**GFWC News & Notes** 

***GFWC — an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service***

**Carol Weldin, AWC Liaison**

**May 2018**

**Next Week is National Women's Health Week**

**May 13-16 is National Women’s Health Week, which encourages women to prioritize their health. The week long observance is an effort to raise awareness on important steps women can take to lead healthier lives. Here are a few ways you can improve your health:**

* **Have a yearly well-woman visit. It’s important to discuss your health with your doctor to see what’s best for you, and preventative screenings are vital for detecting potential issues.**
* **Check out the Office on Women’s Health’s guide on steps to getting better health by age.**
* **Stay moving! The Centers for Disease Control and Prevention recommends adults have at least 2 1/2 hours per week of moderate-intensity aerobic activity, like brisk walking.**
* **Women statistically fall more often than men, so it’s especially important to focus on building strength and balance with activities like swimming and yoga.**

**How can you promote healthy living within your club? Host a nutritious potluck for your next meeting! It’s important to have a meal plan that includes foods such as fruits, vegetables, whole grains, and lean meat. Another idea is to get your club to attend a fitness class together. It’s a great way to stay active and bond at the same time!**

**You could also host a health fair in your community, like the Brussels and Batchtown Women’s Clubs (Illinois), who recently held their biennial Health Fair. Over 80 people were in attendance, and half of them took the free Hearing Test provided by the Lions Club Mobile Unit. There were featured health speakers, as well as health vendors who provided information and handouts. Attendees enjoyed a delicious buffet of fresh fruit, cheese, veggie pizza, and desserts that were fat-free and sugar-free.**

**National Women’s Health Week is a reminder for women to give their health the thought and attention it needs. That might mean preparing questions to ask at your next check-up or penciling in time to exercise in your busy schedule. Just remember to always work towards a healthier you!**

**National Skin Cancer Awareness Month**

**May is the month to raise awareness about the most common cancer in the United States: skin cancer. While it is the most common, it is also the most preventable! That means with proper education, it can be avoided. With warmer weather comes more days spent in the sun. Make sure that you and your loved ones are soaking up the sun safely.**

**How to Protect Your Skin**

* **Put on broad-spectrum sunscreen half an hour before you plan to be outside, even if the day is cloudy. Remember to reapply every two hours.**
* **Stay in the shade when you can, especially between 10am and 4pm when the sun is strongest.**
* **Cover up with hats and UV protective sunglasses.**
* **Don’t go to tanning salons. It’s prom season, which means many of the young women in your life might be considering a trip to the tanning salon to get some color before the big night. Even one session increases the risk of skin cancer.**
* **Practice routine self-examinations. You can learn how to perform them and what to look for through the** [**Skin Cancer Foundation**](https://u3654531.ct.sendgrid.net/wf/click?upn=9eXHP1PR7PQVD2K3bEZ-2F3uRSEn8hkpnbPnsLMNXVen6U5ThY0z729MEc4WHxMzozj3NdHF2-2F2d4s4CbZR2Ok4flEAz6-2BirzJR7Rtaf8WNZCdLhUGB0qq8oqtRUCXvvMZ_a4ZyCjtkwnIfEsP7ECigyqsT48cwGvjsXYPXVCnj5dy6uLfJ1K3Lq1FBRrZ-2B-2B7RwLDH6W-2B4TiJcwZSr8UfeKsOSUt7Vrw9oeMGZrtThcUEgeExlXd6IDIZaBj-2FADn7YyOqXEWGByzPlinUtgIKMYb-2BtQyiIK0oADOnrJ-2Fk9oFluL07WfY1H7Oav-2FEq4pz33FypLWNTswOYodhpFtLC5Bc8rqqMgUqiAkkVlVDAxXSsrRlDbww4BoRz92WfNMU-2BIkZ6kwKO05oA1QDFjWiOcbHl-2BK6xjNUZKeOnKEC7ks8wIXgdNb-2FB-2BfpaLhimXAdCLro8n-2BtqlWAU-2BEzx105jlbgwATeZaX-2BmJcIX-2FQNuPJshWenBWfRX0JXOI8sxRzu-2Fmz6GgSVrM-2BOM0DqvYZQ3N4sg-3D-3D)**.**
* **The Skin Cancer Foundation will be taking another tour through the United States providing information and free screenings. Look for your city on their** [**2018 schedule**](https://u3654531.ct.sendgrid.net/wf/click?upn=9eXHP1PR7PQVD2K3bEZ-2F3pURyi9UsyqgBBCl4bNA59SFAGbp9SXlH-2F9mM31FtjTaXmK-2F7px1TXLpb-2B9nZkWgbmW4lWHU9iDPCn6kK0yF-2BKo-3D_a4ZyCjtkwnIfEsP7ECigyqsT48cwGvjsXYPXVCnj5dy6uLfJ1K3Lq1FBRrZ-2B-2B7RwLDH6W-2B4TiJcwZSr8UfeKsOSUt7Vrw9oeMGZrtThcUEgeExlXd6IDIZaBj-2FADn7YyOqXEWGByzPlinUtgIKMYb-2BtQyiIK0oADOnrJ-2Fk9oFluL07WfY1H7Oav-2FEq4pz33FypLWNTswOYodhpFtLC5Bc8rqqMgUqiAkkVlVDAxXSsrRlDbww4BoRz92WfNMU-2BIkasoHhoAn6II9fQuGc7ua8hkwWbWd-2Fy-2BQED4cO-2BwCoopaCz5dqZJv9k8DOcN-2Bc5vWeUNFrLzXDWvEsFPCFXXTMAXObwxMiSemD-2F-2BP64BCGz3LSgZjhYYSxWLefXy6xMU-2FGGDgCzZnT1JjaQm2e57dXg-3D-3D) **and spread the word so your communities can take advantage.**

**This month, take time to protect your skin, and raise awareness in your communities so that everyone else will too.**

**Legislative Corner**



**Rep. Sheila Jackson Lee is the chief sponsor drafting the House VAWA bill expected to be introduced soon.**

**GFWC joined national women’s organizations gathered on Capitol Hill for the Enough Is Enough Summit & Congressional Briefing during Sexual Assault Awareness Month to address sexual harassment and assault in the workplace (Title 7) and schools (Title 9). Panelists included representatives from the Equal Employment** **Opportunity Commission, National Women’s Law Center, National Organization for Women, American Association of University Women, End Rape on Campus, Legal Momentum, Feminist Majority, National Domestic Workers Alliance, ERA Coalition, National Council of Jewish Women, National Congress of Black Women, and the National Farmworker Women’s Alliance. Congresswomen Sheila Jackson Lee (TX), Carolyn Maloney (CA), Jackie Speier (CA), and Lois Frankel (FL) summarized legislative efforts to date and the opportunity to build momentum created by the #MeToo movement. In preparation for re-authorization of the Violence Against Women Act (VAWA), the focus of this summit was to educate lawmakers about the necessity to extend sexual harassment laws to all women, especially domestic workers and farm workers, so that every woman is protected – no loopholes and no exclusions.**

**Legislative Action Corner**

**Airline Passengers Will Benefit**

**On April 27, the House of Representatives approved H.R. 4, with a strong bipartisan vote, to reauthorize the Federal Aviation Administration. The bill includes new consumer protections for commercial airline passengers, such as requiring medium and large hub airports to have a lactation room behind their security checkpoints, as well as efforts to fund noise and air pollution mitigation projects. The Transportation Department would be required to issue regulations to bar mobile phone calls during flight, set minimum dimensions for passenger seats, develop a bill of rights for disabled passengers, and require ticket agents with annual revenue of $100 million or more to adopt customer service standards regarding refunds, cancellation policies, itinerary changes, and responses to complaints. Air carriers would be prohibited from involuntarily removing ticketed passengers that have boarded a flight. Employees will be trained to recognize and respond to potential human trafficking, and air carriers would be required to provide annual training to flight attendants on dealing with allegations of sexual misconduct. Next step – the Senate.**

**Legislative Action Corner**

**VAWA FY 2019 Federal Appropriations Advocacy**

**GFWC joins the National Task Force to End Sexual and Domestic Violence and more than 930 organizations to urge Congress to increase funding for federal programs that address domestic violence, sexual assault, dating violence, and stalking. Domestic and sexual violence are life-threatening, pervasive crimes that affect millions of families every day. Our nation is experiencing a watershed moment as survivors of gender-based violence are coming forward. Our community programs must be there to support these survivors and their families, and there must be resources for prevention and education so violence doesn’t happen in the first place. Find our letter** [**here**](https://u3654531.ct.sendgrid.net/wf/click?upn=9eXHP1PR7PQVD2K3bEZ-2F3mIJNiWy6WA0dpzYdO4Pqr7Hg9e0Yhsg6-2FS5LBW4Vpfei3yJ8Qf8H0Yhd1-2B-2FyhdAAK5n9kyJEW8hLTVB6fjBNZrIpIfHcsUsCUesZi43S6ZvHeDd20QT-2BVjljVtAdcjLz5bryaTFdCw9F8NwoqY-2BylR3TsMYGE1lzocCxQP-2BVROY_a4ZyCjtkwnIfEsP7ECigyqsT48cwGvjsXYPXVCnj5dy6uLfJ1K3Lq1FBRrZ-2B-2B7RwLDH6W-2B4TiJcwZSr8UfeKsI7DV-2BJM8dHySJ9TO-2FZA6BNycZF17-2FR29zmOvbG-2B0iOTdTk-2BOD3ze-2Fa52Q5mBytrWDUNRS7c9AzxqLc2-2BRCUAa8Om8cxewdHOMyssn99EcOt6Umtx-2BM4Xegb1swN3Mcr76DLf3fMC7Uod9aypU692AE-2B-2B-2F3ZLET-2Bqjrp-2FrWh7l3Q1LfTxFNer1vhHeQQZq4a4VN9-2B-2BzW6D9NuI9b6ErjCQU9ouvmMPGmT4weBrTjbx81nvCHdey-2BjY0WcuEF7eblseOzDz30cEsEg1tB7NUhw-2BmszRHaJCDFpPeMSMZUAbG-2Bp6w005fJssnnkpuqBQiEvA-3D-3D)**.**

**Congressional House and Senate Appropriations Committees are beginning the FY 2019 process to fund these Violence Against Women (VAWA) programs in the Department of Justice, the Family Violence Prevention and Services Act programs at the Department of Health and Human Services, and to increase funding released from the Victims of Crime Act (VOCA) account. We are appreciative of the FY 2018 funds now being deployed in our communities.**