

GFWC Illinois 10th District

October 26, 2016

Dover Straits



WOW !! The Club Fund Raising season is upon us.

Zion Woman's Club Dinner and Bunco Party- Friday October 21

Antioch Junior Woman's Club

Fall Scrapin' & Craftin' the Day Away – November 5

Wauconda Woman's Club – French Garden-

Calcutta game and Luncheon – November 12

Flyers in this issue.

Presidents Message

As we move into fall, all the clubs become busy with their plans for the coming year with programs, projects and fund raising. As in the past, we are asking that each club support the District fundraising activities not only with the Bakeless Bake Sale but also with a \$25.00 donation. The checks can be mailed to the District Treasurer, Chris Smith, at 13185 W. Town Line Rd., Waukegan, IL 60087 by the end of October. We really appreciate your continued support and hard work to make this the best District year ever.

At the October meeting, Andrea Connor, an active member of the Wauconda Woman's Club and her service dog will speak about the care and training of service dogs how they assist anyone with disabilities. Andrea is. District Chairmen, I am looking forward to your monthly reports to keep up all informed on the latest happenings.

Keep in mind with your busy schedules that October 22nd is "Make a Difference Day". The food pantries need your help in helping with those less fortunate. Please make sure that each President give me a tally of the number of hours spent, the total amount donated and any other specifics that make your project a great one!

And don't forget that October is
"Breast Cancer Awareness" month.

It is important for each of you to have a mammogram and annual checkup to provide early detection and treatment, if necessary. Protect yourself!! Wear a pink ribbon or pin as a reminder to all women to keep in touch with our bodies.

Yours in Federation Friendship,

Carol Johnson, President

Committee Reports

Health / Home Life ~ Willa Dietrich

Melissa Joan Hart suggests the following tips to stay healthy these days.

Prioritize shuteye.

Try to get 8 hours of sleep every night.

Keep moving

Even when you really don't want to. "Whenever you're hexed by sluggishness, Hart suggests pushing yourself out the door. Down some water and start with a walk.

Fuel Right

Her diet has a major effect on her energy level. "I'm much more driven now to eat healthy because I want to feel good. Hart always keeps nutritious options (like almonds and pieces of fruit) on hand. She also takes probiotics every day. And, most importantly, she says she drinks a lot of water.

Hart believes a healthy lifestyle starts with your dietary decisions: "It's key to make the right food choices that help you feel good, so you can stay motivated to be healthy and keep feeling good," she explains. "It creates a pattern."

Build on good habits.

Speaking of patterns, Hart is quick to point out that lifestyle changes don't happen overnight. "Start with one small thing" For example this week opt to take the stairs instead of the elevator. Then next week, you can try to cut back on added sugar. "You make something a habit after a few times of trying it," she says, "So eventually you'll be able to make these lifestyle changes that stick."

Summary of an article found on Health.com.

Conservation ~ Barbara Eskoz

This article is from the Nature Conservancy:

The water problems we face are complex and urgent. The only way to create a healthier future is for everyone to do their part. We must use less water and save the sources of our water. There are actions that each of us can take at home, online, and outside to reduce our own impacts.

5 Simple Things You Can Do at Home

1. Run washing machines & dishwashers only when they're full. Large loads = less water used. And save energy by turning off the auto-dry setting and letting your dishes dry naturally.

2. Keeping a timer in your bathroom will help you take a shorter shower. And please turn off the faucet while brushing your teeth. All that perfectly clean tap water is just going down the drain.

3. Turn off lights and unplug chargers. Water is used in all forms of energy generation. It can take over 4 gallons of water to keep a 60-watt light bulb lit for 12 hours.

4. Use biodegradable cleaning products. The water that goes down your drains will eventually flow into streams and bays.

5. Skip meat for one meal a week. It can take about 600 gallons of water to produce a hamburger. (Think of all the grain that's grown to feed the cattle.)

Dates & Locations for 2016 – 2017

All meetings start with registration at 10:00 a.m. and meeting starts at 10:30 a.m., unless otherwise indicated. Break for lunch about noon. Meeting continues after lunch as necessary.

October 26

Dover Straits
890 US Hwy 45
Mundelein

November 30

Arboretum Club
401 Half Day Road
Buffalo Grove

January 25, 2017

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

February 22, 2017

Arboretum Club
401 Half Day Road
Buffalo Grove

March 29, 2017

Dover Straits
890 US Hwy 45
Mundelein

April 26, 2017 **NOTE CHANGE**

Bonnie Brook Golf club
2800 N Lewis Avenue
Waukegan

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 – 2017 are as follows:

November 30 meeting ~ November 1
January 25 meeting ~ December 29
February 22 meeting ~ January 27
March 29 meeting ~ February 26
April 26 meeting ~ March 29

Wednesday, October 26, 2016

Doors open: 10:00 AM

Meeting: 10:30 AM

Lunch: 12:00 PM

Dover Straits Restaurant

890 East U. S. Highway 45, Mundelein, Illinois 60060

(847) 949-1550

MENU

At the event, choose one of five pre-selected entrees:

Jumbo French Fried Shrimp;

Broiled White Bass Filet Savoy served with Sautéed Onions, Peppers,
Mushrooms & Tomatoes topped with Lemon Butter Sauce;

New York Strip Steak served with Béarnaise Sauce;

Breast of Chicken Marsala sautéed with Mushrooms, Garlic & Marsala Wine
Sauce; or

Broiled Atlantic Salmon Filet topped with Béarnaise Sauce.

Includes: cup of soup, tossed green salad with choice of dressings, potato,
vegetable, rolls & butter, spumoni ice cream,
decafe/regular coffee, hot/iced tea or choice of soft drink.

Social time at approx. 11:45 AM . Cash bar

\$23.00 per person, payable with reservation;

all reservations must be received by October 19th.

A MADE RESERVATION IS A PAID RESERVATION!

Make checks payable to: GFWC IL 10th District

Mail to:

Marty Butler, 2808 13th Street, Winthrop Harbor, IL 60096-1452

Club Name _____ Amount Enclosed _____

List names	Amount Enclosed

GFWC ZION WOMAN'S CLUB HOSTS
"LADIES' NIGHT OUT"
FOR DINNER AND BUNCO

Friday, October 21, 2016, 6:00 PM
at The Inn at Market Square*
2723 Sheridan Road, Zion, IL 60099
***Same Location as Last Year**

Enjoy a delectable dinner & then have fun playing Bunco!
No previous experience needed.

Dinner includes:

Chicken,
Garden Salad w/Choice of Dressing,
Potato, Vegetable and Beverage.
Desserts will be served after Bunco.

DOOR PRIZES! SILENT AUCTION! 50/50 DRAWING!
Only \$20.00 per person – All profits used in support of charities.

Order tickets in advance; reservations needed by October 15th.
Mail reservation form with check payable to "GFWC Zion Woman's Club" to:
Regina Orawiec, 1800 Gilboa Avenue, Zion, IL 60099

For additional information, call Regina at 847-445-6444.

----- Cut here and return with check -----

Name: _____ No. of Tickets _____

Address _____ Total Enclosed \$ _____ .00

City/State/Zip _____

Scrappin' and Craftin' the Day Away

Presented by Antioch Junior Woman's Club
~ Saturday November 5, 2016 ~

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 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 29, 2016

Walk-ins or registrations received after October 29 are \$50.

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Registration is on a first come, first serve basis. Advance registration deadline is October 29, 2016.

Walk-in or late registrations is \$50. Questions? Call Margaret Cole at 847-395-0172 or email at  
antiochjuniorwomansclub@gmail.com

Participation cost is \$40 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 very specific who is in your seating group. Maximum per group is 8.

Please list the names of the people in your group.

Reservations may be sent in together.

*\*\*\*The Antioch Junior Woman's Club reserves the right to cancel this event if  
a minimum of 35 participants are not registered. Full refund will be made.\*\*\**

# WAUCONDA WOMAN'S CLUB

## “French Garden”

### CALCUTTA GAME & LUNCHEON 2016

#### Annual Fundraiser



**Date: Saturday, November 12<sup>th</sup>, 2016**

**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 1<sup>st</sup> traffic light west of Darrell Road)

*Come join us for Many Great Prizes,*

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

*Fun & Good Food!*

*Menu: Pork Tenderloin, Salmon or Vegetable Lasagna*

*salad, roasted potato, mixed vegetable, rolls, French Lemon Pie & coffee or tea*

**Calcutta Tickets: \$20.00 Luncheon Tickets: \$25.00**

**RSVP by November 8<sup>th</sup>**

**Call Sally Lambert at 847-526-2322 for tickets**

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