

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

November 18, (Wednesday)

*Arboretum Club*

*401 Half Day Road ~  
Buffalo Grove, Il 60089*



*Join the 10th District at the Arboretum Club  
on November 18th to enjoy a recreation of  
Mary Todd Lincoln*

*Wife of the 16th President of the United States!*

*Lou Brown as Mary Todd Lincoln!*

*One of the most fascinating First Ladies!!*

# President's Message

My Dear Friends,

Our packets from the State arrived on Thursday, the day after our District Meeting. It contains the State 2015-2016 Yearbook, and updates for the Yearbook, Booklets, Reporting Information, Contest Forms, Art Information, Leadership, Membership, Communication & Public Relations Information, and other Contest information. All of this information must be passed along to your club chairmen. Please, Presidents, separate the information and distribute to the appropriate chairmen. I made booklets last year for them. This year I am relying on you to pass this info along.

Our Clubs are now in full swing with meetings and fundraisers. I realize it is impossible to attend every fundraiser, but perhaps we can support one another by buying raffle tickets or attending one or two events of other clubs. I will try to attend either a meeting or a fundraiser of the clubs I missed last year. It seems that so many of the fundraisers are on the same date, and, of course, there are the usual family obligations to pencil into the schedule. We are all so busy, but it sure beats sitting home and watching the television. Volunteering and socializing keeps us healthy – it's a proven fact!!!!

Speaking of fundraising. The Tenth District Fundraiser is scheduled for November 18<sup>th</sup> at the Arboretum. Please ask your club members to attend. It is so very important to have the support of all the clubs.

Club Treasurers are reminded that dues should have been forwarded to Audrey Lyle by October 15<sup>th</sup>.

Carol Johnson, our Vice President, and I will be attending the Fall Board Meeting in Bloomington on November 6<sup>th</sup> and 7<sup>th</sup>. Upon our return I will forward all the information to you, which should be a boatload.

It's not too soon to start thinking about reporting. If you organize all the information, it isn't as taunting a task.

Presidents, please look at our Yearbook for the dates that your club is responsible for the Collect, Grace, and Thought for the Day. It is located on Page 14 of the Yearbook. It is so nice to be prepared or you can wing-it.

The following is a short bio of our presenter:

**Lou Brown will be portraying President Abraham Lincoln's wife, Mary Todd Lincoln.**

**Lou is a Past State President 1984-86. She was inducted into the State Of Illinois Hall of Fame for her Community Service in 2005. Presently she serves as the Chairman of the Isabell Candee Foundation. Her home is Princeton, Illinois. Her unique portrayal of Mrs. Lincoln has been well received by many clubs and we welcome her to the 10th District.**

Thanks for all you do. See you soon.

Yours in Federation,

*Linda Anne*

Yours in Friendship and Federation

## 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

## 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** and she will put your corrections in the newsletter. Also send your corrections and changes to the Corresponding Secretary.

Add to page 12 "Special Committees"

Web Master ~~ Karen Erb

Add her contact information to page 58

Karen Erb; P.O. Box 400; Silver Lake WI 53170  
phone 262-889-4815 email kaerb@email.com

On page 62 Willard, Donna s/b Willard, Dona

Page 24 - ISLAND LAKE WOMAN'S CLUB

Delete "Village Hall Board, Meeting, 3rd

Thursday of the month."

# Books For Prisoners

How about a group project for our Clubs????

Lake County Jail does not qualify for the State Books for Prisoners Program.

We were contacted by a Social Worker in Lake County asking for books for prisoners incarcerated in the Lake County Jail. She indicated that many prisoners stay there for up to a year.

Her list was for paperback books for male and female prisoners. It includes:

- o bestsellers
- o mysteries / fiction
- o religious education
- o AA/NA recovery
- o "urban" novels
- o self-help books

We will be collecting these books in November. Please bring them to our November 18<sup>th</sup> Meeting.

I am looking for volunteers who will collect the books, count the donation from each Club and document, and deliver the books to the Social Workers' Office in Waukegan. Maybe 3 or 4 volunteers will be sufficient.

Clubs that are interested in participating in this Project should contact me. Thus far, Island Lake and Wauconda are participating.

It would be a great group project. Each Club participating would get credit for their part of the program and the hours associated with their participation.

Linda Anne

## Health ~ Willa Dietrich

### **EAT YOUR WAY TO BRAIN HEALTH**

By Amy Paturel

AARP Bulletin October 2015

Foods to eat for a Healthy Brain

#### **1. Olive oil, green tea and leafy greens (broccoli, spinach and kale)**

Each of these superfoods helps fight inflammation. And while inflammation is the body's natural response to injury, uncontrolled inflammation over time can damage the brain. Intervene with these anti-inflammatory

foods before neurons die and you may be able to restore normal brain function.

#### **2. Beets, tomatoes and avocados**

These three darkly hued foods help ensure that your brain receives the blood it needs to stay sharp. Studies suggest increased blood flow to the brain promotes neuron growth in the hippocampus, the area of the brain associated with learning and memory.

#### **3. Nuts (especially walnuts), curcumin and pomegranates**

These foods work deep in the brain to fight amyloid plaques. While amyloid is required for brain cells to communicate, when it accumulates several thousand times beyond normal levels, it forms plaques. These plaques kill neurons while creating inflammation which kills even more neurons.

#### **4. Fish, blueberries, grapes, coffee and dark chocolate**

These nutrient power houses have been shown to increase the level of Brain-Derived Neurotrophic Factor, a protein that supports the growth of. "It's like Miracle-Gro for the brain". Stimulating the release of BDNF not only reverses the effects of aging, but also triggers the train to make more neurons.

## Home Life ~ Willa Dietrich

### **Household All-Purpose Stain Remover**

Some stains just appear out of nowhere, so it's good to have a solution that will remove pretty much anything. But store-bought laundry stain-remover squirt bottles get smaller and smaller, while the prices go up and up. Don't stand for it! Make your own all-purpose stain remover. Here's what you do.

Get a clean, empty spray bottle. Combine one cup of filtered spring or distilled water with one cup of rubbing alcohol and two teaspoons of liquid dish detergent (use a brand that specifically states that it cuts grease). Pour the mixture into your spray bottle, and you're good to go. Spray a bit on the stain, and launder the garment as usual. This solution can be used successfully on many different stains on many different fabrics, but

when in doubt, first try it on a small, inconspicuous area of the garment to make sure it doesn't discolor the cloth.

## **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.**

### **November 18**

Arboretum Club  
401 Half Day Road ~ Buffalo Grove

### **January 27**

White Deer Run Golf Club  
250 West Gregg's Parkway ~ Vernon Hills

### **February 24**

Arboretum Club

### **March 23**

Dover Straits ~ 890 US Hwy 45 ~ Mundelein

### **April 27**

Arboretum Club

## **Newsletter News**

**Newsletter submission deadlines for 2015 – 2016 are as follows:**

**December 26 for the January meeting**

**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](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 Fund Raising Event  
November 18<sup>th</sup> (Wednesday)*



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**Arboretum Club***

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*One of the most fascinating First Ladies!!*

*All members of your Club as well as non-member guests are  
welcome to attend this exciting event.*

*This is our largest fundraiser of the year and  
we need the support of all clubs and members*

*The cost per person is \$33.00*

*Menu Selections are:  
 Chicken Dejon or Pan Seared Salmon  
 Both entrees with salad, starch and vegetable  
 and apple pie with ice cream.*

Reservations must be made by November 10<sup>th</sup>, 2015  
 Make checks payable to GFWC IL 10<sup>th</sup> 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 make out separate checks for October and November.  
 Makes it easier for Joan and the Treasurer.**

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

**Please indicate your entrée choice.**

**November 18<sup>th</sup> Luncheon**

Please make checks payable to: GFWC IL 10<sup>th</sup> District **\$33.00 per person**

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

List names	Circle entrée choice.
	<b>Chicken or Salmon</b>
	<b>Chicken or Salmon</b>
	<b>Chicken or Salmon</b>
	<b>Chicken or Salmon</b>
	<b>Chicken or Salmon</b>
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Mail to: Joan Foss, 342 Sequoia Ct., Antioch, IL 60002

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