



# Potpourri

*GFWC Illinois Antioch Woman's Club Newsletter  
February 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....

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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

February 8  
February 10

February 28  
February 22  
February 24

March 7  
March 9

March 17  
March 23

March 28  
April 11  
April 13

April 14

April 21  
April 22

April 25  
June 17

Board Meeting 10 AM  
General Meeting 11:30 AM  
Program: Antioch High School Chorale Group  
Non-perishable items for Open Arms  
Pennies for Art  
Collection for Troop Support  
Book Club @Senior Center 12:00  
Quilting 9 AM Meeting House  
10<sup>th</sup> District Program Bureau at the Arboretum Club in Buffalo Grove 10 AM  
Board Meeting 10 AM  
General Meeting 11:30  
Program: Nann Blaine Hilyard—  
Quilting  
Non-perishable items for Open Arms  
Book Club @Senior Center 12:00  
District Awards  
10<sup>th</sup> District meeting @ Dover Straits 10 AM  
Quilting 9 AM Meeting House  
Board Meeting 10 AM  
General Meeting 11:30 AM  
Program: 50/60s Rock 'n Roll with Bob Taylor  
Clothing drive for Safe Place  
Non-perishable items for Open Arms  
Collection for Troop Support  
Game Day McHenry CC Disney 11 AM Social 12PM Lunch  
Book Club @Senior Center 12:00  
District Awards 10 AM meeting @ TBA  
Quilting 9 AM Meeting House  
GFWC/AWC Golf Outing  
Antioch Golf Club

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

Happy New Year!  
Congratulations, Members,  
on being a club that  
continues to grow!!  
We are now the largest in  
the state!! Growth is  
prosperity, and prosperity

allows us to service those less fortunate and gain respect in the community.

As the Lake County States Attorney, Michael Nerheim, said to me at our meeting January 13, "The size of your club obviously reflects the good work that you are doing. Thank you"

Thus, I remind you to mark your calendars for June 17, our first of two major fundraisers this summer: Golf, bridge (for those who don't golf), dinner, prizes, auctions and more at Antioch Golf Club with dinner catered by Eddie Bauer! Plan to bring your friends and relatives for a great day benefiting many.

A nominating committee is in place. Please consider saying "yes" when called to serve. It is great fun and very rewarding! We prosper through your many talents and interests!

We need lots of RUBBERBANDS:  
They give all they can,  
They stretch their time,  
They hold things together,  
They are pliable, AND  
Always bounce back to help where ever possible!

Love and God bless,  
Jean Johnson



## New Member Wastes No Time!

Meet new member and next year's new Program Chair, **Barbara Petersen**. She said yes to the call to volunteer!

## Membership / Mentoring Program

Marcia Getty



As I am writing this in January, I'm thinking about that little Groundhog and hoping he will be predicting an early spring! The weather hasn't been too bad so far, but thoughts of spring flowers are already starting to seem really attractive to me! Thinking of the warmer weather will definitely help us make it through these last couple months of winter.

### (PLEASE UPDATE YOUR BOOKLETS)

#### New Members

**Carol Beattie** 39855 N. Crabapple Dr., Antioch, IL 847-395-3648

**Joan Kelly** 42804 Janette, Antioch, IL 847-322-5456

#### Personal Info Changes:

**Susan Knudson** 847-951-3986

**Marjorie Marcysiak** 141 Bridgewood Dr., Antioch, IL

**Claudia Smith** [claudiasmith36@att.net](mailto:claudiasmith36@att.net)

Please call me at 847-838-4376 or email me at [mgetty@inlibs.com](mailto:mgetty@inlibs.com) about any changes you may have regarding your address, phone or email address.

'You can easily judge the character of a man by how he treats those who can do nothing for him.' – James D. Miles



We welcomed new club members (pictured with their sponsors) at our January meeting!



## Public Issues

*Susan Straley  
Carolyn Crabtree*

### Community Service Projects

February, March, and April's community service

project will be to collect donations for the food pantry at Open Arms Mission. Please bring one non-perishable food item or an individually wrapped paper product to the monthly meeting. Thank you in advance for your generosity.

### Focus on Community Safety

This newsletter's safety topic is "Know How to Survive an Accident Involving a Power Line."

In an accident where you hit a power pole and power lines fall on your car, call 911 and stay in the car until utility crews ensure the power is cut off. Our instincts in such a situation may tell us to get away if we can, but in most cases, getting out of the auto when power lines are down can be deadly. Electric voltage will disperse in ripples away from the point where electricity is going to ground, and anyone crossing the area or touching the wires could be severely or fatally injured. People inside the vehicle in such an accident are safe because they are not the path to ground. The only time to consider exiting the vehicle before utility crews arrive is because of fire—and those instances are very rare. Only then should the occupant jump free without touching the vehicle and ground at the same time, then hop with feet together to prevent current flow.

It is critical to know how and what to do in accidents involving power lines. Learn more at [www.SafeElectricity.org](http://www.SafeElectricity.org).

## Coupons

*Sigrid Brueggemann*

Happy New Year to all of you. When you read this, I will be in Florida for a couple of months. Sheila Eisen kindly stepped in and will process the coupons for me. 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 give them to Sheila. Thank you.



## International Outreach

*Carolyn Van Patten*

As we start a New Year, I hope you all have made your New Year's Resolutions.

The quilting dates for 2016 are Jan. 25th, Feb. 22nd, March 28th and April 25th. We meet from 9:00 a.m. to noon at the Meeting House, 977 Main Street, Antioch, IL. Please join us as we enjoy conversation and each other's company, and we even make some quilts.

In 2015 we completed 103 quilts, 59 kids' hospital gowns, and items for the smile bags that included 155 beanie baby stuffed animals, 95 tooth brushes and tooth paste, 90 crayons and coloring books, 37 bubbles and 11 puzzles. A big thank you to all of you for your donations throughout the year.

Another project for International Outreach this year is Heifer International. We pass around a birthday cake donation box at each monthly meeting for a donation if your birthday falls in that month. Heifer International will use this money to purchase animals for families in foreign countries. As of December 2015 we collected \$120.00, and we chose to purchase 2 honeybee hives, 2 flocks of chicks and 1 duck/goose. Honeybees will provide honey, wax and pollen to sell, while also pollinate crops. Families receive a starter flock of 10 to 50 chicks. Every egg is a nutritious gift for a hungry child. A good hen can lay up to 200 eggs per year, so there are plenty of eggs for families to eat, share, or sell. The ducks and/or geese help families improve their nutrition and income through the production and sale of eggs, meat, and birds.

Thanks and Happy Birthday to all that donated to the Heifer project. If you miss the month of your birthday, you can make a donation at any other monthly meeting.



## Art Committee

*Judy Schieck*

In February we will be collecting **Pennies for Art**. Thanks in advance for your generosity!





## Operation Afghanistan

*Karen Potter*

Please bring items for our troops overseas to our meetings in **February and 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: tampons, deodorants, and powders. We thank you for your generous donations as they are very much appreciated.

## Conservation

*Karen Noland*



Thanks, Ladies, for all your recycling efforts in 2015. I delivered three loaded SUV's of #6 Styrofoam and 120 pounds of old textiles to Highland Park to be recycled. That's a lot that you saved from the landfill!

Even though we have just recently started collecting, I turned in 6 toner cartridges at \$1 each and 138 used ink cartridges at 50¢ each to Cartridge World. These funds will be used to help pay for our yearbook printing and mailing costs.

This summer we started collecting wine corks to recycle through Recycle.org. We have already accumulated 13 ½ pounds. We love our wine! Thank goodness they go by weight so I didn't have to count them all!

Please keep up your good recycling habits, Ladies. We can each make a difference in our environment.



*Maureen Fremgen and Karen Noland greet us to accept our donations for Safe Place.*

*Lambeau Foley at Petty School. →*



## Education Committee

*Mary Kay McNeill  
Sheila Eisen*

Who wouldn't want to read to our furry canine friend, Lambeau? Patsy

Foley and her therapy dog, Lambeau, are our two most recent reading volunteers at W.C. Petty. Lambeau was the star of the show when he stopped by to say hello and acquaint himself with the students in Mrs. Flynn's class.

We appreciate all our reading volunteers and never have enough. Please consider signing up for one month, which equates to one hour weekly or four hours for the month. We especially are looking for someone to volunteer Thursday mornings with Mrs. MacKowiak's third graders from 9:45 - 10:45 while club member Maureen Fremgen recuperates from surgery. Maureen has been an active volunteer for nearly three-and-a-half years, so you can see we really need to find a substitute during her absence.

Start collecting your paperback books. We are going to have a collection in March for the library at the Lake County Jail in Waukegan. All topics are welcome but no **HARDCOVERS**. We just delivered hundreds of books from our Club members in conjunction with some other clubs in the 10th District!

Thanks for the absolutely varied and sage advice many of you gave to help celebrate American Education Week. Your information was typed and collated into a "book" for the students at W.C. Petty School. The book will be at our January meeting for members to peruse.

Any ideas or volunteers, contact one of us!





## Home Life and Health

*Patsy Foley*

Love Your Heart and It Will Love You Back!!!!

February is American Heart Month. WEAR RED!!!!  
Love your Heart and It Will Love You Back

Heart disease is called the silent killer because you do not feel if your blood pressure is high or if your blood vessels are building plaque and narrowing. But you can decrease your risks with a few simple changes in your life and by adding some heart healthy foods.

Some of these tips your heart will love!!

- ✓ Increase your fiber intake by 10 grams a day.
- ✓ Change the kind of oil you use to olive oil or canola oil.
- ✓ Meditate...Take 10 minutes a day to sit and clear your mind.
- ✓ Move your body every day—in any way that is comfortable for you.
- ✓ Drink red wine!!!! Red wine reduces chances of heart disease by 26%!
- ✓ Take a nap!! 20 minutes a day!!
- ✓ See your doctor.
- ✓ Add the following heart healthy foods to your diet: tomatoes, cantaloupe, nuts, avocados, broccoli, spinach and salmon.

One more way to keep that will help you keep your heart healthy...

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which comes from YOUR HEART and has the potential to turn a life around” .....Leo Buscaglia

Take care of your heart and give it to others.

*Club members provide us with an inspirational Thought of the Day at each meeting.*



## Domestic Violence

*Maureen Fremgen*

We have done very well during our two last collections for A Safe Place.

Our outerwear clothing drive in November added up to \$3295 in-kind donations. St. Ignatius accepts our donation for distribution to A Safe Place by way of vouchers the women get in order to shop at the Re-Sale shop. Carolyn Van Patten is one of our members who volunteers her time at St. Ignatius Re-Sale shop, and she was told that 8 -10 ladies a day came and chose clothing from A Safe Place within a short time after we delivered our donations. We were very glad to hear that the people of A Safe Place passed the word to their clients.

Our Christmas Toy gift collection was also a great success. Toys in the amount of \$1950 in-kind, and cash, checks and gift cards in the amount of \$635 were delivered to A Safe Place the day after our Christmas Silent Auction and Luncheon. Ladies, the gifts were beautiful for kids, and the moms and the staff at A Safe Place were so grateful. My car was filled from front to back; every space in my car was packed. Thank you to all of you for your generous donations.

Keep on saving clothing for our April collection. It will be Prom season. If you have something appropriate for a young girl or a suit for a young man, save it for our collection. In addition, clothing for the summer for women and children will be our focus. If you are sorting through your clothes and do not want to hold on to those items until April, you can bring them over to St. Ignatius on Depot and Deep Lake Road. Tell them that you are from AWC. Make a list for me so that I can calculate the value for our yearly report.



## Social Committee

*Karen Wehrheim & Betty Chornoby*



We continue to appreciate the hard work and good cooking from our hostesses each month. The "light lunches" keep getting better and better!

Here are the lists of hostesses for the remainder of this year. **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.

### February

*Co-chair*

*Jackie Vos*

*Co-chair*

*Sandra Rebechini*

Pat Harris

Gaye Walthers

Janet Behling

Nancy Yukl

Judy McKillip

Jackie Volkmar

Maria Schwartz

Carole Ann Becker

Ida Krozel

Carol Delaney

Jeannine Leonhart

### 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

### March

*Co-chair*

*Marlene Fernandez*

*Co-chair*

*Joan Foss*

Michelle Meucci

Karen Batterman

Mary Ann Lhotka

Nancy Andretich

Ruth Macier

Piera Garofalo

Barb Berry

Joanne Dugenske

Diane Taylor

Louise Wolfenbarger

Pat Smith

### 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

## Cultural Club

*Linda Anne Valentino*



We are going to Potawatomi Casino on Tuesday, February 23<sup>rd</sup>. For \$22 you will receive \$15 in free play and half off the buffet (You pay only \$6.50). We leave at 9 AM and return by 4 PM. We will meet at the Senior Center. We need 35 people to get our own bus, so ask a friend! Call me at 262-862-9228 to sign up.



## 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 will resume its meetings on February 18 and will continue to meet on the 3<sup>rd</sup> Thursday of every month 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!



# Fundraising

*Lynne Fletcher and Linda Valentino*

Happy New Year!



First and foremost thank you to everyone for making our 2nd silent auction at McHenry Country Club **magnificent**. Our team worked efficiently and had fun! We learned from our mistakes of the first year, and we will continue to make the event even better! We exceeded last year's silent auction amount by more than \$500, a 20% increase!



Looking back, we see we had a whirlwind year! Going forward, we will continue to be involved with the community but in different capacities as opportunities present themselves. A very large fundraiser—a golf outing at Antioch Country Club-- is in the works for June. Stay tuned!

Both Linda Anne and I enjoyed working with you this past year--from seeing our two newest members working a concert alone to everyone coming together to support being grand marshals at our 4th of July parade. When asked, our membership always delivers! Thank you. We appreciate the support and cooperation and look forward to more adventures!



# Energize Your Club – Have More Meetings!

## A Successful Approach

Written by Karen Batterman  
For *GFWC Clubwoman Magazine*



Energizing existing members and attracting new members is a challenge every Woman's Club faces. Sometimes, you just have to try something different and watch what unfolds.

The Antioch Woman's Club celebrated its 95<sup>th</sup> year in 2015. With such a long, rich history come many wonderful accomplishments and traditions. But the Club, of Lake County in Northern Illinois, needed to think about how they were reaching and engaging members.

Many women were very happy with the September thru May meetings as well as the traditional fundraisers and other events. Other members and potential members spent a month or more wintering in more moderate climates and felt they "missed out" during the time they were gone. Other women missed the camaraderie of the Club during the summer months.

President Jean Johnson and her board decided to try something different. They scheduled activities and meetings during the summer months. Without taking a formal vote, they moved forward with a summer plan for 2015.

Taking into account the lure of summer weather and activities, summer meetings were short and fun. June's meeting was a *Thank You Luncheon* at the Lehman Mansion, a local historic site. Instead of a typical business meeting, more time was allocated to an optional hands-on craft workshop as well as a narrated tour of the history-rich mansion. July's meeting was a *Picnic at a Forest Preserve*. An *Ice Cream Social* rounded out the summer schedule in August.

Because the Club was active during the summer, members had more opportunities to show their volunteer spirit. The Club supported various Village summer activities, including participation in Craft Fairs, Lions Club annual chicken BBQ, and weekly outdoor concert series. Another notable event was the Club's selection as "Grand Marshall" of the traditional July 4<sup>th</sup> parade in honor of AWC's 95<sup>th</sup> anniversary.

The benefits of being a Club with year-round activities were many – greater member engagement, more options for activities and volunteering, additional fundraising events to support many worthy causes, as well as building awareness of the Club and its mission throughout the community.

So, the summer felt like a big WIN, but Jean and her board wanted to make sure they weren't missing something or not hearing from a full cross section of members. A quick, one-page survey was distributed at the September meeting, asking for feedback on the different summer meetings, activities, and fundraisers. Results were very positive.

AWC added three new members over the summer. One new member said, "Now that you meet year round, I will join Woman's Club. I never joined before because I was gone for so long in the winter." A long-term member said, "It's so nice to get together in the summer to keep in touch with other members."





Does Jean have advice for other Clubs interested in exploring year-round meetings and activities? Of course! Jean suggests, "Ease into the change. Don't make it a big deal. Don't do too much at once. Try it and adjust based on feedback."

A 12-month schedule gives members more social options, as well as more opportunities for volunteer hours to meet club or personal goals. Members who have busy summer schedules may be more active during other months, but have more, new options.

Greater participation in social activities builds engagement, which translates into willingness to give. Overall, the move to a 12-month Club created positive momentum for the Antioch Woman's Club.

Any other advice from Jean? "You might have to change some entrenched terms. For example, our September *Opening Meeting* is now called our *Fall Meeting*, and our May *Closing Meeting* is now called our *Annual Meeting* – just in time to kick-off our summer of fun."



**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  
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