing the ERA to a dead end in 1979. Additionally, five of the 35 states that originally ratified the ERA rescinded their ratifications, withdrawing support once they understood its flaws—meaning the vote deficit was even greater when the time expired.

Submitted by Kathy Baker



“I have learned that the point of life’s walk is not where or how far I move my feet but how I am moved in my heart.” -

Anasazi Foundation



*"There is but one secret
to success: never give
up."
- Ben Nighthorse
Campbell*

Education

Not What We Wanted to Hear

Dateline 2021 Aug 20. To mask or not to mask! That is the dilemma.

Last May circumstances were showing improvement. Students attended school every day. Inside buildings, masks were still worn (with some allowing cohort groups to unmask inside the classroom), but morning temperature checks had been stopped for some. While students still ate breakfast and often lunch in the classroom, grade levels could now mingle together on the playground without masks.

Reno County schools offered the vaccine to all staff at a mass clinic in March. COVID-19 numbers were dropping. Summer school only recommended masks be worn. Plans were being made for a return to pre-covid school.

Then *delta* became more than the fourth letter of the Greek alphabet or the land formation at the mouth of a river. It took on COVID-19 overtones - the more virulent disease variant from India.

Currently no mask mandates are in effect; although Kansas State Department of Education issued guidance recommending schools implement universal masking. Information is contradictory. The American Academy of Pediatrics and epidemiologists say science supports mask wearing by children. Dr. J. Stacey Klutts, a special assistant to the national director of pathology and lab medicine for the Veterans Affairs system, said children are "really good" at transmitting the coronavirus. Other medical personnel, not necessarily connected to pediatrics, say masks can cause other problems for children. Not talked about as much is the need for a good ventilation system.

School districts have outlined procedures for their own staff and students with the goal of having all students in the classroom. They are also allowing volunteers back in the building this year. Gating criteria is not part of the plan locally, although

county health reports have referred to being in the yellow. However, contingencies are being planned if numbers continue to rise.

To give families an in-district option, several districts have added a virtual school component. Unlike the remote learning of last year, virtual classes have a specific curriculum students follow at their own pace.

Hutchinson USD308 is requiring all who enter a school building to wear a mask; outdoor activities have no such stipulation. The superintendent noted that only one family has switched to virtual schooling because of the requirement.

Buhler USD313 is not requiring masks be worn in buildings. However, at least one student is choosing to wear a mask, even in PE, so to be able to attend at school this year; the teacher is wearing a mask, although vaccinated, to help protect the students (since assisting them is not a six-feet-apart task).

Although school started just three days ago, I have worked in two buildings to date. In both, staff and students are upbeat and glad to be there. Students generally did a good job wearing masks appropriately. Some classrooms are using group seating, but others kept desks separated. [One teacher has desks in a U shape. Students rotate sitting at every other desk or sitting apart in the center. Last year it was for distance; this year, she's using the arrangement as it reduced talking.]

Keep your fingers crossed and support your local schools.

*Kate Field
State Education Chairman*

News from Goddard Woman's Club

This summer we had two work days and felt safe enough to work inside at the Community Center. It was so wonderful to have that brief period of "normal"! We made blankets for the schools and for our upcoming fundraisers. We also made bracelets and book marks with all



kinds of beautiful beads and charms to sell.

On August 13th, we participated in our community's National Night Out event. We provided giant Connect 4, Jenga, and pick-up-sticks games for kids of all ages to play. Club-women spoke with women about the club, handed out brochures with a bit about the club, contact information, and upcoming dates of meetings and events. Attached to the brochures were homemade chai tea bags with the message to join our **TEAM**. One woman they spoke with came to our first meeting of the year two days ago and is interested in joining! Four more women expressed interest but aren't available during the day, during the week. This is a dilemma we have faced more than once over the years. How about your clubs? We tried an evening group years ago but it didn't work. We would love to hear some creative solutions!

We moved our meetings back outdoors this fall as one more precaution against the spread of Covid. That meant meeting in the mornings for the first two months to beat the

heat. We are very fortunate that we have access to our community's wonderful, new park pavilion, for free! We had a moving presentation about the retiring ceremony for American flags by Jennifer Johnson from the Girl Scouts of Kansas Heartland. It's a ceremony we would all love to see

some day! Our Educational Tour in October will also be outdoors. There are a lot of things we can't do but we always search for ways to do the things we CAN do! Our theme for this year is appreciation. The pandemic has helped us be more mindful of what's really important and to count all of our blessings. Many of our club members are experiencing personal difficulties right now, whether it be personal illness or illness of close family. We have all come to appreciate the support and friendship of our club sisters. I am always in awe of how these wonderful women will drop their personal woes at the door, and come together in service of others. We all leave better for it!

Lisa Stoller



*"Children learn
from what they see.*

*We need to set an
example of truth
and action."*

*- Howard Rainer,
Taos Pueblo-Creek*



GFWC Questers of Hutchinson

The GFWC Questers have been busy this summer. After canceling meetings for six months, due to Covid, we gathered at the at Dillon Nature Center for our May 10th meeting. We had our business meeting and program on the Arbor Day Foundation. It was cold and windy, but we still took time for a short walk on the nature trails.

Then it was time to see the gardens, 10 members gathered June 23rd on the campus of Hutchinson Community College to take a garden walk. We chose the perfect time as several Master Gardeners were working. We had an informative morning learning about butterfly gardens and unusual plants to try in our own gardens. This was followed by

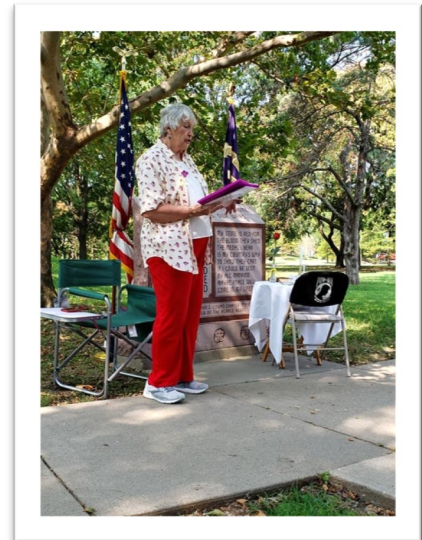
"Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors; we borrow it from our Children." - Tribe Unknown



lunch in the newly remodeled Student Union.

One member heard of a community drive in Hutchinson for "Christmas in July" so we joined the Central Kansas Veterans Community Partnership collecting donations for homeless veterans. We did a porch drop-off at one of our members homes collecting 476 personal care items, socks, underwear, and snacks. Members also wrote 130 thank you notes for the veterans. Items were dropped off at one of the community collection barrels.

Questers annually help the First Call for Help for the school supplies and back packs for students. Our members collected 1547 items (including pencils and crayons). They were taken to a local bank in early August and then the bank matches the value of our donation.



Purple Heart Remembrance Day was



held in Wichita Saturday, August 7th at the Veteran's Memorial Park. One member, Dena Miller, gave a talk about Flanders Field on the meaning of red and purple poppies. Our members were invited to attend.

Our next summer activity will be a visit to the Ronald McDonald House in Wichita, August 30th. We are planning a flexible year hoping that meeting in small groups will happen this year.

Karen DeCou, President of GFWC Questers of Hutchinson

The Ladies Reading Club of Junction City

Charlotte Grek has sewn a quilt using the friendship star blocks signed by everyone who came to the clubhouse during the years 2018-2020. The center picture of the quilt features our club house.

Members of the Ladies' Reading Club of Junction City had their first in-person meeting at the clubhouse. This open house offered a chance to view the freshly painted and redecorated meeting rooms. Expressions of appreciation and approval were received by Ellen Westerhaus who organized and supervised the upgrade.

The Ladies' Reading Club application to have its garden designated as a Monarch Waystation has been accepted. This habitat location came to fruition thru the effort of Charlotte Grek. Assisted by other LRC members, the garden was planned and

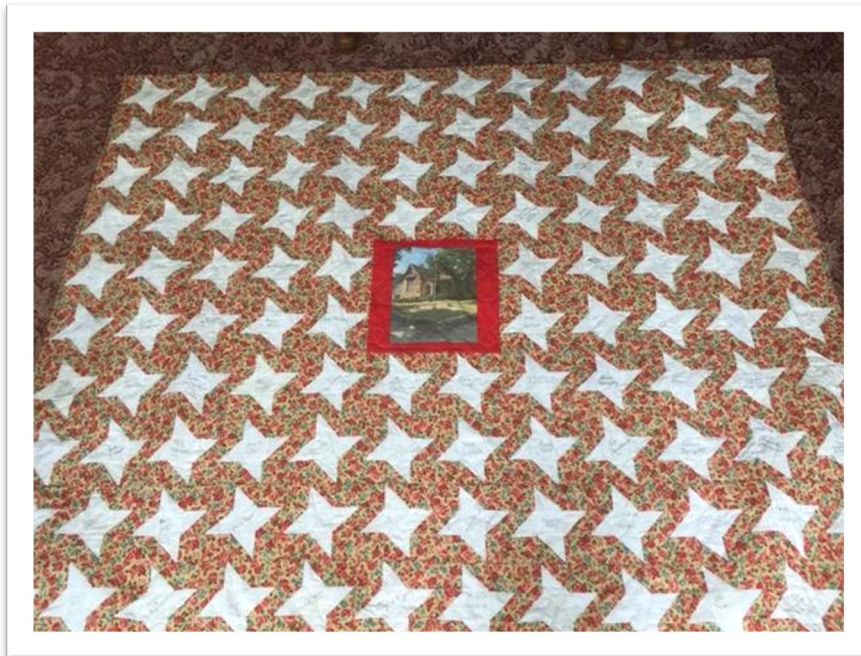
planted. Tended by Charlotte, it has thrived and hosts a variety of plants necessary to protect monarch butterflies.

The Ladies' Reading Club awarded two scholarships to Junction City High School Seniors. Nathan Green was the recipient of the academic scholarship and Chloe Welsch received a music scholarship. The Pat Stuckey Memorial Music Scholarship was awarded to Becky Peterson, a St. Xavier student. Pat, a long standing member was active in the music programs of our local club and community.

Submitted by Helen Kovac



*"If we wonder often, the gift of knowledge will come."
- Arapaho*



Official Call to the 125th Annual State Convention

General Federation of Women's Clubs of Kansas

October 15 & 16, 2021

Atrium Hospitality (formerly Courtyard by Marriott)

310 Hammons Dr

Junction City, Kansas 66441

FACE MASKS WILL BE REQUIRED!!

Article VI - Conventions

Section 2: Representation....The voting body shall be

The President or her appointee and one delegate for each ten (10) members or major faction thereof for each club holding active membership.

Members of the Board of Directors.

Past State Presidents and General Federation of Women's Clubs of Kansas Director of Junior Clubs.

Section 3: The quorum for the annual convention shall be twenty-five (25) voting members.

Tentative Schedule:

Friday, Oct. 15, 2021

12:30 p.m. Executive Committee Meeting (President's Suite)

1:00 p.m. Registration Begins (outside of Cottonwood A Ballroom)

1:45 p.m. Meet to travel to C.L. Hoover Opera House (135 W. 7th St., Junction City)

2:00 p.m. Tour C.L. Hoover Opera House (Donations may be made at the door)

6:00 p.m. Dinner - Cottonwood A Ballroom

7:00 p.m. Board of Directors Meeting begins - Cottonwood A Ballroom

7:010 p.m. Environmental Quiz - Chairwoman, Juanita Rothaus - awards will be given!

7:30 p.m. Business Meeting continues

8:00 p.m. Nominating Committee Report - Kathy Baker (Officers to be installed April 2022)

8:45 p.m. Reporting Forum featuring CSP Categories - Margaret Thomas to speak on reporting

Saturday, October 16, 2021

7:30 a.m. Rainbow Club Meeting (TBD)

7:30 a.m. Past District Presidents Meeting (Lobby area)

7:30 a.m. Registration (outside of Cottonwood A Ballroom)

7:30 a.m. Clubwoman Arts & Crafts ONLY (no photography) -Chairwomen, Linda Loyd & Char Grelk

9:00 a.m. Opening of Convention - Cottonwood A Ballroom

9:10 a.m. Girl Scout Troup of Junction City/Flag Ceremony - Club Collect recited by Janine Eilert

9:20 a.m. Installation of 2020 - 2022 Officers by Dr. Rose Ditto

10:00 a.m. Citizenship Essay First Place Winner, Marie Brockhoff to read her Essay

10:45 a.m. Chairmen Awards begins (5 to 10 minute max/chairman)

11:15 a.m. Rosemary Hour (2-1/2 years of losses - please send per Registration information form)

12:15 p.m. Luncheon.....Past State President's Meeting

1:00 p.m. Speaker Susan Schwartz Andersen on the O'Connell Youth Ranch Project

1:30 p.m. Reports from International Convention and from MVR Convention

1:30 p.m. Chairmen Awards continue

2:00 p.m. Break - All money due for purchases to Linda Krebs and/or Carol Hanson

2:45 p.m. Announcements, Prize winners, Chairmen Reports continue

3:15 p.m. Announcement concerning 2022 Convention place and date and Adjournment

Jan Moore, GFWC of Kansas President

Linda Krebs, GFWC of Kansas Secretary

____ 1st Time Attendee

____ 1st Time Club has Attended

____ Previous Attendee

GFWC of Kansas 125 the Annual Convention Registration

October 15 & 16, 2021

Atrium Hospitality (formerly Courtyard by Marriott)

310 Hammons Dr

Junction City, Kansas 66441

Accommodations: **Rooms** are available in double or single at the rate of \$89.00 per room. **Hotel/room reservations must be made by October 1st, 2021** per contract. The rooms are under the **GFWC of Kansas** block of rooms - You can book under: Book your group rate for GFWC (via internet) or you can use the following numbers. Please mention the group for the reduced rate. The hotel number is **785- 210-1500 or 1-800-627-7468**. The conference rooms are in the Convention Center on the north side of the complex (Cottonwood A Ballroom). There is an enclosed walkway between the hotel and the convention center. Please indicate dietary needs on this form. **Convention registration must be made by October 1, 2021.**

Club: _____

Fees:

Name _____

Registration Fee: \$20.00 _____

Address: _____

Friday Dinner: \$24.00 _____

City: _____

Breakfast On Own (Hotel offers food for sale.)

Phone: _____

Saturday lunch: \$18.00 _____

Special Dietary Needs _____

Tour C. L. Hoover Opera House—Donations at Door

Mark ONE to indicate highest office currently held:

(Please mark X if visiting the Opera House)

International _____ Position _____

Total Package: \$62.00

State Officer _____ Position _____

Total Paid: _____

State Chairman _____ Position _____

Check # _____

Club Officer _____ Position _____

Payable to: GFWC of Kansas

Club Member _____ Booster _____ Guest _____

Send to:

Brenda Rezac

Delegate:

1208 Long Creek Ct.

Voting _____ Non-Voting _____

Baldwin City, KS 66006-0214

**ROSEMARY HOUR: Please send to Bev Roepke,
P.O. Box 392, Waterville, KS 66548.**

Note: Rosemary Hour is for 2-1/2 years

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GFWC of KANSAS 125TH ANNUAL CONVENTION

OCTOBER 15 & 16, 2021

Atrium Hospitality (formerly Courtyard by Marriott)

310 Hammons Dr

Junction City, Kansas 66441

MASKS WILL BE REQUIRED!!!

SAVE OUR PLANET

The town of Junction City and host Club welcomes GFWC of Kansas members and guests to celebrate at their convention. The Atrium Hospitality Center will be the site of the GFWC of Kansas 125th annual convention. Please call **785-210-1500** to reserve your room (or use the link as offered on the Registration form. Reservations can be made until **October 1st** under the **GFWC of Kansas** room block per contract. The room rate is \$89.00. Meetings will be in the Convention Center on the north side of the hotel. All meetings will be in the Cottonwood A Ballroom. For easier access to the meeting room, Clubwoman art/crafts and other items may be unloaded at the Convention Center doors. There is an enclosed walkway between the hotel and Convention Center.

Driving Directions: The hotel is conveniently located off I-70 at Exit 298. After exiting off I-70 turn north. At the roundabout take the street that goes west (East Chestnut). You can see a Walmart on the south (left). Continue on Chestnut and turn left on Hammons Drive. What to bring:

Snack foods/breakfast bars for Ronald McDonald Houses – please place your items in the center of the tables as decorations!

Pop tabs for Ronald McDonald Houses

Items for USO at Ft Riley: twin sheet sets, travel size toiletries, (items not gathered during Kathy Baker's last Convention) – to finish up Kathy's administration!!

Items for sale at the back of the room – there is no "Country Store" at this time. If you have items for sale for the benefit of the General Fund, please list your prices.

*****Please meet in the lobby of the hotel at 1:45p.m. on Friday to travel to the C.L Hoover Opera House which is located at 135W. 7th St., Junction City. Donations will be welcomed at the door! Have a happy tour! This is the perfect time to appreciate the beauty of Junction City in the Fall. Please return to the hotel before 6:00pm (supper will be served then). We have a very busy schedule Friday evening and Saturday – we wish everyone a great time at our first Convention in over two years!**



GFWC KANSAS CLUBWOMAN NEWS

Official Publication of the
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Women's Clubs of Kansas

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