



# Potpourri

*GFWC Illinois Antioch Woman's Club Newsletter  
November 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

Lynne Fletcher, President  
Candy Luzar, President-Elect  
Mary Kay McNeill, Vice President  
Lois Warner, Recording Secretary  
Audrey Lyle, Corr.Secretary  
Carolyn Van Patten, Treasurer  
Nancy Zitkus, Parliamentary Advisor

Jane Fraser, Newsletter Editor  
Cindy Erexson, Website Administrator

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

Karen Batterman  
847-838-2115  
karenbatterman@gmail.com

Or write to.....

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

Website:

**GFWCantiochwomansclub.com**



## Upcoming Events

November 7  
November 9

Board Meeting 10 AM at Meeting House  
General Meeting 11:30  
Program: Mike Nerheim, Lake County  
States Attorney  
Clothing Drive: Safe Place  
Cash collection for Vets  
Collection for Troop Support  
Recycling: #6 Styrofoam, corks,  
cartridges

November 28  
November 30

Veterans: stamps and coupons  
Quilting 9 AM at Meeting House  
10<sup>th</sup> District 10 AM meeting at  
Arboretum Club in Buffalo Grove

December TBA  
December 14

Board Meeting  
Fundraising Christmas Luncheon  
McHenry Country Club  
11 AM Social hour; 12 PM Luncheon  
Collection of unwrapped toys/gifts or  
gift cards for Safe Place  
Recycling: #6 Styrofoam, corks,  
cartridges

January 9  
January 11

Education: labels  
Veterans: stamps and coupons  
Board Meeting at 10 AM  
General Meeting 11:30  
Program: Pete Adrian—Recycling  
Collection of food and personal items for  
Open Arms

January 23  
January 25

Quilting 9 AM at Meeting House  
10<sup>th</sup> District Meeting 2 White Deer Run  
Golf Club 10 AM registration, 10:30  
meeting

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

*Lynne Fletcher*

One more friend.

If each of us encourages one friend to join us, our club will swell and we'll meet many new friends! I have met four new friends so far! For every event that you bring a friend, you will receive a raffle ticket for a free holiday luncheon in December. Your friend does not need to join our club for you to receive a raffle ticket, but we would like you to bring potential new members. The individual who recruits the most new members will receive a paid membership for the following year.

One more friend.

I enjoyed working with the juniors to get them thinking about report writing. 'Tis the season. I look forward to celebrating the holiday season with all of you at our Holiday Luncheon on December 14<sup>th</sup> at McHenry Country Club. A special "thank you" ahead of time for all who make this event special and a success.

Believe in the magic of the holidays and enjoy them to the fullest!



## Membership/ Mentoring Program

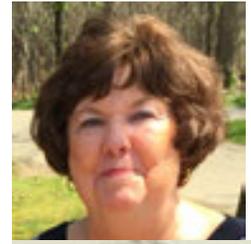
*Karen Batterman*

Please make the following changes in your books:

Mary Polley – deceased 9/11/2016  
Eva Hawryluk - remove email  
Elfriede Hansen - correct email is  
JRHandEJH99@Yahoo.com  
Diana Fox (new member)  
41115 N First St,  
Antioch 847-561-4639

## Fundraising – Christmas Luncheon

*Jean Johnson  
Peggy Kellen*



It is that time again: our Christmas fundraising luncheon at McHenry Country Club.

In years past we have asked that you bring a gift to be used for our silent auction. This year, there will be a change: you will not need to bring a gift for an auction. Instead, we ask that you put a donation in Santa's Bag that would reflect what you would spend on the gift that you would bring.

If you love to bake – please bring baked goods for a bake sale!

We will have the "Wine and Dine" bags for sale as in other years!

There will be raffle tickets sold for some handcrafted, quilted items – in particular, a quilt made from Jackie Vos's scraps.

Our challenge to raise money this year is not quite as great because of the huge success of the dinner/ golf outing – but do keep in mind that the budget has been raised this year. I guess we always have a challenge!!!!!!

More information will be forthcoming via emails and at our November meeting!

Thanks for always being the great philanthropic ladies that you are – especially at Christmas time!!!

*Please make sure your membership book has the following Fundraising Committee members:  
Co-Chairs: Jean Johnson & Peggy Kellen  
Committee: Nancy Andretich, Karen Floeter, Karen Schnur, Anna Stornello*



## Public Issues

*Sheila Eisen*

*Maria Schwartz*

Thanks to your generosity, AWC donated 460 pairs of socks and \$28.00 to the Socks for the Soul collection at Open Arms Mission. These socks are distributed during the evenings, when needy families come to receive their food.

Thanks to Joan Kelly for being a substitute on Thursday mornings as the volunteers pack boxes of food for home bound people. Open Arms is still in need of another volunteer for either Tuesday or



Thursday morning. You can talk to either Sheila Eisen or Maria Schwartz for more information.

At the October meeting members brought supplies for Save-A-Pet, our local pet shelter. Thanks to your generosity, we donated \$137 in-kind and \$125 in cash!

January's collection will be for food and personal care items for Open Arms. There is often a very short supply of bathroom tissue, dish soap and other non-food items. These items can't be purchased with Food Stamps, so the Open Arms clients are especially appreciative for these donations!

A few home safety reminders: Medicare, Social Security, the Internal Revenue Service, Publishers Clearing House, the F.B.I., etc DO NOT make phone calls to your home. If you receive a call from one of these, suspect a scam! There have also been instances of phone calls where the caller said he was a grandson or other relative and was stranded in another country on an unexpected trip. The caller requests money sent by Western Union. These calls are also scams, trying to get your information, bank numbers, or money. Hang up or don't answer.

### [Lake County PASSAGE](http://www.lakecountypassage.com)

[www.lakecountypassage.com](http://www.lakecountypassage.com) puts local traffic information at your fingertips. PASSAGE is an intelligent transportation system designed to provide motorists real time traffic congestion information through the [PASSAGE website](#), [email notifications](#), [Twitter](#) and radio 1620 AM. The PASSAGE website is mobile-friendly, so you can

get a map of current road conditions, construction and events, including crashes, stalls, debris, and other roadway incidents as well as view camera images at major intersections.

Remember:

Batteries in smoke detectors should be changed on the weekend when we turn our clocks back.

Fall leaves can be as slippery as a throw rug on a waxed floor! Stay safe, everyone!

## Coupons

*Sigrid Brueggemann*

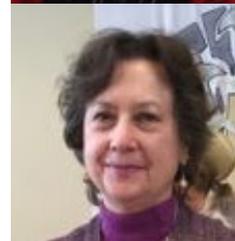
Please continue to save and sort coupons for our military families. Remember that the military families can use coupons that are expired up to 2 months. We still sort the coupons into 5 categories: Food, Household, Health and Beauty, Kids, and Pets. Please count them, put your name and hours worked on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



## International Outreach

*Mary Ware*

*Lee Anderson*



Our next meeting will be Monday, November 28 at 9AM at the Meeting House. We need people to cut squares and put together kits. Come join us for fun, snacks, companionship, and a bit of work. We will not meet in December, but we will resume on January 23.





## Support Our Troops

*Karen Potter*

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



## Education Committee

*Maureen Fremgen*

The reading program at W.C. Petty School is on its way. Thank you to the nine ladies who have volunteered this year. The feedback from the teachers is very uplifting. They say the children look forward to us coming to read with them. Some ladies help the second graders with their schoolwork, and the ladies find this great fun. We still need three more for the classrooms that have no volunteers.

The Antioch Woman's Club was asked if we would like to volunteer for Grandparents' Day as substitute grandparents for those whose grandparents are not available. Seven volunteers were able at the last minute to step in and help. Details how that went will be at our next meeting.

As a reminder: Please count up your hours that you have spent volunteering for Education. If yourself are taking any lessons or teaching on a volunteer basis, count those hours from January to December, 2016. Mary Kay McNeill has given me hours that were spent in the beginning of the year for scholarships, etc. If you have any outside hours, please let me know in order for me to submit them for our annual report.



## Conservation

*Karen Noland & Sally Rodgers*

Once again we would to thank the volunteers for our September 17<sup>th</sup> Adopt-a-Highway cleanup. As always, your husbands' help is welcome and much appreciated too.



Our volunteers for this cleanup were Sally Rodgers, Ellie Hansen, Peggy Kellen, Diane Huckstadt, Andrea Macek, Carole Beattie, Ida Krozel,

Carol Janousek, Ray Fraser, Karen Batterman, and Bob Burke.

We should be aware that our world water supply isn't endless, and there are many ways we can help conserve it. These five suggestions were listed in the last 10<sup>th</sup> District newsletter and are worth repeating:

### 5 Simple Things You Can Do at Home

1. Run washing machines & dishwashers only when they're full. Large loads = less water used. And save energy by turning off the auto-dry setting and letting your dishes dry naturally.
2. Keeping a timer in your bathroom will help you take a shorter shower. And please turn off the faucet while brushing your teeth. All that perfectly clean tap water is just going down the drain.
3. Turn off lights and unplug chargers. Water is used in all forms of energy generation. It can take over 4 gallons of water to keep a 60-watt light bulb lit for 12 hours.
4. Use biodegradable cleaning products. The water that goes down your drains will eventually flow into streams and bays.
5. Skip meat for one meal a week. It can take about 600 gallons of water to produce a hamburger. (Think of all the grain that's grown to feed the cattle.)

Please keep collecting #6 Styrofoam, pop can tabs, wine corks, old textiles and clothing, and used ink and toner cartridges. I just took a carload of Styrofoam and 105 pounds of old material in to recycle. We have collected more than 2 15-pound boxes of wine corks for Recork.org, and our club received a check for \$127.50 last month from Cartridge World. This is an enormous amount of waste we have saved from our landfills. Kudos, Ladies!



## Home Life and Health

*Gina Collins*

Hello Ladies! Last newsletter, I stressed the importance of keeping ourselves hydrated. It helps with so many different aspects of our physical wellbeing. This issue I want to talk about the importance of staying active.

I have recently started getting back into exercise; in fact, I even hired a trainer. There is woman at my gym that is in her early 70's (she won't tell me her actual age!). She meets with a trainer 1-2 times a week and has lost 80 pounds! She is truly an inspiration. She says she started this journey because she was tired of being tired all the time AND she was starting to have more and more health concerns because of her weight and inactivity. I am in my early 50's and I have struggled with my weight most of my life, but activity was always a part of my every day routine until I injured my back in 2009 and had to have back surgery. Getting back into activity after the surgery was not easy. The mindset was there (I didn't want to go back to pain and more injuries) but my body just wasn't as strong as it once was. The pain of the injury and not being able to do what I once could also took its mental toll.

After surgery and with the blessing of my doctor, I started with just walking on the treadmill for a half an hour at a slow pace with no incline. I did that every day for 4 weeks until I could start physical therapy at 6 weeks after the surgery. Progress was slow when I started physical therapy. It gradually became easier and they added things to the routine to start rebuilding the large muscle groups and add balance (I still have nerve damage down the outside of my right leg to my little toe). The therapist also included stretching to keep everything limber and prevent stiffness.

Little by little I improved in mobility, strength and balance. I continue to try in incorporate exercise into my daily routine-- walking two miles with my husband, taking bike rides, gardening, going to the gym and meeting with a trainer. Exercising gives me greater focus for work, stamina to go out and enjoy the great outdoors, and a general feeling of wellbeing!

Here are some key reasons we all should to continue to get active AND stay active:

1. Exercise can be a Social Activity: Whether you start a group to walk the mall in the winter time or ask a friend to join you at the gym or a water aerobics class, you get the chance to be social with you exercise pals. It also provides the opportunity to be accountable and have support to stay motivated.
2. Exercise can improve your mood: Exercising can help reduce the feelings of depression and general lethargy as it releases mood-boosting endorphins. Exercise is also thought to redirect negative thoughts, and again if done in a group setting, (see point 1!) provides a great deal of support.
3. Exercise Improves Strength and Mobility: Keeping your body strong also helps keep your bones strong. As you spend more time "sitting around," your muscles can atrophy, you can start having a more difficult time breathing and walking, have unsteady balance, have poor blood flow and other common physical problems. As few as 250 steps each hour during the day can help with all these ailments and so much more!
4. Exercise increases mental capacity: Mental decline has been shown to slow in older individuals who are physically active. When you are physically active, you increase the blood flow to all areas of your body – including the brain. This, in turn, improves cognitive function.
5. Exercise improves healing: Statistics show that active adults heal up to 25% faster than those who do not exercise. Starting an exercise program now, before you have an injury, may allow you to benefit from improved healing and faster recovery from an injury or surgery.

If anyone in the group has a Fitbit and would like to be friends to help each other stay accountable – just let me know – I would love to be part of an active solution!



## Domestic Violence

*Nancy Morici  
Andrea Macek*

Thanks to all who participated in September's paper products drive for A Safe Place. We collected \$277.85 of in-kind donations, including 4 cell phones and \$60.00 in cash and gift cards.

Don't forget that November's collection is clothing. It can be delivered to St. Ignatius God's Will shop at Deep Lake and Depot streets. Please give me a list of what you donate. Tell the ladies you are from AWC. Sometimes they will give you a receipt with the total value of your items and that's all I need. Hours of operation are Wed, 9-4, Thurs, 11-7, Fri, 9-4 and Sat, 9-2. I will be outside collecting from those who bring their items to the meeting. PLEASE INCLUDE A LIST OF THESE ITEMS.

Also a reminder that December is the toy drive for A Safe Place. Bring unwrapped toys for the children to our holiday luncheon. Gifts for the moms are also always appreciated. Gift cards, wrapping paper and tape can always be used. Andrea will be taking care of this collection as I will be away. I know you are always generous. Have a wonderful holiday season.



## Card Ambassador

*Norma Lucansky*

As your Card Ambassador I continue to send out cards to our members. We have sent out cards expressing sympathy and get well wishes since our last newsletter.

Because of the size of our membership, I have to depend on all of you to keep me informed when a member should be sent a card and for what reason. After I receive the information and send a card, I will let you know that it has been taken care of.

I would prefer receiving an email: [neluc@basta05.com](mailto:neluc@basta05.com); however, you may also tell me in person or call me at 847-395-7666. Donations of greeting cards that you would like contribute are always appreciated.

Thank you for your support.

## Book Club

*Mary Kay McNeill and Barbara Mitzel*



The book club for November is meeting on the third Thursday of November--the 17<sup>th</sup>-- because Thanksgiving is the fourth week. There will be no meeting in December. We will begin again on January 26<sup>th</sup> in 2017. I will issue reminders for these dates at our luncheons and via email for interested parties.

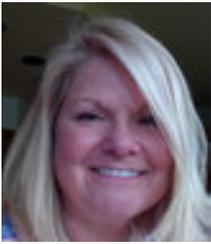


## Bridge

*Susie Lancaster*



We play bridge on Thursdays at 9:30 AM at the Antioch Senior Center. We always welcome all AWC members who enjoy playing bridge!! Please come and join us!!



## Hostesses

*Barb Mitzel*

Thanks to all the members who signed up for hostess duties.

The Co-Head Hostess responsibilities involve just a bit more than those of the rest of the ladies. They are issued a list for the month with their contact information. They need to contact their hostesses and coordinate what each one wants to bring for the luncheon, i.e., savory/sweet salad/dessert. They also organize the decorations for the lunch and dessert table. The decorations can be as simple as a small vase with a couple of silk flowers or some holiday decoration that most of us have in our closets. Everyone for the month is required to arrive early to set up and stay later to clean up. The Club supplies the tablecloths and amenities for coffee and tea.

All members are expected to serve as hostess once per year. Everyone loves our fabulous buffets of sandwiches, salads, and desserts!

### November

**Head hostesses**  
Andrea Macek  
Heather Menzer

**Hostesses:**  
Pat Pasiewicz  
Lorraine Oren  
Dianne Suskin  
Kay Blake  
Judy McKillip  
Jackie Volkmar  
Joanne Dugenske  
Sigrid Brueggemann  
Beverly Amburgey  
Judy Grubich  
Mary Clarke  
Judy Schieck

### January

**Head hostesses**  
Marcia Getty  
Debi McGuffin

**Hostesses:**  
Judy Ruggles  
Diane Huckstadt  
Susan Straley  
Eva Hawryluk  
Carolyn Crabtree  
Rita Kopjo  
Karen Potter  
Carol Scholle  
Glenda Cartwright  
Carol Jester  
Arlene Lonergan  
Pat Carter

### February

**Head hostesses**  
Lillian Messner  
Donna Mc Keown

**Hostesses:**  
Susie Lancaster  
Pat Harris  
Elfriede Hansen  
Anita Dyer  
Sandra Rebechini  
Nancy Yukl  
Gaye Walthers  
Norma Lucansky



### Social Committee

*Betty Chornoby  
Karen Wehrheim*

Please check the flyer in this newsletter regarding our Christmas Fundraising Luncheon at McHenry Country Club on December 14!



## **HOLIDAY LUNCHEON**

DECEMBER 14, 2016  
11 a.m. Social  
12 Noon Lunch  
Cost \$24.00 per person

McHenry Country Club  
820 North John St.  
McHenry, IL 60050  
815-385-1072

**Valet Parking Available!**

### **MENU:**

#### **Frisée Salad**

Fresh Baby Endive with Asian Pears, Pecans, Asparagus, and Roma Tomatoes.  
Choice of Dressing: Maple Dijon, Cider Vinaigrette & Raspberry Vinaigrette  
Served with Warm Assorted Bread Rolls & Butter

#### **Chicken Valentino**

Chicken Breast with Spinach, Red Roasted Peppers & Creamy Mozzarella, Baked in a White Wine Sauce, served with a Rice Medley & Boiled Haricot Vert

#### **Tiramisu**

Served with Freshly Brewed Coffee & Tea

### **RSVP BY DECEMBER 6, 2016**

**Send your check made out to GFWC IL AWC for \$24 to:**

Maureen Fremgen  
42553 N. Linden Ln.  
Antioch, IL 60002

Maureen will do reserved seating when ALL paid reservations are submitted at the same time for each group table. Please mail reservations as early as possible in order to give Maureen plenty of time to work on the seating arrangements. (It's a time consuming job)

*\*\*\*You don't have to use a form.\*\*\**

*Just send your check and your name and your guests' and/or tablemates' names.*

# Good Times with the Antioch Woman's Club





## It's Time

Mary Jo Murphy, GRWC IL Signature Project Chairman

The temps are cooling down and the air is crisper. The mums are showing off their fabulous variety of color. The stores are filled with orange and black Halloween everything. Fall is here! And it is time for GFWC Illinois Clubwomen to PURPLIZE! Wear PURPLE – the color of Domestic Violence Awareness Month.

This is the month to at least discuss how your club will show support for the dignity of all women, particularly those caught in the demeaning web of domestic violence. How will your club raise the level of awareness in your community?

Choose something fun that you know family, friends, neighbors, enjoy doing with you... especially if they knew that they could make a difference in the lives of victims. Consider the things you probably already do in small groups or in your neighborhood. Sell plants, hold a bridge party, a bunco night, a clothing collection to donate to a local shelter, a bake sale, a bike hike, go golfing together one more time before the leaves cover the course, have a night at the bowling alley, or a wine and cheese get together held strictly to raise funds to benefit Domestic Violence

Prevention. Trivia nights are great fun, so are 5K runs, and toy sales and unusual fashion moments!



Pick a project or plan a program, then PURPLIZE IT!! Wear PURPLE, paint your nails PURPLE, serve PURPLE treats, raffle off something fabulous all wrapped in , you guessed it, PURPLE! Be proud that you are doing something to honor the dignity and well-being of women who can't do this for themselves.

Invite your local shelter volunteers and residents to attend and participate in your fun event. Honor your guests and your members with special purple ribbons. Wear YOURS all month long. AND , make it mean something.

When someone finally asks you, "What's with all the PURPLE?". It's OK to say that, sadly, it is the color of skin that has been bruised. But we are proud to belong to an organization that is working steadfastly to put an end to domestic violence. We can and we do make a difference. Be sure to let me know what you did at reporting time... Thank you for caring!!

## National Wreaths Across America Day: December 17, 2016

Geri Eck, GFWC IL Public Issues Chairman

From Wreaths Across America website:

*A boyhood visit to Arlington National Cemetery left a big impression on Morrill Worcester—one he never forgot.*

*Decades later, in 1992, his company's surplus of 5,000 wreaths and his desire to have them placed at Arlington kicked off an annual tribute that went on quietly for over ten years. With national interest in the project having grown so greatly, in 2007 a dedicated group of volunteers formed Wreaths Across America as a non-profit 501-(c)3 to continue and expand the mission to **Remember, Honor, and Teach.***

*Each December on National Wreaths Across America Day, their mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as over 1,100 additional locations in all 50 U.S. states, at sea, and abroad.*

Can you help? Can your club or district help? Monetary donations are appreciated, volunteers to help lay the wreaths at each grave, and help is especially wanted with cleanup. Want additional information? Here's the link for

The form on the opposite page can be used to sponsor a wreath at Abraham Lincoln National Cemetery. Want to find a participating cemetery closer to you? Go to the website [Wreaths Across America](http://www.wreathscrossamerica.org), or <http://www.wreathscrossamerica.org/#join-us> for other cemeteries participating if you want to find one closer to you.

### REMEMBER

our fallen U.S. veterans.

### HONOR

those who serve.

### TEACH

your children the value of freedom.

Wreaths Across America Mission

Can you help? Can your club or district help? Monetary donations are appreciated, volunteers to help lay the wreaths at each grave, and help is especially wanted with cleanup. Want additional information? Here's the link for [Wreaths Across America](http://www.wreathscrossamerica.org), or <http://www.wreathscrossamerica.org/#join-us>



*Thanks to Carson's Furniture Gallery in Vernon Hills  
for printing our newsletter.*



GFWC Illinois Antioch Woman's Club  
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