

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***

In lieu of selecting a specific state project during my administration I have chosen to focus specifically on membership. Oregon currently has approximately 190 generous, energetic members. My ultimate goal would be to double our membership! You may think this is a huge undertaking, but it only takes each individual GEM recruiting one GEM!

I believe there are many people wanting to be a part of our organization – we just need to invite them to a meeting or club event. I met a potential member at the copy center when she asked about the documents I was having copied. We need to take advantage of the many opportunities we have in our daily lives to reach out to potential new members. We should not be a “well-kept secret.” Along with recruiting members we also need to focus on retention. We all like to report that we have grown, but we also need to keep current and new members interested and excited about belonging to this wonderful organization.

I will be giving special recognition to clubs and individuals who recruit new GEMS at each meeting!

***GFWC LEADS***

***Leadership Education and Development Seminar***

Do you know someone who would make a good LEADS candidate for our state? GFWC LEADS program is intended to identify members who have the potential and desire to assume leadership positions beyond their club. Some of the workshops provided cover conflict resolution, mediation, public speaking/speech writing, time management and parliamentary procedures. You will also gain a better understanding of GFWC and its history.

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# THE OREGON CLUBWOMAN

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## **STATE CONVENTION**

*I am pleased to announce that Becky Weber, Director of Junior Clubs will be our GFCW speaker at Convention. There will be a write-up on Becky in the next newsletter. If you would like to learn more about her before then you can visit the GFWC Illinois website at [www.gfwcillinois.org](http://www.gfwcillinois.org) and read their Spring 2012 Clubwoman Magazine [page 14]. She is excited about attending our Convention, especially since she has never been to Oregon.*

*We will be honoring clubwomen through the “Order of The Knight” for their years of service. I will be asking Club Presidents to send me a list of their members and years of service.*

*“FUN” Night will be Friday May 17<sup>th</sup>. We will be having a fashion show featuring the latest styles in recycled clothing and accessories. Prizes will be given in several categories [business, casual, formal wear]. You pick the style, come with a smile and join in the fun! There will be more information as we finalize some of the particulars.*

**MARK YOUR CALENDARS FOR MAY 17-18, 2013!**



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## **2013 GFWC Annual Convention**

*June 30 - July 2, Hollywood Florida*

*The 2013 GFWC Annual Convention will be at The Westin Diplomat Resort & Spa. Conveniently nestled between Fort Lauderdale and Miami along Florida’s Gold Coast, Hollywood is famous for its palm tree-lined streets, yesteryear charm, and Boardwalk – a one-of-a-kind oceanfront promenade stretching two and a half miles along the Atlantic Ocean. Visit [www.GFWC.org](http://www.GFWC.org) for more information.*

## Program Information

### *January is:*

Birth Defects Prevention Month  
Cervical Cancer Awareness Month  
National Blood Donor Month  
National Book Month  
National Mentoring Month  
National Thank You Month

### *February is:*

American Heart Month  
Black History Month  
Chocolate Lovers Month  
Dating Violence Awareness and Prevention Month  
Library Lovers Month  
National Eating Disorders Awareness Week (February 24 – March 2)  
America Saves Week (February 25-March 2)  
National Wear Red Day (February 1)

### *Arts:*

The Hallie Ford Museum of Art in Salem gets a big Thumbs Up from the GFWC Salem Woman's Service Club. Club members took advantage of the rainy fall weather to get together for breakfast and a trip to the Hallie Ford Museum near Willamette University. None of the members had been there before and they were impressed with the quality, quantity and variety of exhibits. Consider planning a club outing to a museum in your community and enjoy the arts!

### *Conservation:*

Did you know??

- The number of cans recycled every 30 seconds equals the number of people who could fill an entire pro football stadium.
- A glass container can go from the recycling bin to a store shelf in as few as 30 days.
- Recycling one aluminum can will power a 46-inch LED TV for three hours.

### *Home Life:*

#### **Start the New Year off right with these six tips to boost your financial savings**

1. Budget. Track expenses to find out where your money goes. \$15 a week for coffee or lunch adds up to \$780 a year!!
2. Save first. Make a point to put something in a separate savings account every month. Even small amounts like \$20 a month will add up and more important will get you in the habit of savings. Make this account your deposit and forget about it account.
3. Avoid fees. Those late fees add up fast. Set up a system to pay those bills on time. Keep track of that checking account balance to avoid overdraft fees.
4. Stop impulse spending. Make yourself wait 24-48 hours before making purchases over a certain dollar amount. That will help you distinguish between a passing whim and a sound purchase.
5. Don't worry about keeping up with the Joneses. Fancy vehicles and lavish vacations are no proof of financial health. Build your lifestyle on the bedrock of spending what you can afford and saving for purchases that are currently out of reach.

#### **Tips for treating the common cold**

There are more than 62 million cases of the common cold every year. Many of us who are under the weather turn to over-the-counter medications, old wives' tales and new health trends for relief. But do you know what REALLY works?

“Feed a cold, starve a fever” Does it really work? There are some foods that do ease cold symptoms and boost immunity.

1. Chicken soup, especially homemade, may inhibit the inflammatory response of the body's immune system, temporarily lessening cold symptoms.
2. Honey is an antioxidant that is antimicrobial and soothes on contact. Honey may ease nighttime cough and sleep disturbances caused by the common cold. But remember, honey should never be given to children younger than 1 because of the risk of infant botulism.
3. Probiotics are friendly bacteria found in fermented milk products like kefir and yogurt. They may boost your immunity and help prevent or reduce the severity of the common cold.

### **What about those home remedies? Do they really work?**

1. Echinacea is said to boost your immunities. There is no conclusive evidence supporting this claim, but if you're healthy and not on prescription medications there's likely no harm in trying it.
2. Vitamin C has not been proven to prevent colds, but if taken before symptoms start it may shorten the duration of a cold.
3. Zinc lozenges and syrups have been studied for their potential to shorten the length of a cold or reduce the number of colds when taken regularly. However its effectiveness remains uncertain and there are possible side effects.
4. Over the counter medications may relieve symptoms, but do little to shorten the length of a cold. The FDA strongly recommend that children under the age of 4 not be given OTC cold and cough remedies because of the risk of serious and possibly fatal side effects.

The only sure cure for the common cold is to get plenty of rest, drink fluids to stay hydrated and consult your doctor if you decide to add cold-busting supplements or home remedies to your regimen.

### **GFWC Signature Project: Domestic Violence**

GFWC awards \$2,500 scholarships for survivors of intimate partner violence to help them obtain a post-secondary education that will offer them the chance to reshape their future by securing employment and gaining personal independence. Get more information about this program from the GFWC website and pass the information on to your local Domestic Violence Shelters. In 2011-2012, there were six \$1,000 scholarships awarded by GFWC.

The scholarships are funded with donations from GFWC clubs and members. Consider this program when making your individual or club donations.

### **GFWC Clubwoman Magazine**

Have you read the November-December 2012 issue of the GFWC Clubwoman magazine? Oregon is mentioned several times. See how many places YOU can find Oregon mentioned. Bring your list to the OFWC Winter BOD meeting on February 2, 2013!

Be sure to read the Membership article on page 23. Think about the gifts that your GFWC / OFWC membership gives or receives. Can you add more to the list?

# THE OREGON CLUBWOMAN

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## LEGISLATION AND PUBLIC ISSUES

Have you read a news article of interest lately? Do you have concerns about pending legislation? Are there civic matters or projects you feel warrant club involvement? These are just some of the issues that we can address as a group.

Advocacy is a great way for our Oregon group to further its fundamental principles and its activity in our respective communities. As with most club issues, the GFWC manual covers this topic, in greater detail, under “Advocacy in Action Advancement Guide.” This spells out procedures such as making proclamations and resolutions, contacting your legislator, and forming coalitions.

In order for us to keep abreast of current issues, individual involvement is critical to furthering club philosophies. In other words, if you want to be heard, ***speak up!*** This writer is more than anxious to deal with your concerns and the matters you wish us to delve into. Please feel free to contact me and voice what’s on your mind. And remember that we are only as ***effective*** as we are willing to be ***active***.

Here’s to hoping that I will be inundated with items to research and write about!

Kathy Klay  
Legislative and Public Issues Chairman  
84561 Eastside Road  
Milton-Freewater, OR 97862  
541-861-2266 – Cell  
541-938-4053 – Fax

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## *Fun Facts about Winter*

- Did you know that it took scientists 400,000 snowflakes to prove that no two are alike?
  - Icicles form most often on the south side of buildings.
  - All snowflakes have six sides.
  - 60 percent of the Earth's fresh water is stored in the polar ice caps.
  - The largest snowflake recorded fell in Montana, and was 15 inches wide.
  - Chinophobia is the fear of snow, or becoming snowbound.
  - The snowiest city in the U.S. is Valdez, Alaska. They average 326 inches per year, and accumulated 47.5 inches in a single day in 1990.
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## CLUB NEWS

### **Lebanon Zenith Woman's Club**

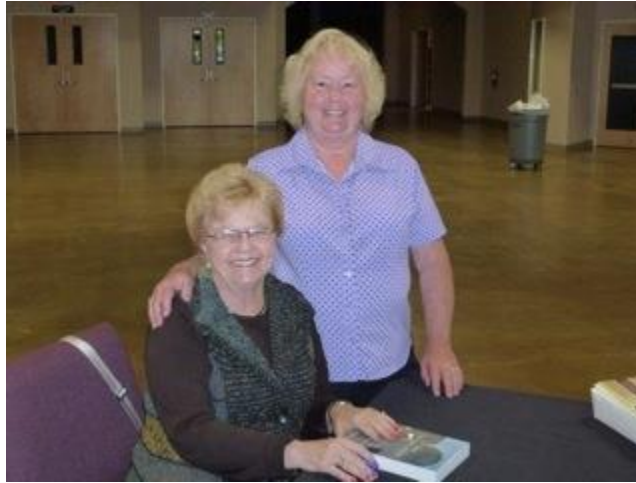
Sometimes our lives are touched in special ways by the wonderful projects of other GFWC clubs. Several years ago a very special elderly friend of my husband was undergoing kidney dialysis. He was lucky enough to receive one of the beautiful quilts made by the Lebanon Zenith Woman's Club that he used during dialysis to keep warm. He died at the age of 91 about 3 years ago. We recently received a Christmas card from his daughter in Texas with an update on their family. She mentioned that special quilt (which now resides in England with a granddaughter). His granddaughter proudly displays it in their home and is very fond of it and the memories of her grandfather always using it when he went to dialysis. THANK YOU to Lebanon Zenith Woman's Club for the thoughtful and caring quilts you make for dialysis patients!!

Pam Briggs

## THE OREGON CLUBWOMAN

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### Joli meets Barbara Roberts



Like many OFWC members, Joli Root of the Lebanon Zenith Woman's Club, is also involved in other community groups. She is currently serving as the President of the Lebanon Garden Club. Recently, the Garden Club joined with the Lebanon Chamber of Commerce in hosting a "Women in Business" luncheon. The guest speaker was former Governor, Barbara Roberts, sharing her new book, "Up The Capital Steps, A Woman's March To The Governorship." Joli was excited to have the opportunity to meet Governor Roberts!

### GFWC Beaverton Woman's Club





## THE OREGON CLUBWOMAN

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The GFWC Beaverton Woman's Club celebrated their 50th Anniversary on October 6, 2012 at First Baptist Church in Beaverton. The afternoon consisted of socializing, eating desserts, viewing of displays and scrapbooks as well as viewing an ongoing slide show of past events and members. Two charter members, Lu Walker and Norine Millay, whom are still members, were present and honored with a pin and certificate.

The program included a talk of how the club has advanced over the years in the areas of technology, club yearbooks and fashion. A decade talk was given in which past and present members shared about project highlights. Areas of mention included: Supporting the Primate Center, starting kindergarten, Supporting the Tree of Giving, Dental Vans, and Remodeling Monica's House among many other projects.



A fun afternoon was held by all celebrating the club's past 50 years.

### **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/>

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## DISTRICT NEWS



December 7, 2012  
Western District

OFWC Western District,

Thank you club members for your time spent attending your fall district meeting with all the donated items for St Helens recourse center.

I want to thank our past OFWC president Agnes Petersen and St Helens Zenith Woman's Club Pat Balch for stepping in to make this meeting happen. That is what we are all about helping one another and we are so blessed.

OFWC Jamie Rockwell installed district officers with her letting us know that each one is a Gem. Thank You.

Our newly OFWC Elected officers and GFWC membership committee chairman Agnes Petersen were our travel team with focusing on membership. It is a Gift that keeps on giving {getting & giving}.

I feel that it is important to let your community know who you are and all the services that your club do so willing which will let them know that it is a good thing to belong.

Club reports were given and it is such an honor to hear of all the wonderful service projects that are being provided by you as a member of your club. Thank you for all you do.

We lost a club this year, St Helens Woman's Club and Lynn Chioti will remain a member at large. I thank her for all the hard work and dedication for her club and OFWC...

See you in April so mark your calendar for your spring district meeting. And keep on giving and feel good about who you are and what you do for your community belonging to your club and ring the bell for new members.

Western District President

Elsie Dustin

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## DUES

The deadline for paying 2012-2013 dues is February 10, 2013.

OFWC dues are \$30 for General Members, \$35 for Members At Large, and \$15 for Junioresettes. Dues include GFWC and OFWC dues. Paid members also receive a copy of the OFWC Clubwoman Newsletter.

**Send your OFWC dues to:** Glenda Peters, OFWC Treasurer  
8448 SW Chevy Place  
Beaverton, OR 97008  
[Glenda.peters@comcast.net](mailto:Glenda.peters@comcast.net)  
503-574-2000

**With your check for dues, also send a club membership list that includes each paid member's name, address, phone, email address and year that they joined OFWC (not the year they joined their current club).**



Also send a copy of your membership list to:

Susan Davis, Membership Chairman  
OFWC Second Vice President  
54211 Turbyne Rd.  
Milton Freewater, OR 97862  
[Tomsusan95@misn.com](mailto:Tomsusan95@misn.com)  
541-938-5565

Please contact Glenda Peters if you have any questions regarding dues.

**District dues should be sent to your District Treasurer.**

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## SPECIAL FUNDS

### **Saidie Orr Dunbar Nursing Education Fund**

The Saidie Orr Dunbar Nursing Education Fund Scholarship of \$3,000 was awarded in July 2012 to Bryn Braithwaite from Stanfield, OR. She is studying nursing at Blue Mountain Community College. She stated in her application that her dream job would be to be a Neonatal Intensive Care Unit Nurse or a Labor/Delivery Nurse.

She is a busy woman as she is married and has 6 children. In addition to being a full time wife, mother and nursing student she works part time as a Certified Nursing Assistant at Regency Assisted Living and Rehabilitation Center in Hermiston, OR.

Donations to the Scholarship Fund should be mailed to the Saidie Orr Dunbar Nursing Education Fund % American Lung Association, 7420 SW Bridgeport Road Suite 200, Tigard, OR 97224.

### ***OFWC Fine Arts Scholarship***

Clubs have been given purple pencil boxes to pass around at each club meeting to help raise funds for the Fine Arts Contest. We need to raise \$1800 each year to have the contest. We are \$80 shy of our goal for this year's contest. Keep Raising Money. Clubs are being creative in their efforts to raise funds. I've heard of Bunco's and an art program. At the February State meeting, clubs will be honored for their participation if they were able to meet the goal of raising \$109 or more.

The contest will be held in April 2013 for high school seniors in the areas of vocal, instrumental, arts and essay. More information to where and when the contest will be held will be given at the State Meeting.

Keep Raising Money for the ARTS!!!  
You can send your donations to Elsie Dustin.

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*These are two of the recipes submitted for the OFWC Cookbook that is currently being assembled.*

### **"Dirt" Cake**

¾ stick margarine  
1 cup powdered sugar  
8 oz. cream cheese  
2 small pkg. vanilla instant pudding  
4 cups milk  
12 oz. Cool Whip  
One 1 ½ lb. bag Oreo cookies with filling scraped off, or use chocolate teddy bear cookies (couple boxes).  
Or any kind of dark chocolate crunchy cookie.  
Assorted gummy worms and rock shaped candy

1. Crush cookies (use a rolling pin, blender, etc.) Set aside.  
2. Cream butter with sugar and cream cheese.  
In large bowl, mix pudding, milk and Cool Whip. Combine #1 and #2.

In a tall bowl or clean children's bucket (5 qt. size), layer cookies and mixture, beginning and ending with cookie crumbs. Decorate with gummy worms and rock candy on top. Cute if served with a shovel.

Submitted by Becky Ball, GFWC Hillsboro Woman's Club

### **Hamburger Surprise**

1 lb. of raw hamburger (Good Quality)  
1 Can Cream of Mushroom Soup  
Frozen Tater Tots or Onion Rings  
¼ Cup Ketchup  
2 T Worcestershire Sauce  
¼ Cup Chopped Yellow Onion  
½ t Garlic Powder  
½ t Salt  
½ t Pepper

Combine raw hamburger, ¼ cup of Ketchup, 2 table spoons of Worcestershire Sauce, ¼ raw yellow onion, ½ teaspoon garlic powder, ½ t of salt and pepper. Place in a casserole dish and flatten. Pour can of cream of mushroom soup (do not add milk) over raw hamburger, top with a single layer of Tater Tots or Onion Rings. Bake at 350 for 45-60 minutes, or until hamburger is thoroughly cooked.

You can top this recipe with cheese if you would like.

Submitted by Jodie Loeks, GWFC Beaverton Woman's Club

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## CALL TO WINTER STATE BOARD MEETING



***GFWC Oregon Federation of Women's Clubs  
Saturday, February 2, 2013  
Registration - 9:30 a.m. - Meeting- 10:00 a.m.  
Oregon City Elks  
610 McLoughlin Blvd., Oregon City, Oregon***

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### **"R & R BOUTIQUE**



**The R&R {Recycle & Reuse} Boutique is a fundraiser for OFWC.**

**We need items donated for the grand opening - clothing, shoes, jewelry, handbags, gloves and any other accessories you can think of. Please bring your items to the meeting and we will be open for business!**

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**Register by January 28, 2013 -Send Form & \$25.00 to:**

**Lynn Chiotti  
PO Box 933, St. Helens OR 97051-0933**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

## **UPCOMING EVENTS**

- *Winter State Board Meeting, February 2, 2013, Elks Lodge, Oregon City*
- *GFWC OFWC 98th State Convention, May 17-18-2013, Oregon Garden, Silverton*
- *Valley District, March 23, 2013*
- *Eastern District, April 2, 2013*
- *Fine Arts Event, April 13, 2013, Beaverton*
- *Western District, April 20, 2013*
- *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*

