

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

May, 2023

"Working for a Better Community"



President's Note

"The biggest human temptation is to settle for too little."

Anonymous

Our end of the year banquet is just around the corner. I'm looking forward to celebrating all of your accomplishments this past year. As many of you know, Amanda Corrick will be moving back to Florida to take care of the manatees. We also have a resignation from Beth Martz. Beth has indicated her desire is to spend more time with all those grandchildren when she is in Michigan.

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 flag in this newsletter?
lost their lives in protecting our freedom.



Let us remember those who served our country and



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 3—Guiding Harbor Tea & Tour 1:00-3:00 pm, Holiday Inn, Belleville

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

November 4—"Michigan LEADS" in Midland

May 2-5, 2024—GFWC Michigan State Convention—Menominee, MI

**HAPPY
BIRTHDAY**



MAY BIRTHDAYS
NO MAY BIRTHDAYS



Club Members—Cares and Concerns
Dick and Mary Sue Hansen



***Congratulations to Ed and Pam
Muccio on celebrating their
50th wedding anniversary.***

UPCOMING EVENTS

May 9, 2023

Spring Banquet

6:00 p.m.

Osburndale (1016 Lilac St.)

Big Rapids

Numbers are confirmed!!



May 11 & 12, 2023



Last call to check those crannies, closets and corners. Please haul out all the good stuff stashed away and no longer in use. We will accept your donations on Wednesday May 10 between five and eight pm. If you need a pick up, please call Mary Bechaz at (231)580-3636. We depend on your donations to make this sale a success. The flier is on page 4 should anyone need to print it.

May 10—5:00 p.m.– 8:00 p.m. Set Up

May 11—9:00 a.m.—6:00 p.m.—Yard Sale

May 12-9:00 a.m.—6:00 p.m.—Yard Sale

May 15

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.





General Federation of Woman's Club Big Rapids presents:

Another Woman's Treasures

Can be yours when
you shop with us



Thur. May 11 — Fri. May 12

Big Rapids Township Hall

4212 Northland Dr., Big Rapids

Open: 9:00am - 6:00pm

We welcome Donations (*excluding clothing and electronics*).

For pick up before May 11th

Call Mary at (231)580-3636

Proceeds will be donated to our local
Foster Child Suitcase Project.



What's Been Happening?



APRIL MEETING



MS. FEDERATION

Ms. Federation, Pat Rossi, has taken the honor of Ms. Federation to a whole other level. She arrived at the April meeting styling in a long blue evening gown, elbow length white gloves, red boa, a crystal tiara and her own personal wand. She sure brought smiles to everyone's face. Way to go Pat!!



Special Note: Pat also won the raffle for the second month in a row.



RECYCLE MECOSTA SPEAKER

Paul Griffith, Board Member for Recycle Mecosta County was the guest speaker at our April meeting. He spoke on what happens after the items are collected, where items are sold and the amount of garbage not entering the landfill thanks to the residents of Mecosta County. This was very informative and thank you to the Environment CSP for arranging this.

MONTHLY WALK

Three members participated in the April walk on a cold and wintery day. Yes there are three people in this picture and one is hiding again. Can you determine where the walk took place at? Doesn't look like outdoors to me.



PROCLAMATION

GFWC-Big Rapids was presented with a proclamation at a city commissioners meeting on April 17 declaring April 24th as Federation Day and all the volunteer hours and service to the community was noted in the proclamation. Pictured are Joyce Iltis, Linda Telfer, Pat Rossi and Ann Stellard.



FOSTER CHILD SUITCASES

Club members Sue Bean and Mary Beth Vanderlist delivered 12 suitcases to the Department of Health and Human Services Foster Care Program on April 27th. Each suitcase was filled with a blanket, nightlight/flashlight, several books, and a stuffed animal for the younger kids. The suitcases were labeled by gender and age range. Thank you to everyone who supported this important project.



HIGHWAY CLEAN UP SPRING 2023

On a beautiful April evening, six club members gathered at the corner of M-20 and 180th Avenue to begin their spring highway clean up. Although nothing of monetary significance was found this year, a pink golf ball was found and may appear in a later activity. Thank you to the members who assisted with this.



OPERATION SMILE PROJECT



Once again this year, the Club supported Operation Smile through collection of items for the child therapy needs list along with completion of several sewing projects. Club members started working on the project in the fall of 2022 with a completion in April, 2023. Yo-yos, play doh, match-box cars, books, puzzles, stuffed animals, personal care items, sticker books, gowns, smile bags, no-no arm band and two blankets were sent. Thank you to Dee Van Horn for organizing this and sending the items and to the seven members who participated.

GFWC STATE CONVENTION 2023

Five club members and one guest attended the State Convention in Bay City, Michigan from April 27-30th. Pat Rossi was honored on Friday at the Ms. Federation Dinner with two additional club members joining the group. We honored her in true Big Rapids style with an informal reception after the dinner with the International President joining us. This is a State award and we congratulate her on this recognition.

Please mark your calendar as next year's State conference will be held from May 2-5, 2024 in Menominee, Michigan. Let's represent Big Rapids well.



Ms. Federation Dinner—L-R—Ann Stellard, Joan Boroff, Linda Telfer, Ms. Federation Pat Rossi, Joyce Iltis, Sue Johnson and Melanie Henry.



Pat Rossi & her daughter Connie.



Melanie Henry, Pat Rossi and daughter Connie.

State Convention Continued.....



**Family Feud
Big Rapids vs. Reed City**



**CELEBRITY
NIGHT
GFWC Big
Rapids Mafia**



GFWC-Big Rapids, Inc. - May Puzzle

L	E	D	U	C	A	T	E	S	I	O	N	L	I
E	R	U	T	L	U	C	H	E	R	P	O	E	V
S	A	R	N	S	O	C	E	R	C	P	I	A	Y
T	R	A	E	N	H	H	A	V	O	O	T	D	P
S	T	R	W	O	C	I	L	I	M	R	A	E	I
N	S	T	S	I	A	L	T	C	M	T	L	R	H
A	L	W	L	T	E	D	H	E	U	U	S	S	S
R	I	O	E	A	R	R	F	E	N	N	I	H	D
E	B	R	T	R	T	E	E	N	I	I	G	I	N
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M	Y	Y	G	F	U	N	G	T	E	L	N	C	F
E	R	A	C	R	E	T	S	O	F	D	E	U	D

- RECYCLE
- OPPORTUNITY
- ARTS
- ARTWORKS
- HEALTH
- LEGISLATION
- LEADERSHIP
- FRIENDSHIP
- FOSTERCARE
- EDUCATE
- COMMUNITY
- VETERANS
- NEWSLETTER
- SERVICE
- FEDERATION
- OUTREACH
- CHILDREN
- LIBRARY
- GFWC
- OBK
- FUN
- CULTURE



Baked Frittata with Butternut Squash, Kale & Sage

Active: 25 mins

Total: 35 mins

Servings: 6

This easy frittata recipe is full of fall flavors, thanks to creamy butternut squash, plenty of fresh sage, and earthy lacinato kale.



Ingredients

- 1 tablespoon olive oil
- 2 cups diced butternut squash (3/4-inch; 10 oz.)
- 1 shallot, minced
- 4 cups thinly sliced stemmed kale, preferably lacinato
- 1 tablespoon water
- 8 large eggs
- 3 large fresh sage leaves, minced, plus extra for serving
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup crumbled goat cheese
- 6 slices whole-wheat bread, toasted

Directions

Preheat oven to 400 degrees F.

Heat oil in a medium nonstick ovenproof or cast-iron skillet over medium-high heat. Add squash and cook, stirring occasionally, until just fork-tender, about 10 minutes. Add shallot; cook for 1 minute. Stir in kale by the handful. Add water; cover and reduce heat to medium-low. Cook until the kale is tender, about 5 minutes. Remove from heat; spread the mixture evenly in the pan.

Whisk eggs, sage, salt, and pepper in a large bowl. Pour the egg mixture over the squash and kale in the pan. Sprinkle evenly with cheese. Bake until set in the center, 8 to 12 minutes.

Holding the pan over a cutting board and using a large spatula, lift and slide the frittata out of the pan and onto the cutting board. Cut into wedges and sprinkle with sage. Serve with toasts.

Tips

To make ahead: Prepare squash and kale (Step 2) and refrigerate for up to 1 day.

Nutrition Facts

Serving Size: 1 wedge (1/6 of frittata) + 1 piece toast

Per Serving: 279 calories; protein 11g; carbohydrates 30g; dietary fiber 6g; sugars 5g; fat 11g; saturated fat 3g; cholesterol 252mg; potassium 410mg; sodium 331mg.

Health Tip: PURGE! Cleaning your house out and getting rid of unnecessary clutter helps to clear the mind and soul. Plus, you will get some exercise from the work you do. You can then donate some of the items to the GFWC yard sale and do good for your heart knowing that you helped someone.