



**Special points of interest:**

- In the Spotlight
- LEADS Candidates
- Creative Writing Contest
- Citizenship Essay Scholarship Contest

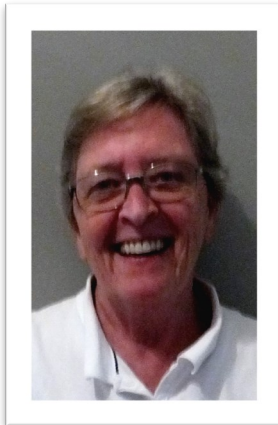
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# KANSAS CLUBWOMAN NEWS

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

## From Jan's Chair...



**Jan Moore**  
GFWC of Kansas President  
2020-2022

Our GFWC of Kansas Board Meeting and 125<sup>th</sup> annual Convention of October 15 and 16, 2021 was a successful meeting of Kansas Club women. (We were also pleased to have two gentlemen in attendance Friday evening - Mr. John Rothaus and Mr. Richard Urban). The weather was perfect - a mid-October Fall weekend held in the picturesque Kansas city of Junction City. We thank the Junction City Clubwomen for being our "Hostess Club". Many members met on Friday afternoon and toured the C.L. Hoover Opera House in Junction City.

To every Chairwoman, Club President and Clubwomen who were able to attend, we were very happy to see all of you! The work of our chairwomen for GFWC of Kansas and the connections they have made with our Clubs in Kansas is heartwarming. On Friday evening, our Environment Chair - Juanita Rothaus gave us all "a quiz" to test our environmental knowledge. (I certainly have to do some work on

my own skills!) Prizes were handed out! On Saturday morning, the Geary County Girl Scout Troup presented our State and U.S. flags and led us through the Pledge of Allegiance. Then, our own Dr. Rose Ditto officially installed our current officers after waiting 1-1/2 years to accomplish this wonderful ceremony- her "theme" was environmental also speaking to us about trees. Later, we also heard speaker Susan Schwartz Andersen tell us about the "O'Connell Youth Ranch Gardening Project" and the remarkable work that continues there.

Our 126<sup>th</sup> Board Meeting and Convention will be held in late April or early May 2022. The place and confirmed date will be announced via our Kansas Clubwoman and with e-mails to Club Presidents. At that meeting, our 2022 - 2024 State Officers will be installed. We encourage everyone to attend that upcoming meeting - rebuilding friendships, face-to-face is wonderful!

*Jan Moore*





"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."

- Aristotle

## President-Elect

Dear GFWC of Kansas Clubwomen,  
Merry Christmas and Happy Holidays.  
Thank you to all clubwomen who attended the GFWC of Kansas State Convention in October in Junction City. It was wonderful to see everyone and reconnect. A special thank you to the following ladies for attending their first state convention; Kelle Goodman, Sharon Glenn and Shelby Seib all from Gradatim, Ness City. Jackie Hays from Wamego Study Club, Wamego and Sharon Teagarden-King from Shakespeare Club, Waterville. I challenge all clubs to have at least 2 attendees join us at our next state convention in April 2022. Consider writing it into your clubs standing rules that your club would sponsor 2 attendees and pay for their registration costs.

My travels have enabled me to attend the International GFWC Convention in Atlanta, Georgia in August and the Mississippi Valley Regional Conference in Ottertail, Minnesota in September. I also have had the pleasure of being invited to attend two club meetings outside of my own club. Thank you to Wamego Study Club for the delicious breakfast casserole at their meeting. I listened to especially important discussion and received a copy of their program book which outlined what they plan to do over the next club year. Very inspiring. Thank you also to Ad Astra Club for inviting me to their program on the Orphan Train system and the significance it was for Kansas families. I received a pumpkin made from dryer vent pipe handmade by Joanie Doperalski their club president. It is incredible and I know would be a huge hit at our Kansas store at our next convention.

I am excited to announce that we have 14 new members to 8 clubs in GFWC of Kansas. So, we are only ONE new member away from my goal of 15 new members. Impressive job ladies. That is such an exciting trend for us, to add more new members than the previous year.

I have written two separate articles in

this Kansas Clubwoman News. Firstly, I am asking if anyone would like to become a LEADS candidate for GFWC of Kansas and attend the upcoming International GFWC Conference in New Orleans, June 2022. If you are interested or know of a clubwoman who would be a great leader in GFWC or who wants to brush up on leadership styles please let either Lee Humphrey, leadership chair or myself know as soon as possible. There are always a few of us from Kansas that attend International Convention so you would be attending with others from the Sunflower state. The other article is about a special President's Prize sponsored by GFWC International. All club presidents have already received information via email about this award.

I would like to reach out to our membership and use this Kansas Clubwoman News platform as a way for clubwomen to get to know each other. Please enjoy the new article highlighting our newest recipient of the Hawes Award, Kathy Baker. In future issues I will endeavor to highlight other clubwomen. I would also like to know who amongst us has been part of GFWC for over 50 years, or who is remarkably close to 50 years of membership. If you are one of those phenomenal clubwomen or know your fellow clubwoman is part of that special club please let me know.

Please stay safe and healthy and Happy New Year to you and your family.

*We must GROW to SURVIVE and THRIVE*

Janine Eilert  
GFWC of Kansas President-Elect and Membership  
Chairman

[kiwieilert@sbcglobal.net](mailto:kiwieilert@sbcglobal.net)  
(316) 250-0432

## Treasurer

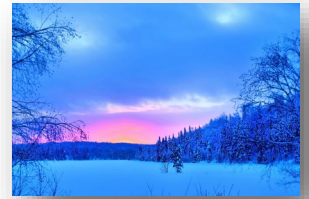
As I sit down at my computer to write this article, my thoughts are on Thanksgiving. I am so very thankful for so many things this past year, but I would also be very thankful if I could find Oregon brand canned Royal Anne Cherries for my grandmother's 24-hour fruit salad recipe. Those cherries are hard to find!

Following is the mid-year status report on the balances and activity in our special funds:

- Music Fund: Balance of \$3,726.25. Donations of \$80.00 from Clubs.
- Scholarship Fund: Balance of \$3,605.28. Donations of \$92.50 from Clubs.
- Veteran's Fund: Balance of \$747.88. Donations of \$192.88 from Clubs.
- Art Fund: Balance of \$3,042.19. Donations of \$117.87 from Clubs. Memorial Donations of \$100.00.
- Citizenship Fund: Balance of \$1,908.22. Donations of \$190.00 from Clubs.

Proceeds from the Silent Auction at the recent GFWC of Kansas Convention were designated for certain special funds, and those amounts are included in the above balances. The Music Fund received \$85.00, the Veteran's Fund received \$110.00, and \$26.00 went to the Citizenship Fund.

*Carol Hanson*  
*GFWC of KS Treasurer*



"What good is the warmth of summer, without the cold of winter to give it sweetness."

- John Steinbeck



"I wonder if the snow  
loves the trees and fields  
that it kisses them so  
gently? And then it  
covers them up snug,  
you know, with a white  
quilt; and perhaps it  
says, 'Go to sleep,  
darlings, till the summer  
comes again.'"

- Lewis Carroll

## Secretary

Our GFWC State of Kansas State Convention was a wonderful success! President Jan Moore and the other State Officers did a wonderful job. As you know, State Convention was held October 15-16, 2021, at the Atrium Hospitality (formerly the Courtyard by Marriott) in Junction City, Kansas. Total attendees were 35, with 23 voting delegates.

Gini Harold, Prudence Fager's daughter, did a great job overseeing the Market Place and the Silent Auction sales. Market Place included many hand crafted items made by club members, GFWC pins, and sundry items for sale. **\$789.00 was the total sales of the Market Place, and the Silent Auction brought in another \$221.00 in special funds for GFWC of Kansas, (i.e., Music, Veterans, and Citizenship Funds).** Great job, GFWC members! You are awesome!

The State Report booklet from Convention is filled with great ideas that we can all use with our own clubs. It is always a lot of fun to take a look at what other clubs in Kansas are doing! If you are searching for new ideas, please take a good look at our State Report Booklet this year!

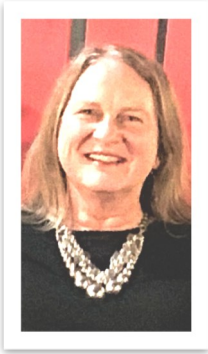
At the Board of Directors meeting we had a discussion regarding the possibility of members receiving the *Kansas Clubwoman News* digitally, rather than by U.S. Mail. Next April when I print out each club's Membership Roster, I will have a column that can be marked (X) to indicate if each member would prefer to have a printed copy of the Newsletter or if a digital copy is wanted. Please remember to look for this important designation.

When you are reading this article, it will be December and Christmas will be just around the corner! I wish each and every GFWC member a wonderful holiday season.

***Merry Christmas and Happy New Year!***

***Linda Krebs***

## In the Spotlight—Kathy Baker



In 2000 I lived in Oklahoma and was looking for a new avenue to pursue.....a friend pointed me to a GFWC club. I joined the club and fell in love with the organization! I became more involved and attended the District, State and even the Region Conventions. After a few years I became a club and district officer. After about 7 years, I attended an International Convention. WOW! It was SO AMAZING to be with over 1,000 women who shared my interests .....especially in working to make our community better. I met people on that trip who continue to be dear friends. In 2010, my husband and I moved to Kansas and at the GFWC Convention that year I actually crashed a Kansas reception! I still can't believe I did that, but I wanted to get acquainted with the ladies in my new state. I met Gladys Shook (State President) and she connected me with my club in Gardner. Later she asked me to be the Chairman for Constitution and Bylaws. I was very reluctant to take the position, but it turns out that I LOVE by-laws! Who knew??? In a few years Helen Carter asked me to be the State Vice President .....and I was VERY reluctant to take THAT position, but it may have been one of the best things I have ever done! I could go on and on about my GFWC experiences ....things that were fun, others challenging, but all were worthwhile.. And I would encourage everyone to get more involved.....in their club.....on the State level.....and maybe even beyond. GFWC has such a rich legacy and it is very exciting to be involved with carrying on even a small part of it.

We can add that she loves to travel and read and can be seen at any meeting taking notes.

### The GFWC of Kansas Hawes Award

Our GFWC of Kansas Directory identifies the Hawes Award this way: “The Hawes Award is given each year for outstanding participation in Federation achievements. This award was from a small legacy given by Clara May Hawes, a past Sixth District President and past KFWC President (1943-1945).” “A certificate to be awarded to an outstanding Club or member.”

The sitting GFWC of Kansas State President has the privilege of awarding this unique prize. Seldom does GFWC single out either a Club or Club member for a special award. At our October 16, 2021 convention held in Junction City, the Hawes Award was given to Kathy Baker, past State President (2018-2020). Kathy earned this prestigious award due to shutting down the 2020 State convention as the growing COVID-19 pandemic approached our State’s borders. She put into place the 2020-2022 GFWC of Kansas administration so that the new officers could begin their work. This shut down was unprecedented in modern times - in 1944 (a WWII war year), due to travel restrictions no State convention was held that year; however, a full board meeting was held. Kathy’s exceptional leadership skills kept all of us safe and secure during the encroaching pandemic. We are all very grateful for her courage during those beginning weeks of the health crisis.

Currently, we do not have a “history of the Hawes Award” available in our State’s directory. We keep track of much GFWC of Kansas history but not this award. If you have been a recipient of this award or you know of someone or a specific Club who has received it, please let one of your Executive Committee members know. We will work towards recreating the history of this unique award; I think Clara May would be very pleased!

*Thank you,  
Jan Moore*



"O, wind, if winter comes, can spring be far behind?"

- Percy Bysshe Shelley



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home."

- Edith Sitwell

## **Needed: Future LEADS Candidates for 2022, 2023, and 2024**

We need YOU.

LEADS stands for Leadership, Education, and Development Seminar which is typically held on the day prior to the official opening of the GFWC Annual convention. This is a daylong incredibly fun event where you meet the next generation of inspiring leadership. It also includes breakfast, lunch, and the following:

- Overview on public speaking, time management, vision casting, conflict resolution

- Explanation of GFWC resources, materials, and assistance

- Outline of GFWC policies, parliamentary procedures, and protocol

- Discussion of pursuing personal growth and developing leadership opportunities.

We (GFWC of Kansas) need candidates for 2022, 2023 and 2024 who are interested in learning about leadership and GFWC. Candidates do receive a \$250 travel stipend and small lodging

allowance after completing the daylong seminar from GFWC Headquarters.

If you are interested please contact our GFWC of Kansas Leadership Chairman Lee Humphrey (316) 650-7005 ([Leehum58@yahoo.com](mailto:Leehum58@yahoo.com)) or President-Elect Janine Eilert (316) 250-0432 ([kiwieilert@sbcglobal.net](mailto:kiwieilert@sbcglobal.net)) who would be excited to answer questions and potentially help you complete the application process, due March 1<sup>st</sup> for our state candidate for 2022.

Upcoming Tentative Locations for the Annual Convention:

June 2022 New Orleans, Louisiana

June 2023 Louisville, Kentucky

June 2024 Chicago, Illinois

## **Would you like to receive the Kansas Clubwoman by email?**

This was a question asked at our State Convention in October . The reasoning was that emailing a digital (PDF) copy would save print and mailing costs. If you would prefer to have your Kansas Clubwoman emailed to you, please let me know at: [lindaloyd05@gmail.com](mailto:lindaloyd05@gmail.com). I will remove your address from the mailing list and send you a PDF copy.

You can also find the Kansas Clubwoman archived in our website: [gfwcofkansas.org](http://gfwcofkansas.org) if you would like to refer to past issues. You will also find the forms need for reporting posted on the Resources page.

Linda Loyd,  
913-856-8602  
[lindaloyd05@gmail.com](mailto:lindaloyd05@gmail.com)

### Does your club bring COMFORT AND JOY to your community during the Holidays sea-

If so, please read on.

#### SPECIAL ARTS AND CULTURE AWARD

A "President's Prize" of \$100 plus an award certificate will be given at the 2022 GFWC Annual Convention to the club that best interprets the official GFWC holiday theme. The official theme for 2021 is "Good Tidings of Comfort and Joy". The theme can be interpreted in any manner that fits a club-sponsored holiday event or project, such as homemade or decorated stockings filled for a children's shelter, a holiday party for nursing home residents, or a holiday tree at a local library or community center. To apply for the award, complete the Presidents Prize Award Form

and mail or email it to Arts and Culture Chairman Angela Cutrera by March 15, 2022, at the address specified on the form. The form asks for a short description (100 words or less) of the event/project and one or two photos. The form can be found on the GFWC of Kansas website (on the Resources page) and on the GFWC website ~ member portal ~ C ~ club manual ~ arts and culture CSP page 7. If you have a problem trying to find the form or have questions please contact :

*Janine Eilert, President-Elect*  
*GFWC of Kansas*  
[kiwieilert@sbcglobal.net](mailto:kiwieilert@sbcglobal.net) (316)  
 250-0432.

### Creative Writing Contest

Now is the time to be thinking of entering the Creative Writing Contest. Remember this is for all school age children, home schooled ones included, as well as all club women. All entries are to be sent to me by March 1, 2022. There is a monetary award for each category of poetry and short story for youth and adults. First place is \$15, second place \$10, and third place \$5. The first place in each category will be sent to international.

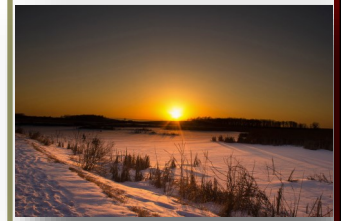
Be sure all the correct information is included in the upper right hand corner of each page. This includes name, email address, mailing address, phone number, author's GFWC of Kan-

sas club, state federation, category, and title of manuscript. You should consult the handbook on pages 33-34 for further information.

Be sure to include the waver, which can also be found on page 25 in the handbook.

I look forward to hearing from you.

Elizabeth Hemberger  
 Creative Writing Chairman  
 1220 W 20th Ave N  
 Argonia, Kansas 67004-8014  
[rgea@haviglandtelco.com](mailto:rgea@haviglandtelco.com)  
 620-435-6416



"They who sing through the summer must dance in the winter."

- Italian Proverb



"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

- Charles Dickens

## WHRC Report

Hi! My name is Jeanne Urban and I am the reporter for WHRC and am in need of a story or stories. We keep records of our meeting minutes, take pictures, keep newspaper articles for the history of our club. But, what about the history of your members? I am asking for your help. Clubs, buy a loose leaf notebook, give members a sheet of notebook paper and have them write the following information and put it in the notebook:

**Who:** Invited you to a GFWC meeting event. Was it just one member or did other members also extend an invitation.

**When:** Was the first GFWC event you attended and when did you decide to join this great organization.

**Where:** Was the first meeting or event held. Was it in a home or community center or another type of location.

**What:** Were your first thoughts about GFWC. What was one program or protect you were apart of that is really a wonderful memory.

**Why:** Did you decide to join and why have you decided to remain a member.

**How:** Do you feel you have benefited from being a member and how have you contributed to GFWC.

You could use this information for programs if having several members relate their stories or highlight one or two members at each meeting. Keep the stories brief. I feel we will get to know our members better. Then if a club wants to highlight a member or members and send me the tory of stories, I can report to WHRC what a wonderful group of ladies that belong to GFWC Kansas!

Now, to switch gears. Some wonderful WHRC reports were sent in to me. I read them all very carefully and chose the GFWC Flint Hills Club of Manhattan to receive the State Award.

## GFWC of Kansas Citizenship Essay Scholarship Contest

The topic for the 2022 essay is, "Identify the benefits and challenges of living in a democracy." Please, announce the topic to your schools now and encourage students to research and write their essay.

The contest may not be used as a school assignment, nor have been previously graded by a teacher, but the topic may be announced for an individual writing assignment. All school students and home school essays must submit essays through a GFWC of Kansas Club. The contest is open to all high school sophomores, juniors, and seniors in Kansas who have not been state scholarship winners previously. The essay title should be announced at the beginning of the student's essay.

The essay should be 500 words or less, typewritten and double spaced on 8.5 x 11 single sheets of paper. A cover sheet must accompany the entry, including the students name, address and phone number, e-mail address, name of sponsoring club, grade in high school. Name of high school and city. NO IDENTIFICATION SHOULD BE ON THE ESSAY. Students should print out a copy of their essay and retain a copy. The essay should be mailed to the State Chairperson, not e-mailed, by the sponsoring club.

Scholarships will be awarded to the college of

choice to the top four winners. The amounts will be \$500, \$400, \$300, and \$200. The local club deadline will be set by your club. The first-place essay from a local club must be sent to the State Citizenship Essay Chairperson by February 1, 2022. Each club may recognize its own method of determining the club winner. All essays submitted are to be judged. Only one essay per local club should be entered.

The announcement of winners and awarding of scholarships will be made at State Convention and via mail or e-mail to the students. Students should be aware that the judges main focus will be on content, but grammar and spelling will be considered in the overall score.

A complete listing of contest rules and Judging Criteria Sheet, are in the GFWC of Kansas State Handbook, pages 26 and 27 (club presidents should have these books or you may request a copy from me).

Send student essay to:  
GFWC of Kansas Citizenship Contest  
c/o Karen DeCou, 4500 Foothill Dr.,  
Hutchinson, Kansas 67502

Thank you for encouraging students to enter.

*Karen DeCou, GFWC of KS Citizenship  
Contest Chairperson*



## Arts and Creative Crafts

We had a beautiful display of Clubwoman crafts at our state convention. Thank you to everyone who shared their creations.

Student art and photography, as well as clubwoman art, crafts and photography, will return for our spring 2022 convention. Please let your schools and teachers know. Remember that graduating seniors can submit scholarship entries. Students also have the opportunity to win the Best of Show award as well as a new Viewer's Choice award.

Student and clubwoman art rules can be found in the state handbook and on the Resources page of our website: [gfwcofkansas.org](http://gfwcofkansas.org).

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



"Hear! hear!" screamed the jay from a neighboring tree, where I had heard a tittering for some time, 'winter has a concentrated and nutty kernel, if you know where to look for it."

*- Henry David  
Thoreau*



"I prefer winter and fall, when you feel the bone structure of the landscape – the loneliness of it; the dead feeling of winter. Something waits beneath it, the whole story doesn't show."

- Andrew Wyeth

## Conservation Quiz

1. Monarch Butterflies are not found on the continent of \_\_\_\_\_.  
A. Australia B. Europe C. Africa D. South America
2. What is the only plant that Monarch Butterflies feed upon?  
A. Butterfly bushes B. Lantana C. Milkweed D. Goldenrod
3. What is the average flight speed of a migrating monarch? A. 1 mile per hour B. 2 mph C. 5 mph D. 7 mph
4. How many miles (average) will most monarchs travel when migrating from the U.S. to Mexico?  
A. less than 1,000 miles B. 1,000 to 1,500 C. 2,000 to 3,000 D. 4,000 or more miles
5. What is the minimum temperature that enables a monarch to be able to fly?  
A. 35 degrees B. 50 degrees C. 60 degrees D. 70 degrees
6. What are the 3 R's of Conservation?
7. Lids and caps should be removed before recycling. True/False
8. Recycling ....  
A. saves energy B. creates jobs C. conserves natural resources D. All of the above
9. The average shower uses \_\_\_\_\_ gallons of water per minute? A. 5 gallons B. 10 C. 20
10. How can you conserve energy in your home?  
A. add insulation B. turn off lights as you leave a room C. Adjust thermostats D. caulk or weatherstrip doors and windows E. All of the above
11. Why is plastic dangerous for marine life?  
A. They mistake it for food and can't digest it.  
B. They get tangled in it and that hinders ability to swim  
C. Bacteria on plastic can give coral diseases  
D. All of the above
12. What percentage of plastic does the USA recycle?  
A. 9 % B. 35% C. 50% D. 70%
13. On average how long is a plastic bag used by someone before it is thrown away?  
A. 12 minutes B. 1 hour C. 1 day D. 1 week
14. How many plastic straws do Americans alone use per day?  
A. 25,000 B. 100,000 C. 200,000,000 D. 500,000,000
15. What day is Earth Day?  
A. Aug. 13<sup>th</sup> B. April 22<sup>nd</sup> C. Oct. 15<sup>th</sup>
16. When was Earth Day established?  
A. 1960 B. 1965 C. 1970 D. 1972
17. True or False: In the United States, there are comprehensive, National standards regarding environmental education.
18. Which country has not run completely on renewable energy for a period of time?  
A. Belgium B. Denmark C. Costa Rica D. USA
19. What percent of American's are farmers?  
A. Half B. 25% C. less than 2 %
20. One half of the US is cropland. True or False
21. How much of the lower 48 states is held in private rural ownership? A. 10% B. 25% C. 50% D. 70%
22. How much of America's soil is at risk of erosion? A. 20% B. 35% C. 50% D. 75%
23. How many different soil types are there?  
A. One. Dirt is dirt B. 50 C. 1,000 D. 10,000 E. 70,000
24. Natural gas is transported mainly by:  
A. Pipeline B. Trucks C. Trains D. All of the above equally
25. Which among the following is the most energy efficient?  
A. Incandescent bulb B. Fluorescent tube lights  
C. compact fluorescent lamp D. All are equally efficient
26. How many native bee species are found in Kansas? A. 250 B. 400 C. 650
27. When did the Honey bee become the State Insect of Kansas? A. 1954 B. 1965 C. 1976 D. 1980
28. True or False: The bee population is shrinking worldwide.
29. What are the members of a honey bee colony?
30. Recyclables should be "loose" and not bagged. T or F
31. ANSWERS TO THE QUIZ CAN BE FOUND ON PAGE: 19.

## GFWC Resolutions Committee Update

I have received from headquarters this update on Resolutions for this administration of 2020-2022.

They have been working on reviewing, updating and broadening the complete list of our Resolutions. This a very daunting task. They presented new, consolidated, amended review with no change and proposed to be rescinded recommendations to the delegates at 2021 Convention in Atlanta for Arts and Culture, Environment, Education and Libraries, Health and Wellness Community Service Programs. Report went well and good discussion, with minimal changes to what was presented. Recommendations were also made to Health and Wellness with CSP being reassigned to Civic Engagement and Outreach CSP, as they were contained in Home Life and were more fitted to Civic Engagement and Outreach.

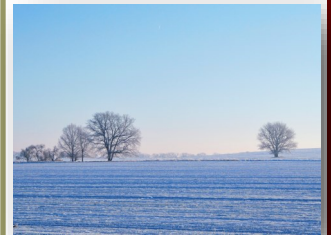
The 2020 Resolution booklet has been updated to reflect the changes. It is now available in Digital Library and access through Member Portal under Resources "R" or ([www.GFWC.org](http://www.GFWC.org)) for your information and use. The Committee has also recently completed the review of the second half of its task in re-

viewing and updating remaining resolutions and will be presenting drafts of changes to GFWC Executive Committee at it's in person meeting at Headquarters in early December to resolutions in the Civic Engagement and Outreach CSP and two Special Programs, Juniors' Special Program: advocates for Children and Signature Program: Domestic and Sexual Violence Awareness and Prevention resolutions. After all GFWC Resolutions have been reviewed and approved at the 2022 Convention, the GFWC Resolutions will be reorganized, renumbered and updated in 2022 Resolutions booklet.

We thank the members of this committee for all the work, time and effort put forth, to keep all of the GFWC members, as well as the State Resolutions Chairmen informed of updates. Without their help and guidance, sometimes my diligence to serve you would not happen.

Sending you best wishes for a Holiday season of love and success in the year ahead. Stay safe and healthy!

*Delva Powers,  
State Resolutions*



"People don't notice whether it's winter or summer when they're happy."

- Anton Chekhov

## Next Issue

News items for the **March, 2022** issue of the Kansas Clubwoman are due **February 20, 2022**. 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](mailto:lindaloyd05@gmail.com)

*Linda Loyd, Editor*  
913-856-8602



"The color of springtime is flowers; the color of winter is in our imagination."

- Terri Guillemets

## GFWC of Kansas Library Report

It's been held in many different ways in many different places, but the driving force of the Kansas Book Festival has remained constant. It strives to support authors and their work, particularly local authors with a story to tell, to support libraries and to encourage reading for all ages.

The most recent festival was held in September in Topeka under the sponsorship of Washburn University. It included presentations by fifty different authors, a book-art exhibit, food vendors and exhibits from publishers across the state.

The festival launched with a presentation by Rebekah Taussig, winner of the esteemed Hefner Heitz Kansas Book Award for her memoir *Sitting Pretty: The View from my Ordinary Resilient Disabled Body*. This year's keynote was Aimee Nezhukumatathil and her *World of Wonders: In Praise of Fireflies, Whale Sharks, and other Astonishments*. Also honored were the fifteen titles selected as this year's Kansas Notable Books sponsored by the State Library of Kansas. Some of the author presentations were live streamed while others were recorded so they could be enjoyed by many besides those who were in attendance.

The current incarnation of the Kansas Book Festival began in 2011 with the support of then-First Lady, Mary Brownback. It has grown steadily in size and attendance ever since and featured the likes of Navajo code talker Chester Nez, Joel Rosenberg, Alexandra Robbins, Frank White and Sara Paretsky. The Kansas Book Festival Library Grants were launched in 2012 and a youth writing contest has also been added.

The library grants help communities add books and technology to their literacy arsenals. Approximately \$10,000 is awarded annually and this year saw eleven public and school libraries reap the benefit, from the Midland Trail Elementary Library near downtown Kansas City to the Greeley County Library in the far western reaches of the state.

This year the festival received a boost from a \$9,755 grant from Humanities Kansas, an independent nonprofit organization that seeks to inspire Kansans to draw on our diverse histories, literatures, and cultures to enrich our lives and serve our communities. It's another great partnership that strengthens the web of entities that help to make Kansans aware of our rich heritage and the possibilities for our future.

The resiliency of the Kansas Book Festival itself is a good representation of the Kansas fighting spirit. Keep an eye on next year's calendar and see for yourself why we have so many reasons to celebrate our literary lions.

Susan Moyer

## Health and Wellness

### How Cold Weather Affects Your Health—8 Facts About Winter Health

Winter can be tough on our body. However, cold weather might give you some health benefits, believe it or not. Here's how:

#### #1. The cold makes you smarter

Your brain works and performs better in winter, research shows. Colder temperatures help boost the brain to tackle more cognitive problems. During summers the hot environment uses more glucose than required to solve and work mental processes. Also, your body uses more energy (glucose) to cool itself down when it is hot than it does to warm it up when you're cold. This leaves less glucose for the brain.

#### #2. Winter can lower inflammation & fight allergies

Winter helps lower inflammation and decrease swelling and pain. The cold air might give you the chills, but it could help your inflamed and puffy joints since it acts as a natural ice pack to reduce inflammation. Also, allergies are less likely during the winter as pollen is less likely to be present in the cold, snowy air. However, indoor pollutants like mold and dust mites can actually be worse during the most wonderful time of the year.

#### #3. You do not lose heat only from your head

The truth is, you will lose heat from any uncovered part of the body. Research says, "people actually lose no more than 10% of their body heat through their heads." So, bundle up with hats, gloves, and scarves to keep warm!

#### #4. You burn more calories than you gain

It turns out, the cold weather can help you lose calories faster. Our bodies use a considerable amount of energy and work harder to maintain our core temperature and keep us warm. The body's metabolism rate goes up in winter, so you end up burning calories without even trying to.

#### #5. You are MORE likely to fall sick during winter

Yes, there are chances that the drop in temperature can lead to a drop in your health. Experts are of the view that the winter season is

when we have more respiratory infections as we tend to spend more time in enclosed spaces and sitting close to people. Another reason you can get sick more in winter has to do with low humidity. According to health experts, "as winter contains low humidity levels, the amount of moisture that surrounds the virus evaporates, so the virus remains in the air for a sufficiently prolonged time to affect you." On the bright side, the saying that you can catch a cold by getting caught in the rain is not really the truth and it is safe to rule it out as a myth.

#### #6. Winter dehydration is a thing

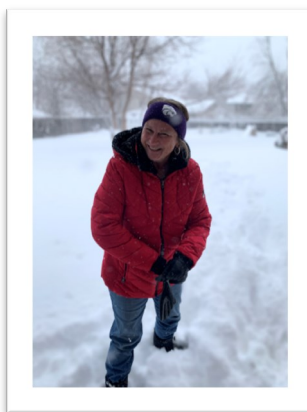
It turns out, you can suffer dehydration in winter just as much as you can during summers. The dry air of winter has the potential to dehydrate you as well. It is the dry indoor air that makes you reach for that glass of water.

#### #7. Exercise can be a good idea

According to research published in *Medicine & Science in Sports and Exercise*, working out or exercising in the cold weather helps with burning more calories in less time, and also increases your endorphins levels.

#### #8. You sleep better

Temperature plays an important role in the body's functioning. During sleep your body's core temperature naturally takes a slight drip. Ideal temperature is said to be between 60-67 degrees, with cooler temperatures in this range being linked to deeper sleep, according to studies.



*Kathy Baker  
Health and Wellness Chair*

Info from *Wellness*  
365



"Blow, blow, thou winter wind, thou art not so unkind as man's ingratitude."

*- William Shakespeare*



“ Nothing burns like the cold.”

- George R.R. Martin

## GFWC Signature Programs

The Child Advocacy Center of Sedgwick County Honors Local Heroes at the Heroes Gala 10th Anniversary Event. The 10th Annual Heroes Gala, Virtual Event, Celebrating Heroes & Restoring Hope was held October 29th in Wichita. In honor of this annual event, the Office of the Governor, the Sedgwick County Commission, and the City of Wichita all issued proclamations designating October 29, 2021 as Child Advocacy Heroes Day to encourage all citizens to work together in the protection of our children to ensure that they may grow and thrive in safe, secure and healthy environments.

Local heroes honored this year for their work and their impact to make a positive difference in the life of a child and family were Sarah Bahns, Sol Erdozain, and Toni Baker from the Child Advocacy Center, Ashton Gillett and Detective Troy Bussard from the Exploited and Missing Child Unit, and Shannon Wilson from the District Attorney's office.

Annually in Sedgwick County over 2,000 cases of child sexual and physical abuse, missing and abducted children and internet exploitation and crimes against children are investigated.

The Child Advocacy Center of Sedgwick County, a non-profit organization, has been a leader in service to the community since 2008, with a mission to promote the safety, health, and emotional well-being of abused children and the caregivers by bringing together public, private and community partners.

With a commitment and vision to lead the community in eliminating the suffering of abused children, the Child Advocacy Center of Sedgwick County provides an environment for children to feel protected, nurtured, and fortified in their ability to heal from trauma with support of well-trained professionals in the areas of Child Family Advocacy, Law Enforcement Investigation and Prosecution, Child Protective Services, and Medical and Mental Health Care.

To volunteer, donate or learn more about the important work of the Child Advocacy Center, contact Diana Schunn, Executive Director or Jessica Eck Development Man-

ager, (316) 660-9494. The Center is located at 1211 S. Emporia Ave. Wichita, KS 67211.

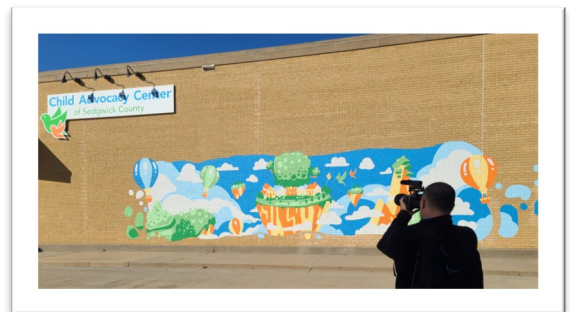
For additional information go to: [www.cacsckansas.org](http://www.cacsckansas.org) or follow on Facebook or Twitter, [www.facebook.com/CACofSedgwickCounty/](https://www.facebook.com/CACofSedgwickCounty/), [twitter.com/CACSC](https://twitter.com/CACSC)

Thank you to all GFWC clubwomen for volunteer efforts in your community to support the work of your local agencies, understanding that the safety and security of children is paramount to the health and well-being of families and the community.

*Gail Jamison,  
GFWC Signature Program, Domestic and Sexual Violence Awareness and Prevention Chairperson*



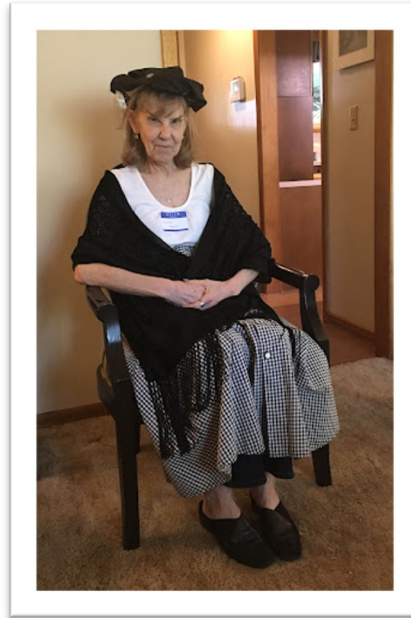
Jessica Eck, Development Manager, Child Advocacy Center of Sedgwick County holding Proclamation



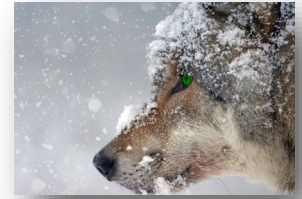
Child Advocacy Center Building in Wichita, KS

## GFWC Flint Hills Club of Manhattan

The GFWC Flint Hills Club of Manhattan kicked off the new Club year on September 7 at the home of Carol Hanson with some very distinguished guests in attendance. The program for that meeting was on the First Ladies of the United States. Each member was to come prepared to tell some interesting facts about a First Lady of her choice. The First Ladies represented as guests in spirit were Nancy Reagan, Bess Truman, Frances Cleveland, Caroline Harrison, Lucy Hayes, and Martha Washington. The club members enjoyed this program so much that it was decided to continue researching the First Ladies, and present the findings throughout the rest of the year. Member Ruth Linville will prepare the remainder the First Ladies' names to be drawn out of a bowl at each meeting. She will then prepare a quiz at the end to the year to test how much information the club members have retained! Fun Fact: Did you know Lucy Hayes started the White House Easter Egg Roll??



First Lady Lucy Hayes as portrayed by Fran Zerby.



"There is no winter without snow, no spring without sunshine, and no happiness without companions."

- Korean Proverb

## Maple Hill Research Club

What a perfect way to begin the 2021-2022 GFWC year," The Way We Save the Planet". Fellowship of members we've not seen during Covid-19, us enjoying visiting and food surrounded all at the Maple Hill Pocket Park. Those enjoying were members Maxine Bronaugh, Louise Deiter, Linda Raine, Elaine DeMuth, Pat Swiercinsky, Roezetta Keim and guest Mindee Reece. All provided a covered breakfast dish.

Our guest. Mindee, director of the Northeast Kansas Ronald McDonald House, shared the pressure of the house during Covid-19 and how family members were often sent to motels for housing and meal tickets were given. She also shared how the volunteers were missed during this time.



Submitted by Roezetta Keim, Secretary



"The hard soil and four months of snow make the inhabitants of the northern temperate zone wiser and abler than his fellow who enjoys the fixed smile of the tropics."

– Ralph Waldo Emerson

## GFWC Wamego Study Club News

*GFWC WAMEGO STUDY CLUB (WSC) started our 2021-22 Club year with very special guests ~ GFWC of Kansas State Officers!* All the State Officers joined us for a breakfast meeting on September 20, 2021, at the Wamego Senior Center. It was such a privilege for our members to visit with all the State Officers and get to know them!

Attending were GFWC Kansas President Jan Moore, President-Elect Janine Eilert, Vice-President Margaret Thomas, Treasurer Carol Hanson, Parliamentarian Advisor Prudence Fager, and Secretary (WSC president) Linda Krebs. Thank you State Officers for taking the time to travel to Wamego and to spend time with our Club. Getting to know our State



Officers makes GFWC more meaningful and personal!

The Social Committee prepared and served a delicious breakfast. Our Yearbook Committee passed out WSC's new Yearbook for this club year. A lot of challenging work went into its completion over the summer months. We are looking forward to our upcoming programs in the months ahead!

To close a special day for GFWC Study Club, small handmade candles and matching fabric coasters were given to each State Officer as a token



thank you.

An Advocates for Children, Health and Wellness themed meeting was enjoyed by Study Club members and guests from GFWC Maple Hill Research Club, Manhattan Flint Hills Woman's Club, GFWC Portia, and GFWC Ad Astra. This meeting was held on October 18, 2021, at the St. Bernard Catholic Church Parish Hall, Wamego.

B.A.C.A., Bikers Against Child Abuse, Inc. Native Stone Chapter presented a video and information about their organization. A lively question and answer period gave us more insight into their organization and important work in Kansas, across the United States, and other countries.

Study Club members donated jean jackets and jean vests for ages 3-18 years to BACA. The Chapter gives a jacket or vest to each child they work with to show that the child has the 24/7 support of BACA, and that BACA is their family. All in attendance were touched in such a positive way by this organization and their work.

WSC would like to thank our member, **Mary Jean Peterson** for organizing and coordinating the visit by President Snuffy and Ladybug, Child Liaison (nicknames are used for safety) from BIKERS AGAINST CHILD ABUSE, INC. Their visit was more than 18 months in the making due to the Covid pandemic!

Monday, November 15, 2021, *GFWC WAMEGO STUDY CLUB (WSC)* met at Kaw Valley Bank, Wamego, Kansas, for our Annual Veterans' Workshop. Thirteen members were present to decorate bright red, green, and white felt Christmas stockings and stuff with wrapped candies. The room smelled of chocolate and spearmint!



Chairwomen **Joyce Blanka** and **Mary Jean Peterson** with assistance from Jackie Hays, Carolyn Mathews, and Linda Krebs, had 217 stockings sewed and ready for decorating and stuffing! All members helped add pretty stickers, ribbon, snowflakes to adorn the special stockings, and sweet treasures were tucked inside each one.



## GFWC Wamego Study Club News—continued

A grand total of \$766.95 of all donated items and the candy-stuffed Christmas stocking favors were given to the Colmery-O'Neil Veterans' Hospital

Mathews. Tables were decorated with a pretty autumn theme and Carolyn set up a Thanksgiving book display. Nice job ladies!



Linda Krebs, President  
GFWC Wamego Study Club

in Topeka.

November is also the month that WSC brings donations for the Wamego Christmas Bureau. This year our Club had total donations of \$211.

A delicious lunch was served by hostesses - Carol Coon, Patty DeWeese, Pat Frey, and Carolyn

## GFWC Waterville Shakespeare Club

The Waterville Shakespeare Club and the Arthur Barrett Chapter of Daughters of the American Revolution banded together and dedicated the Barnes Small Free Library on August 19th. President of the Shakespeare Club, Sharon Teagarden-King explained the history of the box which began as a project of one of her former Girl Scouts who lived in Barnes. But the project didn't get completed, so she took it to the Arthur Barrett D.A.R. and Shakespeare Club for completion. Barnes doesn't have a library and she wanted the project to be completed for the good of the community.

The spot was donated by DAR member Norma Meginity and the box was built and installed by Sharon's husband, Don King.

The Barnes Small Free Library was then dedicated on August 19th with mem-

bers of the community, DAR and Shakespeare Club attending. The purpose of the Library box was to bring joy, adventure, encourage a love of reading and to spark innovative ideas in the minds of the children and adults that came to its door. The Shakespeare Club sees that books are stocked as needed.

Sharon Teagarden-King  
President



"We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives."

– Gary Zukhav



"Winter forms our character and brings out our best."

- Tom Allen

## GFWC Ad Astra

September found our Club at the country home of club member, Amy Benz. She led us on a tour of her extensive flower gardens. Also included in the tour was a

lamb.

Ad Astra's guest night was held October 11 with members from neighboring clubs invited to attend. Jeanne Dowell traveled from Olsburg, Ks. to share her family's history with the Orphan Train. Her husband's descendants were orphans placed on the train. Orphan Train books were shared as well as an informative program on the homes which always included hearing the Club Collect recited !! The Mae Wenger Membership Award was presented by Janine Eilert, Kansas Vice President Elect. This is a traveling plaque with our club's name inscribed on it. We increased our membership by 4 in 2020, which was more than any other club in Kansas.

The Kansas GFWC Convention was held in mid October. Club member, Donna Goehring, entered several quilt pieces in the craft division. She received Best of Show for one of her quilt



Janine Eilert presenting Mae Wenger Membership Plaque

Jeanne Dowell, left, Joan Myer, right

glimpse of the Benz Rambouillet family operation that stems back five generations. They sell registered seed stock which is sold across the country. Amy led club members through the sheep barn which included new born

pieces as well as blue ribbons for a few other pieces. Janine Eilert recognized Ad Astra Club for receiving the Mae Wenger Membership plaque for the 2020 Club year.

## GFWC Ad Astra —continued

November featured our Veteran's Day program. Guest speaker, Maddie Anderson, presented a dynamic program on the Kansas Honor Flight that recently returned from Washington, DC. Maddie is a freshman at KSU, majoring in math education. She accompanied her grandfather on the trip, who was in the Navy for 4 years and was assigned to the Marines. He spent 2 years in the Marines, 10 months of which were in Vietnam as a medic. Maddie shared a powerful presentation, demonstrating her passion and love for the Kansas Honor Flight. Patriotic treats and hand painted stones were offered to Club members. Members also brought items to be delivered to the Veteran's Hospital in Topeka.

December meeting will include a soup supper as well as wrapping Christmas gifts for our adopted family through the Wamego Christmas Bureau. This is an annual project for our Club.

*Joanie Doperalski, President*



"Winter is a season of recovery and preparation."

– Paul Theroux

## Conservation—Answers to the Quiz

- 1.C 2.C 3.C 4.C 5.B  
 6. Reduce, Reuse, Recycle 7. B 8. D 9.A  
 10. E 11. D 12. A 13. A 14. D 15. B 16.  
 C 17. B 18. D 19. C 20. True 21. D  
 22. B 23. E 24. A 25. C 26. B 27. C  
 28. True 29. Drones, workers, queen  
 30. True

#13 on quiz. This is enough straws to fill up 126 school buses A DAY! Say no to straws or use your own reusable one.

#14 on quiz. Globally, 1 million plastic bags are used per minute and only 1% of that amount is being recycle. Most plastic bags make their way to the oceans where they never fully decompose!!

There are 8 million tons of plastic dumped into our oceans every year and that equals 1 FULL garbage truck of plastic products being dumped every minute!!

Ladies of Kansas, let's do ALL that we can to Save our resources and our Planet!

*Juanita Rothaus*

*Conservation/Environmental Chair*



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