



GFWC Kentucky Clubwoman Publication

July 2024

President's Message

"Rise above the storm and you will find the sunshine" — Mario Fernández

"With the new day comes new strength and new thoughts" — Eleanor Roosevelt

"Don't give up when you fall but stand up and keep trying. You will succeed, but with falling you are learning"

"If I cannot do great things, I can do small things in a great way" — Martin Luther King, Jr.

Hello Ladies!

Just let those four quotes sink in for a moment..... Read them one more time! What did or can you learn from those four statements? How can you apply them to yourself, your club, district, state, and region?

It is almost time for the Summer Summit (Workshop)!! I hope you are excited?! We have been working hard on this weekend for YOU! Get ready to come and learn, learn by doing, not just sitting and listening.

I hope you are ready to take this adventure with the Executive Committee these next two years. We will be RISING UP and facing many challenges, but we will also be celebrating many accomplishments along the way as we reach the Summit! I am looking forward to traveling this fall to your District Fall Conferences!

See You Soon,

Amy Mason
GFWC KY President

GENERAL FEDERATION OF
WOMEN'S CLUBS
KENTUCKY



GFWC
est. 1890
**GENERAL FEDERATION
OF WOMEN'S CLUBS**



Summer Summit 2024

Join in on the hike as we **RISE UP!**

August 2nd-3rd, 2024

**Clairon Hotel Conference Center – North
1950 Newtown Pike
Lexington, KY 40511**



Bettie Carter Morgan Woman's Club of Erlanger, KY is hosting a **Bunco Bash** on **July 27** starting at 1:00. Doors open at 12:30. Tickets are **\$15** in advance and **\$18** at the door. Contact Sherry Decker at 853-653-4654 for more information.

It is Finally Happening!

The Safe Haven Baby Box is being installed at the Fire Station on Hambley Blvd. in Pikeville. Baby boxes serve as a vital resource for mothers in crisis, offering a secure and anonymous option for surrendering a baby safely and legally.

This initiative was spearheaded by Pat Saros, former President of the GFWC-KY Pikeville Woman's Club, who dedicated her presidency to bringing this initiative to eastern Kentucky, particularly Pikeville. Pat Saros, along with Kay Hammond, club woman and the Director of Appalachian Pregnancy Care Center, and various local partners, including the Pikeville Community Foundation, Pikeville Rotary, Community Trust Bank, and the City of Pikeville saw the benefit of having this resource available within our region.



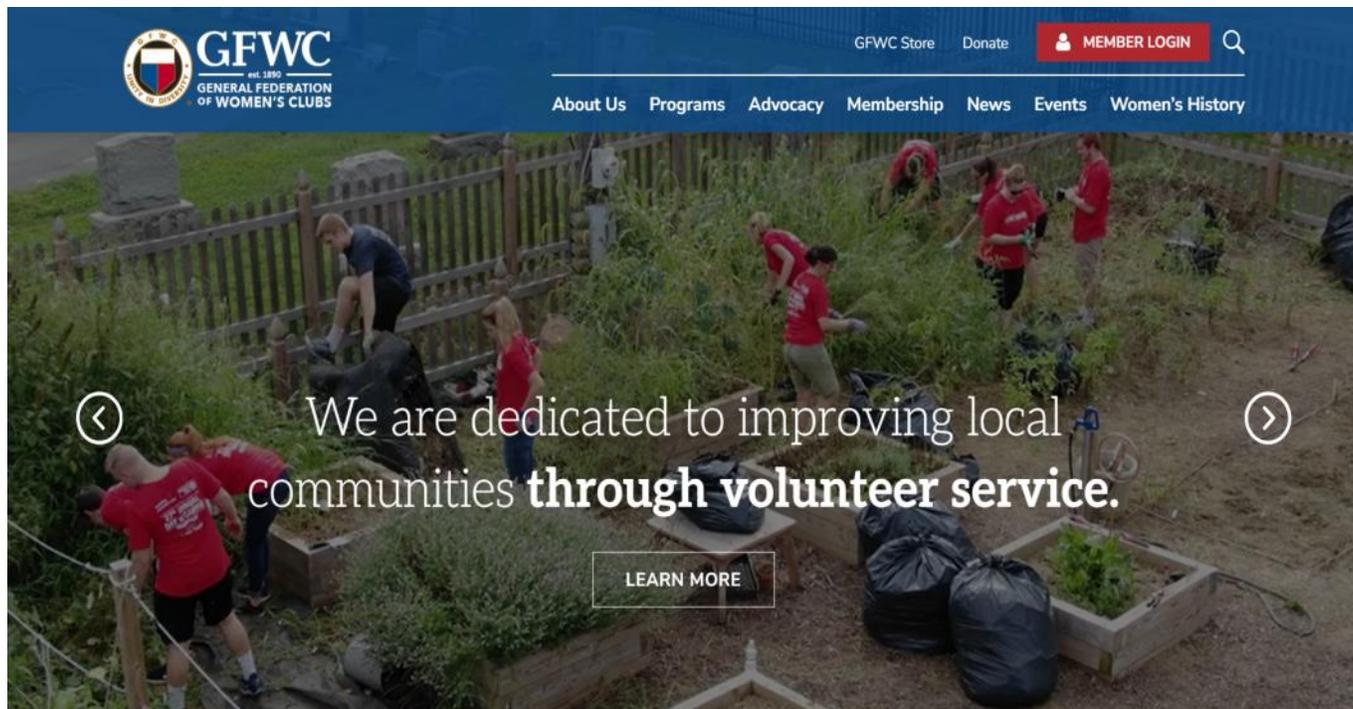
Pat Saros
3rd VP
Pikeville Woman's Club



GFWC.org

Well, ladies, GFWC International Convention 2024 is in the books! New administrations are beginning at every level! It was announced in Chicago that there is a new GFWC website launching July 2, 2024! It is still the same web address, **GFWC.org**, and it is awesome! You will want to check it out! Also, any GFWC member who has not yet signed up for the new member portal, you can do this from the website. This is your access to ALL GFWC information about the Community Service Programs and sample projects for each one!! There is also useful information about the affiliate organizations, fundraising, membership ideas, leadership materials, and ways to get involved with legislation and advocacy. Please check out the new site!

Bridget Murphy



GFWC National Day of Service



Register your club NOW to participate in GFWC's National Day of Service on Saturday, September 28, 2024. This year marks the second annual event for GFWC, addressing food insecurity in our communities! You can register as a club or district at GFWC's new website at gfwc.org. On the website you will see some sample project ideas to aid in your planning. Once registered, you will receive a tool kit of information that will provide everything you need to host a NDS event. As individuals we can do so little, but together we can do so much! Join by registering your club or district today!

Morgan County Woman's Club



Morgan County Woman's Club has been very busy collecting t-shirts and leggings for Natalie's Sisters, an outreach ministry for victims of human trafficking. We also provided several cases of water for them. If you would like to know how you or your group can help with this great outreach ministry, go to their Facebook page, Natalie's Sisters. They post what their needs are, and each donation is much appreciated. Their drop-off center is located in Lexington, Kentucky.

In other club news, each month we celebrate a Rise Up Star club woman who has done an exceptional job for the community that we serve and beyond! Our Rise Up Star for this month is Bridget Murphy, an awesome club woman who exemplifies what a club woman is all about! Congratulations, Bridget!

5 Tips For Battling Anxiety

Journal Your Anxious Thoughts

There is a lot of power in taking your anxious thoughts, pulling them out of your head and putting them on paper. Sometimes, being able to see those thoughts written down loosens their hold on your mind, bringing you comfort. It also allows you to see if there are any central themes to those thoughts, which you can then discuss with your mental health provider.

Take Time For Self-Care

Self-care looks different for everyone, depending on your hobbies, energy levels and available time. For some, taking a shower is an act of self-care. For others, taking an hour of time in the morning to read and meditate is their preferred method. The point is to find something that brings you joy or makes you feel more centered, and dedicate time to doing it more frequently.

Combat Your Anxious Thoughts With Logic

Oftentimes our anxious thoughts are easy to debunk. These thoughts are

frequently extremes, but reality very rarely operates in extremes. For example: is it more likely that your friends no longer like you or that they haven't called you back because they are busy with work or family? Is it more likely that you are a terrible mother or that you have strengths and weaknesses in parenting, just like the other parents you know? Be gentle with yourself, but remind yourself that these thoughts are just that, thoughts. They are not facts.

The 3-3-3 Rule

When you find your brain running too quickly, firing off anxious thoughts quicker than you can process them, this is a trick to help recenter yourself. First, look around you and name three things you see. Then name three sounds you hear. Last, you'll move and name three parts of your body. This will give you a moment to refocus your thinking and slow down your thoughts.

Seek Help From A Professional

I know this is something we've all heard a thousand times, but the truth is there is only so much we can do on our own. Thankfully, there are so many counselors and therapists who are trained to help find the roots of our anxiety and teach us ways to cope with that anxiety. They also hold the ability to refer us for further treatment, prescribe medications and give us a second perspective on what is happening in our mind. They are invaluable to learning to live and cope with anxiety.

Mikayla Coffenberry, Chairman of the President's Special Project



GFWC Kentucky Director of Junior Clubs

Hello Fellow Club Women,



I hope this letter finds you well. I am writing to express my heartfelt gratitude for electing me as Junior Director of GFWC Kentucky. It is both an honor and a privilege to serve in this capacity, and I am eager to contribute to our state's continued success and growth.

I want to thank each and every one of you for placing your trust in me. Your support and confidence mean a great deal to me, and I am committed to fulfilling the responsibilities of this role with dedication and enthusiasm. Together, I believe we can achieve great things for our state and make a positive impact in our communities.

I am writing to share with you two special projects that are close to my heart and that I believe align closely with the mission and values of Childhood Advocacy.

The first project involves Childhood ADHD awareness and support initiatives. As you may know, Attention Deficit Hyperactivity Disorder (ADHD) affects millions of children worldwide, impacting their ability to focus, learn, and thrive in various environments. Through our work, we can be actively involved in raising awareness about ADHD, advocating for better resources in schools, and providing support to families navigating this diagnosis. My goal is to foster a more inclusive and understanding community for children with ADHD, ensuring they receive the support and accommodations they need to succeed.



The second project centers around my involvement with Mothers Against Drunk Driving (MADD). Drunk driving remains a significant issue that affects countless families each year, causing devastating consequences for victims and their loved ones. As a member of MADD, I have been dedicated to promoting awareness about the dangers of impaired driving, advocating for stricter laws and penalties, and supporting victims of drunk driving incidents. My efforts with MADD aim to reduce the incidence of drunk driving and create safer communities for all.

Thank you for your support and for the important work you do at GFWC Kentucky. I look forward to the Summer Summit where I will outline and provide you projects for these programs so dear to me.

Chrissi Cuel

GFWC Kentucky Director of Junior Clubs

Contact:

109 Pleasant Ridge Lane
Woodbine, KY 40771

606-515-3009

chrissihinklecuel@gmail.com

GFWC Kentucky Leads

I am writing to extend my heartfelt thanks for the opportunity to attend the recent LEADS seminar. It was truly an enriching and transformative experience for me, and I am grateful to have been selected to participate.

The seminar provided invaluable insights into effective leadership practices, which I am eager to apply both within our club and in my personal endeavors.

The sessions were thought-provoking and inspirational, and I am already implementing some of the strategies and techniques learned during the seminar.

Moreover, the opportunity to network with fellow club women and GFWC leaders was invaluable. I have gained new perspectives and made meaningful connections that I believe will contribute positively to our state's future projects and initiatives.

I am eager to enhance my leadership skills, valuable insights, and contribute meaningfully to our state and club women. Your confidence in my abilities motivates me even more to excel and make the most of this experience.

Once again, thank you for this incredible opportunity. I am genuinely grateful for your trust and support.

Warm regards,

Chrissi Cuel

Pictures next page....



**KY LEADS, Chrissi Cuel and
GFWC 2nd Vice President,
Joline Frankfurth**



GFWC Leads 2024 Class

KENTUCKY SPARKLES & SHINES

GFWC Kentucky sparkled, shines and succeeded at the 2024 GFWC International Convention in Chicago. Fourteen members from Kentucky attended the convention June 28 – July 1, 2024. Members celebrated “A Night at the Diamond Club” with members of GFWC Illinois.

Kentucky was recognized as one of the states with a membership increase and was presented with a certificate in Membership for chartering a new GFWC club. Congratulations to all our members on this award. We need to keep our numbers up. The Morgan County Juniores were recognized for their projects completed during the year.

The letter “E” was good for GFWC Kentucky. The state was awarded certificates in Education and Libraries and Environment in our membership categories. These awards are based on what the Chairmen of these two areas did. We were excited to accept the Environment Club Creativity Award for GFWC Woman’s Club of Madisonville. Their project was selected as number one in the nation and comes with a monetary award. Way to go Ladies!

Individuals were also recognized from Kentucky. Irene Stamper from the GFWC Morgan County Woman’s Club was awarded a certificate for her contributions to the GFWC Affiliate Shot of Life. Anne Pedersen of the Barbourville Junior’s Women’s Study Club tied for 3rd place in the photography contest in the “Our World Up-Close” category. Visit Anne’s Facebook page to see lots of pictures from the convention!

Director of Junior Clubs Sherri Hammons and Kentucky President Susette Redwine finished out their two-year administration by participating in the posting of state flags during the Opening Ceremonies. Sherri was presented a certificate achieving the Gold Level of the Millie Crom Award for Excellence in Junior State Leadership. During the final session of the convention, Susette was presented the 2024 Charlotte Emerson Brown Award for Exemplary Service & Excellence in State Leadership.

GFWC is proud to welcome a new Affiliate Member during the convention. During the Sunday night “Purple Gala: A Night of Hopes, Dreams, and Inspiration” the agreement with the Alzheimer’s Association was signed. Members celebrated in all shades of purple that evening.

The convention closed with the Installation and celebration of the 2024-2026 Administration. During the upcoming Summit, you will hear more about the 2024-2026 administration.

Susette Redwine

SPARKLE & SHINE

Chicago





*The
Windy
City*



Chicago!





GFWC Kentucky

Kentucky Clubwoman
Please submit stories and photos
for the newsletter for your club,
district, and/or state

Email items to:
cheryl410@twc.com
or
mail to
Cheryl Harrington
17423 Curry Branch Road
Louisville KY 40245

Submit money for Ads to
GFWC KY Treasurer
at the PO Box address

Our Past to Present

Kentucky Federation of Women's Club (KFWC) was founded in July 1894 and was the fourth state to federate with General Federation of Women's Club (GFWC). In Spring of 2012 KFWC voted to change their name to GFWC Kentucky.

Our state headquarters is located at
104 Lakeview Court in Frankfort KY.

Mailing address:
PO Box 1587
Frankfort KY 40602

(502) 352-2731

We are on the web
GFWCKY.org

