



SENIOR WOMEN'S CLUB MONTHLY NEWSLETTER

Please take a look at your calendar and schedule time for the great programs coming up in August! Bring a friend to our next meeting.

Coffee is back! Thank you to Nancy Whitson for volunteering to set up coffee for us at each meeting. Let Nancy know if you would like to provide a treat for the meeting.

The Senior Women's Club meets the 2nd Wednesday of each month at 10:00 am and the last Thursday of each month at 1:00 pm, in the Log Lodge. If you know of someone that is interested in joining, please contact Kim Lape at klape@rockriverymca.org or 815-489-1254 for more details.

Invoices were mailed out in May for the SWC Dues for the program year of June 1, 2022 through May 31, 2023. Annual dues are still \$45.00. Let Kim know if you have any questions.

UPCOMING SPEAKERS

AUGUST 10

Andy Gannon likes to joke that when he first started at 23 WIFR in February 1983, he had brown hair. His first job at the station was weekend sports anchor, but he quickly moved up to sports director. In the mid-90s, he started as an anchor on 23 News This Morning, where he's stayed ever since. Andy will be talking to us on the history of the news in past years.

AUGUST 25

Danielle Angileri is the Executive Director of NAMI Northern Illinois, an affiliate of the National Alliance on Mental Illness (NAMI). NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for individuals and families living with mental illness through support, education, advocacy and hope. Danielle was born and raised on the northwest side of Rockford where she continues to live today. Her family is deeply rooted in our community culturally, in industry, and in pride of our city. Prior to NAMI work, her work life experience had been in her family's business and the child care/education setting, which heightened her passion for helping others thrive. Danielle's beliefs in her position (and her life) remain to unite others, to teach, to care, and to lead by example. She will be talking about the different programs that are available in the area.

GREETERS, READERS & TREATS

If you have volunteered to be a greeter, share a poem, prayer or story with us or if you are bringing treats to be enjoyed -- THANK YOU! This just helps to make our meetings more enjoyable. Many hands make light work, so we appreciate anytime you can help out with these things. See the open spots below.

GREETERS FOR AUGUST

08/10/22, _____
08/25/22, _____

READERS FOR AUGUST

08/10/22, Erope Beckum
08 /25/22, _____

TREATS FOR AUGUST

08/10/22, Bette Spiekys
08/25/22, Judie Whitney

BOARD MEMBERS

Jennie Adams, Cindy Nichols, Judie Whitney, Nancy Peterson, Valerie Kryder, and Erope Beckum

We need you to get involved in your club. We now have four open board positions to fill. If you are interested in serving on the SWC Board, please contact any Board Member for more information. Elections take place September 14.

RECIPE

FRESH PEACH SALAD

Ingredients:

For the salad:

1/4 cup sliced almonds

6 to 8 cups mixed greens (we like a mix of butter lettuce and other greens)

3 small (or 2 large) ripe peaches

1 handful red onion slices

1/2 cup canned corn, drained (or fresh corn or grilled corn)

2 ounces soft goat cheese, crumbled (or feta cheese; omit for vegan)

For the dressing:

1 1/2 tablespoons balsamic vinegar

1 tablespoon Dijon mustard

1 tablespoon maple syrup

1/4 teaspoon kosher salt

Fresh ground black pepper

1/4 cup olive oil

1. Toast the almonds: Place the nuts in a dry skillet (no oil) over medium heat. Heat, shaking the pan and stirring often with a wooden spoon, until the nuts are fragrant and golden brown, about 4 to 5 minutes. Remove immediately from the heat and transfer to a plate to stop the cooking.

2. Prep the fresh ingredients: Slice the peaches. Thinly slice the onion.

3. Make the dressing: In a small bowl, whisk together the balsamic vinegar, maple syrup, olive oil, kosher salt, and several grinds of fresh ground black pepper until thick and emulsified.

4. Serve: To serve, top the greens with the peaches, almonds, red onion, goat cheese, and corn, then drizzle with the dressing. Serve immediately.

DATES TO REMEMBER

SWC Board Meeting

Date: 08/10/2022

Time: 9:00 am

Location: Log Lodge

White Pines Playhouse Theater

Date: 09/15/2022

Time: 9:30 am (Load the bus in front of the Log Lodge or drive on your own)

Location: White Pines in Oregon, IL

Last chance to purchase your ticket from Cindy Nichols on August 10th. The total cost is \$41.00 per person. Lunch included.

AUGUST BIRTHDAYS

Stella Barnes, 08/13

Martha Carrington, 08/29

A few items for your consideration:

Please be thinking about how you can best serve your club. Things to do include:

*Be a reader at an upcoming meeting (say a favorite prayer, read a favorite poem or funny article)

*Bring a treat to share at a meeting

*Be a greeter (welcome everyone coming in the door and ask them to sign in)

*Consider being on the board (we are all in this together and we will all learn together)

QUESTIONS?

Contact Kim Lape
klape@rockriverymca.org
815-489-1254
www.rockriverymca.org

Please submit items for the newsletter to Kim Lape by the 15th of each month.