



# Monday Club Matters Spring 2026

Do you want **your** photo to be on our cover? Submit your entry by June 1 to Jeni O'Callaghan [ecubed928@msn.com](mailto:ecubed928@msn.com)

## President's Message by Jean Franovich

Spring hovers on the horizon, and along with the budding leaves and fragrant blossoms comes a deep sense of renewal. To celebrate this sense of renewal, we can participate in our spring conventions which will provide great opportunities for us to review and renew our commitment as clubwomen.

The Greater Arizona District convention will be in our own clubhouse on Saturday, March 28, and the theme is It's a Grand Old Flag. We will have the opportunity to greet women from other clubs and learn about their accomplishments. We hope that most of our members will attend to welcome them and deepen our bonds of friendship.



**Dress:** Celebrate our Flag—wear your red, white and blue

**Done in a day:** puzzle books: puzzles, word search, Sudoku and other game books for members of the VFW.

Our next opportunity to gather with women from across Arizona will be at the state convention in Phoenix. Highlights will include knowledgeable speakers, line dancing lessons and opportunities to share ideas. One of my favorite convention features is to shop at the booths set up by many of the clubs.



**2026 GFWC Arizona State Convention**  
**April 17 – 19, 2026**  
**Crowne Plaza Phoenix Airport - PHX**

At every meeting, we recite the Collect for Clubwomen which includes the words, "Teach us to put into action our better impulses, straightforward and unafraid." These words ring out loud and clear at each convention. Our generous hearts are deeply inspired when we hear how the actions of our better impulses improve our communities and ourselves. Please plan to attend one or both of these conventions to share the tremendous opportunities for renewal. Contact Janette Gann, Jeni O'Callaghan or me for details and registration forms.



## Guided Painting brings out budding artists

The first Club painting class included Janette Gann, Jeni O'Callaghan (instructor) Rosey Padgett and Jean Franovich. They created a night scene with cactus or pine trees under the stars.

## Fourth Friday Art Walk will be on March 27

Please join Jeni and the other members of the Arts and Culture Team for the Art Walk in downtown Prescott. If you want to go, please text Jeni at 928.821.0468 and please include your name. For more information go here: <https://www.artthe4th.com/>

## Greater Arizona District President's Message by Jeni O'Callaghan

The GAD Convention in Prescott will be at our Clubhouse on March 28 starting at 10 a.m. We will stuff goodie bags for this event after our General Meeting on March 16. We also need members to donate salads and snacks. Please text me (928.821.0468) if you can help with either of these projects.

As President of GAD, I am part of the executive committee for GFWC-AZ, and things are happening! We have our annual state convention April 17-19 in Phoenix and the deadline for discounted hotel rates is March 27. I do encourage everyone to attend the state convention, even for just a day, it is a fun time! We will arrange car pools for those who want to participate.

### But, wait there's more!

GFWC-AZ is hosting the GFWC International Convention June 26-29 in Scottsdale at the Westin Kierland Resort. This is a big deal, and I encourage all of you to attend. Volunteers are needed and more details about that are coming soon. This is a great time to meet and connect with many clubwomen from near and far.

### Gentle Reminders:

- Visit our website for photos and news: [1895mondayclub.org](http://1895mondayclub.org)
- **RSVP** for meetings and **bring your yearbook**.
- Visit with new members at lunch.
- Participate in the fun activities and events.
- **Don't Worry; Be Happy!**

### Club Events at a Glance

**March 16 General Meeting with potluck at noon.**

**March 27** Fourth Friday Art Walk in downtown Prescott.

**March 28** GAD Convention at our clubhouse at 10 a.m.

**March 30** Fifth Monday Lunch RSVP through Punchbowl evite.

**April 6** Executive Board meeting

**April 17-19** GFWC-AZ convention in Phoenix

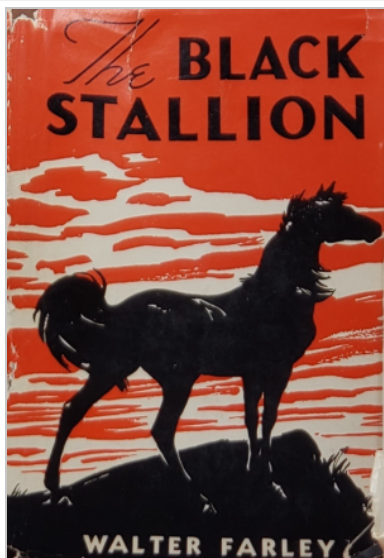
**April 20** General Meeting with potluck at noon.

**May 4** Executive Board meeting

**May 18** General Meeting with potluck at noon.

**June 1** Executive Board meeting

**June 15** General Meeting with potluck at noon.



### Book recommendation by Jeni O'Callaghan

**Read any great books lately?** My book club theme was horses. I reread (last time I read it I was 12) *The Black Stallion* by Walter Farley. A young man and a horse are stranded on a desert island, survive and the horse becomes a winner in a major horse race.



## Party Time!

Long-time member, Anne Lack, celebrated her 100<sup>th</sup> Birthday here on April 2 with Monday Club members and friends.

A Health and Wellness Message from chairman Lura Kingsford

### Could High Insulin Be Behind Your Symptoms? Fasting Insulin is the Early Warning Signal

According to Benjamin Bikman  
(author of *Why We Get Sick*)

#### Optimal Fasting Insulin:

2–6  $\mu\text{U}/\text{mL}$

Most labs say “normal” is under 25...  
But metabolically, optimal is much lower.

#### High Insulin Can Contribute To:

- Weight gain (especially belly fat)
- High blood pressure
- Fatigue after meals
- Brain fog
- Cravings
- Rising A1C later
- Kidney stress

Insulin resistance often begins  
10+ years before diagnosis.

#### What Raises Insulin?

- Refined carbohydrates
- Frequent snacking
- Chronic stress
- Poor sleep
- Inflammation
- Sedentary lifestyle

#### Why Does This Matter?

Lower fasting insulin is associated with:

- Easier weight loss
- Stable energy
- Lower blood pressure
- Reduced inflammation
- Kidney protection
- Clearer thinking

#### What LOWERS Insulin?

Small daily habits that help your body  
restore metabolic balance

Based on research shared by Benjamin Bikman  
(author of *Why We Get Sick*)

##### 1 Eat Protein + Fiber First

Start meals with:

- Non-starchy vegetables
- Quality protein
- Healthy fats

This slows glucose rise → lowers insulin response.

##### 2 Allow Insulin to Come Down

Avoid constant snacking.

Create 3–4-hour breaks between meals.

Consider gentle intermittent fasting  
(if appropriate for you).

##### 3 Build & Use Muscle

Muscle acts like a glucose sponge.

- Strength training
- Walking after meals
- Daily movement

Movement increases insulin sensitivity.

##### 4 Protect Sleep

7–8 hours help:

- Lower cortisol
- Improve insulin response
- Reduce cravings

Even 1–2 poor nights raise insulin.

##### 5 Reduce Chronic Stress

Chronic stress → high cortisol → higher insulin.  
Breathing. Prayer. Gratitude. Time in nature.

##### 6 Reduce Refined Carbohydrates

Less sugar + white flour = fewer insulin spikes.

Focus on whole foods.