



# Potpourri

## Antioch Woman's Club

### Newsletter

#### February 2013

#### Club Officers

Maureen Fremgen, President  
Jean Johnson, President-Elect  
Lynne Fletcher, Vice President  
Nancy Morici, Recording Secretary  
Karen Schnur, Corresponding Secretary  
Karen Noland, Treasurer  
Linda Valentino, Parliamentary Advisor

Jane Fraser, Newsletter Editor  
Cindy Erexson, Website Administrator

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

Debi McGuffin,  
[debi.mcguffin@comcast.net](mailto:debi.mcguffin@comcast.net)

Or write to.....

Antioch Woman's Club  
PO Box 282  
Antioch IL 60002



## Upcoming Events

February 11  
February 13

Board Meeting 10 AM  
General Meeting 1 PM Please bring non-perishable items for Open Arms and items for Operation Afghanistan

February 19

Cultural Club: Lunch and Bunco, Antioch Senior Center, 12:30, Prizes, \$12

February 20  
February 21  
February 27

Quilting 10 AM Meeting House  
Book Club 12 PM Antioch Senior Center  
10<sup>th</sup> District Program Bureau at the Arboretum Club in Buffalo Grove

March 11  
March 13

Board Meeting 10AM

General Meeting 1 PM Please bring non-perishable items for Open Arms Mission  
Cultural Club: Backstage Tour of the Lyric Opera House, Chicago, Box Lunch, \$42

March 17

March 20  
March 21  
March 27

Quilting 10 AM Meeting House  
Book Club 12 PM Antioch Senior Center  
Awards 10<sup>th</sup> District meeting/lunch at 10 AM Dover Straits, Mundelein

April 8  
April 10

Board Meeting 10 AM  
General Meeting 1 PM Clothing Drive for Safe Place; Please bring non-perishable items for Open Arms Mission and items for Operation Afghanistan

April 16

Game Day at McHenry Country Club  
11AM Social Hour, 12 PM lunch

April 17  
April 18  
April 24

Quilting 10 AM Meeting House  
Book Club 12 PM Antioch Senior Center  
Awards and Installation of officers: 10<sup>th</sup> District 10 AM meeting, 12 PM lunch at Bertucci's in Highwood

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

## President's Corner



Happy New Year!  
I hope all is well. We have had a number of members down with the flu/colds for most of December and January. I wish a speedy recovery to all.

We as a club have been very busy in the last few months. The month of October was the beginning of our Reading Program with W.C. Petty School here in Antioch. See Lynne Fletcher, Mary Beth Walsh and Jean Haling's reports regarding our new project and developments. The women who have volunteered to read with the children are enjoying this project. Their stories are so heart-warming and fun.

October brought us the New Member's Tea. We recruited quite a few new members. One of the new members is now part of the committee that is restyling our website.

November was fun for all. The purse auction, which brought in money for us to finance Thanksgiving dinner boxes for Open Arms Mission, was a fun time for everyone who enjoyed the bidding and the contest between the bidders. The 10<sup>th</sup> District had a fashion show and silent auction. A number of our members were models. They had a lot of fun and the 10<sup>th</sup> district event was a great success.

During the month of December we gave Open Arms some more of the money for Christmas dinner boxes and money for the backpack program. We also had a great time at Antioch Woman's Club annual Christmas Party and Silent Auction to raise money that was sponsored by the Ways and Means Committee. We did very well because of all the donations and the revenues that the chances and silent auction brought. The committee worked many hours preparing for this event and I am so grateful for their wonderful fellowship and talent. We were so thankful for the generosity that the clubwomen showed bringing toys for the Christmas collection given to Safe Place. Items for Open Arms and Veterans were also collected and given to those various organizations. December activities did not stop with the Christmas Party. The ladies of our club were Santa's helpers at the newly constructed Enchanted Village. Great fun and great participation.

That is a short summary of all that you wonderful women do. See more details in the chairperson's report here in the newsletter.

At the time of this writing, I am in the process of collecting information from the chairmen regarding the hours, monies, donations and summary of the events that they have to report to me. It is surprising how much time that we have spent in 2012 doing work for our club. Keep up the good work.

Maureen Fremgen  
President, Antioch Woman's Club



## New Website

*Lynne Fletcher, PR Chair*

Come visit the new AWC website at [www.antiochwomansclub.com](http://www.antiochwomansclub.com).

If you have any articles or pictures or announcements that you would like on the website, send them to [antiochwomansclub@gmail.com](mailto:antiochwomansclub@gmail.com).

We can also use people interested in helping with mailing the newsletter, working on the website committee, and/or writing articles for the press. Here's another opportunity for you to pitch in! If you would like to help in some way, contact me at [mrsf22898@aol.com](mailto:mrsf22898@aol.com).



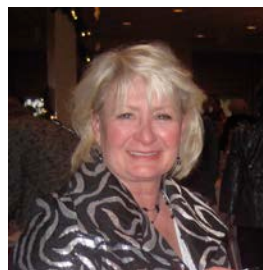
## AWC 2012-2013 Programs

*Karen Wehrheim*

**February:** The Lure and Lore of Spices

**March:** Jennifer Silk, violinist

**April:** Edizon Dayao, 50s and 60s music



## Cultural Club Events:

### January - March 2013

**February 19,** Lunch and Bunco, Antioch Senior Center, 12:30, Prizes, \$12

**March 17,** Backstage Tour of the Lyric Opera House, Chicago, Box Lunch, \$42

If you are interested in any event, please contact *Linda Anne Valentino*, 262 862-9228



## Membership

*Debi McGuffin*

Happy New Year! I hope you all had a good Christmas with family and friends, and I sincerely wish this New Year to be a happy, healthy and peaceful one for us all.

There have been some changes, of course, since our last newsletter and they are listed below. Please note them in your membership booklet for your future reference.

### New Members:

*Nancy Bernard* – 1190 Blue Heron Circle, Antioch, IL 60002 224/406-1404  
[nancy\\_bernard@sbcglobal.com](mailto:nancy_bernard@sbcglobal.com)

*Kathy Blackman* – 39833 Crabapple Drive, Antioch, IL 60002 224/788-8313  
[kathyblackman@comcast.net](mailto:kathyblackman@comcast.net)

*Cindy Erexson* – 38400 N. Hoegland Street, Lake Villa, IL 60046 703/727-4376  
[cgerexson02@comcast.net](mailto:cgerexson02@comcast.net)

*Priscilla Kreamer* – 2541 Penn Blvd, Lindenhurst, IL 60046 224/578-9710  
[pjkreamer@gmail.com](mailto:pjkreamer@gmail.com)

*Ida Krozel* – 40600 N. Grand Avenue, Antioch, IL 60002 630/653-4277  
[ida@electronicinstrument.com](mailto:ida@electronicinstrument.com)

*Carole Loffredo* – 43 Oak Lane, Lake Villa, IL 60046 847/356-7610  
[cloffred@yahoo.com](mailto:cloffred@yahoo.com)

*Mary Kay McNeill* – 751 Creek Bend Lane, Antioch, IL 60002 847/838-3937  
[marykay.mcneill@yahoo.com](mailto:marykay.mcneill@yahoo.com)

*Barbara Moore* – 39720 84<sup>th</sup> St. (P.O. Box 22), Powers Lake, WI 53159  
[jmoore2421@ameritech.net](mailto:jmoore2421@ameritech.net)

*Joan Murphy* – 1170 Edgewater Lane, Antioch, IL 60002 847/838-5139  
[murp924@sbcglobal.net](mailto:murp924@sbcglobal.net)

### Address Changes:

*Betty Schneider* – 23491 W. Grand Avenue, Lake Villa, IL 60046

### Email Changes:

*Susie Lancaster* - [sllbni@hotmail.com](mailto:sllbni@hotmail.com)

*Sally Rodgers* - [sallyrodgers@comcast.net](mailto:sallyrodgers@comcast.net)

### Re-Add to Booklet:

*Dorothy Volkert* – 40876 N. Prairie, Antioch, IL 60002 847/395-3991

### Deceased:

*Elizabeth (Betty) Ruffin* – passed away November 15, 2012

*Rose Robinson* – passed away November 21, 2012

*Bonnie Wolff* – passed away December 19, 2012

Their membership in the Antioch Woman's Club will be remembered fondly.

### MENTORING PROGRAM ~ Debi McGuffin

Just a **little** reminder ... If for some reason you are unable to be a mentor, please let me know as soon as possible so that another active member may be asked to assume this responsibility. Should you have any questions regarding this program, please contact me.



Please direct any membership-related business to me ~ Debi McGuffin at [debi.mcguffin@comcast.net](mailto:debi.mcguffin@comcast.net) or 847-395-6573



*We welcome these new members to our club!*



## Public Issues

*Susan Straley  
Pam Brown*

### Community Service Projects

February, March, and

April's community 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 "Winter Driving Tips." Severe weather can be both frightening and dangerous for automobile travel. Remember the following:

- ✓ Accelerate and decelerate slowly when driving in snow.
- ✓ Allow extra distance between yourself and the car in front of you.
- ✓ Know your brakes. Whether you have antilock brakes or not, the best way to stop is threshold breaking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure to the brake pedal.
- ✓ Make certain your tires are properly inflated.
- ✓ Never mix radial tires with other tire types
- ✓ Keep your gas tank at least half full to avoid gas line freeze-up.
- ✓ Do not use cruise control when driving on slippery roads
- ✓ If you really don't have to go out on slippery roads, don't. Even if you can drive well in the snow, not everyone else can.



## Visits to Our Veterans

*Bonnie Bakutis*

The first Monday of the month volunteers from our club car pool to the North Chicago Veteran's Medical Hospital to play Bingo and serve a treat to the veterans. In addition to playing bingo with the

Vets, we sometimes host dances where we serve food and dance with the men. Our volunteers are such happy outgoing ladies, and I think we have more fun than the Veterans. It truly is a wonderful, fulfilling experience for all of us. Thank you ladies for your support. Please contact **Bonnie Bakutis** if you are able to participate in this worthwhile activity.

## Operation Afghanistan

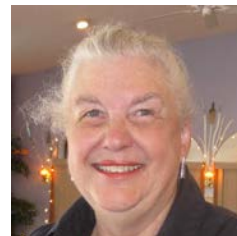
*Pat Rung*



Before we know it, we will be at our February Meeting, and once again I will be collecting for Operation Afghanistan. Our troops are still over there and in harm's way daily. They need our support now more than ever. **Please note that we will be collecting in February and April but not in March or May.**

I once again remind all that we have many female military members who very much appreciate and need hygiene products. Sample sizes are great; small packages are easy to put in one's backpack. However, the troops appreciate everything. I will have a list on the table for members to take for future contributions. The troops need note pads, pens, notebooks, stationary, stamps, and envelopes of all sizes. Ladies, check your stashes and see what you can share.

Once again, if you are unable to bring your donation to a meeting, give me a call at 847-356-9398, and I will gladly come by and pick it up. Your contributions are duly noted by item and cost for the AWC projects, state and national level. We give credit to our members, and the GFWC gives recognition to our club. Thank you so much for all your generous contributions.



## International Outreach

*Mary Ware*

We want to thank our great group of cutters, stitchers, color sorters, sewers, knotters, and dressmakers as well as those who donated such great fabric for making this a wonder year for us.

We sent out 99 quilts, 33 dresses, and 2 gowns and put in a combined 450 hours. You are all totally amazing and we look forward to working with you in the New Year.

We will continue to meet the third Wednesday of the month from 9 A.M. to 12 P.M at The Meeting House on Route 83. And remember, we are always looking for cotton fabric donations.

## Education Committee

Mary Beth Walsh  
Jean Haling

The Education Committee will soon be collecting Scholarship Applications from students at Antioch Community High School and Lakes High School. We will fund five scholarships and provide funds to send the Outstanding Boy and Girl of the Class of 2012 to Leadership Camp.



Twenty-five members have participated in the volunteer reading program at W.C. Petty School. Members read independently with the second, third, fourth or fifth grade children during their guided reading period. Members are welcomed by the teachers and are provided with strategies to use during reading and listening. You can volunteer for one hour on Tuesday or Thursday, but you must commit for one month. All are welcome to volunteer—so, if you are interested, please call Mary Beth Walsh or Jean Haling.

This program provides enrichment for the children and is proving to be an enriching and fulfilling experience for our participating members.

## Conservation

Karen Noland  
Betty Chornoby

Both Karen & I would like to wish you all a Happy, Healthy & Prosperous 2013!

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. No appointment is needed.

Cara Morici is still collecting used Printer Cartridges to raise money for her cancer walk. They can be brought to the meetings & given to Nancy Morici.



## Domestic Violence

Audrey Lyle

Thanks to all of you for being so generous, we collected approx. \$3,716 in toys for the kids at Safe Place. When we delivered them they just kept repeating: "the Antioch Women's Club came through for us again." They had very little to give and really had a great need.



### VIOLENCE AMONG ELDERLY COUPLES OFTEN OVERLOOKED

Domestic violence can be present throughout a marriage of 40, 50, even 60 years. Even a good marriage can take a turn late in life and is on the rise, for example when a spouse with Alzheimer's begins acting sexually or physically inappropriate. Or it can be a carry over from the beginning. It is advised that those who are concerned that an elderly friend or relative is the victim of abuse of any kind seek help. However, this is only the first step. Far more difficult is convincing the victim to press charges or evict a spouse from their home. There is a mix of fear, guilt and loyalty toward a spouse.

Signs of Abuse  
Does your spouse...

- Embarrass you with put-downs?
- Look at you or act in ways that scare you?
- Control what you do, whom you see or talk to, or where you go?
- Stop you from seeing your friends or family members?
- Take your money or Social Security check, make you ask for money or refuse to give you money?
- Make all of the decisions?
- Act like the abuse is no big deal, like it's your fault, or even deny doing it?
- Destroy your property or threatened to kill your pets?
- Intimidate you with guns, knives or other weapons?
- Shove, slap, choke or hit you?
- Force you to drop charges?
- Threaten to commit suicide?
- Threaten to kill you?

If you answered "yes" to even one of these questions, you may be in an abusive relationship and should seek help.



## Ways and Means

*Beverly Amburgey*

Happy New Year! I hope 2013 will be a happy, healthy, and prosperous year for you all!

The Ways and Means Committee has just completed a very successful and profitable year. We could not have done so without your help and support! With funds still coming in from items left after the Holiday Luncheon, we made almost \$5000. The committee worked very hard and I wish to thank them for their dedication to the project. The most important thing is that we all had fun, good food, and great fellowship!

We are, however, still missing a button tree (red) sweatshirt that was taken, and hopefully paid for, by the wrong bidder. Please call me if you have it!

The Ways and Means Committee had a short meeting before the regular meeting to go over what we did right, wrong, or how we could improve. One of the suggestions brought up is that we need more people at the party to price items, run items to the tables, etc. Also, we need to rethink the placement of the tables when you walk in so it isn't so congested. We are happy to say that Mary Kay McNeill stepped up and became a new member of the Ways and Means Committee, and she immediately started selling 50/50 tickets!

We have started a new fundraiser with Carson's Store. We will be taking part in their community days on March 1 and 2, 2013. We will be selling coupon books for \$5.00 and all the profits go to AWC. There are coupons worth \$400.00 in these books, starting with a coupon for \$10.00 off any item worth \$10.00. We have these books available now and have already made money! We will have the books at the February meeting. However, we will be glad to get them to you before then if you are interested in selling them to family and friends. Please call me or Nancy Andretich. Questions? Call me at 847-401-0695 or email [milescircle@yahoo.com](mailto:milescircle@yahoo.com)

## Santa's Castle Results!!

*Susie Lancaster  
Betty Chornoby*



After 25 fabulous, remarkable and dependable years, Antioch's landmark Enchanted Castle was unable to stand up for another season's visitation. With little time to spare, Barbara Porch, Executive Director of the Antioch Chamber of Commerce, Village Officials, and the Antioch Village "Elves" went to work designing and constructing Antioch's New Santa's Enchanted Village within the Chamber of Commerce Office on the corner of Main and Orchard Streets. WOW!! The artistic details and design that they produced were a magical creation. It was a virtual combination of winter wonderland, Santa's Workshop and Christmas fantasy to truly make Santa proud!! The inauguration was a little slow in the opening week or so, but the closer we got to Christmas, the better the attendance. We had almost 3,000 visitors who were in total awe of our new village creation!

We are so grateful to so many of you who assisted in the Grand Opening Season as Santa's Helpers. The adorable children who visited the new Santa's Enchanted Village from Antioch and many surrounding areas this season were truly delighted with the new motif and comforts they had once they came inside. It's so nice and warm, and having the boys' and girls' restrooms was a real plus. Spread the good word for next year!!

The photos we took were down considerably this year due to so many visitors bringing their own cameras with them. We took 440 photos for a commission of \$2.00 each equaling \$880.00. The donation box commission is split 50/50 with the Chamber of Commerce for a total of \$714.00. Thanks to you, our combined total profits to AWC were \$1,594.00. The proceeds will be used for our Antioch Woman's Club Scholarship Fund.





## Art Committee

*Judy Schieck*

Please bring your Arts & Crafts items to the February meeting for display. Last

year was a first for our exhibit of members' wonderful talents, and everyone enjoyed seeing the diversity and creativity displayed. All categories are welcome and we look forward to the beautiful things you have made, from painting and photography to knitting and crocheting, weaving and ceramics. Remember, this is a way to get to know each other just a little bit better. Any questions, call me or e-mail me at 847-395-8120 [originalbs@juno.com](mailto:originalbs@juno.com)



## Social Committee

*Dianne Suskin  
Eva Hawryluk*

Mark your calendars for March 13, 2013, at Faith Lutheran Church at 12 Noon for Reciprocity Luncheon.

Please bring a dish to pass. Sign up will be in February. Looking forward to seeing everybody!



## Heart Health

*Joan Foss*

February is Heart Health month. That is the reason we ask everyone to wear red to the meeting. One of the recent findings about women's heart

health is that a heart attack, or MI, presents itself differently in women than in men; therefore woman are frequently misdiagnosed, which can lead to death.

I recently read an article written by an R.N. who had an M.I. She described her experience as a sensation of indigestion, followed by the feeling of having swallowed a golf ball that was going down her esophagus slowly. Then she felt little squeezing motions racing up her spine, gaining speed, continuing up and under her sternum, and then spreading into her throat and branching out into both jaws. She was able to call 911. She was told to go to the front door, unlock it, and lie on the floor where the responders could see her. She was able to do that before she lost consciousness.

Her advice is to call 911 if you have any unusual symptoms. Do not try to drive yourself to the hospital, and do not have anyone else drive you since they would be too distracted to drive safely.

## Why A Reading Program? Why at Petty School?

This is a win-win program. Our volunteers win because they are working with children who are eager to learn, doing something they really enjoy doing and are making a difference, according to the volunteers themselves. One volunteer is thrilled to be back in the classroom and was even more pleased to be asked to sub on occasion. We expand the "children's world view past the walls of the school" and fulfill a goal of the Principal Alan Sax to "build community relationships, letting the students internalize that they are part of a bigger future and a larger community."

As a new principal, Mr. Sax was very receptive to the idea of the Reading Program and is very comfortable having volunteers help his staff. Mr. Sax relayed a story from one of our young students. Petty School has a VIP Day, which has replaced Grandparents Day since most students have a VIP in their life that is not necessarily a grandparent. The student asked if he could invite the "Reader," which is what the volunteers are called by the students. They read to us during our time in the classroom. Heartwarming to say the least!

Bottom line – the children are excited and happy to see us, and it's working. Please consider donating your time to this worthwhile effort.



*From left to right, Mary Beth Walsh, Co-Chair Reading Program, Alan Sax, Principal, Petty School, Jean Haling, Co-Chair Reading Program, Maureen Fremgen, Volunteer and President of AWC.*



## Book Club

Marlene Fernandez

Hope everyone had a great Christmas and New Years!

We had our Christmas meeting at Linda Valentino's home. What a gracious "Hostess" she was, and we certainly appreciated her hospitality. Her home was decorated to the hilt and put us in the holiday mood along with all the wonderful food and comraderie from our members. Everyone brought their specialties and we ate and ate, then we talked and talked. What a group!

You would think that reading would go down during the holidays, but not with this group. Maybe shopping was down and reading was up? Looks like some very good new books out there, just in time for the cold weather. So happy reading!

Scheduled meetings:  
Feb. 21, March 21, April 18.

Our February meeting will be held on Thursday the 21st. We should still do a sweets table, why break tradition? You game? Let me know.

Hope to see you all soon. Till then, be kind to all creatures large and small and keep warm...

## Bridge Club

Susie Lancaster and Fran Groff

The Bridge Club started back to playing after the Christmas break on Thursday, January 10th. The first place points winner-to-date is Kay Blake, followed by Betty Schneider and Marilyn Bies for second and third place. We update every week for the standings, so the more you play, the better your chances are to move up in point counts.

Come out and join in on the fun and fellowship with other AWC members. We meet every Thursday morning at 9:30 at the Antioch Senior Center.

## Proposed By-Law Change

### CURRENT

Article VIII--Membership, Section 6  
Resignation from membership must be presented to the Board of Directors in writing. The Board shall accept such resignations provided the member is in good standing.

### PROPOSED CHANGE

Resignation from membership must be presented to the Board of Directors in writing. The Board shall accept such resignations provided the member is in good standing. *The Membership Chairman may present a resignation to the Board of Directors on behalf of a Member provided it is in writing with cause stated. It must be noted in the Membership records that the membership resignation was requested by the Membership Chairman, the Membership Chairman's name, and date of resignation. Written notice must be sent to the member notifying her of the resignation.*

### NEW ADDITION

SECTION 9 -- *A Change of membership classification may be granted to a member without her written request provided:*

(a) *She is unable to do so herself or doing so is a great hardship.*

(b) *A written request is submitted to the Board of Directors by any member in good standing or by the Membership Chairman on behalf of said member. The request must state the reason for said request.*

(c) *The member meets the criteria as stated in Article VIII, Membership, Section 3 for the requested classification.*

(d) *The Board of Directors approves the written request presented on behalf of said Member.*

(e) *Upon approval of the Board of Directors, the Membership Chairman must send a letter to said member notifying her of her change of classification.*

### RATIONALE:

*The request for change was made by the Membership Chairman to the Board of Directors. She indicated in order to "keep our records as current as possible" and to assist members who are unable to physically request a change of classification or resignation, a by-law change was necessary.*



# GAME DAY

SALOON



**April 16, 2013**

**McHenry  
Country Club**

**Social 11:00 am**

**Lunch 12:00 pm**

**REGISTRATION DUE BY APRIL 1 (No foolin'!) Fee is \$24.**

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** \_\_\_\_\_

\*\*\*\*\*Print the form on the last page of this newsletter instead of printing this page. You will save a lot of ink!

## Interested in joining a committee and making a contribution?

Here are the committee chairs you can contact:

### Art

Judy Schieck  
847-395-8120  
[originalbs@juno.com](mailto:originalbs@juno.com)

### Conservation

Karen Noland  
847-395-6056  
[karenonthelake@comcast.net](mailto:karenonthelake@comcast.net)

Betty Chornoby

847-973-9272  
[chornobymrc@aol.com](mailto:chornobymrc@aol.com)

### Domestic Violence

Audrey Lyly  
847-395-5590  
[alyle39@comcast.net](mailto:alyle39@comcast.net)

### Education

Mary Beth Walsh  
847-395-0017  
[marifrann@aol.com](mailto:marifrann@aol.com)

Jean Haling

847-3952453  
[jeanirene@comcast.net](mailto:jeanirene@comcast.net)

### Home Life

Joan Foss  
847-838-1052  
[JoanFoss@sbcglobal.net](mailto:JoanFoss@sbcglobal.net)

### International Outreach

Mary Ware  
847-838-5677  
[marifred@peoplepc.com](mailto:marifred@peoplepc.com)

Lee Anderson

847-838-0158  
[belvin5@juno.com](mailto:belvin5@juno.com)

### Membership

Debbie McGuffin  
847-395-6573  
[debi.mcguffin@comcast.net](mailto:debi.mcguffin@comcast.net)

### Public Issues

Susan Straley  
815-678-7409  
[smstraley@mchsi.com](mailto:smstraley@mchsi.com)

Pam Brown

847-838-6652  
[pbrown1054@yahoo.com](mailto:pbrown1054@yahoo.com)

### Public Relations

Lynne Fletcher  
847-838-6460  
[mrsf22898@aol.com](mailto:mrsf22898@aol.com)

### Social

Dianne Suskin  
847-370-8384  
[dianne@realestatebyladydi.com](mailto:dianne@realestatebyladydi.com)

### Ways and Means

Beverly Amburgey  
847-401-0695  
[theamburg@aol.com](mailto:theamburg@aol.com)

## Health Survey Results

Hours spent on each item

Blood pressure	54
Blood work	60
Dental exam	105
Colonoscopy	144
Breast self exam	81
Exercise	3895
Eye exam	55
Flu shot	21
Hearing exam	7
Heart tests	22
Mammogram	39
Osteoporosis test	6
Pap smear	21
Pneumonia shot	6
Physical exam	103
Responding members spent 370 hours in volunteer activities.	

**REGISTRATION DUE BY APRIL 1 (No foolin'!) Fee is \$24.**

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** \_\_\_\_\_

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

Thank you for printing our  
newsletter....

