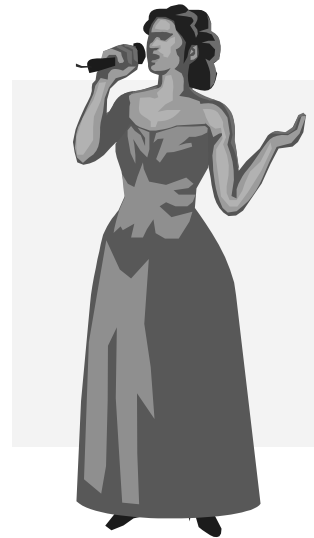


GFWC Illinois 10th District February 2013

Program Bureau Wednesday, February 27th

The Arboretum Club (847-913-9112)
401 Half Day Road: Buffalo Grove IL



Registration 9:30 a.m. Meeting 10:00 a.m.

President's Message ♥♥♥♥♥♥

As I write this, large snowflakes are falling beautifully, creating a wintery snow globe kind of view outside my window. Fortunately, the drastic weather change somewhat held off long enough yesterday to allow those of us attending the annual District Arts and Crafts Exhibit and meeting at Midlane Golf Resort in Wadsworth to travel safely home. Sixty-two members attended the event, bringing with them many, many beautifully created mediums of artwork. I, personally, was so impressed by the quality of the items exhibited; we have so much talent within our membership. "Thank you" to all who brought their artwork and also to Judy Haga, Arts and Crafts Exhibit Chairman, and her committee members Judy Dahm, Judy Schieck and Jean Wilson. I encourage everyone who exhibited yesterday, as well as others who did not enter their artwork, to also exhibit at State Convention in Naperville May 16-18.

Speaking of Convention, the next issue of *GFWC Illinois Clubwoman* will have details about the upcoming Convention. With it being held at a nearby location, it presents a great opportunity for our members to attend without facing a long drive. When you receive the details, I hope that each of you will give serious thought to attending. Each club is allowed a specific number of "delegates" (to be selected by the club president) based on the club's member count, but one does not have to be a designated "delegate" to attend. As a non-delegate attendee, she is considered a "non-voting" member, but is still counted within the district count by the Credentials Committee. Also, please see a separate article in this issue on how your help is needed relative to Soles4Souls charity.

The GFWC Illinois Convention Committee is seeking donations for door prizes with a minimum value of \$25 (cash or gift, such as a gift basket) for awarding at Convention.

Anyone wishing to make a monetary donation should mail the check, prior to April 1 for recognition in the Convention program, to: Terri Soehrmann, 127 S. 3rd Ave., Lombard, IL 60148. Make the check payable to GFWC Illinois. Please indicate donor name, individual or club donation and a brief description of the donation. I will gladly transport any non-cash donations when I attend the March 1 State Board meeting, if arrangements can be made for getting the item to me (such as bringing it to the Program Bureau event).

Betty Chornoby, Program Bureau Chairman, has been working diligently to put together a great line-up of performing artists and entertainers who will be showcasing their talents at our upcoming Program Bureau on Wednesday, February 27, at The Arboretum Club in Buffalo Grove. We will start promptly at 10:00 AM. I am hopeful for a great turn-out at this event and please invite a guest to attend with you. Please use the registration form (included in this newsletter), indicating your menu choice, and mail with payment by the stated reservations deadline. I cannot underscore enough the importance of this request.

According to the American Heart Association's Go Red For Women[®] movement, February 1st is the date designated that women should wear red. I suggest we wear red as much as possible during all of February, not simply because of Valentine's Day, but also for awareness that heart disease is still the No. 1 killer of women. Stay healthy and happy Valentine's Day, everyone! ♥♥

In Federation friendship,

Marly

Vice President ~ Membership

At our January meeting we held a memorial service for the following members:

Waukegan Woman's Club

VIRGINIA RUTH BLOMQUIST passed away December 8, 2012. Virginia was a member of the Waukegan Woman's Club for many years. She was president from 2000 thru 2002 and again 2006-2007, A lifelong Chicago Cubs fan, she also cherished her roles as a church and community volunteer. She spent many years as membership chairman of the Lake County Community Concerts Association.

Antioch Woman's Club

ELIZABETH (BETTY) RUFFIN passed away November 15, 2012. Betty joined the Antioch Woman's Club in July 1985. She was an active member until 2011 at which time she moved to honorary status. She enjoyed reading, playing bridge and was an avid dog lover.

ROSE ROBINSON passed away on November 21, 2012. Rose joined the Antioch Woman's Club in November 1985 and had been an active member until health issues caused her to be unable to continue participation in the club.

BONNIE WOLFF passed away on December 19, 2012. Bonnie joined the Antioch Woman's Club in November 2010 and was an active member until her passing.

JANE PEDERSON passed away on January 13, 2013. Jane joined the Antioch Woman's Club in April 1981. She was a volunteer at the Antioch Thrift Shop for Handicapped Children.

MARY ANN (BUNNY) THELEN passed away January 27, 2013. Bunny joined the Antioch Woman's Club in October 1993 and was an active participant for many years. She was an avid traveler, a Rotary Paul Harris Fellow and was involved in the Rotary Anns.

My contact information is:

Louise Starzynski
5253 N Long Avenue
Chicago IL 60630
773-685-8177

loustarzynski@yahoo.com

Corresponding Secretary

Now that the District yearbook has been distributed take time to look it over and if you have any corrections please let me know. Please include the page number that the information is on and the correct information.

New email address for **Christine Smith**, berniesbusybees@aol.com her old email is still active but would prefer emails to the new email address.

Thank You

Audrey Lyle Alyle39@comcast.net

Director of Junior Clubs

Save the Date: The GFWC Illinois Tenth District Organization will hold their Recognition Dinner on Tuesday, April 23rd. Location to be announced.

Building Blocks of the Future
2012 ~ 2014 GFWC Illinois Juniors are dedicated to community improvement by enhancing the lives of others through volunteer service.

Ewe make a Difference

Margaret Cole

World of GFWC

By: Karen Erb

www.gfwc.org

www.gfwcillinois.org

www.10thdistrict.gfwcillinois.org

Or follow the link on (www.gfwcillinois.org) under the button "Related Links."

10th District email address

Gfwcild10@yahoo.com

Recruitment Campaigns

(Reprinted from the GFWC Club Manual)

GFWC's Seasonal Recruitment Campaign

"Membership—the 'Sole' of the Federation"

Help your club recruit members and get recognition for it all year long! Report your successful recruitment events and new members to GFWC Headquarters as part of GFWC's Seasonal Recruitment Campaign. Remember, GFWC Membership is the "Sole" of the Federation!

In keeping with the 2012-2014 GFWC Membership Committee theme, Membership—the "Sole" of Federation, the recruitment seasons focus on seasonal shoes:

"KICK UP YOUR HEELS"

- **Summer: June, July, and August**
- **Recruitment Report due September 1**

"LACE UP YOUR SHOES"

- **Fall: September, October, and November**
- **Recruitment Report due December 1**

"DIG OUT YOUR BOOTS"

- **Winter: December, January, and February**
- **Recruitment Report due March 1**

"PUMP UP YOUR MEMBERSHIP"

- **Spring: March, April, and May**
- **Recruitment Report due June 1**

Plan creative membership recruitment campaigns and events around the many national awareness and commemoration months and days aligned with GFWC Special Projects and Community Service Programs. See the 2012-2014 GFWC Club Manual for more information about GFWC Membership, Special Projects, and Community Service Programs. You can also find a list of themed celebration days and months in the current GFWC Year in Pictures Calendar.

Recognition

Clubs achieving and reporting **three** new members on the GFWC Seasonal Recruitment Campaign Report form will be recognized in *GFWC Clubwoman Magazine*. Please submit a report even if your club only recruited one or two new members. **Every Member Counts!**

Does Your Club Carry General Liability Insurance?

(Excerpted from November/December, 2012 issue of *GFWC Clubwoman Magazine*.)

"The best and most cost effective strategy is to carry a dedicated General Liability policy that protects YOUR leadership and YOUR club. **General Liability insurance provides protection in the event of bodily injury or property damage due to your alleged negligence.**

Available now, GFWC members can purchase General Liability coverage at an extremely affordable rate through GFWC's partner broker AH&T Insurance. AH&T has pre-negotiated affordable General Liability coverage and made the process of obtaining coverage painless. Oftentimes, meeting halls, conference centers, and other event venues will require evidence of General Liability coverage when reserving space. This can also be referred to as Premises Liability. Once coverage is placed, we are able to issue Certificates of Insurance to evidence your coverage as needed. To learn more how General Liability coverage might benefit your club, visit

www.ahtins.com/GFWCinsuranceprograms/ or contact Kaelin Kobell at (703) 554-6269 or KKobell@ahtins.com."

In addition to the above source, Marsh US Consumer, located in Iowa, will write General Liability policies for clubs that are 501c3 organizations. Their contact number is (800) 503-9227. You might also check with your local insurance agents/brokers; our State President, Patricia Heitman, informed me that her club is insured through a local agent.

Marty Butler

Parliamentarian-Phyllis Cossarek

QUESTION:

If minutes of a previous meeting are corrected, are the corrections entered in the minutes of the meeting at which the corrections were made?

ANSWER:

If corrections to minutes are made at the time when those minutes are originally submitted for approval, such corrections are made in the text of the minutes being approved. The minutes of the meeting at which the corrections are made should merely indicate that the minutes were approved "as corrected," without specifying what the correction was. If it becomes necessary to correct minutes after they have initially been approved, such correction can be made by means of the motion to *Amend Something Previously Adopted*. In this event, since the motion to *Amend Something Previously Adopted* is a main motion, the exact wording of that motion, whether adopted or rejected, should be entered in the minutes of the meeting at which it was considered.

Calling On Club Members In District 10 For Help -- Can You Help??

In conjunction with the 2012-2014 GFWC and GFWC Illinois membership campaign entitled "*Membership—the 'Sole' of the Federation*", GFWC Illinois will be collecting shoes in good condition at the State Convention held in Naperville on May 16-18. The shoes will be delivered to a holding warehouse located in the Fox Lake area, and eventually going to the "Soles4Souls" charity for distribution to those in need. It is hoped that many pairs of shoes will be donated. **So, here's how you can help:** If you are planning to attend the Convention, would you be willing to help in transporting a container of donated shoes to the Fox Lake area upon your return from Convention (on a week day soon after your return)? If so, please contact Karel Volpert, GFWC Illinois Vice President, at home (217)759-7667; or cell (217) 497-7616; or via email address:

karelvolpert@fullchoice.tv by May 1st. You can also help by donating shoes. Watch for details in the next issue of *GFWC Illinois Clubwoman* magazine. For more information about the "Soles4Souls" charity, please go to their website at: www.soles4souls.org/.

Art ~ Jean Wilson

Art is essential to the quality of life.

GFWC members responded beautifully to the call for entries to the GFWC Illinois District 10 Arts and Crafts Exhibit on January 30. Most all of the twelve categories had entries, and they were lovely! Judy Haga has compiled a report and review of the show. Please read her column in this issue.

We'd like to share some ideas suggested by GFWC International on the many ways your club can participate and encourage the arts in your area.

- Check your community newspaper to find art, dance, or music exhibits and performances in your area
- Research dance, music or creative arts and use this information to give a program for your club
- Plan a visit for a group to visit local galleries, music and/or dramatic events
- Volunteer as a docent or assistant at a historical landmark, museum or other venue.
- Promote events in your area which are art-related
- Assist community fundraisers which support the arts
- If possible, donate tickets for a cultural event which a friend or two may enjoy
- Encourage your club to support a scholarship fund for a student studying the arts
- Establish an award for club and community members to acknowledge artistic achievement.
- Initiate a search for no-longer-used—but useable—musical instruments which can be donated to a school
- Support local artists and suggest or engage them as program speaker for your club

These are only a few ways you can effectively incorporate the arts into your club programs.

Home Life ~ Willa Dietrich

Sixty 60-Second Tips to a Healthier You By From EatBetterAmerica.com

A minute goes by like that (finger snap), but it's more than enough time to do something that will help you feel good.

1. Drink a glass of water.
2. Take 10 deep breaths.
3. Think of something you're grateful for.
4. Scratch your dog's belly.
5. Pet your cat.
6. Eat an apple.
7. Swivel your hips.
8. Shimmy your shoulders.
9. Write a thank-you note.
10. Call your parents.
11. Do a yoga pose and hold it.
12. Sprinkle a spoonful of flaxseed in something you're about to eat.
13. Hug someone you love.
14. Hug someone you kinda, sorta like.
15. Hug someone you don't care for one bit.
16. Sign up for an art class.
17. Balance on one foot for 60 seconds.
18. Balance on the other foot for 60 seconds.
19. Floss your teeth.
20. Schedule a complete physical.
21. Eat a handful of almonds.
22. Tell a joke.
23. Do 60 jumping jacks.
24. Close your eyes and think of nothing.
25. Listen to one good song.
26. Sing along to one good song.
27. Dance to one good song.
28. Eat a tomato like it's an apple.
29. Give someone a minute's worth of your undivided attention.
30. Make a cup of tea.
31. Pay someone a compliment.
32. Pay yourself a compliment.
33. Jump rope.
34. Do 10 push-ups, on your knees if you have to.
35. Do 10 sit-ups, crunches if you have to.
36. Make a list of your five favorite songs.
37. Meditate.
38. Try a vegetable you think you don't like.
39. Stretch and yawn, even if you're not sleepy.
40. Read a poem.
41. Lie on the floor with your legs up a wall.
42. Call your congressman about an issue that's important to you.
43. Spin a hula hoop around your waist, neck, or each arm.
44. Read the first page of a new book.
45. Make a list of your five favorite movies.
46. Strike up a conversation with someone you don't know.
47. Make a paper plane and launch it.
48. Take a multi-vitamin.
49. Do 10 squats.
50. Give yourself a temple massage.
51. Bend forward at the waist and hang.
52. Yodel.
53. Gargle.
54. Try to balance standing on your tippy toes.
55. Eat a handful of berries.
56. Open a window and take a breath of fresh air. Even if it's January.
57. Take off your shoes and walk barefoot. Even if it's January.
58. Look up into the branches of a tree.
59. Send a check to a good cause.
60. Wash your hands.

Conservation –

The following is from the GFWC Club Manual.

Our natural resources are among our most precious treasures. The GFWC Conservation Community Service Program is designed for members to gain an appreciation for our environment. Thru preservation, maintenance, and restoration of our natural resources, it strives to educate members about the importance of beautifying our communities; preserving, maintaining, and restoring natural resources; and stimulating citizen action to address these concerns. Our natural resources include, but are not limited to, water, trees, plants, air, land, and wildlife.

Incorporate any and all of these topics into you conservation plans:

- Recycling
- Soil Conservation
- Noxious Weeds
- Air and Water Quality
- Waste Hauling
- Natural Resource Restoration
- Land Maintenance
- Tree Planting
- Beautification
- Wildlife Protection
- Proper Care for Domesticated Animals
- Food Resources
- Community Gardens

Club News

Antioch Junior Woman's Club

Scrappin' and Craftin' the Day Away

Saturday March 2nd

Cost is \$35 and includes lunch and dinner.

VFW Hall 75 North Avenue; Antioch

For registration form contact Margaret

Cole at 847-395-0172 or email at

Antiochjuniorwomansclub@gmail.com

Save the date!!

Waukegan Woman's club

Invites you to our

Spring luncheon

Saturday, April 13, 2013

Featuring "Catherine the great"

Presented by jenny riddle

at Bonnie Brook Clubhouse

Waukegan, Illinois

Social and silent auction at 11:00 a.m.

Luncheon at noon

Complete information in March Newsletter.

Call 847-249-0073

Antioch Woman's Club – Maureen Fremgen

The last two months of the year were very busy for the members of the Antioch Woman's Club.

During our November General meeting we had a purse auction. It was great fun for all of us. The bidding and the laughing along with it made for a good and profitable time. The proceeds were

given to Open Arms Mission here in Antioch for their Thanksgiving and Christmas food box distribution.

Our annual Christmas and Ways and Means Luncheon was a great success. The entertainment, the donations for Silent Auction, the donations to Safe Place of Christmas toys and the chances for the baskets full of goodies brought the club fun and profit.

During the Christmas season our ladies become Santa's helpers in the Enchanted Santa Village located in the Chamber of Commerce building here in Antioch. Donations from the parents are used for the High School Scholarship for Education.

We have been continuing with our Reading Program. We have volunteers who go to W.C. Petty School. These ladies go for one hour on either Tuesday or Thursday and read with the children. We are enjoying the experience and the children seem to look forward to us coming.

Newsletter News

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@yahoo.com requesting to be added to the email list.

Just think – all of your members with an email address would be able to get the newsletter.

GFWC Illinois 10th District

Program Bureau

Wednesday, February 27, 2013

The Arboretum Club (847-913-9112)

401 Half Day Road: Buffalo Grove IL

Registration 9:30 a.m. ~ Meeting 10:00 a.m. ~ Program continues after lunch

Menu

Mixed Green Salad with choice of Homemade Dressings

Choice of

Chicken Dijon: Pan Seared with a White Wine Dijon Cream Sauce

Garlic Mashed Potatoes and Fresh Green Beans

Pan Seared **Salmon** with Lemon Dill Sauce

Wild Rice Pilaf and Fresh Green Beans

Pasta Italiano: Penne Pasta tossed in Parmesan Cream Sauce

With Sautéed Onions, Peppers, Sundried Tomatoes, Asparagus and Fresh Mozzarella

Dessert ~ homemade Apple Pie with Carmel Drizzle

Soft drinks, Iced Tea, Coffee and Hot Tea included

Cash bar available 11:40 a.m. to 1:00 p.m. in the Gallery

Cost is **\$20.00** per person

Reservation deadline is Wednesday, February 20th

**Sorry, but I will not be able to accept any reservations
after February 20th.**

Mail reservations to : Carol Behm, 2509 N. Augusta Court, Wadsworth, IL 60083

DEADLINE DATE: February 20th For information call: 847-625-6993

All reservations must be paid in advance

Please use the reservation form

