



The Montana Woman



Let Your Light Shine
2020-2022

District Conventions Highlights

Recently our three District Conventions were held successfully using Zoom. The newly elected officers will be installed at our GFWC Convention April 2022. Sandi Conrady of GFWC Helena Woman's Club has received an endorsement to run for President of WSR from each District.

Districts gave support to the GFWC of Montana President's Special Project, Preventing Suicide through Education.

Central District hosted by Helena Woman's Club heard from Jennifer Preble, Member of the American Foundation of Suicide; a licensed Clinical Social Worker; Montana Chapter Advocacy and Public Policy Chair; and serving on the National Public Policy Council. Current Vice President of GFWC Montana, and a retired RN, Marsha Hotchkiss of Billings Junior Woman's Club, presented, "Healthy Mind, Body and Spirit".

Western District hosted by Bitterroot Woman's Club had Florence Diede, GFWC MT President, share her recently garnered information on Suicide Prevention and the variety of suicide educational programs being used in 180 of our 500 school districts. They met the 2019 recipient of the district scholarship via a video and celebrated the announcement of the 2021 recipient.

Eastern District hosted by Billings Junior Woman's Club watched a video developed by teens in Arlee, MT, "What is the Warrior Movement?" Eastern District also featured two high school graduating Platinum project presentations. One on the "Closing the Socioeconomic Literacy Gap: The Impact of Interactive Reading" and the second, "The Hope Tree" with an emphasis on reaching out for help with depression and suicidal thoughts.

Thank you to all for your efforts in this successful series of District Conventions.

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Greetings Fellow GFWC MT Club Members



Dear Amazing Members of GFWC of Montana,

After completing all of the reporting for GFWC, I am in awe at your amazing works. Thank you, Thank you! I am sharing some unexpected benefits of service.

Learning New Skills - Developing a new skill is right at the top of the list. Just imagine, if you had never learned to sew and you join club members on a project like making baby blankets, comfort pillows or pillowcase dresses. Helping at the local food bank might provide some bookkeeping or even cooking skills. Volunteering exposes us to new activities, topics, and processes, so we become more knowledgeable and experienced.

Improving Our Self-Confidence - Helping others can help us feel better in at least two ways: Connecting with others—even if only remotely through technology—helps us feel good about ourselves. A sense of purpose, makes us feel more confident. Making a difference in someone’s life, we see that our own lives are meaningful.

Broadening Our Perspective - Volunteering allows us to meet new people, exposing us to new backgrounds, new experiences, new opinions, and new beliefs. We can broaden our perspective and strengthen our empathy for others when interacting with a wide variety of people.

“When working productively with others, we all benefit “

The Montana Woman

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

Mail or email news and photographs to:
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Health Benefits - A Mayo Clinic study shows that volunteering may help us live longer. People who volunteer for selfless reasons, such as helping others, live longer than those who don't lend a helping hand. Being appreciated for volunteering provides us with a better quality of life and less depression.

So, with all this newfound information, I say, “**Let Your Light Shine!**” Explore new projects, adapt the way a project has been done for years, “Change it up”, or continue with the success of a past project.

Each Community Service Program area of the GFWC Manual has a page or more of possible service projects. We never lack for an idea to adapt to our own community!

As this club year comes to a close and you make plans for the upcoming 2021-2022 year,-keep the benefits of volunteering in mind.

Let Your Federation Light Shine!
Florence Diede
GFWC Montana President

CALENDAR OF 2021 FEDERATION DEADLINES

JUNE 1	Jennie June Entries Due to Susan Macartney
JULY 1	Club Dues & 3 copies of Membership List to Kim Montag





Parliamentary Pointers - Protocol **Sandi Conrady, Parliamentary Advisor**

This is a recap of GFWC of Montana's Leadership Program held in March via Zoom. It will be presented in two-parts. Let's look at the word protocol. What is it really? The answer is fairly simple. It is courtesy and good manners.

Let's start with presiding at a club meeting.

Of course, you are ready to whack the gavel, but only once and on time. You have your agenda set, your club bylaws within reach, and your parliamentary advisor is next to you. Club meetings can be pretty laid back depending on the personality of the club and its members. It is not appropriate to rap the gavel to return the attention to the task at hand. It is helpful to use committees whenever possible as it shortens the time of the meeting, one rap of the gavel is all that is needed to close the meeting.

Now let's take a look at you as you are ready to preside at a meeting. If you are having guests, you should have assigned one of your members to be the guest's hostess. The hostess should contact the guest prior to the meeting and take care of any transportation needed, maybe provide a hostess goodie bag or flowers and be available for any other needs of the guest. Before the meeting advise all persons that will be seated at the head table and also at any meals. This can be done in different ways i.e., note with registration packet or perhaps the hostess could provide it with any welcome items. If you have reserved seats or tables, those folks should also be previously notified. If you are giving a thank you gift, it should be thoughtful and travel easy. To begin the meeting after the one rap of the gavel (remember that it is God before country). Using the previously made seating chart, introduce the persons seated at the head table. Start with those on the presiding officer's far left to center then far right to center. You actually "present" anyone that is already known to the attendees and you "introduce" any person not known to your attendees. With your bylaws in hand and your parliamentary advisor next to you, you can continue with the items on your agenda.

Here are some other items to keep in mind.

- ◆ You never say I will introduce the head table (there is no table with a head on it). Say, "I will introduce those seated at the head table."
- ◆ Remain impersonal in attitude and remarks.
- ◆ Speak clearly so all may understand.
- ◆ Never say you "turn the meeting over" to another, you cannot flip a meeting like a pancake.
- ◆ If a motion is concerning you or you wish to speak to a motion, ask the vice president to preside while you speak to the item.
- ◆ Be professional when handling points of order.
- ◆ Consult quietly with the Parliamentary Advisor when necessary.
- ◆ You may ask the Parliamentary Advisor to explain or interpret a point to the audience.
- ◆ You may assist with the proper phrasing of a motion when the members have difficulty with phrasing.

At the end of the meeting, you close with one rap of the gavel. After the meeting a handwritten note should be sent to the guest immediately.

In the next issue of *The Montana Woman* we will discuss Member Responsibilities and Our Flag.

... to be continued in August



President's Special Project *Suicide Prevention Through Education*

Montana continues to struggle with prevention of suicide along with our neighboring states. In Montana every 33 hours someone takes their own life. Our current rate is 28.9 deaths per 100K population. So, what are we as a state doing to help reduce this rate?

Montana has 500 school districts and 180 are actively working to prevent suicide with their youth. Many programs are offered for students and their parents. The following SIX programs are being taught in Montana schools and communities. Below is a website and a brief explanation of each program.

SOS sossignsofsuicide.org

Signs of Suicide is an evidence-based program designed for middle and high school students that teaches youth to identify signs of depression and suicide in themselves and their friends. SOS has been distributed to over 10,000 schools and organizations across the country. They encourage help-seeking behavior through the ACT technique: Acknowledge signs of suicide in a friend, show your friend that you Care, Tell a trusted adult.

Faculty/staff/student trainings held at least once/year; parent night offered at least once night/year. Student training consists of video clips and handouts. Main messages: 1) don't be embarrassed to talk about mental health; 2) identify trusted adults with whom you may talk

Mental Health First Aid [_https://www.mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)

Funded by Montana Hospital Association—no cost materials
Provides skills and action plan when someone is experiencing a mental health challenge

- A** Approach
- L** Listening nonjudgmentally
- G** Give reassurance
- E** Encourage professional help
- E** Encourage self-help behaviors

QPR (Question, Persuade, Refer) <https://qprinstitute.com/>

Question Ask the question "Are you thinking of killing yourself?"
Persuade Listen, offer hope
Refer Connect the person with competent mental health professional
Participants learn to recognize signs and clues of suicide
Gain skills to intervene and prevent a death

Psych Armor <https://psycharmor.org/courses/15-things-veterans-want-you-to-know/>

Increases awareness of military culture for anyone who works with, lives with, or cares for our Veterans. 4-15 minute videos focus on 15 Things Veterans Want You To Know; Helping Others, Communication Skills, and Talking to People with Disabilities.

Be Smart- Gun Safety www.BeSmartForKids.org

- S** Secure guns in homes and vehicles
- M** Model responsible behavior
- A** Ask about unsecured guns in homes children visit
- R** Recognize role of guns in suicide
- T** Tell your peers to be SMART

Talk Saves Lives <https://afsp.org/talk-saves-lives>

AFSP (American Foundation of Suicide Prevention) provides an evidence-informed suicide prevention program
Community-based information on the general scope of suicide, research on prevention and what people can do to fight suicide
Specialized trainings: Seniors, Firearms and Suicide Prevention, Teen Depression, More than Sad for tweens and teens; More than Sad for Parents, More than Sad for Teachers.

Seeing A Therapist Doesn't Mean There's Something "Wrong With You". It Means You May Be...

- Seeking clarity in some areas of your life
- Wanting to work through complex emotions
- Working through a traumatic experience
- Challenging negative thinking patterns
- Learning new techniques to cope with difficult situations
- Focused on personal growth

Let's stop shaming those who seek to better themselves.

#StopTheStigma

@RealDepressionProject



GFWC Western State Region 2020 Jennie Award Winner ***Susan Macartney, Jennie Award Chairman 2020-2022***

The Jennie Award is an occasion to highlight extraordinary clubwomen who epitomize her spirit of independence, courage, and persistence through their roles as volunteers within their clubs, representatives of their community, and as members of a family or extended family.

The 2020 Jennie Award was given to eight amazing volunteers. One from each region. The Western States Region Recipient is **Alice Gleason** from Montana. Alice has been a member of GFWC Ronan Woman’s Club since 1969. She suggested over 32 years ago that her club hold an annual flea market craft fair, and it is still happening. Her club started the Garden of the Rockies Museum, and Alice continues to serve on the Board. “As a role model, Alice has demonstrated the highest standards of hard work, civic engagement, motherhood, and optimism.”

There are many women in Montana who deserve the Jennie Award. Please take the time to nominate a GFWC Montana Clubwoman from your club for the 2022 Jennie Award.

The deadline for submission is June 1, 2021. Send them to: Susan Macartney, 1808 Yucca Ct, Golden, CO 80401 smmacartney@gmail.com. The Montana winner will be announced in GFWC MT Fall Board of Directors Meeting on October 1-2, 2021.



Alice Gleason proudly shows her congratulatory letter from Anne Redlus, GFWC Jennie Award Chairman 2018-2020.

Important 2021 Meeting Dates

AUGUST 37-30 GFWC International Convention
Atlanta Marriott Marquis, Atlanta, GA

SEPTEMBER 9-12 WSR Conference, Antlers Hotel
Colorado Springs, CO

OCTOBER 1-2 GFWC MT Fall Meeting, Helena, MT

WSR Conference Fundraiser

2-nights stay at the Antlers Hotel
Value \$359

Tickets: 1 for \$10 or 3 for \$20

Buy your tickets before July 25

Mail checks payable to GFWC MT to:
Florence Diede
535 Johnson Lane, Billings, MT 59101

GFWC International Convention in Atlanta, GA ***“Gateway to the World”***

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

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

GFWC MT Western District 2021 Scholarship Winner Announced

Erin Horner, the winner of the \$500 2021 GFWC MT Western District scholarship, graduated from high school in Georgia in 1995. She is the single mother of three children and currently resides in Bonner, Montana. Erin and her family enjoy rafting and fishing. Her older daughter is a nursing student at Montana State University, her son plans on joining the Navy after his 2021 high school graduation, and her younger daughter will enter high school next year.

Erin works for St. Patrick's hospital in Missoula, and has found her work as a tech in the Emergency Room to be very rewarding. So, four years ago, Erin decided to return to school to complete a nursing degree. Balancing her responsibilities for family, work and school has been challenging, but Erin plans to graduate from the Salish Kootnai College with a nursing degree in December 2022. One day Erin hopes to work as a critical care nurse.

Three Fundraising Ideas from GFWC Fundraising Committee

Use your imagination and make these ideas fit with your club and community

Scavenger Hunt: Make a list of items found in your community. For example: signs, steps, doors, windows, trees, roof, etc. Give list to members and have them locate the items and take a picture with each item individually. Pay entry fee. Prizes

Angel Festival: Invite members/community members to construct a full-size angel out of materials they have chosen. Display angels. Visitors pay entrance fee. Place donation bucket under each angel. Give prizes Serve cocoa. Play games.

Paint and Sip: Flex your creative muscle & paint a picture. Ask/hire a community member to teach members to paint a picture using zoom. Charge for instructor and supplies or have them obtain their own supplies. Suggest they enjoy a sip of their favorite beverage.

Dear Abby quote...

"Things turn out for the best for those who make the best of the way things turn out!"

Continue to be Active in the Community GFWC Big Timber Woman's Club

The GFWC Big Timber Women's Club was federated in 1913 and has been going strong ever since. BTWC sponsors an annual Big Timber Christmas Bazaar, which features over 100 hand crafting vendors, a pie sale, and a basket silent auction. This is the biggest fundraiser and proceeds help the Club fund numerous benevolent organizations and projects to improve their community.

Other sponsored activities are the community wide Bridge Tournament, Missoula Children's Theater, Jingle Bell program (provides Christmas gifts for needy children), and Sweet Grass High School Gifts for Good Grades. Women's Club supplies a healthy volunteer base from those members who wish to give their time to a variety of charities and community service projects.

Since 2001 we have completed many community projects: Helped with renovation of the Carnegie Library, built and maintain a children's playground in a local park, designed and installed a "Welcome to Big Timber" sign, refurbished the local meeting hall, and contributed to the rehab of the Civic Center. The club's current CIP is completely upgrading the Exhibit Hall at the county fairgrounds. This is such a large project the club has enlisted help from several community sources. Completion date is June 1, 2021.

The biggest Club change has been to have our meetings at lunch time instead of evenings.



This children's playground is a past CIP Project for the GFWC Big Timber Woman's Club.



It Was A Difficult Year But We Continued To Do Our Community Work **GFWC Fort Benton Woman's Club**

The Fort Benton GFWC has remained active this year despite the Covid crisis. We continued to meet each month both in person (following safety precautions) and on Zoom. We carried on our community projects with some safety changes.

Instead of the Summer Celebration Art in the Park and Pie Auction, we raised funds by selling Butter Braid Breads. Other funds came in through applying for grants and the many generous donations from our community.

We held our Thanksgiving and Christmas Angel Projects with food baskets and grocery certificates given in November and December. Angel gifts went to children in need. This is one of our favorite projects. It is a lot of work but when you see the smiles on parents faces, hear their heartfelt thanks, and know these children will have a great Christmas it's all worth the work.

Our club donated money for lights and decorations for the Ag Centers Little Village. Members helped decorate the old buildings for Christmas. The community could then drive through and feel the Christmas spirit of old. It turned out beautiful.

This spring we donated \$1500 to the Chouteau County Health Care Foundation for repairs and renewing facilities to our hospital/nursing home. These improvements would help bring this care center up to code. Members continued to deliver meals on wheels. More meals were delivered this year because the senior center was closed. Our board made April Hygiene Products Month. Members donated hygiene products to deliver to the health department for those in need.

Our daffodil sales is a favorite project. We sell bundles of daffodils with the proceeds going to the local Cancer Support Group. Not only does it supply funds for the Cancer Support Group but seeing those bright yellow flowers all over brightens everyone's day.

The recycling project continued as much as possible. One member organizes a group of High School Students for a highway cleanup project on one entrance to Fort Benton. Members also help with a cleanup of our town on the school's Longhorn Day.

Our club is very proud of our student Writing Projects having had several state and national winners. We also purchase books for the kindergartner's birthdays. We donated money to the new girl scout program this year.

This summer we will again organize vendors for the summer celebration. Plans are being made for our pie contest and auction. Many members have signed up to work again at our Visitor Center this summer. Our work goes on.

We have a number of members who have worked many years on these projects. Nancy Hanford (who was a state president), Toni Molinario, Donna Albers, Judy Ferguson, and Karen Lippert are some of these hard-working members. On a sad note, we lost one long time member, Edna Cranmore last fall. The club donated a children's book in her name to the library.



Sandi Conrady has been a Shot at Life Champion for several years. She reported that In mid-February 2021, the annual champion summit was held via the internet. As the pandemic interrupted the distribution of the vaccines, 18 countries reported new outbreaks of measles. Over a four month period 60 polio campaigns were delayed resulting in 80 million children unvaccinated against polio. Pneumonia remains the single largest infectious cause of death in children worldwide. Rotavirus (diarrhea) is the other identified cause of death in children under 5 years old. These are the four targeted diseases to eradicate from the low-income countries.

The Shot at Life Champions listened to the updated statics and numerous speakers in preparation for the visits with our legislators the following day. The visits were grouped by areas. Montana was grouped with Idaho and spoke with staff of each legislator. The scripts were provided prior to the phone calls. In all it was a very rewarding experience for all Champions.



Craft Fair Project to Reboot GFWC Ronan Woman's Club

As of January 6, 2021, GFWC Ronan Woman's Club is 104 years old. The club was organized in 1916 and Federated with GFWC on January 6, 1917. Community service was always the focus of our group. We strive to find projects to better our community. Club members have served continuously at the Montana and WSR region meetings for many years.

Ronan is extremely proud to have as a 50 year member Alice Gleason – Montana's 2018-2020 State, Western Region, and International GFWC Jennie Award Winner. She was presented at the Fall Board meeting in 2019 as Montana's winner. Covid 19 restrictions sadly prevented her attendance and presentation at the cancelled 2020 International Convention.

Along with many other contributions to her community and club, Alice started what has become a very successful 35 year fundraising Craft Fair project. We skipped the 2020 fundraiser due to the COVID pandemic but hope to reboot this summer.

Over the years we have accomplished many projects. Ronan Woman's Club started the town library in 1923, started the Mission Valley Heritage Association, raised funds and helped on construction of the St. Luke Community Hospital. Members established the Museum of the Rockies and Memorial Rose Garden and continue to serve on that board. We donate to and serve on the Bread Basket and Domestic Violence Shelter boards.

Projects over the 104 years include sponsoring and hosting blood drives, swimming lessons, first aid classes, free polio clinics, restrooms in the city park, and donate to State President projects. We donate high school scholarships, support Girls State and HOBY attendees, and poetry and story writing contests.



Craft Fair 2019 Silent Auction Table—Club Member Left to Right are Patti Mocabee, Kathy Symington, Marlena Burden, and Marge Coursen



The Moore Woman's Club and Community Center in Fergus County dates to 1915, belonging to the homesteading boom of the early 20th century.

Meeting Once Again GFWC Moore Woman's Club

The GFWC Moore Woman's Club was formed by a group of civic minded women on July 17, 1915. Their objective was to improve the town of Moore. Mrs. J.H. Morrow was the first president of the "Woman's Civic Club" with 54 charter members. The dues were \$1.00 but if one couldn't pay the \$1.00 that was ok because no one was barred from joining. Roll call was answered by reports of work done since the last meeting. There was a five cent fine imposed on each member who had no work to report and a twenty cent on the member who refused to do the work.

In 1916 they joined the Montana State Federation of Woman's Clubs. The first public library was started with the help of the club by buying 215 books at the cost of 20 cents each. The town of Moore took over the library in 1917 and called it the Moore Public Library.

In 1917 the club joined the General Federation of Women's Clubs. During World War I, club members knitted sweaters for each boy in the service, purchased Liberty Bonds and raised Victory Gardens. During World War II boxes of gifts were sent to the boys in the Service.

The GFWC Moore Woman's Club has sponsored girls to Girls State, and given scholarships to help students attend college. In the 1960's money was raised to build a new library, which was built next to the Club House. When the Moore Memorial Library was finished it was deeded over to the town of Moore. The club won a prize for GFWC's "Better Lighting Contest."

The club still participates in sending a girl to Girls' State. Members are meeting once again just to be together and check on how each one is doing. Keeping the Club House in shape keeps everyone busy!



Edith Wharton Quote ...

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

How Christmas Seals Began

In the early 20th century, tuberculosis was the leading cause of death in the United States. Physicians were experiencing the first signs of success treating tuberculosis in special hospitals called sanatoriums, and one of those facilities had fallen on tough times in 1907. The tiny Delaware sanatorium would have to close its doors if \$300 could not be raised to save it. One of its doctors explained the plight to his cousin, a volunteer named **Emily Bissell**. Bissell was a veteran fundraiser, and she soon came up with a plan based on one that had worked in Denmark: She would design and print special holiday seals and sell them at the post office for a penny each.

By the end of her holiday campaign (and after an endorsement by President Roosevelt), she and a large group of committed volunteers had raised ten times the goal and Christmas Seals® were born.



Henry Ford quote...

“When you lose sight of the goal, you can only see the obstacles”

GFWC of Montana

At the Montana Federation of Women’s Clubs 20th Anniversary Convention in August 1924 in Kalispell a speech was given by Mrs. W Perham, Montana Federation of Women’s Club Past President 1917-1919, titled “Your Duty and Mine.” The Montana Tuberculosis Association (now know as American Lung Association) was organized in 1917 and by the annual department reports given at the 1924 Convention, nearly every club in the state was selling TB Christmas Seals. She challenged clubs to set a per capita goal of \$.05 in sales of TB Christmas Seals.

At the Convention, Mrs. E S Thomas (Helena) as Chairman of the MFWC Department of Public Welfare, announced the Montana Tuberculosis Association would award a silver loving cup in 1926 to the club selling the most Christmas Seals. The winner of the challenge was the Ringling Woman’s Club with per capita sales of \$.67 and second place was Moore Woman’s Club with per capita sales of \$.34.

There were five ways funds raised through TB Christmas Seal sales could be used 1) Education through free printed materials, lectures, & films; 2) Clinics to find cases of TB and malnutrition; 3) hot lunches, nutrition classes, & Summer camps to build resistance; 4) tonsil and adenoid clinics; 5) financially support county, school & field nurses. Clubs either sponsored these projects or passed the funds raised to other local groups with active events.

There are specific references in *The Montana Woman* of Dr. Frances Sage Bradley, Director of Child Welfare Division, Montana State Board of Health and the field nurses meeting with many Woman’s Clubs over a two-month period in 1923 which included Forsyth Woman’s Club and Miles City Woman’s Club about topics related to programs supported by the Sheppard-Towner Act and possibly funded with Christmas Seal Sale profits.

During the research for this article, it was interesting to learn that one of the field nurses working for the State Board of Health was Ann K Waring, a clubwoman from Acton who also served on the Montana Federation of Women’s Clubs Board of Directors. She was Chairman of the Division of Child Welfare in the Department of Public Welfare. An additional twist was that in 1922, the Thompson Falls Woman’s Club (which had formed just a few months earlier) convinced the County Commissioners to cover the \$50 fee to bring Miss Waring to the area for a child welfare clinic. The club provided room and board while the Montana Tuberculosis Association paid her salary. Over 600 children in the region were examined.

