



Potpourri

Antioch Woman's Club

Newsletter

April 2012

Club Officers

Audrey Lyle, President
Maureen Fremgen, President-Elect
Betty Chornoby, Vice President
Jean Johnson, Recording Secretary
Nancy Morici, Corresponding Secretary
Marge Heddens, Treasurer
Dee Costello, Parliamentary Advisor

Jane Fraser, Newsletter Editor
Trudy Anderson, Elfride Hansen,
Lynne Fletcher; Newsletter
Committee
Lynne Fletcher, Jane Fraser,
Photographers

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

Debi McGuffin,
debi.mcguffin@att.net

Or write to.....

Antioch Woman's Club
PO Box 282
Antioch IL 60002

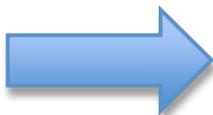


Upcoming Events

- | | |
|------------|---|
| March 28 | Tenth District 9:30 registration, 10 AM meeting. Awards Luncheon, Dover Straits, Mundelein |
| March 31 | GFWC Blue Ribbon Fashion Show, Bolingbrook Golf Club |
| April 9 | Board meeting |
| April 11 | General meeting |
| April 12 | Book Club, 1:00 PM Senior Center |
| April 17 | Game Day, McHenry Country Club |
| April 25 | Tenth District 9:30 registration, 10 AM meeting, noon luncheon at Bertucci's, Awards and installation of officers |
| April 26 | Last day of bridge for the summer. |
| May 2 | Book Club at noon at the Senior Center |
| May 3-5 | Adopt-a-Highway, 9AM Senior Center |
| May 4 | GFWC Illinois Convention, Decatur |
| May 7 | Rain date, Adopt-a-Highway |
| May 9 | Board meeting |
| June 14-17 | General meeting, Closing luncheon at Twin Oaks, Wilmot, WI. Installation of Officers |
| July | GFWC Convention, Charlotte NC |
| August 5 | Book Club Picnic TBA |
| | Lion's Club Barbeque—AWC Bake and Book sale |

The Antioch Woman's Club meets on
the second Wednesday of every month at 1:00 PM at the
Faith Evangelical Lutheran Church
24300 W. Grass Lake Rd.
Antioch, IL. 60002
847-395-1660

NOTE: Dues are due no later than June 1st and will be collected at each monthly meeting beginning in March. If dues are not received by June 1st your name will not be published in the yearbook.



President's Corner



Well this is it; this is the last newsletter article I will write as President of Antioch Woman's Club. The new administration will take over in May, and I know they will be welcomed with open arms by all of you. They have a big job to do. Please help them all you can.

I want to point out some of the changes we made in the last two years. The first thing we did was move our meetings from the VFW to Faith Evangelical Church. Then we saved a significant amount of money by e-mailing the newsletter instead of mailing all of them. We also started a Mentoring Program for our new members, and now our out-going board will mentor the in-coming board for 1 year. In addition, we printed a brochure, developed a logo for our club, cleaned Deep Lake Road twice a year and planted around the Senior Center. We gave \$1,500.00 to Open Arms Mission for turkey Thanksgiving dinners. We acquired 38 new members. We also started eating our dessert and or/food at the beginning of our meetings, which really cut down on the length of time our meetings take. We got healthy tips while eating apples and chocolate and drinking wine. We printed a new calendar with our photos and had our first great arts and crafts show. We now find articles about our club in most of the local papers and the Chamber of Commerce. We made the dues the same cost for all active members, and we started a Dress for Success Program that was really appreciated by Safe Place. We also kept up all of our established programs. It has been a busy two years!

Thanks to all of you for the help you have given me. We could never have accomplished so much without you. We also raised a record amount of money to be given out at the excess funds meeting in March to our charities, and for that you can pat yourselves on the back. We are truly making an impact on the world around us, and that is our goal. We have all grown in knowledge and confidence, which is also our goal. We have achieved many successes, but this has to continue and grow. I'm sure it will.

This is my only chance to thank all the officers and chairpersons on the board; they did an outstanding job. What would we do without them? Or without you members? It takes all of us to achieve what we need to accomplish. Together we did it!

Farewell to you all,

Audrey Lyle
President

At the February meeting, the Lakes Area Jazz Choir and Band, with director, Matt Kestor, had us dancing in our seats.

Membership

Debi McGuffin

Well, for this newsletter my message is short but sweet. We have a new member to welcome to the club and two email address changes. Please update your membership booklet to reflect the following for your future reference.



New Member:

Adrienne Crifase
416 S. Cogswell Drive #45, Silver Lake, WI 53170
262-889-4296

Email Changes:

Trudy Anderson
trueanders@gmail.com

Debi McGuffin
debi.mcguiffin@comcast.net

Please direct any membership-related business to me ~ Debi McGuffin at debi.mcguiffin@comcast.net or 847-395-6573.

MENTORING PROGRAM ~ Debi McGuffin

If anyone has any questions regarding their mentoring responsibilities, please contact me at the email or phone number above.

PLEASE NOTE: If you plan to change your membership status, you must do so in writing before May as such changes must be voted on by the Board at their May meeting.. Send your letter to either Audrey Lyle or Debi McGuffin.

2012 AWC Programs

In April Peter Oprisko, jazz and popular music performer, will provide our entertainment.



Social Committee

Joan Foss



The month of May is almost here, and that means that we will be having our closing lunch! This year it will be at the Twin Oaks Country Inn in Wilmot WI. The price is \$20.00. We will meet at 11:00 for social hour, have lunch at 12:00, and then hold the business meeting at 1:00.

I hope to see you there.

During our last meetings Eva Hawryluk and I will be asking the active members to sign up for hostess duty for the coming club year. Because our club has grown so, we do need more hostesses helping out at each meeting. You will find that acting as hostess is a lot of fun and a great way to become acquainted with the other members of the club.

Public Issues

Susan Straley and Pamela Brown

Thank you to all members who have participated so generously in all of the charitable collections that we have made during the past year. We really have made a difference in the lives of so many people.

The subcommittee chairs, Bonnie Bakutis, Pat Rung, and Sigrid Brueggemann have been outstanding in their efforts. Thanks also to the dedicated club members who participate regularly in VA Hospital visits and coupon collections for military families.

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



Pam Brown is all smiles as she collects our February food donations for the Open Arms Mission.

Operation Afghanistan

Pat Rung

Before we know it, April will be here and we will be collecting for Operation Afghanistan. There will be no collection in May at our last meeting of the year as we can devote that day to other donations.

We still have troops in harm's way; and even more so with the downsizing, we need to support the troops that are serving. On the Happenings table is an up-to-date list of items that are very much appreciated. Military personal from all branches are serving as one unit, so we need to recognize their service.

If anyone has questions, feel free to call me or ask me to pick up a donation. I will be happy to do so. Just so you know, once I receive items at the meeting, I catalog and price according to a preset list, and total up the value of the donations. I then package items accordingly and deliver to the VFW in Antioch, and they mail the packages to the troops. The AWC receives credit for its in-kind donations, and this is forwarded to the State and National organization and counted toward recognition awards. Ladies, all our donations count, so please be generous. I thank you in advance.

Coupons

Sigrid Brueggemann

A big thank you to the following ladies who spent a lot of time cutting, sorting, and counting the coupons for our military in Germany: Allene Nelson, Betty M. Schneider, Pat Rung, Mary Ware, Betty Schroeder, Barbara Ocwieja, Sally Rogers, Pat Pasiewicz, Edna Barr, Karen Schnur, Beverly Sorenson, Lorraine Oren, Maureen Fremgen, and Sigrid Brueggemann.

For the year 2011 we sent 71,650 coupons overseas and worked a total of 591 hours. I'd like to remind everybody to sort the coupons into five categories: Food, Household, Health and Beauty, Children, and Pets. Count the number of coupons for each category and write it on the envelope. Coupons must be within 3 months of the expiration date. Please also provide the hours you worked on this task.

For the Veterans

Bonnie Bakutis

I want to let everyone know that I will be in front of the church collecting the following items for the Veterans at the rest of our meetings this year.

- body wash
- shampoo and conditioner
- razors in the package
- jogging suits L to 4X
- gloves hats sweatshirts
- boxers
- briefs ankle socks or regular socks
- women's sweaters and cardigans

Domestic Violence

Maureen Fremgen



Again I am asking you to look into your drawers and closets for items to donate to Safe Place. You have been so generous and helpful to find clothing, linens, socks, purses, hats etc.

Once again I am going to ask for your help. I will be outside collecting your items on April 11, 2012, the

date of our meeting in April. This will be our last chance to gather items for donation until next November. Please see what we can find to contribute. Hopefully, this time we won't be having April showers and gales of wind. See you there.

Education Committee

Mary Jean Baehler

This is a busy time for the Education Committee. Shortly, each of the members will be reading around 300 scholarship applications to determine the recipients of our scholarships to Antioch Community High and Lakes Community High. On Friday, March 30 all committee members will meet at my house to select the candidates. The names of the recipients will not be divulged until after the May Honors Night at each of the schools.

At the end of this month, the local schools should have selected their candidates for the Illinois Leadership Seminar in June. Each year Antioch Woman's Club sponsors a student from Antioch and from Lakes.

As the closing of our year approaches, we will provide plaques for the Outstanding Senior Boy and Outstanding Senior Girl at each of the schools. We give each recipient a wood plaque with the gold lamp of learning on it.

The committee members involved in these activities are: Mary Jean Baehler, Diane Busch, Carol Coker, Angie Fasolo, Carol Maplethorpe, and Dorothy Volkert.



The Art Committee

Judy Schieck

The Art Committee needs baked goods for the Antioch Student Art Show, Friday, April 20th at

7:00 pm at the Lakes High School on Grass Lake Rd. Your delicious cookies and baked goods are greatly appreciated and should be delivered to the Lakes High School between 5:00 - 5:30 pm. If you haven't seen this show, you should. You will be in for a wonderful experience.

Members enjoy a presentation by Diane Dietske from the Illinois Discovery Museum.

Conservation

Karen Noland



It's Adopt-A-Highway Cleanup time again, ladies. In case you missed the spring luncheon, we voted to make this twice-a-year event for Lake County an annual project. Our spring cleanup is scheduled for Wednesday, May 2nd, with a rain date of Friday, May 4th. We will meet at the Antioch Senior Center at 9AM for a short safety meeting before going to the parking lot by the Lake House Restaurant at Deep Lake and Grass Lake Roads to start. We are responsible for both sides of Deep Lake Road from Grass Lake Road to Route 132, so the more of us there, the faster we will finish. Some of you have already signed up, and I will have the signup sheet at the April meeting too. Judy McKillip's husband has made us some picker uppers on sticks to help save our backs. Thanks so much.

Please remember that April 27th this year is Arbor Day, so think about planting a tree. J. Sterling Morton of Morton Salt and Arboretum fame started Arbor Day 138 years ago. At the time he was President Grover Cleveland's Agriculture Secretary. He compared this holiday with others by saying, "Other holidays repose upon the past. Arbor Day proposes for the future." I learned this from the Arbor Day Foundation newsletter I receive as a member. Their website is arborday.org if you would like to learn more or order a tree to plant.

A couple of reminders: Since it is law now that old electronics cannot be put in with garbage, we can bring them to the Waste Management Facility on 173 in Antioch (across from Menards) between 7:30 AM and 2:30 PM Monday thru Friday. Other disposal sites can be found at SWALCO.org. Also, ComEd has a special going thru May 31, 2012 where they will pay you \$50.00 to pick up and recycle your old refrigerator or freezer. So if you planned to replace either of yours, why pay to have the old one hauled away? After May 31 they will continue this but at \$35.00.

I can already feel the wonderful shade from all those trees you gals are planting!



Ways and Means

Linda Anne Valentino



The year is ending, and I would like to thank everyone for their support. Without your assistance and support we would be unable to continue our philanthropic works in our community, state, and worldwide. You have made such a difference in the lives of so many people.

My gratitude goes out especially to the Ways and Means Committee who worked so diligently to make these past two years a great success.

Please do not forget the Bake Sale this summer. There will be a new Chairperson so please be as supportive of her as you were these past two years.

Thank you again to the Committee:

Beverly Amburgey
Carol Becker
Lu Belli
Dee Costello
Marlene Coia
Sheila Eisen
Marlene Fernandez
Fran Groff
Jean Johnson
Norma Karczewski

Anna Kisielica
Susette Lengvenis
Ruth Macier
Mary Pejril
Shirley Simek
Pat Smith
Mary Beth Walsh
Grace Valloni
Linda Anne Valentino

Home/Life Health

Patsy Foley

**PUMP UP YOUR BRAIN
POWER !!!!!**
(10 WAYS TO KEEP THE
MIND SHARP AND IN
SHAPE)



Most experts believe you can prevent or at least delay dementia--even if you have a predisposition. Reducing Alzheimer's risk factors like obesity, diabetes, smoking and low physical activity by just 25% could prevent up to half-million cases of the disease in the United States.

Here are 10 new ways you can boost your brainpower.

1) Get moving. If you do only one thing to keep your brain young, EXERCISE. Physically active people tend to maintain better cognition and memory than inactive people.

2) Pump some iron. Resistance training (weight training) may increase the levels of growth factors in the brain such as IGFI, which nourish and protect nerve cells.

3) Seek out new skills. Learning spurs the growth of new brain cells. When you challenge the brain, you increase the number of brain cells and the number of the connections between those cells. Learn Sudoku or a new card game Even using the Internet can help maintain healthy brain functions.

4) Lower your stress level. Chronic stress floods your brain with cortisol, which leads to impaired memory. A technique called mindfulness-based stress reduction is the act of focusing one's attention on more positive things and has been shown to reduce harmful stress hormones.

5) Eat like a Greek. Eat a heart-friendly Mediterranean diet: fish, vegetables, fruit and nuts. Older people who eat the most fruits and vegetables experience a lower risk for dementia than meat lovers.

6) Spice it up...Your brain enjoys spices as much as your taste buds do. Herbs and spices such as black pepper, cinnamon, oregano, basil, parsley, ginger and vanilla are high in antioxidants, which may build brainpower.

7) Find your purpose. Discovering your mission in life can help you stay sharp. Those who approach life with clear intentions and goals are less likely to develop Alzheimer's.

8) Continue your social contacts. Having multiple social networks helps lower dementia risk. There is nothing more rewarding than friendship.

9) Reduce your risks. Chronic health condition like diabetes, obesity and hypertension are often associated with dementia. Follow your doctor's orders at all times to maintain good health.

10) Check vitamin deficiencies...Older adults don't always get all the nutrients they need from foods. That vitamin deficiency can affect brain vitality. Vitamin B-12 deficiencies especially showed smaller brains, and those people scored lowest on tests measuring thinking, reasoning and memory.

Please take care of you health for a long and brain healthy life.

***We will also be collecting for RELAY FOR LIFE at our April meeting.

Card Ambassador

Jackie Voss

Hi, ladies. Spring has sprung and that also says "hello" to the new AWC slate of officers coming soon. I will, however, be happy to represent you as your Card Ambassador for at least the next two years!

Thanks to all who have kept me informed of those in need of cheering and thoughtful words of encouragement. I really appreciate your calls and e-mails. (jackiemartinvos@gmail.com)

By the way, I'm all set with all kinds of cards, so I will not need any for quite a while. Thanks for all the collections I've been given. Please keep info coming even through summer months.....illness and sorrow have no time frame.

Thanks so much, and have a fun summer.

Helpful Hints for Printing Your Newsletter Sign-Up Sheets

When you click on your print button (either the icon or from the menu), there is a pop-up window that appears. If you only want to print a single page or range of pages, before clicking on "ok," select the pages you want to print in the print- range section of the pop-up window or select "current page" in the pop-up window to print the page you are looking at.

In a similar fashion, there is an option in the pop-up window not to print in color. It usually says something like "Print color as black" or "Print in grayscales" or something similar. Chose one of these options if you do not want to print in color.

******You will find the forms you need to print and mail on one page in this newsletter....page 9.**



Hilda Wallschlager was one of the lucky door-prize winners at our February meeting.

At the March meeting, Lois Warner, Sherry Kerkman, and Pat Pasiewicz were the lucky winners.



David's Bistro catered the Spring Fling Luncheon.



April 17, 2012

McHenry Country Club

Social 11:00 am

Lunch 12:00 pm



REGISTRATION DUE BY APRIL 1 (No foolin'!) Fee is \$23.

Checks payable to Antioch Woman's Club

Mail to Jean Johnson at 33552 N. Oak Drive, Ingleside, Illinois 60041

Name _____ Phone _____

Bridge Foursome

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

- Blackjack** _____
- Bunco** _____
- Scrabble** _____
- Mexican Train** _____



End-of-the-Year Luncheon

ANTIOCH WOMAN'S CLUB WILL HOLD ITS 2012 CLOSING LUNCHEON
ON WEDNESDAY, **MAY 9th** at the **TWIN OAKS COUNTRY INN**
30807 114th ST. HIGHWAY C, in WILMOT WISCONSIN

Social Hour at 11:00, Lunch at 12:00, Business meeting at 1:00

THE COST IS \$20.00 PER PERSON (Make checks to AWC)

***** **ENTRÉE CHOICES*******

Be sure to indicate your choice on the registration sheet.

Grilled Chicken on Fettuccini with Light Alfredo Sauce

Grilled Shrimp on Mixed Greens with Fresh Fruit & Lemon Honey Vinaigrette

Baked Pork Chop with Fettuccini & Bacon Garlic Mushroom Sauce

**All entrees include house salad, coffee or tea.
Dessert will be cake.**



Game Day Registration Sheet due by April 10th (note new deadline)

Send a check for \$23.00 made out to Antioch Woman's Club to

Jean Johnson, 33552 N. Oak Drive, Ingleside IL 60041

Name _____ Phone _____

Bridge Foursome:

- | | |
|----------|---------------------|
| 1. _____ | Black Jack _____ |
| 2. _____ | Bunco _____ |
| 3. _____ | Scrabble _____ |
| 4. _____ | Mexican Train _____ |

End-of-the-Year Luncheon Registration Sheet Due by May 4th

Send a check for \$20.00 made out to Antioch Woman's Club to

Joan Foss, 342 Sequoia Court, Antioch IL 60002

Name of Member _____

Name and number of guests _____

*****CHOOSE YOUR ENTRÉE*****

_____ Grilled Chicken on Fettuccini with Light Alfredo Sauce

_____ Grilled Shrimp on Mixed Greens with Fresh Fruit & Lemon Honey Vinaigrette

_____ Baked Pork Chop with Fettuccini & Bacon Garlic Mushroom Sauce

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

Thank you for printing our
newsletter....

