



Potpourri

*GFWC Illinois Antioch Woman's Club Newsletter
April 2016*

Antioch Woman's Club is proud to be part of the General Federation of Women's Clubs, which is one of the world's largest and oldest volunteer community service organizations with more than 100,000 members worldwide. Founded in 1890, the G.F.W.C. is headquartered in Washington, D.C.

Club Officers

Jean Johnson, President
Lynne Fletcher, President-Elect
Audrey Lyle, Recording Secretary
Debi McGuffin, Corresponding Secretary
Candy Luzar, Treasurer
Nancy Zitkus, Parliamentary Advisor

Jane Fraser, Newsletter Editor
Cindy Erexson, Website Administrator

For information about **membership**,
Contact....

Marcia Getty
847-838-4376
mgetty@inlibs.com

Or write to.....

Antioch Woman's Club
PO Box 282
Antioch IL 60002Re

Website:

GFWCantiochwomansclub.com

*****Note: our web address has changed to reflect our club name. Remember to check the website for updated information and events**



Upcoming Events

- | | |
|---------------------------|--|
| April 11 | Board Meeting 10 AM |
| April 13 | General Meeting 11:30 AM
Non-perishable items for Open Arms
Clothing drive for Safe Place
Collection for Troop Support
Game Day at McHenry CC 11AM Social
Hour, 12 PM Lunch |
| April 19 | District Awards 10 AM meeting @ TBA |
| April 22 | Quilting 9 AM Meeting House |
| April 25 | Art Show at Lakes HS |
| April 29 | Board Meeting 10 AM |
| May 9 | Spring Luncheon/Installation of Officers |
| May 18 *** (not the 11th) | Thunderhawk Golf Club 11 AM Social
Hour, 12 PM Lunch |
| May 21 | Adopt-a-Highway Cleanup 9 AM |
| June 17 | Major AWC Fundraising
Event: Golf at Antioch Golf
Club and Dinner catered by
Eddie Bauer Catering |
| June 29 | Thank You Luncheon at Lehmann
Mansion |
| July 4 | Walk with AWC in the 4th of July
Parade – Downtown Antioch |
| July 13 | AWC Summer Picnic – Lakewood
Forest Preserve |
| July 31 | AWC Bake Sale / Lions Club BBQ |

The GFWC Illinois Antioch Woman's Club meets on
the second Wednesday of every month from Sept-May
at 11:30 AM at the

Faith Evangelical Lutheran Church
24300 W. Grass Lake Rd. Antioch, IL. 60002
847-395-1660

June-July-August TBA



President's Corner

Jean Johnson

As I said in one of my early newsletter articles to you as president: "We cherish our yesterdays and dream of our tomorrows."

In this, my last article to you as your president, I want to thank you for the privilege of being your president. I will always cherish those "yesterdays" filled with your caring support. It "takes a village" to run an organization efficiently and smoothly. My "village" was the best supportive one that anyone could ever hope to have. I thank each of you who served in any capacity the last 2 years for the GREAT job you did no matter how small or how big!

We have made some very constructive changes over the past 2 years. Not for the sake of change but to increase membership and philanthropy, to enhance fellowship and simply to have fun :)

My dream for our "tomorrows" is to improve on the changes made and for each of you to support your new leadership as you have supported me.

Members: You have shown me courtesy
Thus, reaped my friendship.
You have shown me kindness
Thus, reaped my love!

Thank you and God bless,
Jean Johnson, President



Membership/ Mentoring Program

Marcia Getty



I can't believe it is already April! 2016 is really flying by! As this is my last article as Membership Chair, I would like to thank all of you for making my job easier by keeping me up-to-date with changes in your personal info. It has been a pleasure to greet you at each meeting and get to know the name that goes with the face!

Please update your yearbooks with the following information:

Personal Info Changes

Nancy Andretich
New phone number 847-815-9005

Deceased

Jaclynn Vos passed away January 20, 2016. She was an AWC member since October 2008.

Barbara Gray passed away February 21, 2016. She was an AWC member since October 1998.

Laura Walker passed away March 4, 2016. She was an AWC member since September 2004.

"May I never get too busy in my own affairs that I fail to respond to the needs of others with kindness and compassion."

~~~ Thomas Jefferson





Public Issues

*Susan Straley
Carolyn Crabtree*

Community Service Projects

Thank you to all members who have participated so

generously to all of the Open Arms Mission collections that we have made during the past year. We have really made a difference in the lives of many people.

The subcommittee chairs--Bonnie Bakutis, Karen Potter, and Sigrid Brueggemann--have been outstanding in their efforts. Thanks also to the dedicated club members who participate regularly in VA Hospital visits, coupon collections for military families, Operation Support Our Troops, and Save-A-Pet.

Just a reminder—there will not be a food pantry collection at the May Annual luncheon.

Focus on Community Safety

This newsletter's safety topic is "Preparing for Tornado Season." Remember the following:

- ✓ At home, have a family tornado plan in place and practice a family tornado drill at least once a year.
- ✓ Store protective coverings (e.g. mattress, sleeping bags, thick blankets, etc) in or next to your shelter space.
- ✓ Avoid windows.
- ✓ Get in the basement and under some kind of sturdy protection (heavy table or work bench), or cover yourself with a mattress or sleeping bag.
- ✓ If you don't have a basement, go to the lowest floor and into an interior room. A closet or bathroom is recommended.
- ✓ If you're in a vehicle, remember that they are easily tossed and destroyed by tornadoes. Your best bet is to take shelter in a sturdy building. If that's not possible, lie flat in a low spot or ditch as far from the road as possible to avoid flying vehicles. Do not park under a bridge or overpass.

Coupons

Sigrid Brueggemann



Please continue to save and sort coupons for our military families. Remember that the military families can use coupons that are expired up to 2 months. We still sort the coupons into 5 categories: Food, Household, Health and Beauty, Kids, and Pets. Please count them, put your name and hours worked on a piece of paper, and drop them off in the envelope on the events table at our April meeting. Thank you.



International Outreach

Carolyn Van Patten

It's hard to believe that March 29th and April 25th will be our last two quilting days before we take a break for the summer. We will meet from 9:00 am to noon at the Meeting House on Main Street in Antioch. Everyone is welcome to join us.

Thanks to everyone that has donated to Heifer International for their birthdays. If your birthday is one of the summer months, you can donate during any other month that you choose.



Operation Afghanistan

Karen Potter

Please bring items for our troops overseas to our meeting in **April**. Our troops can use most everything we use in everyday life but in smaller size: toiletries, candy, packaged drinks, small packages of cookies, crackers, munchies-- you get the idea. Please remember the female troops and the items that they can use: tampax, deodorants, and powders. We thank you for your generous donations as they are very much appreciated.

Conservation



Karen Noland

Please mark your calendars for the spring Adopt-A-Highway cleanup on Saturday, May 21st. We will meet at the Lake House parking lot at Grass Lake

Road and Deep Lake Road at 9am. The Antioch Junior Woman's Club is going to join us this time so it should be a piece of cake. Kids over ten years old and hubbies are welcome too.

SWALCO will be in Antioch for a hazardous waste collection on Saturday, April 30th, from 8am to 2:30pm. Just drive up to the Public Works facility at 796 Holbek Street behind the Antioch Senior Center. Some wastes they will accept are aerosol and asbestos products, batteries other than alkaline, fluorescent bulbs, household and drain cleaners, mercury thermometers, paints and stains other than latex, pool chemicals, fertilizer, insecticides, metal polish, motor oil, gas, antifreeze, driveway sealer, solvents, old cosmetics, nail polish and medications. Please check the website for further info.

The electronics recycling will become more difficult and possibly expensive after May 1st as the cost is too much for most facilities to want to bother. The facility off Nippersink Road in Ingleside is still taking e-waste until then, but many others are charging to accept it. In McHenry County there is a group called Environmental Defenders of McHenry County (mcdef.org), which also is recycling in that area for a fee. I'll try to keep you posted on this.

Each month I am still collecting #6 styrofoam, wine corks and old textiles. Karen Batterman volunteered to collect your used printer ink and toner cartridges. Sally Rodgers, who will be my co-chair for the next two years, will be taking our pop can tabs for Ronald McDonald House in Milwaukee. Many thanks to Sally and Karen for stepping up to help!

Remember that April 22nd is Earth Day and April 29th is Arbor Day. There are websites for many activities to celebrate these days locally. I hope many of you will participate as we all can make a difference in our world.



Education Committee

*Mary Kay McNeill
Sheila Eisen*

The sun is shining and the birds are chirping, a beautiful sound! As Spring approaches, so does scholarship selection. Our Club gives out two scholarships in the amount of \$1,250 dollars each. One student is selected from Lakes High School and one student is selected from Antioch High School. A student entering education from either high school is selected for the \$1,000 Lillie Petty Scholarship.

This year, and next, we also will be giving out a \$1,000 scholarship in memory of our club member, Jackie Vos. This scholarship is designated for a student from Antioch going into the field of music. As you know, Jackie's family requested donations to the Antioch Woman's Club in her honor, and she is an alumna from Antioch High School. Because of the generosity of donations, our Club will be able to give out an additional scholarship next year in her name.

And, keep reading, we will also be giving out a scholarship in memory of our Club's past president, Barb Gray. The amount is yet to be determined as donations are still being received. It is such an important part of our Club to help students financially achieve their educational goals. We believe it is a lasting gift. We have received over 100 scholarship requests between the two schools. We will be busy reading and rereading scholarship applications as the decisions are sometimes difficult to narrow down. We use academics, student involvement in school, work experience, outside endeavors, and financial need as some of our selection criteria. We will keep you posted!

Lastly, two acknowledgements as our Club year winds down. Thank you to our W.C. Petty volunteers who donated their time to make students feel special by listening to them read or performing other duties in the classrooms. And, thank you very much for the paperback book donations for the Lake County Jail inmates. Books are still coming in. We will give you further follow-up when they've been counted and delivered.



Home Life and Health

Patsy Foley

Get TICKED OFF About Lyme Disease

May is Lyme Disease Awareness Month. It Has Become Epidemic!

Lyme disease is a bacterial infection transmitted through the bite of an infected tick ... so small--the size of a poppy seed.

*Ticks are usually found in wooded or grassy areas and are found in all 50 states.

*The CDC estimates over 300,000 people contract Lyme disease a year and 6x that many go undiagnosed.

*Lyme disease is often times misdiagnosed. It is known as The Great Imitator.

*After the bite from the infected tick, you may show signs of joint pain, fatigue, muscle pain, sleep issues, cognitive issues, brain fog, speech problems, heart problems and more.

Unfortunately, the bite of the tick is often times not felt or noticed because of the size or location of the tick bite. Therefore, this multi-system illness will manifest itself as possibly Fibromyalgia, chronic fatigue syndrome, multiple sclerosis, ALS, Parkinson's disease, even in some cases dementia and Alzheimer's disease.

Beware! Often doctors are unfamiliar with Lyme Disease, and therefore it goes undiagnosed and improperly treated or not treated at all.

Be aware in the early spring or summer if you notice a bulls-eye rash (looks like the sign at Target) on your skin, or if you experience flu-like symptoms, (especially during the summer) or if you experience restlessness and fatigue and headaches.

The bottom line is Lyme Disease is a silent killer. If it goes untreated, it will cause disability or even death. Be aware in spring and summer months if you, your family, or your animals frequent the out-of-doors. Protect yourself by wearing light colored clothing and using a product with DEET. Consult your doctor if you know you have been bitten or show a bulls-eye rash. If your doctor seems to not be knowledgeable about Lyme Disease, consult a LYME LITERATE DOCTOR.

Lyme Disease can be detected through a blood test. Lyme Disease can be treated and cured. Make sure you get an accurate diagnosis when you experience variety of symptoms that just don't add up.

Educate yourself for yourself and family and pets. Often times it is our pets that bring the ticks to us!

DETECTION OF THE DISEASE MAY SAVE YOUR LIFE OR THAT OF SOMEONE YOU KNOW!!!!!!

Domestic Violence

Maureen Fremgen



It's time to bring in your clothing donations for A Safe Place. Since this is prom season, look to see if you have a dress appropriate for a young girl or a suit for a young man to wear to their big dance. In addition, clothing for the summer for women and children will be our focus. Please make a list of donated items for me so that I can calculate the value for our yearly report.



Art Committee

Judy Schieck

Our ANNUAL STUDENT ART SHOW will be held April 29th at the Lakes Community High School. It looks like we might have 9 schools participating.

A list for donation of cookies was passed around at the March Meeting. The "Cute Guy" in the red, white and blue tuxedo jacket will again be accepting baked goodies at the main entrance between 5:00 and 7:00.

To all of you generous donors, let me say "A Grateful Thank You!"

Social Committee

Karen Wehrheim & Betty Chornoby



Our Annual Spring Luncheon will be held at Thunderhawk Golf Club on May 18. Note that this is the 3rd Wednesday of the month, not the second. Registration is due on May 10. You will find details and the form later in this newsletter.

Thanks again to our wonderful hostesses. Everyone looks forward to the culinary delights we enjoy at each meeting. **Barb Mitzel** has the sign-up sheet for hostess duties resuming in September. Please look for her at the April meeting or at the luncheon so you can sign up.

Here are the lists of hostesses for the next two meetings. **Please remember that if you find you cannot attend your assigned meeting, you need to find a replacement and inform the head hostess who that will be.** Be sure to let your replacement know what you have been assigned to bring and do. If you cannot find a sub, you must give \$20 to the head hostess as your contribution.

April

Co-chair

Lee Anderson

Co-chair

Mary Ware

Karen Erb

Pat Carter

Pat Pasiewicz

Barbara Moore

Peggy Keller

Carole Scholle

Claudia Smith

Susan Knudson

Jane Larson

Jeanne Leonhart

Mary Maliszewski

Diane Busch

May

Co-chair

Donna McKeown

Co-chair

Dianne Suskin

Beverly Amburgey

Diane Huckstadt

Bonnie Bakutis

Margaret Cole

Ida Krozel

Chrystl Olson

Lillian Messner

Joan Murphy

Barbara Ullrich

Deb Wiegand



Bridge

Susie Lancaster

The Thursday Morning Woman's Club party bridge plays every Thursday morning at 9:30 sharp. It's a wonderful way to meet and greet other fun-loving members of the GFWC Illinois Antioch Woman's Club. We are a very friendly group of gals, so please come out and join us.

Book Club

Beverly Amburgey

The Book Club meets on the third Thursday until the end of the year. We meet at the Senior Center at noon. Feel free to bring a brown-bag lunch or your favorite go-order to enjoy while we chat about our favorite recent reads. Please bring any books you have borrowed in the past or those you'd like to share with members right now. Hope to see you there!



Recommended Reading for All Women

Mary Kay McNeill and Barb Mitzel found this poignant article about the life-changing power of female friendships in the March 9, 2016 edition of the Chicago Sun Tribune. It is a bit lengthy, but definitely worth the read. It applies to all of us, I'm sure. Check it out at [The life-changing power of female friendships on Page E1 of Wednesday, March 09, 2016 issue of Chicago Tribune.](#)

Game Day at McHenry Country Club!



The date for this year's Game Day is **April 19th**. Please get your reservation and game preferences to Lynne Fletcher by **April 15th**. Always a great lunch and a great time! You'll find the flyer at the end of this newsletter.

Fundraising

Lynne Fletcher and Linda Valentino



As our terms come to an end, we would like to thank all of you for your hard work and countless hours helping us raise funds to help others. We appreciate everything you do!

“Hope is like peace. It is not a gift from God. It is a gift only we can give one another.”—Elie Wiesel

We give hope to many as hope comes in many forms.



Cindy's Summary of Events

Cindy Erexson, PR Chair

Our year round calendar certainly keeps us busy. Please mark your calendars for these upcoming events. See this newsletter for more details. Remember to check your email and our website for updates.

April 13th – General Meeting – Bring family quilts Collections: Clothing Drive for A Safe Place – Non-perishable items for Open Arms Mission – Support Our Troops

April 15th - Last day to register for Disney Game Day - Lynne Fletcher

April 19th - Disney Game Day – McHenry Country Club

April 29th - Student Art Show – Lakes High School

Cookie Bakers – Please drop off your delicious goodies at the high school between 5 pm – 7 pm. Look for the handsome gentleman in the red, white and blue tuxedo at the front door.

May 10th - Last Day to register for Spring Luncheon – Karen Wehrheim (note that the luncheon is on the 3rd Wednesday of the month this year---not the 2nd Wednesday)

May 18st – Annual Meeting and Installation – ThunderHawk Golf Club

May 21st – Adopt-A-Highway Cleanup

June 17th – Charity Golf Outing (Antioch Golf Course) and Dinner (Catered by Eddie Bauer)

June 29th – Thank You Luncheon at Lehmann Mansion

July 4th – Walk with AWC in the 4th of July Parade – Downtown Antioch

July 13th – AWC Summer Picnic – Lakewood Forest Preserve

July 31st – AWC Bake Sale / Lions Club BBQ



GAME DAY



DISNEY

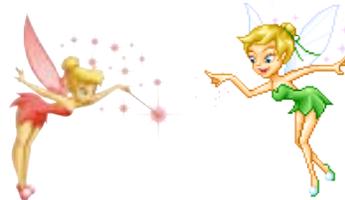
APRIL 19, 2016

at

McHenry Country Club

Social hour 11:00 a.m.

Lunch 12:00 p.m.



REGISTRATION DUE BY APRIL 15. Fee is \$24.

Checks payable to Antioch Woman's Club

Mail to Lynne Fletcher, 39933 N. Golf Lane, Antioch, Illinois 60002

Name _____ Phone _____

Bridge Foursome

- 1 _____
- 2 _____
- 3 _____
- 4 _____

- Blackjack** _____
- Pinochle** _____
- Mexican Train** _____
- Other** _____



Antioch Women's Club Annual Meeting Luncheon

May 18, 2016

*** (note: this is the 3rd Wednesday of the month
not the usual 2nd Wednesday)

Thunderhawk Golf Club
39700 North Lewis Ave
Beach Park, IL 60099
847-968-3450
Social Hour 11:00 AM, Lunch 12:00 PM

Price: \$24.00

Make checks payable to:
Antioch Woman's Club

Payment **must be** in by **May 10th.**
*****DEADLINE NO EXCEPTIONS!*****

SEND CHECKS TO
Karen Wehrheim
25014 W Nicklaus Way
Antioch, IL 60002

Menu

Parisian Salad w/ Feta Cheese, Dried
Cranberries, Candied Almonds and
an Aged Raspberry Vinaigrette
Cabernet Braised Short Rib
Garlic Mashed Potatoes
Balsamic Roasted Brussels Sprouts
Cheesecake w/ Berry Garnish and
Chocolate Drizzle
Coffee, Tea, Soft Drinks, Juice



Member Name _____

Guest _____

Guest _____

Guest _____

GFWC ILLINOIS
ANTIOCH WOMAN'S CLUB
CHARITY GOLF OUTING

JUNE 17, 2016



Dinner catered by: Eddie Bauer

Dinner at 5:30 p.m.



Event held at: Antioch Golf Club

Shotgun start at 11:00 a.m.



18 holes of golf (with cart) and a free bratwurst with chips: \$55.00

Dinner only, catered by Eddie Bauer (cash bar): \$45.00

Both 18 holes of golf and dinner: \$95.00



**RAFFLE PRIZES, HOLE CONTESTS
AND SILENT AUCTION ITEMS...**



Please contact Jean Johnson, 847-546-8766 to make your reservations today.

All monies go to charity. These charities include (but are not limited to): Open Arms Mission, A Safe Place, Educational Scholarships for Antioch and Lakes High Schools, Antioch Senior Center, Lakes Area Historical Society, Antioch Public Library, Art Show and monetary awards for Antioch Middle and High Schools, and Lillie Petty Scholarship.

PROPOSED BY LAW CHANGES GFWC ILLINOIS ANTIOCH WOMAN'S CLUB 2016-2017

ARTICLE IV – DUTIES OF OFFICERS

SECTION 4 – READS: The Recording Secretary shall keep the full and complete minutes of each meeting of the Club, the Board of Directors, keep all necessary Club records and shall send a copy of the minutes of the meetings to the President, President-Elect, Vice-President and Historian within a week after the meeting.

TO READ: - The Recording Secretary shall keep the full and complete minutes of each meeting of the Club, the Board of Directors, keep all necessary Club records. She shall send a copy of the minutes of the Board of Directors meeting to the President, President-Elect, Vice- President and a copy of the general meeting minutes to the President, President-Elect, Vice-President and Historian within a week after the meeting.

RATIONALE: Only general minutes go to the Historian for the Archives.

SECTION 5 – READS: The Corresponding Secretary shall conduct the correspondence of the Club. She shall send out Club notices, unless otherwise specified, notify new members of their acceptance and other necessary printing and stationery.

TO READ: - The Corresponding Secretary shall conduct the correspondence of the Club. She shall send out Club notices, unless otherwise specified, notify new members of their acceptance and order stationery and other necessary printing with approval of the Board of Directors.

RATIONALE: Clarification of duties.

SECTION 6 – READS: The Treasurer shall be collector and custodian of all funds of the Club, pay out budgeted and non-budgeted funds authorized by the Board of Directors and make a full report at the Annual Meeting. She shall also be a member of the Yearbook Committee.

TO READ: - The Treasurer shall be collector and custodian of all funds of the Club, pay out budgeted and non-budgeted funds authorized by the Board of Directors and make a full report at each general meeting. She shall also be a member of the Yearbook Committee.

RATIONALE: Clarification of duties.

ARTICLE V – DUTIES OF CHAIRMEN OF STANDING COMMITTEES

SECTION 7 – The Membership Chairman's duties shall be to keep a current up-to-date membership list and to present the names of all candidates to the Board. When a candidate is accepted by the Board for membership, she shall notify the Corresponding Secretary. It will be the Membership Chairman's duty to conduct the initiation ceremony of all new members at each regular meeting, and she shall help the President-Elect compose the Yearbook. The Telephone Tree shall be a subcommittee of this committee.

ADD THIS SENTENCE TO THIS SECTION: The Telephone Tree shall be activated, as deemed by the President, for emergency purposes such as the cancellation of a meeting, the death of a member, spouse, children of members and parents.

By Law Committee:

Deb McGuffin,

Nancy Morici

Joan Foss, Carolyn Crabtree, absent

Nancy Zitkus, Parliamentary Advisor – Jean Johnson, President

March Madness With the Antioch Woman's Club



*Thank you to American Midwest Bank
for the use of their conference room and the printing of the
Antioch Woman's Club Newsletter*



GFWC Illinois Antioch Woman's Club
P.O. Box 282
Antioch, IL 60002