

GFWC Illinois 10th District

January 2016

Program Bureau

Arboretum Club

401 Half Day Road ~~ Buffalo Grove, IL 60089



Presidents Message

Hi Everyone,

Well, here is hoping everyone has completed and sent in their reports. I know I have received some reports, and the Chairmen have indicated they have received some also.

Now it is time to concentrate on those scholarships offered by the GFWC Illinois. Carol Behm is available if you have any questions. Last year two clubs submitted scholarship forms which became winners – winners for the club and winners for the two recipients. It doesn't cost anything except a little time and energy. Please take advantage of these scholarships.

Carol Johnson and I will be attending the State Board in March. I'm sure I will be bringing a host of information to you.

I understand the Nominating Committee has created a slate of officers. If you have anyone you would like to nominate, there is still time on election day. We appreciate any input you have.

If you have never attended the Program Bureau, it is an entertaining day. Lunch, entertainment, and socializing – what could be more fun???? Betty Chornoby and Karen Wehrheim have a great lineup of programs, more than 12 at the time of this writing, but I'm sure there will be more. So, consider attending. The meeting will be very, very short and entertainment will abound.

Until we meet again, stay safe and healthy!

Linda Anne

Vice President ~ Carol Johnson

This past month we lost members from three clubs: Antioch Woman's Club, Libertyville Woman's Club and Wauconda Woman's Club. A short memorial service was held at the January District 10 meeting and candles were lit for each member that has passed on. Memorial cards from the District 10 Executive Board were mailed to each club.

Smile. Stay Healthy, Be Happy!!

Arts ~ Regina Orawiec

The 10th District January meeting included our annual arts and crafts show. I want to thank all members that attended and all of our artists. Our room at White Deer Run had a great view and the food was terrific.

It is so rewarding to see the talent we have among us. We are proud of you and so appreciate your willingness to share with us your creativity. Our guest judges, Bobby Childers and Tom Clark, enjoyed your talent and fellowship. Bobby shared a bracelet and necklace that were special to her. Tom brought a mosaic fish he created from broken china. I hope you get an opportunity to visit Lemon Street Gallery to view more of their work and Anderson Arts Center for Bobby's exhibit. A special thank you to Judy Haga for her assistance. *The show went on even with my broken leg.*

I look forward to reading your 2015 Art Reports. Keep up your good works!

Conservation ~ Darlene Rayner

Don't throw away your wine corks. They can be recycled. The industry that produces cork does not kill the trees, but sustainably harvest the bark to be sold worldwide. This special skill is done with hand labor, and the people who perform this task receive some of the highest wages for agricultural labor. Cork trees grow in very hot areas that would likely turn uninhabitable desert without their presence. They play a key role in water retention and soil conservation.

So pop your cork, drink your wine, and recycle!

Health ~ Willa Dietrich

Special Report

Hidden Hazards of Cold Medicines

Over-the-counter cold medications can help relieve that stuffy nose and scratchy throat, but sometimes they do more harm than good. "People think that because they can buy these remedies without a prescription, they're safe," says Leigh Ann Mike, a pharmacist on faculty at the University of Washington School of Pharmacy. "But that's not always true." Here are some of the hazards to look out for—and some ways to avoid them.

Acetaminophen and liver damage

If you use acetaminophen (such as Tylenol) to ease arthritis pain, pop an acetaminophen tablet to quell a headache and add a combination cold medication for sniffles, you've gone well over the maximum safe daily dose of 3,000 to 4,000 milligrams of this common pain reliever. Each year, about 78,000 people land in the emergency room for acetaminophen toxicity, which can lead to severe liver damage.

Initial symptoms—including nausea, vomiting, stomach pain and loss of appetite—are often vague and may mimic those of a cold. Later symptoms include dark urine and a pain on the upper right side of the body. If you suspect an acetaminophen overdose, seek immediate help.

Stay safe: Stay away from alcohol if you're taking acetaminophen. Take the lowest dose that brings relief, stick to the recommended timing and read labels carefully. Many medications contain acetaminophen, so you may be taking more than you realize.

Ibuprofen, ulcers, kidney problems

Ibuprofen (in Advil and Motrin) is a nonsteroidal anti-inflammatory drug (NSAID) that effectively relieves body aches, headaches and fever. It may cause a severe allergic reaction as well, especially in people allergic to aspirin, and can cause peptic ulcers and kidney damage with chronic use.

Ibuprofen may also increase the risk for a heart attack or stroke, especially if you already have

heart disease or high blood pressure, you smoke, you have diabetes or you use it long-term.

Stay safe: Avoid alcoholic beverages if you take ibuprofen regularly. Call your doctor immediately if you develop bloody or black, tarry stools; if you experience changes in the frequency of urination; or if you have problems walking or with your vision or speech.

Decongestants, high blood pressure

Decongestants—such as Triaminic and Dimetapp Cold Drops—relieve nasal congestion by reducing swelling and constricting blood vessels in the nose, allowing you to breathe more easily. Unfortunately, decongestants have a dark side. They can cause blood pressure to spike and interfere with the effectiveness of prescription medications to control blood pressure.

Decongestant nasal sprays like Afrin Nasal Spray and Neo-Synephrine clear up a stuffy nose almost immediately and cause fewer side effects than those taken by mouth. "But if you use sprays or drops for more than the recommended three days in a row maximum, the tissues lining your nose and sinuses can become dependent on them and you'll start using more and more in an effort to breathe easily again," says Boston University pulmonologist and allergist, Frederic Little.

If you experience shortness of breath, irregular or slow heartbeat or unusual nervousness seek medical help immediately.

Stay safe: If you have a heart condition, high blood pressure, diabetes, glaucoma or an overactive thyroid, talk with your doctor before using a decongestant.

Antihistamines and falls

Short-acting antihistamines, such as Benadryl and Chlor-Trimeton, block the product of the compound histamine and can relieve the symptoms of a runny, itchy nose. The effects of short-acting antihistamines last for approximately four hours, notes Little. They also tend to make people sleepy, a side effect that can be helpful before bedtime.

However, that sleepiness “can be a problem for older adults who get up in the middle of the night,” he says. Antihistamines can impair coordination, slow reaction time and impact judgment, increasing the risk of falls.

Long acting antihistamines such as Claritin, Zyrtec and Allegra are generally taken once a day and don't usually cause sleepiness. Although they're commonly used for allergies, they can also help ease the scratchy throat and runny nose that accompany a cold.

Stay safe: Talk to your doctor before using a short acting antihistamine if you have glaucoma, an enlarged prostate, breathing problems, high blood pressure or heart disease. If you take a longer-acting antihistamine and develop hives or a rash or have difficulty breathing or swallowing, call your doctor immediately.

Combination meds, heart problems

New Zealand researchers recently found that over-the-counter cold remedies that combine acetaminophen with the decongestant phenylephrine (Contac Cold+Flu Non-Drowsy, Theraflu Daytime Severe Cold & Cough) can bring on serious side effects, including an irregular heartbeat, dangerously high blood pressure and tremors.

Stay safe: Consider treating only the symptoms that bother you by using a simple ingredient medication. If you are opt for a combination, read the active ingredient list on the label to make sure they don't contain the same ingredients.—Nissa Simon

The following article is copied from the GFWC.org website

GFWC Clubwoman Magazine is the premier publication of the General Federation of Women's Clubs, and one of the most useful and beneficial communication tools we have to inform and educate our members. Published bi-monthly, the magazine is a source for insightful and informative content that keeps subscribers in tune with all things GFWC. In addition, *Clubwoman Magazine* promotes regular features each issue, such as:

President's Letter: Words of wisdom from the GFWC International President

Bits and Bites: All the news that's fit to print – in bite-sized bits!

GFWC Shares: A fun, visual snapshot of what is going on in GFWC's social media universe

I'm A Clubwoman: A spotlight feature on one outstanding clubwoman making a difference in her community

Volunteers In Action: Snapshots of the great community work GFWC clubs around the country and the world have accomplished

Call To Convention: Every March+April issue of *Clubwoman Magazine* contains this essential feature, which highlights the most up-to-date info on the upcoming GFWC Annual Convention in June

One complimentary copy of *Clubwoman Magazine* is delivered to each club president at her home address. However, it is not hers alone. This is your club's magazine. Be sure to ask your president to make it available at your next club meeting.

The Latest Issue



The latest issue of GFWC *Clubwoman Magazine* is now available and features the Annual Report, an introduction to 2016 Annual Convention Keynote Speaker Suzy Toronto, biographies of the 2016-2018 Officers and Candidates, and announcement of the Jennie Award Nominees! The January+February issue also contains information about the 2016 GFWC Annual Convention in Baltimore, Fall Recruitment stories, and a special article on General Federation of Women's Clubs International Outreach Chairman Nancy Jones' field visit to Myanmar. Of course the regular features, Volunteers in Action, GFWC Shares, Bits and Bites, On the Road, and I'm a

Clubwoman are also featured. Stay tuned for our March+April issue, which includes the Call to Convention!

Subscribe

You can subscribe to *GFWC Clubwoman Magazine* [online via Marketplace](#), or contact Membership Services at 202-347-3168 or toll-free at 800-443-4392. Don't miss out on this valuable, informative publication!

Dates & Locations for 2015 – 2016

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

February 24

Arboretum Club

March 23

Dover Straits ~ 890 US Hwy 45 ~ Mundelein

April 27

Arboretum Club

Newsletter News

Please send all submissions as a word document (.doc or .docx) not a PDF or just put it in the email message itself. Send to the District email address:

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** requesting to be added to the email list

Newsletter submission deadlines for 2016 are as follows:

January 30 for the February meeting

February 28 for the March meeting

March 28 for the April meeting

Club News

Waukegan Woman's Club

Save the date

April 23, 2016

Location: Bonnie Brook Golf Course.

Waukegan, IL

Kay Meyers presents:

"Memories are made of Fashion"

This promises to be an enjoyable, historical fashion show.

It is not only entertaining but educational as well.

Models will show us clothing covering a span of 120 years from 1850 to 1970.

GFWC Illinois Tenth District

February 24

Meeting Begins at 10:30 a.m.

Program Bureau

Break for lunch at noon ~~ auditions continue after lunch

Menu Choice:

Pan Seared Salmon with Lemon Caper Sauce.

Chicken Picatta served with a White Wine Caper Sauce

Both entrees are served with:

Salad, garlic mashed potatoes and seasonal vegetables.

Rolls & butter

Coffee, tea and for dessert ~~ brownie with ice cream.

Cost is **\$24.00** per person

Cash Bar will be open during the break for lunch.

Reservations must be made by February 17th, 2016

Make checks payable to *GFWC IL 10th District* and mail to:

Joan Foss; 342 Sequoia Ct; Antioch IL 60002 ~~ Cell phone 847-951-7293

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 10th District

\$24.00 per person

Club Name _____ Amount Enclosed _____

List names	Entrée (please circle choice)	
	Salmon	Chicken
	Salmon	Chicken
	Salmon	Chicken
	Salmon	Chicken
	Salmon	Chicken
	Salmon	Chicken
	Salmon	Chicken
	Salmon	Chicken

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