



Potpourri

Antioch Woman's Club

Newsletter

February 2012

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,
Judy McKillip, 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

January 20
January 25

February 6
February 8
February 16

February 29

March 12
March 14
March 16
March 28

March 31

April 9
April 11
April 12
April 19
April 25

April 26

Annual Miniature Indoor Golf
10th District meeting, Midlane Country Club 9:30 Arts and Crafts Show
Board meeting
General meeting (food for Open Arms)
Book Club, 1:00 PM Senior Center, Sweet table
10th District, Program Bureau, Arboretum, Buffalo Grove
Board meeting
General meeting, Spring Fling Luncheon
Book Club, 1:00 PM Senior Center
Tenth District 9:30 registration, 10 AM meeting. Awards Luncheon, Dover Straits, Mundelein
GFWC Blue Ribbon Fashion Show, Bolingbrook Golf Club
Board meeting (VA toiletries)
General meeting
Book Club, 1:00 PM Senior Center
Game Day, McHenry Country Club
Tenth District 9:30 registration, 10 AM meeting, noon luncheon at Bertucci's, Awards and installation of officers
Last day of bridge for the summer
Book Club at noon at the Senior Center

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

NOTE: Dues are due no later than June 1st and will be collected at each monthly meeting beginning in March. If dues are not received by June 1st your name will not be published in the yearbook.



President's Corner



Another year is gone and now we're in 2012. The years just keep sliding by. But we have been accomplishing a lot for many people: the abused women and children with gifts and lots of clothes, the hungry at Open Arms Mission, the students who need scholarships, the

veterans who really need support, and the children here and in foreign lands with quilts and smile bags loaded with goodies. We have also spruced up the Senior Center and cleaned up Deep Lake Rd. We have given our members an avenue to display their arts and crafts, and we have provided health information for our members and their families. In addition we have enjoyed informative speakers and entertainers at our meetings, not to mention the food and treats. I could go on and on. It's wonderful to be part of a club who does so much for so many.

However, we are not done yet. The needs are still out there, no matter how much we have already accomplished. If everyone put a hand in and did just a little more, we could do a lot more for our community. So please try, if you are able, to sign up for a committee, be on the look out for new members, or do whatever you can to help. There are so many aspects to this club that there is always something you can contribute, and the more you do, the more you enjoy the club.

The Christmas lunch and auction was a complete success. We profited over \$4,000.00, a new record! That was done with all of your help, so thanks to all of you for your support.

Santa's Castle was also a great success, and isn't it fun? We outdid what we raised last year with a new total of \$1650.00. Another new record! That was also done with your help, so thanks again to all of you elves.

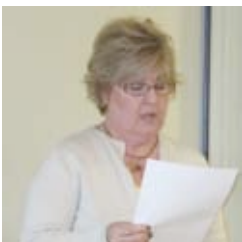
We are looking forward to another record year, and I'm sure we'll achieve and exceed our goals with members like you. Have a very healthy and happy new year.

Sincerely,

Audrey Lyle
President

MEMBERSHIP

Debi McGuffin



Happy New Year! Hope everyone enjoyed the holidays and is ready to beg in 2012. The 2011 year ended with the Club adding more new members in November/December, and sadly,

saying goodbye to an Honorary member who passed away during that time. Also some recent changes to home addresses have occurred, so I ask that you please update your membership booklet to reflect the following for your future reference.

New Members:

Nancy Andretich
25472 W. Columbia Bay Drive, Lake Villa, IL 60046
847/356-0967

Lauren Ball
433 Maplewood Drive, Antioch, IL 60002
847/838-5607

Barbara Berry
25458 W. Columbia Bay Drive, Lake Villa, IL 60046
847/245-4613

Carolyn Coulter
23630 62nd Place, Salem, WI 53168
262/843-8649

Carol Janousek
6414 Cherrywood Court, Fox Lake, IL 60020
847/973-9361

Mary Ann Lhotka
25440 W. Columbia Bay Drive, Lake Villa, IL 60046
847/265-2377

Sharon Steubner
25406 W. Columbia Bay Drive, Lake Villa, IL 60046
847/356-4375

Juanita Tognarelli
40722 N. Lake Bluff Drive, Antioch, IL 60002
847/395-7562

Deaths:

Dorothy General
670 Midnight Pass, Antioch, IL 60002

Address Changes:

June Bentel (2nd move in last few months)
6664 Fairway Circle, Windsor, WI 53598

Margaret Estle
48B Burnett Avenue, Lake Villa, IL 60046

Shirley Jensen
809 Sommer Drive, Sheboygan, WI 53031

Please direct any membership-related business to me ~ Debi McGuffin at debi.mcguffin@att.net or 847-395-6573.

MENTORING PROGRAM ~ Debi McGuffin

If anyone has any questions regarding their mentoring responsibilities please contact me at the email or phone number above.

2011-2012 AWC Programs



At the November meeting, Shannon Ferguson presented "Female Spies in the Civil War era."

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.

Social Committee

Joan Foss

There was not time during the Christmas party to thank the Hostess Committee; they did a wonderful job during a hectic time. They were Louise Wolfinbarger, Pat Carter, and Diane Huckstadt. Lou Belli, Carol Coker, and Janet Capon. Thanks, also, to the Midwest Bank for supplying the poinsettias from the Antioch Florist.

In the coming months Eva and I will be asking everyone to sign up to serve on next year's hostess committees. It is a great way to become acquainted with the other members of the club and to share your talents as a hostess.

On March 14th we are having a lunch to celebrate the coming of Spring. The cost is \$12.00 per person, and David's Bistro is supplying the food. There is a form in this newsletter that you can send to me if you wish to attend. Make your checks out to AWC or Antioch Woman's Club.

I am looking forward to seeing you at our net meeting!

Club Members thoroughly enjoy the treats provided by the hostess committee.

Public Issues

Susan Straley and Pamela Brown

Thank you for the many gifts donated to A Safe Place for Christmas. Once again, we filled two cars with all of the presents. There were many smiling faces on Christmas morning because of your generosity.

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.

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 if you are interested in participating in this worthwhile activity.

Operation Afghanistan

Pat Rung

The Holidays are over, and Valentine's Day is coming soon. Before we know it, we will be at our February meeting, and once again I will be collecting for Operation Afghanistan. Our troops are still over there and in harm's way daily. They need our support now more than ever; just because we are out of one place doesn't mean that our support should wane.

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

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



International Affairs

Lorraine Oren



In January 2012, 2,816 stamps were mailed to the Franciscan Sisters of the Sacred Heart in Frankfort, IL. These stamps are sold to collectors and the monies are used to support the many areas of service to the poor that these Sisters provide. Collecting these stamps is part of the mission of the International Affairs

Committee of AWC, and members are asked to save cancelled stamps (other than the Liberty Bell stamp), trim them to one-fourth inch to one-half inch of paper around them, if possible, and bring them to any AWC meeting.

The stamp donors for this shipment were Linda Bakula, Barb Beese, Sigrid Brueggemann, Sue DeRoche, Diane Huckstadt, Carol Maplethorpe, Evelyn Miller, Nancy Morici, Alene Nelson, Karen Noland, Barbara Ocwieja, Lorraine Oren, Pat Pasiewicz, Kitch Pecci, Florence Pederson, Sally Rodgers, Karen Schnur, Florence Seibert, Shirley Simek, Mary Ware, and several anonymous donors.

Thanks to all who have contributed stamps and please continue to collect them. Put your name on your package and the time spent preparing them so you can get the appropriate credit.

International Outreach

Lois Warner



The quilters met on November 30th. Nine ladies were in attendance: Pat Pasiewicz, Lee Anderson, Mary Ware, Joanne Dugenske, Nancy Zitkus, Maureen Fremgen, Doris Miller, Barb Beese, and me. We put together 18 quilts and cut 13 tops. I shipped 27 quilts in December. I also want to thank the ladies who

are kind enough to take things home & work on them.

The next Quilting Bee will be at the Meeting House on January 18th at 9:00am.



Conservation

Karen Noland



As of January 1, 2012, the Illinois Electronic Products Recycling and Reuse Act takes effect. This new law is a landfill ban for TV's, computers, monitors, keyboards, printers, FAX machines, cable receivers, mice, scanners, satellite receivers, converter boxes, DVD players, cassette recorders and game consoles. SWALCO will be scheduling residential recycling collection events for these items at no cost throughout the year. I will try to let you know when and where, or you can visit SWALCO.org website or call at 847-336-9340. If your equipment is in good working order, you might check with charitable organizations or bring it to a retail store that recycles.

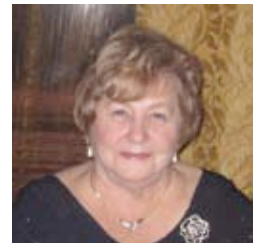
SWALCO is also now accepting alkaline or rechargeable batteries and holiday lights on a year-round basis at its electronic collection site.

If you are purchasing new holiday lights, why not consider energy-efficient LED lights? They last up to ten times longer than incandescent bulbs and are 80-90% more efficient. LED's use only one tenth the amount of electricity, produce less heat and will continue to glow if one burns out.

Let's have a happy and green 2012!

Domestic Violence

Maureen Fremgen



I would like to thank all of you on behalf of Safe Place. This year you have been very generous with your donations and the hard work emptying out your closets. We were able to donate \$9567 in value to Safe Place with our clothing drives and donations of socks, underwear, paper products, hygiene products and small appliances purchased for their new units, etc. The work that you have done is sooo much appreciated; we can tell by the reaction of the people who help us unload our cars. We realized how much your good works are doing for people you don't even know.

After the enormous amount of clothing that you donated in the November clothing collection, I wonder what you could have left to donate. Nevertheless, we are planning another collection of clothing at the April meeting. I'll be out there, hopefully this time without rain and wind. So, while the snow falls and you have time to dig into your closets and drawers, see if you can find some more items, and store them until April when we will do a collection again.

PR Chair Lynne Fletcher sells 50/50 tickets.

Ways and Means

Linda Anne Valentino



Thank you for your participation in our Christmas Fundraiser at Maravela's.

This year we will have collected approximately \$4300 in total for this event.

Your items for the Silent Auction were fabulous. And the

Spectacular Christmas Basket Raffle was certainly spectacular, thanks to all the businesses that donated gift certificates. Please be sure to thank them when you visit their stores. They appreciate your business and the fact that you remember their generosity.

I would like to thank the Ways and Means Committee for all their hard work. While everyone is enjoying the Christmas festivities, they were working diligently to make sure this fundraiser was a success. Congratulations on a job well done.

WAYS AND MEANS COMMITTEE

Beverly Amburgey	Anna Kisielica
Carol Becker	Susette Lengvenis
Lu Belli	Ruth Macier
Dee Costello	Mary Pejril
Marlene Coia	Shirley Simek
Sheila Eisen	Pat Smith
Marlene Fernandez	Mary Beth Walsh
Fran Groff	Grace Valloni
Jean Johnson	Linda Anne Valentino
Norma Karczewski	

Cultural Club

Linda Anne Valentino

January – Annual Miniature Indoor Golf Friday, January 20th, 11:30, at People's Choice, 2411 Grand Avenue, Waukegan. \$10 Fee includes Golf, Pizza Luncheon and Tokens.

February 18th, Saturday, PM&L, Witness for the Prosecution. Box Office for this event does not open until January 30th, so I am unable to give you a price. We could also set up a dinner at a local restaurant. Let me know if you are interested.

March 20th, Tuesday, 1:00, Senior Center, Annual Bunco Game. \$10 includes lunch and prizes.

PLEASE BE ADVISED THAT FOLLOWING BUNCO IN MARCH WE WILL HAVE THE SIGN-UP SHEETS FOR YEARLY EVENTS.

Santa's Castle

Susie Lancaster and Betty Chornoby

This was the 25th anniversary for the Antioch Santa's Enchanted Castle. It was a record-breaking year since it's opening, and we want to express our sincere thanks to all our AWC members who graciously volunteered their time and efforts to assist as Santa's Helpers during this 2011 Christmas season.

Your cheerful support brought so much pleasure to over 3,150 children and families who visited Santa and the Castle this year from our Antioch community and many surrounding areas.

We greatly appreciate your assistance in generating another successful year, and we hope that you will consider lending your service again next year for this very special event.

With your help, the Antioch Woman's Club took 731 photographs. Our profits from the pictures and the donation box amounted to \$1,657 -- the highest ever!! The proceeds will be used for our AWC Scholarship Fund.



Jean Johnson (above) and Judy McKillip (below) pose with Santa.



Book Club

Marlene Fernandez

I hope everyone is as eager to start a New Year, as I am. This is going to be a great year! I feel it in my bones, if not my back.

We had our ups and downs these past six months. First was the cancelation of our annual picnic due to a severe storm that knocked out electricity in the area for days. Next was the book sale at the Annual Lion's Club Picnic that seemed to dump gallons of water on our tent and heads! Shutting us down early. Our profits were down substantially from the previous year, but our laughter was soaring. What a group.

We ended up with a wonderful Christmas party, holiday picture perfect at Linda Valentino's home. The food was awesome and so was the wine. Our book exchange was one of the best! I cannot thank Linda enough for having us in her home.

We are ready for our scholarship applications. Anyone interested in applying for it please send a request to me. My address is: 11326 258th Ct, Trevor, WI 53179

The requirements are: An Adult Woman Over the Age of 21.

So far sales for the Recipe Books	\$4,740.45
Cost of the books printer	\$2,092.50
Leaving us a balance of	\$2,647.95

With the final 24 books to sale! Good Job!

I can't wait to see you all on the 3rd Thursday of the month and hopefully some new faces too! **Happy New Year and all the best of READING!**

The Calling Tree

Maureen Fremgen

Captain and Co-Captains of the Calling Tree: Some of you were at the January meeting and you were able to get **the revised "Calling Tree"**. Those of you who were not at the meeting will be receiving a revised "Calling Tree" in the mail.

Please use the new one. There were quite a few changes. There are some deletions, some area code changes, some moving around of names, and many additions. Please, let me and the Captain know if you have any additions or you know of any changes that we need to know about.

Thank you very much for your help. I know this is not a fun job, but very necessary as we have found out too many times this last year.

Thank you again



Home/Life Health

Patsy Foley

Happy New Year! Another year has come and gone, and I hope 2012 will be a healthy, happy year for everyone.

Many, many thanks to all of you who returned the 2011 Health Survey. I really appreciate it. I am again amazed at the number of hours of health screening and preventative treatments you participated in. What touches my heart the most are the endless hours of self-sacrifice you give to others in volunteer hours. Above and beyond the hours you reported that come with our club, there were many more hours donated, too....Over 3,000!

- ❖ Working with church organizations
- ❖ Volunteering with Meals on wheels
- ❖ Participating in blood drives
- ❖ Providing Alzheimer support
- ❖ Driving friends and family members to and from appointments
- ❖ Visiting ill friends who need support
- ❖ Crocheting chem.-caps for cancer patients
- ❖ Supporting animal shelters
- ❖ Giving to PADS....and many more!

February is Heart Health Month. Wear RED.

It is never too late to improve your heart health....

- ✓ Control your blood pressure; if you do not know yours, check with your doctor
- ✓ Control your weight; 20% overweight doubles your risk for heart disease
- ✓ Put exercise on your daily to-do list; 30 minutes of moderate activity can lower your risk for heart disease
- ✓ Eat better; consume foods with fewer fats and eat more fruits and vegetables
- ✓ Fight stress; find ways to relax, and learn to say NO

Signs of a Heart Attack

Chest discomfort, discomfort in other parts of the upper body, shortness of breath, cold sweat, nausea or light-headedness. See a doctor immediately if you experience these symptoms!

One More Heart Health Tip....

Empathizing with or forgiving someone for a past hurt will do your heart good. Psychologists at Hope College in Holland, Michigan, found high spikes in heart rate, blood pressure, and muscle tension when people recalled a grudge or past hurt. These are the same responses that are linked to heart disease. When researchers asked them to imagine empathy or forgiveness, their response was far lower. **CONCLUSION: PEOPLE SHOULD CHANGE THEIR POSITION IN A SITUATION FROM VICTIM TO HERO AND VISUALIZE IT FROM THE OTHER PERSON'S POINT OF VIEW.**

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

Please read these proposed changes to our by-laws and be ready to vote on them at the February meeting.

PROPOSED AMENDMENTS TO MEMBERSHIP AND DUES AS RECOMMENDED BY BOARD OF DIRECTORS AND APPROVED BY THE BY-LAW COMMITTEE

ARTICLE VII – MEMBERSHIP

SECTION 3 (b)

Active Honorary members must pay dues consisting of the International, District and State fees plus \$10 to our Club, giving her the privilege to vote, but still be exempt from serving on committees. An Active Honorary member shall be considered eligible to vote if her required fees (dues) are paid 60 days prior to voting at any meeting.

TO READ:

Active Honorary members must pay dues consisting of the International, District and State fees plus \$25 to our Club, giving her the privilege to vote, but still be exempt from serving on committees. (DELETE THE FOLLOWING) An Active Honorary member shall be considered eligible to vote if her required fees (dues) are paid 60 days prior to voting at any meeting.

SECTION 4—An identification badge for the current year will be made for each member upon payment of dues. This badge will constitute a receipt for dues and will entitle the holder to participate in all affairs of the Club.

TO READ:

SECTION 4 – An identification badge for the current year will be made for each member upon payment of dues. This badge will constitute a receipt for dues and will entitle the holder to participate in the affairs of the Club as reflected by their Membership Status: To-wit: Active, Active Honorary or Honorary. Said badge will reflect Membership Status.

ARTICLE IX – DUES

SECTION 1 (b)

Active Honorary members must pay dues consisting of the International, State, and District requirements plus \$10 to our Club.

TO READ:

Active Honorary members must pay dues consisting of the International, State, and District requirements plus \$25 to our Club.

RATIONALE:

In the last ten years the Active Honorary Membership has almost doubled. The Club loses \$15 of operating costs for every Active Honorary Member. Since Active Honorary Members still have the ability to vote on all issues, it would be fair and equitable for them to pay fully in the costs of the operation of the Club.

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REMINDER: Dues are due no later than June 1st and will be collected at each monthly meeting beginning in March. If dues are not received by June 1st your name will not be published in the yearbook.



April 17, 2012

McHenry Country Club

Social 11:00 am

Lunch 12:00 pm



REGISTRATION DUE BY APRIL 1 (No foolin'!) Fee is \$23.

Checks payable to Antioch Woman's Club

Mail to Jean Johnson at 33552 N. Oak Drive, Ingleside, Illinois 60041

Name _____ Phone _____

Bridge Foursome

- 1 _____
- 2 _____
- 3 _____
- 4 _____

- Blackjack** _____
- Bunco** _____
- Scrabble** _____
- Mexican Train** _____



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

Christmas Luncheon at Maravela's



Lorraine Oren was the Raffle Grand Prize Winner.



New members Mary Ann Lhotka, Barbara Berry and Nancy Andretich smile for the camera.



Linda Valentino, Ruth Macier, and Fran Groff take care of the money!



Jean Johnson, Gaye Walther, Lois Warner, and Marge Heddens enjoy their coffee after lunch.

Club Members displayed their arts and crafts at the January meeting.



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

Thank you for printing our
newsletter....

