



G F W C OREGON

EXECUTIVE COMMITTEE

- President - Jamie Rockwell
- First Vice President - Freddy Lou Barneburg
- Second Vice President - Susan Davis
- Treasurer - Glenda Peters
- Recording Secretary - Pam Briggs
- Corresponding Secretary - Lynn Chiotti
- Parliamentary Advisor - Heather Thomas
- Immediate Past President - Agnes Petersen
- Endowment Fund - Valerie Huey
- Scholarship Loan & Fellowship Fund - Lynda Sloan
- Fine Arts - Allison Belisle
- Eastern District - Evonne Wright
- Valley District - Joann Wheeler
- Western District - Elsie Dustin
- Fundraising - Pat Balch

FROM YOUR PRESIDENT
JAMIE ROCKWELL

“Oregon’s GEMS”
Generous Energetic Members Serve

MEMBERSHIP MATTERS!

A **“member”** is a person belonging to some association, society, community, party, etc. **“Membership”** is the state of being, or status as, a member. A **“Club”** is a group of people associated for a common purpose or mutual advantage, usually in an organization that meets regularly. A **“District”** is a geographical or political division made for a specific purpose. An **“Organization”** is a body of persons organized for some specific purpose as a club, union or society. We are all part of a puzzle – you as an individual member, the clubs and districts are pieces of an organization – OFWC! Increasing our membership is vital to our future. Again, I am challenging each member to recruit one new member over the next year. Attending your Club, District and State Convention is an opportunity to support your fellow clubwomen, gain knowledge, personal growth, renew and make new friends.

“VOLUNTEERING doesn't just improve your mood, it also boosts brainpower and strengthens your body....Research suggests that the 65.4 million Americans who volunteer – 42% of whom are over age 55 - are garnering similar feel-good benefits." "Volunteering keeps people mentally active; it keeps their weight in check, their heart healthy, and their memory sharp," says Sharon Brangman, MD, chief of geriatrics at the SUNY Upstate Medical University at Syracuse, NY. "Essentially, it's a drug-free way to keep you feeling young..." Brangman believes that charity work may help keep other ills at bay, too. A 2005 Stanford University report has found that people who volunteer live longer than those who don't."

So, friends - there you have it! Do you need any more reasons to invite friends, neighbors, co-workers, and family members to join a GFWC club?

This was taken from an e-mail by Beverly Lassiter, GFWC Membership Chairman to her committee members.

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THE OREGON CLUBWOMAN

STATE CONVENTION
OFFICIAL CALL TO THE 98TH ANNUAL CONVENTION MAY 17-18, 2013
Oregon Garden Resort
895 West Main Street, Silverton, Oregon
503-874-2500

<u>May 17, 9:00 a.m. – 11:00 a.m. Executive Board Meeting. Garden Continental Breakfast [assorted juices, pastry, fruit and bagels]</u>	\$11.00	\$ _____
Registration: 1 Day _____	\$25.00 or Full Event \$35.00	\$ _____
Friday Lunch: Italian Lunch Buffet	\$25.00	\$ _____
Friday Dinner: Northwest-Style Dinner Buffet	\$38.00	\$ _____
Saturday Lunch: Salad Mania Lunch Buffet	\$25.00	\$ _____
Saturday Dinner: Flat Iron Steak & Tiger Prawns	\$48.00	\$ _____
Late Registration Fee [after May 8, 2013]	\$10.00	\$ _____
	TOTAL:	\$ _____

Please note any special dietary needs: _____

Please send registration and full amount payable to GFWC Oregon by May 8, 2013 to:
Lynn Chiotti, P.O. Box 933, St. Helens, Oregon 97051 Chiotti1@gmail.com

Name: _____

Address: _____

Phone: _____

Delegate: _____ Club: _____ District: _____

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Friday Lunch – Italian Buffet

Salads: *Traditional Caesar Salad; and Antipasto [artichoke hearts, pepperoncini, pickled asparagus, cherry peppers, kalamata olives, roasted red bell peppers, salami and provolone cheese]*

Entrees: *Eggplant Parmesan; and Oregano Marinated Chicken with Tomato-Bacon-Onion Sauce*

Served with *bow tie pasta with roasted garlic alfredo sauce; seasonal vegetables*

Dessert: *Tiramisu*

Friday Dinner – Northwest-Style Dinner Buffet

Salads: *Organic Field Greens served with a raspberry vinaigrette; and Harvest Corn Salad [roasted whole kernel corn, red & green bell peppers, red onion served with a sweet walla walla onion vinaigrette]*

Entrees: *Herb-Marinated Chicken Breast served with an Oregon mushroom sauce; and Butter-Roasted Salmon with a ginger white balsamic reduction topped with chives and parsley*

Served with *Garlic mashed potatoes; Seasonal Vegetables*

Dessert – *chocolate mousse cake*

Saturday Lunch – Salad Mania Lunch Buffet

Traditional Caesar Salad; Three-Cheese Tortellini Salad; Fresh Fruit Salad; Grilled Chicken Teriyaki Salad

Dinner Rolls

Assorted Gourmet Dessert Bars

Saturday Dinner – Flat Iron Steak and Tiger Prawns

Traditional Caesar Salad; Grilled Flat Iron Steak accompanied by 3 jumbo Black Tiger Prawns and finished with a southwest peppercorn sauce; Garlic mashed potatoes and seasonal vegetables; and Seasonal Fruit Crisp



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The Oregon Garden Resort:

Room Type	Single	Double
King	\$119	\$119
Double Queen	\$119	\$119

All rates are subject to the prevailing taxes and fees, currently at 10%
Unless otherwise stated above, the **extra person charge is \$15**

Participants can book or online or call our reservation department the **Oregon Garden Resort 503-874-2500** and reference the group name above. If they would like to book online, they would follow this link:

<https://reservations.moonstonehotels.com/irmnet/login.aspx?resort=5>

PASSWORD: OFWC; Cut-off Date for reservations is April 16, 2013



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OVERVIEW OF CONVENTION PROGRAM

Friday, May 17

	<i>Dress is business casual</i>
<i>9:00 a.m.</i>	<i>Executive Committee meets</i>
<i>12:00 p.m.</i>	<i>Lunch – guest speaker Colleen Martin</i>
<i>1:00 P.M.</i>	<i>Call to Order - Business Meeting</i>
<i>6:00 p.m.</i>	<i>Social Time</i>
<i>6:30 p.m.</i>	<i>Membership Banquet – wear your R&R outfit for fashion show</i> <i>Club Woman of the Year</i> <i>Membership Awards</i> <i>Order of The Knight</i>
<i>8:30 p.m.</i>	<i>R&R Fashion Show</i>

Saturday, May 18

	<i>Red, White & Blue day & Glitter Night</i>
<i>9:00 a.m.</i>	<i>Community Service Project</i>

Memorial Service prior to lunch

<i>12:00 p.m.</i>	<i>Lunch</i>
<i>1:15 p.m.</i>	<i>Web-Site Workshop by Deb Carino: A brief overview of how web sites work including: signing up for web hosting, securing a domain name, and working with web site templates.</i>
<i>3:00 p.m.</i>	<i>Awards Ceremony</i>
<i>6:30 p.m.</i>	<i>Social Time</i>
<i>7:00 p.m.</i>	<i>Banquet; quest speaker Becky Weber, GFWC Director of Junior Clubs – Glitter Night!</i>
<i>8:00 p.m.</i>	<i>Awards presentation by Program Chairmen</i> <i>Endowment and Gold Key; Fundraising Awards & report</i>
<i>9:00 p.m.</i>	<i>Reception for Becky Weber</i>

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OFWC "R & R" FASHION SHOW *[Recycle & Reuse]* **Fun Night at Convention** **May 17, 2013**



Let yourself shine and 'shop til you drop' at the OFWC R&R Boutique a Goodwill or any Thrift Store to find that top-to-bottom complete outfit! Save your sales receipt and be ready to shine while you model your bargain specials. You may also choose to recycle & reuse within your own club!



Prizes will be given in several categories (formal, business and casual wear). Be as lavish as you want to be....the more items you're wearing (hats, gloves, shoes, dresses, shirts, pants, belts, jewelry, skirts, scarves, etc), the more points you will get.

You pick the style, come with a smile and join in the fun!



Program Information

April is:

Cancer Control Month
Alcohol Awareness Month

May is:

1st is Law Day
1st is Loyalty Day
1st Thursday is National Prayer Day
5th – 11th is National Children’s Mental Health Awareness Week
12th is Nurses Day
15th is Peace Officers Memorial Day
18th is Armed Forces Day
27th is Memorial Day

June is:

National Rose Month
National Dairy Month
5th is World Environment Day
14th is Flag Day
16th is Father’s Day
21st is First Day of Summer

Education:

Seniors and Technology

A few facts really jumped out:

- Last year marked the first time more than half of adults over 65 were connected to the Internet.
- Meanwhile, people 65-and-up were the fastest-growing group of Face book users, with their presence on the site nearly tripling from 13 percent in 2009 to 34 percent last year.

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- And 70 percent of seniors in the same age group own a cell phone (*probably a smart phone*), up 13 percentage points since 2010.

"Clinging to the theory that I don't need access to the Internet is diminishing among seniors," says Laurie Orlov, an industry analyst who runs Aging in Place Technology Watch. "Pretty soon, there's not going to be a lot you'll be able to do without access to the Internet." Grandma and Grandpa are getting wired, and it's changing the way we think and talk about the digital future.

Home Life

Eye Health and Computers

To keep your eyes healthy and free of strain follow these tips:

1. Lower your computer's monitor and gently tilt the screen upward. It's easier for your eyes to read at a lower height because it allows a more natural focus.
2. Practice the 20/20/20 rule: Every 20 minutes, take a 20-second break to focus on a spot 20 feet away. You'll give your eyes a break and allow them to readjust to a distance beyond your screen.
3. Follow the three B's: Take frequent breaks, concentrate on blinking to moisturize your eyes and remember to breathe.

Public Affairs

Safe Driving Tips

1. Extend your vision. Focus on where you will be at 10-12 seconds down the road. That is where an accident is more likely to occur.
2. Scan the entire scene. Shift your focus every few seconds from the windshield to the rear and side mirrors.
3. Demonstrate your intentions. Also use your turn signals.
4. Plan an escape route. Give yourself enough time and space to maneuver smoothly and stop if necessary. Never tailgate!

Conservation

Get your Garden in Shape

1. Do a “big picture” spring cleanup. Remove winter debris to remove branches, leaves and other items.
2. Set aside time to clean tools. Make sure shears are sharpened so you are ready to prune.
3. Prune. Deciduous trees and shrubs prefer to be pruned when dormant. Flowering trees and shrubs should be cut back after flowering.
4. Check for dead or weak tree branches.
5. Mulch. It will help to keep the weeds down.
6. Weed. Start early when weeds are small.
7. Edge. Crisp edges prevent grass invasion and make garden beds look well groomed.
8. Add color.

Fine Arts Scholarship Fund

Keep passing your pencil boxes to help raise money for the Fine Arts Contest, 2014.

We need to raise \$1800 to put on this event.

The scholarships will be for High School Seniors.

\$500 Vocal

\$500 Instrumental

\$ 400 Art

\$400 Essay

2013 Western States Region Meeting

Dear Club Presidents and OFWC members,

The 2013 Western States Region meeting is soon approaching. It will be held on Friday September 6 and Saturday, September 7 at the Embassy Suites in downtown Portland. As you know, Oregon is hosting this wonderful event. Club women from all over the ten neighboring states will be in attendance. We are hoping for 200 women. What a great opportunity for each of you to come and experience GFWC.

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Each club member is encouraged to attend. The conference will have tours, speaker, workshops, and entertainment. You will not want to miss this event.

To put on this event, Oregon has to do their own fundraising, so of course we need each of you to help.

We are asking each club to bring:

At least 2 bottles of Oregon Wine

And an Oregon product from your area (Hazlenuts, Chocolates, Jams, etc.)

We will be putting these donated items in our "Oregon Fare" fundraising room.

Please bring the wine and Oregon products to the MAY CONVENTION.

If you are unable to bring the items we can take a check as well.

Thank you for your support,

Allison Belisle sajcb@yahoo.com 503-524-8197

Heather Thomas HLTHOMAS@q.com 503-390-0236

Co Chairmen for 2013 WSR Conference

Club Websites or Face book Pages

Does your club have a website or Face Book page? If it does, please let us know so we can share that information with others.

GFWC Beaverton Woman's Club website: <http://www.gfwcbeaverton.org/>

<http://www.facebook.com/BeavertonWomansClub>

GFWC Hillsboro Woman's Club website:

<http://www.hillsborgfwc.wix.com/wwwwixcomhillsborgfwc>

GFWC of Central Oregon website: <http://gfwccentralor.org>

Portland Woman's Club is also on Facebook.

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**WESTERN STATES REGION CONFERENCE
SEPTEMBER 4-8, 2013
EMBASSY SUITES
PORTLAND, OREGON**

Kathy Janssen, President

EMBASSY SUITES DOWNTOWN PORTLAND HOTEL INFORMATION (319 SW Pine St. Portland 97204):

DEADLINE FOR RESERVATIONS - August 12, 2013

RESERVATIONS: (1-800-643-7892)

Please request the General Federation of Women's Clubs

Group Code: GFW

Single/Doubles \$145 Triples \$170 Quads \$195

The hotel occupancy tax rate is 14.5 %

Quoted sleeping rates will be offered, based on availability, to attendees 3 days before and 3 days after the above dates.

PARKING: Discounted \$10.00 Overnight Valet/Self Parking

TRANSPORTATION TO THE HOTEL:

Light Rail Max (1st/Oak stop) approx. 38 min. (\$2.50 each way)

Blue Star Shuttle (Runs every 30 minutes) \$14 one way \$24 round trip

Taxi \$35 average before gratuity

TOUR INFORMATION: DEADLINE FOR TOURS - AUGUST 1, 2013@ 5:00 PM

Thursday, September 5, 2013 9:00 AM - 5:30 PM

Cannon Beach Trip - Come and visit the beautiful Oregon Coast. Cannon Beach offers easy walking beaches with spectacular views. Fly a kite, watch sea creatures in the tide pools, take pictures of the famous Haystack Rock or just relax on the beach. Haystack Rock, at 235 feet high, is the third largest coastal monolith in the world. Spend the afternoon shopping in the quaint stores downtown Cannon Beach. Enjoy eating clam chowder, fish and chips or other local cuisine. On the way home, enjoy the sights of other coastal towns including Manzanita, Nehalem, Wheeler, Rockaway, Garibaldi, Bay City and Tillamook. Enjoy a nibble of cheese and an ice cream cone at the Tillamook Ice Creamery.

Price Including Ice Cream and Snacks \$ 89.00 (Lunch on your own in downtown Cannon Beach)

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Friday, September 6, 2013 9:00 AM - 1:00 PM

Multnomah Falls - Explore the Columbia River Gorge with its beautiful scenery and waterfalls on this half day excursion. Follow the route of the Lewis and Clark Expedition more than 200 years after the famous explorers. This trip is a Portland area attraction not to be missed including:

Horse Tail Falls

Multnomah Falls

Latourell Falls

Vista House - Crown Pointe

We will stop at Multnomah Falls, the Vista House and in downtown Troutdale for shopping at the General Store and Antique shops.

Price Including Box Lunch and Snack \$ 60.00

OR

Friday, September 6, 2013 10:00 AM - 12:00 PM

Trolley Ride of Downtown Portland - Enjoy a narrated trolley ride around the downtown Portland area seeing the major points of interest. Spend time admiring the Portland Rose Gardens with it's over 200 rose varieties.

Price \$ TBD

BOOSTER TOURS

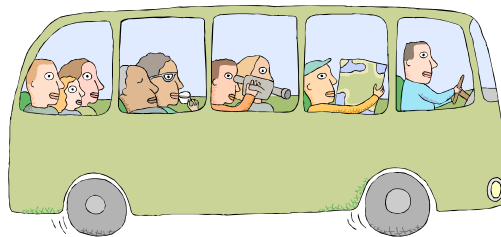
The Boosters are welcome to join us on any of the above tours.

AND

Saturday, September 7, 2013 9:00 AM - 3:00 PM

McMinnville Aviation and Space Museum

Price: \$63 (Lunch on your own at a McMenamins with featured local microbrews.)





Packing Like a Pro

Marian St.Clair, GFWC Secretary 2012-2014
marian.stclair@gmail.com

Travel Outfit

Choose clothing in lightweight “friendly fabric” that has some stretch or give to it:

Slacks or Capri pants

Three-quarter sleeve t-shirt that keeps wrists free for easy movement

Vest/jacket with zip pockets for passport, boarding pass, money, credit card, and phone

Bulky fabric scarf that can be used as a bib, pillow, or to cover face

Slip-on flat shoes

Optional: travel purse

Have within easy reach: ear plugs, socks, Chap Stick, hand sanitizer, and reading material

Note: Zip pockets are a must if you are going to carry your most important items w/out a purse. Never put money or a passport in an open pocket or even a button pocket because of the danger of pickpockets. A zipper in a vest/jacket of stretchy fabric, which will require a significant tug to open, is much safer.

Travel purse: A good travel purse will be relatively flat, feature a strong strap that can be worn across the body (with the purse hanging in front), and have at least two zippered compartments. Mine is a Tignanello (brand), with a large 9-inch deep x 8-inch wide compartment in back for phone and passport, and a smaller 5-inch deep x 7-inch wide section in front for money and credit cards.

Briefcase

Mine is a Solo (brand) wheeled case that fits under the airplane seat (sitting upright on its feet it is 16-inches tall, 17-inches wide, and 8-inches deep). It has a front pocket, two front zippered compartments and an open interior. My travel purse fits inside the larger of the two zippered compartments. There is a double-slot pocket for a laptop computer just inside the main flap of the case.

Suitcase

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If I am flying for a weekend trip, such as a state convention, I try to use a carry-on suitcase only. Look for a super-lightweight case with non-directional wheels, so you can push it sideways down the aisle of the airplane in front of you. It must also have a zip pocket on its front for liquid items that must be presented at security.

Wardrobe

There are 3 simple tricks to traveling light:

- (1) Coordinate the colors of your basic wardrobe pieces (slacks, skirts, suits). Easy combos include:
 - Black, charcoal, white
 - Brown, tan, navy
 - Gray, navy
- (2) Avoid memorable prints, except in scarves and the occasional blouse or tailored shirt.
- (3) Choose lightweight fabrics and plan to layer items as needed.

Note: Simplifying colors reduces the number of shoes and purses you must pack and allows for easy mixing of tops and bottoms, as well as their coordination with accessories.

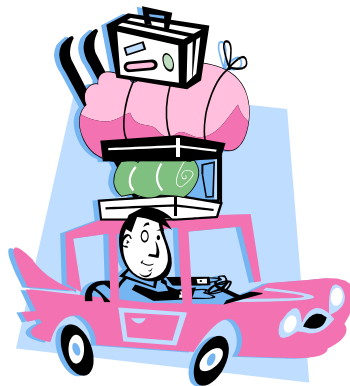
Other Items to Pack

Be sure to take:

Band-Aids, moleskin adhesive strips, medications (all can be mixed in one bottle), Tide stick or wipes, travel-size lint roller

A large tote or utility bag in your suitcase will provide for overflow on the return trip.

Note: Reduce your number of toiletries and purchase travel-size hairspray, shampoo, toothpaste, and other like items. If you cannot find the brand you want in a small size, purchase small plastic travel bottles and fill them with your product of choice.



UPCOMING EVENTS

- *OFWC State Convention, May 17-18, 2013, Oregon Garden Resort, Silverton*
- *GFWC International Convention, June 30-July 2, 2013, Hollywood, Florida*
- *GFWVC OFWC Western State Region Convention, September 6-9, 2013, Portland*

