



# STAR OF THE NORTH MATERNITY HOME

[www.StarOfTheNorthMaternityHome.org](http://www.StarOfTheNorthMaternityHome.org)

**Lots to Look Forward to in 2025!  
Will We See You?**



The Duluth Women's Expo is coming up on **Saturday, February 22nd** at the DECC in Duluth.

Star of the North is a beneficiary of the generosity of The Lundein Group, who organizes the Expo. When you get your tickets, you have an opportunity to donate to Star of the North. Purchase your tickets online at [www.duluthwomensexpo.com](http://www.duluthwomensexpo.com)

Star of the North will also be exhibiting at the Expo with a few fun surprises in store! Make sure to come by and say hi while you're enjoying the Expo!

## Save the Dates!

February 22, 2025- Women's Expo (SON)  
March 14, 2025 - Salmon Dinner (SON TWP)  
August 2, 2025- Corn Roast (SON TWP)  
October 25, 2025- Chili Cook Off (SON IR)  
November 8, 2025 - Bake Sale/Tables at Holy Rosary Holiday Event (SON TWP)

Dear SON Supporters,

February 2025

### Looking Back on 2024 & Looking Ahead to 2025

*Lamentations 3:22-24. "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. ...*

As we begin the new year, we take a moment to reflect on 2024 and celebrate our accomplishments:

- Thanks to our dedicated staff and volunteers, we provided 24/7, year-round support to our moms & babies.
- In June, we marked our 5th anniversary at SON Twin Ports.
- SON TWP had the privilege of serving 10 incredible moms and their babies/toddlers.
- SON Iron Range reached a new milestone as "our new home was at full capacity with 4 moms and 6 babies/children starting in April, and all were working our program as we entered 2025.
- Streamlined our Phases program from four phases to three.
- Transitioned to a new accounting and payroll company mid-year.
- Generous donations received reduced our mortgage by \$70,000 for SON IR.
- Focused on reducing infrastructure expenses, including phones, maintenance, and bookkeeping costs.

As we look Forward to 2025, we have exciting goals and needs for the year ahead including:

- Recruiting new board members with expertise in IT, Marketing, and Clinical care, as well as we need two SON Iron Range located board members.
- Completing capital projects at SON IR & TWP that now are possible as generous funding is in place.
- Continuing to secure grants and financial support for our \$490,000 operating budget.
- Finding new insurance coverage to lower expenses.

Sincerely and with heartfelt Gratefulness,  
Dr. Sue McClellon, Executive Director & SON Team

*A prayer for the first day of the new year  
Dear God, As I step into the new year, I want to express my gratitude for guiding us through the challenges we've faced so far. The past twelve months have been a difficult journey, and I am thankful for Your strength, wisdom, and grace that you continually provide to sustain us. We hold on to hope, have faith and pray that the remaining months will be filled with breakthroughs, mercy, protection, and your guiding love. In Jesus' name we pray, Amen*

[https://StarOfTheNorthMaternityHome.org](http://https://StarOfTheNorthMaternityHome.org)

[StaroftheNorthMaternityHome](https://www.facebook.com/StaroftheNorthMaternityHome)

Twin Ports | (218) 340-1645 | [sonmhtwp@gmail.com](mailto:sonmhtwp@gmail.com)

Iron Range | (218) 206-1381 | [sonmhir@gmail.com](mailto:sonmhir@gmail.com)

## 2024 Chili Cook-Off



Thank you to all who helped or donated to our Chili Cook Off 2024! A good time was had by all and Tums likely enjoyed a boost in sales. Mr. Bob Cogger took first place with his Alamo Chili, a chili to be remembered as the favorite by our satisfied guests. The event was a terrific success, with credit going to our many chefs, donors, volunteers, and, of course, attendees. We appreciate you all! Please plan to attend our next Chili Cook Off on October 25, 2025.

### SON IRON RANGE HOUSE UPDATE

Since we moved into our new home in January, 2024, we have had a full house since April with the same 4 residents with 3 full-time children and 5 part-time children. I can say, we never have a dull moment. Our children are growing by leaps and bounds, as two of our babies have started crawling and pulling themselves up on furniture. So adorable. We had one of our children turn 5 this week and another turning 1. We have also enjoyed a full and busy Christmas around here. One of our moms had many first-time experiences such as baking Christmas cookies, decorating and enjoying a Christmas tree and even having a Christmas dinner with a volunteer family of ours. To see her excitement gave us all such joy. The women have also been graduating from their recovery programs since they have been with us for an extended period of time. Two women have graduated from outpatient recovery. And all 4 have graduated from Circles of Security, a parenting class, with each receiving a diploma and pizza. We have been blessed with amazing grant support from United Way NEMN as they have brought partner agencies to us and supported us through grant funding and their amazing store when we need something.



### Staff Spotlight



Jennifer Frederick is our lead care coordinator at the Iron Range house. She joined the Star of the North team before the Iron Range house was even open, and has remained steadfast and loyal ever since. Having spent most of her adult life as a stay-at-home mom of three, she is delighted to be able to put her degrees in applied psychology and Biblical studies to work. In Star of the North, she has found a place where her passions for the pro-life cause, helping new moms, and serving the homeless meet. By God's Grace, He has a plan for each of us.

### Needs for SON Iron Range:

#### Check out our [Target Registry](#)

Disinfecting wipes  
Cleaning supplies  
Treadmill or stationary bike  
Volunteers and babysitters  
Part Time Staff

### Capital Needs:

Payoff Mortgage -\$225K  
High Capacity Washer/Dryer  
Refrigerator/Freezer

# SON Twin Ports

## Resident Spotlight

Marlana and Kyra



### SON Twin Ports Needs

Visit our [Amazon](#)  
Wish List and search  
StaroftheNorth  
Queen Size  
Comforters

### SON TWP Capital Needs:

Payoff Mortgage -  
\$292K  
Bathroom Updates  
& Carpet  
Replacement (10K)

### OPENINGS Board Members

SON IR & TWP need Care Coordinators and Volunteers.  
Please apply online at [togetherforlifenorthland.org](http://togetherforlifenorthland.org)

## Russian Orange Tea

Courtesy of Linda Nervick

### Ingredients

6 cups cold water  
1 cinnamon stick  
6 whole cloves  
4 black tea bags  
1 cup orange juice  
2 tablespoons lemon juice  
1/4 cup sugar, more to taste  
1.2 tsp nutmeg, freshly grated

1. Bring water, cinnamon stick and cloves to a boil in a medium saucepan; remove from heat and add tea.
2. Steep, covered, for 5 minutes. Strain and discard the whole spices.
3. In a small saucepan, heat orange juice, lemon juice, sugar and nutmeg. Warm until the sugar dissolves.
4. Add the juice mixture to the tea. Taste and add more sugar if desired.
5. Reheat (don't boil!) and serve

### Instructions



## Salmon Dinner- Can You Help?

Become a **Premium Table Sponsor** for \$1500

Become a **Table Sponsor** for \$800

Donate an **Auction Item** Valued at \$500 or more

You may contact us at 218-310-6838  
or email  
[togetherforlifenorthland@gmail.com](mailto:togetherforlifenorthland@gmail.com)  
for more information.



## *Maternity Home*

Star of the North Maternity Home  
11 E Superior St, Executive Suites 273  
Duluth, MN 55802



**\$25.00**

Program | 6:30 PM

Silent Auction, Gift Baskets and Art

St. James Catholic Church | 721 N. 57th Ave. W. | Duluth

\$10 - Kids 5-12 years, 4 and under - free

Salmon or Vegetarian Lasagna

Advanced Ticket Sales Appreciated!

[www.starofthenorthmarmatemtithome.org](http://www.starofthenorthmarmatemtithome.org)

# Live Music with Todd Eckart | 5:30 - 8:00 PM

Friday | March 14, 2025 Show Date: Friday March 21, 2025

Benefit for the Star of the North Maternity Homes

Journal of Clinical Anesthesia 1999; 11: 101-106

# Undressing Diner

# Samon

ANSWER

A close-up view of a plate of food, showing asparagus spears, a piece of salmon, and a small portion of rice or potatoes.

Asparagus with Roasted Salmon and Lemon Butter

A close-up photograph of a salmon fillet. The salmon has a vibrant orange-pink color with a distinct, dark, charred or crusty exterior. It is garnished with several thin, bright yellow lemon slices and a sprig of fresh green herbs, possibly parsley or dill. The lighting highlights the texture of the salmon and the freshness of the garnishes.

A close-up photograph of a salmon fillet. The salmon has a vibrant orange-pink color with a distinct, golden-brown, textured crust. It is garnished with several thin, circular slices of lemon and a few green onions. The background is dark, making the bright colors of the fish stand out.

A close-up view of a salmon fillet with a vibrant orange glaze, served with a slice of lemon and a side of green beans.

