



GFWC Menominee Women's Club

General Federation of Women's Clubs

www.gfwcmenominee.org

April 2026

Editor: Martha Harding, 906-290-9244



A Collect for Clubwoman

Keep us, O God, from pettiness; Let us be large in thought, in word, in deed. Let us be done with fault-finding, and leave off self-seeking. May we put away all pretense and meet each other face-to-face, without self pity and without prejudice.

May we never be hasty in judgment and always generous.

Let us take time for all things; make us grow calm, serene, gentle. Teach us to put into action our better impulses, straight-forward and unafraid.

Grant that we may realize it is the little things that create differences, that in the big things of life we are at one. And may we strive to touch and to know the great common human heart of us all and O Lord God, let us forget not to be kind!

Mary Stewart 1904

GFWC Mission Statement

"GFWC- an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service."

GFWC Menominee Dates

April 1, 2026

We celebrate GFWC Federation Day. We remember Past GFWC Menominee Presidents, and recognize our 2025-2026 new members.

Please Wear your GFWC Apparel and Pins.

The April 1st General Club

Meeting will be held at Riverside Country Club, 3459 14th Avenue, in Menominee.

Check-in and social time begin at 11:30am, lunch will be served at noon. The program and business meeting will follow. The cost is \$20 per person, checks preferred.

The Menu is Chicken Stir Fry with Asian Salad and Peanut Vinaigrette and Macadamia Chip Cookie for dessert. A vegetarian option will be available.

The program will be Finally Home Real Estate presented by Hope Matthews, Owner/Broker, and GFWC Menominee Member.

Please let your caller know if you have any dietary restrictions associated with the menu. Also, please remember to RSVP your caller before noon March 27, 2026.

A Look Ahead

April 15, 2026

GFWC Menominee Board Meeting

GFWC Board Meeting, Spies Library, 9:30 am

May 6, 2026

GFWC Menominee General Meeting

at Riverside Country Club, 3459 14th Avenue, in Menominee.

GFWC MI and International Dates

April 19-25, 2025

Volunteers in Action Week

April 23-26, 2026, GFWC MI State

Convention in Troy, MI

April 24, 2026

GFWC Federation Day

June 25-29, 2026

GFWC 202g International Convention Scottsdale, AZ



Spreading 'Sunshine'



Janet Conklin, 715-923-3859

Is there a GFWC Menominee Club woman who is having surgery, ill, or needs a little 'Sunshine'? Please let our Sunshine Gal, Janet Conklin, know about it so she can send a card.

Club Presidents' Message

Co-Presidents

Eileen Beyer 906-792-8374

Martha Harding 906-290-9244

Staying in touch with and serving our community is what GFWC Menominee Women's Club is all about. Staying in touch helps us to know which organizations in our community are in need of some Volunteer assistance. In addition to volunteering, GFWC Menominee also donates funds back into our community. Perhaps you are aware of or connected to organizations in need.

Our donation committee is now looking to you, Club members, for suggestions of organizations that could benefit from a donation made by our club. The donation committee will look at all suggestions and decide which donations best fit our budget and our mission.

Thank you in advance for helping us keep in touch with our community. **Please read the article below.**

Donation Committee

Ruth Wesoloski, Chair

906-863-2232

It is that time of the year again! We are asking each GFWC member to consider submitting a request for a local worthy nonprofit group for the committee to review for consideration of earned funds available for donation at the end of our current fiscal year on June 30th.

You may submit your suggestion IN WRITING prior to April 30 to committee members at their email addresses or mail them to our club, P.O.Box 302, Menominee, MI 49858, Attention: Donation Committee.

You can find committee members email addresses in our yearbook: Ruth Wesoloski, Francy Mullen, Pat Brukardt, Sue Gressel, and Karen Sutek.

Membership

Judy Reid, Chairperson
906-792-9186



GFWC Federation Day is April 24th, so to celebrate our Federation Day let's wear our GFWC Pins and Apparel (shirts, jackets, aprons, pins, etc.) to our next general meeting on April 1, 2026 to help celebrate. Want to purchase a GFWC Membership Pin (\$10)? Contact Judy Reid 906-792-9186.

DOOR Prizes at our General Meeting:

A HUGE Thank You to all who donated special items for this year's Door Prize drawings. It is because of You that we can offer this no-cost optional drawing to all who attend our general meetings. If you would like to donate Door Prizes contact Judy Reid 906-792-9186. (Suggestions: i.e., Candy, Wine, Holiday decorations, knick-knacks, tickets, Gift Cards, etc. New or gently used) this optional drawing is for all who attend our general meetings,

Treasurer & Fundraising

Pat Brukardt, 906-792-8147

Scrapbook/Memory Book Pictures! Pictures! Pictures!

The GFWC Menominee **Scrapbook/Memory Book** team is asking for your help in capturing our "GFWC Moments." While you are volunteering, please remember to take a photo of the event, with GFWC members included if possible. Photos can be emailed as a .jpg attachment to Kim Smith at kimbathomsen@aol.com The scrapbook is an "It Takes a Village" effort; your help is very much appreciated!

Arts and Culture

Christine Bomstad Chairperson,
906-290-9419

The next Arts and Culture Event will be a Spring "Craft Make and Take at The Harbors in Menominee on Wednesday, April 29th from 10:00 to 11:20. An email will be going out soon and a signup sheet will be at the April general meeting

Just Because Cards



Eleven Arts and Culture committee members met on March 10th and made 150 "Just Because Cards" that will be distributed to various Nursing Homes in the area. A fun day was had by all!



If any of you are entering Art work, quilts, crafts, or photography to be judged at the GFWC MI State Convention please read the information on page 4 of this newsletter.

Civic Engagement and Outreach

Judy Reid, Chairperson
906-792-9186

EMPTY BOWLS Supper



St Vincent DePaul Store, Marinette
Joy Peterich, Liaison
715-587-3321



The Salvation Army
Karen Sutek, Liaison
920-676-3119

Consider attending the Empty Bowls event on Tuesday, April 21, from 5-7 PM, at Little River Country Club. It is a collaboration between SVDP,

Salvation Army, and United Way to help fight local hunger. Still time to contribute bars/cookies...contact me or Judy Reid!

DAR Boys & Girls Club

Tina Porod, Liaison
715-923-5991

The Blue Door Gala

April 9, 2026, 6 – 8 pm
Tickets are \$50 per person and can be purchased at *Jack's Fresh Market* in Menominee. A few GFWC Meno clubwomen will be volunteering at this event. This fundraiser has fun, food, and fellowship, along with Bucket Raffles and Auction. Mark your calendar and encourage your friends to party with you.



St Vincent DePaul Store, Marinette

Joy Peterich, Liaison
715-587-3321

Thanks to those that could get out and brave the weather to help sort and price holiday goods at the thrift store. Vintage jewelry and goods are now out on display, and April is spring bling! Your help and purchases as well as donations are always appreciated.



L to R: Clubwomen Francy Mullen, Karen Loewecke, and Ruth Wesoloski helped price items.

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Shop, Show, and Tell

Joy Peterich, Liaison
715-587-3321

The Shop, Show, and Tell get together will be Tuesday, May 12, from 10-12, at my home. Get in the thrifting spirit and support local establishments with your purchases, then bring as is or repurposed to the gathering and share your stories. Let me know if you'd like to participate in the adventure!

Please RSVP Joy at 715-587-3321 by text if you plan to attend.

Members can invite a guest. If you attend, please consider bringing a treat to share.

The M&M Children's Museum Pam Lee, Founder

Joy Peterich, Liaison
715-587-3321



L to R: Clubwomen Joy Peterich and Barbara Jones

The annual gala, with Mardi Gras theme, was a good time and successful fundraising event. Thanks to all who volunteered, donated baskets, or attended. Hoping for a partial opening by the end of this year.

Thanks to all who brought in recyclables for the last two months. This month a box will be out again, with focus of CARDBOARD (TP or paper towel tubes both work or cereal boxes), styrofoam trays, plastic bottle caps, and old CDs. Will be used for STEAM events this summer/fall. Thanks for your support!



Rollercoaster building will be my first STEAM event for YMCA Healthy Kids Day on Saturday, June 27th. If you'd like to help out, let me know. Check out the event for your kids or grandkids!

GFWC Public Policy & Legislation

Ruth Wesoloski, Chairperson
906-863-2232

GFWC is proud to partner with **Shot@Life** to advocate for full funding for global vaccination programs for children! Now it is time to urge Congress to provide full funding in FY 2027. We have already seen an increase in measles and polio cases around the globe and here in the United States. You can help ensure we get immunization rates back on track and save lives by urging Congress to fully fund global vaccination programs.

Go to the GFWC National Link on www.gfwcmenominee.org and read all about it!



Resurrection Food Pantry

Ruth Wesoloski, Liaison
906-863-2232

The Menominee Tri Parish Conference continues to serve the residents of Menominee and Menominee County through our food pantry and by assisting our Friends in Need with emergency help with heating and utilities. Anyone in Menominee County is welcome to visit our food pantry and citizens of the City of Menominee are welcome to inquire for non-food assistance. If you know of anyone who we might assist, please have them call 906-863-3405, Ext. 6. This is the number for Resurrection Parish where our pantry is located. Leave a message if no one answers and someone will be in touch within 24 hours.

American Red Cross Blood Drive

Judy Bramschreiber, Coordinator
906-863-2052

Information will be announced later.

Education and Libraries

Diane Shepard, Chairperson
920-606-9384

The Education Committee is Collecting!

Just a reminder that the Education Committee continues to collect:

- Pop Tabs for Ronald McDonald House
- Pennies for Spies Library



Please keep collecting these items and bring them to our next general meeting!

Epsilon Sigma Omicron (ESO)

Karen Sutek, Chairperson
920-676-3119

"A book is a gift you can open again and again." — Garrison Keillor

Environment

"D" Bachand, Chairperson
860-303-4174

The Environment CSP is promoting a cleanup initiative for **Earth Day-Arbor Day**. We will host an informational table at the April luncheon, where free trash bags will be distributed to attendees for cleanup activities over the **April 22-24 period**. After you collect trash with your bag, please take a picture and send it to D.

Annual Yard Sale

Items are being collected for a yard sale. Just to let you know, we don't actually do the yard sale. We gather the items and someone else does all the work. They then donate in our name to an organization.

Dates to drop off at Judy Reid's house: April 13, 14, 15, 2026. The sunroom door will be unlocked 8 am - 5 pm. No furniture please.

Please include the in-kind dollar value with your donation.

Health & Wellness

Barbara Jones, Chairperson
312-858-0102

Healthy Samples

The Health and Wellness CSP continues offering healthy food samples at our general meetings. Thank you to Joy Peterich for supplying turmeric water and fruit smoothies for our March meeting! Tina Porod and Anne Eickmeyer will be providing healthy side dish samples at our April meeting.



L to R: GFWC members Joy Peterich and Liz Mikutowski pass out healthy samples.

Health & Wellness WALK & TALK

Our CSP meeting will be at 9am at the hospital cafeteria, and then those who would like are encouraged to join in walking the Mary Hofer path. Our next gathering will be on April 10 at 10am. In May, we will be meeting at Red Arrow Park and then ride bicycles to the lighthouse in Menominee. All are welcome!

DID YOU KNOW?? Who hasn't had trouble from time to time getting a good night's sleep? Here are a few recommendations that you might consider incorporating into your daily/nightly routines:

Consistency: Try to set specific times to get up and go to bed each day. The consistency helps with this regulation. If yours varies, set a wakeup time and a bed time, and work on developing consistency.

Bedtime readiness: At least one hour before bedtime, turn off screens- TV, phones, pads. Limiting exposure to blue light helps the body prepare for sleep. Consider reading, listening to soothing music, taking a relaxing

bath, or meditating. Also using blackout shades or curtains to cover your windows will add darkness to your bedroom that promotes sleep.

Temperature: Ideal sleeping temperature is 60 to 67 degrees because the body cools down as it sleeps. You might reduce the temperature to a comfortable but slightly lower temperature and see what impact it has.

Sleep hygiene begins during the day: Diet and exercise play a role. Consider when and how much caffeine or alcohol you consume. Is it best for you to exercise in the morning, afternoon, or evening?

Dedicated sleep space: Consider your bedroom as the room that is used only for sleep and not watching TV, working, or active brain engagement. This way, the body will become accustomed to having its own space for sleep.

GFWC MI News to Know



April 23-25, 2026
GFWC Michigan 131st
State Convention
registration must be postmarked by April 6!

RESERVE YOUR ROOM BEFORE APRIL 8, 2026
SOMERSET INN
2601 W. BIG BEAVER TROY MI 48084
COST: \$139 PLUS TAXES for up to 2 people; \$10 for each additional person
WEDNESDAY April 22 check-in to SUNDAY April 26 check out
CHECK IN TIME: 3 PM CHECK-OUT TIME: 12 NOON
For Hotel Reservations CALL:
248-643-7800
GROUP BLOCK CODE:
General Federation of Women's Clubs of Michigan

GFWC Michigan Art, Crafts, and Photography Contests are open to all GFWC members!

If you are thinking about or planning to submit crafts, art, or photography to be judged at the State convention, April 23-26, **Chris Bomstad has the necessary forms and will assist you.**

Chris must have all items and the completed forms a week before the convention. She will be driving down, delivering all entries, and bringing them all back after the convention.

If you have any questions, please contact Chris Bomstad (906-290-9419) as soon as possible.

Thank you!



Liaison Needed

Mark your calendar! Bay Cliff Day is scheduled for July 21, 2026. Information will be forthcoming in spring or early summer regarding donation items and carpooling.



Guiding Harbor

*Ellen Wertepny,
Liaison,
920-676-6223*

If you would like to learn more about Guiding Harbor, please visit its website at <https://guidingharbor.org>

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