



# GFWC Menominee Women's Club

General Federation of Women's Clubs

www.gfwcmenominee.org

May 2026

Editor: Martha Harding, 906-290-9244



Active Voices in our Community

## 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

### May 6, 2026

Welcome Back Snow Birds!!  
You Were Missed

### The May 6th General Club

**Meeting** will be held at Riverside Country Club, 3459 14<sup>th</sup> 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 has two(2) meal choices 1-Taco Salad and Tortilla Soup OR 2-Vegetarian option, with a Hot Fudge Sundae for dessert.

The program will be the Leadership Transition Ceremony.

Please let your caller know if you have any dietary restrictions associated with the menu. Also, please remember to RSVP your caller before noon April 30, 2026.

## A Look Ahead

May 20, 2026

GFWC Board Meeting, Spies Library, 9:30 am

## GFWC MI and International Dates

April 23-25, 2026

GFWC MI State Convention in Troy, Michigan,

June 25-29, 2026

GFWC 2026 International Convention, Scottsdale, AZ

July 21, 2026

GFWC MI Bay Cliff Health Camp Day

## Spreading 'Sunshine'



Janet Conklin

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. 715-923-3859.

## Club Presidents' Message

Co-Presidents

Eileen Beyer 906-792-8374

Martha Harding 906-290-9244

The GFWC Menominee Women's Club year ends on June 30, and our next club year begins on July 1, 2026 with a new Board and Officers! Some newer members may not realize that our "club year" spans 12 months in 2 different calendar years.

At our May 6 general meeting we will have the installation of the new Board of Directors and the introduction of all Officers.

It has been a busy 2-year term for our current officers and club members, and this term has brought a number of changes to our Club. Some of the bigger changes have been; rewriting Club by-laws, registering our organization as a 501c3 non-profit corporation, the addition of a financial officer to the Board, and the formation of the donation committee.

We appreciate the support each of you provided to this administration and we hope you continue with your support for the new 2026-2028 administration. We gratefully thank you for the time and talent you volunteered for GFWC Menominee, and we especially thank you for being active voices in our community!

# THANK YOU!



Active Voices in our Community

## Past Presidents

Thank you, ladies, for leading our club during your term of office.

Stripling	Jane	1986-1988 & 1996-1998
Higley	Carol Lynn	2004-2006
Mick	Carol	2006-2008
Krah	Pat	2008-2010
VanEyck	Alice	2012-2014
Beyer	Eileen	2016-2018
Harding	Martha	2018-2020
Reid	Judy	2020-2022
Mellon	Valerie	2022-2023
Fay	Ruth	2023-2024

## **Treasurer & Fundraising**

*Pat Brukart, 906-792-8147*

## **Flower Delivery**

*Judy Bramschreiber  
715-923-9380*

GFWC Menominee has delivered flowers for Mother's Day for the Flower Gallery in Menominee for decades. The delivery dates this year will likely be Friday May 8, & Saturday May 9.

If you want to help, please save these dates on your schedule. I (Judy B) will have sign-up sheets at our May 6 General Meeting. If you can't be at the meeting, please call me at the number listed above.

## **Program and Hostesses for 2026-2027 Club Year**

*Katey LeMay 920-615-6108 and  
Ellen Weretepny 920-676-6223  
Co-Chairpersons*

Do you have Program suggestions for our 2026-2027 GFWC luncheon meetings? We would like to hear from you!

Also, please consider signing up to be a hostess at our meetings for the months of October 2026, January, February, March, April, and May 2027. It's a fun and easy thing to do!

As always, we welcome your feedback as to what we are doing right and also things upon which we could improve.

Please Email Program and Hostess Co-Chairs Katie LeMay ([krileylemay@gmail.com](mailto:krileylemay@gmail.com)) and Ellen Wertepny ([ellen.wertepny@gmail.com](mailto:ellen.wertepny@gmail.com)), to sign up or make suggestions.

## **GFWC Menominee Membership**

*Judy Reid Chair 906-792-9186*



**New Member Certificates** were presented to 13 of our 25 new 2025-2026 club members at our general meeting on April 1st.

Welcome ladies!!! We look forward to seeing how you will bring your talents, skills, energy, and enthusiasm into our volunteer club projects. Thank you to each sponsor who shared GFWC and invited these ladies to join our club and to **Pursue the Pearls (GFWC MI Membership Chair Lisa Belisle's Theme)**.



## **New Members 2026**

Left to right: Membership Chair Judy Reid, Cealia Allgeyer, Laurie Landree, Leslie Nemmers, Pam Duvall, Renee Tanguay, Kris Ravet, Michele Lemire, Becky Berg, Mary Lou Nelson

## **Membership Renewals**

Thanks to those who have renewed their GFWC Menominee Women's Club dues for 2026-2027. All renewals are due July 1, 2026. Club Dues remain the same at \$35. Checks payable to: GFWC Menominee. Your checks will be deposited after July 1, 2026. **Please note that renewal forms should be mailed to** GFWC Menominee, c/o Windy Marie Kerkela/ Membership Chair, PO BOX 302, Menominee, MI 49858

## **MI LEADS**

*Judy Reid, Coordinator for GFWC Menominee, 906-792-9186*

Have you ever considered taking on a leadership role in GFWC, but didn't know where or how to begin? GFWC Menominee is looking for 2 clubwomen to attend this very special MI LEADS (Leadership, Education, and Development Seminar). Three of our GFWC MI Presidents 2022-

2028: Kathy Lewis, Rae Lynn Hicks, and Diane LaBrea-Campbell are committed to establishing a "Michigan LEADS" program that will offer tools and resources to our current and future leaders. This project's purpose is to identify potential leaders in our clubs and offer a support system to assist them in achieving their goals. 'Leaders are created, not born.' The seminar will take place in Fall 2026, and more information about applying to attend will follow.

## **Arts and Culture**

*Christine Bomstad, Chairperson,  
906-290-9419*

## **2026 Art for All**

*Karen Loewecke,  
612-655-8714*

Art for All is an annual juried art show and sale sponsored by Art for All, Inc. Artists come from around the region to display and sell their work. For more information you can visit the website- [www.artforallinc.com](http://www.artforallinc.com)

The event will be held at Great Lakes Memorial Marina Park (by the bandshell) on **Sunday, June 28, 2026**. GFWC ladies will again be serving breakfast to participating artists as part of the event the Art for All Committee offers a breakfast buffet for participating artists at the Yacht Club. The committee provides food and GFWC volunteers welcome the artists, set up buffet tables, keep the tables stocked, and clean up after breakfast ends.

An email from Karen Loewecke asking for volunteers to help with the event will be sent soon.

## Artists Reception at Spies Public Library

Judy Reid Coordinator 906-792-9186

**Calling all area Artists!** Spies Public Library will be showcasing area Artists during the month of July 2026.

You are encouraged to submit a piece of artwork/ photography/all types of art for the Art Show. (This is not a contest.)

Contact Spies Library 906-863-3911 for details if this is your first time submitting art, otherwise you should receive a letter inviting you to participate again.

## ARTISTS RECEPTION

GFWC Menominee and Spies Library hosts a reception for the Artists. We supply and serve the treats. If you would like to donate a treat or help serve, please sign-up at our May 6, 2026 meeting with Judy Reid, or contact Judy at 906-792-9186. This reception is open to the public, Mark Your Calendars and plan to attend on Tuesday, July 14, 2026, 4-6 pm.



## Civic Engagement and Outreach

Judy Reid, Chairperson  
906-792-9186

CSP Meeting: Mark your calendar: Civic Engagement & Outreach CSP meeting at 10 am on Wednesday, May 13, 2026 in the community room at The Cottages. We will be selecting a new CSP chair, reviewing our projects from this past year, discussing future projects, and wrapping up this fiscal year. All GFWC Menominee clubwomen are welcome to attend

this meeting, even if you have not signed up for this CSP. Questions? Please ask.

## Public Policy & Legislation

Ruth Wesoloski, Chairperson  
906-863-2232

### This is a "mammogram moment" for Alzheimer's

—an opportunity to make early detection the standard of care. The FDA has approved a simple blood test to detect Alzheimer's and related dementia. The ASP Act would allow Medicare to cover the cost of the blood test to detect Alzheimer's symptoms before they appear. The AADAPT Act will provide funding for virtual dementia education and training for primary care providers. More than 7 million Americans are living with Alzheimer's disease or related dementia, and the numbers are growing. These bills will help patients and their families make better informed treatment decisions, have access to new treatments, and obtain more support for families. Please urge Congress to act!

## M&M Children's Museum

Joy Peterich, Liaison  
715-587-3321

Thanks to all who have brought in RECYCLABLES since the new year. The box will be out again at our May 6 General Meeting; with focus of collecting cardboard (TP or paper towel tubes both work and cereal boxes), Styrofoam trays, plastic bottle caps, and old CDs. Will be used for STEAM events this summer/fall and when the museum opens. Thanks for your support!

Keep your eyes on local advertising for the upcoming Museum Block Party August 7 & 8. A chalk fest, hula hoop-a-thon, 3 on 3 basketball competition, kid's games and hands-on activities, music, and food, with support from area businesses and community groups, is in the works. We are trying to fulfill the mission by developing/supporting kids and family fun, creativity, exploration, and community.



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



Thanks to all who baked bars or cookies for the April 21 Empty Bowls event, a collaboration between SVDP, Salvation Army, and United Way to help fight local hunger.

## SHOP, SHOW, and TELL Party on Tuesday, May 12, 2026,

10 AM to 12 noon.

N2151 Shore Drive, Marinette  
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. Still time to sign up if you'd like to participate in the adventure! **Call, email, or sign up at the May meeting!**



## Resurrection Food Pantry

Ruth Wesoloski, Liaison  
906-863-2232

On **May 8, 2026** we will again be working with the Menominee Postal Workers union as they/we participate in the national Stamp Out Hunger campaign. Volunteers, young and old, drive through the city collecting canned goods that have been placed near residents' mailboxes.

All items collected are donated exclusively to our food pantry which serves residents of Menominee County through our pantry located at Resurrection Parish in Menominee. **Please look for the bags placed by your mailbox a few days before that Saturday.** Place any new, unopened canned or boxed goods in the bag. Leave the bag outside either on your porch or near your mailbox **by 8 AM that Saturday morning** for our volunteers to collect. Even one can is appreciated!



Mark your calendar! Bay Cliff Day is scheduled for July 21, 2026. More info is coming soon!



**Guiding Harbor**

For more information about Guiding Harbor please visit its website <https://guidingharbor.org>

**Education and Libraries**

*Diane Shepard, Chairperson*  
920-606-9384

Thank you to everyone who has been donating “Pennies for Spies.” **We are no longer collecting pennies** as the total amount of the collection was very small and the U.S. mint no longer makes pennies. **We also no longer collect box tops.**

May is the month for our “**Bag of Books**” for **\$2.00 sale**. Please come to the book table at the May 6 General Meeting to select your summer reading material.

Our final **CSP meeting will be on May 21st, Thursday, at 10:00 in Spies meeting room 1.**

We will discuss what we have done this year and what we would like to do in the future. Also, we will determine how to spend our book sale dollars.

Abbey Hoijer has a little project for the Spies summer program for us to assemble. I've heard the theme has to do with dinosaurs!

**Epsilon Sigma Omicron (ESO)**

*Karen Sutek, Chairperson*  
920-676-3119

Please remember to turn in the title and author and date of books read to Karen.

**Environment**

*“D” Bachand, Chairperson*  
860-303-4174

**Yard Sale Recap:**

**Total In-Kind Donations:** \$810  
**Special Thanks:** Judy Reid for providing her entryway to collect all the items.

**Purpose:** The event supports recycling and Earth Day initiatives.

**Next CSP Meeting - May 15th at 10 am, Spies Library**

**Volunteer Opportunities**

Volunteers are needed for upcoming projects to beautify the area (**June dates TBA**)  
Museum Clean-up  
Town Plantings  
Butterfly Garden (at the “Y”)  
M & M Rain Garden Cleanup.

Please mark your calendars for the meeting to help plan these upcoming events. Let D know if you are interested in participating in any of these volunteer opportunities.

**Health and Wellness**

*Barbara Jones, Chairperson*  
312-858-0102

Health and Wellness is pleased to receive such positive feedback from members about the Healthy Eating Samples our CSP has been providing at monthly meetings. This month Renee Herrild and Tina Porod will be offering Healthy breakfast foods for everyone to try. They will also have recipes on hand so that you can make these at home.

Our next Walk and Talk will be held on **Friday May 8<sup>th</sup> at 10am when we will meet at Red Arrow Beach and ride bicycles to the Menominee lighthouse.** We hope that you will consider joining us. Also, if there are movement activities that you would like to try, please contact me.

**DID YOU KNOW?**

*Submitted by member Kris Ravet*  
Did you know that our lifestyle choices can prevent, treat, and, often, even reverse chronic diseases? Below are six suggestions that can make a difference:

**Be mindful of your food choices:**

\*Decrease meat, processed and fast foods, and refined sugar. Choose fiber-filled, nutrient-dense whole plant foods to fill half to 3/4 of your plate.

**Being physically active:** Spend less time sitting. Build more activity into your daily life, such as parking farther away or always taking the stairs.

**Have a strong emotional support system:** Avoid isolation from friends and family.

Spend time with those who lift your spirits and help others when you feel down.

**Manage your stress:** Distance yourself from stressful situations. Take time. Breathe -Try meditation, yoga, and spending time in nature.

**Get plenty of sleep:** Avoid screen time at least 90 minutes before bedtime. Develop an evening routine to relax. Aim for 7 to 9 hours of sleep per night.

**Avoid risky substance use:**

Reduce or eliminate smoking, vaping, and alcohol intake. Substitute other relaxing activities and talk to your physician if you need help,

**ADDITIONAL TIPS**

\*Drink water to quench thirst.

\*Choose a fitness activity you enjoy, such as walking, moving in water, or biking.

Build up slowly, with a goal of at least 30 minutes 5 days/week.

\*For the best quality of sleep, make your room cool, dark, quiet, and comfortable.

\*Understand the well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease.

\*Recognize stress that leads to improved health and productivity vs. stress that leads to anxiety, depression, obesity, immune dysfunction and more.

\*Set regular times to engage with others. Social connectedness is essential to emotional resiliency.

**American Red Cross Blood Drive**

*Judy Bramschreiber, Coordinator*  
906-863-2052

No further information.