

# GFWC Illinois 10<sup>th</sup> District

April 22, 2015 (Wednesday)

## Awards

Lambs Farm;  
14245 W. Rockland Rd.  
Libertyville, IL 60048  
847-362-5050



*The Little Voice*

*Recognizing Child Abuse and Your Duty to Report It*

**April is Child Abuse Prevention Month**



**Prevent Child Abuse**  
Illinois

## President's Message

My Dear Friends,

This year has really flown by?

It has been filled with happiness and it has been filled with sorrow. We have lost two of our Tenth District Past Presidents, Ann Hughes-Johnson and Mabel Lou Weber.

A Memorial Service is being planned following our April Meeting. Carol Behm and Ludwina Homer from Waukegan are planning Ann Hughes-Johnson's service; and Margaret Cole, Jackie Vos, and Nancy Zitkus from Antioch are planning Mabel Lou Weber's service. We have invited members of Ann's and Mabel Lou's family, and also the State President and President Elect to attend the service. I hope all of you will attend also.

Award, awards, awards. I am writing this prior to our March meeting, because Margaret is going on a much deserved vacation. In April we will continue to present awards to our Clubs. Come and cheer for your Club.

If any of your members are interested in attending the LEADS Seminar, the deadline is April 15<sup>th</sup>. Please check your Clubwoman Magazine for more information.

GFWC Illinois has made a challenge for itself to raise \$1734.00 for GFWC Women's History and Resource Center by May 15<sup>th</sup>. There are three levels of memberships beginning at \$17.34. Any Club or individual donating \$100 will receive a GFWC Illinois Centennial Medallion. Send donations to GFWC Illinois Headquarters, 5 E. Van Buren; Joliet, IL 60432.

Dee Lenzi, State Art Chairman, has initiated a really unique fundraiser for Summer Art School Scholarships. It is called "Summer Art School 'Stole' My Heart!" The first prize is a mink stole, and the second prize is a fur coat donated by Jackie Pierce. Tickets are \$1 each or 6 for \$5. I have only 12 tickets, but you may purchase more by contacting Dee Lenzi, GFWC IL Art School Chairman, 811

Lakeshore Drive, Tuscola, IL 61953  
[deelenzi@yahoo.com](mailto:deelenzi@yahoo.com) 217-621-8167. I'm sure she would be happy to sell you as many tickets as you desire.

Convention is right around the corner.

I am so excited for our Clubs. You have worked so hard all year. Good luck to all.

I'm sure I forgot something, but I'm sure I'll see you all over the summer.

Yours in Federation,

*Linda Anne*

## Remembering

We will hold a memorial service at the District meetings for those members from our clubs that have passed away. A club candle will be lit for each member for remembrance.

Please send me the name/s of your club members and a little information on their duties and activities with your club along with how long they have been a club member.

Carol Johnson  
Vice President – Membership  
847-842-0422  
[monacj35@hotmail.com](mailto:monacj35@hotmail.com)

## Yearbook Corrections

Please be advised that we will be posting corrections to the 10th District Yearbook in the newsletter. If you have any corrections or new information, please send it to Margaret Cole at [gfwcild10@gmail.com](mailto:gfwcild10@gmail.com) and she will put your corrections in the newsletter. Also send your corrections and changes to the Corresponding Secretary.

## **Golf Outing/Bunco** – Linda Anne

Hi Everyone,

Just a reminder that we having our Annual Golf Outing and Bunco Party at Brae Loch Golf Course on July 29<sup>th</sup>. More information will follow. I just wanted to make sure you marked your calendars. This is a fundraiser for the 10<sup>th</sup> District. SEE YOU THERE!!!!

## **10<sup>th</sup> District Picnic** – Linda Anne

Hosted by Antioch

Please mark your calendars for July 15<sup>th</sup>. Jean Johnson, President of the Antioch Woman's Club will be contacting you with more information regarding the picnic.

All I know is that last year we had a great time. Let's get together, play some games, eat some food, and get to know each other a little better.

## **Home Life ~** Willa Dietrich, Chairman

**Foods that Sabotage Sleep** by Bonnie Taub-Diz, RDN,CDN Bottomline Personal, March 15

You know that an evening coffee can leave you tossing and turning in the wee hours. But other foods hurt sleep, too...

**Premium ice cream such as Haagen-Dazs or Ben & Jerry's.** The richness of these treats comes mainly from fat—16 to 17 grams per half cup.

Your body digests fat more slowly than it digests proteins or carbohydrates. When you eat a high-fat food within an hour or two of bedtime, your digestion will still be active when you lie down and that can disturb sleep.

Also, the combination of stomach acid, stomach contractions and a horizontal position increases the risk for reflux. The upsurge of digestive juices into the esophagus that causes heartburn which can disturb sleep.

**Chocolate.** Dark chocolate has shocking amounts of caffeine. Example: Half a bar of Dagoba Eclipse Extra Dark has 41 mgs. of caffeine, close to what you'd get in a shot of mild espresso.

Chocolate also contains theobromine, another stimulant, which is never a good choice near bedtime.

**Beans.** Beans are one of the healthiest foods. But a helping or two of beans, broccoli, cauliflower, cabbage or other gas-producing foods close to bedtime can make your night a little nosier than usual. You can reduce the "backtalk" by drinking a mug of chamomile or peppermint tea at bedtime. They're carminative herbs that aid digestion and help prevent gas.

**Spicy foods.** Spicy foods temporarily speed up your metabolism. This may be caused by the capsaicin found in chili peppers which affect body temperature and disrupt sleep.

### **Foods that help you sleep**

**Carbohydrate-based meals** increase blood levels of tryptophan, used by the body to manufacture serotonin, a "calming" neurotransmitter. Also helpful is **warm milk**—it settles the stomach and the ritual of drinking it can help you calm down and fall asleep more easily.

**Cherry juice.** A study published in Journal of Medicinal Food found that people who drank eight ounces of tart cherry juice in the morning and eight at night for two weeks had about 17 minutes less awake time during the night than when they drank a non-cherry juice. Tart cherries are high in melatonin, a hormone that regulates the body's sleep-wake cycles. The brand used in the study was Cheribundi.

## **Dates & Locations for 2014 – 2016**

**All meetings start as indicated on the meal reservation form. Break for lunch about noon. Meeting continues after lunch if necessary.**

**April 22, 2015, Wednesday  
Club Awards**

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## Club News

### Zion Woman's Club

invites you to our annual  
ZWC/Zion Conservatory of Music  
Luncheon ~ Silent Auction ~ Concert.  
Saturday, April 11th,  
11:00 a.m. at  
Christ Community Church in Zion, IL.  
Cost is \$12.00. For more information and  
tickets, call Marilyn Goodman at  
847-246-3506.

### Waukegan Woman's Club

Invites You To A  
**SPRING LUNCHEON**

Featuring

WOMANLORE –

Performing Women in History  
An Intimate Evening with Emily Dickinson  
*Adapted and Performed by Betsey Means*

**Saturday, May 9, 2015**

Bonnie Brook Clubhouse  
2800 N Lewis Avenue  
Waukegan, Illinois

**Social Hour: 11:00      Luncheon: Noon**

Donation: 27.00

**Silent Auction**

**Jewelry by Tina**

**Greeting Cards by Devine Designs**

**RSVP BY APRIL 30, 2015**

**For information call 847-625-6993**

**Make checks payable to:**

**Waukegan Woman's Club and mail to:**

**Carol Behm 2509 N. Augusta CT.,  
Wadsworth, IL 60083**

## Save the date

### The Island Lake Woman's Club

**Cordially Invites You To Attend Our  
Ways & Means Celebration**

Friday, **October 2, 2015** at 12:00 Noon  
Island Lake Village Hall Senior Center  
3720 Greenleaf Avenue, Island Lake, Illinois

**Fun Musical Program**

**Luncheon Will Be Served**

**50/50 Raffle/Prizes**

**Come join us for a delicious luncheon  
and an afternoon of fun and music**

Watch the Newsletter for further  
information or contact Dona Willard @847-  
526-3408 or [donawillard@comcast.net](mailto:donawillard@comcast.net)

## Newsletter News

**Newsletter submission deadlines for 2014 –  
2015 are as follows.**

For the March 25 meeting ~ February 27.

For the April 22 meeting ~ March 18.

**Please send all submissions for the newsletter  
to the District email address:**

**[gfwcild10@gmail.com](mailto:gfwcild10@gmail.com)**

By virtue of their office, the following  
receive the newsletter District Officers and  
Committee persons: Club Presidents; Past  
District Presidents and Past Directors of Junior  
Clubs.

Subscriptions for the print version are \$5  
per year (September to May issue). Send  
check made out to GFWC IL District 10 and  
mail to Margaret Cole; 285 Chestnut Street;  
Antioch IL 60002 (phone 847-395-0172)

If you have an email address you may  
receive the eVersion of the newsletter at no  
charge. Just send an email to  
**[GFWCILD10@gmail.com](mailto:GFWCILD10@gmail.com)** requesting to be  
added to the email list.

# GFWC Illinois 10<sup>th</sup> District

## Awards

### Lambs Farm

14245 W. Rockland Road

Libertyville, IL 60048

847-362-5050

Wednesday, April 22<sup>nd</sup>

Registration at 10:00 a.m. ~ Meeting at 10:30 a.m.

Brunch at 11:45 a.m.

Carved Beef with Gravy on the Side ~ Scrambled Eggs

Herb & Olive Oil Roasted Veggies ~ Sausage Links

Fresh Seasonal Fruit Compote ~ Tossed Garden Salad

Hickory Smoked Bacon ~ Homemade Rolls & Butter

Roasted Garlic & Rosemary Potatoes ~ Bagels and Cream Cheese

Lambs Farm Signature Apple Cinnamon French Toast with Warm Maple Syrup

Denver Scramble with Diced Ham, Green Pepper and Sautéed Onions

Assorted Breakfast Pastries ~ Danish, Muffins, Doughnuts

**Come and Support Your Club during the Awards Ceremony**

**Cost is \$21.00 per person**

**Registration for the meeting starts at 10:00 a.m.**

**Meeting will begin at 10:30 a.m.**

Reservations must be made by April 15, 2015

Make checks payable to GFWC IL 10<sup>th</sup> District and mail to:

Joan Foss; 342 Sequoia Ct; Antioch IL 60002

Let's all

# Wear Blue

For Child Abuse Prevention

## Friday, April 10, 2015

Please join us in participating in

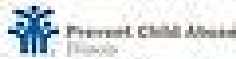
### Wear Blue Day.



By wearing blue, you can show your commitment to preventing child abuse and supporting strong families and healthy children in all of Illinois.

Learn more at:

[www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)



### A RESERVATION MADE IS A RESERVATION TO BE PAID

### Please, ladies, make your reservations in a timely fashion.

Please make checks payable to: GFWC IL 10<sup>th</sup> District

**\$21.00 per person**

Club Name \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

List Names


Mail to: Joan Foss, 342 Sequoia Ct., Antioch, IL 60002

DEADLINE DATE: April 15