

# **FEBRUARY 2012**

February 29th

Arboretum in Buffalo Grove

Program Bureau and

Nomination of Officers for 2012 - 2014

~ ~ ~

March 28th

Dover Straits

Awards

Legislation, Leadership, Membership, Ways & Means,

Native American/Veterans,

Child Abuse Prevention/Domestic Violence,

Arts & Crafts Show Winners Award Certificates

~ ~ ~

April 25th

The Forge Club

Awards and Installation of Officers for 2012 - 2014

Art, Conservation, Education, Health, Home Life,

International Outreach, Public Issues

## President's Message

Our District Arts & Crafts Board meeting on January 25th was a big success. A huge thank you to our Art Chairman Judy Haga and her team who put together a stellar showing of our artist's works! The submissions this year were wonderful, and our District artists are to be commended for their unqualified talent. Our sudden change of venue from the now shuttered Country Squire to Midlane Country Club (fortunately) presented no problem. The food was good and all of the ladies seemed to truly enjoy the afternoon.

Please join us for at our Program Auditions Board meeting on February 29<sup>th</sup>. This is a meeting that should not be missed. Carol Behm has again promised an interesting mix of talents for your club's programs!

**Nancy Cummings**

38462 N Burr Oak Lane; Wadsworth IL 60083

847-263-1413

Email: [bythepond38462@gmail.com](mailto:bythepond38462@gmail.com)

My symbol is ~ **Yin & Yang**

My colors are ~ **Silver and Blue,**

My flower is ~ **Morning Glory,**

My motto is ~ **"forget not to be kind"**

My theme is ~ **"complementary opposites within a greater whole."**

My special emphasis is **"Prevent Sexual Abuse,"** and the charity I have designated is:

**The Zacharius Sexual Abuse Center-** formerly La CASA- Lake County Council Against Sexual Assault  
4275 Old Grand Avenue

Gurnee, 60031

PH: 847-244-1187

Website: [www.zcenter.org/contact.htm](http://www.zcenter.org/contact.htm)

## Vice President ~ Membership ~

Linda Anne Valentino

Please let me know if a member of your club has passed away so that they can be remembered.

My contact information is

Linda Valentino

10630 Tuttle Road

Trevor WI 53179

Phone 262-862-9228

Email [lvalentino@wi.rr.com](mailto:lvalentino@wi.rr.com)

## Director of Junior Clubs

Loveable Huggable Volunteers

Building Blocks of the Future

**Margaret Cole**

847-395-0172

## Corresponding Secretary ~

Lue Halfpap

If you have any changes or corrections to the District yearbook please let me know so they can be published in the newsletter

My contact information is:

3402 Stretch Run Road

Grayslake IL 60030

847-548-0121 [Lue.halfpap@att.net](mailto:Lue.halfpap@att.net)

## Parliamentary Corner-

Phyllis Cossarek

The answers given here to the questions presented are based upon the rules contained in Robert's Rules of Order Newly Revised 11th edition.

QUESTION: 1. How can I get an item on the agenda for a meeting?

ANSWER: For a proposed agenda to become the official agenda for a meeting, it must be adopted by the assembly at the outset of the meeting. At the time that an agenda is presented for adoption, it is in order for any member to move to amend the proposed agenda by adding any item that the member desires to add, or by proposing any other change. It is wrong to assume, as many do, that the president "sets the agenda." It is common for the president to prepare a proposed agenda, but that becomes binding only if it is adopted by the full assembly, perhaps after amendments as just described. RONR(11<sup>th</sup> ed.) p. 372, 11.24-35.

## Conservation – Marge Wilhelm

The following information is taken from the Solid Waste Agency of Lake County (SWALCO) web site.

Beginning January 1, 2012, the Illinois Electronic Products Recycling and Reuse Act landfill ban for certain electronic devices will take effect. Electronic items such as televisions, monitors, computers and printers are some of the most common items that will no longer be allowed in the regular trash (see below for a full list of prohibited electronics). Residents of the County should direct prohibited electronic items to a residential recycling collection event hosted by SWALCO.

Other recycling or reuse options that may be available include; donation of good working equipment to a charitable organization, utilizing an at home collection service or bringing them to a retail store that accepts electronics for recycling.

Below is the most up to date listing of SWALCO sponsored residential electronics collection drop off locations within Lake County. This listing is regularly updated to reflect any additional events and details. There is no cost for residents to drop off electronics at these locations. The locations and hours of operation are set by the host of the collection site and any questions regarding their procedures should be made to them. These collections are open only on the specified dates and residents will be politely turned away if visiting at an unscheduled time.

Household Chemical Waste will not be accepted at these collection sites. No commercial, institutional or governmental materials will be accepted. All items must be free of any packaging material and operating manuals. Instead, recycle packaging materials and manuals along with your regular household recycling.

All electronic devices that are collected through SWALCO are recycled by Materials Processing Corporation (MPC). MPC is one of an elite group of electronics recycling companies that has been certified by E-Stewards and R2 as well possessing both ISO 14001 and ISO 9001 certifications. MPC also strictly adhere to the rules and regulations established by the Illinois Electronic Products Recycling and Reuse Act along with those

required by SWALCO. All computer hard drives and memory will be mechanically shredded and recycled for metal recovery.

**No electronics are collected at the Gurnee SWALCO facility.**

### **Year Round Locations:**

#### **Antioch (Waste Management North)**

22333 Route 173

Monday through Friday 7:30 a.m. - 2:30 p.m.  
(excluding holidays)

#### **Cuba Township (Road District Facility)**

28070 W. Cuba Road, Barrington

ONLY Fridays 7:00 a.m. to 3:00 p.m. (excluding holidays)

#### **Grant Township (Road District Facility)**

26535 Molidor Rd., Ingleside

Monday through Friday, 9:00 a.m. to 3:00 p.m. (excluding holidays)

#### **City of Highland Park (Firearms Training Center)**

1180 Half Day Road

ONLY Tuesdays and Fridays 7:00 a.m. to 1:00 p.m. (excluding holidays)

*(fluorescent light bulbs, foam containers and packaging materials are also accepted at the Highland Park Electronic Collection)*

#### **Village of Wauconda (Public Works Facility)**

302 Slocum Lake Road

Monday - Friday from 8:30 a.m. to 11:30 a.m.  
(excluding holidays)

#### **Wauconda Township (Road District Facility)**

505 W. Bonner Road

1st Saturday of each month 9:00 a.m. to 12:00 p.m. *(fluorescent light bulbs are also accepted at the Wauconda Township Highway Department)*

#### **Village of Round Lake Beach (Public Works Facility)**

911 Lotus Drive

Third Thursday of every other month (February 16) 8:00 a.m. to 3:00 p.m.

#### **Village of Round Lake (Public Works Facility)**

751 W. Townline Road

Second Tuesday of every other month (March 13) 8:00 a.m. to 5:00 p.m.

#### **Village of Deer Park (Deer Park Town Center)**

PC Smart Bar

20330 N. Deer Park Blvd., Suite 116

Store Hours: Mon - Sat 10:00 a.m. to 7:00 p.m.  
Sun 12:00 p.m. to 5:00 p.m.

#### **Vernon Township (Road District Facility)**

3050 N. Main Street

Buffalo Grove

Monday - Friday 9:00 a.m. - 3:00 p.m.

### **City of Zion (Public Works Facility)**

3220 27th Street

First and Third Saturday of each month (closed on holidays) 9:00 a.m. to 12:00 p.m.

### **PrairieLand Disposal & Recycling Services**

27W966 Commercial Avenue, Lake Barrington  
Monday - Friday 7:30 a.m. to 3:00 p.m. (closed on holidays)

Saturday 7:30 a.m. to 12:00 p.m.

*(cardboard and mixed paper are also accepted at the PrairieLand Disposal & Recycling Services collection site)*

The following is a list of items that are accepted and not accepted at our electronic collections. Items that are prohibited by State law from being disposed in the trash are listed in bold.

#### **ACCEPTED ITEMS:**

**Televisions, Monitors, Printers, Computers (including tablet computers), Electronic Keyboards, Facsimile Machines, Videocassette Recorders, Portable Digital Music Players, Digital Video Disc Players, Video Game Consoles, Small Scale Servers, Scanners, Electronic Mice, Digital Converter Boxes, Cable Receivers, Satellite Receivers, Digital Video Disc Recorders**, Computer Drives, Modems, Mainframes, PDA Organizers, Telephones, Stereos, CD Players, Cameras, Shredders, Small Household Appliances, Holiday Lights, Microwave Ovens, Alkaline Batteries, Non Rechargeable and Rechargeable Batteries.

#### **IMPORTANT NOTE ABOUT BATTERIES:**

**Alkaline batteries, non rechargeable and rechargeable batteries will only be accepted from individual residents**

Common household batteries that are accepted include:

- Alkaline Batteries: AA, AAA, C, D and 9V
- Long Life Non-Rechargeable Batteries: Lithium, Zinc-air, Silver-oxide (common button cell batteries)
- Rechargeable Batteries: Nickel Cadmium (NiCd), Nickel Metal Hydride (NiMh), Lithium Ion (Li-ion), Small Sealed Lead Acid

**To avoid the risk of cross contact of battery terminals that can result in sparking and possible fire; residents must place a piece of household type tape over the contact points on each rechargeable battery or place each rechargeable battery into a self-locking plastic baggie (one rechargeable battery per bag).**

SWALCO sponsored electronics collection locations cannot accept large amounts of batteries that may be collected from schools, businesses, institutions or other community organizations.

#### **HOLIDAY LIGHTS:**

All electronics collection locations accept holiday lights year round. Light bulbs may remain on the strings. We do not collect decorative items such as wreaths, lawn figurines, trees, etc. that have strings of lights attached. Click here for a list of all locations collecting holiday lights through January 31, 2012.

#### **Items NOT Accepted:**

Broken Glass, Air Conditioners, Dehumidifiers, Large Household Appliances, Lead Acid Batteries, Electric Fixtures, Fluorescent Light Bulbs, Compact Disks, Software Disks, Tapes, Liquid or Chemical Waste, and Packaging Materials.

If you have questions regarding recycling or disposal of other items not found on this page, please call us at 847.336.9340 or refer back to the main page of the web site.

## WHEN TO GO WITH YOUR GUT

Don't discredit or ignore your hunches—gut feelings will rarely lead you astray, says new research. Your brain uses intuition when there isn't time for in-depth analysis: Lightning-quick impressions (or an immediate sense of how to solve a problem) result from instant comparisons to past experiences stored in your memory, according to psychologist Gerard Hodgkinson, PhD, of Britain's University of Leeds. "It's not something we can control," Hodgkinson says—but there are occasions when you may want to overrule a hunch. —JK

### GO WITH YOUR INTUITION WHEN YOU...

- fear for your safety
- feel no anxiety over a course of action

### THINK TWICE WHEN YOU...

- are sleep deprived
- are angry or emotionally stressed

■ PREVENTION.COM

## Position Yourself for Better BP

At your next blood pressure check, make sure you're sitting in a chair with your back supported, feet flat on the floor, arm extended at heart level—not lying or sitting on an exam table or



with your arm bent at your side. The first position (recommended by the American Heart Association) can result in a **13% lower systolic** and **6% lower diastolic** reading, compared

with the second one, found a study by University of Virginia Health System nurses. —Stephanie Breakstone

■ PREVENTION.COM

## World of GFWC

By: Karen Erb

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

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

[www.10thdistrict.gfwcillinois.org](http://www.10thdistrict.gfwcillinois.org)

Or follow the link on our state website ([www.gfwcillinois.org](http://www.gfwcillinois.org)) under the button "Related Links."

10<sup>th</sup> District email address

[Gfwcild10@yahoo.com](mailto:Gfwcild10@yahoo.com)

## Meeting Dates for 2011 ~ 2012

Times for all meetings are as follows (unless otherwise notified)

9:30 a.m. Registration

10:00 a.m. Meeting Opens

Social 11:30 a.m. ~ Noon ~ Lunch

Meeting continues after lunch if necessary.

March 28 ~ Awards ~Dover Straits, Mundelein

April 25 ~ Awards and Installation of Officers ~

The Forge Club, Vernon Hills.

Next Newsletter Deadline will be February 29<sup>th</sup>.

The next newsletter will be mailed about March 5<sup>th</sup>.

**GFWC- IL 10<sup>th</sup> District ~ Program Bureau**  
**THE ARBORETUM CLUB ~ Buffalo Grove, IL**

401 West Half Day Road (Route 22) just east of Buffalo Grove Road:  
 Buffalo Grove, IL 60089; (847) 913-9112

**Wednesday, February 29, 2012**

Registration at 9:30 a.m. Brief Meeting at 10:00 a.m.  
 Auditions start immediately after meeting at approximately 10:40 a.m.

*Please be on time so as to not disturb the performers.*

Luncheon

Auditions continue after lunch

Choice of:

*Chicken Forestiere*; Sautéed with Mushrooms, Sun Dried Tomatoes and Garlic in Wine Sauce; Garlic Mashed Potatoes; and Fresh Seasonal Vegetables

*Pan Seared Salmon*; Wild Rice Pilaf; Fresh Seasonal Vegetables

*Pasta Italiano*; Sautéed Onions, Peppers, Sun Dried Tomatoes, Asparagus and Fresh Mozzarella

All meals served with Rolls and Butter and a Mixed Green Salad

With choice of homemade dressings—Ranch, Creamy Bleu Cheese, French, Creamy Italian, Thousand Island, Balsamic Vinaigrette, or Caesar.

Dessert ~ Fabulous Homemade Apple Pie

**\$20.00 per person – Make checks payable to GFWC IL 10<sup>th</sup> District.**  
**Reservations due by February 22<sup>nd</sup>**

Mail reservations to

Mary Jean Baehler; 649 Longview Drive; Antioch IL 60002  
 847-395-8982 home or 847-858-9410 cell

Please list attendees and entree choice

Attendee	Menu Choice ~ circle one choice for each attendee		
1	Chicken	Salmon	Pasta Italiano
2	Chicken	Salmon	Pasta Italiano
3	Chicken	Salmon	Pasta Italiano
4	Chicken	Salmon	Pasta Italiano
5	Chicken	Salmon	Pasta Italiano
6	Chicken	Salmon	Pasta Italiano
7	Chicken	Salmon	Pasta Italiano
8	Chicken	Salmon	Pasta Italiano

# Antioch Junior Woman's Club

Scrappin' and Craftin' the Day Away

~ ~ Saturday, March 3rd, 2012 ~ ~  
9:00 a.m. to 9:00 p.m.

VFW Hall; 75 North Avenue; Antioch

Lunch and Dinner included

Separate working and eating areas.

Door Prizes and Raffles

Vendors

(Interested in being a vendor? Contact Margaret at 847-395-0172)

Cost: \$25.00 per person

GFWC Illinois Antioch Junior Woman's Club is a proud member of the General Federation of Women's Clubs.

The General Federation of Women's Clubs, one of the world's largest and oldest women's volunteer community service organizations, was founded in 1890 and is headquartered in Washington, D.C. GFWC has more than 100,000 members in affiliated clubs in every state and over a dozen countries. Visit us online at [www.gfwc.org](http://www.gfwc.org) or [www.gfwcillinois.org](http://www.gfwcillinois.org)

Proceeds from this event will help fund our 3 Community Scholarships as well as our Philanthropic donations.

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Return lower portion with payment. Advance registration must be postmarked by 2/24/2012. After that, cost is \$30.

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Registration is on a first come, first serve basis. Registration deadline is February 24, 2012. Walk-ins on a space available basis (\$30). Questions? Call Margaret Cole at 847-395-0172.

Participation cost is \$25.00 per person (Children 13 to 17 are welcome but must be registered with a registered adult.)

Make check payable to AJWC and mail to AJWC; P.O. Box 9; Antioch, IL 60002.

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

Email Address \_\_\_\_\_

We will send an email confirming your registration.

Your email address will only be used for these purposes and will not be shared.

Please be specific who you would like to sit with. List the name of fellow crafters you would like to be seated with, or send them in together to save postage.