

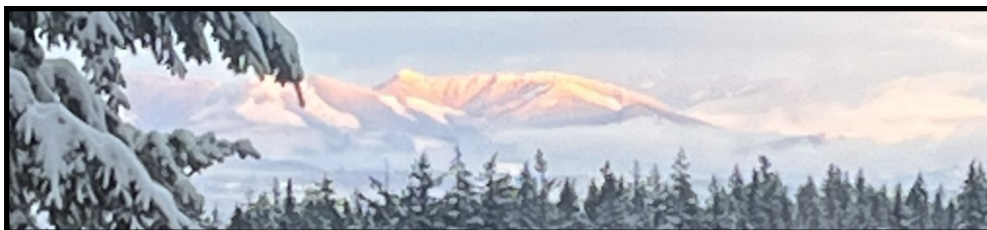


JANUARY 2025 Newsletter

Refresh for the New Year

Topics

- Wintering
- Upcoming Meetings
- Wreaths Across America
- President Speaks
- Membership Dues
- Cookie Tins



Wintering

Winter gives us time to nourish ourselves in deep retreat and to enjoy the hushed beauty of nature. It is okay to slow down and rest. "Souping" is a great way to flood your body with powerful nutrients. Making a soup with a ton of vegetables, herbs and spices is an easy way to get loads of vitamins, minerals, and antioxidants. Why not throw together a winter salad with pears, cranberries, nuts or kiwi? We all want to be healthy right? A short winter walk in the forest might just be what the doctor ordered. Winter can be a challenge but make your resolution to find solutions to make it fun. Winter gives us time to refresh and get ready to ring in a whole new year of gardening.

Happy Birthday!



- Lucy Armstrong
- Grace Bailey
- Jeni Bottin
- Virginia Coburn
- Christina Dermody
- Sophia Fisher
- Mary Margaret Haugen
- Ute Josephsen
- Skip Kaufman
- Maureen Milchem

Upcoming Meetings

Our next **Membership meeting** will be **Wednesday, January 8th**, at 11:30am for socializing and business meeting at 1:00pm. Our hostesses will be Valerie Spagnolo, Jan Newton and Kristi Kaufman. The **Board meeting** will be on **Monday, January 6th**, from 11:00am to 1:00pm.

UFA Fun Day will be the last Wednesday of the month which is **January 29th**. Bring all those unfinished projects from last year and let's get them done! Coffee is ready at 10:00 am.

Wreaths Across America

On December 14th at 10:00am with the wind howling through the trees, the 8 wreaths purchased by Utsalady Ladies Aid were placed on each Veteran's grave with respect and a "thank you" for their service. You can purchase wreaths for next year and your donation will be matched until January 17th. The American Legion has raised enough money to purchase over half the wreaths needed for next year.



FROM THE PRESIDENT

President's Message

Greetings to my fellow members of Utsalady Ladies Aid!

Happy New Year 2025 to the new Board, Trustees, Committee chairs and our wonderful group of Ladies Aid.

I am truly grateful for the opportunity to serve as your incoming President. I know I have a lot of hats to fill and will be on a serious learning curve. I am very thankful for our past board members that are now trustees and can keep me focused on our mission.

We are fortunate that we have great volunteers who are willing to serve our great organization. If you have any ideas for committees, events, community involvement, please let me know. You can call me any time at 425-941-2041 or email me at Louised2@msn.com to share your ideas. Remember, everything we do in Ladies Aid started as an idea.

A little bit about me: I was born and raised in western Washington, moving around the Eastside over the years in Bellevue, Kirkland and Redmond. I am married to Curt who some of you have met during different events. We bought in the Country Club in 2014. The house needed work, so while Curt was winding down in his career in the Seattle area, I was on the island remodeling our new home. That was a fun time in life to oversee that remodeling project.

Curt retired in 2018 and we have been living the island life ever since. I have never lived in one place this long since living at home as a kid.

I have one daughter, Christina, a kindergarten teacher. She is married to Anthony and they have a 5-year old son.

I have been a proud member of Utsalady Ladies Aid for over 10 years. We have the best members of any Island group. I'm grateful Idonna brought me to a luncheon in 2014 and I signed up right away?

I thank the outgoing Board, Trustees and Committee Chairs for all their tireless efforts and contributions during their tenure.

Again, thank you so much for this amazing opportunity to serve in my new capacity as your President



Sincerely,

Louise Donaldson, President, Utsalady Ladies Aid

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**



Neighborhood Cookie Delivery

On December 21st Ladies Aid members walked Utsalady Road delivering Christmas tins full of homemade goodies to our neighbors. It had stopped raining and we were able to find 7 people home. We tried again on Sunday and were able to deliver 6 more. The neighbors were most appreciative. Who knew a tin of treats would bring such a response of love and joy from our community.

Happy & Safe New Year, Ladies