



GFWC – Charlotte CLUB COMMUNICATOR

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MARCH 5TH CHAIR YOGA SPEAKER AMANDA TOLLSTAM



Amanda Tollstam has been a group fitness instructor at AL!VE for 8 years and teaches a variety of classes including pilates, deep stretch, senior fitness and yoga. She is also a licensed massage therapist at AL!VE, in FUSE the Spa, with over 15 years of experience. Amanda spends her free time leading dance and theater choreography and enjoying anything outdoors.



BRAINSTORMING.....



VP Patty Greene presented a slide program showing suggestions for programming that had been sent to her and asked for more ideas. She feels the program committee has quite a few suggestions from which to choose. Let her know if you think of something else.

greenepatr@gmail.com. There are several open spots for chairing and serving on committees for the meetings next year. The form is attached to this email. Let's think optimistically that we will be able to meet in person next year. Sign up to do your part!





Membership Memos

Remembrances...

Okja Kim – member from 1983-2021 died 2/24/21.



Birthdays

Anniversaries

Late March

- 19 Susie Sevitts
- 28 Sara Biskie
- 28 Joan Hasselback
- 29 Carolyn Maier
- 31 Joni Risner

18 Sue & Gary Pruden

April

- 01 Jeana Rohrs
- 01 Jessica Doman
- 06 Sherry Myers

05 Sara & Fred Biskie



Marcia Struckmeyer – updated information: 1906 W. Kilgore, Kalamazoo, MI 49008; 269-251-2746; mstruckmeyer1@gmail.com



Welcome new member, Helen Johnson, President of S[arrow Eaton Hospital. More information will be sent in a separate email.

Happy Saint Patrick's Day



If you used one of these:



Stay at home! You are in the high risk group.

Mini Trips



Trips carpool from Alive – park near the pavilion · All trips can accommodate only a limited number of participants, spaces will be filled first come first serve · Non members are always welcome to join us on our mini trips

Any ideas for future trips let us know – Hope Dixon, 517-490-7451, hopedixon@rocketmail.com or Lisa Starr, 517-282-6088, starlis@wowway.com



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



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



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



Imembersdb is updating things. New members are having to be put in with a more secure password and soon, we may have to update all of our passwords. I'll keep you posted. At the moment, it is a bit more complicated to get into seeing our minutes. Val or I can help you.
Linda Foster



Board Talk – Chris Reist

My goodness another month has past. Soon and very soon the trees will be popping green. Mother nature has been testing us, just to see if we are ready for spring. I think I am speaking for all of us in saying, "we are soooo ready".

Congratulations, ladies. Why you ask? We had set our goal of 1000 pairs of socks donated by May. To date, we have donated "1042" pairs. This project is a Southwestern District project called, "Socks for Soul." The overall district goal is 10,000 pairs by May. Ladies, there is still time to donate a few more, if you can. Also shoe donations continue at DSW. If you are like me, if a new pair comes in an old pair goes.

The State Convention this year is Saturday, April 24. It has been decided to have the convention as a one-day Zoom meeting. More information will be available soon. The Gun Lake Club is planning a one-day, face-to-face Southwestern Fall District meeting. More information on this meeting will come later also.

Another exciting bit of news. congratulations on GFWC- Charlotte being selected for 1st place in the GFWC Michigan Southwestern District for category IV. By the time you are reading our newsletter, the required forms and applications will have been sent to Ruth Ann for consideration for GFWC MI Club of the Year, Ladies you are such awesome women. Thank you one and all.

Our March meeting started with chair yoga. I didn't know you could do so many different positions while sitting in a chair. As we were all relaxed and ready to put on our thinking caps, Patty provided us with a Powerpoint of suggestions for guest speakers and programs for next year. Thank you one and all for your input. So many great ideas were shared. It will be another outstanding year.

Tuesday, March 23, we will be meeting via Zoom, for Tea and Tones. In reading, "Grandma Gatewood's Walk," she would have been a great GFWC member. Age was never a second thought for grandma's walks. Please join Brynda via Zoom at 12:30pm. She will be sending an invitation a couple days ahead.

Amy Krizek has been showing us how to make plastic mats for sleeping from the many plastic bags we get from every store around. You can contact her to find out what to do ahead of time. We are going to plan a day to "weave" the mats in the upcoming months. It will be a day project. All are welcome.

Carol Little who is pulling together our "operation smile" donation reported she has 55 bags sewn. She is still in need of donated small items to send with the bags. They will be mailed in May. For more information contact Carol.

Our next general meeting will be Friday, April 9th via Zoom - gathering at 12:30 and the meeting will start at 1:00. Our program is Pat Champion who is high-lighting homes in Charlotte. You just might see your own home featured. Plan to join us. We will also have our Annual Meeting with the election and installation of one board member.

We want to welcome our newest member, Helen Johnson. Her sponsor is Lori Pray. Helen is the new CEO of Sparrow Eaton Hospital. Welcome Helen.

This weekend we "spring ahead" with our clocks. Evenings will be lighter and brighter, less darkness. As we continue with GFWC meetings and speakers, we are truly blessed with the "tech" people who have pulled us through this Zoom meeting format. It is wonderful to see your smiling faces every month. I hope, if you want the vaccine, you have been able to get signed up and get the injection. I get number 1 tomorrow morning and then number 2 in a month. Stay safe, ladies, enjoy the sunshine, blue sky and I'll see you on Friday, April 9, at 12:30 p.m. God Bless each of you.

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

This month’s Women’s Health Theme is **Live FULLY**

This month’s inspiring woman in health is Dr. Virginia Apgar, who developed a method for assessing the health of a newborn within one minute of birth, which was named the Apgar score after her.

Dr. Apgar was born in 1909 and lived fully until her death in 1974. She had an early interest in science and medicine, deciding while in high school to pursue a medical career. At college, she studied the sciences with exceptional results, while also playing on seven sports teams, reporting for the college newspaper, acting in plays, and playing violin in the orchestra. She went on to be one of 9 medical students at Columbia University. By 1938, she became the first woman to serve as director of a division at Presbyterian Hospital, in her case, the new Division of Anesthesia.



She began studying obstetrical anesthesia—the effects of anesthesia given to a mother during labor on her newborn baby—where she made her greatest contribution to the field, the Apgar Score. This was the first standardized method for evaluating the newborn’s transition to life outside the womb.

Dr. Apgar went on to relate the score more closely to the effects of labor, delivery, and maternal anesthetics on the baby’s condition, which advanced the field with several significant findings. Finally, the Collaborative Project, a twelve-institution study involving 17,221 babies, established that the Apgar Score can predict neonatal survival and neurological development.

Dr. Apgar continued her many interests, bringing her violin to play in chamber quartets while traveling to speak professionally, plus building instruments – two violins, a viola and a cello – plus gardening, fly-fishing, golfing, stamp collecting, and taking flying lessons. Friends, students and colleagues remembered her “as much for her warmth, vivacity, and wicked sense of humor as for her sharp intelligence and professional competence.”

ANY time is a great time to work on living fully.

- Focus on what is possible more than you focus on the barriers and challenges.
- Plan time every week or every month for things you love.
- Be fully in the moment when you do things that are meaningful to you.
- Avoid people and social media sites whose sole purpose is to judge.

Women’s health tips for this month:

- Be true to *you* when you say yes or say no to something.
- Breathe in, breathe out, move on.
- Get busy. Do things that matter that are also things you love.
- Are all of the things that matter to you found *indoors*? Get outdoors anyway!

Quotes about Living Fully:

“Life is a great big canvas, and you should throw all the paint on it you can.” ~ Danny Kaye

“The saddest summary of a life contains three descriptions: could have, might have, and should have.” ~ Louis E. Boone



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



Tea and Tomes: Join us on Tuesday, March 23, for an interesting discussion of *Grandma Gatewood's Walk* by Ben Montgomery. Emma Gatewood was the first woman to walk the 5,000 mile Appalachian Trail in 1955 at the age of 67. Then she walked it again. And then a third time. After that, she walked the Oregon Trail to California! The book is a fascinating history of the Appalachian Trail and Emma's story. The ebook and an audio book are available on the Hoopla app provided by our library; there is a hardcover at our library. We meet via Zoom (a link is provided by Brynda Filkins a day in advance) from 1:00-2:30. This month, we will be joined by Wally Miar from Charlotte who has walked the AT. Wally will join us at 2:00 for his perspectives and answer questions for us.

Sneak Peek: April 27, *News of the World* by Paulette Jiles.



GFWC-Charlotte April 9th Program

Annual Meeting, election and installation of Board Director

Pat Campion will be show casing Charlotte's Historical Homes

Virtual beginning with social time at 12:30, meeting at 1:00

Questions? Contact Chris Reist 543-7734

NOW THAT I'VE LIVED THROUGH AN ACTUAL PLAGUE, I TOTALLY UNDERSTAND WHY ITALIAN RENAISSANCE PAINTINGS ARE FULL OF NAKED FAT PEOPLE LAYING ON COUCHES.

KIND NEWS ORDER FORM

To adopt a classroom for the **2021-22** school year, please complete this form and return by **May 21, 2021** to Carol Rossio, 2233 S. Cochran Rd., Charlotte, along with a **\$25.00** check made out to **GFWC-Charlotte**.

Your Name: _____

Is there a specific teacher/classroom you'd like to sponsor? If so, please complete the information below:

Teacher Name: _____ Grade _____

Level _____

School: _____ Address(if not in Charlotte): _____

Questions? Contact Carol Rossio at 543-4172 or cjrossio@hotmail.com.



GFWC - CHARLOTTE
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Happy Saint Patrick's Day

