

GENERAL FEDERATION OF WOMAN'S CLUB

BIG RAPIDS NEWSLETTER



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

WEBSITE: GFWC-BIGRAPIDS.ORG

"Working for a Better Community"

November, 2022



President's Note



Can you believe its November? The holidays are upon us and the snowbirds will be on their way south. I hope they will try to zoom into our meetings when they are not basking in the sun.

Many social events are being planned as you requested. I hope that you will be able to work them into your busy schedules.

The program this month is hosted by Civic Engagement & Outreach Community Service Program. Looking forward to seeing you on November 8th 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 two turkeys in this newsletter?



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.

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.

November 14-December 5—Mitten Tree @ Artworks Lobby

November 16—*"The Essay"* Book Discussion via zoom at 7:00 p.m.

November 29—Cultural dinner at Nawal's @ 5:00.

December 13—Christmas Party @ Three Girls Bakery 6:00 p.m. social/dinner 6:30 p.m.

Meeting Checklist

November 8, 2022 @ 6:30 p.m.

- 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.

Club Members—Cares and Concerns

Melanie Henry

The family of Judy Nicklas— rest in peace Judy.

Joyce Iltis



NOVEMBER BIRTHDAYS

5—Mary Sue Hansen

5—Linda Telfer

18—Pam Muccio

20—Mary Bechaz

26 —Ann Stellard



SECRET SISTER REMINDER



I hope you are having fun with your Secret Sister items. If you need help with the delivery, ask a GFWC sister to help you. We are getting close to the big reveal at our Christmas party.



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.



The **Mitten Tree** is returning and will be located in the lobby of Artworks from November 14 until December 5. The donated mittens, gloves, scarves, etc. will be donated to Angels of Action on December 5. Please do not bring items to the Christmas party. Thank you for warming the hands and heads of our local children.

SOCIAL EVENTS



COFFEE TALK

The next Coffee Talk will be **November 22**, at Three Girls Bakery. Please consider joining us at 10:00 a.m. and **bring a friend** who might be interested in GFWC.



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 with cash prizes being awarded. You do not need to know how to play, she will teach you. Please let Pat know if you can attend and why not bring a friend?



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 November meeting.**



GFWC Partner Program Spotlight

ST. JUDE CHILDREN'S RESEARCH HOSPITAL

More than 70 years ago, Danny Thomas was a young entertainer with a baby on the way. Work wasn't easy to come by, and his despair grew. He turned to St. Jude Thaddeus, the patron saint of hopeless causes, and vowed: "Show me my way in life, and I will build you a shrine." That prayer marked a moment. Soon after, he began finding work, eventually becoming one of the biggest stars of radio, film and television in his day. Danny used his fame to fulfill his vow and to change the lives of thousands of children and families.

Danny's shrine to St. Jude Thaddeus was originally to be a general children's hospital located somewhere in the south. Danny's mentor, Cardinal Samuel Stritch, recommended he look to Memphis, Tennessee, the cardinal's hometown.

By 1955 Danny and a group of Memphis businessmen he'd rallied to build the hospital decided it should be more than a general children's hospital. At the time, the survival rate for childhood cancers was 20%, and for those with acute lymphoblastic leukemia (ALL) — the most common form of childhood cancer — only 4% of children would live.

They believed that St. Jude could help these families with nowhere else to turn. St. Jude would become a unique research institution where the world's best doctors and scientists would work together to cure childhood cancer, sickle cell and other deadly diseases. And for families with children battling these diseases, **Danny wanted to remove the burden of treatment costs so they were free to focus on their child.**

The idea of his shrine to St. Jude set, Danny and his supporters focused on raising the funds to build and maintain it.

St. Jude Children's Research Hospital opened its doors on February 4, 1962, in front of a crowd of 9,000 people, based on Danny's dream that "no child should die in the dawn of life." Since then, they have made incredible strides in childhood cancer research. They have helped improve the survival rate of childhood cancer from 20% to 80%. And ALL, the disease with a virtual death sentence in 1962, now has a survival rate of 94 percent.

St. Jude Children's Research Hospital is leading the way the world understands, treats and defeats childhood cancer and other deadly diseases. Everything the organization does is centered on finding cures and saving children and families never receive a bill from St. Jude.

St. Jude continues the vision of its founder, Danny Thomas, that no child is denied treatment based on race, religion, or a family's ability to pay. By sharing their knowledge freely and exchanging ideas openly, St. Jude inspires more collaboration between doctors and researchers worldwide, and, as a result, more lifesaving treatments for children everywhere.

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.

What’s Been Happening?



Did you notice the gardens that GFWC-Big Rapids maintains? The Riverwalk Garden was absolutely beautiful with the added mums this year. The beds are now taken care for the winter. Thank you to the Environment Team.

Highway Cleanup October 2022



Ann Stellard, Celeste Szczerowski,
Mary Bechaz & Beth Martz,



“Where is that golf ball I found?”



Done!!!! Good job Environment Team!

In Memory of Judy Irvin



GFWC-Big Rapids members provided funds to the Mecosta County Museum to purchase a bench in memory of Judy Irvin a long time member of our club. Judy was also very active in the museum and we thought this was a wonderful way to honor our sister. A plaque is ordered and will be placed on the bench in the near future. Judy may be gone but she will not be forgotten. Pictured above is Linda Telfer and Sue Johnson from GFWC, Matt Smith who assembled and placed the bench, Barb Park and Nancy Nowicki Museum Volunteers.



Senior Emergency Information Cards

The 1200 Senior Emergency Information Cards have been delivered to the Mecosta County Senior Center for distribution to Mecosta County senior citizens to be placed on their refrigerators in case of an emergency. Thank you Melanie Henry for organizing this project. Pictured is Mary Bechaz, Cynthia Mallory, Director of the Commission on Aging and Melanie Henry.



4BS FUNDRAISER



A big THANK YOU to everyone who assisted with the 4Bs fundraiser on October 27th. A special thank you to Melanie Henry, Mary Bechaz, Sue Johnson, Karin McKean, Pat Rossi and Ann Stellard and Janae Bronkema for all their hard work in planning this. It was a very enjoyable evening with the Children's Advocacy Center and the Artwork's Children's Art Program benefitting from our efforts.

HALLOWEEN PARTY AT THE LIBRARY



The Education & Libraries CSP was busy assisting with the Halloween Party at the Big Rapids Library. Pictured left is Celeste Szczerowski, Jerena Keys, Joan Boroff and Mr. Howard, Library staff, with the special treats. Pictured on the right is Celeste holding a Halloween book that was given to the children along with the



Brought to you by Health and Wellness

NO CRUST PUMPKIN PIE

Ingredients

(Brown Sugar Topping see below)
1 15oz can pumpkin (not pumpkin pie mix)
1 12oz can fat free evaporated milk
3 egg whites or 1/2 cup fat free egg product
1/2 cup sugar
1/2 cup all-purpose flour
1 1/2 tsp pumpkin pie spice
3/4 tsp baking powder
1/8 tsp salt
2 tsp grated orange peel



Instructions

Heat oven to 350. Spray 10x1 1/2 pie plate with cooking spray. Make brown sugar topping.
Place remaining ingredients in blender or food processor in order listed.
Cover and blend on medium speed until smooth. Pour into to pie plate. Sprinkle on topping.
Bake 50-55 minutes or until inserted knife comes out clean. Cool 15 minutes.
Refrigerate about 4 hours or until chilled. Store in refrigerator.

Brown Sugar Topping

1/4 cup brown sugar
1/4 cup quick oats
1 Tbsp. softened butter.

Mix all ingredients and spread over the pie.

Health Tip:

November is osteoporosis awareness month. Osteoporosis causes the bones to become brittle and fragile. A bone density test can diagnose osteoporosis. Bone density testing is recommended for women over 65 and men over 70.

Preventative measures include weight bearing exercises like walking and climbing stairs. Yoga and Tai-chi help improve balance and strength.

Quit smoking

Limit alcohol intake

Eat calcium rich foods such as kale, broccoli and other leafy green vegetables. Sardines and salmon are also rich in calcium.