



Lisle Woman's Club

established 1963



President's Message:

Happy February! Let's hope the worst of winter is behind us! February is a month to celebrate love, especially on Valentine's Day.

There are many theories about the origins of Valentine's Day. One of the most popular depicts a saint who defied Roman Emperor Claudius II's decree which outlawed marriage for young men because Claudius believed single men made better soldiers. St. Valentine, acting against the emperor's edict, continued to marry young lovers in secret. But credit is traditionally given to Pope Gelasius for declaring February 14 th as Saint Valentine Day around the year 496 to separate the church from the Roman celebration of Lupercalia, an ancient pagan festival that occurred on February 15 th . Thus, we celebrate love on Valentine's Day every February 14 th .

Let's all take a minute to celebrate those in our lives that we love this year. Why not send a Valentine to someone you've lost touch with or owe a call to or maybe were too busy to call for the holidays? Everyone loves receiving mail and receiving a Valentine can make someone's day!

February

7 LWC meeting

10 Susan Barker

12 Environment Meeting (Dot's place)

17 Voter Registration training (see Lucy)

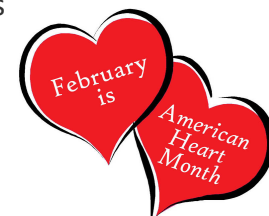
19 Book Club Library

21 Garden Gait Park District

27 Paula Garcia

March

6 LWC meeting



Lisa Snow, Community Outreach Manager at Almost Home Kids, will be providing an inside look at Almost Home Kids, a transitional-healthcare program for children who are being discharged from a hospital, but still need medical care while home preparations are being made. The children receive 24-hour medical and nursing support from pediatric nurses in a comforting environment, while their parents learn how to care for their children once they transition back home.

Almost Home Kids has been in their present location in unincorporated Naperville for 25 years. We will learn about their volunteer program where individuals learn how to interact with children in developmental play, using sensory toys, reading books, and simply learning how to hold babies.

Also, since Liz Sullivan will be on a cruise, I will be filling in for her for the February meeting. If anyone needs time on the agenda, please let me know.
Thank you. Lorna, Vice President

February Book Club

Book club this month is on Monday, February 19th at the Lisle Library meeting room A at 7 pm. We'll be discussing Klara and the Sun and, if there's time, we can discuss The Sentence. Due to the weather, January's meeting was cancelled. If there's a question of bad weather, be sure to check Facebook or the website to see if the meeting is cancelled.



Environment Committee

There will be a meeting of the Environment Committee on Monday, February 12, at 6:30 PM at my home, 6088 Brookline Court. PLEASE RSVP To Dot at mombattle@hotmail.com or 630-886-3393. Hope to see you there.

Dot and Lorraine

To the Girls Who Are Labeled...

Bossy: Keep leading.

Difficult: Keep standing your ground.

Too Much: Keep taking up space.

Awkward: Keep asking questions.



Environment

SPRING PLANTING, DON'T FORGET THE MONARCH BUTTERFLIES

Before you know it, we will be browsing our plant catalogs and thinking about what we want to plant in our gardens this year. I thought it would be appropriate to include this article that I came across at this time as we ponder spring and all it has to offer.

It's a sad time to be a monarch butterfly but there is something we can all do about it. Monarch caterpillars are running out of food. Milkweed is getting harder and harder for them to find, and it's their only source of food. We need to end the habitat loss and overuse of pesticides that is leaving monarchs with nothing to eat. Monarch caterpillars are starving. Monarch caterpillars only food is milkweed, which is rapidly disappearing across America. Toxic pesticides are one factor contributing to the decrease of milkweed. Glyphosate is the main ingredient in Roundup and it destroys monarch's food. Without decrease of milkweed, monarch moms struggle to find a place to lay their eggs. And when monarch caterpillars hatch, they go hungry. When monarchs grow up and take flight, they have a long migration ahead of them. But it's impossible to make that journey when a butterfly is running on empty. We need to help milkweed rebound, and in turn, we can help starving monarchs get enough food to survive.

Here's how two simple things we can do to help to save the monarchs. To bring milkweed back, avoid the use of pesticides such as those containing glyphosate, example: Roundup, which has decimated plants that monarchs depend on. This will help to create a pollinator-friendly habitat or butterfly nursery which you can enjoy the beauty you have created. Also did you know an Illinois Monarch Butterfly License Plate is now available – the first Universal License Plate to be issued in Illinois! Proceeds from the plate support the Illinois Department of Natural Resource's' Roadside Monarch Habitat Fund which helps foster habitats to support the butterflies during their twice-yearly migratory journey from Mexico to Chicago with a goal to add 150 million new milkweed stems and other nectar resources to be the Illinois landscape in the next 15 years. You can learn about this program and how to order your own license plate by contacting ilsos.gov, The Office of the Illinois Secretary of State.

HAPPY SPRING AND HAPPY PLANTING! Dot

Public Relations Joanne

We've had some new businesses move into town and Public Relations went to greet them with a beautiful plant, a card welcoming them to town and information about our club!

We stopped into Caring Smiles Dental and meet with some staff members. The office is beautiful and state of the art!

Jennifer Rizzo Design Studio is new and offers many different types of classes and has a great shop.

Crooked Arm Vinyl and Tap is a very unique place in Lisle. Great selection of vinyl records and great tap beer selection.

Finally, we were thrilled to welcome Little Pops to Lisle! Whether it be lunch or dinner you will love their food!



february will be filled with abundance.
february will be filled with happiness.
february will be filled with positivity.
february will be filled with peace.
february will be filled with love.
february will be filled with money.
february will be filled with blessings.

Health and Wellness

Friluftsliv: Open-Air Living

By Yvonne Hammond

Many of you may have heard about “Forest Bathing” or Shinrin Yoku from the Japanese. It is a

contemplative walk in the woods, breathing in the fresh air taking in all of one’s senses. The

Scandinavians have such a thing which is called “Friluftsliv” which breaks down to “Fri” means

free, “luft” is air and “liv” means life. The life in fresh air, or in English “an outdoorsy life”

The concept of Friluftsliv is a philosophy of outdoor life and involves a simple life in nature. It is

harmony with nature without destroying or disturbing it. It encourages you to seek a

connection with nature which would be beneficial for all of us, even in winter.

Originally, friluftsliv does not require you to survive alone in the elements of nature. It can

include anything from taking Sunday hikes in the woods with your family, to cross country

skiing with friends, or perhaps ice fishing with kids or grandchildren. In Norway parents like to

put their children in frilufts kindergartens which ensure that their kids will be spending

minimum 80% of their time playing outside no matter the weather. We have that here at the

Morton Arboretum in Lisle. I used to volunteer in their day program called “Little Trees” for

preschoolers and we spent most of our time outside, wandering the woods, looking for acorns and woolly bear caterpillars in the Fall and sledding down hills near the Joy Path in the winter.

The weather doesn’t matter, (unless it’s minus 30 degree windchill)! My grandfather used to say, “There is no bad weather, only bad clothes.”

How can this help you right now? Friluftsliv can be practiced alone or with friends or family and can be seen as a form of stress reliever or even

meditation. I believe Scandinavians also use it as anger management. What is better to relieve tension than walking a forest path alone or bike around a lake while talking to nobody? Not much.

If you are working from home, you might want to take that time outside on a daily basis and get a bit of sunlight during the long winter months. If you are infirm and can’t go outside, try opening your windows a crack in the morning for 15 minutes to let fresh air into your house (like our grandmothers did). It’s beneficial to have plenty of sunlight and fresh air for not only our physical health but mental health.

Jag önskar dig god hälsa / I wish you good health!

Education and Libraries

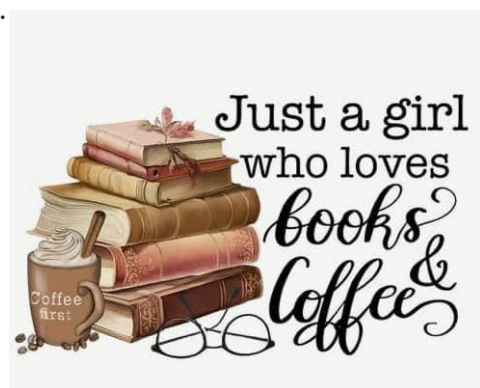
Ladies,

We are back on track for collecting books at the meetings. Please bring donated books to the meeting next Wednesday, February 7th. If you need to leave them in your car, we can collect them from there.

We are collecting for two distinct communities: Barbara Thompson accepts, curates, and delivers books to Statesville Prison. Fiction, religious, reference, sports, humor, nature, travel, and other are genres that would be suitable for prison. Brenda Hatch accepts, collects, curates, and schedules deliveries to 3 food pantries. Those books can be teen and children’s books. So, bring your donations. The person donating the most books at the meeting will receive a candle.

Thank you!

Luisa Buehler
Chair Education
and Libraries



Adopt a Lisle Veteran's Grave for Christmas 2023



Pictured top: Jim Fousek
Center: Jodi Heiser and Sue Johnpeter of the DAR
Bottom left to right: Jodi, Fr. Gabriel Baltes, Don Smith, Bill Smith

Day of Event Volunteers

Julie Berkowicz	DAR*, Naperville
Jill Breedlove	Downers Grove VFW 503
Michael Breedlove	Downers Grove VFW 503
Jill Brewer	DAR, Fort Payne Chapter
Luisa Buehler	Lisle Heritage Society, Lisle Woman's Club
Ted Buenz	Knights of Columbus 15168
Jason Cadell	Knights of Columbus 15168
Cathy Cawiezel	Lisle Heritage Society, Lisle Woman's Club
Mike Czech	Lisle Heritage Society, Knights of Columbus
Jim Fousek	Lisle Heritage Society
Jodi Heiser	DAR, Fort Payne Chapter
David Houda	Knights of Columbus 15168
Sue Johnpeter	DAR, Naperville
Don Johnson	Lisle Heritage Society
Rae Ann Jones	Downers Grove VFW 503
Tom Kmiecik	Lisle Heritage Society, Knights of Columbus
Tom Kmet	Knights of Columbus
Evelyn Leyva	Downers Grove VFW 503
Jan Montalbano	
Greg Montalbano	
John O'Brien	
Heidi Otto	Lisle Heritage Society
Alicia Ponce	Downers Grove VFW 503
June Simpson	Downers Grove VFW 503
Bill Smith	Lisle Heritage Society
Don Smith	Lisle Heritage Society, Lisle VFW 5696
Lorna Turner	Lisle Woman's Club

*DAR -Daughters of the American Revolution

Volunteers from five local community groups united to ensure that the more than 80 veterans interred at Lisle Cemetery were honored and remembered with a graveside fresh evergreen wreath for the season.

This project would not be possible without all the **generous donors** who contribute to defray the expense of the wreaths and stands. We are still in the process of getting thank you cards out!

Very special thanks to **Fr. Gabriel Baltes, O.S.B.** for blessing the event, to **Don Smith** and **Don Johnson** for delivering all the wreaths, **Bill Smith** for setting up the sound system, and members of the **DAR** for volunteering and donating.



American Heart Association.



Ladies don't forget to wear your red this month and take photo or have someone do it for you and send it to me. PLEASE.





Save the Dates!

GG MEETING

FEBRUARY 21, 2024

Lisle Park District, Multi-Purpose Rooms

6:30 PM

Doors open 6 pm

GG MARKETING STRATEGY MTG

Lisle Library Mtg Rm A

Feb 13th: 6:30 PM

FUN FACTS ABOUT GG RAFFLE BASKETS

Ticket sales 2021 \$1700, 2022 \$1600, 2023 \$1500

Potential Businesses solicited 160+

Assortment of donations include Gift Cards, Wine

Tastings, Hair Products, Purse & Scarf,

Ski Package, Golf, and more!

**In 2023, The raffle included 30 baskets each valued
at over \$100.**

**Please volunteer for this committee to ensure the
continued success of this fundraising!**

GARDEN GAIT

JUNE 9, 2024

Kathleen Palia, Garden Gait Chair