



# THE TATER FAMILY TIMES

## 2024-2026 MEMBERSHIP COMMITTEE

### **Karyn M. Charvat, Chairman**

716 Wildflower Circle  
Naperville, IL 60540  
(815) 814-5209  
GFWC Great Lakes Region  
[njwckaryn@gmail.com](mailto:njwckaryn@gmail.com)

### **Jan Hanson**

GFWC Middle Atlantic Region  
[janwh@aol.com](mailto:janwh@aol.com)

### **Bette Kuboushek**

GFWC Mississippi Valley Region  
[bkuboushek@gmail.com](mailto:bkuboushek@gmail.com)

### **Debbie Fiore**

GFWC New England Region  
[dfiore123@yahoo.com](mailto:dfiore123@yahoo.com)

### **June Ferguson**

GFWC South Central Region  
[juneferguson@hotmail.com](mailto:juneferguson@hotmail.com)

### **Kim Fulcher**

GFWC Southeastern Region  
[kefulcher@gmail.com](mailto:kefulcher@gmail.com)

### **Nicole Braun**

GFWC Southern Region  
[nicolebraun109@gmail.com](mailto:nicolebraun109@gmail.com)

### **Nancy Burdick**

GFWC Western States Region  
[nancy\\_burdick@comcast.net](mailto:nancy_burdick@comcast.net)

### **Darlene Adams**

GFWC Juniorette Chairman  
[darlenecadams\\_gfwe@gmail.com](mailto:darlenecadams_gfwe@gmail.com)

*This issue's article was provided by GFWC Membership Committee Member June Ferguson, GFWC South Central Region.*

There is a legend among many Native American cultures that tells of the 3 sisters represented by corn, beans, and squash; crops that were traditionally planted together. The corn provided the sturdy stalk for the beans to climb and the beans provided nourishment to the soil while the squash covered the ground and prevented the weeds from taking the field; each plant having a vital role. A family of 3 totally different sisters working together to ensure the health of all. Cooked together in a dish they become calabacitas. These sisters are a delicious combination. Sounds like a successful and happy woman's club formula to us too!

Good leadership provides the strength and support like the corn. Dedicated members who are willing to climb that vine to make future leaders, agreeing to take on diverse tasks and hard-working members who cover all the many duties that are needed to be done. The GFWC Membership Committee is asking you to highlight DIVERSE and INCLUSIVE programming during the months of February and March. Remember to submit your membership recruitment campaign to GFWC HQ by April 1st!

We have included a recipe for calabacitas in this newsletter! It's an easy dish and sharing it during your February or March meeting might be an excellent way to create a fun presentation!

In closing, THANK YOU you for all your hard work, dedication and love for GFWC and your many GFWC sisters, who are undoubtedly growing a bountiful harvest.

## WE LOVE OUR MEMBERS!



HAPPY VALENTINE'S DAY!

## Ingredients

- 3 tablespoons butter
- 4 cups chicken or vegetable stock
- 1 cup onion, diced
- 1 clove garlic, minced
- 1 butternut or acorn squash, pre-baked and pureed
- 1 teaspoon curry powder
- ½ teaspoon salt
- ½ cup yellow corn kernels
- ¼ teaspoon ground coriander
- ½ cup hominy, cooked
- 1 cup white beans, cooked
- 1/8 teaspoon crushed red pepper



CALABACITAS

## Directions

Melt butter in a large saucepan over medium-high heat. Add onion and garlic, cook for 3 to 5 minutes or until tender. Stir in spices, cook for 1 minute.

Add stock, corn, hominy, and beans, and bring to a boil. Reduce heat to low and cook, stirring occasionally, 3-5 minutes to develop flavors.

Stir in pureed squash, cook for 5 minutes or until heated. Enjoy!