



“You Are the Key!”

Country Women’s Council USA

News Sheet

www.cwcusa.org

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ASSOCIATED COUNTY WOMEN OF THE WORLD

www.acww.org.uk



CWC CHAIR - DEBBIE WAGSTAFF

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Dear Members,



Hello everyone. I would like to take a moment and introduce myself. I am Debbie Wagstaff, your new CWC Chair. I live on a small ranch in Oklahoma with my cows, chickens, cats and dogs. The theme I have selected for my term as Chair is “You Are The Key”. We know that keys unlock many things: a closed door – a mind to a better way of life – opening up to a different way of doing things – a key to a brighter future. As we contribute to our projects through CWC and ACWW, we are the key to unlocking the door to much progress throughout the world. Let’s do all we can to unlock the doors to a brighter future for women and children throughout not only our communities, but our states, and the rest of the world. And as that is my theme, the project that I have chosen is **food waste**. In the upcoming months I will be sharing more thoughts and ideas with you and I hope you will share what your communities are doing to help stop food waste. As the keys unlock doors, we know they also lock doors. Let’s work to lock the door to food waste. I am honored to serve as your CWC Chair. If I can do anything please do not hesitate to contact me. If you call please leave a voice mail and I will return your call or text me or email me. My info is on our website. I hope you will all make plans to join us at our 80th CWC Meeting in September in Destin, Florida. Let’s sit and have a chat and see what other door we can unlock.

Debbie Wagstaff

CWC Chair



CWC Membership

As of this month CWC's Total membership numbers are.....

34,495











































Gaining Self-Confidence

When you do something to help others, you can't help but feel better about yourself. You gain a sense of being valuable, helpful, and worthwhile. You start to realize that even you can do good things. When you volunteer, you often discover new skills and talents, and you learn that you are actually good at some things! You feel a sense of accomplishment, that your life has meaning and you can make a difference in the world.

MARK YOUR CALENDARS

2025 ACWW USA Area
Conference
July 21 - 24, 2025
Erlanger, Kentucky
Holiday Inn Airport

     
 80th Meeting of the Country
Women's Council
 September 24-26, 2024
 Embassy Suites in Miramar
Beach, FL.
     

          
          
 31st ACWW Triennial
Conference
 April 26 - May 1, 2026
 Ottawa, Canada
 Westin Hotel
          
          
          
          
          



ACWW USA AREA PRESIDENT BONNIE TEEPLES

I want to share a little news from ACWW. There are three Leadership for Equality podcasts on the website. These Podcasts are a joint effort with ACWW and the UN. I hope you take the opportunity to listen to them. You can find them on the ACWW website under the 'Our Work' tab, or you can listen to them on several other podcast channels. Just search for ACWW/UN Leadership on your podcast app.

These podcasts are informative and very worthwhile to share with others. I am sure you will learn from them, just as I have.

You should have received your Countrywomen magazine by now. We just received ours a few weeks ago! I have enjoyed looking back on the Triennial in Malaysia and reading our World President's messages.

ACWW is still taking applications for Coordinator position. The meetings are held once a month and are very informative. I appreciate all of you who are serving your society as a coordinator.

In just a few short weeks I will be joining NVON members at their conference in North Carolina. I am really looking forward to attending and meeting with NVON members. The conference schedule is very full, and the classes are going to be great! It was hard to determine which classes to take!

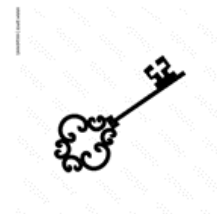
The week after the NVON conference I will be gathering with members of National FCE in Erlanger KY for their conference. The class selection looks wonderful as well! My husband will be joining me in North Carolina the day the conference ends and will pick me up to drive to Virginia. We will be spending a couple of days in Virginia getting some Great Grandma and Grandpa time! I am excited for that visit!!

I am also looking forward to the CWC Meeting in September. I hope many of you will be able attend that meeting.

Thank you to all who send reports and information about the work you are performing on ACWW Resolutions and other ACWW programs. I encourage you to send me reports on your programs of work and the classes/workshops you are having during your conferences. I love hearing about the work you are doing and how it is making a difference in your communities.

See you soon in Florida for the CWC Meeting!!

Bonnie Teeples ACWW USA Area President



Ruth Buxton Sayre Scholarship



Ruth Buxton Sayre was known as the "First Lady of the Farm" and inspired millions of rural women around the world to improve themselves and their communities with her practicality, humor, decency, and common sense. As a young farm mother, she began her life work in striving for better conditions for farm women and their families by organizing her neighbors for college extension classes. She earned high posts in state, national and international organizations and served as ACWW President from 1947-1953.

Country Women's Council USA, offers a Ruth B. Sayre Memorial Scholarship each year to a woman who is a legal resident of the USA, who shows a financial need, and who has the ability to complete her education.

Country Women's Council USA Ruth B. Sayre Scholarship Donation Form

In Honor Of: _____

Amount Donated: _____

In Memory Of: _____

Amount Donated: _____

.....

Name Donor: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____ Email: _____

Send To: Jo Ellen Almond
55 EMS B31 Lane
Warsaw, In. 46582
Phone: 317.432.5706
cwcusa.jo@gmail.com



ACWW INDIVIDUAL SUBSCRIPTION FEES



Category 5
Individual membership
£30 annual renewal

Renewal can be paid
online by visiting :
<https://www.acww.org.uk>
Follow the membership link

Payable January 1st
or membership will lapse
if not paid by March 31st.

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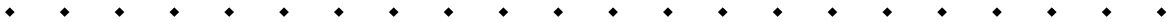


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ACWW Headquarters

Associated Country Women of the World

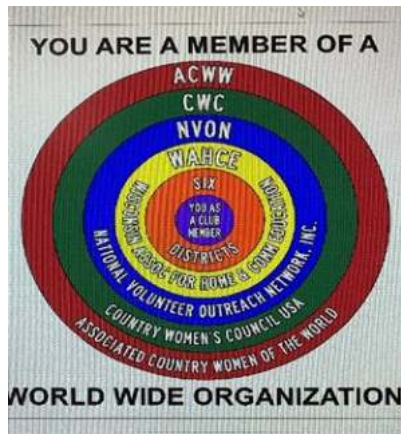
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NVON – National Volunteer Outreach Network



Greetings from the National Volunteer Outreach Network (NVON), one of the national organizations that is a member of Country Women's Council, USA. NVON is ten-state member organization whose mission statement is, "Member organizations working together to promote communication, education, and volunteerism for all people"

Currently NVON is striving to promote itself as well as CWC and ACWW to the membership throughout the nine-member states. All member states face the same issue with their membership being unaware of how they already belong to these other organizations or the function of

NVON, CWC, and ACWW. NVON has made a large "bullseye" (like the one pictured) that is put on a vinyl banner capable of being hung for display. Several of the states have been able to use this at many of their state wide meetings and have gotten great response from it.

NVON feels that we have not adequately promoted our organizations and hope that this banner will help with promoting NVON as well as CWC and ACWW. Public relations are so important for an organization to grow. "Judge not by your harvest, but by the seeds you planted. Plant many seeds." In order to grow as an organization, we must be in the public eye and speak out about the good of our organizations thus, "Plant many seeds!" Plant those seeds and you will reap a harvest of growth!

This will be the final year for our current project in common, "BEE-CAUSE Pollinators Feed the World." Our project in common runs for three years and normally relates to a resolution adopted by the ACWW. This current project relates to the pollinator resolution adopted at the 2019 ACWW Triennial. Each member state is collecting money to enable NVON to buy beehives that will be sent to third world countries. As of December 31, 2023 NVON has purchased 1074 beehives. For more information on the project check out our NVON.org webpage. The University of Arkansas Extension has assisted us in preparing the promotional and educational material that you can see and use on the webpage. We have received much notice by the public with this project and unexpectedly has been great PR.

"If the bee disappeared off the surface of the globe, then man would have only four years of life left. No more bees, nor more pollination, no more plants, nor more animals, no more man." *Albert Einstein*. This quote from Mr. Einstein perfectly sums up the importance of the "BEE-CAUSE" project that NVON is doing.

If you want more information or learn how to join NVON as an individual or an organization check out the NVON.org.

News from the Editors Desk



Hello everyone,

Hard to believe this year is already half over. Area conferences and business meetings will be taking place, then county and state fairs.

Then there's September, time for the CWC 80th Conference. Are you excited? Well I am.

Annette Lanham, CWC Meeting Chairman and her committee have been working hard to provide an experience I am sure we will not soon forget.

Just some house keeping to share.

I have 2 more issues to mail to those who had a subscription. After that no more news sheets will be mailed. The news sheet is emailed to all CWC board members and to all elected officers in the state societies and to the national societies that are members of CWC. This email is also available on the CWC website cwcusa.org. you can also find the CWC handbook and CWC policy books are there also.

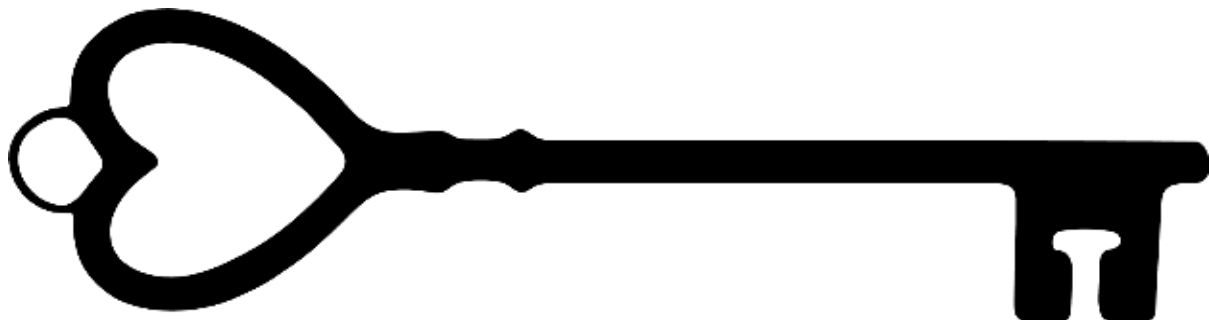
The board has decided to not print and distribute the CWC handbook in the future because updates are always being made to the officers and other areas of the book. As of this article the CWC Handbook is current and up to date. You might take a look because there have been changes since the CWC handbook was mailed out.

If you will notice NVON and NFCE have articles in this issue. Sharing what is happening in our societies with others allows us to see and learn from each other. Any one can submit an article to the CWC news sheet. Since we are not printing the news sheet any longer I am not limited on page space.

I look forward to seeing everyone in Florida.

Leslye Owen

CWC Editor



National FCE Food Security Programs and Activities

Report to CWC May 2024

1. 2023 ACWW Resolution ~ Four (4) FCE members worked with ACWW staff to come up with wording for a Food Security Resolution: Resolution #3 Passed at the May 17-25, 2023 ACWW Triennial in Kuala Lumpur, Malaysia "Be it resolved that ACWW facilitates both action and advocacy on the issue of food waste, recognizing that food waste occurs throughout the global food supply chain, and that coordinated action is required to mitigate food loss and wastage at every stage."

Action Points:

Individuals: Consider ways to reduce food waste in your family and community. Make use of programs at local grocery stores that aim to reduce wastage at the consumer level; if such programs do not exist, work with your local stores and chains to bring these programs in.

Societies: Put together educational programs using the expertise of homemakers and rural women to share knowledge about traditional methods of food preservation and efficient use of ingredients and resources.

Advocacy: Work to raise awareness of the systemic causes of food waste, including arbitrary aesthetic standards related to supermarket marketing. Advocate to address insufficient infrastructure that causes food waste in developing nations. Work to promote traditional and Indigenous methods of land use and food preservation.

2. 2023 Midyear Meeting, March 27, 2023 ~ An FCL lesson: "**Food Waste-A World in Crisis**" was presented. Approximately 75 were in attendance at 2 meetings.

3. 2023 Future of FCE Committee ~ Issue analysis and Resolution presented at 2023 National FCE Conference, the attendees chose Food Security as a 3 year FCE Project. 45 were in attendance.

4 The National FCE Board has developed Educational material to be used for Food Security:

Hearth Fires

1. Spilling the Beans on Beans ~ Find out why beans are so good for you.

2. What Does Food Security Look Like? Do you know what food security is, how to measure your family's ability to obtain food, or what a "food desert" is? Food security and its opposite food insecurity are quickly becoming issues facing the world today. They have been the subject of studies, world summits, and world economic assistance. Food security affects people of all ages and walks of life in every aspect of their daily lives including health and well-being.

FCL Lessons

1. Food Security: Supporting Life and Livelihoods ~

As members of National FCE, we strive to help our communities locally and globally. In the FCL lesson, Food Security: Supporting Life and Livelihoods, attendees will learn the current facts of food insecurity, the effects on the family, and ways to improve their future outlook.

Continued page 9

Continued from page 8

2. Finesse + Civility = Leadership ~ We realized that we couldn't implement the Food Security lessons and projects without leaders. This lesson will help to develop leadership at all levels of FCE~ local, area, district, state and national. Leadership without respect and kindness has no place in any leader. With an understanding of etiquette rules and manners, and a willingness to practice what you preach you can become a confident 'polished' leader.

5. 2024 Midyear Meeting March 18, 2024 We heard about **Women Farmers in Mali Africa**, and how the Myagro company is addressing Food Security. We also had a short lesson on "Baloney" and a Public Policy presentation on how to contact your government about issues that affect your community. 75 were in attendance.

6. National FCE Board member toured Ralston Family Farms in Atkins, Arkansas in March to gather information about their rice farm. Information will be shared at 2024 conference.

7. 2024 Conference In addition to the lessons/programs that were developed in 2023/2024 the following programs on Food Security will be presented:

1. Food Labels ~ Food Waste
 2. US Area ACWW President will speak to those in attendance
- ~ Food Security ~ Bonnie Teeples

Judy Fullmer
National FCE President

National FCE Conference

"Empowering Volunteers... Treasure the Present"

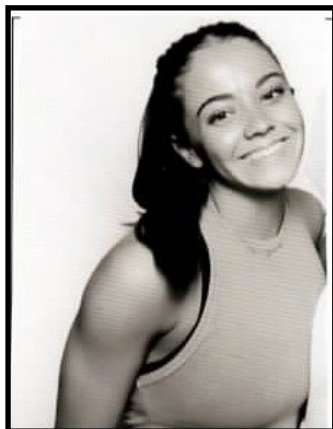
National FCE will hold their National Conference July 25 to 28 in Erlanger, KY. We will be presenting three new Hearth Fire lessons/workshops and two new FCL Training workshops. There will be sharing of new ideas from other attendees, some fun entertainment and of course, time to renew old acquaintances and make new friends as you attend! We will have lots of information about our three year focus on Food Security. Our service project is supporting the Women's shelter by providing a selection of feminine hygiene products and general toiletries. The National Board Alumni will have a fundraiser of small quilted items to support a scholarship for first timers to attend conference.

More information is available on the National FCE Website ~ www.nafce.org on the quick links page.

2024 Ruth B. Sayre Scholarship Winners

Lyric Ryan Irish

Terre Haute, IN



Lyric lives in Terre Haute, IN and has spent her high school years submerging herself into numerous activities and experiences to become a well-rounded individual. Being involved in various athletic clubs including Swimming and Student Athletic Council taught her the demands of a student athlete: the work ethic and time management skills necessary to balance that lifestyle. Outside of athletics, she also participated in other student leadership groups such as National Honor Society, Interact, and DECA.

Through her involvement in community service, she learned the importance of making a difference and giving back to her community. Volunteering with the Special Olympics taught her to accept others and their abilities. Picking up trash and serving in soup kitchen acquainted her with the needs of the community and instilled pride in where she lives.

Taking on all these activities made high school rewarding and she plans to retain the skills she gained into all future endeavors.

Libby Haab

Milford, IN

Libby is from Milford, IN and is seeking a Bachelor's of Science in Animal Science and Agribusiness. She wants to become a livestock embryologist to help beef and dairy production farmers with their reproduction goals for the growth of their herd. With her dad employed at a dairy farm, she has grown up with farming and livestock. Her passion for livestock comes through in all aspects of her life. She is a 10-year member of 4-H and a 4-year member of Future Farmers of America.

Demonstrating leadership skills, she mentored 8 first-year 4-H swine club members, ensuring they knew the routines and overall expectations of showing their swine. Additionally, she founded Kehoe Kids with two other students. This organization was created in memory of a local teacher with the purpose of purchasing books for Riley Children's Hospital. She supervised volunteers with fundraising, donations, and administration of this charity.

She presented Food for America to 1st graders in her area, promoting the importance of agriculture and where food comes from. She was responsible for care for the livestock brought in to show children and also demonstrated how to grow vegetables properly. Students were provided tomato plants at the end of each session.



Windsor Bonner

Leesburg, IN



Windsor is from Leesburg, IN and feels that she is a strong communicator and loves leading discussions, easily adapting to a variety of situations.

She states that being a teacher has always been something she wanted to pursue because she possesses strong communication skills, adaptability and she loves to lead discussions. Becoming a teacher would allow her to use her skills to further the next generation's education. Learning from the examples she had during her own formative educational years, she intends to demonstrate the idea that sacrificing personal gains for others leads to greater fulfillment. Windsor feels that knowledge and education are the basis for all things that can be accomplished in life. She believes that a good

teacher-student connection is invaluable to students who do not have a stable home life. She desires to be a source of security for those children during their

educational years.

Nhu Tuyet Le

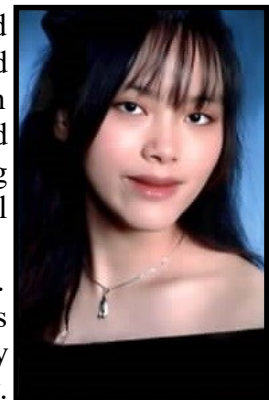
Huntsville, AL

Nhu lives in Huntsville, AL. She was originally born in Vietnam and was raised by her single mother. She did not know her father, who left her mother and immigrated to the United States. Nhu and her mother lived in a poverty-stricken town and never knew when the next meal would be. At age 13, her father reached out to her and provided the chance to immigrate to the United States. Knowing the opportunities available in America, she made the difficult decision to leave all she knew for a better life.

Although in the US, life was not easy and financial stability was still an issue. As soon as she was able, Nhu got a job at The University of Alabama Huntsville's Center for Cybersecurity Research and Education. Here she had the opportunity to pursue her interest in computing and support the needs of her family. Unfortunately, due to financial constraints, she had to resign and take a job working-part time in the Nail Industry.

While she has not had the same opportunities to participate in numerous extracurricular activities or clubs due to family responsibilities and financial constraints, she had made the most of the opportunities provided to her. She became involved in Math Team, Computer Science Club, Student Aides, and Library Aides. In her spare time, she volunteers with other English as a second language (ESL) students. She is also involved in Mu Alpha Theta and National Honor Society to actively give back to her community. Balancing school, work, and family obligations has been demanding but it has instilled in Nhu a strong work ethic and deep sense of responsibility.

What sets Nhu apart is not just academic achievements, but her ability to persevere in the face of adversity and hardship. Her life is a testament to resilience, determination and an unwavering commitment to education and personal growth.





REGISTRATION for the 80th Meeting of Country Women's Council USA
September 24 - 26, 2024
Embassy Suites by Hilton Destin - Miramar Beach
570 Scenic Gulf Drive, Destin, FL 32550 Phone: 850-337-7000



Name (one form per person)

Member _____ Guest _____ First Time Attendee _____ Telephone _____

Address _____ City _____ State _____ Zip _____

Email Address _____ Email Confirmation: _____ Y _____ N

Emergency Contact Name: _____ Phone _____ Relationship _____

Include a self-addressed stamped envelope if you would like a written registration confirmation. I grant CWC the right to use, publish, and copyright my image for educational programs and publications, websites and promotion of CWC programs.

Signature _____

Tuesday, Sept 24 _____ Air Force Armament Museum Guided Tour \$20 (lunch on own)

Wednesday, Sept 25

- _____ **Tour #1** DeFuniak Springs \$50 (includes lunch)
- _____ **Tour #2** Gulfarium Marine Adventure Park \$50 (lunch on own)
- _____ Craft Workshop #1 Wire Wrap Shells \$10 _____ Craft Workshop #2 Shell Picture Frame \$8
- _____ Craft Workshop #3 Beach Ornament \$6 _____ Craft Workshop #4 Pin Cushion Orange \$5

Thursday Sept. 26 _____ 30A Distillery Tour and Tasting \$40 / No Tasting Option \$30 (lunch on own)

Registration Fee: * (Registration fee required to participate in tours) *****

Full Registration	\$235	\$ _____
Late fee after August 23, 2024 post mark	\$250	\$ _____
One Day Registration _____ Tues, Sept 24	\$100 (does not include tours)	\$ _____
_____ Wed, Sept 25	\$50 (does not include tours)	\$ _____
_____ Thurs, Sept 26	\$100 (does not include tours)	\$ _____
Tuesday 24th Tour Air Force Armament Museum	\$20	\$ _____
Wednesday 25th Tour #1 DeFuniak Springs (w/lunch)	\$50	\$ _____
Wednesday 25th Tour #2 Gulfarium Marine Park	\$50	\$ _____
Wednesday 25th Sunset Dinner Cruise	\$110	\$ _____
Thursday 26th Tour: 30A Distillery Tour	\$40 (Tasting) or \$30 (No Tasting Option)	\$ _____
Workshop #1 Wire Wrap Shell Necklace 9 am to 10:15 am	\$10	\$ _____
Workshop #2 Shell Picture Frame 10:30 am to 11:45 am	\$8	\$ _____
Workshop #3 Beach Ornament 1:15 pm to 2:30 pm	\$6	\$ _____
Workshop #4 Pin Cushion Orange 2:45 pm to 4:00 pm	\$5	\$ _____

TOTAL FEES \$ _____

Registration post marked after August 23, 2024 cannot guarantee tours or workshop choices.

**** Special Dietary Needs (Be specific) _____

Meals ARE included in registration but please indicate those you are attending below:

Tuesday, Sept 24 _____ Lunch _____ Dinner Thursday, Sept 26 _____ Lunch _____ Dinner

Make checks payable to Washington HCE

Mail with registration form to Meeting Registrar: Kathy Myer

Address: 1418 Cook's Mill Rd, Bonifay, FL 32425 Phone: (859) 351-1340 Email: katmyer74@gmail.com

For Room Reservations: All rooms are suites. Lodging cost \$189 plus tax for up to two in a room, \$20 per person more than two. Includes made-to-order breakfast and evening reception. Room block under "CWC meeting". Reserved room block will be held until August 25, 2024. 850-337-7000.

Book online at: <https://www.hilton.com/en/attend-my-event/dsieses-cwc-17c963a8-2b23-4780-a546-b0e6dbc1d494/>

80th Meeting of Country Women's Council USA

Conference Schedule

Monday, September 23, 2024

9:00 am - CWC Board Meeting
 4:00 - 6:30 pm - Silent Auction Items Received- Ballroom B/C
 4:00 - 6:30 pm Meeting Registration - Atrium
 7:00 - 9:00 Social Time - Ballroom B/C

Tuesday, September 24, 2024

6:30 - 9:30 Breakfast
 7:30 - 8:30 Registration - Atrium
 9:00 - Noon Opening Session 80th CWC USA Meeting
 CWC USA Business Meeting - Debbie Wagstaff, CWC USA Chair
 9:00 - 2:00 Guest Tour - Air Force Armament Museum
 12:15 - 1:15 pm Lunch
 1:30 pm - 2:30 pm Ginny Hinton, Santa Rosa County Extension Agent - Rural / Farm Mental Health
 2:45 pm - 3:45 pm Speaker - TBA
 4:00 pm - 5:30 pm Silent Auction Open
 4:00 pm - 5:00 pm Societies/ Affiliates Meetings
 6:00 pm - Tropical Luau Dinner / Fun Night

Wednesday, September 25, 2024

6:30 am - 9:30 am Breakfast
 9:00 am 12:00 pm
 9:00 am - 2:00 pm Tour 1 - DeFuniak Springs - Lunch at 12 pm
 9:00 am - 3:00 pm Tour 2 - Gulfarium Marine Adventure Park - Lunch on own at facility
 9:00 am - 4:00 pm Arts & Crafts for those not going on either tour.
 Wire Wrap Shell Necklace - \$10; Shell Picture Frame - \$8
 Beach Ornament - \$6; Pin Cushion - Orange \$5
 1:00 pm - 4:00 pm - Silent Auction Open
 4:30 - Depart for Dinner Cruise / Those not attending Dinner Cruise will have dinner on own

Thursday, September 26, 2024

6:30 am -9:30 am Breakfast
 7:00 am - 9:00 am - Silent Auction Open
 9:00 am- CWC Business Meeting Continues
 News from USA Area President - Bonnie Teeples
 Resolutions Round Table Discussion
 10:00 am - 2:00 pm Guest Tour 30A Distillery Tour Departs
 12:00 noon - 1:00 pm Lunch
 1:30 pm - 2:30 pm Breakout Session - Ballroom A/D
 3:00 pm - 4:00 pm Breakout Session- Ballroom A/D
 6:00 pm Gala Dinner / Grit & Grace - Ballroom B/C

Tour Information

Air Force Armament Museum \$20 - Tuesday, Sept 24 Friends & Family Tour



The Air Force Armament Museum is the only museum in the world dedicated to the collection, preservation and exhibition of artifacts and memorabilia associated with Air Force Armament and its platforms of delivery. There are over 29 different aircraft from the WWII era to the present that have found a home at the Air Force Armament Museum. There are also several hundred pieces of armament to include a gun collection, bombs, bomblets, bunker busters and missiles.

A 32-minute film on the history of Eglin Air Force Base and its role in the development of armament is shown continuously throughout the day. You'll have a guided tour through the facility and then have a chance to be able to explore the outside displays. Afterwards, we'll stop for lunch at one of the local eateries.

DeFuniak Springs Historic Tour \$50 - Wednesday, Sept 25 Group Tour #1

A walk around Lake DeFuniak is a walk back into Victorian times, when labor and materials were plentiful and elaborate architectural details were incorporated in the homes being built. Turrets, double verandas, classic fluted columns, gingerbread trim, and window dormers all resulted in interesting architecture. DeFuniak Lake is the most perfectly round freshwater, spring-fed lake in the entire United States (1 of only 2 in the world!)



Begin your tour at the former L&N railroad depot, now home to the Walton County Heritage Museum. Along this approximately 1-mile easy self-guided stroll, you'll glimpse several significant historic homes and places, such as the Chautauqua Hall of Brotherhood and the picturesque Walton-DeFuniak Library. Built in 1886, the library is the oldest continuously operating library in its original building in the state of Florida. The growing town was the home of the State

Normal School (c.1885), which moved to Tallahassee in 1905 where it became Florida State College for Women, known today as Florida State University.

Gulfarium Marine Adventure Park \$50 - Wednesday, Sept 25 Group Tour #2

Since 1955, Gulfarium Marine Adventure Park has been inspiring our guests to connect with, respect, and preserve wildlife by providing unique and memorable experiences for visitors of all ages to explore the wonder of ocean life.

Delight in watching dolphins leap and sea lions play during our spectacular shows. Enjoy educational exhibits featuring fish, birds, marine mammals, and reptiles. Visit the 'Living Sea Aquarium Room' featuring floor-to-ceiling aquarium windows looking out onto a lively scene of underwater life. Tropical fish in a kaleidoscopic range of colors dart to and fro across the coral reef, as a calming blue light is reflected over the space. Marvel at the wonders of the deep with access to several of the park's exhibits, including an underwater viewing of the dolphin habitat. Learn about our coastal conservation and rehabilitation efforts. Our C.A.R.E. program has helped to rehabilitate and release various species of sea turtles found in the Gulf Coast, from the Loggerhead, Green, Kemp's ridley, to the Leatherback. Over the years hundreds of sea turtles have been rehabilitated and released back into the wild by the Gulfarium. Participate and interact directly with remarkable marine animals including penguins, stingrays, sharks, and otters in our new interactive programming (additional fee applies). Lunch options are available on-site.



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30A Distillery Public Tour & Tasting \$40 (tasting) / \$30 (no tasting)

Thursday, Sept 26 Friends & Family Tour



Join us for a 45-minute tour to see how the 'magic happens' and experience the flavors of scenic HWY 30A. Explore the basics of the distillation process from grain to glass, then sample three of our 30A branded spirits in our tasting room. There will be a Q & A session and you'll take home a complimentary branded tasting glass. There's also an optional upgrade to tasting our new Small Batch Whiskey Series.

Co-owners Brian Rabon and Scott Dunbar grew up in families that have been visiting 30A beaches for generations. They know how special it is to be a part of the community, and they strive to make their spirits reflect that. That's why their team is committed to sourcing ingredients from the local region, being good stewards of the environment, and providing full transparency about what's in the bottle. They make it their mission to craft products with local, fresh ingredients and never use additives or preservatives.

3-Hour Sunset Dinner Cruise \$110 - Wednesday Evening, Sept 25 Dinner



Experience a majestic fusion of ambiance, food and live music aboard the SOLARIS yacht. The SOLARIS is a 125-foot yacht with three decks of indoor and outdoor spaces, including elegant indoor dining rooms and the open-air sky deck perfect for the sweeping sunset and Choctawhatchee Bay views.

After being greeted on board the yacht by our captain, guests are welcome to begin their voyage by ordering a drink and exploring all three decks of SOLARIS. A full bar is available and beer, wine, and cocktails are available a la carte. Your 3-hour dinner cruise ticket includes iced tea, coffee, and water in addition to a decadent three-course meal freshly prepared on board by our chefs and live entertainment.

While the SOLARIS cruises the local waters, guests can dance the night away to live music by Reggae Fusion band, Simply D'Vyne. Dance under the moonlight on the open-air sky deck or listen from the comfort of your table.

What Is Body Image?

Body image is how we think and feel about our physical appearance. What do you see when you look in the mirror? Is it an accurate perception? What does it feel like to be in your body?

A positive body image involves feeling content in your own skin. People with a positive body image like and appreciate their bodies for all they can do. They don't feel a need to drastically alter their physical appearance. People who have a more negative body image often have feelings of guilt or shame surrounding their bodies and feel a need to control how their bodies look. They focus in on specific bodily imperfections and feel a personal responsibility for these "flaws."

Some of us feel happy and confident in our bodies, while others of us struggle to think positively about our appearance. Most of us can relate to both of these experiences. Having a positive or negative body image does not mean you feel fantastic or awful about yourselves 100% of the time, but how you feel about our bodies in general.



Transportation

Airports

Valparaiso (VPS) Airport is 26 miles away from Miramar Beach.

Panama City (ECP) Airport is 50 miles away from Miramar Beach.

Airport Transfers



<https://flyvps.com/transportation/ground-transportation>
is the airport website that lists all ground transport options

<https://www.iflybeaches.com/airport-info/ground-transportation>
is the airport website that lists all ground transport options



Emerald Coast Luxury Transportation

124 Ocean Spray Circle
Santa Rosa Beach, FL 32459
850-774-8345

<https://www.emeraldcoastluxurytransportation.com>

Craft Workshops - Wednesday, Sept 25



9:00 am - 10:15 am

Silver Wrapped Shell Necklace - \$10



10:30 am - 11:45 am

Shell Picture Frame - \$8



1:15 pm - 2:30 pm

Beach Sand Ornament - \$6



2:45 pm - 4:00 pm

Orange Pin Cushion - \$5

Country Women's Council 80th Meeting
Conference Program Ad Purchase

Advertising Rates - Please mark your choice:

- _____ Full Page (5" W x 8" H) - \$150
- _____ Half Page (5" W x 4" H) - \$100
- _____ Quarter Page - Vertical (2 1/2" W x 4" H) - \$75
- _____ Business Card (3 1/2" W x 2" H) - \$75

Text for ad or attach business card:

Email any digital logos or ad mock-ups to: netandtim@hotmail.com Please put CWC Ad in Subject Line.

Deadline for ad submission is AUGUST 1, 2024

Please make checks out to **Washington HCE** and mail to:

Kathy Myer, Ad Sales
1418 Cook's Mill Rd
Bonifay, FL 32425

For questions or comments, please contact:

Annette Lanham, CWC Meeting Chairman
850-703-9237
netandtim@hotmail.com



By: Ellwyn Autumn

Summer is a time for fun,
To jump and play in the sun!

Swimming, sandcastles, slip-and-slides,
Bumper cars and thrilling rides!

Summer is a time for fun,
To eat a hotdog on a bun!

Camping and amusement parks,
Bright fireworks in the dark!

Summer is a time for fun,
To blow bubbles and catch each one!

Shells, sandals, and the seashore,
Sprinklers, picnics, and so much more!