



Potpourri

Antioch Woman's Club Newsletter November 2011

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

November 4

November 7
November 9
November 17
November 25
December 7
December 9
December 10
December 12
December 14
December 15

January 9
January 11
January 12
January 19
January 25

February 6
February 8
February 16

February 29

10th District Fashion Show, Country Squire
Grayslake
Board meeting
General meeting
Book Club at the Senior Center
Santa's Castle opens
10th District meeting at the Forge Club
Reservation due for Christmas Luncheon
Cultural Club, Nutcracker, Genesee
Board meeting
Christmas Luncheon, Maravela's, 11 AM
Last day of bridge for the holiday,
Christmas Party
Board meeting
General meeting; Art Show
Bridge, 9:30 AM Senior Center
Book Club, 1:00 PM Senior Center
10th District meeting, Country Squire 9:30
Grayslake Arts and Crafts Show
Board meeting
General meeting
Book Club, 1:00 PM Senior Center,
Sweet table
10th District, Program Bureau,
Arboretum, Buffalo Grove

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



Open Arms Mission makes contributions to our society by improving the lives of others. They have grown from helping 250 families last year to over 320 this year. Needless to say, they can use our help. So our Club is buying turkey

dinner for 60 families for Thanksgiving. Included are a turkey, potatoes, stuffing, vegetables, cake mix, eggs, pancake mix and syrup, etc. The cost will be \$1,500.00. We are also going to try to do the same at Christmas. I hope when you are enjoying your holidays, you can stop and say a prayer and remember these people.

We have collected 192 pairs of socks for Make a Difference Day for Safe Place and will take up donations of professional type clothing for them in November. Any clothing you are not wearing but is in good shape, bring to our meeting, hopefully on hangers. The women who have suffered from domestic violence really appreciate our help until they get their lives back on track again, and "Step Away From Abuse." It's hard to imagine what their lives must be like.

If you were at the October meeting, you saw a copy of the calendar. This is a fun way to raise funds for our charities. I hope all of you will purchase at least one. Our events are printed in the squares, so you don't forget a date. Calendars will be at the November meeting.

Don't forget that the by-law committee will be meeting, so any changes you would like to see taken up for consideration, please write them down and give them to Chairman Linda Valentino or to me.

November 4th is the Annual Fashion Show given by the 10th District, and we have always come in good numbers. It is at 1:30pm at the Country Squire in Grayslake, and the cost is \$30.00. This is their main fundraiser. The clothes are from the Dress Barn in Gurnee.

We have some new members: Karen Wehrheim, Sherry Kerkman, and Lillian Messner, and I want to say welcome! Ultimately our new members will be the women who will run our Club in the future, so let's make sure all our new members are made to feel like they belong.

Start collecting some items for the auction at our Christmas Party. This is our main fundraiser. It is a really fun day, and we always need things to auction. Bring them that day, along with a guest.

Santa's Castle will begin the day after Thanksgiving and will end Christmas Eve. Please sign up to volunteer your hours. This is another of our major money raisers. And one of the most fun!

Please keep up the good work you are doing....and we love that smile!

Sincerely,
Audrey Lyle
President

Membership

Debi McGuffin

It's the start of our new year, and we already have three new members to welcome and a few changes to home addresses, phone numbers and email addresses. Sadly, we also had two of our honorary members pass away this month. Please note these changes in your membership booklet for future reference.

New Members:

Sherry Kerkman

P.O. Box 345, 602 East Street, Silver Lake, WI 53170
262-889-4725

Lillian Messner

516 Ridgewood Drive, Antioch, IL 60002
708-309-4946

Karen Wehrheim

25014 W. Nicklaus Way, Antioch, IL 60002
847-395-3101

Deaths:

Bernadette Bay

16 Lilac Lane, Fox Lake, IL 60020

Eleanor Storey

39841 N. Golf Lane, Antioch, IL 60002

Address / Phone / Email Changes:

June Bentel

320 N. Milwaukee Ave., Apt. 401, Lake Villa, IL
60046

224-643-7168

Carol Delaney

340 Berkshire Drive, Lake Villa, IL 60046

cldelaney@att.net

Anna Hansen
60631

Diane Huckstadt
847-546-0340

Kris Squier
262-822-4042

Beverly Amburgey
theambur@aol.com

Susan Knudson
ssjknudson@yahoo.com

Rita Kopjo
randrlakeside@sbcglobal.net

Elaine Ogrin
beogrin@sbcglobal.net

Marilyn Baeckelandt
mbaeckelandt@aol.com

Jane Qualmann
No longer has email address

Any membership-related business should be directed to me ~ Debi McGuffin at debi.mcguffin@att.net or 847-395-6573.

Mentoring Program

Debi McGuffin

Just as a reminder of what is involved regarding the Mentoring Program.

- Beginning from the time the new member joins and continuing for a year.
- Introducing the new member to every club member and accompanying the new member to club meetings to make her feel at home.
- Staying in touch and monitoring the new member's comfort level and involvement in the club.
- Explaining various club committees and community services programs and suggesting a committee assignment that is compatible with the new member's interests.
- Ensuring the new member understands all club rules, including membership dues, attendance requirements, committee requirements, or project requirements.

- Informing the new member about club, district, state, regional and national meetings and events held throughout the year, attending them with her, if possible.

If you would like to be a mentor to any of the incoming new members to the club, please contact me at the following debi.mcguffin@att.net or 847-395-6573.

2011-2012 AWC Programs

November 2011	Shannon Ferguson, "Female Spies in the Civil War era."
January 2012	Heifer International – Arts/Crafts Speaker, Tom Amos. Ending hunger and poverty in the world. All members should bring crafts they want to exhibit or discuss. A separate table will be set up.
February 2012	Lakes Area Jazz Choir and Band, Matt Kestor, Director
March 2012	Illinois Discovery Museum Diane Dietske, "The History of Movie Making in Lake County."
April 2012	Peter Oprisko, jazz and popular music performer.



George Holmes presents "Songs for All Ages and All Decades" at our October meeting. He also danced with club members!

Social Committee

Joan Foss

Christmas time will be here soon! Get your Christmas lunch reservations in to me by Dec. 9th because you don't want to miss the fun of the silent auction, Christmas entertainment, and the wonderful lunch. The party is on Dec. 14th, starting at 11:00. Send your check in to me, Joan Foss at 342 Sequoia Ct., Antioch. I'm looking forward to seeing you there!

I made the mistake during the October meeting of not thanking our hostesses for the great job they did in providing the wonderful refreshment table. A belated THANK YOU to Arlene Lonergan, Fran Molloy, Carolyn Van Patten, Kris Squire, Lee Anderson, Tiffney Voracek, Donna McKeown, Karen Floeter, Glenda Cartwright, Claudia Smith, Susan Knudson, and Ellen Kessler.



At the October meeting, Susan Straley, Pam Brown, and Maureen Fremgen collected items for A Safe Place.

Public Issues

Susan Straley and Pamela Brown

Thank you for your generous donations for Open Arms Mission and A Safe Place. Both organizations were extremely grateful for our assistance.

November's project will be to pass a basket for cash donations for the VA hospital. The money collected will be used to purchase Christmas gifts for the veterans we visit monthly.

During the December Christmas Luncheon, we are requesting donations of unwrapped Christmas gifts for A Safe Place. Attached to this newsletter is a wish list of items that are needed.

At the monthly meetings in January through April, we will again be collecting 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.

Veterans Affairs

The first Monday of the month through May, volunteers from our club will car pool to the North Chicago Veteran's Affairs Hospital to play Bingo and serve a treat to the veterans. Please contact Bonnie Bakutis (847-395-1210) if you are able to participate in this worthwhile activity.



Art Notes

Judy Schieck

Calendars go on sale at the November Meeting for \$12.00 each. All orders must be prepaid at the November Meeting.

The Antioch Woman's Club will be having a Members Art Show at the January Meeting.

Categories

Painting
Drawing
Decorative Painting
Needle Work
Knitting/Crocheting
Quilting
Arrangement
Holiday Art/Décor

Paper Arts
Jewelry
Photography
Weaving
Ceramics
Flower

All submissions must be done by the submitter.



International Outreach

Lois Warner

I want to thank everyone for their generous donations to UNICEF. We collected \$116.55 at our meeting.

We held a quilting bee on October 19. Thanks to Elaine Ogrin, Mary Ware, Karen Floeter, Tiffney Voraek, Nancy Zitkus, Lee Anderson, Maureen Fremgen, Sheila Eisen, Kitch Pecci, we completed 19 Quilts. 13 of them are being tied & 6 need to be turned & tied. We will be getting together in November to quilt & cut. Please join us.

Thanks to all the ladies who helped out last year to make our committee a success: Mary Ware, Maureen Fremgen, Barbara Beese, Joanne Dugenske, Lee Anderson, Doris Miller, Evelyn Miller, Elaine Ogrin, Carolyn Van Pattten, Nancy Morici, Carol Maplethorpe, Hilda Wollschlaege. Arlene Lonergan, Nancy Zitkus, Pat Pasiewicz, Betty Collins, Alice Scheske, Janet Behling. Kitch Pecci, Pat Smith, and Jan Johnson. If I left anyone out I apologize.

Also I am looking for cotton scrap material. If any of you are cleaning out your sewing room, think of us.

Domestic Violence

Maureen Fremgen

Thank you ladies for all of your help with the donations for Safe Place. Your efforts are very much appreciated by the people at Safe Place. As a reminder: I will be outside with my car ready to collect your usable clothing before the November Woman's Club meeting. I will then go directly to Safe Place with those items. So go through your closets and help those in need. They will accept children's clothing and toys, purses, jewelry, etc.

Operation Afghanistan

Pat Rung

Fellow Club members, before we know it, we will be at our November 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.

The holidays are coming, and it will most likely be December by the time they receive our donations. 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.

Legislation

Arlene Lonergan

This past summer we lost a favorite uncle. He was found deceased on Capitol Hill, Washington, D.C. Crime scene investigators have many suspects but no one person as been accused. Given his age, it was determined that it was elder abuse. Most of his assets had been siphoned off to engorge the money belts of the very rich and to fund wars that have killed hundreds of thousands and have sent innocent people fleeing for their lives.

Our uncle's eyes were taped shut to prevent him from seeing the damage being done. His ears were plugged so he couldn't hear the cries of the unemployed, hungry, homeless, sick and otherwise desperate.

His mouth was taped shut to prevent his cries for help. His arteries--the highways, byways, bridges, waterways that carried so much commerce and economic vitality for our country--were clogged and crumbling, not from old age but from senseless neglect and greed. His cholesterol was at 14 trillion.

The people in charge of caring for him were brewing up a strange brew of tea and were planning a tea party for his memorial service. As they viewed the corpse of our dear uncle, you could hear them saying, "Government is not the solution: government is the problem." Our favorite uncle's name was Sam. He was 235 years old.

May he rest in peace. As of this date, no arrests have been made.

Conservation

Karen Noland



We had another beautiful day to do our Lake County Adopt-A-Highway cleanup on September 21st, and I would like to send out a big thank you to the fifteen hard workers who helped me. They were Maureen Fremgen, Judi Mors, Pat Forth, Pam

Brown, Karen Schnur, Claudia Smith, Sharon Theisen, Joan Foss, Audrey Lyle, Jean Johnson, Judy McKillip, Sally Rodgers, Patsy Foley, Lynne Fletcher and Jackie Vos. I'll bet Jackie put thirty miles on her car tending to all of us. The Lake House Restaurant manager extended his hospitality to all of us thirsty ladies, and we had a great lunch there afterwards. Thanks again ladies for a job well done!

On October 11th, my small but enthusiastic group of gardeners did some weeding and trimming at the Senior Center again. I call them my Beautification Committee of Audrey Lyle, Pam Brown, Nancy Zitkus and Hilda Wollschlaeger. Some of the plants we put in last spring didn't fare too well due to the hot, dry summer. And with the nasty winter that is predicted, we decided to wait until spring to plant any more flowers. Another big thank you goes out to this hardworking crew!

You should be aware that November 15th is "America Recycles Day." This is a special day designated by the Keep America Beautiful Program, and all are encouraged to recycle and teach others who may not be doing so. Remember to check with SWALCO.org for various ways to dispose of or recycle anything. Thanks!

Santa's Castle Volunteers Needed

Susie Lancaster and Better Chornoby

Although we are still experiencing Indian summer, we are only a month-and-a-half away from the Christmas season. Beginning the day after Thanksgiving, we will initiate the opening of Santa's Castle.

The Antioch Woman's Club will be assisting the Antioch Chamber of Commerce by providing Santa with our cheerful "ELVES" in Santa's Enchanted Castle.

The children of our community look forward to making their annual visit with jolly old St. Nick and bringing their wish lists to him. When requested, we will take pictures of each child sitting on Santa's lap to save for their treasured Christmas memories.

We hope that each of you will give special consideration to volunteering several hours of your time during this joyous Holiday season to many of the precious children of our community.

At our monthly AWC meeting, sign-up sheets will be provided for you to choose the dates that will be most convenient for you to help.

Our Antioch Woman's Club and our children will greatly appreciate your assistance.



Susie Lancaster helps Karen Floeter choose her times to volunteer at Santa's Castle.

Home Life/Health

Patsy Foley



COLOR US COMMITTED
We PINK Differently

Every October we celebrate breast cancer awareness month. We show our support by wearing pink clothing and ribbons, and we support charity runs with pink logos. We

support family and friends who are cancer survivors. We wear pink to show our fighting spirit. Have our efforts made a difference ????

YOU BET IT HAS !!! Thanks to billions of dollars raised for research, we are starting to win the war against breast cancer. "The progress we've made over the last 20 years has changed the face of the disease for American women," says Freys Schnanabel, MD, director of breast surgery at NYU Language Medical Center. As we find it earlier and treat it more effectively, we will reduce recurrence and enhance survival.

FIVE THINGS TO TELL YOUR FRIENDS AND FAMILY-ANY WOMAN YOU CARE ABOUT!!!!

1. All women can get breast cancer--even if there is no family history
2. Two most important factors of breast cancer are being a woman and growing older.
3. Early diagnosis-- when the cancer is small and not spread, a person has an excellent chance of surviving it
4. MAMMOGRAMS are the best way to find breast cancer early. GET ONE EVERY YEAR !!! If you notice any changes, let your doctor know.
5. You can reduce the risk for breast cancer with regular physical activity, maintaining a healthy weight, and limiting alcohol intake.

YOU CAN FIND FREE SUPPORT FROM THE AMERICAN CANCER SOCIETY 800-227-2345
OR IllinoiscancerHelp.org



Photo Yearbook Editor Needed!

Lynne Fletcher, PR Chair

The AWC needs someone to update and maintain our Photo Yearbook. The editor needs to take pictures of new club members and add them to the yearbook. If you are willing to volunteer to do this important job, please call me at 847-838-6460 or e-mail me at mrsf22898@aol.com. If you have a camera and a computer, you can do this job!



Wanted: Photographers-At-Large

Please help us gather pictures for AWC publicity. If you are attending any event, please bring your camera, take a few pictures, and e-mail them Lynne Fletcher at mrsf22898@aol.com. No one can be at every function, but it sure would be nice to have pictures from every function. Please, pitch in!

Calling Tree

Maureen Fremgen

We have three new members to add to our calling tree. (I will be the Captain for this group)

Co-Captain: Lillian Messner	708-309-4946
Sherry Kerkman	262-889-4725
Karen Mehrheim	847-395-3101

Card Ambassador

Jackie Vos

Thanks for all your concerned calls for fellow members in need of friendly cheer and love. I'm sure our notes are nice to receive and provide a "warm fuzzy" when life seems to be a little hard to handle.

Please note: I now have e-mail and would prefer ALL contact be through it henceforth.

It is: <mailto:Jackiemartinvos@gmail.com>

Hoping you all have a happy and blessed Holiday Season.

Book Club Notes

Marlene Fernandez

Hope everyone enjoyed reading *The Help*. The movie was awesome and the book better. We will review the discussion on it at the next meeting.

Also submit any book titles you like, and we will make a list and choose which the majority wants to read next.

Sorry about the mix up on the last meeting. I neglected to check the dates in the book. Also listed (in error) are the two meetings in April. The date I choose will depend on other events during the last three weeks. Just want to be sure. TBA

I have been thinking TURKEY for our Nov. 16 meeting. Turkey sandwiches of course! With cranberries and potato salad, and chips. Add a soda and it would come to \$4 per person. What do you say? I will have copies of the book report form and new applications.

Again, I would like to invite all our new members and everyone else to attend.

Ciao, till next time!

20011/2012 Book Club Schedule

3rd Thursday of the month: Antioch Senior Center (except Dec.)

Oct. 20, 2011 - On your own lunch - Meeting at 1.
Nov. 17, 2011 - Turkey Sandwich lunch - Meeting at 1.
Dec. 12, 2011 (MONDAY)-Noon - Christmas lunch
Jan. 19, 2012 - Noon your own lunch -Meeting at 1.
Feb. 16, 2012 - Noon- Sweet table - Meeting at 1.
March 15, 2012 - noon On your own lunch - Meeting at 1.
April 19, 2012 - Noon - On your own lunch - Meeting at 1.
No meeting May & June.
July Picnic - TBA
Need more info please call Marlene (262)862-2767 or email - martini@wi.rr.com



Linda

Education

Mary J. Baehler

Antioch Woman's Club sponsored two students for the Illinois Leadership Seminar at North Park College in June. During the October 12 meeting the recipients, Alexander Torres of Antioch Community High and Neil Hughes of Lakes Community High, told of their experiences at the seminar. The seminar continues to offer excellent leadership skills and opportunities to the attendees who are chosen by their respective school administrators.

The grade school tutoring program scheduled to be launched this fall has been put on hold. I am searching for new avenues for our members to share their talents.



Mary Baehler introduces Alexander Torres and Neil Hughes at the October meeting.

Mah Jongg

Pat Goone

If you would like to play Mah Jongg or learn how, join us at 1:00 on Tuesdays at the Antioch Senior Center. If you have a Mah Jongg set or current cards please bring them along. I have one set and a set that belonged to Edna Barr as well as cards from 2009 and 2010, so we should have enough cards to go around. Hope to see you there.

Ways and Means

Linda Valentino

December 14th will be our largest Fundraiser event of the year – our Annual Christmas Raffle and Silent Auction ,which will take place at the AWC Christmas Party at Maravela's. Last year was such a very successful year; we hope this year will be the same.

Please think of something wonderful to bring for the Silent Auction. You may bring something individually or maybe you would like to get together with some friends and create a wonderful basket or some other item or event. One year a group donated a bridge party for eight including a delicious lunch. Martha Fallon generously donated her timeshare in Florida last year. Just put on your thinking caps, and I know this will be a great success.

In addition, you will be receiving \$10 worth of raffle tickets to sell or buy.

See you there!

The Ways and Means Committee

Beverly Amburgey

Carol Becker

Lu Belli

Marlene Coia

Sheila Eisen

Dee Costello

Marlene Fernandez

Fran Groff

Norma Karczewski

Anna Kisielica

Susie Lengvenis

Ruth Macier

Mary Pejril

Pat Smith

Shirley Simek

Grace Valloni

Mary Beth Walsh

Linda Anne Valentino

Club members enjoy each other's company while waiting for the meeting to start.

Other News....

An Opportunity to Help

Jane Cvetkovic

I would like to thank the club for welcoming me into your club. Everyone has been most friendly. I welcome the opportunity to serve the community.

I have request. A doctor with whom I work goes on a mission to the Philippines each year for one month to provide medical care for those in need. Before he goes, he ships vitamins and medicines to be used when he arrives. He needs such thing as Tylenol, ibuprofen, Imodium, Benadryl, and other over-the-counter medications. He takes scrub clothes and leaves them there when he comes home. If anyone is interested in providing any of the items, I will collect them and deliver them to Dr. Estrella, who goes in January.

Thank you for your support, I hope I can be an asset to your organization.

Veteran's Day Service

The Antioch American Legion Post #748 will be holding a Memorial service at 11:00 a.m. on November 11, 2011, Veterans Day. The service will be held at the Blue Star Memorial located at the corner of Depot Street and Main Street (Rte. 83) by the Lakes Region Historical Society.

Nancy Zitkus, Past President Antioch American Legion Auxiliary

Past President Antioch Woman's Club and Margaret Cole is President of the Auxiliary and a Past President of our Antioch Woman's Club



Cultural Club

Linda Anne Valentino

SAVE THE DATE!!!!

SATURDAY, DECEMBER 10!!!!

We will be going to the newly renovated Genesee Theatre in Waukegan to see the Nutcracker. All the details have not been completed yet, but it will be a fabulous day.

As of right now, I have purchased 30 tickets, so the first 30 women to sign up will definitely be included.

We will be having a catered luncheon at the theatre, and following that we will go down to our seats to see the performance. The performance begins at 3:00, so we should arrive at approximately 1:00 for the luncheon. There will be valet parking for \$15 or public parking one block away for \$10.

I have not settled with the caterer, so I am unable to tell you the exact details or price, but it should be approximately \$45.

There are elevators, and I have purchased four tickets for those who have difficulty walking. They must traverse just two steps.

SIGN UP NOW TO SAVE YOUR SEAT!!!!!!

Exact details and pricing will follow, but, please, sign up now so that everyone who wants to go may be included.

PS. I may be able to purchase additional tickets if you sign up early.



Interested in joining a committee and making a contribution?

Here are the committee chairs you can contact:

Arts

Judy Schieck
847-395-8120
originalbs@juno.com

Conservation

Karen Noland
847-395-6056
karenonthelake@aol.com

Education

Mary Baehler
847-395-8982
mjs296@sbcglobal.net

Home Life

Patsy Foley
847-201-1443
pfoley56@hotmail.com

International Outreach

Lois Warner
847-356-3780
luckylo10@sbcglobal.net

Membership

Debbie McGuffin
debi.mcguffin@att.net

Public Issues

Susan Straley
815-678-7409
smstraley@mchsi.com

Pam Brown

847-838-6652
pbrown1054@yahoo.com

Public Relations

Lynne Fletcher
847-838-6460
mrsf22898@aol.com

Ways and Means

Linda Anne Valentino
262-862-9228
lvalentino@wi.rr.com

OUR MISSION

For more than a century GFWC has encouraged women to improve their skills, expand their abilities and their special sensitivity to society's problems. Important topics involve promoting education, preserving natural resources, encouraging healthy lifestyles, working on behalf of the elderly and people with disabilities, advocating for issues of concern to women, children and families, and supporting participation in the Arts.



Antioch Woman's Club 2011 Member Health Survey

Directions: Please estimate the number of hours you spent during 2011 on each of the items below. ***Please do not answer with a check mark. We need total hours for the year.*** Please be generous with your hours; include travel time "to & from" for each item. The completed survey can be given to Patsy Foley at the December 14th Luncheon or mailed to her at 561 Essington Terrace; Round Lake IL 60073. Please submit by December 14th. Thank You.

Health Screenings or Preventative Treatments

- | | |
|---|---|
| <input type="checkbox"/> Blood pressure screening | <input type="checkbox"/> Hearing exam |
| <input type="checkbox"/> Blood work screening | <input type="checkbox"/> Heart test |
| <input type="checkbox"/> Breast self examination | <input type="checkbox"/> Mammogram |
| <input type="checkbox"/> Colonoscopy | <input type="checkbox"/> Osteoporosis screening |
| <input type="checkbox"/> Dental exam | <input type="checkbox"/> Pap smear |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Pneumonia shot |
| <input type="checkbox"/> Eye exam | <input type="checkbox"/> Physical exam |
| <input type="checkbox"/> Flu shot | _____ |

Volunteer Activities (not monetary)

- Alzheimer support
- American Heart Association support
- American Lung Association support
- Blood drive donor
- Blood drive volunteer
- Brain research support
- Cancer support
- Hospital volunteer
- Other (Please use opposite side to list any other activities)

- | | | |
|--|---|-----------------------------|
| Did you get a seasonal flu shot in 2011? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you have the seasonal flu in 2011? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you get a H1N1 (swine) flu shot? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you have the H1N1 (swine) flu? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you get a pneumonia shot in 2011? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you get pneumonia in 2011? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did your health improve during 2011? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Rate your overall health on a scale of 1 to 10 | <input type="checkbox"/> (10 being perfectly healthy) | |



Our Wish List

A Safe Place depends upon the generosity of the community for many of our operational needs as well as personal items for our clients. Because the needs at A Safe Place are ever changing, we encourage you to consider monetary donations or gift cards, if possible. These donations give A Safe Place the most flexibility in meeting day-to-day needs.. If you are able to donate any of those items that are new or like-new condition, please contact the development office at 847.731.7165 x108 for donation instructions.

In addition to our everyday needs for clients, A Safe Place also has special needs from September through December. You can help us to celebrate Domestic Violence Awareness Month and the holidays by donating some of these items. Regarding the Holiday Wish List items, A Safe Place does not accept violent toys, games or literature. We encourage gifts for teenage boys (every year we run out of these items).

Holiday Items

Gift Items for Children

- Building Blocks and Toys
- Duplos and Legos
- Dolls (culturally diverse for all ages)
- Infant and Toddler Toys
- Trucks and Cars
- Pokemon Cards
- Sports Cards
- Playing Cards
- Educational Games
- Art Supplies: washable markers, crayons, paints, glue, construction paper and children's scissors
- Craft Kits and Science Kits
- Play-Dough
- DVDs (non-violent family movies)
- DVD players
- Video Games (non-violent)
- Game Systems (Play Station, etc.)
- Hand-Held Game Systems (Game Boy, etc.)
- Roller Blades/Skate Boards
- Walkmans/Radios/CD Players
- Basketballs, Soccer Balls, Softballs

Clothing

- New winter attire and outerwear in all sizes- infant, child, teen sizes (boys & girls), women's
- New shoes, boots and slippers for women, boys and girls, all sizes
- Pajamas and robes, all sizes

Gift Items for Women

- Blankets
- Jewelry
- Perfume
- Cameras
- Stationery, Journals and Stamps
- Bath Products and Toiletries
- Makeup/ Makeup Bags
- Curling Irons, Hair Accessories
- Ethnic Hair Care Products

Food

- Sugar
- Gift Certificates for Jewel, Aldi, etc.
- Pasta, rice & stuffing mixes
- Pasta Sauces
- Macaroni & Cheese
- Frozen or Canned Fruits or Vegetables
- Cereal (Hot & Cold)
- Canned Soups
- Crackers
- Gravy
- Cranberry Sauce
- Mashed Potatoes

Other Holiday Items

- Wrapping Paper, Tape, Bows, Gift



**ANTIOCH WOMANS CLUB
CHRISTMAS LUNCH AND SILENT AUCTION**

Dec. 14, 2011

Maravela's Restaurant
Route 59 and Washington St.
Fox Lake, IL 60020

Social hour 11:00am
Lunch 12:00pm
Business meeting 1:00pm

MENU

Salad Bar
Veggie Lasagna
Beef tips with noodles
Sliced Turkey Breast
Mashed potatoes with gravy
Francais blend vegetables
Ice cream with Crème de Menthe

Price is \$18.00

Make checks payable to AWC or Antioch Woman's Club

Payment must be in by **Dec. 9th**

**SEND CHECKS TO
JOAN FOSS, 342 SEQUOIA CT. ANTIOCH, IL 60002**

Name of Member _____

Name and number of guests



WELCOME SPRING 2012!

ANTIOCH WOMAN'S CLUB IS WELCOMING SPRING WITH A LUNCHEON CATERED BY DAVID'S BISTRO ON **MARCH 14, 2012 AT 1:00**. THE PRICE IS \$12.00.

MENU
ASSORTED SANDWICHES
CHICKEN WRAP, SANTA FE WRAP, HAM & BRIE,
CALIFORNIA WRAP WITH TURKEY, BACON AND CHEESE.
GRILLED ASPARAGUS SALAD
HOT PASTA SALAD
ASSORTED PASTRIES.

WE WILL MEET AT FAITH LUTHERAN CHURCH
RTE. 59 AND GRASS LAKE RD.
ANTIOCH, IL

HAVE YOUR RESERVATION IN TO ME BY MARCH 7TH; INCLUDE THE NAME AND NUMBER OF GUESTS YOU WISH TO INVITE.

SEND THEM TO ME: JOAN FOSS
342 SEQUOIA CT
ANTIOCH IL 60002

Name of Member _____

Name and number of guests

BUDGET 2011 - 2012 Antioch Woman's Club

ESTIMATED - OPERATING

Dues \$7,575

Total \$7,575

Estimated Operating

Convention	\$1,000
Insurance	350
Memorials	150
New Member Flowers	80
P.O. Box Rental	46
Printing, Postage, and Newsletter	925
Programs	925
Sec of State Report	10
State & District fees	3,629
Church Expense	400
Chamber of Comm.	50
Website	10

Total \$7,575

ESTIMATED INCOME - DONATIONS

Santa's Castle	\$1,400
Ways and Means	5,675

Total \$ 7,075

Estimated Donations

Art	\$1,100
Conservation	
Kind News	250
Education	
Lillie Petty Scholarship CLC	500
Illinois Leadership Seminar	475
Outstanding Student Plaques	200
Scholarships	2,100
GFWC-IL	
American Cancer Society	50
American Heart Association	50
Burn Camp	50
Children Research	50
GFWC-II State Project	50
GFWC-II 10th District	
Ways and Means	50
GFWC-II Blue Ribbon	
Fashion Show	50
GFWC-II State Convention	50
Home Life/Health	
Community Telecare	100
Winchester House	200
International Outreach	500
Public Issues	350
Veterans Affairs	900

Total \$7,075

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

Thank you for printing our
newsletter....

