



Lisle Woman's Club

established 1963

November 1, 2023

President's Message:

November is the time of giving thanks. It was customary to express gratitude for a bountiful harvest in the cultures of both the Pilgrims and the Native Americans. Today, Thanksgiving is a day for Americans to gather for feasting, football, and family. Take the time to enjoy and reconnect with families and friends. Take advantage of the great outdoors; enjoy the change of seasons. "Take the Road Less Traveled." Hopefully you'll enjoy and participate in the presentations at our November meeting as we hear speakers from GFWC, the General Federation of Women's Club. It's exciting to learn how we fit into the larger organization. In a way, we are part of a larger family. The next quarterly Board of Directors (BOD) meeting is Wednesday, November 29th, at 6 PM at the Lisle Park District. The BOD meetings are for all Committee Chairs (or Vice-Chairs) to share new or update existing project ideas. All club members are invited to attend.

Liz Sullivan

President

November

1 Club Meeting

4 In-person: Local Author Fair

8 Kathleen Palia

11 Marilyn Cuber

13 Pat Briggs

13 Alice Nally

14 Jeanne Rist

15 Lima Fresca Taco and Tequila Bar

19 Yvonne Hammond

19 Christmas gifts due

20 Book Club

21 Liz Sullivan

22 Catheryn Cawiezel

29 Debora Pawlowicz

29 BOD

Dec 2 The Paris Bistro in Naperville



**GENERAL FEDERATION
of WOMEN'S CLUBS**



In-person: Local Author Fair in partnership with DG Writer's Workshop

Just in time for Indie Author Day! Discover new adult, teen, and children's titles by local authors who will discuss, answer questions, and sign copies of their books Saturday, November 4
10 a.m. - 2 p.m.

Federation

The Power Of Choice: **CHANGING THE FUTURE FOR CHILDREN**

October 26-27, 2023
Naperville, Illinois



Prevent Child Abuse Illinois is part of the mission of GFWC ILLINOIS Junior clubs. Over 400 counselors, social workers, caregivers, medical staff, DCFS and other concerned professionals gathered at the Marriott Grand Ballroom on Diehl Road and Naper Blvd. On Thurs and Fri, Oct 26 and 27, they heard from knowledgeable speakers on how to strengthen their resolve when serving their clients. They earned their continuing education credits while attending breakout groups listed on four pages of topics. Bea Fodor along with Elgin Junior Woman's Club and Naperville Juniors volunteered to sell raffle tickets for 20 generously filled baskets. During the 9 hours, Bea greeted and chatted with so many gals from all over Illinois. Bea was humbled by being among all these caring professionals. Members of GFWC Illinois also serve on the Board of Prevent Child Abuse. In the Spring WE, Lisle Woman's Club WILL attend the annual Luncheon and fashion show. Oh how I wish these services were available in the 1950s without the stigma of needing them.

Bea Fodor
bfodor67@gmail.com
630-901-4333

Fundraising

LWC **BUNCO** FUNDRAISER UPDATE: We still need a few helpers!

General event information:

On Thursday, November 9, 2023 at 6:15pm, the LWC will be hosting an evening of bunco, prizes, pizza, pop and sweets at Stilin's Neighborhood Pub and Grill in Lisle. A cash bar and the opportunity to purchase basket raffle tickets and 50/50 tickets will be available.

Tickets: This event is SOLD OUT!



Dessert donations: Still seeking dessert donations. Would you be willing to donate of 2+ dozen cookies, bars, etc. to add to the dessert table? Pick-up on November 8 or 9 can be arranged.

Prize donations: Still seeking 2 bottles of wine to add to the raffle baskets prior to October 30. Can you help? Pick-up of your donation can be arranged.

To make a donation of the listed items, contact Barbara Akkeron at (312) 914-2978 or barbara.akkeron@bairdwarner.com. Thank you to all for supporting this fun fundraiser!

Communications and Public Relations

Please remember that if you want anything posted on our calendar especially **meetings dates, events and due dates for projects**. Send them to me and I will forward them to our web ladies or to be posted on social media.

Thank you,

Joanne Ehrhardt

jmehrhdt66@gmail.com

CPR

CPR and Arts and Culture

A big **THANK YOU** to Nancy Oij, Sandy Harshman, Pat Briggs and Brenda Hatch for volunteering to help with Trick or Treating Saturday, October 28th. We're excited to be decorating Halloween boards and playing Pumpkin Buckets! Making FUN for the kids!

Joanne Ehrhardt and Nancy Oij.

Joanne



BOOK CLUB

Our book for November's meeting is *Little Fires Everywhere* by Celeste Ng. We meet at the Lisle Library, Meeting Room B on Monday, November 20th at 7 p.m. Bring a friend and come and discuss this book with us. As always, anyone is welcome to attend book club.

Contact Barbara or Nancy if you have any questions. Hope to see you there.

ARTS AND CULTURE

We had a great turnout for our Oktoberfest Dinner at Bavarian Lodge last month. This month, Kelly Dixit is hosting a Wine Tasting Party at her house on Wednesday, November 15th. Kelly won the raffle basket at Garden Gait this year. Thank you, Kelly for sharing. We'll gather at 6:30 p.m. and the tasting begins promptly at 7 p.m. There will be appetizers along with the wine tasting. Look for the flyer and sign up at the November meeting. If for some reason you won't be at the meeting to sign up and would like to come, please contact Kelly directly. Don't wait too long to sign up, space is limited.

On Saturday, December 2nd, we're meeting at 10 a.m. at The Paris Bistro in Naperville. Come fuel up before your busy day preparing for the Christmas holiday. The Paris Bistro is located at 2656 Showplace Drive, Naperville, IL 60564.

Look for the sign ups at the November 1st meeting. If you're unable to sign up then, send Nancy Oij a message and we'll add you to the list.

Nancy O. and Alice

Lisle Woman's Club – Lisle Township Holiday Gift Giving

It is not too late to sign up to participate in the Lisle Township Holiday Gift Giving. If you are interested in sponsoring a child with a gift and/or providing a *Thanksgiving Turkey* or a *Christmas Ham* - Please email kburris0330@gmail.com no later than Thursday, November 2.

All information is listed in the attached letter. As a quick reference, the time frame is:

All wrapped gifts can be brought to Joanne Ehrhardt's home no later than Saturday, December 2 at noon.

Drop your Food donation to Karen's home:

Thanksgiving – on Sunday, November 19 between Noon and 2:00 P.M.

Christmas – Sunday, December 17 between Noon and 2:00 P.M.

Thank you, Civic Engagement and Outreach.



CLUE - NOVEMBER 3rd, 4th & 5th

It's a dark and stormy night, and you've been invited to a very unusual dinner party. Each of the guests has an alias, the butler offers a variety of weapons, and the host is, well . . . dead. So whodunnit? Join the iconic oddballs known as Scarlet, Plum, White, Green, Peacock, and Mustard as they race to find the murderer in Boddy Manor before the body count stacks up. Based on the cult classic film and the popular board game, Clue is a madcap comedy that will keep you guessing until the final twist. Mark your calendar now to join us on November 3 & 4 at 7:00 pm and November 5 at 2:00 pm in the Lisle High School Auditorium. Public ticket sales begin next Monday, October 23 at 9:00 am at <https://lhspresents.ticketleap.com/fallplay2023/> or through the LHS office.



Octoberfest Dinner at Bavarian Lodge



Vice President

Ladies, this month's program will provide you some further insight as to what to expect with the upcoming convention which is taking place in downtown Chicago in June. Our speaker about the convention will be Ruth Slood. Additionally, Carol Jablonski, long-time member of the Darien Woman's Club and currently the GFWC Treasurer, will join our meeting to explain the structure of GFWC and issues that are arising at the state level. Ever wonder why a certain issue is being handled a particular way, bring the question to the meeting and ask Carol! Ever wonder how other clubs have handled a situation, ask Carol! Or submit your question to me prior to the meeting, and I will see that Carol addresses it. This should be an enlightening meeting for all our members, especially those that are new to the club.

Lorna

Trick or Treat downtown Lisle

It was a spooktacular day for all the Trick or Treaters in downtown Lisle! The club was there playing Pumpkin Buckets and having the kids write messages on our blackboards! The boards are in stores downtown. We passed out Halloween pencils, tattoos and candy! The kids loved it all! Parents remembered and appreciated the bucket game. Lots of businesses up and down Main Street participated. Thank you to Debbie Pawlowicz for hosting us and to Autumn @ the Collective for putting this all together!

Joanne



Environment Committee

We are requesting the approval of LWC members to support a \$0.10

fee on single-use bags (plastic and paper) at checkout while shopping at specific retail locations in Lisle.

Background: Our committee is interested in working with our Lisle community (village government, business leaders, schools, and

other willing parties) on implementing an initial fee-based program on single-use bags when shopping that will eventually lead to a complete ban on plastic bags. The purpose is to change behavior and encourage the use of reusable bags with the ultimate goal of minimizing plastic/paper use.

Significant adverse effects of plastic bags include:

- ▮ Made from non-renewable resources that do not decompose in landfills
- ▮ End up as litter in streets, highways, fields, and storm sewers (that causes flooding)
- ▮ Fatal for animals if ingested
- ▮ Difficult to recycle and jam equipment at sorting facilities.

Significant adverse effects of paper bags include:

- ▮ Requires more energy and resources to make than plastic bags
- ▮ Generates an excess amount of waste that takes up space in landfills
- ▮ Requires cutting down massive amount of trees
- ▮ Does not encourage use of reusable bags if paper is not included in the fee-based program

Data from other community bag fee programs: In Illinois, Oak Park, Woodstock, Edwardsville, Batavia, and Chicago have single-use bag fee programs already in place. Evanston has a complete ban on plastic bags with a \$0.10 fee on other bags which must be made of 40% recyclable material. Recently, the Naperville Mariano's proposed a ban on single-use plastic bags. A number of other communities in Illinois have a ban proposed, too.

Does the fee-based program work? The original thought was that if you charge a fee, the single-use bags at checkout would go down and reusable bags would go up. However, data from Chicago (population of 2,746,388) and Woodstock (pop. 25,646) showed the opposite.

Total Revenue from Bag Tax Collections

Town 2020 Collections 2021 Collections 2022

Collections Chicago \$6,259,043 \$7,479,829 \$15,822,805

Woodstock \$75,280 126,804 127,122

Eventually we would propose banning all plastic bags at checkout but will start the program out by offering bags for a fee.

Bag Fee Overview Program: Here are a few thoughts on moving forward with the program:

▮ Work with the Village of Lisle to develop an ordinance to encourage use of reusable bags while shopping and impose a single-use bag fee on plastic and paper bags

▮ Businesses that will be initially affected (over 5,000 square feet):

Jewel, Aldi, Walgreens, Dollar Tree

▮ \$0.10 per non-reusable bag (also includes paper)

o The village receives \$0.07

o The business retains \$0.03

▮ Village portion of the bag fee program goes to an Environmental Fund that may be used for sustainable programs, such as environmental education, reduction in yard waste fees, reduction in cost to recycle electronics (TVs, monitors), etc.

If the proposal is approved by LWC membership, then the Environment Committee will have discussions with Village Trustees by end of 2023 to gauge interest on the development of an ordinance.

We have talked with leaders from Woodstock and Batavia to get a general idea of the process and are very excited to move forward. In summary, this initiative is not meant to be a tax-generating proposal but an environmental sustainability proposal, whose time has come. After all, we are the Arboretum Village!

If you have questions, feel free to email Dot (mombattle@hotmail.com) or Lorraine





2023 Holiday Dinner

\$35 including tax + gratuity

Lima Fresca Time 6 PM
6320 Rt 53 Wednesday
Woodridge December 6, 2023

Appetizers

Guacamole, Empanadas, Albondigas

Enchilada Dinner

Cheese, Chicken, Barbacoa

Including Rice & Beans

Desserts

Mini Churros, Tres Leches Cake

Or order Salad, Soup, Steak,
Shrimp, Fish, Grilled Chicken off
regular menu.





Lisle Woman's Club Lisle Township Holiday Gift Giving

It is that time of year to spread Christmas Cheer! Lisle Woman's Club is participating in the Lisle Township Holiday Gift Program once again this year. Are you in? Just think of how your generosity will bring smiles to these kids on Christmas morning.



Lisle Township has a request form for families. They provide a birth certificate for each child 16 years old or younger, and a wish list. The families are informed that sponsors will be asked to provide one reasonably priced toy per child and/or reasonably priced winter clothing for each child.

Gifts: *Please have your wrapped gift to Joanne Ehrhardt's home no later than Saturday, December 2 at noon.*

- Please keep the dollar amount for your gift between \$25 and \$30.
 - Feel free to sponsor more than one child or co-sponsor a child with a friend.
- If you have multiple items to your gift, be sure to decoratively wrap everything in one box.
- Be sure to include your child's assigned number on the package.

Food: The township food bank will be providing Holiday meals. Please sign up to donate a Thanksgiving turkey or Christmas ham by November 10th. *Please have your donation to Karen's home: **Thanksgiving** – on Saturday, November 11 between 2:00 and 4:00 P.M.; **Christmas** – Sunday, December 17 between Noon and 2:00 P.M.*

- Additional food donations are being requested: nonperishable staple items such as canned vegetables, powdered milk, dried beans, pasta, sauce in a jar, peanut butter, etc. The pantry donations are down this year and any and all help is being requested.
- You can bring your other donations to any of the drop off times listed above. I will also be happy to collect donations at any of our meetings.

Any questions phone, text or email one of us.

Thanks,

Joanne Ehrhardt, 630-772-1504 – or – Karen Burris, 630-989-1777
2002 Middleton Ave. 5336 Westview Ln.

“Amber is the Color of your Energy”

By Yvonne Hammond

Every person on this planet is vibrating at a very subtle frequency rate between 5 to 10 hertz according to the SAO/Nasa Astrophysics Data System. Everything vibrates: the earth, the sky, the wind, fire and water all vibrate and have their own unique frequency. Our physical body, our organs, blood, all animals, trees, flowers, rivers, the ocean, stones, crystals, and metal, all vibrate. Nikola Tesla once said, “If you wish to understand the universe, think in terms of energy, frequency and vibration.”

We have a base metabolic rate when at rest, but when events start happening in our lives and our emotions are engaged, our vibrational rate changes rapidly, and often dramatically. What people don't know or understand, is a **thought** has a frequency. If you're thinking a thought over and over again, you're emitting that frequency on a constant basis. You become what you think about and you attract what you think about. Albert Einstein once said, “Everything is energy and that is all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way, this is not philosophy.”

Poorly-managed negative emotions are not good for our health. Stress upsets the body's hormone balance, depletes brain chemicals required for happiness, and damages the immune system. Chronic stress can actually decrease our lifespan. Science has now identified that stress shortens our telomeres, the “end caps” of our DNA strands which causes us to age more quickly.

Dr. Masaru Emoto, a Japanese researcher whose photos of water crystals are responsible for us not perceiving water merely as H₂O molecules anymore. According to Dr. Masaru's theory of water “consciousness”, water can respond to

human emotions, thoughts, words and even written messages. The water can pick up the vibrations as a result of certain emotions and change its structure accordingly. Dr. Masaru demonstrated how water exposed to loving, benevolent and compassionate human intention, results in aesthetically pleasing molecular formations in the water while water exposed to fearful and discordant human intentions, results in disconnected, disfigured and unpleasant physical molecular formations.

If negative or positive energy vibration can change the structure of water, how does negative energy and/or positive energy affect humans? In adult men, about 60% of their bodies are water, adult women are 55%, children 65% and infants 75%. This being so, we must be very mindful of how we interact with others and choose our words carefully. Raising our frequency protects us from lower frequencies such as fear, anger, and depression.

How to raise your vibration:

- Believe in ourselves
- Gratitude & Generosity
- Positive attitude
- Forgiveness
- Exercise and meditation
- Say kind words
- Surround yourself with uplifting people
- Consume high vibe books, music and other leisure activities
- Spend time in nature
- Think positive!

