



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

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# Grand Rapids Timberline



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



**January 19, 2026**

**Location: United Methodist Church**

**Social/Registration: 11:30 AM Lunch: 11:45 AM**

**Menu: Baked Potato Bar, Brownies**

Cost \$15

**Food Chair: Nancy Salmi**

**Food Committee: Kathleen Spencer, Martha Lentz, Ann Clark**

**\*\*RSVP to [AAUWRSVPGrandRapids@gmail.com](mailto:AAUWRSVPGrandRapids@gmail.com)  
by Monday, January 12, 2026**

If you have a concern on your reservation, you can either use the reservation link or contact Linda Johnson directly at: [lindajohnsonj@q.com](mailto:lindajohnsonj@q.com) or 218-259-2305. Linda is our reservation expert, and she checks the reservation emails daily.

**Business Meeting and Program: 12:30 PM**

**Program: Caregiving from the Heart, by Lisa Fox**

Lisa Fox is a Licensed Professional Clinical Counselor with Northland Counseling Center. She earned her BA in Psychology from the University of California and her MS in Mental Health Counseling from Western Washington University in Bellingham, WA. She specializes in supporting individuals with anxiety, depression, stress management and life transitions. Her program offers strategies for supporting

ourselves as caregivers while we provide support to loved ones in our life across various life stages.

### **President's Message**

Hello Friends!

Another year has gone by-oh so quickly. Our December gathering at Forest Lake Restaurant was celebratory. At each table there was one person who went home with a beautiful blooming Christmas Cactus. Of course, the food was delicious. After dinner everyone participated in building a wire bracelet, with directions from Anita Firman.

Information will be coming out shortly about this year's State AAUW Gathering to be held at Ruttger's Bay Lake Resort. The dates are April 24th & 25th, 2026.

I hope everyone has a Blessed and Peaceful Holiday season. Hopefully everyone can join us at the January lunch meeting.

Respectfully submitted,  
Susan C. LaVelle, President



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

We all had a wonderful time at our Christmas Party! We added \$61 to our Scholarship Fund!

Thank you to:

- Cathy Davies for tea bags and a beautiful case from Nepa.
- Kathleen Spencer for a coin purse and Llama key chain from her most interesting trip to Peru.
- Jean Gardner has been on many adventures lately and donated a coin purse from the Czech Republic and a Rune necklace from Iceland.

**SPECIAL DRAWING!**

We also added another \$45 to our fund!

- Linda Johnson donated one of her adorable homemade gingerbread houses! Thank you so much, I only wish I had won it.

See you at the January meeting!

Marlys Mestemacher  
Jean Gardner



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

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

The AAUW Monday Morning Lit Group will meet on January 5, 2026, at 9:30 AM in the private dining room at Majestic Pines. Jan Bilden will lead our discussion of *THE ENCHANTED APRIL* by Elizabeth von Arnim. 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. 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.

### **\*\*\*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 SUNSHINE & CARING contact. She will send a card from AAUW. You can email her at: [nmraymond14@gmail.com](mailto:nmraymond14@gmail.com).




*Many Heartfelt Thanks!!*




*Thank you to Linda Johnson for taking reservations for our lunch  
and dinner meetings, working with our caterers  
and making sure we have supplies, such as coffee and paper goods,  
for the meals.*

*Linda also organizes the August picnic.  
Thanks to Linda's efforts, it all runs very smoothly!*



We have 41 members throughout the year that help  
with the set up and cleanup for the meals.  
Thank you to all who have volunteered – –  
we couldn't do it without you!



**Jolene Landwer - January 3**  
**Terri Friesen - January 11**  
**Jean Gardner - January 19**  
**Alexandra Zimmerman - January 25**  
**Marian Barry - January 27**  
**Louise Koglin Fideldy - January 27**  
**Karen Wennen - January 27**  
**Diane Andersen - January 31**

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

Our Grand Rapids AAUW blog: <http://grandrapidsaauw.blogspotcom/>

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)