



FUQUAY VARINA WOMAN'S CLUB
PRESIDENT RUTH OLIVE
May 2024 — May 2025



President - Ruth Olive

ruthfolive@gmail.com -919-795-9457

1st Vice-President Community's Service Programs Valerie Seymour

Valerie.springle@gmail.com -919-810-3711

2nd Vice Presidents Ways & Means - Fran Carroll & Patty Byrne

franceskahler@bellsouth.net -850-261-8869,

pbyrne@fuquayinn.com - 919-819-3539

3rd Vice President Membership - Julia Yeargan

juliayeargan@embarqmail.com -919-906-2691

Recording Secretary - Anne Moell

amoell8859@gmail.com -919-215-6104

Corresponding Secretary - Martha Smallwood

smallwood1231@gmail.com -252-340-9703

Treasurer - Victoria Currin

victoria.currinn@hotmail.com -919-612-9547

Parliamentarian - Alison Keisler

alison4143@gmail.com -910-620-2910

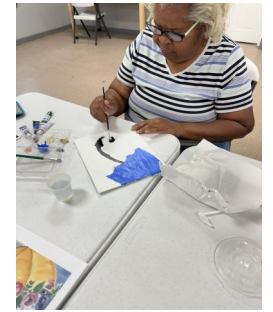
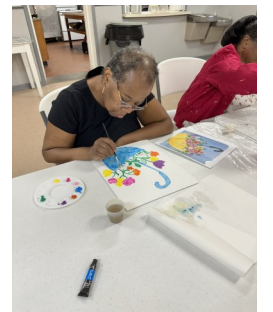
Inspirationist - Julia McCombs

juliamccombs5555@gmail.com 229-869-0845



Our new Board was installed at the May Banquet with a special guest, Jennifer B. installing them. Congratulations to all of these ladies on their new positions and thank you for your willingness to serve! A big thank you to Jennifer as well for a lovely installation service!
[#fvwc](#) [@gfwcnc](#) [GFWC of NC](#)

May Banquet 2024
WFOREW GOLF #1
Pine Acres art class





SILENT AUCTION DONORS

- Anna's Pizzeria, Downtown Fuquay-Varina
- Bentwinds Golf and Country Club
- Susan Birekhead, Artist and Teacher, Edenton, NC
- Cameron and Company, Pinehurst, NC, Caroline Fish
- Cellar 55 Wine and Beer Store, Fuquay-Varina
- Couture Planet
- Diamonds Direct, Raleigh
- Flowers on Broad Street, Fuquay-Varina
- Fuquay-Varina Arts Center, Downtown FV
- Fuquay-Varina Chamber of Commerce
- Fuquay-Varina Downtown Revitalization
- Fuquay-Varina Woman's Club, charitable members
- Teresa Hamby, Artist, Holly Springs
- Havana's Restaurant, Carolina Beach, NC
- Hemlock Inn, Blowing Rock, NC
- Lisa Loves Jewelry, North Myrtle Beach, SC
- Dr Charles Ashley Mann, DDS and Associates, Fuquay -Varina
- N.C. Museum of History, Raleigh
- Oak Haus Facial Aesthetics, Chapel Hill, NC
- Olive Garden, Holly Springs, NC
- Pinehurst Country Club and Spa
- Planet Fitness, Holly Springs, NC
- Purpleology, North Myrtle Beach, SC
- River Girl Fishing and Boating, Todd, NC
- Serendipity Boutique, Fuquay-Varina
- Simply Chic Boutique, Carolina Beach and Wilmington, NC
- Six Pence Pub, Blowing Rock, NC
- Martha Smallwood, artist, FVWC member
- Jonathon Swanson, owner, Carolina Beach
- "SWEET!" custom baked goods, Holly Springs
- Daughter of Jim Wordsworth, watercolorist

THANK-YOU FOR YOUR DONATIONS TO W4W!!!



Jun 10 • 🌍

We had a great group of women at the [FV Growers Market](#) last weekend for Senior Day! Thank you to Marge @ the market for making Senior Day happen. It is always a good thing to fight food insecurity in our community ❤️
[#seniorday](#) [#fvwc](#) [GFWC of NC](#) [GFWC-NC District 6](#) [#foodinsecurity](#)



Calyx art class for June



Read Across America. This week some of our members volunteered to help kids choose books from Wake Up and Read. Earlier this year our Education and Libraries CSP gathered almost 6000 books for the project! Way to go! [#fvwc](#)
[#WakeUpandRead](#) [GFWC of NC](#) [GFWC-NC District 6](#)

The Girl Scout group planting seeds





FUQUAY-VARINA GROWERS MARKET
 SATURDAY - JUNE 8TH, 8AM-12PM
 121 N. MAIN ST, FUQUAY-VARINA NC
 FUQUAY-VARINA CHAMBER OF COMMERCE PARKING LOT

SENIOR DAY RAFFLE SPONSORS



Poe Center for Health Education

AARP North Carolina

Kentucky 1871 Flowers

Healing Waves Wellness

Hair by Garrett

Jim Wheeler, Woodworker

House of Kiz

Secret Garden Bees

Stella Cake

Sandhills Naturals

Forever Sweets Bakery

Alex's Wood Turning

Oven Lovin' Treats



FUQUAY-VARINA GROWERS MARKET

SATURDAY - JUNE 8TH, 8AM-12PM

121 N. MAIN ST, FUQUAY-VARINA NC

FUQUAY-VARINA CHAMBER OF COMMERCE PARKING LOT

SENIOR DAY SPONSORS

A Huge Thank You to Our Senior Day
 Financial Sponsors!

Downtown Fuquay-Varina Rotary Club

Hope Community Church Fuquay-Varina

Fuquay-Varina Exchange Club

Manna Church Capital Area

Fuquay-Varina Woman's Club

AARP Carolinas

Bee At Home Senior Care

Kentucky Flower 1871

Mary Elizabeth Twiddy, Edward Jones Financial Advisor

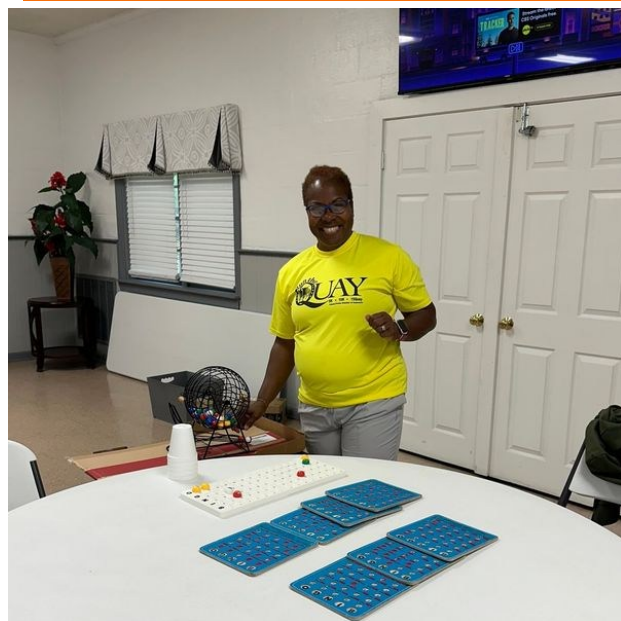
Alex Barker, Mary Kay Sales Director



This Saturday, take yourself to Senior Day at the FV Growers Market! Disadvantaged seniors can receive \$30 in Market bucks, a bag of food, and possibly win a raffle! Even if you aren't a Senior, take yourself to the FV Growers Market on Saturday to support our local farm stand vendors!

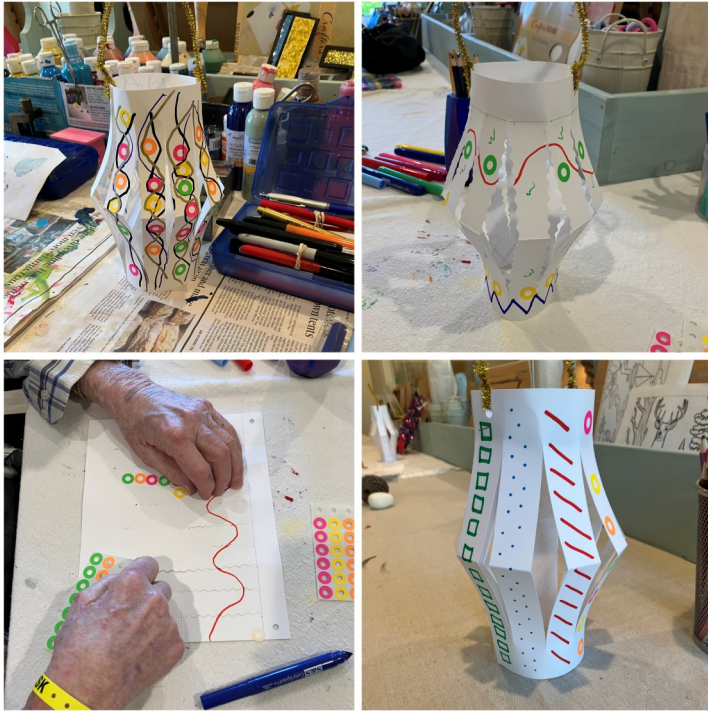
#FVWC GFWC of NC GFWC-NC District 6 #growersmarket #freshfoodmatters 🥬 🥕 🍌 🥒 🥔 🍌

These amazing women from our Health & Wellness CSP held Bingo at Pine Acres this week for the best crowd in town! #FVWC GFWC of NC @gfwcnc GFWC-NC District 6 #bingo #goodtimesgoodpeople



This week seven of our members walked the @ncartmuseum park and had a fun lunch at @neomondemediterranean. The NCMA park is a nice walk with interesting finds along the way...including a whilygig, the museum rings, lots of interesting plants and of course it helps to have great company! @gfwc_hq GFWC of NC #FVWC #FederationFriends





Calyx art class



July Connect at Crabtree mall and lunch.

The start of meetings with the new officers and CSP gals for the new president with Ruth Olive

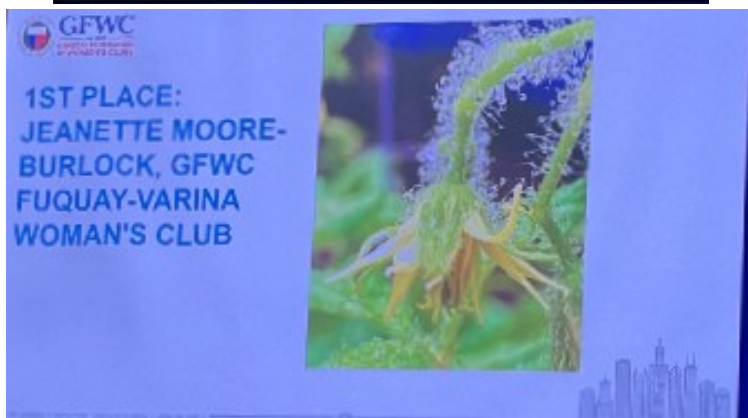
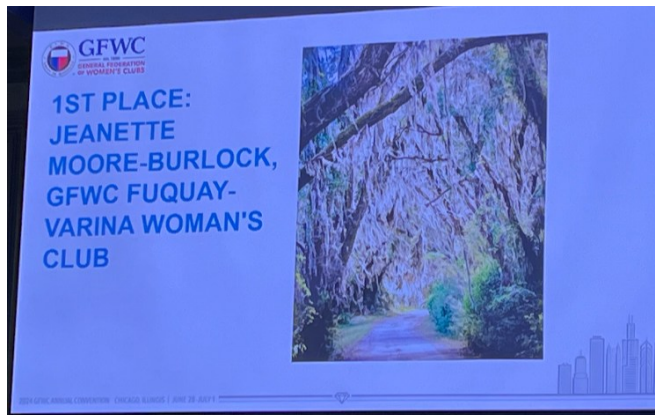
Our committees have been meeting and planning volunteer projects for the coming club year. We strive to make our community a better place to live through projects that make a difference in the lives of others. #fvwc GFWC of NC gfwcnc GFWC-NC District 6 gfwc_hq



Suicide touches far too many families in our town, state and country. Take a moment to know the signs that someone is struggling with their mental health and reach out to them to say "I am here for you," then listen without judgement. FVWC will have a team in the [American Foundation for Suicide Prevention Out of the Darkness Walks](#) September 28, 2024 and we would love to have your support. Whether you support our walk financially or not, we hope you will learn the warning signs and reach out to those who may need help. Use the link below or the QR code to donate:

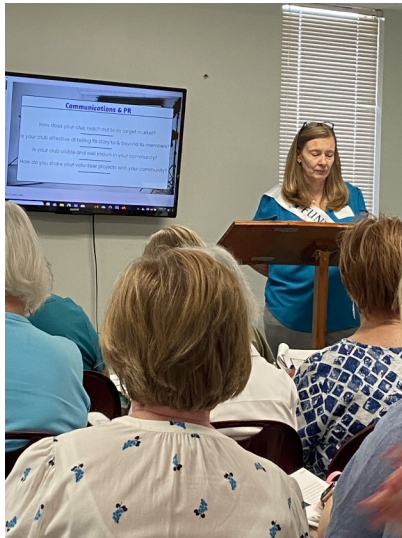


Bingo at Pine Acres



Jeanette Moore-Burlock won first place in photography at the State level, Congratulations

Last Saturday, four of our members attended the [GFWC of NC Summer Meeting](#) in Hickory. Two of these members hold positions at the state level, one gave a presentation to members of [gfwcnc](#), and two worked fundraising. A really good time with our [#FederationSisters](#)! Next stop, Wilmington! Hope to see you there! [#fvwc](#) [#gfwcncjointherhythm](#) [#gfwcncdiscoverthemagic](#) [#gfwcncleadership](#) [#gfwcnccommunications](#) [#wearegfwc](#)





Thank you so much for supporting The Magic Yarn Project! \$25 Art CSP

This email is your official donation receipt. You can print it out or save it as a PDF for your tax purposes. You can view your transaction confirmation number ("Ref#") above and our Tax ID ("EIN") verification below.

We have zero paid staff and zero physical locations, so you can be confident that every penny of your donation directly supports making Magic for kids with cancer.

Don't forget to follow us on Facebook! You can see photos of our wig recipients, get notified about events near you, and join our community of caring supporters at [facebook.com/magicyarnwigs](https://www.facebook.com/magicyarnwigs).

Questions? Contact us anytime at admin@themagicyarnproject.com. Thank you for making Magic with us!

August WC and WCJRS Mix and Mingle



Art CSP August meeting getting ready for the Art Show in January, 2025.





**September
Acrylic & Clay
Art Classes**





**Pine Acres Mixed Media class
Policeman and Fireman
appreciation Month**





Blake Massengill, M... ·

Following

5m · 🌐

It's great to see such a big turn out at the @fuquayvarinachamber 2024 Senior Services Expo. Stop by until 2:00 today at Fuquay-Varina Fire Station #1! Over 50 vendors, here to help you with all types of products and services for the 55+ community!



Costumes made and tailored for Cinderella and Senior Appreciation day



Suicide Prevention's Out of the Darkness walk Club house cleaning day

Members of FVWC took part in and raised funds for the American Foundation for Suicide Prevention's Out of the Darkness Walk. Walkers wear beads to represent their associations and how they are affected by suicide. It is a great way to support and learn about prevention.

[#outofthedarknesswalk2024](#)

[#fvwc](#) [#gfwcnc](#) [#gfwc](#)

[#gfwcncdistrict6](#)

[gfwc_hq](#) [gfwcnc](#) [GFWC of NC](#) [GFWC-NC District 6](#) [#gfwcnchealth](#)



September 2024

Supplies given to 24 school Art teachers and
3 coupons given to the literature teachers
Hoping to have 100% participation this year.



October Meeting



October Meeting



FV Homes for the Elderly



Our members recently helped Friends of FV Homes for the Elderly deliver meals, sweet treats, devotion books, essential paper goods, and hugs to all 60 apartments at FV Homes for the Elderly.
[#FVWC](#) [#GFWCNC](#) [#gfwncdistrict6](#)
[#Gfwc](#) [#gfwncjointherhythm](#)
[#gfwnchealth](#) [gfwc_hq](#) [GFWC of NC](#)
[GFWC-NC District 6](#)



Bingo! At Pine Acres CC



Members of FVWC have been working on their Bingo skills! There are always prizes involved and it looks like one of our members made pumpkins not only fashionable for their spices, but as accessories too! It's always a fun time at [Pine Acres Community Center](#) with [#FVWC](#). [gfwc_hq](#) [GFWC of NC](#) [gfwcnc](#) [GFWC-NC District 6](#) [#gfwcnchealth](#)



Fundraiser at Daddy D's BBQ in FV!



Today is a great day for BBQ! Plan to eat at Daddy D's and enjoy the Burnt Ends, Brisket, or whatever you fancy! Today is officially no cook Monday! Today, Oct. 21, Daddy D's will donate a portion of sales for the day to the Fuquay-Varina Woman's Club! So stop by, have some delicious BBQ and help FVWC fundraiser for our volunteer projects! [#burntends](#) [#ncbbq](#) [#FVWC](#) [#gfwcnc](#) [#gfwc](#) [#gfwcncfundraising](#)



Warming WNC Hearts!



Our members found a home for 25 knitted hats and 2 blankets in WNC. 😊 Members have also donated to the [GFWC of NC](#) Disaster Fund and other organizations to help in any way we can [#FVWC](#) [#gfwc](#) [#gfwcnc](#) [#gfwcnchealth](#) [#gfwcncjointherhythm](#) [gfwc_hq](#) [GFWC of NC](#) [GFWC-NC District 6](#)

District meeting



Anne was twice winner and Melvina was a newbie to the District meetings.



ON THE BEAT... 

DID YOU KNOW?

1913

On May 8, North Carolina Supreme Court Chief Justice Walter McKenzie Clark addressed the Federation of Women's Clubs in New Bern. In this speech, Clark compared the treatment of women to slavery. In 1915, Clark wrote a dissenting judicial opinion defending the rights of women to be notaries public and called for broader political rights for women. He made this argument again in his 1916 address, "Ballots for Both."

We are stronger together!



WOMEN SPEAK UP & SPEAK OUT

There is no excuse for abuse.

Ways you can support domestic violence victims:

1. Listen Without Judgment.
2. Validate Their Feelings (It's ok to feel this way.)
3. Respect Their Boundaries. (Respect their boundaries if they prefer silence or need time to gather their thoughts.)

Info from nnedv.org



ON THE BEAT... 

DID YOU KNOW?

2002

A highway marker commemorating the founding of GFWC-NC was unveiled and a reenactment of the organizational meeting of the Federation took place at the actual site of the first meeting.



We are stronger together!



The [#FVWC](#) Clubhouse got a new hat this week. We are grateful for all who rent our clubhouse and care for her as the historic building that she is. (She is on the historic register.) Those who rent the space and leave her better than they found her are how we pay for her upkeep for use in the community and for our members. So thank you to all those who help with the upkeep of our little craftsman gem. A big thank you to [Local Quality Roofing, LLC](#) for a great job! [#gfwc](#) [#gfwcnc](#) [#houseandgrounds](#) [GFWC of NC](#) [gfwc](#) [hq](#) [#historicregister](#)



Thank you from
House & Grounds



FVWC donated 16 bags of clothes, 4 boxes of clothes and 40 pairs of shoes to the Hope Center. The Hope Center is a Behavioral Health Urgent Care/Center for Family Crisis in Fuquay-Varina. It is needed mental health care where the only alternative is often the ER. Way to go Health and Wellness! [#fvwc](#) [#gfwcnc](#) [#gfwcncdistrict6](#) [#gfwcnchealth](#) [GFWC of NC](#) [GFWC-NC District 6](#) [gfwc](#) [hq](#) [gfwcnc](#)

Donations to
Hope Center





GFWC National Day of Service - Donations to FV Emergency Food Pantry



#FVWC took part in the [gfwc_hq](#) National Day of Service, gathering over 970lbs of food, including a generous donation from the FV Walmart. We also donated a \$500 check to provide items most needed at the [Fuquay Varina Emergency Food Pantry](#). Way to go Health & Wellness! [#fvwc](#) [#gfwc24nds](#) [#gfwcnc](#) [#gfwc](#) [GFWC of NC](#) [GFWC-NC District 6](#) [#gfwcnchealth](#)

**October Candle class,
Stamping on tissue paper and
melting it into the candle**

Help your neighbor in their greatest time of need.

We need your help during this unprecedented time in our state. The devastation caused by Hurricane Helene in the west has left many in urgent need. The American Red Cross, founded by volunteers and driven by their dedication, relies on the power of compassionate individuals like you to carry out our mission.

Your willingness to help embodies one of our core principles: Humanity.

Begin your volunteer journey today.

Visit www.RedCross.org/volunteertoday or scan the QR code to start the volunteer application. A valid ID and background check are required.



Do you live within 60 miles of Asheville? Looking for a way to help our neighbors in Western North Carolina?



While FV is more than 60 miles from Asheville, we can give 🩸 blood. Volunteering can take many forms. 🙌
[#fvwc](#) [#GFWCNC](#) [#gfwc](#) [GFWC of NC](#) [#HurricaneHelene](#)





be Nov. 16, 29, and 30 at Oaklyn Springs Brewery at 505 East Broad Street. Stop in, have a brew, and help us provide fresh foods to the elderly in our community!
 #fvwc #gfwcnc #gfwcncdistrict6
 #gfwcncjointherhythm #gfwc #iamgfwc
 #gfwcnchealth GFWC of NC gfwc_hq
 GFWC-NC District 6



Raffle Baskets Benefitting
 our Fresh Food for the
 Elderly Project

New Member Meeting



New Members meeting.

Members toured the Smith Goat Farm Sanctuary and learned about the goats and then fed and interacted with them. The farm has 32 rescued goats. [#fvwc](#) [#gfwc](#) [#gfwcnc](#) [#gfwcncenvironment](#) [#smithgoats](#) [GFWC of NC](#) [gfwc_hq](#)

Reading at the schools.

Members toured the Smith Goat Farm Sanctuary and learned about the goats and then fed and interacted with them. The farm has 32 rescued goats. [#fvwc](#) [#gfwc](#) [#gfwcnc](#) [#gfwcncenvironment](#) [#smithgoats](#) [GFWC of NC](#) [gfwc_hq](#)



Goat Farm Fun!



Our Strong Woman of Fuquay-Varina in November was our own Susan Stanley! She brought her beautiful family to celebrate. She is a strong member of her family, in the [Fuquay-Varina Woman's Club](#) as co-chair of Health & Wellness and is an all around good person! Congratulations Susan! [#fvwc](#) [#gfwc](#) [#gfwcnc](#) [#gfwcncjointherhythm](#) [gfwc_hq](#) [GFWC of NC](#) [GFWC-NC District 6](#) [#gfwcncivics](#)



Strong Woman of Fuquay-Varina / November



Artist Reception at FV Arts Center



ADVOCATES FOR CHILDREN

Educate • Protect • Empower

- Talk about Sexting:
- Think about who will see it!
 - Never take images of yourself that you wouldn't want everyone to see.
 - Think before hitting SEND – once you post it, send it, or text it – you cannot take it back. You have no control over where the image goes.

Info from safesurfin.org





November Business Meeting



At a recent card making class our members made cards to be used with other projects such as the Christmas gift baskets for Homes for the Elderly, and other upcoming projects. It's always a nice touch to give handmade cards with heartfelt sentiments ❤️. Our members love helping others and in a personal way. [#fwwc](#) [#gfwc](#) [#gfwcnc](#) [#gfwcncdistrict6](#) [#gfwcncarts](#) [#giftsfromtheheart](#) [gfwc_hq](#) [GFWC of NC](#) [GFWC of NC](#) [GFWC-NC District 6](#)



Card Making Class



October

Cleaning
headstones,
Ghost walk &
Asheboro zoo



December 2024

FUQUAY-VARINA
WOMAN'S CLUB



CHRISTMAS HOME TOUR

SATURDAY
DECEMBER 14, 2024
11:00 AM UNTIL 5:00 PM
TICKETS: \$20 PER PERSON
CHILDREN UNDER 12 FREE ACCOMPANIED BY ADULT
ADVANCE TICKETS AVAILABLE:
(CASH OR CHECK)
LOGAN'S GARDEN HUT
1004 Old Honeycutt Road
KNB'S MARKET PLACE
120 Raleigh Street
OR ON THE DAY OF THE TOUR:
THE MINERAL SPRINGS INN
333 S. Main Street
FUQUAY VARINA WOMAN'S CLUB
602 N. Ennis Street
FOR CREDIT CARDS, VISIT EVENTBRITE.COM



Ten Beautifully Decorated Homes

(PLEASE NOTE: HOMES ARE NOT ADA COMPLIANT)



Teacher Mini Grant Reception



Last week our Education and Library Committee held a reception to award Mini Grants to teachers in our local public schools. A big thank you to [Blake Massengill](#), Mayor Fuquay-Varina for taking part. Also big thanks to the [Town of Fuquay-Varina](#) for trusting the [Fuquay-Varina Woman's Club](#) with the grants and for the funding of \$6000 for the Mini Grants. Thanks to the [#fvwc](#) members that reviewed the grants and made the reception happen. The winning teachers will be using the funds for special projects in their classrooms and for materials needed for the projects. Thanks to the teachers and administrators taking part as well. The work they do in our schools is inspirational and they are working to educate the kids in new and innovative ways. [#gfwcnc](#) [#gfwc](#) [#gfwcnceducation](#) Wake County Public School System GFWC of NC GFWC-NC District 6



Teacher Mini Grant Reception



Clubhouse decorating



Christmas Rental: Santa and children at the club house

Christmas Banquet 2024
Strong Woman– Fan Carroll



Each year the [Fuquay-Varina Woman's Club](#), the [American Legion Post 116, Fuquay Varina](#), Scouts, and others interested in helping lay wreaths on the graves of Veterans buried in three local cemeteries. This year we are adding tags to our wreaths. If you see the wreaths, kindly leave them where they are placed. Each year we gather them in early January to be used again the following year. This year we will again lay wreaths on December 14th starting at 9:30 am at Wake Chapel Cemetery, then we move to Greenlawn Memorial at 11:00am, and Bazzel Creek Cemetery at 12. If you would like to take part, meet us there!



Wreaths Across America - New Tags!



We would like to offer a big thank you to everyone that attended the Christmas Home Tour on Saturday! It was a great success and hopefully you had a wonderful time and even learned a few things about the [townoffuquayvarina](#). We would also like to thank the homeowners for their willingness to open their homes to hundreds of people and for making the homes stunningly beautiful! Last but not least, thank you to the docents for volunteering! We also had the joy of hosting We are overjoyed and thankful for all of you, and we hope you have a Merry Christmas, Happy Hanukkah, a wonderful Kwanzaa and Happy Holidays from the [Fuquay-Varina Woman's Club!](#) [gfwc_hq](#) [GFWC of NC](#) [#gfwcncfundraising](#) [#christmashometour](#) [#fvwc](#) [#gratitude](#)



Christmas Home Tour



Christmas Home Tour



Christmas Home Tour

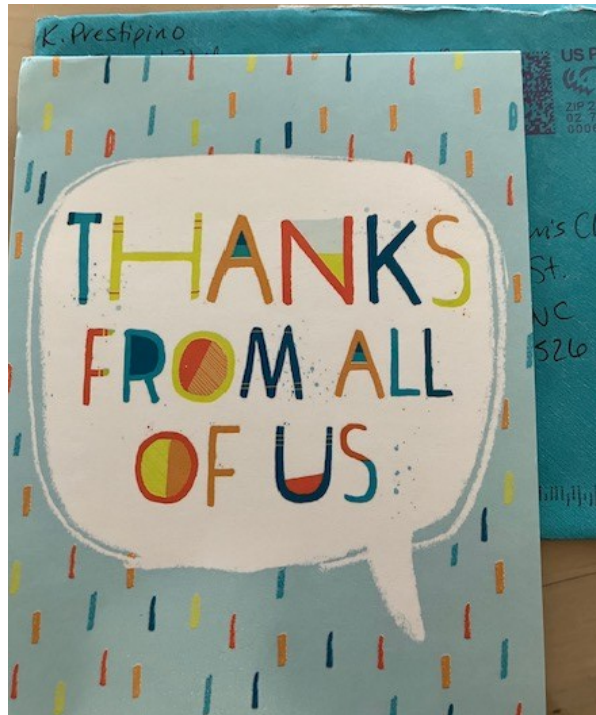
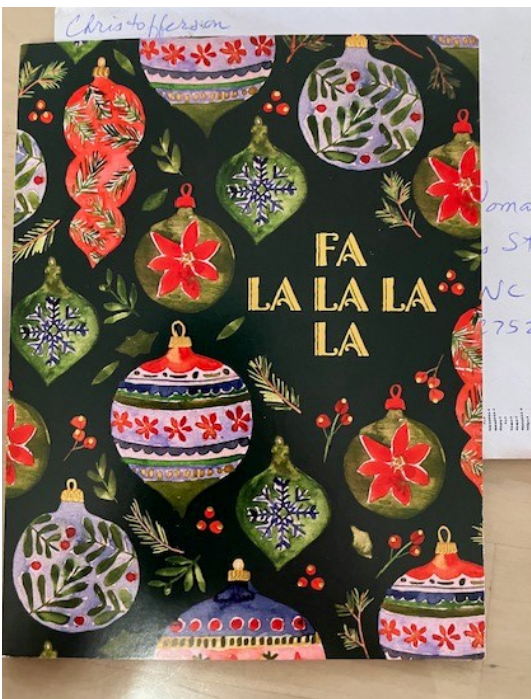




Holiday shopping at Homes For The Elderly






Golf and Mini grant Thank you



Wreaths Across America - January Gathering & Saving the Wreaths



Write a commen...   

January 2025

Barbara Kennedy Strong Woman for January

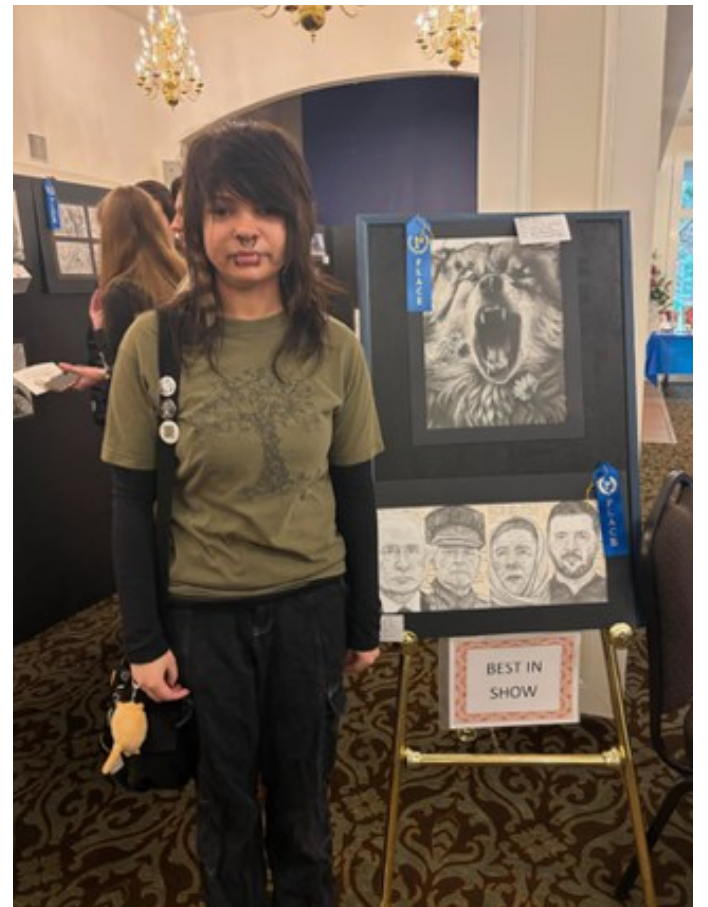


Card Making Class
at Calyx Living



Speaker Captain Tim Smith of the Police department





FVWC Art Festival



WHEREAS, the Fuquay-Varina Woman's Club sponsors a local arts festival annually featuring arts, crafts and literature, and,

WHEREAS, the young people of our local elementary, middle and high schools, as well as local clubwomen are encouraged to enter their creative endeavors in this festival, our community has an opportunity for exposure to culture through the arts, and,

WHEREAS, the District VI of GFWC of North Carolina recognizes the local winners in an annual festival, and,

WHEREAS, the GFWC of North Carolina recognizes all nine district winners in a State Arts Festival, and,

WHEREAS, the GFWC of North Carolina recognizes state winners in several categories for consideration of national honors, and,

WHEREAS, the Town of Fuquay-Varina appreciates the efforts of the Woman's Club, in helping further support the Town's extensive efforts in the Arts by encouraging creativity in our youth and helping them to discover the arts by providing an opportunity to participate in this festival.

NOW, THEREFORE I, J. BLAKE MASSENGILL, MAYOR of the of the Town of Fuquay-Varina, North Carolina, do hereby proclaim the week of January 12-18, 2025, as:

"FINE ARTS WEEK"

In the Town of Fuquay-Varina, North Carolina.



FUQUAY-VARINA, NORTH CAROLINA
J. Blake Messengill
 J. Blake Messengill, Mayor



It's Fine Arts Week in F-V!



#FVWC members met for a Connect Lunch at [eatatcasaamigosfuquay](#). We had a great group with great conversations shared with like-minded women (which is a [#benefitofbelonging!](#)) The Mexican food was delicious, and we all caravanned to set up the Arts Festival after lunch. A great way to spend a Friday ❤️. [#gfwc](#) [#gfwcnc](#) [#gfwcncjointherhythm](#) [gfwc_hq](#) [GFWC of NC](#) [GFWC-NC District 6](#)



Connect Lunch



THANK YOU to all of our members and the art teachers at local schools who helped make the FVWC Arts Festival happen in beautiful fashion! It takes months of planning, the dedication of teachers in all of our local schools' willingness to participate, lots of members working to setup and tear down the exhibits, more to bring snacks, ensure the art is returned to the proper teachers or packaged for the district show, pick up and return the panels, assemble them, and so much mor...



Making the FVWC Art Festival happen!



After the Arts Festival, fruits were donated to the Harnett County Sheriff's Office (and they were scooped up quickly), packaged snacks were donated to Backpack Buddies, and collections of books were taken for [wakeupandread](#) plus collections of dolls were taken for the Gospel Showcase and the Black History Stakeholder's Group. Way to make the most of the Arts Festival! [#fwwc](#) [GFWC of NC](#) [GFWC-NC District 6](#) [gfwc_hq](#) [#gfwcncjoint](#)



Fruit donations to HCSO and snack donations to Backpack Buddies



Our Arts & Culture CSP is awesome! Fresh out of the Arts Festival they hold a pen & ink class. Members leaned into their creative selves and created beautiful artwork. They also learned more about each other and deepened their friendships along their creative journey. [#FVWC](#) [#gfwc](#) [#gfwcnc](#) [#gfwcnc](#) [#gfwcncdistrict6](#) [gfwc_hq](#) [GFWC of NC](#) [GFWC-NC District 6](#) [#gfwcncjointherhythm](#) [#gfwcncarts...](#)



Pen & Ink Class



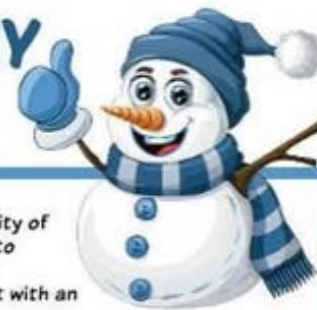


Card Making Class at Calyx Living



Delivering food to the Backpack buddies.

THUMBS UP THURSDAY BE THE LEADER!



Are you interested in building leadership skills? Building a community of women leaders with "done in a day" projects can be a powerful way to foster collaboration and leadership while making an impact in your community. Start with a small team of passionate women. Connect with an experienced mentor to guide the process. Celebrate the group's accomplishments through social media, newsletters, or local events. Many philanthropic projects, completed in a day, typically involve activities that provide immediate impact or benefit to a community or cause. The impact can be long-lasting and meaningful. Collaborate with a community partner for bigger impact and networking opportunities. Align projects with the community's mission and create a win-win for all.

Here are a few examples:

1. **Community Clean-up:** Organize a group to clean up a local playground, hiking trail, beach, or neighborhood. This can help improve the environment and enhance community pride.
2. **Food Drive:** Collect and donate non-perishable food items to a local food bank or shelter. You can set up collection points and encourage others to contribute.
3. **Volunteer at a Shelter:** Spend a day volunteering at a homeless shelter, offering assistance with meal preparation, serving food, or engaging in conversations with the residents.
4. **Blood Drive:** Organize or participate in a blood drive by encouraging people to donate blood at a local donation center. This can help save lives and support healthcare efforts.
5. **Community Garden:** A group of women volunteers can come together to transform an unused space into a community garden. They can prepare the soil, plant seeds or seedlings, and create a welcoming space for neighbors to gather and cultivate fresh produce.
6. **Homeless Care Packages:** Women volunteers can assemble care packages containing essential items like toiletries, non-perishable food, socks, and blankets. These packages can be distributed to homeless individuals in the community to provide them with immediate assistance.
7. **School Supplies Drive:** Organizing a one-day school supplies drive when women and community members donate backpacks, notebooks, pencils, and other necessary items for students in need. These supplies can then be distributed to local schools or educational organizations.
8. **Park Clean Up:** A group of women volunteers can gather to clean up and beautify a local park. They can pick up litter, plant flowers or trees, repaint benches, and create a more inviting space for the community to enjoy.
9. **Elderly Care Visit:** Women volunteers can organize a visit to a local nursing home or assisted living facility. They can spend the day engaging with the elderly residents, playing games, reading to them, or simply providing companionship.

Be the LEADER!

February 2025



By Melvina Croner

Black Women played a crucial but overlooked role in the fight for voting rights. The Black Women's Suffrage Movement was unique because they also had to battle racial discrimination,

Along with gender discrimination and the Jim Crow Laws all at the same time.

They were active participants in the Women's Suffrage Movement, working along side white suffragists to help pass the 15th amendment and 19th amendment.

15th Amendment prohibited the federal government and the states from denying a citizens right to vote based on race, color, or previous condition of servitude. Passed

February 26, 1869. It ignored women entirely.

19th Amendment prohibited the denial of the right to vote based on sex. Granting women the right to vote. Passed August 18, 1920.

Both amendments were necessary in order for black women to vote.

The Black Women's Suffrage Movement understood that not only did they have to help in the fight for women's right to vote, but fight for racial equality as well.

Think about it, we are speaking about the 1800-1964, a lot of conflict was happening during the struggle:

- (1) Slaver
- (2) Abolitionist and Anti Slavery Movement
- (3) Segregation

Although both individual groups wanted to work together, both knew it was necessary to do so for all women, but the politics often got in the way.

(4) White women suffragists often felt compelled to separate themselves from the Black Women's Suffragist Movement, and often excluded them from their advocacy, prioritizing the enfranchisement

Of white women while ignoring the racial injustices. Mainly because they feared aligning themselves would alienate southern white supporters. They would rather not lose that support as it was costly; especially

For the reputation of their families.

FEAR: It is the belief that someone or something could be a threat to them, their cause, family or business. It is a powerful verb if one let it be.

As a result of this fear and exclusion, black women had to create their own organizations and platforms to fight for suffrage, while continuing the broader struggle for Civil Rights.

KEY FIGURES:

Sojourner Truth

Former slave, who became a powerful speaker for abolition and women's rights. In her famous speech, 1851 "Ain't I A Woman?", challenged racism, sexism and exclusion. She

Fought for equal rights for all women.

Ida B. Wells

A Journalist, activist and co-founder of the National Association for the Advancement of Colored People (NAACP)

She advocated for racial justice and all women's rights.

Mary Church Terrell

She believed political power was essential for achieving racial and gender equality.

She worked to uplift black women through education, community service and suffrage activism.

Frances Ellen Watkins Harper

She used her literary talents to advocate for both abolition and women's suffrage.

Harriett Tubman

Former slave

Widely known for her contributions as an abolitionist and freeing slaves through the Underground Railroad.

She was overlooked in the suffrage movement, as she helped paved the way for the above mentioned like; of Ida B. Wells, Mary Church Terrell and Fanny Lou Hammer.

Her legacy lives on in the continued fight against voter suppression and advocacy for justice.

CONCLUSION:

While progress has been made, the struggle continues today, It is up to US, ALL women, working together to break down stereotypes, to stop racism when we hear it or see it and invite

Inclusion, To have the mentality of "I AM, BECAUSE WE ALL ARE." (UBUNTU)



Sewing Class Microwave Bowl Holder Craft



Our [#artsandculture](#) CSP held a sewing craft class and made microwave bowl holders that turned out beautifully! They learned a bit about sewing and won't burn themselves getting their bowls out of the microwave ❤️ . [#GFWC](#) [#GFWCNC](#) [#gfwcncdistrict6](#) [#FVWC](#) [#gfwcncarts](#) [gfwc_hq](#) [GFWC of NC](#)



Our Sweet Valentines at Homes for the Elderly



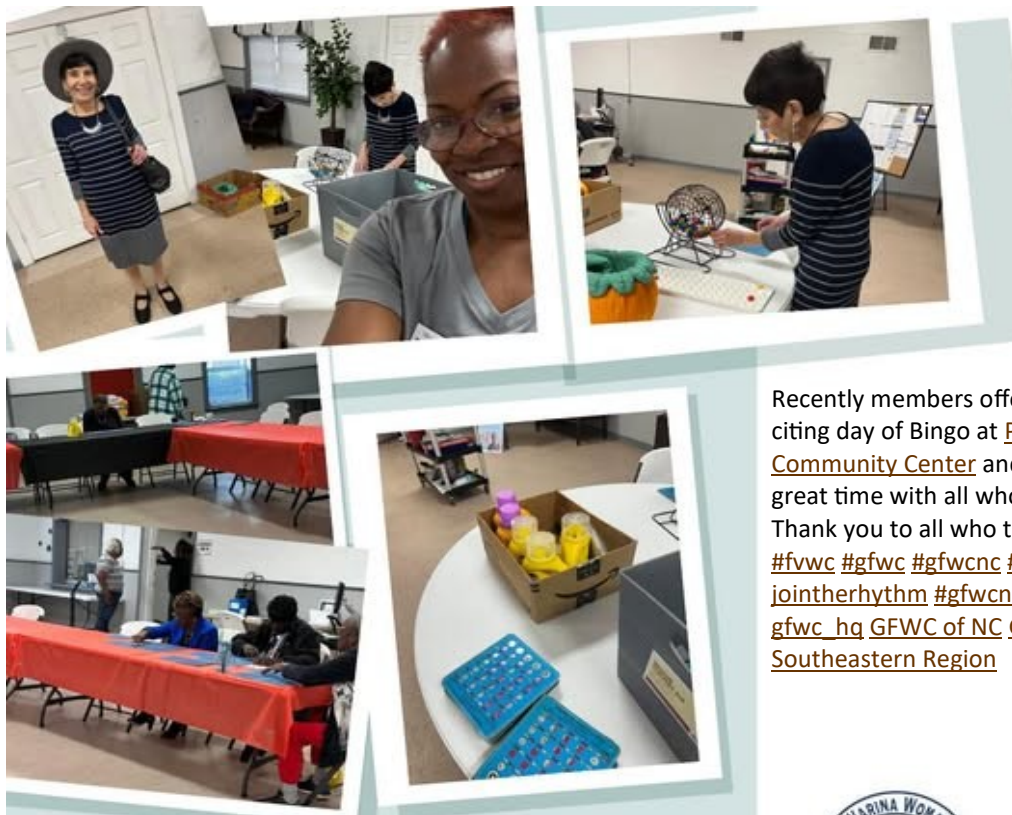
Our Health & Wellness CSP prepared Valentines gifts for all of the residents at FV Homes for the Elderly including handmade cards, useful items in the goody bags, sweets of course, and each received a gift card for WalMart to buy what they may need. ❤️❤️❤️ Thank you to all who helped make this a special event for our sweet valentines! [#fvwc](#) [#gfwc](#) [#gfwcnc](#) [#gfwcncdistrict6](#) [#gfwcncjointherhythm](#) [gfwc_hq](#) [GFWC of NC](#) [GFWC-NC District 6](#) [Fuquay-Varina Woman's Club](#).



GFWC-NC District 6 Meeting and Arts Festival



[Fuquay-Varina Woman's Club](#) spent Saturday at the [GFWC-NC District 6 Meeting and Arts Festival](#) having a great time on the Art Walk, taking part in the meeting's leadership, and even taking part in a volunteer project making no sew blankets for WNC. We were honored to have [GFWC of NC](#) President, Karen Throckmorton and [GFWCNC](#) President-Elect, Cindy Hewett joining us today and even taking part in making blankets. Our District President, Jennifer Brighton and her leadership team did a wonderful job with the meeting and Arts Festival. Thanks to all who attended and made this day a success! [#gfwc](#) [#gfwcnc](#) [#gfwcncdistrict6](#)



Recently members offered an exciting day of Bingo at [Pine Acres Community Center](#) and had a great time with all who attended. Thank you to all who took part! [#fvwc](#) [#gfwc](#) [#gfwcnc](#) [#gfwcnc-jointherhythm](#) [#gfwcnchealth](#) [gfwc_hq](#) [GFWC of NC](#) [GFWC Southeastern Region](#)

Bingo at Pine Acres

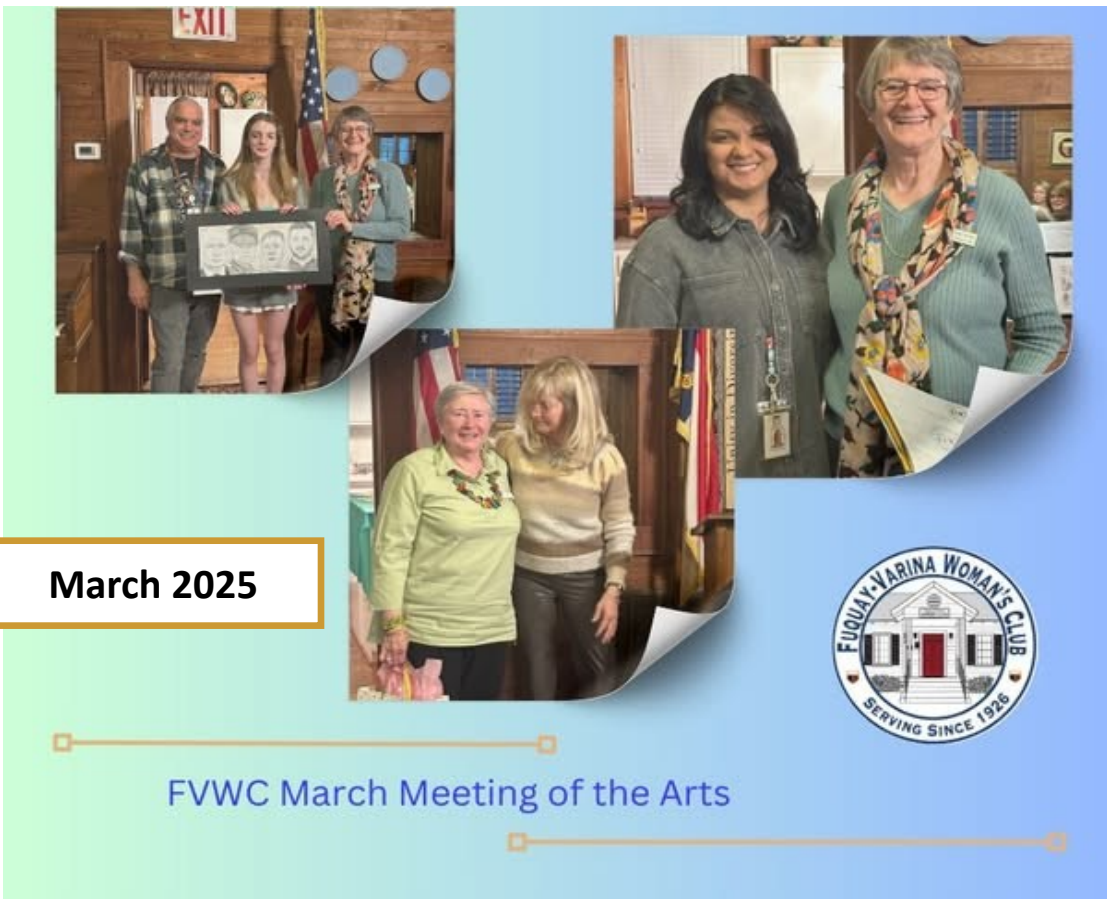


March 2025

A big thank you to Kathy Koch for letting us deliver and store our Club's donation to Backpack Buddies in her garage. She also recruits Girl Scouts and other youth in her neighborhood to sort and pack items to be picked up by the American Legion Cruisers for delivery to the schools. We appreciate her and our teamwork with the [American Legion Post 116, Fuquay Varina](#) in helping us make this a successful project! [#fvwc](#)



The Fuquay-Varina Woman's Club historic Clubhouse featured in the Spring issue of 5 West magazine. Available to rent to small groups and for meetings 7 days a week. Call 919-552-5042 for availability and rental information. Located at 602 N Ennis Street in Fuquay-Varina



March 2025

FVWC March Meeting of the Arts

The FVWC Arts Festival Show presented a FVHS student the best in art along with her teacher Mr. Potter, our Arts Chair, Martha Smallwood giving Ms. Lugo accolades and a gift of congratulations for being picked to go to a conference for IDS students from Herbert Akin Middle. Debbie Semple being recognized as the FVWC Strong Woman of the Month by the Civics Engagement and Outreach committee, a project spearheaded by Amy Massengill.
[#gfwcncjointherhythm](#) [#GFWC](#) [#fvhsarts](#)
[#GFWC-NC District 6...](#)

Ladies at Connect lunch



Our members stepped up and donated warm weather wear for Vets in Need through the American Legion Post 116, Fuquay Varina. We love our association with the American Legion and the good we do together.
[#gfwc](#) [#gfwcnc](#) [#gfwcncjointherhythm](#) [GFWC of NC](#) [gfwc_hq](#) [#discover](#)
the magic [#fvwc](#)



[#makingconnections](#) Several members had lunch together and one brought her mother along for the fun! It's always great to get to know other members and their families! [#fvwc](#)
[#gfwc](#) [#gfwcnc](#) [gfwc_hq](#) [GFWC of NC](#) [Fuquay-Varina Woman's Club](#)



Warm Wear for Vets





Quilt Planning



Our Quilt Planning Crew was hard at work planning a quilt for our 100th birthday celebration next year! It looks like it will be a gem 💎 Stay tuned for more sneak peeks! #fvwc #gfwc #gfwcndistrict6 #gfwcnc #quiltingfun GFWC of NC gfwc_hq GFWC-NC District 6...

HAND OF HOPE CENTER

Our visit to the Hand of Hope Center for requested delivery to help the shop there for parents of toddler boys.





Hygiene Donations For Vets



Backpack Buddies Delivery



Warm Wear for Vets



FV101 with Community Educational Response Team

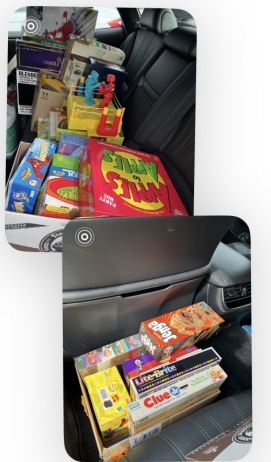




Reading at Pine Springs, Banks Rd, and Willow Springs Schools



Homes for the Elderly Supply Distribution



Vicki donated all these wonderful games to The Hope Center for Youth and Family Crisis. Health & Wellness had a lovely meeting and delivered the games.



Smith Goat Farm Kissing Booth



GFWC-NC State Arts Festival



GFWC-NC State Arts Festival





Art Class at Pine Acres



Akin Middle Art Show at FV Arts Ctr.



Ms Lugo IDS teachers from Herbert Akin Middle Art show at [Fuquay-Varina Arts Center](#) . Our members attended and enjoyed the show ❤️ .



Team working on the 100 yr Quilt in March



GFWC of North Carolina State Arts Festival

Mebane Arts and Community Center
Mebane, NC



Saturday, March 22, 2025

*Life is a Work of Art
Designed by the One Who Lives It!*



Serving GFWC of North Carolina

Officers

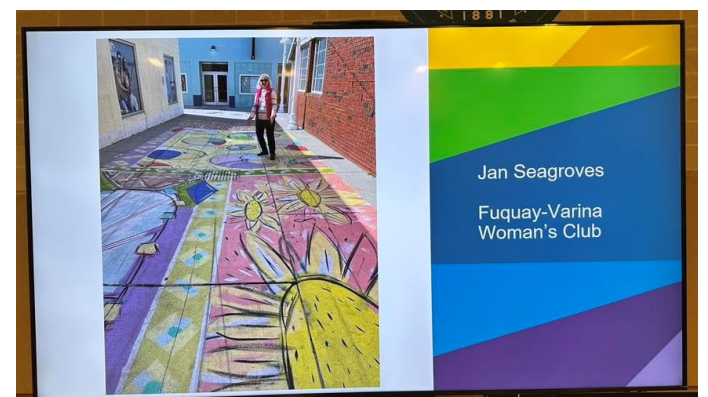
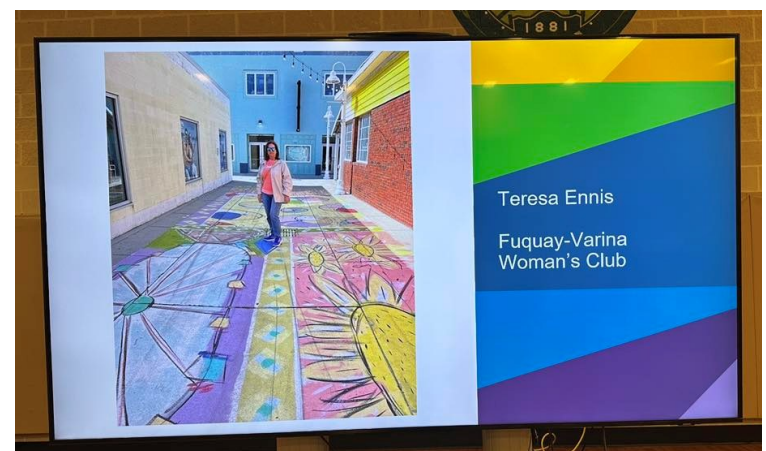
President - Karen Throckmorton
President-elect - Cindy Hewett
First Vice President - Ashley Rain
Second Vice President - Helen Richie
Third Vice President - Rebecca Duffy
Recording Secretary - Angela Richard
Treasurer - Anne Moell

Junior Officers

Director of Junior Clubs - Rebecca Duffy
Director-elect of Junior Clubs - Brittany May
Dean of Jr. Community Service Programs - Nicole Flemming
Junior Secretary - Raysha Chominsky
Junior Editor - Mary Frances Gourley
Executive Director - Jill Dedene
Arts Festival Chairman - Misty Deyo

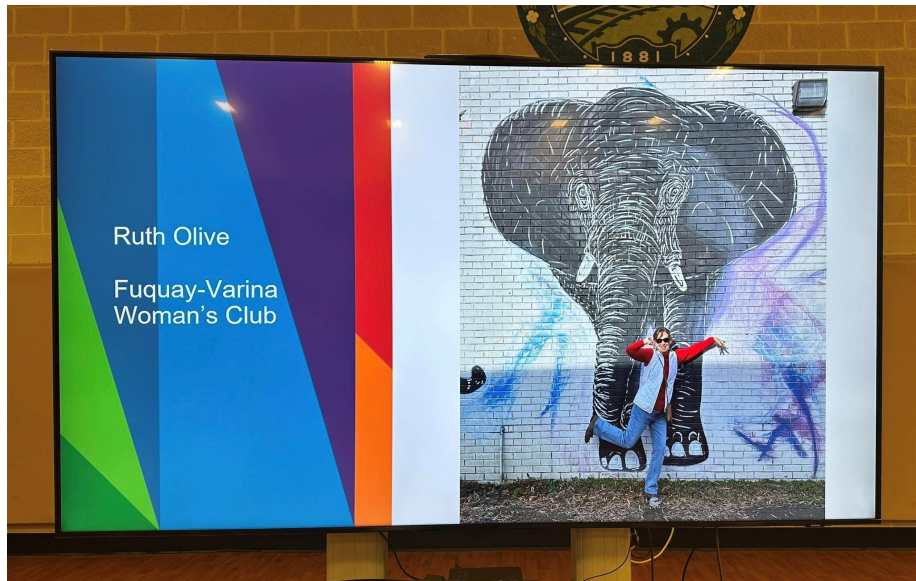
Crafts Chairman - Mary Pendill & Eva Jackson
Visual Arts - Martha Smallwood & Stephany Socha
Photography - Jill Sutphin
Literature - Jennifer McClean
Artsfest - Donna Harrell

Special thanks and appreciation to everyone who contributed to the success of this year's Arts Festival! Federation good wishes to the talented youth who participated, the judges who gave their time and talents, Burlington NC Alumni Chapter of Kappa Alpha Psi Fraternity Inc for helpig with teh setup and tear down, the Greensboro Woman's Club for the table decorations, Mebane Arts Center for the use of its fine facilities, and to the clubwomen and guests who shared their day with us.



State Art show 2025 in Mebane, NC.

Mural winners for our club craft time for the group and Bingo as a fundraiser



GFWC of NC Convention



March Strong Woman—Debra Semple



You have been recognized as a strong woman in our community. One that represents leadership, assertiveness, resourcefulness, and integrity. You are “a dash more”.

What do you feel are some of the characteristics of a strong woman?

When I think of a strong woman, I think about the words:

- determination- determination to follow through in whatever task you’ve taken on
- compassion- to treat others with respect, kindness, and dignity no matter if you agree with them or not
- selfless or altruistic – giving to others without looking for personal gain

I am honored to be recognized but as I look around at the members of our club, I see women that are all strong women. They exemplify all these characteristics I’ve described. We are all working to improve the lives of the people in our community and to make Fuquay-Varina a better, more caring place to live.

What is your occupation: i.e. what is your role at (Company)? What are the primary services/products that you represent and what benefits do they offer?

I was a school teacher for 35 years at Fuquay-Varina Elementary School which was unique because not many teachers can say they spent their whole teaching career at one school. I started my career teaching 5th Grade at the original FVES which was located off of West Jones Street and housed in the old Consolidated High School. At that point in time, FVES was only 4th and 5th grades. The students came from Lincoln Heights Elementary and Willow Springs Elementary which were both only K- 3rd grade. This was definitely a home town school because we got to teach all the students from our area, Fuquay-Varina and Willow Springs. In 1986 we were outgrowing the facility, so the new FVES was built. With the opening of the new school on Johnson Pond Road in 1987, all three schools were turned into K-5th grades. Our staff was split three ways as well as LHES and WSES and everyone got shuffled around. I was fortunate enough to stay with the new FVES staff and continued teaching 5th grade, mostly math and science until 2011. That year, I was asked to be our school’s STEM teacher and even though it meant leaving a regular classroom that I loved, I decided it was time for a change. So, I moved out to a trailer and set up a science lab to be able to teach K-5th. Even though, I missed having my own classroom, I absolutely loved teaching STEM. Over my career I served as 5th Grade Team Leader for 15 years, was Teacher of the Year, and science representative on a county wide science committee. I retired in 2016 with the best memories of a wonderful career.

Family

Tell us about your family. What makes you most proud of your family?

My family consists of my husband, Jim, who retired from NCSU in 2018 as their Director of Insurance and Risk Manager. I also have a daughter, Stacey Slaughter Simpson, her husband Chris and our granddaughter, Caroline, who all live in Fuquay-Varina. Both of my sisters and their families also all live in the area and I love getting together with them. I couldn’t be any prouder of them all and the dedication they have to making Fuquay-Varina a better place to live. From my husband having been a volunteer with the FV Fire Department and a member of the FV Lion’s Club to Stacey being

a participant in Leadership Fuquay-Varina. I'm also proud of the way they're raising Caroline to know the importance of being a good citizen in this crazy world we live in and to always give back to your community.

4. Volunteer work.

I have been a member of the FV Woman's Club for 25 years but my mother was a member of our club for 55 years. I also served on the FV Centennial Museums Board as secretary for six years and I continue to be a docent at the museum.

At church, Fuquay-Varina United Methodist, I have served on several committees over the years as well as a Bible study group.

5. Hobbies

I love my plants but I really love traveling with my husband and granddaughter.

6. Inspiration or mentor in your life.

I would have to say that my dad, Ed Schmelzer, has been my mentor throughout my life and my biggest inspiration to want to be like him. He devoted his life to making Fuquay-Varina a better, safer, place to live. He served on the FV Fire Department when it was all volunteers and was fire chief for several years. He was instrumental in setting up the new fire training facility in Wake County and served as Wake County's Fire Marshall until he retired. He instilled in me what it means to be part of a community and how important it is to give back.

7. What motivates you??

Motivation has to come from within yourself and I am so thankful to both my parents for being the examples they were to always do your best and not to give up. They taught me that life does not always go the way we planned. If there's an obstacle in your way or if something doesn't work out the first time, then step back, say a prayer, look at the situation, and try and figure out another solution. I was always told that if you include God in your day to day life, nothing is impossible.

Favorite book I've read lately is One Thousand Gifts by Ann Voskamp. This book challenges you to look at life not through the every day routine but to really see life through God's eyes and all the blessings he has given us and to live a grateful life. If we focus on being grateful and giving thanks for all those blessings there's no room for anything but JOY.



FVWC Anniversary Quilt Committee Mtg.



FVWC Art Class by Martha!



Fuquay-Varina 101
April 26, 9-11am.
Fuquay-Varina Woman's Club

Discover Your Fuquay-Varina Museums!

Schoolhouse • Tobacco Barn • Playhouse • Post Office • Centennial Museum • Caboose
Artifacts, History, Research Materials and Assistance with Research

Join us to hear from Museums
Representatives
-How the Museums started
-Interesting artifacts in the Museum.
-And the events at the Museum

Fuquay-Varina-Museums.org
FuquayVarinaWomansClub.org



Library Worker's Day





April FVWC Meeting



Her-story Convention



Pine Acres Community Center Bingo





Calyx art class

1

April—Strong Woman—Barb Giarelli



You have been recognized as a strong woman in our community. One that represents leadership, assertiveness, resourcefulness, and integrity. You are “a dash more”.

What do you feel are some of the characteristics of a strong woman? I think inner strength and self-awareness are traits I see in the strong women I know or have known. Those plus resilience help a strong woman stand up for her beliefs and navigate challenges while still being kind and empathetic. The inner strength gives them self confidence and authenticity to be true to themselves and to be comfortable in their own skin.

What is your occupation: i.e. what is your role at (Company)? What are the primary services/products that you represent and what benefits do they offer?

In what ways do you feel your organization contributes to our community?

What is your vision for your organization (or business, department, etc.). Are there aspects of this vision that you feel would further contribute to our community?

I have been retired from full time work since January 2021, after 35 years as a professional in the Human Resource field. I held many positions from local HR rep to benefit coordinator, to Manager to Vice President of Human Resources. I made it my job to

always listen to both sides of any story – the employee and the company’s and worked toward compromise when I could. This background has helped me in so many other facets of my life too – raising my children, working in clubs or with clients.

I still do some contract HR work from time to time – generally interviewing and assessments of new hires. I’m the go-to in my family whenever anyone needs to have their resume reviewed. When I volunteered at Meals on Wheels, I helped all the people in the office renew and update their resumes at the request of the Director. He wanted to prove to the MOW Board that all his people were worth their weight in gold and deserved more money!

Family

Tell us about your family. What makes you most proud of your family?

I come from very humble parents and one sister. I married my high school sweetheart (52 years ago this coming November) and jumped into an Italian family of hundreds – loud, funny, and so loving. Pat (hubby) and I have four children – 2 girls, 2 boys. We have 4 grandchildren – from one in college to a 20 month old! And we carry on in the Italian traditions of speak loudly, laugh hilariously, cry together, pray together, and of course eat together!! (manga, manja as Grandma Giarelli – straight from Italy- would say to us!). I am very proud of how my children keep in touch with each other and truly like each other too!

4. Volunteer work.

Do you participate in any volunteer work within our community? If so, how? And how does the work of your volunteer organization support communities?

How do you balance work, family, and volunteering?

In the past I have volunteered at Wake County Meals on Wheels, corresponding with clients and scheduling reviews. I am still a fill-in to answer phones when someone goes on vacation. I also help lead study groups each spring to help HR interns or those new to HR pass their national certifications. I am active in my church, St. Bernadettes, in Fuquay. My husband is in the Knights of Columbus at St. Bern’s so we are always doing something with that group – fish fries, Bingo, food drives, etc. I try to volunteer at the FV Museum a couple times a quarter.

I watch my 20 month old granddaughter every Tuesday and Friday – this is volunteer work I love!!!!

5. Hobbies

Do you have any hobbies? (If so) what drew you to those hobbies?

*I read and listen to audio books all the time.

*I have taken on the project of writing our family story for the kids – so I am very involved in Ancestry.com and MyHeritage.com. I thought it may take me 6 months, but I am now in my 29th month and still researching. I have learned a lot about our families and have a new appreciation for what our ancestors went through to get to America and thrive. I could give you stories about strong women in my family for sure.

*My husband and I like to work on house projects – at our home or any of the children’s homes. We have torn down walls, built walls, decks, patios, remodeled kitchens, painted, well – you name it, we have probably dabbled in it at one point or another.

*We were “sports” parents for all of our children and that tradition carries on to our grandchildren – attend many soccer, baseball, basketball and chorus functions all the time! Even a couple of our adult children are on a kickball team or soccer team – we go to those games too!



Yates Mill Donated Art Display



Animal Ed. Venture Sanctuary



Homes for the Elderly Supply Distribution



En Plein Air Paint Off





GFWC of NC Convention



These past 3 days at the 123rd Annual GFWC-NC State Convention was my first and an whole experience.

The community service, volunteer work, the Women's Club in North Carolina are doing locally and nationally is a beautiful thing. Every fundraiser goes back into the local community and to wonderful charities doing the same awesome work.

THURSDAY, my chapter sent me to a LEADS (Leadership, Education, And Development Seminar) training. It gets you fired up to be a leader within your local chapters, districts, state or nationally.

FRIDAY, was state business, awards and Night of the Stars Banquet. The work these North Carolina chapters are doing to change people's lives and communities are amazing. Pouring their hearts into this volunteer service commitment.

Keynote Speaker: Stephanie Adams, M.Ed Leadership Consultant and Author. speech was "Why Not Me."

SATURDAY, was state business, more awards, scholarships, presentations, leadership breakout workshops and an evening Arts in the Park Social.

Keynote Speaker: Monika Johnson-Hostler
NC State Representative, Executive Director of the NC Coalition Against Sexual Assault and
CEO & President of the National Alliance to End Sexual Violence.

Guest: Boys & Girls Homes of North Carolina

But let me BRAG on my Fuquay Varina Women's Club chapter and the work that we are doing collectively

Chapter President's Special Project award
Domestic and Sexual Violence
Awareness and Prevention award
Arts and Culture award
Civic Engagement & Outreach award
Education & Libraries award
Fundraising award
Health & Wellness award
HER Story: Its Monumental
Find Your Rhythm, Join The Beat award
(Mural Contest)

Nominated for:

Julene Barlow McPhaul Clubwoman With Heart award - Susan Stanley

Juanita Bryant Outstanding Work in Citizenship and Patriotism Award - Faith Junghaun

Minnie Lou Parker Creech Outstanding Clubwoman of the Year award - Melvina Croner -

NC State University Acapella Group was amazing.

In the words of Anna Julia Cooper she is in your U.S. Passport find her on the pages 26 & 27 in old passport, could be a different page on the newest edition of passport book. Raleigh NC own.

"The cause of freedom is not the cause of a race or a sect, a party or a class—it is the cause of humankind, the very birthright of humanity."

"The world needs to hear the woman's voice in every field of thought and action.

Her interests are identical with those of humanity." (A quote from her seminal work 1892, A Voice From The South)

2024-2025 Awards

District Awards:

Arts & Culture – Creativity winner

Environment – Creativity winner

Health & Wellness – Overall winner

Communications – Creativity and Overall winner

Leadership – Overall winner

GFWC Signature Program - Domestic & Sexual Violence
Awareness & Prevention – Overall winner

Outstanding Citizenship and Patriotism – Faith Junghahn
winner

Clubwoman with “Heart” – Susan Stanley winner

State Awards:

Collaborative Relationship – Overall winner

President’s Special Project – Overall winner

Fundraising & Development – Overall winner

GFWC Women’s History & Resource Center/Federation
Day – Creativity winner

GFWC Signature Project – Domestic & Sexual Violence
Awareness & Prevention – Overall winner

Arts & Culture – Overall winner large clubs

Civic Engagement – Overall winner large clubs

Education & Libraries – Overall winner large clubs

Health & Wellness – Overall winner large clubs

Club Awards:

Inspiration Award: Julia McCombs

Seabrooke/Gardner Friendship Award: Barbara Kennedy

Membership Award: Julia Yeargan

Challenge Award: Jane Swinden

Outstanding CSP Award: Arts & Culture

Sara Tew New Horizon Award: Melvina Croner

Distinguished Service Award: Alison Keisler

Simmons Outstanding Community Commitment Award:
Barbara Rickard

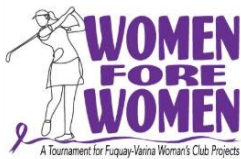
Extra Service Awards: Linda Goodwin, Patty Byrne, Barb
Giarelli

Woman of the Year: Susan Stanley

The following members were recognized by Recording Secretary Anne Moell for having perfect attendance at our meetings for the year: Sarah Abraham, Judy Blochl, Patty Byrne, Teresa Ennis, Barb Giarelli, Maureen Lund, Amy Massengill, Anne Moell, Ruth Olive, Debbie Semple, Martha Smallwood, Judy Snider, Jane Swinden and Marlene Yarborough.



Women Fore Women Golf Tournament



Craft Class at Calyx Living



2025 WFOREW GOLF #2

