



Lisle Woman's Club

established 1963



President's Message:

I hope everyone enjoys our Holiday Dinner at Lima Fresca on Dec 6 th . Thank you, Lorna, for all your hard work in planning this event.

Also, I want to thank all the club's generous members who donated food and/or gifts to the Lisle Township Holiday program. Thank you, Karen and Joanne, for coordinating and delivering the donations.

Enjoy the holidays! December is a time for enjoying friends and family and cuddling by the fireplace. Did you ever wonder why that hug or cuddle feels so good? Research shows that that a hug releases the hormone oxytocin, "the feel-good hormone", which can increase one's overall feeling of happiness. It also releases endorphins, the same hormones released during athletic workouts.

So, if you're too busy to make it to the gym during the holidays, simply get an extra hug or two and you'll get that good feeling anyway!

Have a happy holiday and we'll see you on January 10 th at our next meeting.

Liz Sullivan

President Lisle Woman's

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Looking forward to our Holiday Dinner on December 6 at Lima Fresca. If you haven't signed up and would still like to attend, contact me at lornaturner@comcast.net. The deadline is November 28 Lorna Vice President

December

Nov 29 BOD Library

2 Merry on Main

2 Adopt a Lisle Veteran's Grave for Christmas

2 LWC Brunch

6 Leslie Gall

6 Kathy Stoner

6 LWC meeting dinner

7 Mary Costello

13 Marianne Roenna

18 Book Club Library

21 GG Marketing Strategy Meeting

25 Christmas

26 Penny Giza

Jan 1st New Year's

Membership

Go to the website and check out your information and let Sandy H or Leslie know if something needs to be corrected.

Health & Wellness

Holiday safety tips

From Yvonne Hammond

As we reach December, National Safe Toys and Gifts month, I thought I'd point out the obvious: Please choose gifts carefully, especially for children. I think we all know that children will stick just about anything up their noses, ears or mouths (I'm recalling a time when, my brother was 4 years old and put a screw up each of his nostrils. On the way to the hospital, I told him to BLOW out his nose HARD and two screws shot out like bullets before we even left the neighborhood!) With that in mind, here are some tips for giving gifts to young children:

Design and materials

Is it a plush toy with button eyes? Remember those buttons can be chewed off by little ones and choked on as well as other small toys.

Some plastic toys are unsafe for kids as they leach and contain dangerous toxins, such as DEHP, BPA, and phthalates. Avoid toys made from PVC (plastic #3) or plastic #7, and consider toys made from wood, bamboo, or silicone over plastic. Look at the labels or ask the shopkeeper to guide you.

Pull toys with long strings, or other toys with long cables, ropes, or cords can be dangerous.

Be careful with antique toys

You can find all kinds of neat things at garage sales, antique malls, and flea markets, but some older toys may contain lead or toxic paints, or may not be approved by modern toy safety standards.

Remove wrappers and packaging

Remove extra tags, bags, ribbons, or any other packaging that may present a choking hazard for small children and discard. A great solution to all this, is to wrap the gift in fabric. "Furoshiki wrapping" is the Japanese way of wrapping gifts. You can wrap and tie your gift and easily fold and store away till next year. It's a great way to save money and save the environment.

Safety gear makes a great gift, too

Helmets, wrist guards, knee pads, and elbow pads, can help make sure that your child stays safe while having fun on riding toys.

Last tip for all: Food safety Internal food temp should be 140 degrees F or above. Refrigerate food within 2 hours at 40 degrees F or below! Hope you all have a lot of fun over the holidays! Cheers!

Civic Engagement and Outreach

Bags of plarn have arrived from Peotone, IL.

To Lisle. In the photo are 25 bags o'bags and Vicki a friend of Bea's.

This should keep us busy this winter.

Bea, Janet, Brenda and Sandy H. We could use

Some help crocheting





Save the Dates!

Marketing Strategy for Garden Gait

Please join us on December 21 at 7:00
pm at the Lisle Library Mtg Rm A
We need your innovation and originality in
bringing attention and generating interest for our
favorite major fundraiser, Garden Gait! The Goal
is to increase our fundraising by boosting
attendance, raffle ticket sales, and sales of ads.
Bring your creativity and ideas as well as your
experience in non-profit events for other
organizations or working in marketing. Your
support and help is needed!

Coming Soon

GG KICK OFF MEETING
JANUARY 24, 2024
GARDEN GAIT
JUNE 9, 2024

Kathleen Chairman

GFWC



GFWC

est. 1890

GENERAL FEDERATION OF WOMEN'S CLUBS

"I am delighted to introduce the rebranding of the General Federation of Women's Clubs to our members and the world," said Debra Strahanoski, GFWC International President. "The updated brand honors our past, present, and future of the GFWC. The shield remains unaltered, honoring our long-standing tradition. New to the Emblem's design is the acronym bolded prominently in blue, followed by the date, 1890, of GFWC's founding. We felt it important to include that element due to our 133-year legacy. GFWC's name is spelled out for name recognition. The GFWC rebranding will carry the Federation well into the 21st Century, ensuring people know us by our name and what all GFWC club members do to improve their communities through volunteerism."

Arts and Culture Committee along with Wines for Humanity provided a wonderful evening for our club. They tasted foods and wines from around the world! It was a wonderful sharing of friendship! Thanks Kelly for hosting!

