



# FEBRUARY 2025 Newsletter

## friendship

### Topics

- Healing
- Upcoming Meetings
- Art Tour
- President Speaks
- Utsalady Pair
- Membership Dues

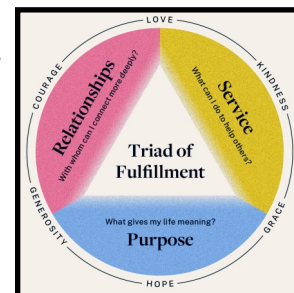
### Happy Birthday!



- Bonnie Brown
- Ali Linn
- Eileen Lund-Garrison
- Lily Schwender
- JoAnn Scott

### Healing with Ladies Aid

Our Nation's doctor, Vivek Murthy, wrote a parting prescription for a healthier country. He focused on three core pillars: purpose, community and love. By engaging in these, it can significantly influence health outcomes such as anxiety, heart disease, and depression. Building relationships is an essential part of cultivating community, which means actively setting aside time to connect with someone with honesty and authenticity. I believe Ladies Aid provides members with an opportunity to connect with a friend every time you walk through the door. How lucky are we to have such a wonderful organization.



### Upcoming Meetings

Our next **Membership meeting** will be **Wednesday, February 12<sup>th</sup>**, at 11:30am for socializing and business meeting at 1:00pm. Our hostesses will be Sole Somers, Jody Metzger, Pat Bronson, Judy Scheuffele, Wanda Hill, Cheri Bloomquist and Laurie Dilday. We will be having a Valentine exchange, drop one in the basket and choose your valentine. The **Board meeting** will be on **Monday, February 10<sup>th</sup>**, from 11:00am to 1:00pm.

**ULA Fun Day** will be the last Wednesday of the month which is **February 26<sup>th</sup>**. We thought we would try some puzzles and games since all of our projects are finished.

Doors open at 10:00am. Come have a cup of coffee with a friend.



### Art Tour

First planning meeting will be late February for the Art Tour! Let's start planning early and we will be on top of all the committees. It takes a village!

## FROM THE PRESIDENT

### President's Message

As my grandson Liam just told me, "What are some ways to show kindness? I can show kindness by helping others, he said ". He is just under 6 years old and wise for his age.

I had to think twice how I can use Kindness in the Letter from the President for February. January has had its ups and downs, and I do not want to relive these days. I want to move forward and enjoy life, friends, be happy, and all the kindness shown by our Ladies Aid. We treat each other with respect. I am grateful to hear from you. We are full of good ideas that we share in hopes we move forward in whatever task and continually learn.



I think many of you have re-introduced me to the power of prayer and God. I have received peace, directions moving forward and a lot of love. Let go of resentments and pray for the people that have harmed you. I have. I move forward with love in my heart and continue to serve as President.

Happy Valentines Day

Louise Donaldson, President, Utsalady Ladies Aid

### Utsalady Pair



It took 248 years for the Bald Eagle to become America's national bird. A bill was signed into law on December 24, 2024. Preston Cook spent his life advocating for the Bald Eagle by collecting artifacts to donate to the National Eagle Center in Minnesota. He also wrote the bill that the president signed. There is a pair of Bald Eagles that roost in snag above the Utsalady Bay and hopefully they have a nest nearby. On February 22<sup>nd</sup> the annual Snow Goose Festival will be at the Floyd in Stanwood. There will be speakers on eagles, swans, owls and buses to take you birdwatching. A great way to experience one of Western Washington's most spectacular natural events and bring a friend!

### Membership Dues

Utsalady Ladies Aid membership costs \$25 due **January 1, 2025**. Please join us for another year filled with good food, kindness, giving spirits, helping those in need, building friendships, and opportunities for ladies of all ages to gather and learn from one another.

You can mail a check to: **Utsalady Ladies Aid, P.O Box 1435,  
Stanwood, WA. 98292**

*Happy Valentine's Day!*