

GFWC Illinois 10th District

November 2016

Presidents Message

What do you know about Junior Clubs?? We have several that are part of our district and we do not have much interaction with them. Come to the November meeting as Margaret Cole, our Junior club Liaison, will give us a run down on the Juniors and what they are involved with and how we can become more involved as one District.

The Great Lakes Conference was this past weekend and six District members attended. Shelia Shea gave a rousing welcoming speech on how proud each of the clubs should be of their accomplishments and all that GFWC does for not only women, but the country as a whole—so get the word out!! Saturday night was costume night and the costumes were very creative and fun to see. It was an enjoyable conference with members from Illinois, Indiana, Michigan and Wisconsin all getting together and exchanging ideas.

Remember to let Regina Orawiec, Arts Chairman, of your entries for the District Art Show. This is always a fun filled day to view the many creative entries and the work that has gone into each entry.

During the holidays and busy schedules, don't forget to gather your information for report writing. Maybe snuggled up by the fire place with a glass of wine will do the trick. DO WE NEED TO PLAN A REPORT WRITING WORK SESSION???

I hope you all have a pleasant Thanksgiving! Our November meeting is the last one for the 2016 year. We will not meet again until January 25, 2017. HAPPY NEW YEAR TO ALL!!!

Carol Johnson,

630-696-6385

Committee Reports

ARTS ~ Regina Orawiec

The state has several contests in the area of the arts. Entries for the short story and poetry contest are due to the state art chairman, Betty Koran, by February 1st. Photography entries are due by March 1st. Painting and arts and crafts entries are due on the first day of the state convention. There are two opportunities for grants. The Very Special Arts and Arts Grant for Schools. Applications are due by March 1st. More information is available on the GFWC Illinois website.

Our District Art Show is January 27th at Gregg's Landing in Libertyville. You may enter as many items as you have completed in 2016 but only one per each of the following categories. Signed items need to be presented with the name covered. The decisions of the judges are final. Ribbons will be awarded for first, second and third places in each category.

The categories are:

1. Oil painting, water color, acrylic, tempera
2. Colored pencil, etching, charcoal
3. Decorative painting~any media~china, ceramic, wood, glass, metal
4. Needlepoint, cross stitch, plastic canvas, latch hook, rug hook, weaving
5. Embroidery, tatting, quilting
6. Wall hanging
7. Crochet, knitting
8. Holiday decor
9. Floral arranging, wreaths
10. Paper art, albums, stencil, stamped cards
11. Jewelry, beading
12. Sculpture
13. Dolls, stuffed animals, wearable art
14. Photography

Decide on the category of each of your entries. To afford a little more preparation and organization, the entry cards need to be completed and mailed by January 15th to the chairman, Regina Orawiec. When you arrive to deliver your entry, you will need to place your art

by the card placed by your category. The cards need:

Front

1. Your name
2. Club name
3. Category

Back

1. Category
2. Kit or an original,
3. A brief description including approximate size of your item

Conservation ~ Barbara Eskoz

---this is from Direct Energy.com

Energy Efficiency Tips For the Fall

- Seal all leaks around doors, windows, and electrical outlets. Heat from your home escapes out of these cracks. By sealing these leaks, you can save up to 20% on your heating bill, and the cost of materials is typically under \$20.
- Fall is the best time to clean the chimney and get vent systems checked.
- Is your insulation up to par? For a minimal cost, you can upgrade the insulation in your exterior walls, crawlspaces, basements and attics. Insulation may come in batts or loose fill, which can be blown into place and get those hard to reach places.
- Make sure your heating vents aren't blocked by furniture or drapes and the dampers are open.
- Did you know that if you never run out of hot water, then you've probably set your hot water thermostat too high? Before the winter comes, set your thermostat between 110 degrees Fahrenheit and 120 degrees Fahrenheit. Melissa Joan Hart suggests the following tips to stay healthy these days.

Health/Home Life ~ Willa Dietrich

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.

Household Hints and Tips

To restore finished wood furniture, steep two tea bags in hot water for 10 minutes. Let cool, then dampen a clean soft cloth with tea and wipe wood furniture. It will bring out the woods natural color and shine.

Use kitty litter mixed with baking soda in a pan to neutralize musty or bad odors.

To make nail polish stay on nails longer first coat fingernails with white vinegar using a cotton ball. Let dry then apply nail polish. To quickly dry nail polish dip fingers into a bowl of cold water. Then shake excess water from hands and allow hands to air dry.

A little olive oil and enough sugar to make a paste make a nice facial scrub. Gently massage onto face avoiding eye area then rinse with warm water. This can also be used on hands.

Witch Hazel is a great facial cleanser and toner.

If you have weeds growing in the cracks of your patio, deck, or driveway, kill them by

spraying them with a solution of ¼ cup salt added to 1-gallon water.

If your dryer seems to take longer to dry the clothes than it used to, remove the screen filter and scrub both sides with a soft brush in warm soapy water (an old toothbrush works well). Then rinse thoroughly and dry before putting back in dryer.

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.

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:

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

Club News

GFWC ISLAND LAKE Woman's Club is also using the pounds and ptsd dog program for two reasons we are assured of dog being rescued and the lower cost of providing an animal to help service people live a better life. Soldiers Best Friends- pound dogs and PTSD service people enjoy life together.

Canine Companions for Independence This is the oldest and largest assistance dog program providing trained dogs for children, adults and veterans with physical disabilities. The organization was founded in 1975 and they have placed 3,700 assistance dogs.

contact [707-577-1700](tel:707-577-1700) website www.CCI.org or BBunger@CCI.org.

Merrily Willard Fantus Vice President 2016-2018

Wednesday, November 30, 2016

Doors open: 10:00 AM Meeting: 10:30 AM Lunch: 12:00 PM

The Arboretum Club

401 Half Day Road (Rte. 22), Buffalo Grove, IL 60089
(847) 913-9112

MENU: On the form below, indicate one of these three entrees:

Pan-seared salmon with lemon dill caper sauce served with wild rice pilaf;

Chicken Dijon with white wine Dijon cream sauce served
with garlic mashed potatoes;

Or, Roasted butternut squash ravioli tossed in a light garlic cream.

Includes: mixed green salad with choice of balsamic or ranch dressings, fresh seasonal vegetables, rolls & butter, homemade apple pie a la mode, 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 November 18th.

(Final guaranteed count with payment must be made 10 days before the event.)

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

Phone: (847) 872-7040

Club Name _____ Amount Enclosed _____

List names	Entree	List names	Entree