



GFWC CRYSTAL RIVER WOMAN'S CLUB

"An organization dedicated to community service and improving the lives of others."



President's Message



"B.E.E.S. - "Brilliant, Enthusiastic, Energetic Sisters"

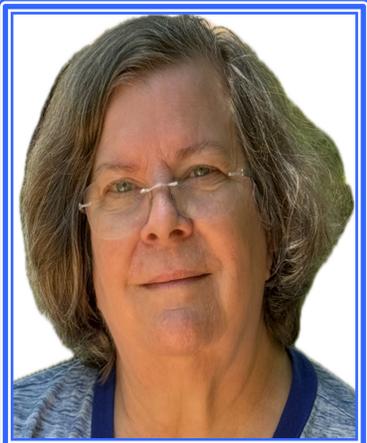


President's Message:

Hello February! I sure hope you bring an early Spring. February makes many people think of Valentine's Day, hearts, flowers, and LOVE. And let's not forget chocolates. It's a good time to enhance one's candy stash.

This is also when many heart organizations focus on American Heart Month with heart attack symptoms for women being rather vague compared to men's symptoms all women should familiarize themselves with those symptoms, arrange heart checkups, and take the steps necessary to avoid debilitating cardiac illness or worse. May we all commit to staying healthy. February is also Black History Month. There is no doubt that black people have had a strong positive impact on our society. I enjoy reading about their collective contributions, and poetry. Here's a poem under my photo written by Langston Hughes (1901-1967):

Becky Culver, President, 352-634-1209



I look at the world

BY [LANGSTON HUGHES](#)

I look at the world

From awakening eyes in a black face—

And this is what I see:

This fenced-off narrow space
Assigned to me.

I look then at the silly walls
Through dark eyes in a dark face—

And this is what I know:

That all these walls oppression
builds
Will have to go!

I look at my own body
With eyes no longer blind—
And I see that my own hands
can make

The world that's in my mind.
Then let us hurry, comrades,
The road to find.



FEBRUARY 2026

Calendar of Events:

FEBRUARY - CRWC organized in 1921.

2 - General Meeting - 12:00 in Victory Hall, First Baptist Church

3, 10, 17, 24 - Hand & Foot card game - all welcome. See Cheryl, Debby, and Pauline for location - 1:00 P.M.

4, 11, 18, 25 - Women Helping Women at Four Square Christian Church, 10:00

9 - Gala committee meeting, 2:00 in room 201: First Baptist Church

Arts & Culture CSP meeting, 10:00 in room 201: First Baptist Church

Civic Engagement CSP meeting, 11:00 in room 201: First Baptist Church

12 - Tea Party committee meeting, 10:00 - place TBD

16 - Wacky Bingo planning meeting, 9:30 in room 201: First Baptist Church

Fundraising committee, 10:00 in room 201: First Baptist Church

23 - Board of Directors meeting, 9:30 in room 201: First Baptist Church

28 - Nature Coast Cancer Crusaders walk, see Margie for details

3/2 - General Meeting - 12:00 in Victory Hall, First Baptist Church



MEMBER OF GFWC FLORIDA & GFWC FEDERATION OF WOMEN'S CLUBS

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Arts and Culture Community Service Program

Hello ladies,

I sure do hope you enjoyed our first cultural event, Miss Magnolia followed by dinner at Stinky Rose. Although I received a mixed review on the play, I was pleased to receive an unanimous appreciation on the culinary adventure at the Stinky Rose.

Our next outing is scheduled for Saturday, March 22, a trip to the Nature Coast Orchid Society, located at St Joan of Arc Church, 13485 Spring Hill Dr, Spring Hill 34609, corner of Spring Hill Dr and Coronado Dr, about 1.5 miles west of 589.

The cost is \$6.00 payable during our March General Meeting. A signup sheet will be available at Today's meeting. Please invite family, friends, neighbors.

We can car pool.

Best wishes

Patricia Haras, Arts and Culture Chair 352-586-6260

February
Violet



Happy birthday to all our members celebrating a birthday this month! Hoping it will be a memorable one with good health and the happiest of years!



February Birthdays

- 2 Adda Nelicha
- 11 Mary Lee Johnson
- 15 Debbie Canfield
- 20 Pam Gibson
- 22 Kathleen Norton Klingel



HOSTESS COMMITTEE NEWS

Hope everyone is having a WONDERFUL 2026!

A **BIG THANK YOU** to the January Hostess committee for the **DELICIOUS LUNCH** they provided. We had to change our location last minute and everyone did a wonderful job. Thanks again to Mary Lee Johnson, Pam and Jackie Gibson, Kathleen Klingel, and Phylis Koppman.

The February Hostesses are Margie Harper, Carla Nicklas, Marie Tricolla, Pat Haras, and Cheryl Von Schoppe.

Hostesses for the Month of March are: Kim Gaines, Joann Boggus, Betsy Frank, Pat Kanovsky, and JoAnn Soules.

Please call me if you have any questions

Debby Canfield Hospitality Chair, 515-979-5727

Hospitality Continued

CRWC Group Outing

Our Outing on January 18th to the Miss Magnolia Senior Citizen Pageant Play was quite a success. We had 24 attend the play and 13 went to dinner at Mariana's Stinky Rose after the play.

The play was a funny comedy and the food was delicious but the best part was the group of friends that had a great time together. We hope to see more members attending the next time that we have an outing.

Debby Canfield



Civic Engagement and Outreach Community Service Program

GFWC Family Emergency Notebook for all Your Important Information

Use a 4-6 inch binder or whatever size you prefer.

Inside Cover: Important Business Cards

Examples: Banks, financial advisors, tax preparer, attorney, doctors, dentist, mechanic, insurance agent, school contacts

Section 1: Personal Information

Cover Sheet: List of all family members names, addresses, phones, email addresses, dates of birth, social security numbers

Contents: Copies of the following documents for each family member - Marriage license, birth certificates, social security cards, drivers' licenses, passports, licenses related to employment, baptism certificate, immunization records

Section 2: Financial Information

Cover Sheet: List all banks and credit card companies.

Contents: **Banking:** checking account #, savings account #, any other account #, bank contact info, online banking username and password

Credit / debit card(s): card #, exp, code, phone number, online banking username and password

Investments: (not retirement) account #, online banking username and password

Mortgage: lending institution name and contact, copy of mortgage and note, recent statement, website, username and password

Section 3: Insurance Information

Cover Sheet: List all insurance policies - life, disability, home, auto, umbrella

Contents: Copy of policy and annual statement, health and dental insurance cards, work life & disability policy information, insurance booklets if available

For each policy: Policy # and contact information, website, username and password

Section 4: Home and Auto Information

Cover Sheet: List of all real estate owned and all vehicles

Contents: Deeds, titles for all vehicles (license plate number, vehicle ID # (VIN), and title #), property tax assessments and contact information, vehicle registration cards, land surveys (if any), most recent appraisals, title insurance policies (if any)

Home Utility Bills Info: company name, website, user name and password for gas, electric, garbage, cable, internet, TV, cell phone, etc.

Home inventory or photos of each room showing contents

Section 5: Retirement

Cover Sheet: List all retirement plans by household member

Contents: For each pension, 401k, 403b, IRA: company name, website, user name and password, copy of annual statement

Social Security - copy of annual benefits notice

GFWC Family Emergency Notebook for all Your Important Information Continued

Section 6: Business Information

Cover Sheet: List of all business entities

Contents: For each business - organizational documents, ownership agreements, buy/sell agreements, EIN letter, tax return (most recent), annual Dept of State filing (if any), FinCEN registration proof

Section 7: Pet Information

Cover Sheet: List of all pets

Contents: ID Tag #'s, veterinary contact (name, phone, website), medications list, vaccination records, chip information, ages

Section 8: Medical Information

Cover Sheet: List of all physicians by family member

Contents: Medical history for each family member, medication list for each family member including drug name, dosage, purpose/use of medication, prescribing physician, copies of prescription or photo of pill bottle
Include over the counter medications

Section 9: Legal Information

Cover Sheet: Name, website and contact information for funeral home, cemetery, Attorney

Contents: Wills, trusts, powers of attorney (medical and financial), living wills (advanced directives), funeral/burial information for each family member

Section 10: Important Contacts

Contents: List of close family members names, addresses, telephone # and email address
List of close friends and neighbors' names, addresses, telephone # and email
Employers contact names, addresses, phones and email address
Business co-owners' names, addresses, telephone # and email addresses
Employee names, addresses, telephone # and email address

Prepared by Vicky Ann Trimmer, GFWC Civic Engagement & Outreach Chairman, 2024-2026

*Submitted by Margie Harper
Libby Wentzell, C (352-257-1211)
CRWC Chair of Civic Engagement and Outreach Chair*



Education and Libraries

Since its inception, GFWC has advocated passionately for the advancement of women and children through education. Education is one thing that has potential to level the playing field for all Americans. Every community in every state and region of the country is impacted.

GFWC promotes education for both children and adults. Projects in the Education and Libraries Community Service program are designed to foster schools and other educational institutions and opportunities, and growth of individuals and communities at home and around the world

CRWC Needs a chairperson for this program. Please consider filling this position and volunteer to our President Becky Culver.

-Taken from GFWC and submitted by Margie Harper



Environment Community Service Program

The Florida Manatee Festival was held January 17 and 18. Carla volunteered on January 17 at Three Sisters - signing up visitors to become volunteers for U.S. Fish and Wildlife. There were so many manatees in Three Sisters, where Carla volunteers outside in a kayak. Carla attended Keep Citrus County Beautiful (KCCB) on January 26. As a Board Member of KCCB, Carla is learning about projects to present to the Environment Community Service Program.

The next day, January 27, our own Debby Canfield received the KCCB Pride Award at the County Commissioners Meeting. We had a good turnout of GFWC Crystal River Woman's Club members to support Debby, who received the Pride Award. Congratulations, Debby for your campaign to pick up litter in Pinehurst. We are so proud of you.

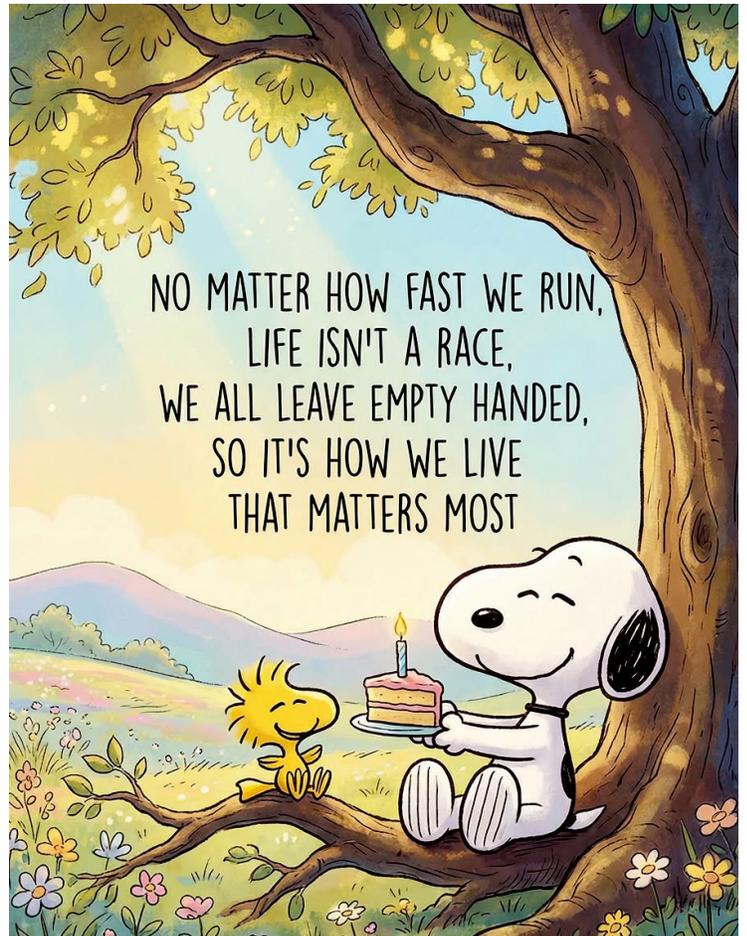
Adopt A Highway took place on January 29. This was our first of four cleanups in 2026. Thank you, members, from Environment Community Service Program.

In February we will go to Homosassa Springs Wildlife State Park to visit our adopted manatee, Betsy.

Carla Nicklas, Environment Community Service Program. 352-257-1480



Betsy the manatee that CRWC has adopted. Taken from a website.



*Submitted by Ellen Reuter
CRWC Inspirationalist*



Heart Health Awareness Month: Simple steps to a stronger heart

Matthew Landry, assistant professor of population health and disease prevention, walks us through the American

Health Association's Life's Essential 8 to help lower your risk of cardiovascular disease.

Heart disease remains one of the leading causes of death across all racial and ethnic groups in the United States, accounting for approximately one in five deaths. However, research shows that simple lifestyle changes can prevent nearly 80% of these deaths.

February is Heart Health Month, making it the perfect time to evaluate your daily habits and make small adjustments that can yield lifelong benefits. Whether you're in your 20s, 30s, 40s, or beyond, prioritizing heart health can significantly improve your overall well-being.

Healthy Heart Habits

Content adapted from the American Heart Association's Life's Essential 8

1. Nourish your body with the right foods

2. A balanced diet plays a crucial role in maintaining cardiovascular health. The goal is to consume nutrient-dense foods that support heart function while limiting those that contribute to heart disease. Here's what to focus on:

- **Fill your plate with:** Colorful vegetables and fruits, whole grains, beans and legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish, and seafood.
- **Limit consumption of:** Sweetened beverages, alcohol, sodium, red and processed meats, refined carbohydrates, full-fat dairy products, highly processed foods, and tropical oils such as coconut and palm oil.
- **Avoid:** Trans fats and partially hydrogenated oils, which are commonly found in commercial baked goods and fried foods.

3. Engage in regular physical activity

4. Regular exercise is one of the most effective ways to strengthen your heart and lower the risk of chronic diseases such as stroke, Type 2 diabetes, high blood pressure, and even cognitive decline. Adults should aim for at least 150 minutes of moderate aerobic activity, 75 minutes of vigorous activity per week, or a combination of both. It's also important to set realistic goals for yourself such as small, sustainable changes that can lead to lifelong habits.

4. Prioritize your sleep quality

5. Sleep is often overlooked in discussions of heart health, but it plays a crucial role in cardiovascular function. Adults should aim for about 7 to 9 hours of sleep per night, while children require more. Poor sleep can contribute to high blood pressure, obesity, and an increased risk of heart disease. Establishing a consistent bedtime routine and limiting screen time before bed are simple ways to improve sleep quality.

6. Quit smoking, or don't start

7. Smoking is the leading cause of preventable death in the U.S., contributing to approximately one-third of all heart disease-related deaths. This includes traditional cigarettes, e-cigarettes, and vaping. If you smoke, quitting is one of the best decisions you can make for your heart and protecting your loved ones. About 40% of U.S. children aged 3-11 are exposed to secondhand smoke, which increases their risk of heart disease later in life.



Heart Health Awareness Month: Simple steps to a stronger heart continued.

8. Understanding Key Health Metrics

Tracking and understanding key health metrics can help you take control of your heart health. Regularly monitoring these numbers can uncover early warnings and help guide lifestyle adjustments to prevent heart disease.

- **Body Weight and BMI:** Maintaining a healthy weight reduces strain on your heart. A Body Mass Index (BMI) under 25 is generally recommended, but muscle mass and overall body composition should also be considered.
- **Cholesterol Levels:** Your total cholesterol level should ideally be under 200 mg/dL.
 - HDL: Known as “good” cholesterol, helps protect your heart by removing excess cholesterol from the bloodstream
 - LDL: The “bad” cholesterol, high levels contribute to plaque buildup in arteries, increasing the risk of heart disease
- **Blood Sugar Levels:** Consistently high blood sugar can damage blood vessels, increasing the risk of heart disease, stroke, and kidney damage. An A1c test measures average blood sugar levels over 2 to 3 months and should typically be below 5.7% for healthy individuals.
- **Blood Pressure:** Normal blood pressure is less than 120/80 mm Hg. High blood pressure, also known as hypertension, can increase the risk of heart attack and stroke. Lifestyle changes like reducing sodium intake and exercising regularly can help maintain healthy blood pressure levels.

Caring for your heart doesn't require drastic changes. Small, intentional steps add up over time. Start today by making one heart-healthy choice: prepare a home-cooked meal, take a 10-minute walk, or schedule a checkup to assess your cholesterol and blood pressure.

Kathleen Norton Klingel 941-237-7710 Chair Health and Wellness

Women Helping Women

The Women Helping Women group had lessons on hygiene and how to take care of themselves during the month of February that included care of their teeth, how to wash their hands, how to take a shower, how to dress and choose their colors and care of their hair and nails. These lessons were taught by Mary Lee Johnson, Margie Harper, Kathleen NortonKlingel and Margaret Williams. Photo below were submitted by Pamela Johnson.



Margaret discussing the Color chart and mentors helped each lady to decide what were their colors and season of the year for choosing clothes.



Kathleen on the right dressed for the day and Kelsi on the left giving her advice on what she should change to look and feel better.

MEMBERSHIP

District 5 GFWC Florida held its Membership Rally on Saturday, January 24th at the First Baptist Church of Crystal River with our club hosting the event. Forty-eight members from 7 clubs attended. Four ladies spoke on 4 areas of membership as we cheered for their presentations. Debbie Canfield organized and led a group of ladies from our club. Debbie and Pauline Thomson prepared delicious Quiche with 2 sides and a delicious dessert of Pretzel Strawberry Cream Pie. Everyone enjoyed the day with a lovely red, white and blue theme. Thank you to all of our ladies who decorated, cooked, served and cleaned up. It was a huge success for the district.

*Submitted by Margaret Williams 352-220-1287
CRWC Membership Chair*



Fundraising Committee Off to a Great Start

The Fundraising Committee kicked off the new year with an energetic and productive meeting on January 19, setting an ambitious and exciting agenda for 2026.

Several popular and much-anticipated events are already on the calendar. Trash & Treasures is scheduled for Saturday, March 14, followed by Wacky Bingo on Saturday, April 18. Plans are also underway for the Summer Tea Party, scheduled for Saturday, June 6. In addition, the committee has begun early discussions about a fall fundraising event, with creative ideas already taking shape.

Looking ahead, the Club's next major gala is planned for early 2027, allowing ample time for planning and fresh ideas.

The enthusiasm and commitment shown at this first meeting set a wonderful tone for the year ahead. With such dedication, the Fundraising Committee is well on its way to making the 2026 fundraising season a great success.

Claudia McCormick, Fundraising Chair, 561-706-6951

On March 14, 2026, GFWC Crystal River Woman's Club will be having the first fundraiser of the year.

If you are able to donate items, please bring any of the following items: small furniture items, household items, linens, knick-knacks, holiday items, toys, games, books, jewelry, and gently used clothing and shoes. Also, plants have been very popular at our past sales.

We are having this sale at the River Student Ministries Building - NW 1st Avenue in Crystal River. This is the building where we are having our Membership Meetings.

We have selected March 14 (3-14) as our fundraiser date, since it is Pi Day, 3.14.

In conjunction with the 3.14 Pi theme, we will have a bake Sale- selling pies, cakes, brownies, cookies, and other delicious treats made by our talented bakers.

As it is closer to March 14, we will post the instructions and dates for bringing the donations to the River Student Ministries Building.

Environment CSP will take the lead on this fundraiser since the sale is "recycling."

Thank you very much for donations to our sale.

If any member has any questions, please call Carla at 352-257-1480.

In gratitude,

Carla Nicklas, Trash and Treasure Chair and Environment Chair





Members of GFWC Crystal River Woman's Club supported Debby Canfield as she received the Keep Citrus County Beautiful Award for her Anti-litter campaign for picking up litter in Pine Ridge and also on Citrus Avenue. We were at the Board of County Commissioners meeting to cheer on our friend and fellow member of our Woman's Club.

Front row standing front left to right, Lace Blue-McLean, President of Keep Citrus County Beautiful, our member Debby Canfield and Commissioner Dianne Finnegan.



Members join together for lunch in Inverness with Debbie Canfield and her husband after Debbie received her award at the Board of Commissioners 's meeting ceremony.



CRWC Members enjoy the District 5 Membership Rally, which they hosted.



District 5 members attending District 5 Membership join together for a photo op with speakers and District 5 Director, Sallie Milner and Candi Aubin, GFWC Florida 2nd Vice President.