



GFWC – Charlotte CLUB COMMUNICATOR

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SPEAKER 2-5-21:

**Jennifer Trotter, CEO
Guiding Harbor/Girlstown**



Jennifer Trotter, LMSW, joined Guiding Harbor in April 2018 as the Chief Executive Officer. Jennifer's career in child welfare spans more than two decades and includes experience working in both supervisory and direct care roles. Jennifer has provided leadership and oversight to statewide and regional programming, coordinated organizational effectiveness efforts such as, volunteers, workforce management software, accreditation, and proposal writing. Jennifer earned her Bachelor of Social Work degree from Eastern Michigan University and Masters in Social Work from Wayne State University. Jennifer and her husband, Rob, live in Canton, Michigan, with their two children, Ruby and Robert.

She told about Guiding Harbor and its programs for child placement services for abused and neglected children. They offer foster care, independent living, adoption program and a residential program. Covid-19 offered many challenges. Technology helped. Guiding Harbor provides services to children across Michigan, though most of their referrals are from Southeast MI. They can care for up to 12 girls in the residential program. For more information, visit: guidingharbor.org .

Consider making a gift to Guiding Harbor by sending a check made out to GFWC-Charlotte, and noting Guiding Harbor in the memo line. Mail to GFWC-Charlotte, P. O. Box 464, Charlotte, MI 48813.





25 members joined via Zoom.

Mini Trips



Cancelled due to Covid-19 Virus. Stay tuned.



Education Foundation Scholarships are available to members of at least one year. For more information, contact Nancy Gensel nc.gensel@gmail.com ; 517-980-1202 or Linda Foster 543-3041 ed@fosterdvm.com

GFWC-Charlotte March Program

The General Federation of Women's Clubs-Charlotte will hold its monthly meeting on Friday, March 5, 2021, virtually. It will be our annual Brainstorming Session and a chance to do some chair yoga together. Come with programming ideas for next year.

If you have any questions, please contact Chris Reist, 543-7734.



Tea and Tomes Join us, via zoom, on Tuesday, February 23 for a discussion on the ebook, *Madam CJ Walker: entrepreneur and self-made millionaire*, by PJ Graham. A child of sharecroppers, married at 14, she began her own haircare business and became the first African-American millionaire. She was the first self-made woman millionaire in the United States. This book is only available using the Hoopla app, free through our Charlotte Community Library. You may have to search by the author's name to find the book in Hoopla. More information about this amazing woman can be found on www.madamejwalker.com We will begin our discussion at 1:00, the Zoom password will be emailed to all book club members in advance.

Sneek Peek March 23, 2021 *Grandma Gatewood's Walk* by Ben Montgomery. First woman to walk the Appalachian Trail.



Women's History Month Event

Hope Royer, WHRC Committee Chairman

The Women's History Month Event will be held remotely on BigMarker at 4:00 p.m. EST on Wednesday, March 3.

GFWC is pleased to announce the selection of Sara Hammel as the presenter at the Women's History Month Event. Sara is the author of the recently-published book, "The Strong Ones." Her name is well known to GFWC, as she was the first recipient of the Croly Award in 1996. Sara credits the award for prompting her to make an important career decision. "After winning the award, I set forth to write about issues that were important to me," she said.

Sara began to write about the inequalities of women in sports — soccer in particular — and women in the field of technology. In the early 2000s, the inequalities of women in the military became Sara's focus. "I watched as female soldiers were injured, killed, and captured in Iraq and Afghanistan — but were still legally banned from combat roles, which meant they were not compensated, awarded, or promoted in the same way their male comrades were for the same brave acts."

"The Strong Ones" is the compelling story of the women and men who influenced the historic decision in 2016 to allow women in the military to serve in combat roles.

Plan to attend the Women's History Month Event on March 3 to hear Sara speak about her book and experiences. A sneak preview of Sara's book is available in the [GFWC Member Portal](#) for clubwomen, located under the "S" Resources folder in the Digital Library. Event registration details will be announced in *News & Notes*.



Board Talk – Chris Reist



Happy February everyone. February may have only 28 days on record, but it certainly has been the most brutal for coldness. The coldness has made us move a bit faster getting in and out of the hot tub. The birds flock to the feeders several times a day for the bird seed and the squirrels are fighting over the corn and peanuts that are put out.

GFWC's Gilding Harbor program., presented by director Jennifer Trotter, was enjoyed by all. This program started by GFWC in 1958, was originally called "Girls Town". It is located in Belleville, Michigan. Jennifer enlightened us that even during the Covid shut downs and challenges they have faced in 2020, Gilding Harbor remained steadfast in their programing. Consider making a donation.

As of our last meeting, we have 980 pairs of socks donated from GFWC- Charlotte members. We had set our goal at 1000 pairs by May. With only 20 pairs to go we will be going over our original goal. Way to go ladies!!!!!!!!!!!!

Carol Little also spoke of "Operation Smile" and the "bag kits" the program is asking for. They are asking GFWC clubs to help fill the bags and to sew the bags being used. The items being requested are as follows: small tubes of tooth paste, kids tooth brushes, non toxic crayons, bubbles, 8 x 11 coloring books, ,small toy items, etc. The items are then bagged up and sent throughout the US and around the world. Carol also has the instructions for sewing the bags and fabric available. If you would like to help with this project please contact Carol Little. (See attachment.)

As you may have heard, we are changing the remaining meetings to Zoom -- both general and board meetings. But we still have a line up of outstanding speakers for you. In March, we will be doing chair Yoga, getting you all relaxed and ready for our brainstorming of ideas for the 2021 - 2022 year. In April, our own Pat Campion will be show casing Charlotte's Historical Homes, along with the installation of a director. In May, we will have a presentation on, "Michigan's Back Yard Birds." Again this year, there will be no Senior Tea, but the three scholarships will be awarded. The committee is already started on the selection process.

GFWC- Charlotte yearly reports were sent to the state. In doing the reports, it puts things in black and white, show casing so much of what all of you do every day for this club, your families, our community, nation and for the world. So many little things are done behind the scenes, which in turns makes other projects come off without a hitch. Thank you, Ladies.

Please continue to watch your email for changes, updates in events, or breaking news items. GFWC- Charlotte is where it is happening due to all of you being awesome members. Thank you one and all. Spring is just days away!!!!!!!!!!!! Stay warm and Stay safe. God Bless



Membership Memos

Remembrances . . .

Sylvia Colles – death of her sister
 Marilyn Monroe Hart – health issues
 Jeanne Tomasek – birth of grandson, MacLaine Ryder Deming - aka Mac; 1/20/21; 9# 13 oz.; 21"; parents are daughter, Lexie, and her husband, Ian.
 Nathalie Weseman – health issues
 Patty Greene – 12th grandchild born (9th grandson) 2-4-21; 8# 8 oz.; 21 ½"; Case Thomas Greene; parents Jeff & Ashley Greene
 Linda Foster – health issues

Birthdays



Anniversaries

Late February

21 Linda Foster
 23 Dana Pray
 28 Dawn Sneckenberg

16 Jo & Dan Vanderstelt
 20 Lisa & Kevin Jackson
 25 Barbara Fulton/Richard Butman

Early March

02 Cathy Rudnitsky
 08 Linda Lord
 08 Dyna Lehman
 08 Sue Pruden
 12 Fran Fuller
 13 Kim Capps
 15 Cindy Miller-Holley

03 Carol & John Little
 06 Ieva & Doug Inglis
 14 Diana & Joe Bartolacci
 18 Sue & Gary Pruden



Hand to Hand



If you know of a club member who could use some help, contact:

Contact Lorraine Green, Chair,
 543-5048, rainraingreen@gmail.com

Mobile Meals Board, Coordinators for 2021



Directors: Linda Foster, President & Coordinator; Lorraine Green, VP & Coordinator; Lee Falik, Secretary; Lori Pray, Treasurer; Sherry Myers & Coordinator, Sue Farlin and Christ Reist
Coordinators present: Amy Krizek, Ginny Baxter, Mary Remenak and Peggy Nichols
Hospital liaison: Rhonda Howard
Coordinators not present: Marilyn Monroe Hart, Amy Smith, Dot Yoder, Fran Fuller, Carol Rossio

Mobile Meals, Inc. of Charlotte held its Annual Members' and Annual Board Meeting on February 1, 2021.. All are GFWC – Charlotte members. This is a project that was started (and is still administrated) by the Club in 1971 and has had 50 continuous successful years! Hot, nutritious meals are prepared daily Sparrow Eaton Hospital (formerly Hayes Green Beach). Our local United Way helps solicit contributions toward the meals to keep the cost at an affordable rate. These funds come from designations to our program through United Way and direct contributions. (We are no longer receiving a grant from United Way.) Please remember to support Mobile Meals when making your donations. A big thank you to all who volunteer by serving on the board, driving, coordinating and helping the program to function. Contact Linda Foster 543-3041 or ed@fosterdvm.com for more information or if you would like to help.



GFWC – Charlotte
Women’s Health – **February 2021**

This month’s Women’s Health Theme is **SLEEP!**

This month’s inspiring woman in health is Marishka K. Brown, Ph.D., who serves as the Director of the National Center on Sleep Disorder Research in Bethesda, Maryland, at the National Heart, Lung, and Blood Institute. Dr. Brown has already achieved career distinction in an area that literally affects everyone. She has directed a body of research that focuses on sleep medicine and sleep disorders and has been part of identifying abnormalities in circadian biology that are linked to heart, lung, and blood disorders.



Women’s health depends on getting sufficient rest. Dr. Brown’s work has revealed some of the ways that insufficient sleep impacts our immune system and is linked to various diseases and declines. In 2018, Dr. Brown led an interagency committee to organize Sleep and the Health of Women, a national public conference attended by 1,200 participants. She also chairs the working group for sleep health objectives in the Department of Health and Human Services’ Healthy People 2030 initiative.

Published research has shown that there are gender differences in sleep and that women report poorer sleep quality and have a higher risk for insomnia than men. While there are many factors that can contribute to sleep problems, women can take steps to insure proper rest, as an important part of their self-care.

February is a great time to work on sleep, while days are shorter.

Consider an app on your digital device to UNDERSTAND your sleep. Among the highly rated apps are:

- Sleep Cycle (for Android or iPhone)
- Pillow (for iPhone)

Consider an app on your digital device to HELP YOU SLEEP. Among many highly rated apps are:

- Calm (stories, sounds, meditations)
- Headspace (sleepcasts, meditation)
- Noisli (your choice of sounds)

Some apps have a cost and some will drain your battery if not plugged in. There are many apps available and finding the right one can help you tackle your sleep challenges.

Women’s health tips for this month:

- The average adult needs between 7 and 9 hours of sleep; find the right amount for you is step one; making sure you get it is the important step!
- When possible, go to bed and get up at approximately the same time every day.
- Create a “sleep sanctuary” with a cool temperature, relaxing images or furnishings, and no digital devices (unless they are used for sleep-enhancing apps).
- Exercise regularly, but not within three hours of bedtime.



Plastic bags are one of the worst offenders of the wasteful products that are polluting the Earth's oceans and occupying the limited space of landfills. This isn't new information, yet 429,000 plastic bags are dumped into landfills each hour; or 7,150 are thrown away each minute.

So what can we do about it?

Opting to use green canvas bags for your grocery shopping is an effective option, but many people still have excess plastic bags lying about the place. Rather than throwing them out, you can reuse them by crocheting them into multi-purpose mats (known as 'plarn' – plastic yarn).

In particular plarn can be used as sleeping mats for people without access to shelter. As sleeping mats, they're more hygienic, water proof, easily transportable, washable and provide protection from the cold concrete. They're a welcome comfort to those living rough, while also keeping more plastic out of landfill and our marine systems!

Several GFWC chapters have taken this initiative on board and have enthusiastically agreed to accept donations of plastic mats to be redistributed to the homeless. So get crochet crazy and improve the quality of life for those who need it most. It takes 850 bags and 50 hours to crochet one 3-foot-by-6-foot-long mat.

YOU can help ahead of time by making the “plarn” or plastic yarn. A youtube video showing how to smooth the bags, chop the ends off, cut them into strips and tie them together to make the "plarn," or plastic yarn helps make these mats as well as keep bags out of the waste stream is posted on GFWC-Charlotte and here: <https://www.youtube.com/watch?v=BLEbyR1nh0s>

Contact Amy Krizek for more information. The Board though this would be a good project for our club.
mom_krizek@hotmail.com



BAY CLIFF WISH LIST

GFWC is a supporter of **Bay Cliff Health Camp** since 1998...where children and adults with physical disabilities learn to believe in themselves, strive for fuller lives, and realize their dreams. It was founded in 1938 and located in Big Bay, MI north of Marquette in the UP. As planning in 2020 began, it became apparent that Bay Cliff summer therapy camp, as we know it, wouldn't be possible. Over the course of the next three months, the staff developed Bay Cliff Virtual Camp(BCVC) - an online-based program slated to deliver new and traditional camp activities, therapy exercises and challenges, and a chance to socialize with fellow campers. For the first time in Bay Cliff's 86-year history, 50 campers participated in a remote camp experience. With contributions from dozens of volunteers, donors, and past staff members, the 2020 camp season was a resounding success. Our community demonstrated its resilience and creativity. Most importantly, our campers showed us what determination and commitment can look like in a very different world. Once again they were a guiding light for us all. Bay Cliff will shine!

Everything we have at Bay Cliff is a gift! From a single book of matches to the entire Camp Library where children go to escape the heat and enjoy a story, we have benefited from the generosity of others! We recognize that rather than monetary donations, some people like to purchase and send actual *stuff!* So we've created a register on Amazon. The items on this [list](#) have all be chosen by department heads, therapists, and others on camp who believe they will help bring about a positive and successful experience to our campers. What's more – Amazon will ship them right to us! Contributions are considered deductible in the year they are postmarked, charged, or transferred.

High Priority Needs:

- Bed Pillows (regular)
- New Twin Mattresses
- Mattress Protectors (water/pest proof)
- Pillow Protectors (water/pest proof)
- **COTTON twin** sheets sets (regular and deep cut)
- Boys and Girls elastic-waist shorts (sizes 6 & adult)
- Safety pins (2 inch)

Priority Needs:

- Children's clothing (sizes 4–10)
- Women's clothing (sizes 14–20)
- Boys dress pants
- Boys ties
- LED Light bulbs (all types)
- Nature guide books

Always Appreciated:

- Arts and crafts supplies
- Children's underwear (sizes 4–10)
- Office supplies
- Balloons
- Sidewalk chalk



A box will be provided at our April meeting for any extra supplies you might want to donate to this worthwhile project. We will continue to discuss how to get them to Bay Cliff at the Michigan GFWC Annual Meeting. If you are interested in sponsoring a camper or more information on Bay Cliff, their web site is: <https://baycliff.org/about-us/wish-list/>

Remember to get your articles in by the 15th of each month for *The Club Communicator* to:

Linda Foster, 316 Beech St., Charlotte, MI 48813; 543-3041;
ed@fosterdvm.com



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