

GENERAL FEDERATION OF WOMAN'S CLUB

BIG RAPIDS NEWSLETTER



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

WEBSITE: GFWC-BIGRAPIDS.ORG

February, 2023

"Working for a Better Community"




President's Note

REPORTS HAVE BEEN SUBMITTED!!

A big thank you to everyone who assisted with this.

Linda Telfer, Club President & Newsletter Editor
(Contact info: LindaTelfer@ferris.edu/(231-250-2088)
Deadline for submission is last day of the month.

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



February is Heart Health Month

February 3—"Wear Red Day" for Heart Health Month

February 5—MSU Jazz Octets, 4:00 p.m., Immanuel Lutheran Church, dinner following at Bob Evans

February 14—Valentine's Day Delivery Fundraiser @ 9:00 a.m. Patterson's Flowers

February 14—Club Meeting, 6:30 p.m. @ Elk's

February 17—Lisa Donahue in Concert, 7:00 p.m., Immanuel Lutheran Church

February 17-20— Great Backyard Bird Count

February 20— Monthly Health & Wellness Walk, 10:00 a.m.-meet at City Hall

February 25—Northwestern District Get Together, 1:00-4:00 p.m., Evart Fairgrounds

April 27-30—State Convention—Bay City, MI

March 20—Ms. Federation Lunch (more information will be coming)

July 18—Bay Cliff Day in the UP

October 13-15—Bay Cliff 90th Birthday Bash

October 21—Northwestern District Meeting in Big Rapids

November 4—"Michigan LEADS" in Midland

**HAPPY
BIRTHDAY**



FEBRUARY BIRTHDAYS

11—LEONA ROYER

19—SUE JOHNSON

Club Members—Cares and Concerns

Melanie Henry (last treatment)

Joyce Iltis (surgery)

BJ Johnson (Sue's son—surgery)

Mark Vanderlist (Mary Beth's husband—surgery)



February is Heart Health Month.

Get your red dress pin out and let's wear it to bring awareness to heart health.

NEXT MEETING—FEBRUARY 14TH at 6:30 p.m.

Besides wearing your red dress pin, also wear red and loose clothing. Health and Wellness has planned a “super fun, low impact dance GROOVE experience” led by Janitza Sawyer.

Meeting Checklist

February 14, 2023

- Operation Smile Items (both sewing kits & needs list items)
- 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/checks for Heifer International
- Clean pop cans to assist the Big Rapids Scout Camp
- Greeting Cards (recycled) for all occasions for the Senior Center
- Money for Drawing
- Suitcases and warm blankets for Foster Child project.

OPERATION SMILE



NEEDS LIST FOR CHILD LIFE THERAPY:

- | | |
|---|----------------------------|
| Blocks – plush/wood/plastic | Bubbles (liquid) |
| Building blocks set | Card games |
| Matchbox Cars | Play-Doh |
| Puzzles | Hand fidget spinners |
| Stacking toy set | Smile Face Stress Balls |
| Yo-Yo | Any activity toys for kids |
| Dolls-Barbie style dolls-little figures | Marvel Figures |

Construction paper, Stickers, Markers Paper, art /easel (per roll)

Stuffed Toys (medium size){clean/not dirty/stained or over used

Other Needs: Travel size toothpaste with expiration dates of January 2024 and combs (wide tooth/detangling type-no pocket comb).

These items will continue to be collected through the April meet-

UPCOMING EVENTS



Monthly Walk

The **Health and Wellness Community Service Program** invites you to join them on their monthly walk. They walk on the Monday following the monthly club meeting at 10:00 a.m. and begins at the City Hall parking lot.



FEBRUARY COFFEE TALK



Festival of the Arts

Join the Arts & Culture Community Service Program Team at the following events.

Sunday, February 5—4:00 p.m.—Immanuel Lutheran Church, Michigan State University Jazz Octets. After the concert, join us for dinner at Bob Evans.

PLEASE LET ANN STELLARD KNOW IF YOU CAN ATTEND AS SOON AS POSSIBLE BY CALLING OR TEXTING (224-210-9477).

Friday, February 17, 7:00 p.m.—Immanuel Lutheran Church, Lisa Donahue in Concert.

YARD SALE

Red ! Red! Red! We wear it. We talk about it in February. Let's get rid of some of it. Do you have anything red to donate to the yard sale? Put it in your pile. While you are at it sort out anything pink, purple or orange. Soon you will have some good stuff to donate.

VALENTINE'S DAY FLOWER DELIVERY FUNDRAISER



Join in on the fun by delivering Valentine's Day flowers for Patterson's Flowers on Tuesday, February 14th beginning at 9:00 a.m. If you can help with this, please let Melanie Henry know as soon as possible.



Great Backyard Bird Count

February 17-20, 2023

Spend time in your favorite places watching birds—then tell us about them! In as little as 15 minutes notice the birds around you. Identify them, count them, and submit them to help scientists better understand and protect birds around the world.

You can learn how to participate in the Global Backyard Bird Count in February by logging on to Birdcount.org. It's very easy to do.

After having fun watching birds in February, let us know at the March meeting if you participated.



Ladies of the NWD – Let's Get Together!
Please join your NWD board & NWD Sisters
for a Ladies Luncheon

When: Saturday – February 25, 2023 from 1:00-4:00 p.m.

Where: Evert Fairgrounds (Community Building), 101 Recreation Ave, Evert, MI 49631

Please join us for an afternoon of fun and fellowship. Come and meet your fellow GFWC District sisters and share what your club has planned in 2023. Plus you will hear from a local author, stretch your muscles with a bit of Yoga and learn about essential oils. There is no cost to attend. The board will be providing drinks, plates and cutlery. We are asking each club to bring a dish to pass for 20-25 people.



Please RSVP to Melissa Povilaitis by February 22nd – mpovilaitis2002@yahoo.com



Ms. Federation



At the January club meeting, **Pat Rossi** was elected as Ms. Federation for 2022. Below is what was submitted to the State President.

Patricia (Pat) Rossi joined GFWC-Big Rapids in 2016 and has served as Chair of the Civic Engagement & Outreach Community Service Program, 2nd Vice President, and is currently serving as the 1st Vice President for the club. She has been the creator of our club's memory book for the last several years and was elected Clubwoman of the Year in 2020. Pat is always there to lend a helping hand with club activities and projects. She has a heart of gold and is always looking for ways to assist the club but has a passion for children, women veterans, the homeless and the food deprived. She encourages club members to assist with making mats out of plyarn for the homeless. .

Pat is active outside of the club where she serves as President of her 48 quilt club of, is a member of a golf league, face paints at the Canadian Lakes carnivals and enjoys bowling.

Pat is a mother of two, grandmother of four and a great-grandmother of 15. She babysits two great-grandchildren on a weekly basis but has to travel an hour to do so.

The club could not be more proud of Pat's contributions in her seven years of membership as she portrays the GFWC spirit and is thrilled to award Pat Rossi the honor of Ms. Federation for the 2022 year.

A luncheon will be held on March 20th to honor Pat. Mark you calendars and more information will be coming.

What's Been Happening?



Amanda Corrick joined GFWC-Big Rapids in September and was initiated at the January meeting. We are so excited that she has joined our club.



Cultural Dinner

A great time was had at the Mexican cultural dinner on January 24th with 10 members attending and two guests. So much fun just relaxing, enjoying the food and sisterhood. Thank you Arts and Culture for organizing this.



Human Trafficking Awareness Month



In recognition of **Human Trafficking Awareness month**, members wore blue to the January meeting and listened to a speaker on her personal experience with human trafficking. Members were also asked to wear blue on October 11th.

Martin Luther King Jr. Day of Service January 16, 2023



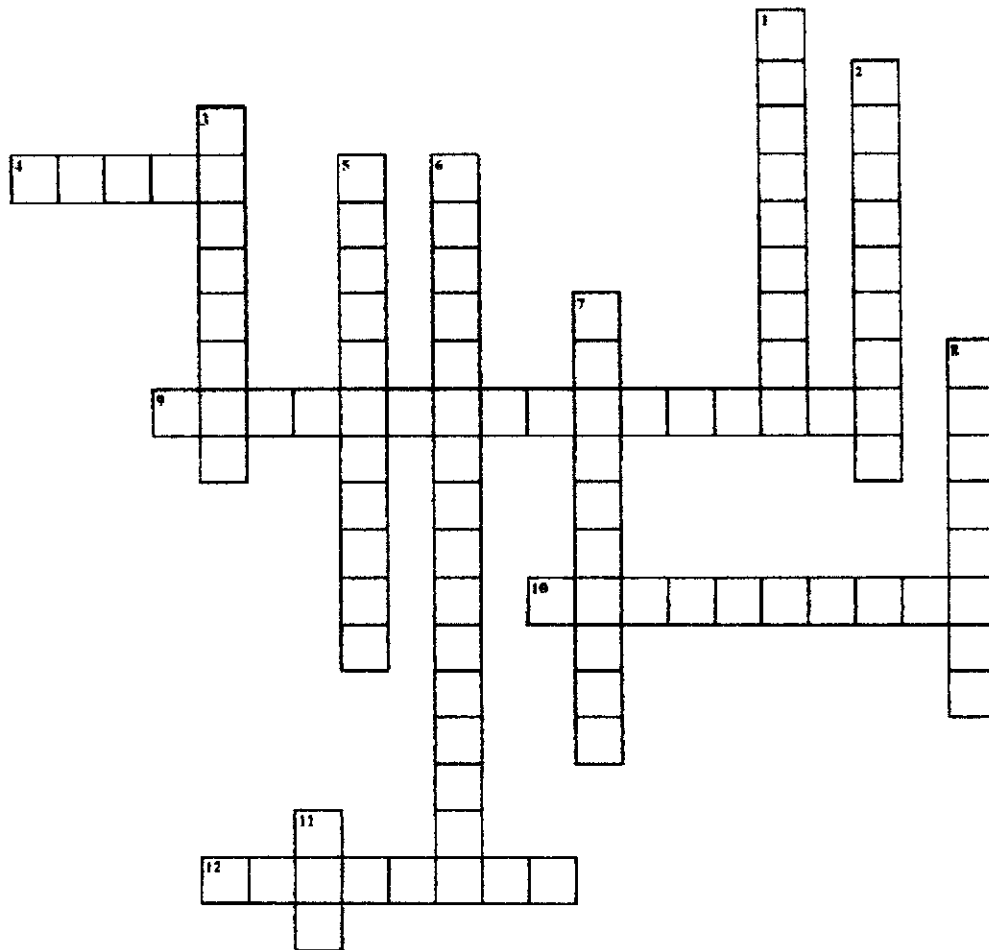
On Martin Luther King Jr. Day of Service, a team of club members spent some time at Our Brothers Keeper Shelter creating crafts with the children. The children thoroughly enjoyed this activity and asked if they could do more. A special treat was enjoyed by the children also. Thank you Melanie Henry for organizing this and Pat Rossi and Sue Johnson for assisting.

Martin Luther King Jr. Day of Service continued



Five club members were able to assist Project Starburst Food Pantry with cleaning and organizing two storage rooms. Members sorted clothes, shoes, diapers, and household items and placed them in storage totes that they labeled to be placed back in the storage areas. Thank you Mary Bechaz, Joyce Iltis (not pictured), Karin McKean, Ann Stellard and Linda Telfer.

GFWC Big Rapids February Puzzle



Across

- [4] Number of Community Needs Projects
- [9] Food Pantry
- [10] Created after January meeting
- [12] Last name of January speaker

Down

- [1] What does our club do?
- [2] Where the last cultural dinner was
- [3] Heart Health Month
- [5] Secretary at January meeting
- [6] Topic of January speaker
- [7] Mary Bechaz's January Treat
- [8] Selected as Ms. Federation
- [11] Homeless Shelter

GFWC AFFILIATE ORGANIZATION SPOTLIGHT



United Nations Foundation Shot@Life Campaign

[Shot@Life](#), a United Nations Foundation's campaign, seeks to educate, connect, and empower Americans to champion vaccines in order to save children in developing countries. Every 20 seconds, a child dies of a vaccine-preventable disease like pneumonia, diarrhea, measles, and polio. You can help save a child's life by encouraging, learning about, advocating for, and donating vaccines.



ANSWERS TO PUZZLE:

Across : 4-Three; 9-ProjectStarburst; 10-Valentines; 12-Albright

Down: 1-Volunteer; 2-ElBurrito; 3-February; 5-VickieVogel; 6-HumanTrafficking; 7-BrainBalls; 8-PatRossi; 11-OBK



Brought to you by Health and Wellness

SPAGHETTI SQUASH PAD THAI



GUILT-FREE SPAGHETTI SQUASH PAD THAI

Yield: 2-3 servings

- 1/2 Spaghetti Squash
- 1 cup chopped Rotisserie Chicken
- 1 Onion sliced
- 4 Eggs
- 1/3 cup Pad Thai Sauce
- 1/3 cup cashews, chopped
- 1/4 cup green onion, chopped

INSTRUCTIONS

1. Preheat oven to 375 degrees. Cut spaghetti squash in half lengthwise and remove seeds. Place facedown on a silicon baking mat and bake for 45 minutes
2. Once spaghetti squash is cool enough to handle, use a fork to remove from shell.
3. In a medium frying pan, brown onion. (Use your choice of cooking oil, we love coconut oil. Once onion slices are caramelized, add 4 eggs to pan and scramble. Remove eggs and onion from pan and set aside.
4. To the same pan you use to cook eggs and onion, add chopped chicken and stir to heat. This also allows the chicken to absorb some of the juices left in the pan.
5. Add spaghetti squash, Pad Thai sauce, eggs, onions and toss to coat evenly. Remove from heat and garnish with green onion and chopped cashews.