

GENERAL FEDERATION OF WOMAN'S CLUB

BIG RAPIDS NEWSLETTER



Linda Telfer, President
Pat Rossi, 1st VP
Melanie Henry, 2nd VP (membership chair)
Joyce Iltis, Secretary
Sue Johnson, Treasurer
Ann Stellard, Parliamentarian

WEBSITE: GFWC-BIGRAPIDS.ORG

"Working for a Better Community"

October, 2022



President's Note



Thank you to everyone who attended our first meeting of the year. I promise the meetings won't be that long. The first meeting is always longer but boy did we get through a lot of business. Thank you for all your input and for sharing your upcoming plans. I did receive some very good suggestions on what our community needs and will share at the meeting. If you haven't submitted your suggestions, please do so.

We are pleased to welcome three new members: Amanda Corrick, Leona Royer and Delores Simpson. We are so happy you joined our team. I'm hoping others will join and I encourage all members to invite a friend to any of our events.

Looking forward to seeing you on October 11th at the Elk's. Health and Wellness will again provide us with a tea with a food pairing so come early to enjoy this refreshment.

Linda Telfer, Club President & Newsletter Editor
(Contact info: LindaTelfer@ferris.edu)

P.S. Can you find the pumpkin in this newsletter?



- October 11**—GFWC Member Meeting @ Elk's Lodge 6:30 p.m.
- October 15**— Northwestern District meeting in Reed City at the Methodist Church 8:30 social/9:00 meeting
- October 17**—Birdwatching vs. Birding @ BR Community Library @ 6 p.m. (see flier page 6)
- October 27**—4 B's Fundraiser @ Artworks, 4:00-7:00 pm (see flier page 7)
- November 5**—Michigan LEADS Seminar @ Comfort Inn & Suites, Mt. Pleasant
- November 8**—GFWC Member Meeting @ Elk's Lodge, 6:30 p.m.
- November 9**—Bunco Night at Pat Rossi's house, 6:30 p.m. (See page 5)
- November 12**—Guiding Harbor Fundraiser at Detroit Marriott Livonia 6-10 p., Ticket \$100
- November 14**—Flower arranging and dinner @ Sue Johnson's home @ 6:00 p.m. (See page 4)
- November 16**—"The Essay" Book Discussion via zoom at 7:00 p.m. (see flier page 8)
- November 29**—Cultural dinner at Nawal's @ 5:00. (See page 5)
- December 13**—Christmas Party @ Three Girls Bakery 6:00 p.m. social/dinner 6:30 p.m. (See page 5)



Amanda Corrick is the Herd Health Manager at Legends Ranch in Bitely. She moved to Michigan after graduating from the University of Florida. With her Wildlife and Agricultural Law specialty, she has worked with white tailed deer, kestrels, green turtles, feral hogs, manatees, alligators, and Florida panthers. In the past, she has been involved in The Wildlife Society, Alachua Audubon Society, and she is a charter member of the Eta Xi chapter of Gamma Phi Beta. She loves books, true crime podcasts, her senior cat, and paddle boarding. She is looking forward to getting more involved in her community through GFWC.



Leona Royer was born and raised on a second generation farm in the Upper Peninsula in Fibre, Michigan (near Rudyard). She has lived in the Big Rapids area for over 30 years and has two daughters and two granddaughters. She enjoys gardening, golfing and cooking. Her volunteer work in the past and/or currently includes United Way, the Animal Rescue Coalition (ARC), Women's Information Services Inc. (WISE) and the Newaygo county food pantries. She has been employed at Ferris State University for 33 years and currently is the Physical Sciences Department Secretary. She is looking forward to retirement soon and hopes to expand her volunteer work.



Delores Simpson settled in Big Rapids in March of 2020 to be closer to her family. Born and raised in Chicago, IL, she spent much of her adult life in Sarasota, FL. She was an Administrative Assistant for 24 years in the Facilities, Construction, and Long-Range Planning Departments for the Sarasota County School District. Delores is an avid quilter, a member and past President of the 180-member Friendship Knot Quilters' Guild in Sarasota. She is looking forward to helping our community and making new friends by being an active member of GFWC Big Rapids.

UPCOMING EVENTS

Meeting Checklist

October 11, 2022

- Purses, jewelry, accessories for our 4 B's Fundraiser
- Can Pull Tabs for the Ronald McDonald House
- Batteries for recycling
- Mats for the homeless
- Plyarn (plastic yarn) or plastic bags to make plyarn
- Children's book donations of nearly new books
- Quarters or check for Heifer International
- Clean pop cans or bottles to assist the Big Rapids Scouts Camp Fund
- Foster Child Suitcase Items
- Greeting Cards (recycled) for all occasions for the Senior Center
- Money for Drawing (\$1 for one ticket or \$5 for six tickets)
- Money for Christmas Party \$25 plus \$15 for the WISE family.
- Items for the Birthday Bags.

Please plan to attend



NORTHWESTERN DISTRICT MEETING

The 101st annual Northwestern District Meeting will be held on October 15, 2022, at the Reed City United Methodist Church. Social time will begin at 8:30 a.m. with the meeting beginning at 9:00 a.m. Cost is \$20 if postmarked prior to October 5. Information was sent via email previously. Please consider attending this meeting. You will have the opportunity to meet other members from our district and hear President Kathy Lewis share her initiatives.



Birthday Celebrations

2—Sue Bean
14— Dee Van Horn



Club Members—Cares and Concerns

Mary Bechaz is a great-grandma to Bennett Charles

Melanie Henry—has began her treatments

Dolores Simpson—has finished her treatments

Linda Telfer—recovering from broken hand & finger

Mary Beth Vanderlist—recovering from hand surgery



SECRET SISTER REMINDER



For all those who joined in on the Secret Sister fun, you should have gave or sent something to your Secret Sister in September. If you need help with the delivery, ask a GFWC sister to help you, The sister should receive something in September, October, November and the final gift and reveal will be at our Christmas Party.



Birthday Bags—Civic Engagement & Outreach is looking items for the food pantry birthday bags. The items needed for the bags are: cake mix, candles, frosting, vegetable oil, napkins, balloons and a card. We will create the bags for the first part of the October meeting beginning at 6:15, So come early, be creative, and also enjoy



Flower Arranging of recycled silk flowers and vases will take place on November 14 beginning at 6:00 p.m. at Sue Johnson’s home. A meal will be enjoyed followed by the flower arranging. These arrangements will be delivered to shut-ins and nursing homes. This is organized by the Environment CSP. Please let Sue know if you will be attending.

SOCIAL EVENTS



COFFEE TALK

The next Coffee Talk will be **October 25**, at Three Girls Bakery. Please consider joining us at 10:00 a.m. and **bring a friend.**



It's back!! Bunco Night will be held on November 9th beginning at 6:30 p.m. Host will be Pat Rossi at 8065 Highland Trail, Canadian Lakes. Cost is \$5 to play. Please let Pat know if you can attend.



Cultural Dinner

Tuesday, November 29th @ 5:00 p.m.

Nawal's Mediterranean Eatery

Please let Ann Stellard know if you will be attending as we must have reservations. Invite a friend.

We will order off the menu.

Organized by the Arts & Cultural CSP.



The Christmas Party Committee has chosen Three Girls Bakery as the venue for our Christmas Party this year. Social time will begin at 6:00 p.m. with dinner beginning at 6:30 p.m. **Cost is \$25 per person for the meal plus a \$15 donation for the WISE holiday family. This can be paid at our October or November meetings.**

UPCOMING EVENTS



Brought to you by Education & Libraries



BIRDWATCHING VS. BIRDING



October 17th @ 6:00 pm
BRCL Community Room

The Big Rapids Community Library presents award-winning nature photographer **Greg Bodker**, to learn about the joys of birding.

We will learn:

- the differences between birdwatching and birding
- how to attract more birds to your yard
- birding beyond the backyard
- other exciting bird-related topics



426 S. Michigan Ave. Big Rapids, MI
231-796-5234 | www.bigrapidslibrary.org



A Fun Girl's Night Out!



6th Annual

The 4 B's charity event

(Bags, Baubles, Bon Bons & Bites)

Thur. October 27, 4:00 — 7:00 p.m.

ARTWORKS, 106 N. Michigan Ave, Big Rapids

Come enjoy an evening of fun at Artworks. Shop new and gently used purses, jewelry, designer items and other accessories while sipping wine and enjoying appetizers and sweet treats. Hope to see you there!

Our proceeds will benefit the Artworks Children's Art Programs and the Children's Advocacy Center.

Presented by the General Federation
of Woman's Club Big Rapids



BOOK DISCUSSION

“*The Essay*”



Have you ever wanted to meet an author to discuss a book? Understand where the characters came from? Or know what the inspiration was for the content? GFWC is proud to announce our first Engage Beyond the Page: Meet the Author/Book Review with Robin Yocum. **The event will take place on [Zoom](#) at 7:00 p.m. ET on November 16.**

2022-2024 GFWC Education and Libraries Honorary Chairman Robin Yocum is the Edgar-nominated author known for his fiction set in the Ohio River Valley. He is the author of six works of fiction including *The Essay*, our choice for the Meet the Author/Book Review, a novel about a young boy who grew up in a rural town in Appalachian Ohio with little hope for success. It's a story of finding the path that leads outside of one's current situation and the opinions of others. For our members who are educators, it will be a walk down memory lane as you remember students who surprised themselves and the adults who believed in them.

Discussing a book with the author is a rare experience to gain more insight about the book, to learn about various inspirations, and to hear about what the author may be working on next.

The Essay by Robin Yocum can be purchased on many online sites. You are encouraged to complete the reading prior to the book review.

You can register to join GFWC and Robin Yocum for this exciting opportunity by going to the September 22nd GFWC News and Notes. A brief questionnaire will be sent to those registered approximately one week prior to the book review.



Brought to you by Health and Wellness



TURKEY CHILI TACO SOUP

225 Cals 22 Protein 31.5 Carbs 2 Fats

TOTAL TIME: 20 mins

YIELD: 9 SERVINGS

COURSE: Dinner, Lunch, Soup

CUISINE: Mexican

Top it with your favorite chili toppings such as sour cream, cheese or whatever you like for a healthy meal that can be prepped for the week or frozen for another night.

INGREDIENTS

cooking spray
1.3 lbs 99% lean ground turkey
1 medium onion, chopped
1 bell pepper, chopped
10 oz can rotel tomatoes with green chilies
15 oz canned or frozen corn, drained
15 oz no salt added kidney beans, drained
8 oz tomato sauce
16 oz fat free refried beans
1 packet low-sodium taco seasoning, or use homemade
2 1/2 cups less-sodium chicken broth

INSTRUCTIONS

1. Spray a large pot with cooking spray then brown the turkey over medium heat, breaking up with a wooden spoon as it cooks. When cooked through, add the onions and pepper and cook 2-3 minutes. Add tomatoes, corn, beans, tomato sauce, re-fried beans, taco seasoning and chicken broth. Bring to a boil, cover and simmer about 10-15 minutes.
2. Serve with your favorite toppings such as low fat sour cream, jalapeños, reduced fat cheese, chopped scallions, onions, or chopped fresh cilantro. Freeze leftovers in individual portions for future meals.

Health Tip — Laugh out Loud

Don't just LOL in emails or Facebook posts. Laugh out loud in your daily life. Whether you like watching funny movies or cracking jokes with your friends, laughter may be good for your heart. According to the [AHA Trusted Source](#), research suggests laughing can lower stress hormones, decrease inflammation in your arteries, and raise your levels of high-density lipoprotein (HDL), also known as "good cholesterol."