



Potpourri

Antioch Woman's Club Newsletter
November 2013

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

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,
847-395-6573
debi.mcguffin@comcast.net

Or write to.....

Antioch Woman's Club
PO Box 282
Antioch IL 60002

Upcoming Events

November 8	10 th District Meeting The Lake House 10 AM
November 11	Board Meeting 10 AM Senior Center
November 13	General Meeting 12:30 "Ballots, Babes, & Beer" Debbie Fandrei (Raupp Museum) Clothing Drive for Safe Place Cash collection for VA hospital gifts Collection for Operation Afghanistan Quilting 9 AM Meeting House
November 20	Book Club 12 noon Senior Center
November 21	10 th District Christmas Party
December 6	The Forge Club, Vernon Hills 10 AM Board Meeting 10 AM American Midwest Bank
December 9	Holiday Luncheon Maravela's 11AM Ways and Means silent auction/raffle Collection of unwrapped gifts for Safe Place
December 11	Book Club 12 noon Senior Center Board meeting 10 AM American Midwest Bank
December 19	General Meeting 12:30 Arts & Crafts Display Collection of non-perishable items for Open Arms Mission Collection of gently used clothing for VA
January 6	Quilting 9 AM Meeting House Book Club 12 noon Senior Center
January 8	10 th District Arts and Crafts Show Midlane Country Club, Wadsworth
January 15	
January 16	
January 22	



The Antioch **Woman's Club** meets on
the second Wednesday of every month from Sept-May
at 12:30 PM at the
Faith Evangelical Lutheran Church
24300 W. Grass Lake Rd.
Antioch, IL. 60002
847-395-1660



President's Corner

Dear Ladies of Antioch Woman's Club,

Our fall season has started with a flurry! Luckily not a snow flurry as of yet.

The ladies of our club have been very busy getting their projects up and running. We have had a road clean-up, a calendar sale, the beginning of our reading program (Reading with the Kids at Petty School), a sock collection, a toiletry collection for the vets, plans for the dance at the Veteran Hospital, a quilting session, a Book Club meeting, The New Members' Tea, plans for a clothing collection for a Safe Place in November, and last and surely not least, planning for the holiday season, Santa's village, and our luncheon/silent auction at Marvela's.

The Bridge Group and Mahjong Group have started their group meetings.

Wow! In just 3 months soooo much work is being and has been done by the ladies of Antioch Woman's Club. This is what makes ours an outstanding club.

If you have any questions about how you can volunteer and help, just ask. Call the chairman or me if you are interested in helping one of these committees. There is much to do and help with, just let us know. I hope you all will enjoy the holidays and our upcoming events. Participation makes it more fun for all of us.

*Maureen Fremgen
President, AWC*



Happy guests and new members at the New Members' Tea on October 23.



Membership

Debi McGuffin

Hi Ladies! It was great to see all of you--at least those who were able to attend--at our opening luncheon in September. Everyone looked well rested, tanned and ready to begin our new year!

Our membership, unfortunately, went down a bit during the summer what with the passing of some members and the resignations of others. However, like the troopers we are, we've already begun to build the membership up again by bringing in new members.....Hoo Rah!

Below are the names and addresses of the new members accepted into the club in October and some recent address, phone etc., changes for current members. Please add this information to your membership booklet so you are up-to-date on everyone.

Also, please remember that guests are always welcome at our meetings and that we are very happy to have new members join our club. If you have friends or neighbors you think might be interested in joining the AWC, please invite them as guests so they can see and hear what we are all about.

New Members

Judy Grubich
215 Bridgewood Drive
Antioch, IL 60002
847-395-9240
jgrubich@comcast.net

Candy Luzar
25962 W. Marquette
Ingleside, IL 60041
847-587-6575
lizart@att.net

Kathy Nixon
Midwest American Bank
485 Lake Street
Antioch, IL 60002
847-538-3725
kathryn.nixon@americanmidwestbank.com

Judith Ruggles
42341 N. Oak Lane
Antioch, IL 60002
847-395-8425
judy@netruggles.com

Deborah Wiegand
1052 Inverness Drive
Antioch, IL 60002
847-395-0574
dwiegand52@comcast.net

Nancy Yukl
511 Monterrey Terrace
McHenry, IL 60050
847-587-0336
gtrn2012@hotmail.com

Address/Phone Changes

Lorraine Oren – New Address
5450-376 Avenue
Burlington, WI 53105

Phone # Correction
Sally Rodgers 847-395-1441
Nancy Rentner 847-395-3455
Mabel Lou Weber 847-265-3152
June Bentel 608-842-0063

E-mail corrections/changes

Margaret Cole – mcole285@yahoo.com
Lee J. Anderson – belvin573@gmail.com
Sherry Kerkman email is slkerk1@yahoo.com

Mentoring Program ~ Debi McGuffin

The Mentoring Program is a very important part of our woman's club. We want to make new members feel welcome and help them to understand what we are about and why we participate in the programs that we that do.

As a reminder to the members who have recently sponsored a new member to the club or will be doing so sometime during this year: you are and will be considered to be their mentor. As a mentor to a new member, please remember it is your responsibility to help make them feel welcome (along with every member) and to include them in all aspects of the Antioch Woman's Club. 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@comcast.net or 847-395-6573.

Programs

Karen Wehrheim

November: "Ballots, Babes, and Beer" Debbie Fandrei, Raupt Museum

January: Symphony Strings

February: "Olive Oil: The Liquid Gold of the Mediterranean" Lisa Didier

March: Madrigal Choir, Antioch HS

April: "It's a Wonderful Life" Jennifer Silk, violinist



Public Issues

*Susan Straley
Carolyn Crabtree*

Community Service Projects

January'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 meeting. Thank you in advance for your generosity.

Focus on Community Safety

This newsletter's safety topic is "Preparing Your Home for Cold Weather". With the cold, snowy winter month's approaching, remember the following:

- ✓ have your furnace inspected
- ✓ set your programmable thermostat
- ✓ disconnect outside water hoses and make sure outside faucets aren't leaking
- ✓ inspect exterior doors and windows
- ✓ clean out your rain gutters
- ✓ install storm windows, if you have them
- ✓ put lights on timers
- ✓ add another blanket to your bed



Coupons

Sigrid Brueggemann

Throughout the 2013-2014 year, we will be gathering coupons to send to military posts. This is one way of showing our overseas military families that we appreciate the sacrifices they are making for the defense of our country. Please deliver your coupons to me at the monthly meetings. The coupons should be sorted into five categories: (1) Baby Products, (2) Food, (3) Health and Beauty, (4) Household Goods, or (5) Pets. Please place in an envelope labeled with the appropriate category. Coupons must be within 3 months of the expiration date. Also, be sure to include your name and the number of hours you spent cutting and sorting with your coupon submission.

Operation Afghanistan

Karen Potter



We will be collecting items for our troops in **November, January, 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: tampax, deodorants, and powders. We thank you for your generous donations as they are very much appreciated.



At the October meeting, members enjoyed the performance by magician, Paul Lee, pictured at right.



International Outreach

Mary Ware

We will be having our quilting meeting at the Meeting House Wednesday, Oct. 23 and also Wednesday Nov. 20 from 9 to noon both days. We hope to finish up all the quilts and have them on their way by December 15th. The November meeting is not in our Woman's Club Book, but we are meeting. We need lots of hands to match up colors, cut, sew and socialize both days.

We would also appreciate any completed dresses for Hope 4 Kids International ready to go by that time as well.

Education Committee

Mary Beth Walsh
Jean Haling



We are pleased to continue the volunteer reading program at WC Petty School. Ten members have been listening to the children in 2nd, 3rd, 4th, and 5th grade read during their guided reading period. This is a rewarding experience for the children and the volunteer members.

These members have volunteered during October :



Jean Johnson, Pat Carter, Karen Erb, Marlene Coia, Jean Haling, Priscilla Kraemer, Mary Beth Walsh, Mary Kay McNeill, Louise Wolfinbarger and Maureen Fremgen - Thank you.

We hope that you will give the children just on hour a week and join us during the months of November and December. If you are interested, please call Jean or Mary Beth.





Home and Health

Joan Foss

October is breast cancer awareness month, and it is a good reminder to make an appointment for a

mammogram. Now is a good time to make appointments to have testing done for uterine and vaginal cancers too. The sooner a cancer is detected, the more likely it will be cured.

In January we will be hosting a birthday party for the residents of Winchester House in Libertyville. The date is January 21st at 2:00. We will provide the cake, ice cream and the voices to sing a good version of "Happy Birthday." Everyone is welcome to attend.

Lastly, don't forget your flu shot!



Conservation

*Karen Noland
Betty Chornoby*

A big thank you to the hard working gals who showed up for our Adopt-A-Highway cleanup on October 2nd! Joining me were Sally Rodgers, Debi McGuffin, Karen Schnur, Cindy Erexson, Karen Floeter, Carol Janousek and Candy Luzar.

Although there were only eight of us, we got it done and had a nice lunch afterwards.

We really need more of you to volunteer in May for our next cleanup. Lynne Fletcher suggested that we change the next one to a Saturday so maybe more can attend. Please let me know what you think. We can also use the help of our husbands, children, and /or grandchildren (over 12 years of age). The more volunteers we have, the easier the job!

Committee chairs all dressed up for the New Members' tea.



Art Committee

Judy Schieck

Our 2014 calendar will be available and on sale at the November meeting.

Price \$12.00. The calendar theme, "Pets on Parade," is funny, clever and creative. I believe you all will enjoy the efforts of this year's winning entrees. I want to thank and congratulate those who submitted photos and helped make this project a viable contribution to our club. Your support is greatly appreciated.

Social Committee

Dianne Suskin

I would like to thank all our hostess for the wonderful food that they made for the meetings the last couple of months.



This is a reminder that our holiday luncheon will at Maravela's. Please see the attached form and return to Nancy Morici no later than December 2, 2013.

Welcome All Bridge Players!

Susie Lancaster



The AWC bridge group plays every Thursday morning at 9:00 AM at the Antioch Senior Center. We invite all bridge-playing members to come out and enjoy a leisurely morning each week. It's a terrific way to meet other AWC members and make new friends.



Ways and Means

Beverly Amburgey

We Did It Again!!! Our Bake Sale in August, just like last year, made over \$1,200.00!!!

For everyone who baked, worked, contributed: a big Thank You for all your hard work and dedication!

Fundraiser Alert - Our new fundraising effort is now under way. We are selling Community Days booklets for Carson's, Boston Store, Younkers, etc. The cost is \$5.00 per booklet and starts off with a \$10 coupon inside for anything worth \$10. Make it a GDO (girl's day out) and start or finish your Christmas shopping. As extra incentive, I am rebating \$5 for every 5 books bought, \$10 for every 10 books bought, etc. I hate buzzwords, but this really is a "no brainer." The dates of the sale are November 15-16, Friday & Saturday! So come to the November meeting ready to buy! Need some booklets in a hurry? Call me at 847-401-0695.

Holiday Party and Silent Auction - We will be holding our Annual Holiday Party and Silent Auction on December 11, 2013 at Maravela's. Again, we will be selling raffle tickets for the gift baskets. Letters with the raffle tickets enclosed will be available at the November meeting. If you are not able to make it to the meeting, please ask someone to pick up your envelope. All others will be receiving the letter in the mail. However, it costs money to mail them, so please try to pick them up!

We will be accepting all manner of items for the Silent Auction: timeshares, cars, furs, paintings, golf packages, etc. If it has value, we want it! Any item donated should be clean and in good condition. It does not have to be new but pretty close to it. Gently used would be acceptable. Sometimes, people will get together and make up baskets of wine, snacks, etc. Use your imagination. Make it attractive and it will sell!

As this will be the last newsletter before the event, I will keep you up-to-date through messages or call me at 847-401-0695 or email milescircle@yahoo.com.



Domestic Violence

Audrey Lyle

At the November meeting we will be collecting clothing for women and children at A Safe Place. The women need clothes for job interviews and/or work, but they also

need casual clothes. Remember, many of these women show up at the shelter with absolutely nothing. In addition to bringing gently used clothing, please consider buying a package or two of personal items, such as socks or underwear. If you are feeling especially generous, the shelter could also use monetary donations. The shelter helps many women, and in the process they rack up some good-sized bills.

In December we will be collecting unwrapped gifts for the woman and children at Safe Place. Yes, we want gifts for the children, but it is also nice for the children to be able to give gifts to their mothers. Gift cards and cash donations are also more than welcome.

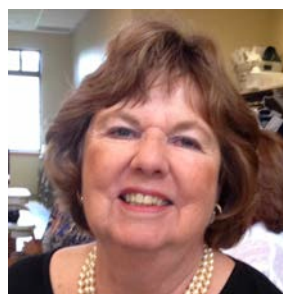


Free dishes?

Judy McKillop

Ladies, if you shop at Jewel and do not save the stamps for the Rachel Ray dishes, please accept them with your next Jewel purchase and bring them to the

November or December meeting. I will put together as many books of stamps as I can and try to get a set of dishes for A Safe Place. There is power in numbers; if each of you donates just a few stamps, we could end up with a full set!



Game day

Jean Johnson

Ladies! Mark your calendars... Game Day is **April 15** at McHenry Country Club! We have a delightful luncheon followed by an afternoon of cards, games, and fun!

PR Chair's note: Jane did a marvelous job on writing an article that we hope will be used as an example for others to write articles.



The Loving Hands of the Antioch Woman's Club

Jane Fraser

On the third Wednesday of the month from September to May, members of the Antioch Woman's Club convene at the Lakes Region Historical Society Meeting House on Main Street to work on one of their pet projects: constructing quilts for children who have undergone cleft-palate surgery compliments of Operation Smile. The quilts provide comfort for the children, who receive the quilts while in the hospital and then take them home.

"We try to keep the quilts light," says Mary Ware, AWC Chairperson for the AWC committee, International Outreach. "Some of the quilts go to countries with warm climates. Some also go to children in the United States."

"Our goal is to ship out 100 quilts a year. We sent 64 in June, so now we are working to finish 36 more before December," Ware continues. The cash value of those quilts is nearly \$5000.00.

The women work in an assembly line, starting with some ladies cutting donated material into 13-inch squares and border strips. These kits go home with the seamstresses in the group, who bring the completed fronts to the next meeting, where volunteers add the batting and the backing and sew the final seams.

Next, they pass the completed quilts to Evelyn Miller, a stay-at-home committee member who does all the tying. Miller, who is legally blind, has to complete 5 knots in each square. She loves having the opportunity to make a contribution even though she cannot get out much.

"This provides us with a great avenue for giving back," comments Lee Anderson, who serves as Ware's co-chair. "It is also a great way to socialize."

The atmosphere at the Meeting House, built in 1863 and the oldest structure in the village, is that of an old-fashioned quilting bee. The women chat and laugh and catch up with each other as they

work. Over the years they have formed some very close friendships. New volunteers are always welcomed. Last year 86 women volunteered a total of 450 hours. The Antioch Woman's club also donated \$480 to cover 2 surgeries for children in the Operation Smile program.

In addition to making quilts, the women have also spent time learning to knit and then making "chemo hats" to send to the American Cancer society. One member, who is now Active Honorary and housebound, continues to knit the caps at home. Another member, Gaye Walthers, makes dresses for Hope for Kids International. Last year she sent 33 dresses to girls in Haiti and Africa.

International Outreach is just one of many humanitarian efforts that the AWC pursues. Anyone interested in donating cotton material for use on these quilts should contact Mary Ware at 847-838-5677. Anyone interested in joining the AWC in order to participate in the club's numerous charitable, social, and cultural activities should contact Debi McGuffin, at 847-395-6573.



Book Club

Marlene Fernandez



Thanks to our group members, our little club is still going strong. Such a bright and curious group! We pretty much cover all areas of life through open discussion and not only about books we have read. Everything is on the table!

Initially we canceled our Dec. meeting but have decided to make it a luncheon at one of our local restaurants, to be determined at our Nov. 21st. regular meeting along with a restaurant.

I would love to see new and old members attend and join us in our conversations and camaraderie.

Reading time is becoming a luxury in our busy lives, but I cannot fathom life without it. Is this just me?

Hope to see you at the next meeting and if you are in need of any information please feel free to call me at 262-862-2767

To all of you and your families, have a safe and wonderful Thanksgiving!

PROPOSED AMENDMENT CHANGES

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, etc.**PROPOSED AMENDMENT:** The Recording Secretary shall keep the full and complete minutes of each meeting of the Club and the Board of Directors, keep all necessary Club records, etc.**RATIONALE:** Clarity

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.
PROPOSED AMENDMENT: 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 membership. She shall make a full report at the first Annual Meeting.

RATIONALE: To conform with the by-laws of the Club and for clarification.

Section 6 (a)

READS: The Audit Committee shall make its report at the first subsequent Board meeting.

PROPOSED AMENDMENT: The Audit Committee shall make its report at the first subsequent Board meeting and first Annual Meeting.

RATIONALE: To conform with common practice of the Club.

ARTICLE V -- DUTIES OF CHAIRMEN OF STANDING COMMITTEES

Section 1

READS: The Standing Chairmen shall be as follows: Art, Conservation, Education, Home Life/ Health, International Outreach, Membership, Public Issues, Public Relations, and Ways and Means.

PROPOSED AMENDMENT: The Standing Chairmen shall be as follows: Art, Conservation, Education, Home Life/ Health, International Outreach, Membership, Public Issues, Public Relations, and Fundraising.

RATIONALE: To conform with State's vernacular.

Section 2

READS: The Art Chairman shall work to promote general interest in the arts and to develop a deeper appreciation of and extended participation in the arts. She shall also be responsible for any other duties as delineated by the Federation for this committee.

PROPOSED AMENDMENT:

The Art Chairman shall work to promote general interest in the arts and to develop a deeper appreciation of and extended participation in the arts. She shall also be responsible for any other duties as delineated by the Federation and/or the AWC Board of Directors for this committee.

Section 3

READS: The Conservation Chairman shall study and promote environmental needs, energy awareness, increase understanding of the importance of conservation of our natural resources, and perform other duties as delineated by the Federation for this committee.

PROPOSED AMENDMENT: The Conservation Chairman shall study and promote environmental needs, energy awareness, increase understanding of the importance of conservation of our natural resources, and perform other duties as delineated by the Federation and/or the AWC Board of Directors for this committee.

Section 4

READS: The Education Chairman's duties shall include responsibility for the selection of students to receive scholarships, presenting awards and such other matters as indicated by the Federation.

PROPOSED AMENDMENT: The Education Chairman's duties shall include responsibility for the selection of students to receive scholarships, presenting awards and such other matters as indicated by the Federation and/or the AWC Board of Directors....

Section 5

READS: The Home Life/Health Chairman's duties are to encourage members to understand and participate in projects related to health and support community health programs, and she shall have charge of the Helping Hands Program, the Dollars and Sense Program, as well as other duties as delineated by the Federation for this committee.

PROPOSED AMENDMENT: The Home Life/Health Chairman's duties are to encourage members to understand and participate in projects related to health and support community health programs, as well as other duties as delineated by the Federation and/or the AWC Board of Directors for this committee.

Section 6

READS: The International Outreach Chairman's duties shall be to increase understanding of international policies, cultural exchange programs, the Reaching Out International Program, the United Nations Program, and any other duties as delineated by the Federation for this committee.

PROPOSED AMENDMENT: The International Outreach Chairman's duties shall be to increase understanding of international policies, cultural exchange programs, and any other duties as delineated by the Federation and/or the AWC Board of Directors for this committee.

Section 8

READS: The Public Issues Chairman's duties shall include the Citizenship Program, the Community Safety Program and any other duties as delineated by the Federation for this committee....

PROPOSED AMENDMENT: The Public Issues Chairman's duties shall include any duties as delineated by the Federation and/or the AWC Board of Directors for this committee....

Section 9

READS: The Public Relations Chairman's duties.... In addition, it shall perform any other duties as delineated by the Federation for this committee.

PROPOSED AMENDMENT: The Public Relations Chairman's duties.... In addition, it may perform any other duties as delineated by the Federation and/or the AWC Board of Directors for this committee.

Section 10

READS: The Ways and Means Chairman's duties are to organize all fundraising projects of the Club.

PROPOSED AMENDMENT: The Fundraising Chairman's duties are to organize all fundraising projects of the Club as approved by the AWC Board of Directors.

RATIONALE FOR ARTICLE V PROPOSED AMENDMENTS: 1. To keep the same vernacular as the State. 2. To clarify duties of each chairman. 3. To keep from changing job descriptions every few years.

ARTICLE VII NOMINATIONS AND ELECTIONS

Section 1 (b)

READS:The installation shall be held at the Annual Meeting.

PROPOSED AMENDMENT: The installation shall be held at the last Annual Meeting.

ARTICLE IX -- DUES

READS: To be considered a member in good standing, dues must be paid by June 1st, before the Annual Meeting.

PROPOSED AMENDMENT: To be considered a member in good standing, dues must be paid by June 1st.

ARTICLE X -- MEETINGS

Section 1

READS: The time of the meeting shall be 1:00 P.M.

PROPOSED AMENDMENT: The time of the meeting shall be 12:30 P.M.



HOLIDAY LUNCHEON

DECEMBER 11, 2013
11 a.m. Social
12 Noon Lunch
Cost \$18.00 per person

MARAVELAS CATERING & BANQUETS
4 Washington St.
Fox Lake, IL 60020
847-587-6100

Social Chairman
Dianne Suskin

If you would like to include a list of "table mates" with your reservation, do so and we will try to accommodate you.

RSVP BY DECEMBER 2, 2013

Mail your \$18.00 check to
Antioch Woman's Club
c/o Nancy Morici
25354 W. Rte. 173
Antioch, IL 60002

MEMBER NAME _____

GUEST NAME _____

GUEST NAME _____

ANTIOCH WOMAN'S CLUB 2013 MEMBER HEALTH SURVEY

Please estimate the number of hours you spent during 2013 on each of the items below. PLEASE DO NOT ANSWER WITH A CHECK MARK. WE NEED TOTAL HOURS FOR THE YEAR. Be generous with your hours, include travel times to and from for each item. The completed survey can be given to **Joan Foss** at the Nov. meeting or the Dec. Lunch, or mailed to 342 Sequoia Ct. Antioch, IL 60002.

HEALTH SCREENING AND PREVENTIVE TREATMENTS

Blood pressure screening Hearing exam Heart test
 Blood work screening Breast self exam Mammogram
 Colonoscopy Dental exam Pap smear
 Osteoporosis screen Exercise Pneumonia shot
 Eye exam Physical exam Flu shot Other

VOLUNTEER ACTIVITIES (NOT MONETARY)

Blood drive volunteer Blood donor Alzheimer support
 Cancer support Hospital volunteer Brain research support
 American Heart Assoc. American Lung Assoc.

Please use other side to list any other activities.

Did you get a flu shot in 2013? Yes No

Did you have the seasonal flu in 2013? Yes No

Did you get a pneumonia shot in 2013? Yes No

Did you have pneumonia in 2013? Yes No

Rate your health in 2013 on a scale of 1 to 10, 10 being the healthiest _____



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

Thank you for printing our
newsletter....

