

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

March, 2023 


"Working for a Better Community"



President's Note

Can't believe that our club year is almost over with only two more scheduled meetings—March and April. The Banquet Committee has organized a great celebration; see details in this newsletter. You will be able to pay for the banquet at the March or April meeting. You have accomplished a lot and you should be proud of that.

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. How many shamrocks can you find in this newsletter? 



- March 13**—Ms. Federation Lunch, noon, El Burrito Mexican Restaurant
- March 14**—Club Meeting @ 6:30 p.m., Elk's Lodge
- March 29**—Rock Painting, 6:00 p.m., Ann Stellard's home.
- April 1**—Wear Blue for Child Abuse Prevention Awareness Month & Month of the Young Child
- April 3**—Pinwheel Planting Time more info coming
- April 11**—Club Meeting @ 6:30 p.m., Elk's Lodge
- April 27-30**—State Convention—Bay City, MI
- May 9**—End of Year Club Banquet, 6:00 p.m. Social Time/6:30 dinner, Osburndale,.
- May 11 & 12**—GFWC Big Rapids Yard Sale
- June 10-12**—GFWC International Convention, Louisville, KY
- July 18**—Bay Cliff Day in the UP
- October 13-15**-Bay Cliff 90th Birthday Bash
- October 21**—Northwestern District Meeting in Big Rapids

**HAPPY
BIRTHDAY**



MARCH BIRTHDAYS

5—MELANIE HENRY

5—JOYCE ILTIS

15—JERENA KEYS

17—JENNIFER HOUTTEKIER

Club Members—Cares and Concerns

Joan Boroff (recovering from surgery)

Joyce Iltis (recovering from surgery)

BJ Johnson (Sue's son—recovering from surgery)

Ruth York—(health issues)

**NEXT MEETING—MARCH 14TH
AT 6:30 P.M., @ THE ELK'S LODGE**

Get your green on and join us at the March meeting. You may win the pot of gold or at least something.



Meeting Checklist

March 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.
- Bird Count Numbers
- \$30 May Banquet
- \$20 Wine on the Rocks Class

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 meeting.

UPCOMING EVENTS

Don't forget to register for the State Convention!!



You're Invited

to attend a luncheon

to honor our

Ms. Federation for 2022

Pat Rossi

March 13, 2023

12:00 p.m.

El Burrito Mexican Restaurant

**If you haven't responded regarding your attendance,
please let Linda Telfer know ASAP.**



"Wine on the Rocks"

Be creative & learn to paint on rocks

Wednesday, March 29th

6:00 p.m.

Ann Stellard's House

Please let Ann know if you are able to attend. Cost is \$20.



It's Pinwheel Planting Time

Planting Season Is Almost Here - **FOR PINWHEELS THAT IS!** Once again this year we will plant Pinwheels for Child Abuse Prevention around town. We are aiming for **Monday, April 3 as a planting date**, but more specific information will follow during March. Since April is Child Abuse Prevention Awareness Month as well as Month of the Young Child, **we are asking everyone to wear blue on April 1.**

GFWC Library Replenishment Fund

To assist GFWC communities affected by manmade and natural disasters, GFWC established the Library Replenishment Fund. Tying together members' generous financial gifts and passion for literacy with the mission of community improvement through volunteer service, this fund will assist in restocking the collection of public and public school libraries that have been affected by either natural or manmade disasters. Will you consider donating?



Checks, made payable to GFWC, should be sent to:

GFWC Library Replenishment Fund
1734 N Street NW
Washington, DC 20036-2990

Please include "GFWC Library Fund" in the check memo area.



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.



May 11 & 12, 2023

It's March! You know what that means: Spring Cleaning! Now's the time to get ready for the warmer days ahead. Clean out your closets and drawers! Soon we will have our yard sale. And... you will have lots of things to donate.



Do you know this woman? This woman is Anna Howard Shaw who moved to Big Rapids and finished high school. She is known for her work in suffrage and temperance and was also a teacher, minister and doctor. If you are interested in portraying her to school children, please see Joyce Iltis for more information. She is looking for assistance with this woman's history project and this will be shared at the March meeting.



Looking for a sure bet?

Double down with GFWC-Big Rapids and celebrate the GFWC jackpot winnings and accomplishments from the 2022-2023 year.

Tuesday, May 9, 2023

6:00 p.m. Social Time/6:30 p.m. Dinner

Osburndale—1016 Lilac Avenue, Big Rapids

Get your bankroll out for a cost of \$30 per person

Payment can be made at our March or April meeting.

You are more than welcome to bring a bottle of wine to share if you like.



Let's go for a full house.

You will want to practice your poker face as you will be asked to share with Leona Royer, prior to the May banquet, two things that other members may not know about you.



What's Been Happening?

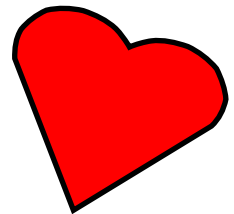


Festival of the Arts Octet

Jazz Concert

Five members were able to attend the Festival of the Arts Octet Jazz Concert on February 5 together. After the concert, a dinner was enjoyed and a former member of the club was asked to join them as she was at the concert as well. A fun evening enjoying the sisterhood.

Health and Wellness Program for the February meeting— Groove Dance but look at all that red for Heart Health Month.



Northwestern District Event—February 25, 2023



Denise Allen, Northwestern District President, welcomed club members to the first “get together” for the district. The twenty plus members present enjoyed lunch together and heard from an author, enjoyed chair yoga, and learned about essential oils.



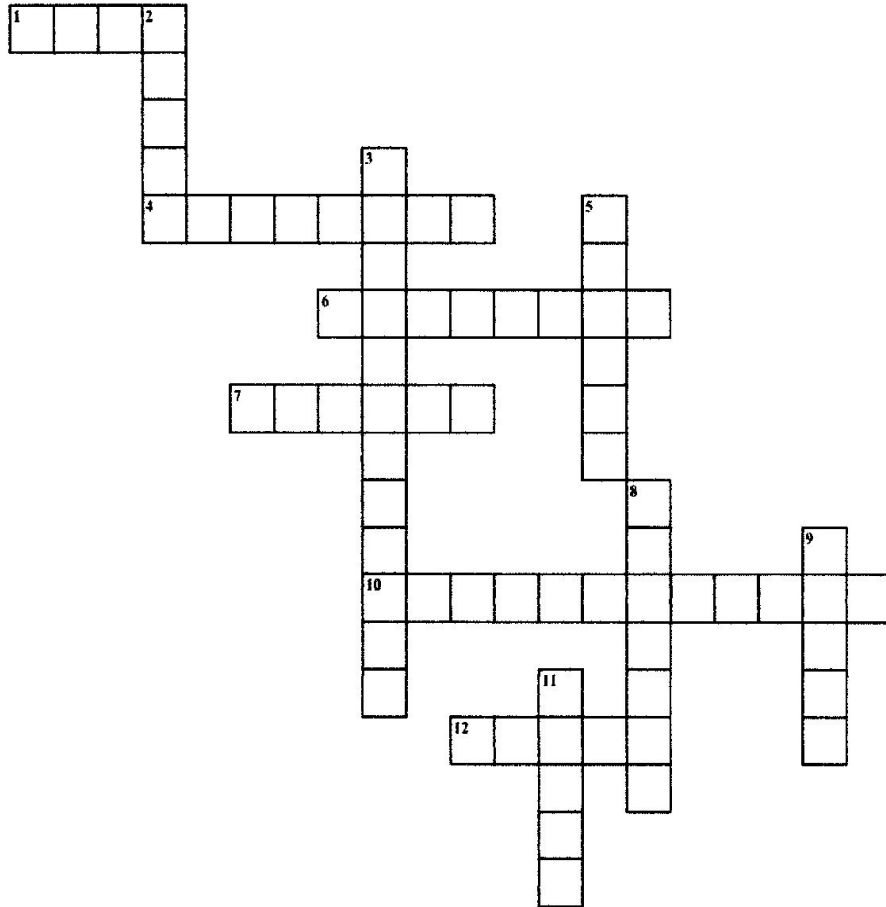
Above—Angela Christie, NWD Second Vice President, shared her experience with authoring a book.



Above—Our very own Mary Bechaz sharing her expertise on essential oils.



GFWC-Big Rapids March Crossword Puzzle



Across

- [1] Anna Howard ____
- [4] Last name of our club's past President
- [6] Plant that symbolizes St. Patrick's Day
- [7] Newest member to be initiated
- [10] District that GFWC-Big Rapids is in
- [12] Last name of District President

Down

- [2] Modern country in which St. Patrick was born
- [3] Where GFWC headquarters is located
- [5] GFWC State President's Symbol
- [8] Country of which St. Patrick is patron
- [9] Color associated with St. Patrick's Day
- [11] Last name of elected club Secretary

GFWC AFFILIATE ORGANIZATION SPOTLIGHT



[Canine Companions](#) is the oldest and largest assistance dog program providing trained dogs for children, adults, and veterans with physical disabilities. Founded in 1975, Canine for Companions is the leader in the field and has placed more than 6,300 assistance dogs. Canine Companions breeds and trains their own dogs to get the temperament, intelligence, focus, health, and work ethic needed. Their breeding program is highly regarded and looked at by others for best practices. At eight weeks old, puppies are placed with volunteer puppy raisers who raise the puppies for 15 months, teaching basic obedience commands and socialization skills. Then they return the dog to Canine Companions for four to nine months of professional training to learn the 40+ commands they need to know to do tasks for people with disabilities.



ANSWERS TO PUZZLE:

Across : 1-Shaw; 4-Stellard; 6-Shamrock; 7-Amanda; 10-Northwestern; 12-Allen

Down: 2-Wales; 3-WashingtonDC 5-Anchor; 8-Ireland; 9-Green; 11-Iltis





Brought to you by Health and Wellness

High-Protein Enchilada Scrambled Eggs

Whip up these 5-minute Enchilada Scrambled Eggs, they're a high-protein, high-fiber breakfast that's quick and delicious! Plus, they're low-carb, gluten-free, and vegetarian.

Prep Time: 2 mins.

Cook Time: 5 mins.

Total Time: 7 mins.

Yield: 1 serving

Course: Breakfast

Cuisine: American

Ingredients

- 3/4 cup egg whites (or 1 large egg with 1/2 cup egg whites)
- 1/8 teaspoon adobo seasoning
- 1/4 cup homemade enchilada sauce (or your favorite jarred)
- 2 tablespoons cheddar cheese (or dairy free cheddar like violife)
- 1/4 cup scallion (chopped)
- 1/2 small avocado (2 oz)

Instructions

- Beat egg and egg whites with adobo seasoning. If you use all egg whites, you can add a little sazon to the egg for coloring, optional.
- Spray a small skillet with oil over medium high heat.
- When hot, add the eggs and cook on medium heat until just set, stirring, about 2-3 minutes.
- Top with enchilada sauce, cheese and cover the skillet.
- Cook low until the cheese melts, 1-2 minutes.
- Remove from heat and top with avocado and scallions.

Nutrition

Serving: 1 scramble, Calories: 270kcal, Carbohydrates: 12 g, Protein: 25.5g, Fat: 14g, Saturated Fat: 4.5g, Cholesterol: 15mg, sodium: 882.5mg, Fiber: 5g, Sugar: 3g.. WW Points: 5

EAT REAL FOOD—Aim to eat real food that's made of whole food ingredients you would have in your own kitchen pantry, or that your grandmother would recognize. (Yup, this rules out most packaged food, sorry!) This is a little different than suggesting you eat only "health foods" (many of which are increasingly processed!). "Real food" includes unprocessed foods like an apple, a cucumber, soybeans or a steak, as well as foods loosely processed from one (or few) real-food ingredients, like butter, olive oil, yogurt, tofu, etc. In other words, aim for foods that could be reasonably made in your own kitchen and avoid foods that can only be made in a lab.

