

GFWC of Montana
GFWCMontana.org

August 2021
Volume 58, Issue 1



The Montana Woman



Let Your Light Shine
2020-2022

Come One — Come All!

GFWC Montana Fall Meeting October 1-2, 2021

Once again we will be gathering in person at the Great Northern Hotel in Helena, Montana for our Fall Meeting!

Revue the next two pages for directions to make your hotel reservation (deadline August 31st for group rate) and to register for this much anticipated event.

Come participate in the general meetings and workshops, learn from the guest speakers, and have the opportunity to gather with other members from your district. The time will be filled with thoughtful information, educational opportunities, celebration of successes, and lots of laughter and fun as we join together with current and new friends from across Montana!

Don't forget to bring along items highlighting the talents of your club members to be part of the fundraising event supporting GFWC MT.

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GFWC of Montana Executive Committee

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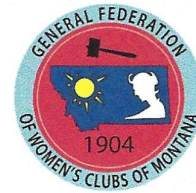
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42942 Sky Lane, Ronan, MT 59864
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OFFICIAL CALL 2021 GFWC MONTANA FALL MEETING

October 1-2, 2021



Great Northern Hotel
835 Great Northern Blvd.,
Helena MT
www.gnhotelhelena.com

Phone 406-457-5500
Rooms : \$140 for 1 guest, \$150 for 2 guests, \$165 King room, plus taxes

Call 406-457-5500 for reservations. Refer to General Federation of Women’s Clubs.

HOTEL REGISTRATION RATE DEADLINE: August 31, 2021
(NO GUARANTEE OF ROOM OR PRICE AFTER THAT DATE)

TENTATIVE AGENDA

Friday, October 1 st	Saturday, October 2 nd
<ul style="list-style-type: none"> • Executive Committee meeting: 9:00 a.m. –11:00 a.m. • Registration: 10:30 a.m. – 12:30 p.m. • General meeting: 1:00 p.m. – 4:30 p.m. Speaker and workshop • District meetings: 4:45 p.m. – 5:45 p.m. • Dinner: 6:30 p.m. • Fundraising during breaks • Friday evening Social Gathering Activity 	<ul style="list-style-type: none"> • Breakfast on your own – free, in hotel • TOPP’s at 8:00 a.m. • PDQ’s at 9:00 a.m. • General Meeting: 10:00 a.m. – 5:00 p.m. Includes a luncheon Speaker and workshop • Dinner: 6:30 p.m. President’s Special Project Raffle items • District Social gatherings

What to bring to meeting

- Fundraising items: This is your opportunity to *LET YOUR MEMBERS TALENTS SHINE!* Please don’t leave even one member’s talents out. Please price your own items. Share your creations. A painting, a few jars of canned goods, table runners, napkins, aprons, garden decorations, house plants, and the list goes on.
- Fundraising large items: Larger items will be sold with chance tickets.
- PDQs will be accepting used jewelry for their jewelry sale. Great bargains!

Article VI – Board of Directors

6.2 Composition, The Board of Directors shall consist of:

A. Elected Personnel: GFWC MT Officers, District Presidents, Club Presidents, Past State Presidents, Past State Directors of Junior Clubs and Honorary Vice-Presidents.

B. Appointed Personnel: Chairmen of Community Service Programs, Chairmen and committee members of Special Projects, Special Assignments and Standing Committees, Parliamentary Advisor, Corresponding Secretary, Chairman of Budget & Finance Committee, and The Montana Woman staff.

NOTE: All GFWC MT members are invited to the Board of Directors meeting. We encourage all members to attend, have fun and learn about the decisions the Board members are making.





GFWC Montana Fall Meeting

October 1-2, 2021
Great Northern Hotel, Helena, MT



Please send one registration form for each person attending.

Name: _____

Address: _____

Phone Number: _____ **First Timer: Yes** _____ **No** _____

GFWC Montana Position(s): _____
State, District and/or Club

Club Name: _____

District: ___ Western ___ Central ___ Eastern

Members of the GFWC of Montana Board of Directors are voting delegates.

ALL MEMBERS are welcome and encouraged to attend.

Registration Fee: \$40.00

Please note any dietary considerations: _____

Friday, October 1, Dinner **Circle your choice:** \$30.00 _____

Pan Chicken with Rice—Pan roasted chicken breast with sweet pea risotto, wild mushrooms and pan jus

Pasta Primavera—Linguine, marinated portobello mushrooms, garlic, basil, roasted red peppers and arugula \$30.00 _____

Both dinners include Tossed salad-- New York Cheesecake

Saturday, October 2, Lunch

Pulled Pork Sandwich & Tomato Soup—Roasted pork shoulder, barbeque sauce, coleslaw, pickle, kettle chips \$20.00 _____

Saturday, October 2, Dinner **Circle your choice:** \$43.00 _____

Porcini Dusted Halibut—Stuffed with cream cheese, crab, prawns, scallions, basmati rice, lemon and caper cream \$40.00 _____

Beef Bourguignon—Angus beef braised in red wine with pan gravy, honey glazed carrots and mashed potatoes \$40.00 _____

Both dinners include Cesar salad—Strawberry Shortcake

All prices include gratuities **TOTAL** _____

Registration Deadline: Postmarked by September 20, 2021

NO REFUNDS will be given after September 15, 2021

Make checks payable to GFWC Montana

Mail Registration form and check to:

Marsha Price, 2623 Terrace Drive, Billings, MT 59102 406-698-6946 / askmap@gmail.com

Greetings Fellow GFWC MT Club Members



Dear Sisters in GFWC of Montana Federation,

What an amazing year we have experienced fighting through so many challenges just to get to August of 2021.

Our reports have proven that when we fall down, we, as GFWC club members, get up and continue on to meet the challenges at hand. You have made masks, collected school supplies, socks, books, made pillows, made dresses from pillowcases, donated blankets, hung baskets of flowers down the streets of town, helped other clubs with their projects and many other things that our communities have needed during these unapparelled times.

Now we look forward to starting a new hopefully back to normal club year. Keep up the good work and reach out to those club members you may have not seen during the pandemic, inviting them back to our clubs/ activities. Let them know their presence is appreciated by a smile, call, note, or email.

President-Elect, Lynn Foreman, both the 2020 and 2021 LEADS candidates, several past state presidents and I will be attending the GFWC Annual Convention in Atlanta on August 26-30. We are grateful for other Montana members who are also able to attend with us.

“New ways have been established and developed to communicate and operate with limited contact. “

The Montana Woman

The Montana Woman is published quarterly in August, November, February, and May. The deadline for news is the first of the month preceding the publication date. We encourage GFWC of Montana clubs to share their news in *The Montana Woman*.

Mail or email news and photographs to:
Karen K. Gustavsen, Editor
PO Box 876, Thompson Falls, MT 59873
karengus@verizon.net
406-827-9480 (H), 609-471-0476 (C)

Mail or email change of address to:
GFWC of Montana Membership Chairman
Lynn Foreman
PO Box 647, Ennis, MT 59729
foreman.lnj@gmail.com
406-682-5680 (H), 406-599-3120 (C)

Western States Region Conference will be in Colorado Springs the weekend of September 10-12. At this meeting it is my honor to report on your good works. Yes, *Reporting* is so important as this is how we “Let Our Lights Shine.”

We are excited for us to be together and look forward to seeing all of you at the upcoming GFWC of Montana Fall Meeting, October 1st and 2nd 2021 at the Great Northern Hotel in Helena. Registration, hotel information, and a list of great programs are in this newsletter and on the website. **Fundraising for this meeting will focus on GFWC of MT members many special talents. (Homemade jam or salsa, a painting, a flower arrangement, a photograph made into greeting cards, cookies, potholders, the list is endless.) Each club is asked to bring an assortment of member created items.** Here is an opportunity to “Let Our Lights Shine” as we raise funds for GFWC of MT.

October cannot come fast enough as your smiling faces have been missed..

Let Your Light Shine!

Florence Diede
GFWC Montana President



President's Special Project *Suicide Prevention Through Education*

From Health Matters, Billings Gazette, Monday, September 7, 2020 by Sarah Music, Chairman of the Suicide Prevention Coalition of Yellowstone Valley.

"Our focus is to raise awareness of the risk factors and warning sign for suicide. Warning signs of suicide may include:

- | | |
|------------------------------|-----------------------------|
| Expressing thoughts of death | Increase in substance abuse |
| Deterioration in hygiene | Giving away possessions |
| Sleep problems | Isolating |
| Withdrawing | Anger |
| Reckless behavior | Depressed mood |

OJM, An international Journal of Medicine states 'To reduce suicides during the COVID-19 crisis and after, it is imperative to decrease stress, anxiety, fears and loneliness in the general population.' Creating healthy habits, such as going for walks and drinking more water can help. Reaching out to a neighbor or friend will often lift their spirits and yours."

Locate and attend a Suicide Prevention Conference this fall. The opportunities for education are right among us and often at little or no cost.

Guest Speakers for GFWC of Montana Fall Meeting are Announced

Karl Rosston, Suicide Prevention Coordinator, Montana Department of Public Health and Human Services

Karl Rosston provides evidenced-based programs to all Montana secondary schools, implements the State Suicide Prevention Plan, supports the Montana Suicide Prevention Lifeline, implements firearm safety programs and statewide media campaigns, provides suicide prevention trainings, and coordinates suicide prevention efforts around the state. Karl is adjunct faculty at the Montana Law Enforcement Academy and a nationally certified trainer in QPR and Mental Health First Aid.

Previously, Karl was the Director of Social Services at Shodair Children's Hospital in Helena. Before returning to Montana, he was on the faculty of the University of Colorado, School of Medicine, and a clinical consultant with the Colorado Division of Youth Corrections.

He is a licensed clinical social worker who maintains a small private practice in Helena. He received his Master's in Social Work from the University of Denver and his Bachelor's in Psychology from the University of Montana.



Karl Rosston, LCSW
Suicide Prevention Coordinator,
Montana Department of Public
Health and Human Services



Shani Henry, BeSMART leader for the Helena group of Moms Demand Action for Gun Sense in America

Non-profit worker, veterinarian, wife of an educator and mother of 2 students

Motivation: education about Safe Storage of Firearms and Suicide Awareness and Prevention

Because? Not One More



GFWC International Convention in Atlanta, GA

“Gateway to the World”

Friday, August 27 2020-2022 Installation & Celebration Banquet
Saturday, August 28 to Workshops, business meetings, presentations, banquets, & FUN!
Monday, August 30

There will be no tours offered by GFWC but individuals are free to make private arrangements. The hotel room block extends from August 25 to August 31. King and Double/Double rooms are priced at \$129 per night, plus taxes and fees.

Visit GFWC.org to make last minute arrangements to attend! Registration deadline is August 4th.



“We are told to let our light shine, and if it does, we won’t need to tell anybody it does. Lighthouses don’t fire cannons to call attention to the shining—they just shine.”

Dwight L. Moody

Western States Region Conference in Colorado Springs, CO

“Pikes Peak or Bust!”

Thursday, Sept 9 Optional All Day Tour “Notable Women of the West”
Friday, Sept 10 Three Optional Tours “Pikes Peak or Bust” “Garden of the Gods” “Zipline”
Colorado State Banquet and Official Opening
Saturday, Sept 11 Business Session
Free the Girls Luncheon—Speaker Deb Strahanoski, GFWC President-elect
Business Session
WSR Banquet—Speaker Marian St. Clair, GFWC International President
Sunday, Sept 12 Inspirational Breakfast
Business Session

Use the following Conference Registration Form to join the festivities. It includes phone (719-578-0935) and website (advoutwest.com/gfwc) for the Friday tours offered by Adventures Out West.

Deadline for Conference Registration is August 20th.

Thursday’s tour is through Colorado Tour Guides. Use the following form and adhere to the deadline.

The historic Antlers Hotel in downtown Colorado Springs is the site of the WSR 103rd Annual Conference. The **Deadline for hotel reservations is August 16th**; call 866-299-4602 quickly.



2021 GFWC Western States Region Conference

September 9-12, 2021

Conference registration deadline: 8/20/21

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____ 1ST TIME ATTENDEE: () YES () NO

FEDERATION TITLE: _____

TOURS Reserve directly with Adventures Out West

(719)578-0935 or go to their website: advoutwest.com/gfwc/ use 'gfwc' as password on light blue bar

Pikes Peak or Bust Jeep Tour \$139 Foothills and Garden of the Gods Jeep Tour \$88 Colo-rad Zipline \$125

You need to request if you want a specific group to be in the same Jeep.

There is no deadline for these tours, however Adventures Out West does have limited capacity.

REGISTRATION:

Please indicate special dietary needs: _____

Please Note - special diets need to be noted with your registration. The hotel may have difficulty adapting dishes at the time of the meeting without prior warning.

Friday, September 10th Colorado State Night Banquet

Roasted Chicken Breast \$48.00 \$ _____

Beef Short Ribs \$48.00 \$ _____

5 Cheese Stuffed Porobello Mushroom \$48.00 \$ _____

Saturday, September 11th Luncheon

Soup and Sandwich Buffet \$25.00 \$ _____

Saturday September 11th Dinner

Grilled Salmon Filet \$48.00 \$ _____

Pan Seared Chicken Breast \$48.00 \$ _____

Roasted Vegetable Tart \$48.00 \$ _____

Sunday, September 12th Farewell Breakfast Buffet \$30.00 \$ _____

Conference Registration \$25.00 \$ _____

TOTAL \$ _____

Are you a LEADS graduate and plan to attend the no-host social hour on Thursday? () YES () NO

Name of Booster attending (if applicable): _____

Make checks payable to: GFWC Colorado. Mail registration form and check to: Diane Bell, 1335 Cedar Ridge Lane, Colorado Springs, CO, 80919 dbell1335@comcast.net

Hotel Reservations: The Antlers, (719)955-5600 or <https://www.wyndhamhotels.com/groups/hr/gfwc-western-states-region>

"On The Trail of Notable Women of The West"

Reservation Deadline: August 15, 2021

**Please complete Form and mail or email with payment: to:
Colorado Tour Guides, LLC**

- ~ Booking must be received by **August 15, 2021** to secure your Tour Reservation
- ~ No Refunds will be issued past the Reservation Deadline, unless the minimum number is not met and the tour is cancelled
- ~ Tour Reservations cannot be held without payment
- ~ Late requests will only be accepted on space available basis after **August 29th**
- ~ Tour Voucher and Confirmation will be sent via email upon receipt

September 9, 2021

Colorado Tour Guides, LLC

Doris Reimers, CTG, CITM

Gaye Jacobs, CTG, CITM

P.O. Box 974

Morrison CO 80465

aguideoutwest@ymail.com

720-841-8615

Please print clearly **NAME:** _____

Full home address: _____ **ST** _____ **Zip** _____

Cell Phone Number: _____ **Email Address:** _____

Check Enclosed: \$112 per person

Credit Card Authorization *If Tour Fare is paid via Credit card, the 3.7% the bank charge will be added to the Fare cost. I authorize Colorado Tour Guides, LLC to process charges:*

TOTAL Credit card payment: \$116.14

Signature required: _____ **Date:** _____

Credit Card Number: _____ **Expiration Date:** _____ / _____

3-digit CVR (security) Code: _____ **4-digit CVR Code (if Amex)** _____

Name as it appears of Card: _____

Waiver and Liability

Colorado Tour Guides LLC (CTG) it's owners, agents, employees and affiliated companies hereby give notice that they act only as agents for transport companies, land operators, and suppliers of travel services, and assume no responsibility or liability whatsoever in connection with the operation, safety, condition, or service of any motor vehicle or other conveyance, which may be used wholly or in part for CTG travelers. CTG, and those named above will not be held responsible for any act, error or omission, nor for any injury, loss, accident, delay, inconvenience, irregularity, or damage which may be occasioned by any cause whatsoever, including acts of nature, civil disturbance, personal injury, government restrictions, or failure of any means of conveyance to adhere to a published schedule.

This Limitation of Liability includes all passengers in the party on this day and is signed on their behalf.

By submitting your payment for this Tour Fare, including all activities and attractions, you are accepting the Terms and Conditions in their entirety. You will be notified via email that your reservation and your payment have been received.

Thank You! We look forward to meeting you in Colorado Springs!

2021 Montana LEADS Candidate—Sarah Fryer **GFWC Bitterroot Woman's Club**

Sarah was introduced to the GFWC BWC as a program presenter on Fundraising at a monthly meeting and was so inspired by the women she met that she joined the club in 2018! Currently Sarah is Vice-President of the GFWC Bitterroot Woman's Club and working as Co-Chair on the committee that is reviving the GFWC W.H.A.L.E. Project.

Having chaired several large club project such as the Christmas Bazaar and Socially Distanced Garage Sale plus lending a hand with nearly every other service project undertaken by the club, Sarah's talents have enriched her club.

Outside of GFWC she is the current President of Ravalli Electric Co-op, part of The Power of Change Program, and has held several positions for the Hamilton School District Parent Action Committee/Families for Education.

Sarah has been married for 16 years and has two amazing and adventurous boys ages 12 and 10 years old. She enjoy her family, traveling, graphic design, cross-stitch, and embroidery. Sarah operates a consulting business helping many different kinds of businesses with their marketing needs. She really enjoy working with school districts, political campaigns, election offices, and non-profits.

Sarah reports, "I am very excited to see where this leadership conference leads me. We can all benefit from more training and I intend to learn as much as I can to help our club and state. Thank you for this opportunity."



GFWC MT Jennie Award Winner — Karen Gustavsen **Susan Macartney, Jennie Award Chairman 2020-2022**



Karen Gustavsen, GFWC Thompson Falls Woman's Club member, is the 2020-2022 Jennie Award winner for the state of Montana. The Jennie Award is the only national honor bestowed by GFWC that recognizes individual members for personal excellence.

Karen's contributions to GFWC truly epitomizes what it means to live the volunteer spirit. In the nearly 50 years that she has been a GFWC member, she has held membership in two Junior Clubs, three Women's Clubs, and two different state level organizations.

She served as the Treasurer, Financial Secretary, Annual Convention Chairman, and International Affairs Department Chairman for GFWC New Jersey. She has served GFWC Montana as Treasurer, Conservation CSP Chairman and currently is Editor of The Montana Woman. She has served as GFWC MT Western District Treasurer and currently is Vice President. Within GFWC Thompson Falls Woman's Club, Karen served as Secretary for six years and is currently Treasurer.

One of Karen's many ideas, Comfort Card Project, came to fruition during the 2020 Covid pandemic. GFWC Thompson Falls Woman's Club members engaged with their community in a safe way by creating Get Well, Thinking of You, Veteran's Day and Christmas cards to veterans and nursing homes.

She and her husband, John, raised their two adult daughters who are active citizens in their own respective communities.

The packet has been forward to GFWC Western States Region. All nominees will be honored at the GFWC Western States Region Conference to be held in Colorado Springs, CO September 9-12, 2021. GFWC Western States Region President, Kate LeMere, will submit the 2 finalists to GFWC for consideration of the Jennie Award.

Good Luck Karen. You are very deserving of this award.



GFWC MT President's Special Project Raffle

Do you have your tickets? See your club president!

Some of the prizes include:

Two hand painted metal flower pots



A set of recipe-embroidered kitchen towels



Two embroidered bath towels

Club presidents, please bring all the ticket stubs and money to the Fall Meeting. If you are not able to attend, mail stubs and a check to Toni Molinerio by September 15.

Hurry, Hurry, Hurry

It is time to shop for jewelry!
The PDQ'S are at it again



The USED JEWELRY SALE will be at the upcoming state board meeting in September. So go thru your jewelry and get rid of some to donate to the sale. This will give you some room to buy some new! Toni Scully is the best displayer in the country and her displays are enough to make you drool. (Rumor has it that she also has a big hug for everyone who donates and/or buys).

“There is no darkness so dense, so menacing, or so difficult that it cannot be overcome by light.”

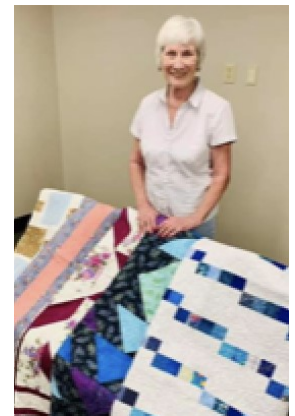
Vern P. Stanfill

Supporting others in the Community GFWC Helena Woman's Club

GFWC Helena Woman's Club has been busy making fun things for community organizations. Over 50 blankets were made for the Lewis and Clark Humane Society. A baby shower was held for a veteran and his wife living at Freedom's Path, a residential setting for veterans who are homeless or at risk of being homeless. Quilts were also made for veterans at Freedom's Path.



Joyce DeCunzo has committed to making a quilt a month this year for veterans living at Freedom's Path. Here are a few made so far.



Club members pictured with the baby shower gifts
FRONT ROW: Joyce DeCunzo, Terry Kockler.
BACK ROW: Cathy Kipping, Deb Larson (hiding behind the baby blanket), Stephanie Conrady Senn, Anna Hoffman, Beth Campbell, Bobbie Conrady, Marsha Baumeister, Sandi Conrady



Centennial Honors
GFWC Madison Valley Woman's Club



GFWC Madison Valley Woman's Club was honored to serve as Grand Marshall in this year's Ennis 4th of July Parade.



Baby Adrian helping Grandma Cindy Adams on her shift at The NEARLY NEW SHOPPE.



Nearly New Shoppe's "TOY LADY", Lisa Berke, prepares dolls for sale.

When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up, I wrote down 'happy!' They told me I didn't understand the assignment, and I told them they didn't understand life.
 John Lennon



COLLECT FOR CLUBWOMEN

*Keep us, Oh God, from pettiness; let us be
large in thought, in word, in deed.*

*Let us be done with fault-finding and leave
off self-seeking.*

*May we put away all pretense and meet each
other face to face, without self-pity
and without prejudice.*

*May we never be hasty in judgement and
always generous.*

*Let us take time for all things; make us to
grow calm, serene, gentle.*

*Teach us to put into action our better
impulses, straightforward and unafraid.*

*Grant that we may realize it is the little
things that create differences, that in
the big things of life we are at one.*

*And may we strive to touch and to know the
great common human heart of us all,
and, Oh Lord God, let us forget not
to be kind.*

Mary Stewart | April 1904

The Junior Pledge

The Junior Pledge was written in 1916 by Helen Cheney Kimberly of California, and was adopted in 1930 at the GFWC Convention as the National Junior Pledge.

*I pledge my loyalty to the Junior Club women,
By doing better than ever before
What work I have to do;
By being prompt, honest, courteous,
By living each day, trying to accomplish
something,
Not merely to exist.*

GFWC of Montana

The Collect used by women's clubs was written in 1904 by a young woman named Mary Stewart under the pen name Mary Stuart (used until 1920) leading to the confusion that it was written by Mary, Queen of Scots.

Mary was born in 1876 in Ohio and spent her childhood in Georgetown, Colorado, high in the Rockies. When she was just out of college and starting her first job in 1904 as a high school principal in Longmont, Colorado, she was described as a little bundle of energy, dignity and personal charm.

Mary belonged to the Fortnightly Club, a Federated Club and forerunner of the Business and Professional Women's Club now in Longmont. Mary was part of the rapidly growing women's club movement, and she thought that her prayer might give club women a sense of unity.

Mary recalled: "It was written as a prayer for the day. I called it a 'Collect For Club Women' because I felt that women working together with wide interests for large ends was a new thing under the sun, and that perhaps they had need for special petition and meditation of their own."

The first women's organization to use the Collect was the General Federation of Women's Clubs. The Collect spread nationwide, and soon it was being used by women's groups throughout the world.

Mary Stewart continued to work with women's groups and was active in the woman's suffrage movement. She held several special teaching posts in Colorado and for eight years she served as Dean of Women at the University of Montana also teaching Latin and English. In 1921, she became a guidance and placement officer in her position as Assistant Director of the newly formed US Employment Services of the Department of Labor. From 1928 until 1942, Mary served as Assistant Director of Education in the office of Indian Affairs, Dept of Interior.

In 1927, Mary Stewart's alma mater, the University of Colorado, gave her an honorary Master's degree to recognize her distinguished work in education, social and civic service. She kept active in women's clubs until her death in Ohio in 1943 at the age of 67.

Today, we honor Mary Stewart and her Collect for Club Women — a beautiful prayer that lives on wherever women's clubs gather.

Charles Dickens quote...

"No one is useless in this world who lightens the burdens of another."

