

GFWC Illinois 10th District

October 28th (Wednesday)

Dover Straits
890 E. Route 45
Mundelein IL

Upcoming Event !!



*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 18th 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 be forwarded to Audrey Lyle by October 15th.

Carol Johnson, our Vice President, and I will be attending the Fall Board Meeting in Bloomington on November 6th and 7th. 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.

I hope all of you are planning on coming to the November 18 Fund Raising Luncheon and portrayal of Mary Todd Lincoln. 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

President and Chief Servant
GFWC Tenth District

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.

Correct email address for
Barbara Eskoz is matriarch10@gmail.com

Parliamentarian ~ Phyllis Cossarek

A few facts regarding the proper approach to presenting a report, before you ever speak remember your appearance speaks volumes. Don't carry loose papers to the podium, your written reports should be in a folder or attached to a clip board. If there is a podium, the papers are placed on the podium, if there is no podium, firmly hold the folder or clip board so that hands and papers do not shake. The proper address is "Madam President" or "Madam Chairman" or you may begin with the words, "Thank you Madam President." Speak to be heard, do not read word for word with head bowed, make eye contact with the audience and remember, written copies of your report should be given to the Recording Secretary, so they may be recorded to the minutes of that meeting. The report should be typed in bold print, always keep a copy of your report and supplementary materials for one's file.

REMEMBER....

A SUCCESSFUL REPORT IS ONE THAT IS:

INFROMED, ENTHUSIASTIC, POSTIVE.

Arts ~ Regina Orawiec

Ladies get your projects finished for entry in our annual art show. We have a new venue for this year's event, White Deer Run Golf Club in Vernon Hills on January 27th. The rules and categories will be the same as last year and will be offered to you later. We are

excited to welcome Tom Clark, an artist from Lemon Street Gallery in Kenosha, along with one of his fellow artists as judges with our own, Judy Haga.

We look forward to seeing your artwork!

Health ~ Willa Dietrich

Facts About The Pancreas

1. The pancreas (approximately 6 inches long) helps regulate your blood sugar.
2. It makes fluids that contain enzymes which breaks down nutrients in food such as fats and protein so that your body can use them.
3. It makes hormones like insulin to balance your blood sugar levels.
4. The pancreas is located behind the stomach.
5. You can live without a pancreas, however, you will develop diabetes that means you will be dependent upon insulin or a pump. However it is difficult to manage your blood sugar because the pancreas makes other hormones that control your blood sugar.
6. The most common cause of pancreatitis is drinking too much alcohol over a long period of time. There are inherited factors and some medications that can cause pancreatitis.
7. Type 1 diabetes is caused by an immune insulin reaction.
8. Type 2 diabetes is caused by a combination of genetic and lifestyle factors, including obesity and lack of physical activity.
9. Pancreatic cancer is relatively rare, making up about 2.8% of new cancer diagnoses. The risk of developing pancreatic cancer increases with age and it is most commonly diagnosed in people ages 75-84.
10. Pancreatic transplants are mainly done when a person has Type 1 diabetes that is extremely hard to control.

Found on WEB MD Daily, September 28, 2015

Home Life ~ Willa Dietrich

Senior Safety Tips:

One of the biggest hazards for seniors are slips and falls. There are some easy precautions that you can take to make your home safer.

1. Bath tub safety—Have a nonslip mat in your bath tub and also a safety bar. It would be wise to have a cell phone or medical alert system nearby while bathing or showering, especially if you live alone, or no one is home.
2. Have a carbon monoxide monitoring system and the batteries work.
3. Have a fire monitoring system and the batteries work.
4. When going down or upstairs, if there is a railing available, hold onto the railing with one hand. If there is no railing, hold onto the wall with one hand. Make sure you turn on a light before going up or down the stairs.
5. Rugs—All throw-rugs should be nonskid, or fastened down securely.
6. In the Winter have salt, or ice melt in a small enough container for you to use for the outside.

ONE MUST KNOW THEIR LIMITATIONS

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.

October 28

Dover Straits ~ 890 US Hwy 45 ~ Mundelein

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:

September 28 for the October 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

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.

Club News

Road Scholar Presentation in conjunction with **GFWC Zion Woman's Club** Meeting, November 3rd.

The Illinois Humanities Council will sponsor a Road Scholar event titled "Greatness Explained: The Great Lakes" by Norman Moline of Augustana College of Rock Island, IL. as a part of this monthly meeting of Zion Woman's Club. The location is Grace Missionary Church Fellowship Hall, 1415 27th Street in Zion. A light lunch at 12:00 noon will be served prior to the 45 minute slide show presentation. There is no cost for this event; however reservations are required by October 28th.

Contact President Marilyn Goodman at 847-246-3506 or by email at kirstensmama@gmail.com

GFWC Illinois 10th District
Wednesday, October 28th, 2015
Dover Straits
890 E. Route 45; Mundelein IL 60060

Registration at 10:00 a.m. ~~ Meeting at 10:30 a.m.
Social time 11:00 a.m. ~~ Lunch at Noon ~~ Meeting continues after lunch

Menu selection will be made at the table.

Cost is \$22.00 per person

Reservations must be made by October 21, 2015
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 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.

October 28th Luncheon.

Please make checks payable to: GFWC IL 10th District **\$22.00 per person**
Club Name _____ Amount Enclosed _____

List names	List names

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

*GFWC Illinois 10th District Fund Raising Event
November 18th (Wednesday)*



*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!!*

*All members of your Club as well as non-member guests are
welcome to attend this exciting event.
Please invite your Club and please stress
we need items for the Silent Auction.
Reminder to our Clubs - we need your donations!*

*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 Dejion or Pan Seared Salmon
 Both entrees with salad starch and vegetable
 and apple pie with ice cream.*

Reservations must be made by November 10th, 2015
 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 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 18th Luncheon

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

Club Name _____	Amount Enclosed _____
List names	Circle entrée choice.
	Chicken or Salmon
	Chicken or Salmon
	Chicken or Salmon
	Chicken or Salmon
	Chicken or Salmon
	Chicken or Salmon
	Chicken or Salmon
	Chicken or Salmon
	Chicken or Salmon

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



**GENERAL FEDERATION
OF WOMEN'S CLUBS**
LIVING THE VOLUNTEER SPIRIT

History of the Pledge of Allegiance to the Flag of the United States of America

Excerpt from the report of the GFWC Public Issues Community Service Program

Hope Royer, Chairman

August 30, 2015

GFWC Board of Directors' Meeting
Westfields Marriott Washington Dulles
Chantilly, Virginia

Can you imagine that what has become one of the most revered of our patriotic symbols actually got its beginning as a PR gimmick?

The original "Pledge of Allegiance", written by Francis Bellamy, was published in the September 8, 1892, issue of a popular children's magazine *The Youth's Companion* as part of the National Public-School celebration of the 400th anniversary of Christopher Columbus's arrival in the Americas. The celebration was conceived and promoted as a magazine subscription campaign. Free US flags were offered to readers who sold subscriptions. In an effort to instill the idea of patriotism in students, the magazine's goal was to see that the flag was flown at every public school in America and that it was saluted with a pledge.

The original Pledge was recited by public school children for the first time on October 21, 1892 to coincide with the opening of the World's Columbian Exposition also known as the Chicago World's Fair. The Pledge was short, to the point and designed to be recited in 15 seconds:

"I pledge allegiance to my Flag and the republic for which it stands, one nation indivisible, with liberty and justice for all."

Additions and changes have been made four times since the 1892 original. On June 22, 1942 the [United States Congress](#) officially recognized the Pledge for the first time, in the following form: "I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one Nation indivisible, with liberty and justice for all."

In 1954, in response to the Communist threat of the times, President Eisenhower encouraged Congress to add the words "under God" creating the 31 word Pledge we recite today: "I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all." **"One Nation under God"**, there is no comma in the phrase. It correctly reads "one Nation under God."

The Swearing of the Pledge is accompanied by a salute. An early version of the salute, adopted in 1892, was known as the Bellamy salute. It started with the hand outstretched toward the flag, palm down, and ended with the palm up. During World War II the salute too closely resembled the Nazi salute and was changed to keep the right hand over the heart throughout.

Current practice, salute protocol, is described in Section 4 of the *United States Flag Code*:

"The Pledge of Allegiance to the Flag... should be rendered by standing at attention facing the flag with the right hand over the heart. When not in uniform men should remove any non-religious headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Persons in uniform should remain silent, face the flag and render the military salute."

Scrappin' and Craftin' the Day Away

Presented by Antioch Junior Woman's Club

~ Saturday, November 7, 2015 ~

9:00 a.m. to 8:00 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 or email
antiochjuniorwomansclub@gmail.com

Cost: \$40.00 per person ~ Event is limited to 65 participants

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 or www.gfwcillinois.org

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

Return lower portion with payment. Advance registration must be received by October 28th Walk-ins \$45.

~ ~ ~ ~ ~

Registration is on a first come, first serve basis. Advance registration deadline is October 28, 2015

Walk-in cost is \$45. Questions? Call Margaret Cole at 847-395-0172 or email at

antiochjuniorwomansclub@gmail.com

Participation cost is \$40.00 per person ~ Event is limited to 65 participants

(Children 13 to 17 are welcome but must be registered with a registered adult.)

Make check payable to AJWC and mail to Margaret Cole; 285 Chestnut St; 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.

Scrappin' & Craftin' the Day Away

Dear Vendor:

The Antioch Junior Woman's Club is proud to announce our 5th Scrappin' & Craftin' the Day Away Fundraiser! This event will be held on **Saturday, November 7th, 2015**, at the Antioch VFW Hall, 75 North Ave, Antioch. The crafters will be there from approximately 9 a.m. to 8 p.m. It is appreciated if you could please leave your display set up the entire time. If you would rather just be available for the afternoon please let us know so we can plan accordingly.

Set up time: Saturday November 7th starting at 7:30 a.m.

Tables & chairs are provided, and are approx. 8 ft. in length. 1 table per vendor, unless additional table is paid for. Additional tables are \$15 each. If you have a helper please include an additional \$15 to cover their meals.

Cost is \$40, Lunch and dinner included.

We are asking for a raffle item with a retail value of at least \$15.

Questions? Call Margaret Cole at 847-395-0172 or email at antiochjuniorwomansclub@gmail.com

Please print, complete and return the application **with payment** by **October 20th** if you are interested in participating. Checks should be made payable to: **AJWC**. You will be notified with a confirmation email after we have received your completed form & payment in full.

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 or www.gfwcillinois.org

~~~~~

Scrappin' & Craftin' the Day Away

Return by October 20<sup>th</sup>

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Types of items to be sold/name of company: \_\_\_\_\_

Number of 8 foot tables requested:    One    Two                    I will need electricity    YES    NO

I will have an assistant. Enclosed is \$15 to cover the cost of meals. \_\_\_\_\_

Thank you for your prompt response!

**Please return the form with payment to:**

Margaret Cole  
285 Chestnut Street  
Antioch, IL. 60002

WAUCONDA WOMAN'S CLUB



# “Patriotic Pizazz”



## CALCUTTA GAME & LUNCHEON 2015 Annual Fundraiser



**Date: Saturday, November 14th, 2015**

**Cash Bar: 11:00am Luncheon: 12:00pm Calcutta: 1:00pm**

**Place: Westridge Banquets, Rt. 176, Island Lake, IL**  
(Rt. 176 West, turn right at the 1st traffic light west of Darrell Road)

**Come join us for Many Great Prizes,**

**Cash Prizes (\$100, \$200, \$300)**

**& Good Food!**

**Menu: Fried Chicken or Salmon**

**With salad, mashed potato, vegetable, rolls, dessert and beverage**

**Calcutta Tickets: \$20.00 Luncheon Tickets: \$20.00**

**RSVP by November 10th**

**Call Sally Lambert at [847-526-2322](tel:847-526-2322) for tickets**