

RISE UP

Amy Mason - GFWC KY State President '24 - '26



REGISTERED

Is your club registered for the International Day of Service on September 27th, 2025. If not go to gfwc.org and get registered!

Besides having a club project, our state also has a project. I am challenging each club to buy a Conquer the Mountain. The cost is \$50 and the money goes to Zero V (zero violence) our statewide coalition dedicated to creating safe lives and thriving futures for survivors of intimate partner violence and their children.

How can you buy a Conquer the Mountain? You can purchase on at Summer Summit 2.0 or mail a check to GFWC KY
PO BOX 1587
Frankfort, KY 40602 any time Now - 09/27/25.

Hello GFWC KY Clubwomen! I am looking forward to seeing some of you at Summer Summit 2.0 on 07/18 & 07/19. If you are not able to attend you are missing out. Our theme is Finding the Leadership in all we do! A few things to remember: You won't always be seen. You won't always be thanked. And that is okay!

Leadership is not about applause, it's about making an impact. Keep doing the right thing, going above and beyond even when no one is watching. "A good leader takes a little more than her share of the blame, a little less than her share of the credit." -Arnol Glasow. Let that sink in for a minute. Remember the "WHY" behind what you do. Being a good leader is not always easy or fun but seeing the impact you make is worth it all. "Leaders begin with a different question than others. Replacing who can I blame with how am I responsible." -Orrin Woodward

amymason0@gmail.com
270-366-3927



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

**GFWC Kentucky
Clubwoman Publication**

GENERAL FEDERATION OF
WOMEN'S CLUBS
KENTUCKY



July 2025

GFWC KENTUCKY DIRECTOR OF JUNIOR CLUBS



CHRISSI CUEL
GFWC KENTUCKY DIRECTOR OF JUNIOR CLUBS

HELLO FELLOW CLUB WOMEN,

Dear GFWC Kentucky Junior Members,

One of the best things about being part of GFWC is all the opportunities we get to grow—not just in our club work, but in leadership and personal development that carries into every part of life.

I'm excited to let you know about the new **GFWC Junior Club Leadership Certification program**! It's a great way for our clubs to dive deeper into leadership skills, learn more about GFWC, and help our members grow together. Plus, it's a great tool to help with recruitment and member engagement.

Each of the eight topics in this certification is being offered as a live webinar with a chance for Q&A and discussion. If you missed the live versions, don't worry—they've been recorded and are available to watch anytime in the GFWC Member Portal. There are also helpful resources and discussion questions to use with your club.

Here are the topics covered:

- GFWC Resources & Overview
- Legislation & Advocacy
- Personal Development (Parts 1 & 2)
- Leadership Development (Parts 1 & 2)
- Team Development
- Effective Meetings

To earn the Leadership Certification during the 2024–2026 Administration, here's what your club will need to do:

- Have at least 50% of your members watch all eight topics (live or recorded).
- Fill out a short form (available after all webinars have aired) by April 1, 2026.
- Include a short write-up about how your club encouraged participation and a quick evaluation of the program.

Clubs that complete the certification will be recognized at GFWC Convention, highlighted on the website and social media, and receive a special graphic to use in club promotions.

This is a fun and meaningful way to grow together as leaders and members. I really hope all of our Kentucky Junior clubs will take part—you'll get a lot out of it!

If you have any questions or need help finding the recordings, don't hesitate to reach out.

In Federation Friendship,

Chrissi Cuel

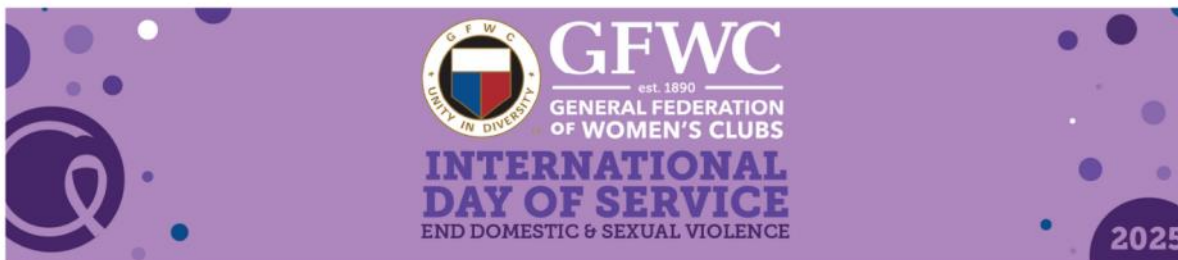
Chrissi Cuel
Director of Junior Clubs
GFWC Kentucky

CONTACT:

109 Pleasant Ridge Lane-Woodbine, KY 40771
606-515-3009

chrissihinklecuel@gmail.com





The GFWC International Day of Service (IDS) is more than a symbolic show of support. It is a global call to action—a declaration of our steadfast commitment to create real, lasting change.

This important initiative challenges every GFWC group to act with urgency, compassion, and strategically. By embracing the challenge, together we can expand our reach, deepen our impact, and provide meaningful support to survivors and the communities.

Plan with Purpose: The official date for GFWC IDS is Saturday, September 27, 2025, but clubs can hold projects anytime during the week of September 21–27.

Every action counts!

Visit the [GFWC Member Portal](#) regularly for resources, toolkits, and project ideas to support your efforts. Whether you're organizing a community event, partnering with a shelter, launching a supply drive, or holding a public forum, thoughtful planning will ensure your work is effective and lasting.

Join the 682 groups that have already registered and are committed to take action! Check out the numbers below and sign up to be counted!

Don't just plan to participate—plan to make a difference.

To Register your club, visit the [GFWC Member Portal](#).

Did you know that our STATE is also registered? During this administration we have been selling “mountains”. All of the proceeds will go to Zero V, right here in Kentucky. I challenge each club to purchase a “Conquer the Mountain”. The cost of this is \$50. This will be easy for EVERY club across our great state to participate in the State Project for GFWC International Day of Service.

To purchase your clubs Conquer the Mountain please mail a check to:

GFWC KY

PO Box 1587

Frankfort, KY 40602

or email peggybarnes00@gmail.com that you want to pay by credit or debit card.

GFWC KENTUCKY **SUMMER SUMMIT 2.0** BACK AND BETTER THAN EVER

JULY 18th & 19th, 2025

Clarion Hotel
1950 Newtown Pike
Lexington, KY



104 Society Membership

Maintaining our Headquarters in Frankfort is an ongoing job. It is much better to take care of everyday maintenance than to wait until a catastrophe occurs. **That is the purpose of the 104 Society.** The convention gives us an opportunity to support this project.

Donation levels are:

\$10.40

\$104.00

\$1040.00

NAME: _____

CREDIT CARD INFO:

NUMBER: _____

EXPIRATION DATE: _____ CVC _____ ZIP CODE: _____

MAIL TO:

GFWC KENTUCKY
P O BOX 1587
FRANKFORT, KY 40602



Fly Your Flag



During the month of July we often think of our freedom, as we celebrate Independence Day and the American Flag. Do you know there are guidelines to flying the Red, White and Blue? Listed below are some general guidelines.

Flag Guidelines:

The United States Flag Code is a federal law that establishes advisory rules for the display and care of our national flag.

- The flag is usually flown between sunrise and sunset. It is a sign of respect to bring it inside at night. However, the flag can be flown overnight, as long as it is illuminated during the dark hours of the night
- The flag should never be used for advertising or used as a costume or uniform. A flag patch is however appropriate for a military, police, fire and patriotic organization uniforms. If a lapel pin is worn it should be worn on the left.
- When an American flag has become too worn to display, it should be disposed of in a dignified way, preferably burning according to the code. For additional guidelines, visit uscode.house.gov and search, U.S. Flag Code.



We continue to pray for those affected by the devastating tornadoes in Laurel and Pulaski Counties.

Prayers for Relief:

God of healing and mercy, we come before you with our hearts filled with grief as we see the devastation.

We pray that your presence would be felt by those who are grieving, who are injured, who have lost their homes and livelihoods.

We pray for wisdom and safety for those who are responding to the people in need and the many challenges left in the wake of the event.

We pray that we may be a witness to your compassion and care for all who suffer.

God, you are our refuge and strength, an ever-present help in times of trouble. For this we give you thanks and ask that you hear our prayers for the people of Pulaski and Laurel Counties

- Adopted from a prayer of the Mennonite World Conference for the people of Japan following the earthquake and tsunami of March 11, 2011.

Susan Kellogg

A Julie Andrews kind of Joy

Greetings my Joyful Women's Club Friends!

I can't believe it has been a few months since we moved and breathed together. It feels like so long ago and also yesterday. How is your joy seeking going? Are you finding little pieces of it? Don't worry if you aren't. We often get caught up in thinking we need to 'fix' ourselves and our ability to let go and welcome in. We don't. Sometimes we just need to remind ourselves how simple it can be to make a practice out of noticing things around us.

Lately, I am taking a cue from a movie musical legend.....Julie Andrews.

First of all, I adore her. I love her voice. I love her acting. I love her chic short hair. She could sing about cleaning the bathroom and it would probably be a jaunty tune stuck in my head for hours.

Julie Andrews is near and dear to my heart because of all the memories that come flooding back when I hear any song from The Sound of Music. The cousins and I (Amy Mason included!) would gather in my grandparents den with the television in it. The TV had the knobs, no remote, and a VCR underneath. On rainy days where we couldn't play in their vast backyard or at the old train car that the town had placed in the park behind their house, we would be in that den watching movies. Shirley Temple was a favorite too, but I have lost count of the number of times we turned on The Sound of Music and the shenanigans of the Von Trapp kids. We would fast forward thru the 'Climb Every Mountain' song but would sing in unison as we bounced around on the couch singing 'My Favorite Things'. We would start softer like Ms. Andrews and would build to the crescendo of 'When the dog bites! When the bee stings!' The best was when our boy cousins were bored enough to join in the singing and casting their falsetto voices as high as they could to sing with us.

What a great song. What a great person. What a great movie. And, now as an adult, what a great thought to ponder. That our favorite things are really just that: raindrops on roses or whiskers on kittens.

There is a Sanskrit word that I come across often. The word is 'Santosha' and it means contentment. For so long, contentment was an overwhelming thought. Am I completely happy with everything in my life? Am I happy with my career and my family/work life balance? Is this exactly where I thought I would be?

Most of these questions don't really need answers because contentment isn't the big finale at the end of the song. It is a line of it. Heck, it is a word of it. Contentment is just a few of our favorite things that remind us to

look around. It is a memory of cousins singing and laughter. I found contentment the other day just sitting and watching a cardinal flit around very close to where we were. I was in awe that it would come so close to investigate us and delighted that we could see every fade of the red feathers.

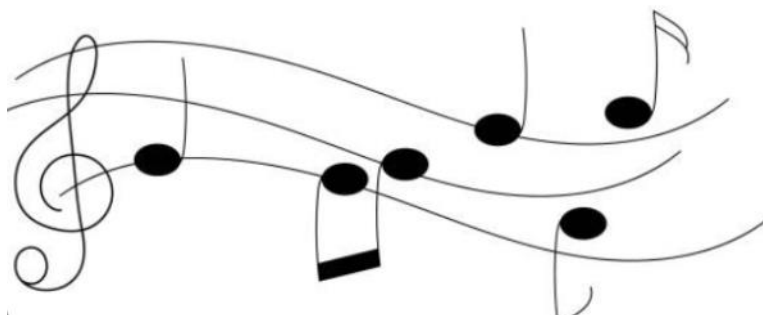
Contentment is whiskers on kittens. I know there are days that can be so very hard to find a little piece of your favorite thing. I injured my back so severely at the beginning of this year that I spent the better part of two weeks just laying on the floor unable to roll to my side without tears flooding my eyes. I definitely wasn't content with WHERE I was and my bodies inabilities, but there were a few moments I found that included my favorite things- I had nothing else to do so I was able to read a few books on my 'must read' list or the fact that Joe handled dinners for those few days.

Let's make a list of our favorite things so far this summer (and then sing about them! Too far? Okay, we can just write them) Here are a few of mine

- homemade ice cream at the lake
- the red cardinal visit
- Yoga classes with friends
- Backyard sitting with a cocktail in hand
- Yahtzee with my youngest
- The sound of rain at night
- Sand under my feet
- Sizzling bacon on a random Monday morning

Build a life around your little favorite things. Julie Andrews said its okay and she would never lie.

Becky Mocarski



Quasiquicentennial Moments

Celebrating 130 years of GFWC Kentucky

The Pioneer Workers were a “national club,” aka a club made up of members from across the country united by a shared history or experience — in this case, “those who helped to organize the General Federation [in 1889-1890] and who had contributed to its success in the early days of its existence.” This organization was founded at the 1908 GFWC Biennial (what we now call convention), held in Boston, and was the brainchild of Sarah S. Barnes of Kentucky, who had “the happy thought” to convene GFWC members from the 19th century. The group of anywhere between 40 and 160 members held “reunions” at each Biennial until at least 1926.

Though not an active club in the usual sense, these ladies were well-trained in the procedures and rules of women’s clubs. Thus, the Pioneer Workers had officers (including two successive “Presidents for Life”), committees, a constitution, an emblem, a motto (“Auld Lang Syne”), and annual dues (one dollar). Over the next two decades the treasurers and secretaries made faithful reports, and the historians had the unhappy task of recording which of their elderly members had passed on since the last reunion. The club’s goal was “the closer union of the early workers in this great movement,” and much was made of the “reminiscences” of the century before.

National Clubs continue to thrive in GFWC and State Clubs are popular in each state. National Clubs can be the group of State President’s who served under a certain International President or Director of Junior Clubs. Missi McCoy from Kentucky served as International Director of Junior Clubs and her group is known as Missi’s Stars or the group from our past International President Deb Strahanoski, Deb’s Dream Team.

There is an International Legacy Club made up of women who are generational club members. If your mother was a club member or even your grandmother was a club member, you can join the Legacy Club. If you have a daughter who is a club woman, you too can be apart of this unique club. Ask about how to become a member of this club. Kentucky also has a LEADS club made up of past LEADS graduates through GFWC.

(Information regarding the Pioneer Workers “national club” came from Joanna Church, GFWC WHRC director.)

Susette Redwine



I am so honored to be serving as your 2024-2026 State Chaplain! I always thought "Chaplains" were super spiritual, perfect-living people. HA!! I am definitely not that, but I do love Jesus (and cuss a little.)

If you "walk with the Lord," as us Baptists say, or spend time meditating, or get your spiritual fill from just sitting in nature, my goal as State Chaplain is only to fill your soul with positivity, goodness, and lovely thoughts. I am a big believer in the power of quotes and choosing joy, so I tend to stick with those in my day-to-day life.

Our calling as Club Women is simple: serving others. When I was governor of the 1st District (now Western Waterways), I gave everyone who came to our District meeting a spatula. Why? We use a spatula to put warm cookies on a plate, or present a perfectly-cut piece of pie. It SERVES. We SERVE. No, we are not always warm as a fresh-baked cookie, or perfectly presented, but we CAN always serve something: kindness, a smile, an encouraging word, and yes, even a whispered prayer for someone in need.

My own prayers are always simple and informal - you've heard some if you've been to Convention or summer workshops. I just say what is on my heart or in my mind. Sometimes they seem random and disjointed....but I know God knows exactly what I am trying to say. My prayer for you this summer is peace in your lives, good health, and overflowing JOY! Due to foot surgery I will not be able to attend Summer Summit in July, but know that I will be thinking of you and wishing you all the good things! One of my favorite quotes is from Bob Goff: "Figure out what fuels your joy, then do lots of that." Now, get after it!

In GFWC love, Paula Robinson



Golden Fillies District Mental Health First Aide

June 2025 Okolona Woman's Club was pleased to host a Mental Health First Aide training class at our clubhouse for the Golden Fillies District. Pace Cooke Emmons came in for two days from Lexington to train us and we learned so many things about Mental Health.

From OWC the following are now certified for the next 3 years in Mental Health First Aide: Linda McFarland, Marianne Compton, Susan Schroader, Kim Thull and Cheryl Harrington. Others receiving certification in our District are Mary Francis Klein, District Governor; Shannon Harp, District Vice Governor; Ellen Robinson; Mary Baisch; Donna Gasaway; and Yvonne High. Way to go ladies!!!

The main take away from our training is to listen with an open mind whatever someone needs/wants to share. Many times someone just needs to have someone to be there and to hear them....we are now better prepared to be there for our sisters and community in need.

We really want to thank Pace for our training and she had so much knowledge to share with us.....and it was really fun to train with these ladies. Educational trainings and learning new things helps to keep our own minds young, active and alive.

Cheryl Harrington



Leitchfield Woman's Club

On March 6, the Leitchfield Woman's Club was presented with a framed envelope that was postmarked September 12, 1966 from New York, New York and says First Day of Issue with a picture of Jennie June Croly, the founder of GFWC. It even had the postage stamp which



was a GFWC 5 cent, 75th years of service stamp. The envelope was addressed to a local M.D. in our town.



We were very happy to have been presented with this neat piece of history at our club meeting by a local retired military nurse, Kay Bland, who is the wife of the now deceased doctor it was addressed to, and her daughter-in-law, Jacqueline Stanton, who is also our club treasurer.

We are having a good year and doing some new different things, such as, on April 12, 2025, the Leitchfield Woman's Club hosted their 1st Annual Tea Party and sold table sponsors for 20 tables. This was a new fundraiser for our scholarship fund. It was a beautiful and successful event.

This 4th of July weekend we did something else new and fun with a Christmas in July vendor event fundraiser. Vendors can pay a fee of \$40 or can bring a new unopened toy which will be used for an elementary school's angel tree gift. Vendors can also bring 2-4 items of low sodium or sugar free foods for the Grayson County Alliance to help them with a state wide project of helping people in need who has special dietary requirements. We looked forward to this Christmas in July event.



Shannon Harp
Vice Governor
Golden Filles District

GFWC KENTUCKY CLUBWOMAN PUBLICATION ADVERTISEMENT

NAME OF CLUB _____
CLUB PRESIDENT _____
ADDRESS _____
CITY _____
ZIP CODE _____
PHONE _____
EMAIL _____

CIRCLE SIZE OF AD YOU ARE PURCHING:

¼ page	\$25.00
½ page	\$50.00
Full-page	\$90.00

Advertisement to Read:

(Example: "Congratulations to the Suburban Woman's Club for.....")

**For a specific layout, send artwork/layout to Cheryl Harrington,
cheryl410@twc.com**

●● See Score Card for deadlines.

Enclose a check payable to: GFWC Kentucky

GFWC KY Headquarters
PO Box 1587
Frankfort, KY 40602

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

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

Submit money for Ads to

GFWC KY
at the PO Box address
c/o Treasurer

We are on the web
GFWCKY.org



**2025
dates
to
mark**



July 18th – 19th Summer Summit 2.0 in Lexington, KY

Sept 6th Western Waterways District Conference

Sept 13th Cumberland District Conference

Sept 20th Gateway through the Bluegrass District Conference

Oct 4th Midwest District Conference

Oct 11th Golden Fillies District Conference

Oct 18th Mountain District Conference

Oct 23rd – 26th SER in Roanoke, VA