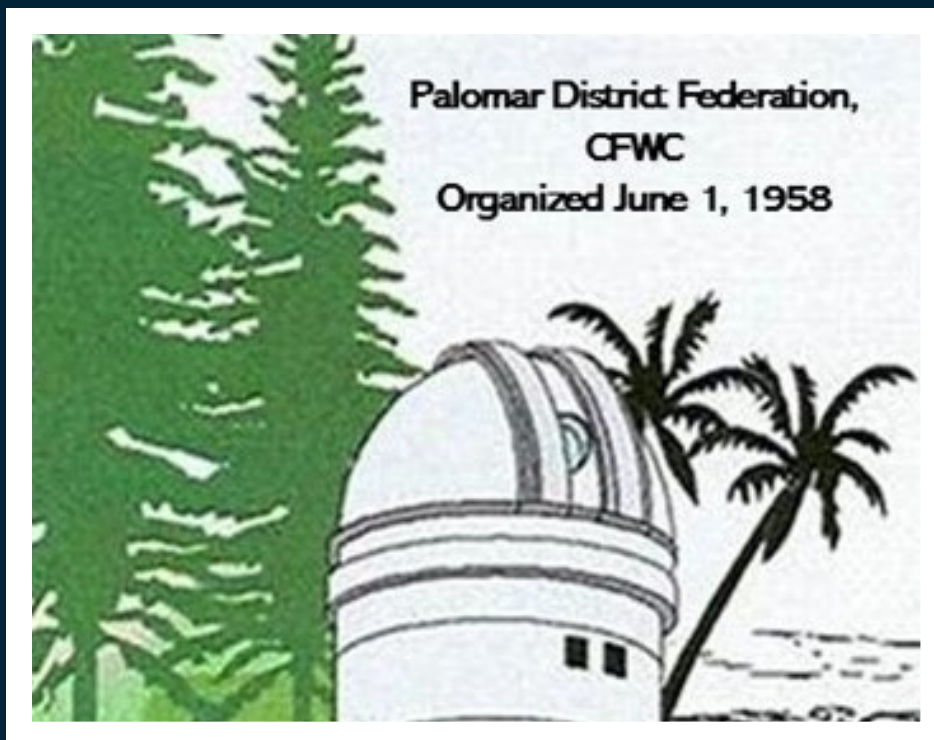
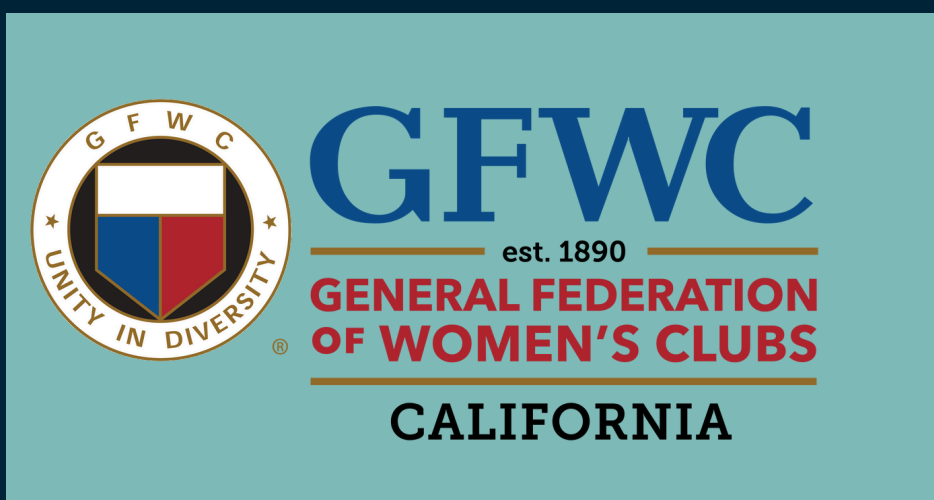




2025 PALOMAR WORKSHOP **THE MOST IMPORTANT ROLE**

THE CHAIRMEN



cfwcsonjahults@gmail.com



Today

Chairmen are the most important part of the Club.

You help us grow, to be of service and to have community impact.

Our Goal



Palomar wants our Chairmen to feel comfortable to walk into every club meeting and be able to speak on their program comfortably.



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

Our Mission

The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.

cfwcsonjahults@gmail.com



The Chairmen

01

Expectations

02

**Embracing
your job**

03

**Having fun with
your job**

cfwcsonjahults@gmail.com

You will receive

- **Chairmen Expectations**
- **Handouts from GFWC**
- **Information from CFWC**
- **Resources**

**All resources on a thumbdrive
or on the palomar website**

cfwcsonjahults@gmail.com





Palomar Expectations Included in your Packet

- Palomar District Chairmen are members of the Palomar Executive Board and are expected to attend all Palomar Board meetings for the entire agenda and all sessions of the conventions.
- The Chairmen of the Community Service Programs, Advancement Programs, Special Appointments, as established by GFWC with some exceptions, and Administrative Chairmen are appointed by the Palomar President and ratified by the Executive Committee.
- All Chairmen must become knowledgeable in the area in which they serve.
- GFWC Manual and the CFWC Chairmen provide newsletters and areas of focus. All resources will be available at gfwc.org in the Member Portal, at cfwc.org under the Programs Tab.
- If your chairmanship is not under that tab, then you need to have the full club manual or contact cfwcsonjahults@gmail.com and she will be happy to help you.



cfwcsonjahults@gmail.com



Find Your Program

In your packet you will find a worksheet that breaks down what you can do as a chairmen and how to plan your year. The GFWC Program Descriptions are on the website and also on your Club Deans/Presidents Thumbdrive. If you cannot find them contact me and I will send you the folder.

1. For today we are using the Civic Engagement Program Description
2. Take a minute to look through the pages with me.
3. Read this information. It will help you fill out your plan for the year. Let's do one together

cfwcsonjahults@gmail.com



Chairmen Program Focus Calendar

Month: Pick a month and then pick a focus

	November			
Article		Workshop		



cfwcsonjahults@gmail.com

This is a tool that I created. As Chairmen we are handed a **HUGE** job and nothing to break it down.

Think about:

- Choose 2 areas of your program to focus on using the resources to choose.
- Write a newsletter article for each.
- Do a Project in a day for both.
- Create a zoom workshop for your clubs using just these two area of your project.

CIVIC ENGAGEMENT AND OUTREACH

COMMUNITY SERVICE PROGRAM

2024-2026 GFWC CLUB MANUAL

"OUR TROUBLE IS THAT WE DO NOT DEMAND ENOUGH OF THE PEOPLE WHO REPRESENT US. WE ARE RESPONSIBLE FOR THEIR ACTIVITIES... WE MUST SPUR THEM TO MORE IMAGINATION AND ENTERPRISE IN MAKING A PUSH INTO THE UNKNOWN; WE MUST MAKE CLEAR THAT WE INTEND TO HAVE RESPONSIBLE AND COURAGEOUS LEADERSHIP." ELEANOR ROOSEVELT

In the Preface of *Civic Responsibility and Higher Education*, an authoritative work edited by Thomas Ehrlich and published by Oryx Press in 2000, it is noted that "Civic engagement means working to make a difference in the civic life of our communities and developing the combination of knowledge, skills, values, and motivation to make that difference. It means promoting the quality of life in a community through both political and non-political processes."

More generally, according to The Center For Civic Leadership at the Alfred State School of Technology of the State University of New York, civic engagement means working to make a difference in the civic life of your community. It involves action by individuals or groups to engage with issues of public concern by taking action, being a problem solver, and working to address the root cause of community challenges. What a perfect description of the GFWC Civic Engagement and Outreach Community Service Program!

The GFWC Civic Engagement and Outreach Community Service Program reminds GFWC members that each member is part of a larger society and we are responsible for taking actions that will create a better quality of life and foster a sense of community—locally, regionally, nationally, and globally. GFWC focuses on addressing issues of public concern.

Volunteering is one of the best ways to put civic duty into action, and it is often the first step in building a stronger connection to community. However, there are other ways to contribute, such as advocating, fundraising or donating, and problem-solving. Locally, even supporting small businesses and keeping an eye on your neighbor can play a part in improving the community. The possibilities are endless. We advocate because there is a need; we volunteer because we are needed. GFWC's focus continues to be addressing issues impacting our local, state, and national communities.

Citizenship, Crime Prevention, Safety, Disaster Preparedness, the Needy, Hungry, and Homeless, and Military Personnel and Veterans are just a few suggestions for areas of concern impacted by GFWC Clubwomen during its history. What is needed in your community? Look around your own community and to the wider world for ways to make a positive impact.



2024-2026 CIVIC ENGAGEMENT AND OUTREACH COMMUNITY SERVICE PROGRAM

Vicky Ann Trimmer, Chairman
600 East Winding Hill Road
Mechanicsburg, PA 17055
vtrimmer@daleyzucker.com

Direct any questions regarding projects that do not involve GFWC Affiliate Organizations to the Civic Engagement and Outreach Community Service Program Chairman or GFWC Programs Department at Programs@GFWC.org.

COMMUNITY CONNECTION INITIATIVE: PREPARATION SAVES LIVES



First aid, including CPR, helps give the person experiencing a medical emergency the best chance of survival until medical professionals arrive on the scene. www.uchealth.com

GFWC clubs are encouraged to focus on efforts to educate their community members in the life-saving skills of CPR and First Aid. Every parent, grandparent, childcare worker, babysitter, teacher, bus driver, Uber driver, restaurant worker, and person standing at a bus stop or in a grocery line needs to know CPR and First Aid. GFWC members can be the life-or-death difference in the event of a medical emergency. Heart attacks, choking, broken bones, open wounds, and falls occur every day someplace in your community. GFWC clubwomen can be "lifesavers" by offering education and training opportunities to their fellow citizens. Caring for your community and working with others to make it a safer place is a great example of Civic Engagement and Outreach.

Ways in which GFWC members can prepare themselves and others to save lives:

- Present a Proclamation for "First Aid Awareness Month."
- Distribute information about the benefits of First Aid and CPR training to local businesses, churches, daycares, stores, schools, etc.
- Host CPR and First Aid training classes with your local volunteer fire department and ambulance association.
- Raise funds to offset the costs incurred by the organizations providing CPR and First Aid training.
- Partner with other volunteer organizations to sponsor training for the underprivileged in your community.
- Honor organizations and groups of citizens that get trained, such as when a group of office workers all complete training, by recognizing them on a community bulletin board.
- Assist with the purchase of Automated External Defibrillator (AED) devices for locations in your community where they are not readily available.
- Create a Family Emergency Binder in case you need to leave home quickly due to a disaster in your community. Include contact information for family, business associates, and close friends. Keep copies of your vital documents such as passports, licenses, deeds, veterans' paperwork, credit card numbers, and legal documents. Be sure to include current medication lists for all family members (and pets). Having a list of your important websites and passwords can save time in a crisis.
- Make a home inventory using photos and/or a video in case you need to identify missing or damaged items.



PROJECT IDEAS

The Civic Engagement and Outreach Community Service Program is far-reaching and sweeping. It can be hard to isolate ideas. GFWC hopes you find inspiration from these ideas for club projects. Find further information about organizations named here under Resources.

Remember, these are not guidelines, just suggestions, and all projects involving civic engagement and outreach fall under the Civic Engagement and Community Outreach community service program. Think outside the box and find a need in your community that will make a difference to your club, your neighborhood, or your state.

CITIZENSHIP

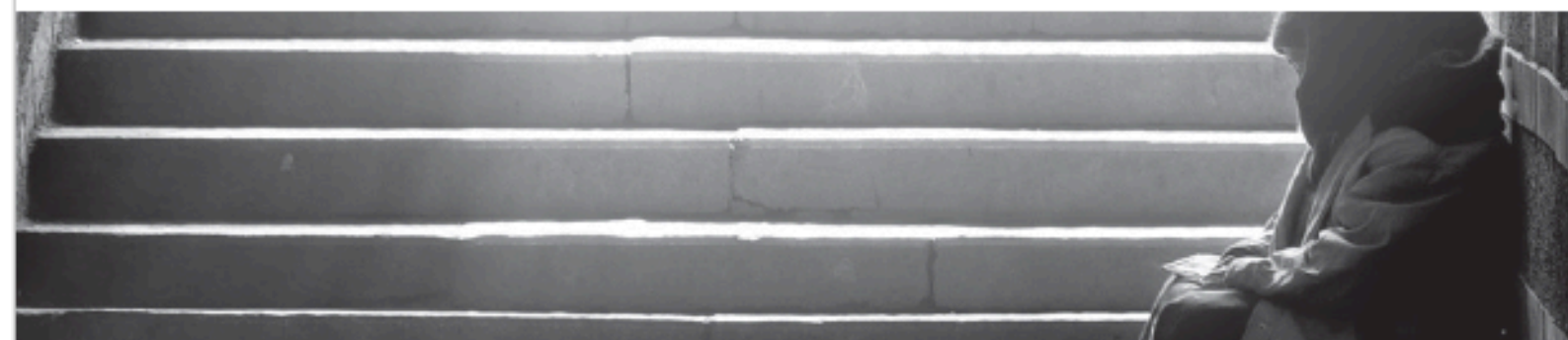
- Work together with other community members or organizations to create a social media platform, such as a Facebook or X (formerly Twitter) page, to engage the larger community on key issues, identify positive solutions, and stimulate public policy initiatives.
- Honor and celebrate patriotic holidays by hosting or volunteering for events commemorating Presidents' Day, Memorial Day, Independence Day, Veterans Day, Constitution Day, and others. Consider purchasing or printing copies of the United States Constitution for distribution. One organization that provides copies at a bulk rate is Freedom Factor.
- Work together to "Get Out the Vote!" Encourage others to register and vote, provide information about early voting or polling locations and times, and offer transportation if needed. Pair with another club and assist at the polls. Use yard signs to "Vote and Be Counted."
- Provide information on correctly folding a United States flag, plus the meaning and symbolism in the flag folding ceremony, to scouts, school groups, and others. The American Legion offers clear and concise instructions.
- Help an individual or a small group study for the U.S. Citizenship test.
- Host a Nationalization Ceremony in your community.
- Collaborate with bookstores or libraries to create a prominent display of nonfiction books that commemorate Women's History Month in March, telling the "herstory" of women's suffrage.
- Collect books that celebrate women of the suffrage movement or other women and girls of historical or societal importance, including biographies, nonfiction, and historic fiction, and donate them to local schools, libraries, and programs such as the Boys and Girls Club, YWCA, and Girls, Inc.
- Create a play, puppet show, or exhibit to teach young students about "Symbols of the United States," including the US flag, Uncle Sam, the Liberty Bell, the bald eagle, the Statue of Liberty, and others.
- Sponsor a Candidates Forum for town officials and/or state representatives from all parties, with club members serving as hosts and moderators. Invite media to cover the event.
- Join the Chamber of Commerce to increase brand recognition through networking and publicity. Use Chamber publications and calendars to help spread the word about club events.
- Invite a speaker from the League of Women Voters to provide information on voting rights and how to increase participation and educate voters.
-

CRIME PREVENTION, SAFETY, AND DISASTER PREPAREDNESS

- Prevent crime and make homes and communities safer by providing information on crime prevention strategies, such as neighborhood/park watches and suspicious activity reports. For helpful information, provide a listing of non-emergency numbers or websites for your community.
- Support and thank local Police and Fire Departments for keeping the community safe. Consider making gift bags that include snacks, beverages, gift certificates, other small treats or necessities, and a handwritten thank you note. Or, provide a monthly meal and/or dessert to

these first responders, with groups of club members working together.

- Spread the word about the danger of carbon monoxide poisoning in the home by providing information from the Centers for Disease Control and Prevention, including the signs and causes of poisoning, and how to prevent it. Collaborate with a local merchant to purchase carbon monoxide alarms at cost and then provide them to the elderly and/or needy.
- Alert parents and caregivers to the hazard of furniture tip-overs that endanger the lives of children, the disabled, and the elderly. According to the Consumer Product Safety Commission, someone in the U.S. is injured every 17 minutes by a furniture, TV, or appliance tip over. Create awareness through social media on how to anchor furniture or offer facts and free furniture anchors at a community-wide event.
- Host a community educational program on Identity Theft from USA.gov, including potential victims, types of theft, warning signs, and prevention.
- Go to the National Council on Aging for information about scams against seniors that target grieving spouses, worried grandparents, and those with medical concerns. Share fact sheets with members and friends, including "The Top Ten Financial Scams Targeting Seniors," and "Eight Tips for How Seniors Can Protect Themselves from Money Scams."
- Hold a bicycle safety workshop for children during National Bicycle Safety Month in May.
- Utilize materials from the National Safety Council and other experts to educate teen drivers about the dangers of distracted driving during Distracted Driving Awareness Month in April.
- Work with first responders and your local high schools to provide motivational presentations on at-risk driving practices, such as texting and failure to use seat belts.
- Learn to stop traumatic injury bleeding, which is the leading cause of preventable death in a severely injured person. Find tools through the national awareness and training campaign, Stop the Bleed, directed by the American College of Surgeons. Sponsor a course for club and community members that offers hands-on practice to apply direct pressure, pack a wound, and use a tourniquet.
- Plan a club or community program with first responders in September, National Preparedness Month, on possible emergency situations, natural disasters, and how to be ready at home.
- Provide information to community members on how to make a Disaster Preparedness Toolkit.



THE NEEDY, HUNGRY, AND HOMELESS

- Consult your local welfare office, shelters, churches, and other community-assistance organizations to determine community needs and help provide provisions for the needy.
- Assist Habitat for Humanity by providing volunteer labor or donations such as furniture and household goods. Provide meals and/or snacks for volunteers.
- Put together a Women Build team for Habitat for Humanity and work in tandem with construction professionals and future homeowners.
- Organize a club day of service at a local food pantry by donating essential goods and sorting and organizing their shelves. Offer a few surprises, such as "Birthday Bags" filled with cake mix, a can of icing, candles, a baking pan, and a birthday card.



- Organize a winter clothing drive in the fall, collecting, sorting, and cleaning gently used coats, jackets, sweaters, hats, scarves, and gloves. Partner with a school, church, or another local agency to distribute the clothing.
- Work with your local schools to establish "closets" within the schools where clothing, shoes, backpacks, underwear, socks, outerwear, and personal hygiene items are organized and stored for distribution to children in need. Sponsor the clothes closet and stock it regularly.
- Collect socks at a club, District, or State meeting and donate this "number one most requested item" to homeless shelters.
- Hold a collection drive for "Support the Girls," an organization that provides bras, underwear, and feminine products to women and girls in need. Donate the items to the closest "Support the Girls" affiliate location or a similar local nonprofit organization, so they can be distributed in your area. Work with the local school guidance counselors and help with stocking the shelves with feminine products.
- Learn about "Days for Girls," an organization that provides access to menstrual care and education for girls around the world. Fundraise for a monetary donation or create sustainable menstrual care kits that provide safe, beautiful, washable, and long-lasting sanitary protection.
- Advocate for "Housing not Handcuffs," a campaign of the National Coalition for the Homeless that aims to put an end to homelessness and the criminalization of the homeless.
- Research the ground-level services in your backyard and make cards with nearby shelter information and maps to promote the nearby shelters.
- Partner with "The Right to Shower" (www.therighttoshower.com/) by holding a Hygiene Kit Drive, applying for grants to start a Mobile Shower Service, Pop-Up Care Village, or building a portable Handwashing Station.
- Research your local candidates. Politicians often dictate your community/city policies and funding levels.

OUR MILITARY PERSONNEL AND VETERANS

"Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he can the same cause." Abraham Lincoln

- Encourage members to research local or national programs that support our military. The United States Department of Veterans Affairs can direct you to assistance programs for those currently deployed, military families, and/or veterans. If your club wants to work specifically with women veterans, contact the Women Veterans Program Manager at your VA Medical Center or local residential living or assisted living manager.
- Support active military personnel with programs through the USO, such as Wishbook, to provide gifts of comfort food packages, phone calls home, and long-distance bedtime stories, or USO2GO Kits, which provide snacks, toiletries, and fun diversions (music and games) to troops deployed to remote areas.
- Keep military loved ones together during medical treatment by supporting the Fisher House Foundation, which builds comfort homes at military installations and VA Medical Centers around the world. Clubs can also support the Foundation's Hero Miles program, which uses donated airline miles to bring family members to the hospital bedsides of the injured, and Hotels for Heroes, which uses donated hotel points, and/or its grant program and scholarship fund.
- Create awareness about the three primary mental health concerns of military personnel and veterans: Posttraumatic Stress Disorder (PTSD), Depression, and Traumatic Brain Injury (TBI). Support organizations such as the National Alliance for Mental Illness (NAMI) and others that provide help.
- Create awareness about the high rate of suicide among veterans and suicide prevention programs such as the Veterans Crisis Line and S.A.V.E., a VA online training program that teaches simple preventive steps (Signs, Ask, Validate, Encourage, Expedite) that anyone can follow with those at risk.

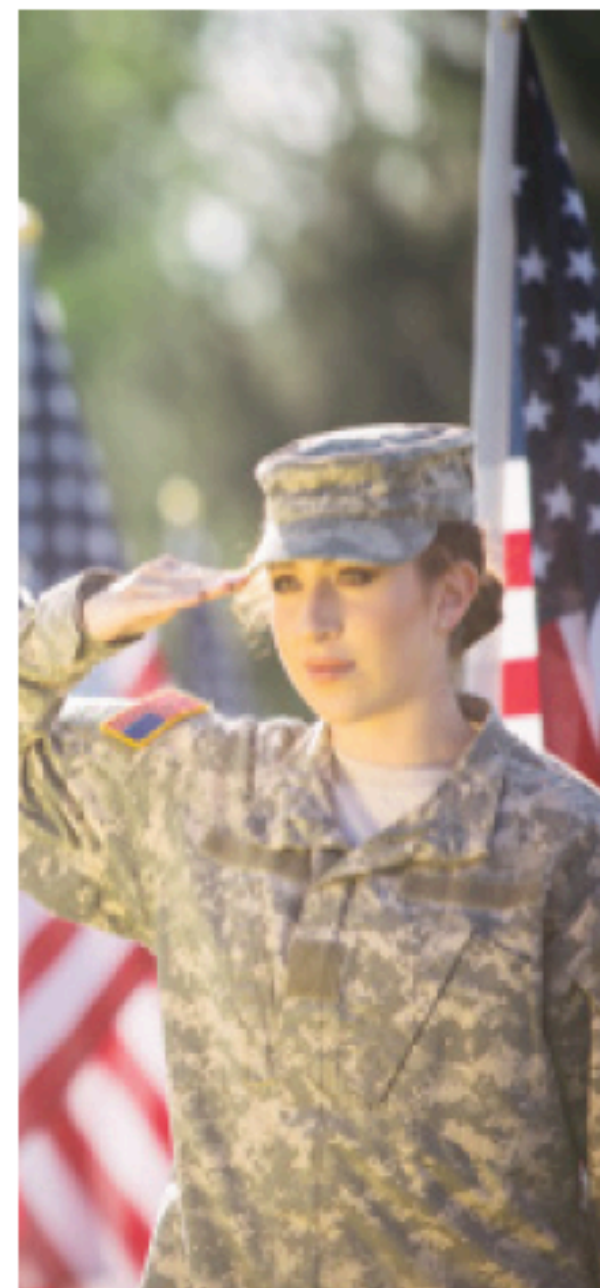
- Donate clothing, nonperishable food items, backpacks, and other items to Stand Downs, VA events that provide necessities, health screenings, and referrals for homeless veterans. Ask for the wish list and each month provide a few items on that list. It changes per season and by the number of homeless veterans.
- Contribute to Wreaths Across America by sponsoring wreaths or volunteering at Veteran Cemeteries to place or remove wreaths.
- Contribute to the Honor Flight Network by donating, volunteering as a "Guardian" to accompany an honoree, and/or being part of a "Welcome Home" congregation. Write cards for the "Mail Call" during the return home.
- Support the Quilts of Valor Foundation by donating fabric, quilt squares, or quilts, or by making monetary contributions or becoming a sponsor.
- Create packets of cards and stamps for veterans in care facilities which they can use to stay in touch with their family and friends. Include holiday, birthday, get well, thinking of you, sympathy and blank cards in each packet.

SUPPORT AND AID WOMEN VETERANS

Connect with women veterans to support health needs, reduce isolation and depression, and provide comfort and encouragement, with the assistance of a Women Veterans Program Manager* at your VA Medical Center. Here are specific ideas provided by a WVP Manager:

- Donate comfort and useful items such as soothing lotions and bath gels, beauty products, cozy socks and slippers, adult inspirational coloring books and colored pencils (a great favorite!), games and playing cards, and/or gift cards to salons, coffee shops, and retail and grocery stores.
- Supply beverages and snacks for the waiting area of the Veteran Women's Health Clinic, with a small group of members hosting to provide camaraderie and new contacts.
- Collect new and slightly used jewelry and hold a club social for polishing and packaging the jewelry in decorated boxes or bags for distribution at the Veteran Women's Health Clinic.
- Work with the Veterans Administration Medical Center to hold a games afternoon or painting social. Make new friends and have fun!
- Create "Beauty Bags" for women veterans, including face care, body care, feminine products, and nail care products. Provide hand cream, cleansers, brushes, combs, special soaps, shampoo, and bath bombs. Include a special beauty item like a lip gloss or lipstick, earrings or cologne.
- Coordinate with the WVP Manager to help women veterans celebrate special moments in their lives, with gifts and thoughtful cards for new babies, family birthdays, and other meaningful occasions.

*If your community does not have a WVP Manager, reach out to a local assisted residential living manager that can identify those in their care who are female Veterans.



CONNECT WITH GFWC AFFILIATE ORGANIZATIONS

CANINE COMPANIONS

- Sign Online Petition to Stand Against Service Dog Fraud. When untrained pets posing as service dogs behave badly, people who truly need assistance dogs can face added discrimination and lose access to public places, both violations of the Americans with Disabilities Act. www.cci.org/news-media/latestnews/take-a-stand-against-service.html
- Promote puppy raising. Volunteers are needed to raise puppies from eight weeks to 1.5 years old, attending dog obedience classes, and socializing the puppy in public settings. Assistance is needed in getting the word out on the need for volunteers.
- Meet the Canine Companions Chapter leadership near you and see how you can work together.
- Raise funds to help place a dog with a veteran.
- Share your commitment to CC with suggested Canine Companions by using these hashtags: #giveadogajob, #WeAreIndependence, #ccivolunteer, #ccipuppy, #ccipuppyraiser, #ccigraduate #ccicanine, and #caninecompanions.
- Become familiar with the following organizations:
 - Assistance Dogs International, Inc. www.assistance dogsinternational.org
 - International Association of Assistance Dog Partners. www.iaadp.org
 - U.S. Department of Justice ADA and Americans with Disabilities Act information, resources, and updates. U.S. government website (www.ada.gov/resources/service-animals-2010-requirements/) contains a vast array of resources for individuals with disabilities, including information about health, housing, education, transportation, recreation, and employment. See Commonly Asked Questions about service dogs in places of business. ADA Info Line: 800-514-0301 (voice); 800-514-0383 (TTY). Workplace Accommodation Information (www.ada.gov/pubs/adastatute08.htm#subchapter1) | Public Access with an Assistance Dog Info (www.ada.gov/service_animals_2010.htm) | Employment Equal Opportunity Commission (www.eeoc.gov)
 - Children with Disabilities offers information about advocacy, education, employment, health, housing, recreation, technical assistance, and transportation covering a broad array of developmental, physical, and emotional disabilities. www.childrensdisabilities.info
 - Institute on Disability and Human Development is an online resource dedicated to promoting the independence, productivity, and inclusion of people with disabilities into all aspects of society. www.ahs.uic.edu
- Join the Canine Companions Facebook page (www.Facebook.com/CanineCompanions) and help them build their network of "likes."
- Follow Canine Companions on X (formerly Twitter) @ccicanine.
- Subscribe to their YouTube channel, www.YouTube.com/CanineCompanions, and their blog, Help is a Four-Legged Word, www.Blog.CCI.org.
- Sign up to receive monthly [e-newsletters](#) on Canine Companions updates and forward the emails to your friends.

HEIFER INTERNATIONAL

- Support Heifer by sponsoring a Community Animal Health Workers Kit. This kit includes tools such as thermometers, stethoscopes, hoof trimmers, gloves, disinfectants, medicine for animals, and more. It also trains participants in properly caring for gift animals. Visit www.heifer.org/campaign/gfwc.html and navigate to the Health Workers Toolkit.

- Inspire students to become global citizens through Heifer's free educational and fundraising programs catered to any age group. www.heifer.org/what-you-can-do/get-involved/schools/index.html

MARCH OF DIMES

- Use the March of Dimes Advocacy materials to make your voice heard by contacting Members of Congress about how you feel about Maternal Health, Access to Care, and Newborn Screening. www.marchofdimes.org/our-work/policy-advocacy
- Host a "Dime Drive" to collect donations. Consider laying the dimes across a bridge to reach across a local river to encourage getting to the goal of covering the entire length of the span.

OPERATION SMILE

Note: Operation Smile's needs vary frequently. Before commencing your project, go to www.operationssmile.org and search for "service projects" to see what is currently needed.

- Coordinate with members, friends, and family to sew, collect, or prepare specific supplies that are needed for medical missions. www.operationssmile.org/service-projects
- Sew Smile Splint arm bands to prevent children from bending their arms and touching their face. An arm band is inserted with tongue depressors to create a simple splint. For patterns to make the needed item, visit www.operationssmile.org/service-projects
- Make Smile quilts, blankets, and afghans.
- Sew Smile Bags and collect the needed items to fill the bags. These bags are given to each child after surgery.
- Go on YouTube and download videos to present at your club meeting.
- Sponsor an Operation Smile surgery by raising and donating \$240.

ST. JUDE CHILDREN'S RESEARCH HOSPITAL

- Volunteer at a St. Jude Walk/Run to End Childhood Cancer event near you by visiting www.stjude.org/walk/run and clicking on "volunteer."
- Join us on social media @StJude and use the Hashtag #ShowYourGold to show your support.
- Host a fundraising event to purchase a red wagon used to transport children at St. Jude Children's Research Hospital.

UNITED NATIONS FOUNDATION SHOT@LIFE CAMPAIGN

- Encourage club members to apply for the annual Shot@Life Summit. Learn how to advocate and put it into practice in support of funding global vaccines. shotatlife.org/championsummit
- Promote Equality for Girls Program by promoting education for girls so they can become the artists, engineers, and advisors of tomorrow. www.unicefusa.org/mission/equality-girls
- Visit UNICEF's USA Action Center: Advocate to Put Children First. Enter your zip code to see the campaigns currently being promoted in your area. www.act.unicefusa.org/?ga=2.56491243.1930969479.1592003084-1296862387.1592003084
- Create "STOP Sign" stickers to place in rest area bathrooms of highly traveled roads in your community. Include the phone number of the national hotline for survivors of human trafficking.



GFWC RESOURCES

American Legion www.legion.org

For specific information on flag folding, go to www.legion.org/flag/folding.

Consumer Product Safety Commission www.consumerreports.org

Days for Girls www.daysforgirls.org

Family Promise www.familypromise.org

Affiliates work in 43 states as a leading nonprofit addressing the issue of family homelessness. The organization is 501c3 with a 4 Star Charity navigator standing. Blankets, pillows, towels and washcloths, school snacks, and meals are appreciated donations.

Fisher House Foundation www.fisherhouse.org

Freedom Factor www.freedomfactor.org

For specific information on the cost of copies of the United States Constitution and the Declaration of Independence go to www.freedomfactor.org/collections/designer-pocket-constitutions.

Habitat for Humanity www.habitat.org

HOBV www.hoby.org

Honor Flight Network www.honorflight.org

I Support the Girls www.isupportthegirls.org

League of Women Voters www.lwv.org

The League of Women Voters encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

National Alliance on Mental Illness (NAMI) www.nami.org

For specific information on supporting military personnel and veterans go to www.nami.org/Find-Support/Veterans-and-Active-Duty.

National Coast Guard Museum www.coastguardmuseum.org

Join other GFWC clubs as we help to build the National Coast Guard Museum in honor of those who serve. Purchase a paver or make a donation for those who are always there for our country.

National Council on Aging www.ncoa.org

For specific information on scams against seniors go to www.ncoa.org/economic-security/money-management/scams-security.

National Safety Council www.nsc.org

For specific information on distracted driving go to www.nsc.org/road-safety/safety-topics/distracted-driving.

National Women Veterans United www.nwvu.org

National Coalition for the Homeless www.nationalhomeless.org

For specific information on "Housing not Handcuffs" go to www.housingnohandcuffs.org.

National Crime Prevention Council www.ncpc.org

Quilts of Valor Foundation www.qovf.org

For specific information about making quilts go to www.qovf.org/make-a-qov/

The Right to Shower www.therighttoshower.com

USA GOV www.usa.gov

For specific information on identify theft go to www.usa.gov/identity-theft.

U.S. Department of Veteran Affairs www.va.gov

For specific information on Stand Downs go to www.va.gov/homeless/events.asp.

USO www.uso.org

Wreaths Across America www.wreathsaacrossamerica.org

AWARDS

GFWC recognizes State Federations for outstanding projects and clubs for creative projects in implementing effective Civic Engagement and Outreach Community Service Program projects and Affiliate Organization projects as follows:

- Certificate to one State Federation in each membership category
- \$50 award to one club in the nation for project creativity

Award winners will be determined by entries into the Award Program. Each State Federation may submit one State Award Entry and one Club Creativity Award Entry for the Civic Engagement and Outreach Community Service Program projects. Clubs do not submit entries directly to GFWC.

RESOLUTIONS

Resolutions adopted by GFWC are the foundation of our organization. They guide our call to action and are the basis of all programming and advocacy. Current Resolutions for the **Civic Engagement and Outreach Community Service Program** are listed here by number and title. Refer to the complete text in the GFWC Resolutions document, filed under "Governance" in the Digital Library on the Member Portal. Resolutions are an important and integral part of GFWC Programs.

140-010 Advocacy Rights of Charitable Organizations

140-020 Bicycle Safety

140-030 Broadband Authority and Utilization

140-040 Child Support Enforcement

140-050 Citizenship Rights and Privileges

140-060 Consumer Product Safety

140-070 Crime Prevention

140-080 Criminal Justice

140-090 Disaster Assistance and Preparedness

140-100 Economic Equity

140-110 Economic Stability



Chairmen Program Focus Calendar

Month: Pick a month and then pick a focus

	November			
Article		Workshop		



cfwcsonjahults@gmail.com

This is a tool that I created. As Chairmen we are handed a **HUGE** job and nothing to break it down.

Think about:

- Choose 2 areas of your program to focus on using the resources to choose.
- Write a newsletter article for each.
- Do a Project in a day for both.
- Create a zoom workshop for your clubs using just these two area of your project.

Month to Month Calendar

What to do?
What to do?

NATIONAL CALENDAR BY MONTH



MONTH			
Jan	Human Trafficking Prevention	https://www.state.gov/national-human-trafficking-prevention-month/	
	National Braille Literacy	https://www.neils.org/national-braille-literacy-awareness-month/	
Feb	Cancer Prevention	https://www.cancer.org/	
	Black History Month	https://blackhistorymonth.gov/	
	Teen Dating Violence Month	https://opdv.ny.gov/february-teen-dating-violence-awareness-month	
Mar	Red Cross Month	redcross.org	
	National Women's History	womenshistory.org	
Apr	Financial History Month		
	National Volunteer Month	https://www.volunteer.gov/s/	
	Child of the Military Child	https://www.defense.gov/Spotlights/Month-of-the-Military-Child/	
	Sexual Assault Awareness	https://www.nsvrc.org/saam	
May	Global Health Month	https://www.who.int/campaigns/world-health-day/2025	
	National Military Appreciation	https://veteran.com/national-military-appreciation-month/	
	National Preservation Month	https://www.nps.gov/subjects/nationalregister/preservation-month.htm	
June	PTSD Awareness	https://www.ptsd.va.gov/understand/awareness/index.asp	
	National Pollinators Month	pollinator.org	
	National Safety Month	nsc.org	
July	World Watercolor Month	doodlewash.com	
	National Ice Cream Month	https://www.idfa.org/july-is-national-ice-cream-month	
Aug	National Dog Month	https://www.dogster.com/lifestyle/national-dog-month	
	Family Fun Month	https://seniorslifestylemag.com/lifestyle/family/august-is-family-fun-month/	
Sept	National Library Card Month	ala.org	
	Save Your Photos Month	shutterfly.com	
	National Sewing Month	nationalsewingmonth.org	

Finding Resources

- After looking at your GFWC Suggestions in your Program.
- Notice they mention Non Profits that you can support.
- Take a minute to find your local contact in your program area and create a list of non profits that you can support within your area.
- Take the list to your planning meeting and ask the board which ones work best with the clubs goals.

PROGRAM NON PROFITS	
SPEND THE NEXT 15 MINUTES RESEARCHING NON PROFITS IN YOUR PROGRAM AREA WITH YOUR TABLE.	
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cfwcsonjahults@gmail.com



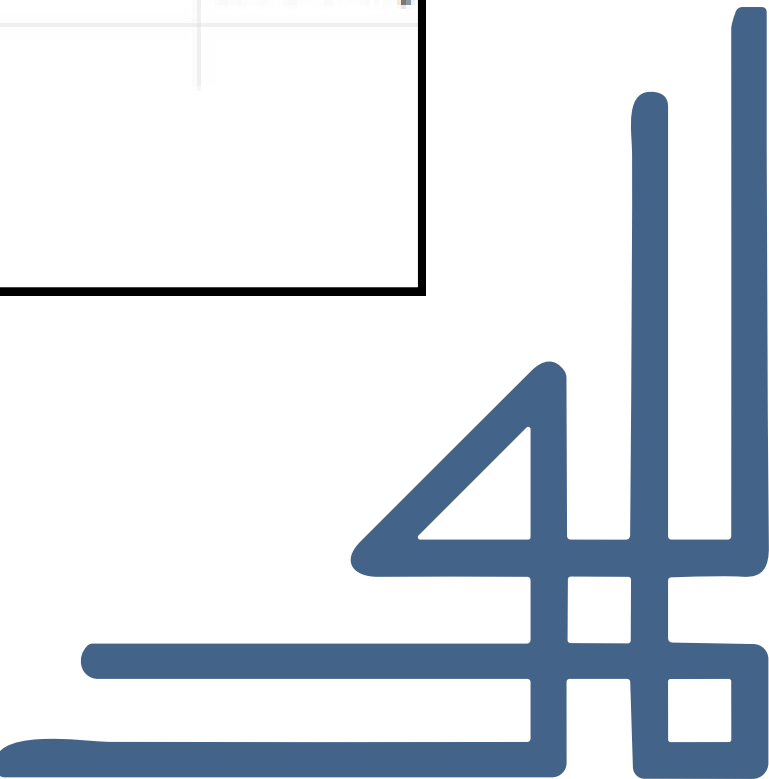
**GFWC Manual and the CFWC Chairmen
provide newsletters and areas of focus.**

**In your packet, find the worksheet with the
CFWC Chairmen and their emails. Please
contact them for your area and ask to be on
their mailing list.**

**When you receive the information. Please
include Palomar President, Dean and
Communications Chairmen in your email list so
we can share everything with the district.**

A	B	
Cathie Pettithomme	Domestic Violence	P.O. Box 1228
Sandra Cabral	Advocates for Children	10769 Parkla
Kelly Davis	Arts and Culture	7 Lucille Way
Anne Cochrane	Civic Engagement	24 Garden St
Reggie Mattox	ESO	2867 Banyon
Nancy B Jones	Environment	578 Mar Vist
Patsy Wilson	Health and Wellness	3511 Glen Ri
Linda Queen	Communications	6035 Kingsb
Jane Thomey	Community Impact Program	8118 W. 83rd
Kathleen Holm	Legislation & Public Policy	1170 West Ja
Allison Eccleston	WHRC	235 E. Shady

cfwcsonjahults@gmail.com



Zoom Workshop

The CFWC State and District Chairmen are going to be working together to put on Zoom Workshops. We would love the Club Chairmen in those program areas to join in and help when it comes to the directed questions and the sharing. Please use the worksheet in your packet to see what is expected.

1. **Topic:** Pick two ideas out of your program area to share this year. Learn that topic well enough to teach a 15 minute workshop.
2. **Opening:** Greet everyone and using the ideas presented in the Workshop Presentation online, Start the meeting having fun
3. **Teaching:** 15 minutes teaching the program pick with slides.
4. **Directed questions/sharing:** Send your team questions to ask about your program or ask the room the questions.
5. **ALWAYS** send a handout!!!!!! with everything your presented to share.



Plan a Workshop

TEACHING

OPENING

DIRECT QUESTIONS

SHARING/GROUP QUESTIONS



GFWC

est. 1890
GENERAL FEDERATION
OF WOMEN'S CLUBS
CALIFORNIA

SUPPLIES/RESOURCES/SNACKS/TOOLS

cfwcsonjahults@gmail.com

Newsletter Articles

District and Club Newsletters are the way we encourage engagement for our program.

Write a newsletter article for at least 2 of the newsletters for your club/district.

How? Let's look at the worksheet.

- Headline
- Paragraph One: Introduction
- Paragraph Two: Why and How
- Paragraph Three: Background Details
- Paragraph Four: Opinion and Future ideas

Need help? Ask me. I would love to help you write for your Clubs and Districts.

cfwcsonjahults@gmail.com

The How To for Newsletter Articles Practice Sheet

Headline: Something Catchy

Paragraph 1:

Introduce the event giving the key information: Who What When Where Why

Paragraph 2:

IWhy, how - Give more detail on exactly how the event happened.

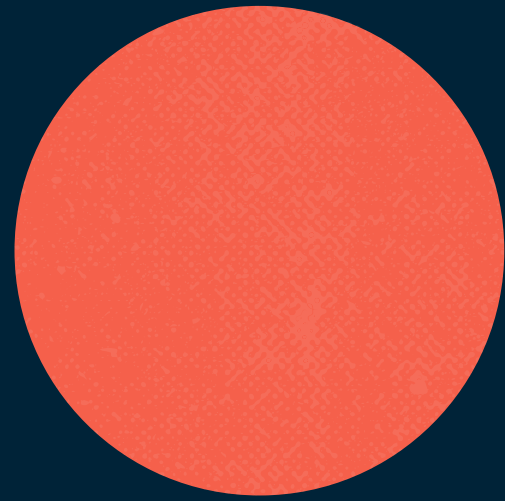
Paragraph 3:

Include more background details on what happened. Think about Pre Event

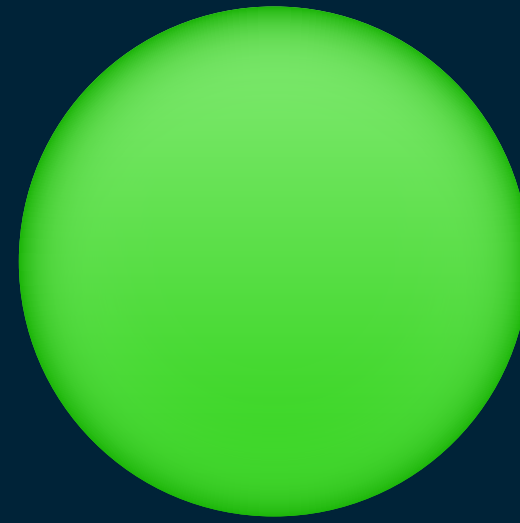
Paragraph 4

What is an opinion, what is the impact, what might happen next?

Summarization



Expectation



Embracing



Having Fun

JUMP IN - We cannot do this without YOU

**You are such a BIG part of our story, our future!
Help us make it something you want to be part
of right here in Palomar District**

