



# Potpourri

## Antioch Woman's Club Newsletter February, 2011

### Club Officers

Audrey Lyle, President  
Maureen Fremgen, President-Elect  
Kay Blake, Vice President  
Jean Johnson, Recording Secretary  
Nancy Moriei, Corresponding  
Secretary  
Marge Heddens, Treasurer  
Dee Costello, Parliamentary Advisor

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

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

Nancy Zitkus,  
[NZLZIT@aol.com](mailto:NZLZIT@aol.com)

Or write to.....

Antioch Woman's Club  
PO Box 282  
Antioch IL 60002

### 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.*

### Upcoming Events

February 7, 2011  
February 9, 2011  
February 16, 2011

February 17, 2011  
February 23, 2011

March 7, 2011  
March 9, 2011  
March 17, 2011

March 23, 2011  
March 30, 2011

April 15, 2011

April 11, 2011  
April 13, 2011  
April 14, 2011  
April 16, 2011  
April 19, 2011

April 27, 2011

Board Meeting  
General Meeting.  
Cultural Group: Bunco and Lunch  
Senior Center 1 PM  
Book Club, 1:00 (sweet table)  
10th District Meeting.  
Registration, 9:30 AM; Meeting 10 AM;  
Noon, Lunch at The Country Squire in  
Grayslake. Arts and Crafts  
Board Meeting  
General Meeting.  
Legislation Day  
Book Club 1 PM Meeting  
Culture Club - TBA  
10th District Meeting.  
Registration, 9:30 AM; Meeting 10 AM;  
Awards Luncheon at Dover Straits,  
Mundelein  
TENTATIVE DATE FOR THE ART  
SHOW SPONSORED BY THE  
ANTIOCH WOMAN'S CLUB  
Board Meeting  
General Meeting – Reciprocity Luncheon  
Book Club 1 PM Meeting  
GFWC IL - Blue Ribbon Fashion Show, TBA  
Game Day "CIRCUS", McHenry Country  
Club, Jean Johnson  
10th District Meeting.  
Registration, 9:30 AM; Meeting 10 AM  
Noon Lunch. Annual Meeting at Bertucci's in  
Highwood.

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

## President's Corner



Hoping everyone had a wonderful holiday and will have a great and healthy new year. But now we are back to business.

One thing we would like to introduce is an email newsletter. It will only be by your choice; you are not required to have it delivered this way, but the more who do, the more we will save on postage and time spent carrying them around for delivery and folding. At the meeting we sent around a sign up sheet for those who want to be included. If you were not at the meeting, please email Lynne Fletcher at [mrsf22898.aol.com](mailto:mrsf22898.aol.com) to be included. I'm highly encouraging everyone who can to sign up. You can print all of it, none of it, or you can print just the page or pages you want.

The 10th District sends their Newsletters by email and what is nice, you can always go back to them on the computer and don't have to go looking for the paper. You also receive them immediately; the mail can take a week. We have to keep up with technology and save a tree too!

Our Social Chairman, Joan Foss, is planning a Valentine's treat, and of course it will be with chocolate. It helps break up our long winter days, so plan on being there. It does us all good.

How about that Christmas party we had? Wasn't that great? Our club made \$4000 thanks to our chairman, Linda Valentino, and her Ways and Means Committee. All of that will go to our charities. This is what is so wonderful about our club, so to all of you who supported it, thank you.

We also got 4 new members that day. Starting in February will be a new quarter for new members by the state. We need 3 new members in the next 3 months, so please invite your friends, relatives, and neighbors to our February meeting, or to any meeting. Let's give our new members a big welcome.

Santa's Castle was also a success thanks to our chairmen, Susie Lancaster and Betty Chornoby. We did not have very nice weather this year, and the economy is not the best, but we still did a little better than last year and made \$1500, all of which will go to our scholarships. Thanks to all of you, helpers and chairmen.

I also want to thank Nancy Zitkus, Trudy Anderson and Betty Chornoby for agreeing to take on the Membership Chair. Laura Walker who was our chairman has health problems and can't continue. Let's keep her in our prayers.

I know it may not seem like it but Spring is just around the corner, and Karen Noland, our Conservation Chairman, will be looking for help planting flowers at the Senior Center and for the

road clean up. It will be a lot of fun doing both with the other members, so please pitch in. I hope to see you there.

I can't speak more highly of our club members. I love you all; you make this club special with your work and contributions. You make it all happen!

*Audrey Lyle*  
President

## New Members

Karen Floeter  
24976 W. Palmer  
Antioch, Il 60002

Tiffany Voracek  
24910 Palmer Ct.  
Antioch, Il 60002

Jane Fraser  
25446 Columbia Bay Dr.  
Lake Villa, Il 60046

Betty Collins  
38690 N. Glenlake Place  
Lake Villa, Il 60046

Bonnie Wolf  
321 Neville Dr.  
Grayslake, Il 60030

Judy Hill  
39841 Long Dr,  
Antioch, Il 60002

Change of Address:  
Martha Fallon  
3474 Steeplechase Way  
Grayslake, Il 60030  
Phone No. 847-548-5442

Beverly Amburgey  
24163 W. Grand  
Avenue,  
Lake Villa, Il 60046

Lee Anderson  
40289 North Lake  
Shore Road  
Antioch, Il 60002

Lucille Belli  
1595 Eagle Ridge  
Drive  
Antioch, Il 60002

Ann Kisielisa  
6421 Gino's Way  
Fox Lake, Il 60020

Mary Richards  
40369 Bald Eagle Road  
Antioch, Il 60002

Judith Smits  
40857  
Park Ave.  
Fox Lake, Il 60020

Nancy Zitkus, Membership Chairman Protem

## From the AWC Webmaster

*Karen Erb*

The Antioch Woman's Club website is updated every quarter with our newsletter. Please be sure to check it out at [www.antiochwomansclub.org](http://www.antiochwomansclub.org).

Other websites of interest are [www.10district.gfwcillinois.org](http://www.10district.gfwcillinois.org), [www.gfwcillinois.org](http://www.gfwcillinois.org) or [www.gfwc.org](http://www.gfwc.org).

## Meeting Hostesses and Programs and Reminders

### February 9, 2011:

**Hostesses:** Pat Rung, Janet Fenske, Patsy Foley, Jean Gaffeny, Lorraine Oren, Margaret Cole, Susan Hahn, Mary Jackson, Norma Karczewski, Ellen Kessler, Janet Williams.

**Program:** Kathleen Rylance - Lake Forest Hospital Ten Points of Heart Health

**REMINDER:** Bring non-perishable food items for Open Arms Mission. Bring items for Operation Afghanistan

### March 9, 2011

**Hostesses:** Ruth Macier, Mary Meiser, Judith Mors, Judy Melind, Mary Nolan, Patricia Pasiewicz, Barbara Patton, Florence Pederson, Jane Qualmann, Claudia Smith

**Program:** Betsy Means "Adventures of a Desert Queen" A meeting with Gertrude Bell.

**REMINDER:** Bring non-perishable food item for Open Arms Mission. Bring items for Operation Afghanistan

### April 13, 2011

**Hostesses:** Karen Erb, Dee Taylor, Gerri Gardner, Grace Valloni, Evie Skidmore, Carol Jester, Jackie Vos, Eunice Rawson, Kathleen Regnier, Mary Ware

**Program:** Jim May, Storytelling Using Music

**REMINDER:** Bring non-perishable food items for Open Arms Mission AND Bring items for Operation Afghanistan.

## Book Club

*Marlene Fernandez*

The Book Club will meet on February 17 at 1:00. This is the SWEET TABLE meeting, so please bring a dish to pass.

## Mah Jongg

*Pat Goone*

If you would like to play Mah Jongg or learn how, join us at 1:00 on Tuesday at the Antioch Senior Center. If you have a Mah Jongg set or cards bring them. If not, we should have enough games and cards to go around. Hope to see you there.

## Thank You AWC

*Nancy Morici*

We have received thank you notes from Pat Forth re the death of her mother, from Jeanine Leonhart on the death of her husband, from Nancy Zitkus on the death of her husband, and from Kay Blake re her crisis (now past).

Also we received thank you's from the Humane Society for supplying KIND NEWS to several classrooms, from Open Arms Mission for 150 pounds of food, and, of course, from A Safe Place for all the paper products and \$2450.00 worth of holiday gift items.

In several short months we have truly touched many people. Keep up the good work, ladies.



## Social Committee

*Joan Foss*

Thank you to the members who have worked on the hostess committees this year. You have been doing a wonderful job. The tables have been beautiful and the food outstanding. I really appreciate the cooperation.

Just a reminder that the rules for the hostess committees were changed recently. Now if a member cannot fulfill her turn as hostess for that month, a \$10.00 fee is not required; **instead she must find a replacement for that meeting.**

## Art Committee

*Sally Todd*

At the January meeting a total of \$80.47 was collected for "Pennies for Art." Thank you, ladies, for being so generous. This money is sent to the state for a week's summer art camp. High school students must apply for the scholarship. We have had two winners in the past.

Names for the Art committee were omitted from the new directory. They are Mary Ware, Barbara Beese, Joan Foss, Judy Schieck, and Mary Jane Genet.

A tentative date for the annual student art show is April 15th. Definite information will be forthcoming. Antioch Woman's Club sponsors the show. This year it will be held at Antioch High School.

## Santa's Workshop

*Susan Lancaster and Betty Chornoby*

The Antioch Woman's Club was blessed to receive two beautiful new Santa's Helper costumes created by our special members, Arlene Lonergan and Jaclynn Vos. We are truly grateful for their gifted seamstress talents.

We also thank all of the gals who graciously volunteered their time and efforts to assist Santa inside the Enchanted Castle. Your support brought so much pleasure to over 2500 children and families who visited with Santa this Christmas season. We greatly appreciate your help in generating another successful year, and we hope that you will consider helping us again next year.

The Antioch Woman's Club took 612 photographs. Our profits from the pictures and donations amounted to \$1,482.00. The proceeds will be used for our AWC Scholarship Fund.

Thank you!!

## Bridge Club

Fran Groff, Jean Haling, Susie Lancaster, and Marge Heddens

**The top scorer this year in our Thursday group is Marilyn Bies.**

We play Thursday morning at 9:30 am at the Senior Center in Antioch.

Come join us for a fun morning of BRIDGE.

### Ode to Bridge

With 13 OR MORE POINTS, I'm required to speak  
And mention a suit that is not very weak.

With 5 CARDS OR LONGER I need not be cute  
I merely will open with ONE OF THAT SUIT.

But a FOUR CARD MAJOR, Ah that's the rub,  
I know I must open, so I'll just say "1 CLUB."

With 16 or 18, ONE NO-TRUMP will do.

With 21 "PLUS", I'LL OPEN WITH TWO.

When the OPPONENTS HAVE OPENED now I  
have trouble

I have OPENING BID so I should say so by  
"DOUBLE."

I have 12 POINTS OR MORE, and WITH GOOD  
LENGTH too.

So, partner, my OVERCALL gives you a clue.

My PARTNER HAS OPENED, and I'm in a fix  
Because I must PASS WITH LESS POINTS THAN  
SIX!

But when my count is 6POINTS TO 9,  
I MAY RESPOND ONCE, and that will be fine.  
But 10 TO 12 POINTS is really quite nice.  
I will plan to respond, NOT ONCE, BUT TWICE!  
With 13 OR MORE POINTS, I would be to blame  
IF I LET THE BID END BEFORE WE REACH  
GAME.

*This poem was submitted by Angie Maras several years ago. I thought it would be great to repeat.*



## Public Issues

*Susan Straley and Pamela Brown*

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.** Please note that there will not be a collection in May.

### Coupons

Throughout 2011, 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. This activity will be headed up by Sigrid Brueggemann. Please deliver your coupons to Sigrid 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.

### 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 Karen Schnur if you are able to participate in this worthwhile activity.

### Operation Afghanistan

Pat Rung continues to collect items to send to our troops in Afghanistan. Please bring items to the monthly meetings.

## Conservation

*Karen Noland*

The Solid Waste Agency of Lake County (SWALCO.org) is a great source for ways to dispose of or recycle just about anything. Currently, they are collecting old strings of holiday lights with bulbs during their regular electronics collections. E-mail them for more information or call 847-336-9340.

As many of you may know, the deadline for federal tax credits for energy-efficient products or systems for your home was December 31, 2010. This includes new windows, doors, insulation, roofs, heating/AC systems, etc. The tax credit is for 30 percent of the cost for a credit up to \$1500.00. For more information go to [energystar.gov](http://energystar.gov).

On February 12 and 13, the Northern Illinois Conservation Club will host their 51st annual Chain O' Lakes Fishing Derby and Winter Festival. There will be lots of fun for the whole family and more than \$5000.00 in prizes.

Please don't forget to feed our feathered friends during this extremely cold winter too!

## Home Life/Health

*Patsy Foley*

### GO RED FOR WOMEN LEARN AND LIVE

Going Red for the month of February is the American Heart Association's way of directing our attention to America's No. 1 killer. Wearing red pays tribute to researchers, physicians, and other public health education professionals as well as volunteers for their tireless efforts in preventing, treating, and researching heart disease.

- \*1 in 3 American adults has some kind of (CVD) cardiovascular disease
- \*3/4 of a million people this year will have a heart attack
- \*3/4 of a million people this year will experience a stroke
- \*CVD claims more lives than the next four causes of death combined
- \*CVD kills one woman every minute of every day

### SYMPTOMS OF A HEART ATTACK.....

- \*pain on the left arm
- \*intense pain on the chin
- \*nausea and sweating
- \*possible chest pain

\*\*\*\*TAKE 2 ASPIRIN IMMEDIATELY UNDER THE TONGUE....IF POSSIBLE.

\*Call 911

### MAKE EASY LIFESTYLE CHANGES.....

- \*Look for short 10-30 minute breaks during the day for heart healthy physical activities
- \*Take the Go Red Heart Check up at ([www.goredforWomen.org](http://www.goredforWomen.org)) to learn your heart disease risk.
- \* Plan simple healthy meals.....(low in fats and sugar and white flour)
- \*Shop smart at the grocery store. ([www.heartcheckmark.org](http://www.heartcheckmark.org))
- \*Eat healthy snacks
- \*Know your HEALTH HISTORY



## Legislation

*Arlene Lonergan*

### HOW NOT TO CUT THE DEFICIT

Everyone is concerned about spending – but the wrong belt tightening will squeeze working families. Every politician I talk to has a different answer whether they be Republicans, Democrats or Independents. So here is the gist of what I've gotten.

CUTTING UNEMPLOYMENT BENEFITS is not the answer – jobless Americans put this money back into the economy by paying bills, buying food and supporting businesses. Every \$1.00 paid out increases gross domestic product by \$1.60, a report by the U.S. Congress Joint Economic Committee said. Unemployment benefits funneled \$225 million into our economy every day in 2010, according to a study by the California Budget Project.

SLASHING SOCIAL SECURITY – will only hurt the 51 million seniors, disabled citizens and children receiving benefits. Much like unemployment insurance, nearly all of Social Security dollars are channeled back into local economies. While some lawmakers talk about the system soon going broke, Social Security is fully solvent until 2037, even at today's retirement age and funding levels, according to a joint report by Demos, The Economic Policy Institute and the Century Foundation. Among those 65 and older, Social Security is the major source of income for 57% of families, and amounts to only \$14,000 per year on average – barely above the poverty line for a household of two.

## Domestic Violence

Thank you to Kate Contell for her informative presentation about A Safe Place at our January Meeting. For more information about A Safe Place, check out

A Safe Place  
Lake County Crisis Center  
Domestic Violence Shelter  
<http://www.asafeplaceforhelp.org/>

Want to know even more about domestic violence? Check out these websites.  
[www.lakecountyil.gov/StatesAttorney/violence/historyofdomesticviolencecouncil.htm](http://www.lakecountyil.gov/StatesAttorney/violence/historyofdomesticviolencecouncil.htm)

[www.aardvarc.org/dv/states/ildv.shtml](http://www.aardvarc.org/dv/states/ildv.shtml)

<http://family.findlaw.com/domestic-violence/>



*President-elect Maureen Fremgen gives our Dress for Success donation to Kate Contell from A Safe Place.*

## Junior Woman's Club

*Margaret Cole*

Antioch Junior Woman's Club had their December meeting at the home of their president with plenty of great snacks and wine and an ornament exchange.

Now their sights are set on making their annual Comedy Night a success. So mark your calendar for Saturday, March 5th. This is their one and only ways & means project.

## In Memoriam

*Our club has lost a great lady. Edna Barr has passed away and we already miss her. She was a friend to all, especially to those who needed to have her spirits raised or a shoulder to cry on. She was there for you.*

*Edna was a life-long resident of Antioch, an active member of Antioch Woman's Club, and an avid bridge player.*

*Say a prayer and hopefully when it's our time, she will welcome us in heaven with a bridge table already set up!*



## Ways and Means

*Linda Anne Valentino*

Thank you. Thank you. Thank you.

Our December fundraiser was a great success due to all your contributions and donations.

Our Basket Raffle netted \$1010. Again, I'd like to thank all the businesses who generously gave us certificates for our baskets and the Ways and Means Committee for the lovely wine basket.

The 50/50 raffle was successful also. \$310 was added to our treasury.

The Silent Auction this year was an awesome event. Due some very generous contributors, \$2700 was raised.

Combining all the events at the Christmas Party, our Club raised \$4,020.

The needs of others will be well served by the generosity of the Antioch Woman's Club. Happy New Year to all.

# Club Officer and Member Responsibilities

## RESPONSIBILITIES OF A CLUB MEMBER

The Club Member is GFWC. Dedicated active club members are the essential element in the success of GFWC ILLINOIS ANTIOCH WOMAN'S CLUB.

### A Club Member....

- Attends meetings regularly; no one has a right to "grumble" if not in attendance.
- Communicates. Stands up and makes her voice heard. More than one club has been saved from an unwise decision by the voice of one individual.
- Conserves club's financial resources. Keeps expenses under control. Many worthwhile clubs have disbanded because of waste or mismanagement of funds.
- Encourages others. Don't be a wet blanket, "a person or thing that quenches or dampens enthusiasm, pleasure, or the like."
- Fulfills the duties of membership. Be willing to fulfill responsibilities as well as exercise rights.
- Gives credit where credit is due. Don't be a "credit grabber"—one who is always first in line when it comes to taking a bow but is nowhere to be seen in the midst of responsibility. Don't hesitate to praise a fellow member for a job well done.
- Has/keeps a sense of humor. Don't take yourself too seriously or others not seriously enough.
- Keeps the purpose of the club in mind. If certain goals or methods appear to be outmoded, take the necessary steps to update them.
- Perseveres amidst shortcomings and difficulties. Expect frustration and difficulty when dealing with people. Be ready to try again and again. Willingness to continue will benefit everyone.
- Prepares for each meeting. Be prepared for meetings; a lack of preparation is one of the main reasons for unproductive meetings.
- Promotes a spirit of teamwork. Don't let the club be crippled by membership that splinters into uncooperative or hostile cliques.
- Resolves differences. Be a peacemaker—when misunderstandings, disputes and clashes arise, help to clear the air by trying to reach a peaceful accord.
- Respects other club members. Give others appreciation and cooperation.
- Thinks for herself. Take the effort to be a thinker instead of the perennial "yes" member.
- Performs all other duties as specified by club bylaws.

## RESPONSIBILITIES OF A CLUB CHAIRMAN

The Club Chairmen make GFWC programs work. The Chairmen are the key to GFWC's grassroots activities.

- **The Chairman...**
- Studies the program materials and understands the program, projects and activities of the chairmanship.
- Works closely with the president, dean of chairmen, and members of the committee.
- Reads the state publications and GFWC CLUBWOMAN magazine.
- Attends all district, state, and GFWC meetings and encourages club members to do likewise.
- Coordinates club member's program activities.
- Prepares a procedure book for the incoming Chairman.
- Performs all other duties as specified in club bylaws.

## RESPONSIBILITIES OF A COMMITTEE

Committees enable clubs to carry on a number of activities at the same time. Club bylaws determine how committees are created. The power that appoints the committee also appoints the chairman and fills any vacancy on the committee. If a Committee Chairman has not been appointed, the first member named to the committee calls a committee together and acts as chairman until the committee meets and elects a chairman.

In small committees, the chairman usually keeps whatever notes necessary, but in large special and most standing committees, a secretary may be elected or appointed by the chairman. A committee may transact business only when a quorum (a majority of members) is present.

### Committee Types/ Duties

- A Standing Committee is a permanent committee that continues from year to year with changing personnel. If the president appoints the committee, committee members leave office automatically with the retiring president.
- A Special Committee is appointed to do a specific task. It ceases to exist when its work is completed.
- An Investigative Committee is comprised of members on both sides of a question/controversy that it is trying to answer/resolve.
- An Action Committee carries out specific orders and should consist only of members in favor of the action.

**Antioch Woman's Club  
Closing lunch**

May 11, 2011

at

Thunderhawk Golf Club

39700 North Lewis Ave.

Beach Park, IL 60099

Social hour: 11:00am (cash bar)

Lunch: 12:00pm

Meeting: 1:00pm

House salad with vinaigrette dressing

Chicken Marsala

Wild rice pilaf

Seasonal vegetables

Freshly baked breads and crackers

Scoop of ice cream atop a warm brownie

Coffee and iced tea

Substitutions can be made if necessary

Price is \$19.00 per person

Payment must be in by Apr. 27, 2011

No exceptions

Checks to be sent to

Joan Foss

342 Sequoia ct.

Antioch, Il 60002

Guests are welcome

Cut here

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Member name \_\_\_\_\_

Number and names of guests \_\_\_\_\_

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**GAME DAY**

**APRIL 19**

**COME TO THE CIRCUS**

**Cocktails 11, Lunch 12**

**\$23** (includes lunch, use of club, prizes, fundraiser)

Please make checks to Antioch Woman's Club

Mail to: Jean Johnson, 33552 N. Oak Dr., Ingleside, IL 60041

**Checks must be received by April 13**

Game choices

Canasta \_\_\_\_\_

Black Jack \_\_\_\_\_

Dominos \_\_\_\_\_

Scrabble \_\_\_\_\_

Bunco \_\_\_\_\_

Name and Phone \_\_\_\_\_

\_\_\_\_\_

Bridge

(indicate your foursome)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

Thank you for printing and mailing our  
newsletter for us....



