



# Grand Rapids Timberline

NEWS FOR AND ABOUT  
**AAUW GRAND RAPIDS**  
BRANCH MEMBERS

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**MISSION: AAUW advances gender equity for women and girls through research education and advocacy.**



**November 17, 2025**

**Location: United Methodist Church**

**Social/Registration: 5:00-5:45 PM Dinner: 5:45 – 6:30 PM**

**Menu:** Company Chicken on Wild Rice, Glazed Carrots, Eclair Cake  
Cost \$17

**Food Chair:** Vicki Holmstrom

**Food Committee:** Louise Koglin Fideldy, Karen Wennen, Ellen Edverson

**\*\*RSVP to [AAUWRSVPGrandRapids@gmail.com](mailto:AAUWRSVPGrandRapids@gmail.com)  
by Monday, November 10, 2025**

**November Business Meeting and Program: 6:30 PM**

**Program: AN UNEXPECTED JOURNEY by Brittany Krauss**

Brittany Krauss is a massage therapist and owner of M.Y. Bodywork. At 11, a cancer diagnosis pulled Brittany off the path she thought she'd follow with a clear vision of the future to the medical world where she never thought she'd be. But over time, that world became not just part of her story, but her purpose. In a honest and hopeful talk, she shares how resilience, mindset, and support helped navigate illness, life-changing rotationplasty and ultimate healing. She opened her own business in 2025, turning pain into passion—and helping others see recovery not as a luxury, but a necessity.



**Coming up for the December Meeting:**



**December 15, 2025 Meeting  
Forest Lake Restaurant**

Choice of:

Chicken Caprese over pasta

Coconut Shrimp

Walleye Almandine

8 oz Sirloin44

(Served with bread, salad, potato and dessert)

Cost \$32 (includes tip)

**\*\*RSVP to [AAUWRSVPGrandRapids@gmail.com](mailto:AAUWRSVPGrandRapids@gmail.com)  
by Monday, December 8, 2025**

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**President's Message**

Hello Friends!

The Fall Gathering was quite successful. I heard a lot of positive comments about the speakers and activities. KAXE was quite successful with winning the \$17,000 for their funding. Thank you, Kathy Pliska.

Please bring your used books to the November meeting and consider purchasing some different ones to read.

The State AAUW Meeting will be at Ruttger's Bay Lake Resort on April 25th and 26<sup>th</sup>, 2026. More information will be coming.

The next Board Meeting will be November 5th at the Methodist Church at 9:30 AM in the Yellow Room,

Respectively submitted,  
Susan LaVelle, President



***Please check the directory to make sure all your information  
is correct, and if not, or there is a change, please email  
Vicki Holmstrom. [agiledog5@aol.com](mailto:agiledog5@aol.com).***

**Please update your email address for Linda Johnson.  
Her new address is [lindajohnson482@gmail.com](mailto:lindajohnson482@gmail.com)**

## **New Members – Welcome!!**

**Diane Johnson** 218-259-1875  
18477 Sugar Lake Trail Cohasset, MN 55721  
[diannejohnson1234@gmail.com](mailto:diannejohnson1234@gmail.com)

**Debra Smith** 507-250-0882  
1711 Valley Circle Grand Rapids, MN 55744  
[Daffytwo@aol.com](mailto:Daffytwo@aol.com)



### **\*\*\*Travel Treasures**

Thank you to the Conference Committee! We had a great time on October 4<sup>th</sup>, and the speakers were so informative. A fun time was had by all!

We also added \$86 to our Scholarship Fund! Thank you to:

- Ellen Edvenson for the warm woolen socks from Cornwall, England;
- Nancy Raymond for the VERY large bottle of Huckleberry syrup and pancake mix from Beartooth Highway in Red Lodge Montana;
- Louise Koglin-Fideldy for the hot apple cider teabags from Aamodt's Apple Farm in Stillwater, MN;
- Linda Johnson for chocolate from a salt mine in Poland and a shopping bag while on a Viking Cruise on the Rhine in Germany.

At our November meeting we will have our **BOOK FAIR** along with **Travel Treasures!** (photos 1 & 2)

Thank you,  
Marlys Mestemacher

***Our "Travel Treasures was featured as an idea for the other branches at our Fall Gathering on October 4<sup>th</sup>. Marlys Mestemacher has done a fabulous job in coordinating this and adding the information in the newsletter each month so that we know where our members have traveled. A huge thank you to Marlys for contributing to the success of raising approximately \$1000 a year for our scholarship fund through this.***



### ***Did you attend our fall gathering?***

If you did not, you missed a very informative and interesting day!

- We hosted the branches including Brainerd, Duluth, Ely, Hibbing, and Virginia with representatives from each branch.
- We had speakers from KAXE and goMARTI.
- There was an interactive scarf demo from member Anita Firman.(who had hundreds of scarves with her)
- Each branch had a representative and shared ideas of things their branches are doing to raise money for scholarships from a trivia night to "pop-ups." They all had successful fundraising ideas. The most unique was from Ely called "Pie for Breakfast."

A thank you to all involved with helping make our event memorable and successful!

### **\*\*INTEREST GROUPS\*\***

#### **\*\*\*LITERATURE**

The Monday Morning Lit Group will meet on November 3rd at 9:30 AM in the private dining room at Majestic Pines. Ellen Edverson will lead our discussion of Harper Lee's TO KILL A MOCKINGBIRD. Coffee will be provided. For more information, contact Nancy Salmi at 218-244-6063 or [nsalmi@earthlink.net](mailto:nsalmi@earthlink.net).

#### **\*\*\*WALKING & TALKING**

The fall and winter schedule has the group walking on Tuesday afternoons at 1 PM. By October we will be on the Tuesday schedule. The locations change from week to week but usually are in the Grand Rapids area. The group is open to new members interested in walking. If you would like to join us, send your email address and cell number to Karen Karls at [k.karls@yahoo.com](mailto:k.karls@yahoo.com). You will receive an email with the weekly walk location. Members walk when they can or want to; no need to RSVP.

We walked from Nancy's and checked out all the beautiful fall colors.

We took a walk through the woods and the rustling of the leaves  
was louder than we were! (photo 1)

Our Walking Group had a "boo-tiful" time exploring Halloween decorations in Grand Rapids. Thank you, Karen, for your leadership and Norma, for pointing us to the best displays. (photos 2 & 3)

B&B on Pokegama Ave featured a cemetery on the front lawn. Instead of antlers that welcome visitors to Jackson Hole WY, an archway of skulls led us to a spooky yard. Where do they store all this stuff in the off season? (photo 4)  
(Check out photos and captions on Cathy Davies' Facebook page!)

**\*\*\*SUNSHINE & CARING**

If any member of AAUW needs a bit of sunshine because of illness or a sympathy card, please let Nancy Raymond know, she is our new SUNSHINE & CARING contact. She will send a card from AAUW. You can email her at: [nmraymond14@gmail.com](mailto:nmraymond14@gmail.com).

**PROMINENT FORMER AAUW MEMBERS INCLUDE:**

JANE ADDAMS, CO-FOUNDER OF THE "HULL HOUSE".  
SUFFRAGE PIONEERS CARRIE CHAPMAN CATT  
AND MAY WRIGHT SEAWALL.



**AAUW MN State Meetings  
Brainerd will be hosting the convention  
April 24, 25, 2026  
Ruttger's Bay Lake Resort**

Note: Former member of our Grand Rapids Branch  
and our former newsletter editor, Arlene Wheaten,  
is now the President of Brainerd AAUW



**Linda Lonson - November 13  
JoAnn Bakken - November 14  
Susan "Sue" Mattson - November 16  
Dorothy "Dody" Davies - November 23  
Carolyn Chase - November 25**



**Websites for state and national AAUW information:**

MN AAUW website: <http://aauw-mn.aauw.net>

National AAUW website: [www.aauw.org](http://www.aauw.org)

**ADVANCING EQUITY FOR WOMEN & GIRLS – FOR MORE INFORMATION**  
NATIONAL ASSOCIATION [www.aauw.org](http://www.aauw.org)  
AAUW MINNESOTA [www.aauwmn.net](http://www.aauwmn.net)