



Membership Report

Our Circle grew by 15 members over the past few months, bringing our total to 67 women. 2019 grants are made from 2018 donations, and to date there has been \$43,445 sent in. Several more interested women are planning to join before the end of the year. With their contributions, and with members' remaining 2018 donations, this could be the year we top \$50,000 in grants!



Annual Meeting

I was delighted to host the 13th annual reception for Hestia on June 27th. We were more than 60 members, guests and grantees, gathered on a fine summer evening to present \$40,000 to this year's grantees!

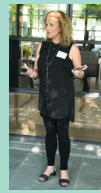
As a member of this beautiful women's giving circle, I need to say that we are indeed a special group of women- who are united for the common cause of promoting economic self-sufficiency and the well-being of women and girls on a local level. It's been thrilling to see us grow from our beginnings when we were but 12 women who wanted to make a difference, to an attendance of over 60!

This magic evening's enthusiasm and joy was contagious and several guests were inspired to join Hestia on the spot!

Thanks to all who contributed!

-sujo





2018 Annual Reception

65 Hestia members and guests gathered at the lovely home of sujo on a beautiful June evening. This gathering gives all members and those considering membership a chance to mingle and celebrate Hestia's mission. After a short business meeting, grants were awarded, and each grantee gave a short description of the program supported by our Giving Circle. The Grant Committee reviewed 16 requests totaling \$81,200 and awarded \$40,000 to 8 programs. These are listed below.

Emmanuel Episcopal Church: Northmen Den

\$2,500 goes to the Northmen Den which serves Petoskey middle and high school students in need. This grant will help the Den provide supplementary weekend food, healthy school day snacks, essential school supplies, personal toiletries (especially helpful to girls this age) and clothing in a way that respects their dignity.

Good Neighbor Food Pantry: Cooking Classes

\$2,000 will fund cooking classes for food pantry families. (see article)

Petoskey Club: Women's Wellness Program

\$2,000 will support a range of exercise programs for women with mental illness (see article).

Petoskey Robotics

Petoskey Robotics works through the Petoskey Schools to support K-12 robotic teams. \$3,500 will help defray the costs of participation and competition, for 15-20 female team members.

Planned Parenthood | Reproductive Healthcare, Freedom and Education for Women

\$14,000 helps to provide 550 women from Emmet and Charlevoix counties with affordable prevention-based sexual health care services, and 200 young women with comprehensive sexual education.

Raven Hill Discovery Center: STEAM Academy for Girls

\$2,500 will support a Saturday program during the coming school year to enable girls 8 – 12 to participate in STEAM (Science, Technology, Engineering, Artistry and Math) activities with female mentors.

Women's Resource Center | Educational Scholarships

\$11,000 will provide educational and employment services (EES) including learning support, career guidance, financial support for educational expenses, job search assistance and training, tuition, text book supplies and childcare to improve the economic self-sufficiency of women in need.

YMCA | Host Program and Day Camp

The HOST program stands for Healthy Out of School Time, and provides after school care, especially important for single mothers. The Day Camp program continues this care throughout the summer. \$2,500 provides scholarships for students in need.

Hestia Members

Welcome! *Christina Brearly, Amelie Dawson, Geri Evrard, Deborah Hodges, Cathy Kalahar, Susan Lyman, Joy McBride, Katie McGauley, Lisa Michels, Mary Ann Moreno, Jessica Nolf, Jena Offield, Meghan Offield, Shelly Ottimer, Kathy Schroeder*

Renewing: *Lisa Blanchard, Cameron Brunet-Koch, Sally Bund, Julie Claire Burgess, Sally Cannon, Christine Carpenter, Sarah Cohen, Carrie Corbin, Betty Davis, Cynthia Donahey, Lulie Eide, Carol Ellstein, Margie Fitzsimons, Sarah Gurney, Julie Greenwalt, Jane Harris, Clare Heidtke, Miriam Hollar, Emily Hughes, Pat Jeffs, Sheridan Jones, Robin Jordan, Melissa Keiswetter, Nancy Koehler, Martha Lancaster, Claudia Lutosky, Jan Mancinelli, Barbara May, Mary Jean Meyerson, Val Meyerson, Jane Mooradian, Trish Murray, Carin Nielsen, sujo Offield, Susan Offield, Gretchen Olsen, Barbara Perreault, Mary Reilly, Kimberly Rowland, Denise Simon, Carol Smelt, Sara Smith, Donna Stine, MaryLou Tanton, Shelby Tauber, Marina Webber Tost Foundation, Maureen Trerice, Erika Van Dam, Jean Van Dam, Sherri Vazales, Jill Whelan, Trish Woollcott*



In June, Hestia hosted a table at Charlevoix's Women Can Women Do, at Castle Farms. Join us on Weds. Sept. 12, 2018 for the Emmet County "Women Can Women Do" luncheon at Bay Harbor Yacht Club! Please stop by the table and bring your friends to introduce them to our giving circle.

Petoskey Club Women's Wellness Program

One of our new grant applicants was the Petoskey Club, a membership organization dedicated to advancing and enhancing the lives of adults who have psychiatric disabilities. According to Jama Moffett, Petoskey Club director, women living with mental illnesses are generally more isolated than the public as well as economically disadvantaged. "Persons with serious and persistent mental illness die, on average, 20 to 25 years sooner than the general population. This is directly related to lifestyle considerations and the comorbidity factors associated with long-term use of psychiatric medications, such as weight gain. Many of our members have developed, or are at risk for, Type II

Diabetes, as well as cardiac diseases," said Moffett. Hestia's \$2,000 grant will allow women to participate in activities such as Tai Chi, adaptive yoga, aerobic and strength training, water aerobics, and chair massages. These activities will impact quality of life, improve physical health status, promote social inclusion, and potentially lengthen the lives of participants.

At the membership reception, one of the Petoskey Club members shared her own struggles with mental illness and social integration and talked about how excited she was about the opportunity to begin the exercise program.

Good Neighbors Food Pantry

Good Neighbors Food Pantry (GNFP) in Boyne City is one of the new Hestia grantees. This cheery place, filled with fresh vegetables from the Boyne Farmers Market as well as GNPF's own garden, frozen meats and a variety of healthy canned goods from local sources, serves around fifty families a week. After checking in the office, each family is guided through the shelves by a volunteer and encouraged to choose a certain amount of various food groups, based on family size. The choices are then bagged and loaded into the family's vehicle.

GNFP works hard to line their shelves with healthy and appealing choices. However, one barrier to families enjoying healthy foods prepared in appetizing ways is lack of knowledge about cooking basic ingredients as opposed to heating up prepackaged food items. GNPF received a Hestia grant to allow the group to partner with Manna Food Project and the Health



Dept. of NW Michigan to provide two cooking classes for women. The classes will focus on cooking healthy meals for families.

Manna offered similar classes in 2017 in its three-county area, and has scheduled more classes this fall. GNFP will offer two additional classes in Boyne City specifically for women

with families. Health Department staff will offer nutrition information as well as teaching skills such as how to use knives properly, and will demonstrate a recipe. Participants will take home the recipes, ingredients, and giveaway items such as electric frying pans, knives, and other helpful kitchen items.

The Hestia Women's Giving Circle is named for the Greek goddess Hestia, who expresses her love and concern for others through thoughtful acts.

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To contact the Hestia Women's Giving Circle email us at
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Message from Denise

Our Circle has been busier than ever before these past few months: the grant committee completed another cycle; a record number of attendees celebrated the June 27 reception; we welcomed 15 new members; and several projects were initiated at our August 6 Executive Committee meeting.

You'll see a report on one project, the Hestia table at the WRC luncheon, written by Mary Reilly in this newsletter. Another project is to plan an education / informative program open to the public later this year. Donna Stine is leading that effort and you'll hear more about it soon.

The third project is to investigate the feasibility of a Hestia website. It's exciting to think of the benefits of our own website: better and easier online presence, our own space to post news, and photos, and a direct link to online contributions, to name a few. A small committee is doing the research and will report their findings to the EC for further direction.

It's really a pleasure to see how our Circle has grown in numbers and sophistication over these past thirteen years. And I think this 2018-2019 season will take us another big step forward. Thank you, fellow Hestians, for making our Circle stronger.

Denise Simon, Chair