



GFWC IL 5th-6th District

December 2024

Lisle Woman's Club

Established 1963

**Publisher
Brenda Hatch**

President message

I hope everyone enjoyed their Thanksgiving, even with the colder weather,

and is looking forward to our Holiday Dinner at Erik's Deli on Dec 4th. 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 Food Bank's Holiday programs. Thank you, Karen and Joanne, for coordinating and delivering the donations.

Please remember to visit Culver's at 2500 Ogden Ave in Downers Grove for

lunch or dinner on Thursday, Dec 12th for our fundraiser. Culver's has great food (and desserts) and you have to eat anyway!

If you are interested in serving on the Nominating Committee to nominate a slate of Officers for the next two-year term, please contact me.

Lastly, enjoy the holidays! December is a time for enjoying friends and family

and cuddling by the fireplace. Have a happy holiday and we'll see you on

January 8th at our next meeting.

Liz Sullivan Club President

December

- 4 Holiday Dinner
- 12 Culver's Fundraiser
- 14 Wreaths Across America
- 16 Book Club Pat's bring small snack
- 25 Christmas
- January
- 1 New Year 2025
- 2 LWC meeting

Federation

General Federation of Woman's Clubs is part of your membership.

Beyond Lisle Woman's Club, you are a part of GFWC ILLINOIS 5th /6th District consisting of 20 clubs primarily in DuPage County. We are the largest District in Illinois.

Several State, Regional and International leadership roles are filled and supported by ladies in 5/6 District!

GFWC ILLINOIS membership is also a part of your world. New headquarters will be accepting mail at 310 N Hammes Ave, Joliet, IL officially starting on February 1, 2025.

Have you ever met Renee Super, Executive Secretary? She is SUPER! Renee says that the most asked question is: "What is the password to the GFWC ILLINOIS website?" The answer is "gfwc-member" (all lower case). Find all sorts of info there!

The most excellent opportunity for you to meet her and the whole hardworking State Board is at the next State Convention on April 25 and 26, 2025 HERE in our backyard of NAPERVILLE!!!

Then you'll be able to greet IL President Trisha Topham Schafer and Pres-Elect Karyn Charvat in person! Mark it on your calendar...you ARE joining us for a day or two!

Bea. Federation Representative

Stroke Season: Know the Signs

Yvonne Hammond – Health & Wellness

“I want to let you know Lynn* had a stroke yesterday morning!” said a friend on the phone from my dance class.

“A stroke? Is she in the hospital now...or...is she OK?” Lynn was our instructor, a seemingly healthy 39 yr old.

“She’s alive and in the hospital, but paralyzed on the whole left side of her body.” It felt so unfair. I had never heard of anyone so young having a stroke.

This happened in 2012. Lynn had a lot of stress in her life, in fact, that year for her was like the saddest of every country song you’ve ever heard. Her dad died, her marriage ended, then her dog died too; it was piling on. Many of her friends weren’t all that surprised. Luckily, Lynn had fallen with her phone near her right hand and called her mother. She told her mother that she was on the floor and there was a hand coming out from under the bed and she was panicking because she couldn’t move. Her mother was a nurse and immediately called 911.

Stroke season typically occurs in the winter and spring, but some studies have found that the number of strokes is highest between November and February. Not surprising because the holidays can be stressful, along with weather changes and the tendency to be more sedentary in winter months. You may be at risk if you have high blood pressure, heart disease, diabetes, smoke or have high cholesterol.

Before a major stroke, there may be warning signs that may occur called TIA’s. A TIA is a short-lived symptom of what is referred to as a mini-stroke. It may occur for only a few minutes, but symptoms can be a: severe headache, weakness or numbness or paralysis on one side of your body, slurred speech or difficulty understanding others, blindness in one or both eyes, and/or dizziness.

Stroke awareness campaigns use the acronym **BE FAST**:

- **B** for **b**alance
-
- **E** representing **e**ye/vision changes
-
- **F** face drooping
-
- **A** arm weakness
-
- **S** speech difficulty
-
- **T** time to call 911

My friend got the immediate help she needed and went through months of physical therapy. She is fully recovered now and enjoys dancing with a new man in her life! Hope you all have a happy and healthy holiday season!

*Name has been changed to protect identity.

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Bea. Fodor Federation Representative



Book Club

December's Book Club is on Monday, December 16th. This month we'll be discussing the book **The Villa**. Our meeting will begin at 6:30 p.m. and we'll be gathering at Pat Briggs' house. Please bring a small snack to share and come enjoy the holiday cheer! If you have any questions, contact Nancy Oij.

Barbara Green and Nancy Oij



**DUPAGE COUNTY**
GOVERNMENT



MAKE THE RIGHT CALL

 of DuPage County	Call 211 For free, confidential health and human services referrals or assistance
	Call 911 For fire, police, or medical emergencies.
	Call 988 To reach trained crisis counselors who can help people experiencing mental health distress

www.dupagecounty.gov

Fundraising Chair

I want to thank Lorna Turner for everything she did as Fundraiser Chair over the last year and a half. Lorna always steps up to help wherever needed and she will continue volunteering on fundraising events.

Thank you, Barb Akkeron, and all volunteers who helped plan or worked the successful Bunco in November! \$1100 net was raised from the event. The 50/50 totaled \$254 and the winner, Pat Briggs, generously donated her winnings back to the club.

The Culver's fundraiser is December 12th. Enjoy lunch or dinner, the fundraiser covers the whole day, 10 am to 10 pm. Culvers is located at 2500 Ogden Ave, Downers Grove. Tell your friends and family!

Looking to the rest of the year:

Barb Akkeron will be planning another Bunco. A new location must be chosen as Stilins has closed and Paisan is now charging for their space. If you have a recommendation, please email it to both Barbara and me.

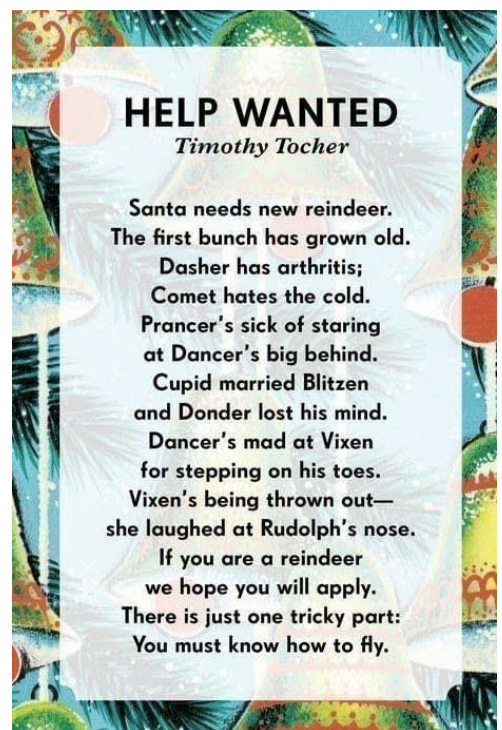
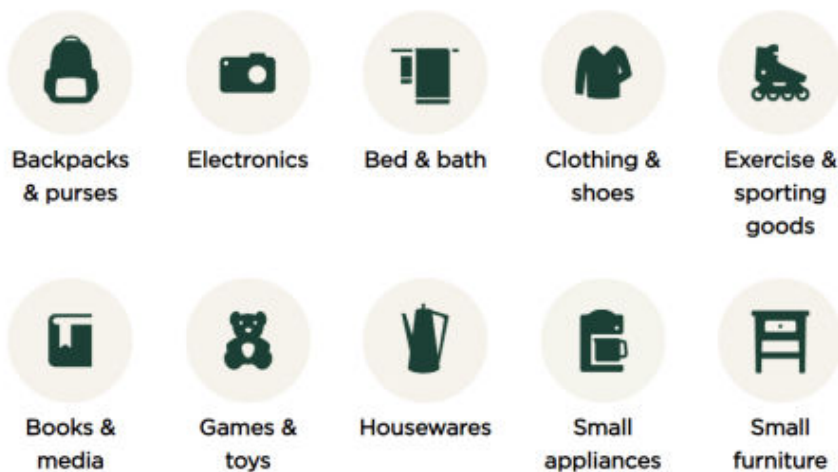
Another restaurant fundraiser will be planned, possibly two. Potentially one in February and one in May. Information will be provided when available.

Lorna Turner and I will be planning a Savers fundraising event. For information about Savers and more detail of what they accept, visit Clothing Donation Center in Naperville, IL, 60563 | Savers As you declutter over the next few months, please put aside the items below for donation. Make sure they are items Savers accepts by visiting their website. We are targeting Spring for this project.

More information will be provided when available.

Kathleen Palia, Fundraising Chair

Donations we accept





5th/6th District meeting held on November 11th at the Naperville WC club house: Liz Sullivan, Lorna Turner, Bea Fodor, Sandy Harshman and Brenda Hatch attended. Club donation around 4 pounds of Candy to the district for Soldiers' Angels! We heard three different Guest Speakers: DuPage Children Museum, a Marine Veteran and our GFWC Illinois State Treasurer. The district accepted the dissolution from The Glendale Heights JWC. Everyone brought a dish to share at the Salad Dinner and it was enjoyed by all.

Reported by Brenda Hatch





MAKE YOUR *Meal Matter*

THURSDAY • DECEMBER 12

Join us in supporting Lisle Woman's Club!
Mention or show this flyer when you stop in for lunch, dinner or dessert.

There's no limit to how much heart you can put into the community - and
we're always looking for opportunities for neighbors to help neighbors.

Thank you for your support!



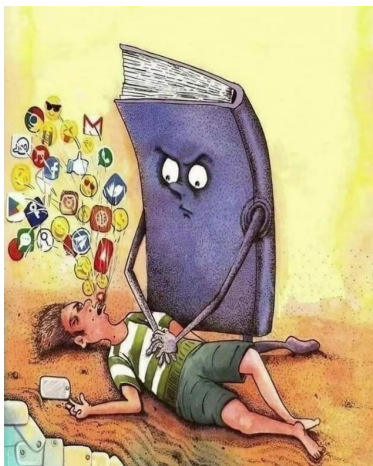
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Downers Grove, IL 60515
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LET US FORGET NOT TO BE KIND

By: Jan Hanson, GFWC Membership Committee Member

The Collect for Clubwomen ends with the words, "Let us forget not to be kind." Too bad it does not say nice instead of kind. Nice is easy. We say thank you, hold a door, and listen. These are small gestures of a civilized society and are important. Nice is pleasant but does not require much effort or sacrifice. So how is being kind different? Being kind requires you to be proactive and care-oriented. It requires sacrifice.

Let's educate our members on the benefits of being kind. Besides helping someone else, those who are kind are improving their own mental health and boosting confidence, all while increasing their connection to others.

Engage members in service projects taking kindness to the next step. Do not just donate a can of food, organize a food drive. Set up a committee to help members in need. Cards are nice, but casseroles or visits might be better. Survey your members to find out their interests, incorporating their ideas into your programs, service, and fundraisers.

Being kind can also empower your members. Making acts of kindness a priority in your club will instill in your members the confidence to reach their potential. Giving members the opportunity to show kindness increases their investment in your club. Acknowledging members who show kindness might be a catalyst for other members to do the same. Wouldn't that be a great club to belong to?

So, when you say kind in the Collect, please think of ways to show people you care about them, beyond being nice.

LWC is part of something larger

Here's the exponential power of GFWC when over 1000 clubs across the country mobilize their communities and work together for our National Day of Service. Thank you! ❤️💙💛🖤

- members collected 221, 142 pounds of nonperishable food
- Recorded 18,159 volunteer hours
- Collected \$242,731 in monetary donations to food pantries and school feeding programs
- Prepared 69,660 meals

#GFWC
#LivingTheVolunteerSpirit



THE GFWC LEARNING GATEWAY SERIES

REGISTRATION IS OPEN FOR THE NEXT **GFWC LEARNING GATEWAY WEBINARS** PRESENTED BY THE 2024-2026 GFWC HONORARY CHAIRMEN.

JANUARY 27, 2025 @ 7 P.M. ET – *ESO Beyond the Page, Mystery with a Mission*

Join Amazon best-selling and award-winning author, **Amy Peele**, GFWC Education and Libraries/Health and Wellness Honorary Chairman as she dives into her book "CUT" and how she brought a 35-year career in the transplantation field to the pages. Her Transplant Medical Murder Mystery series is referred to as "mystery with a mission and a side of humor" and enjoys five-star reviews on Goodreads and Amazon.

<https://bit.ly/3AkgYoc>

FEBRUARY 5, 2025 @ 7 P.M. ET – *Heart Health Awareness Month*

During Heart Health Awareness Month, **Jude Mabone**, Miss District of Columbia 2023 and GFWC Health and Wellness Honorary Chairman recounts how her own heart health scare has brought her to work with the American Heart Association. She will share her life's journey and the importance of CPR/AED training.

<https://bit.ly/48Epc7g>

FEBRUARY 11, 2025 @ 7 P.M. ET – *The Role Storytelling Plays in Advancing a Brand and Building Membership*

Leslie Capps, Founder Wild Woman Marketing and GFWC Communications Honorary Chairman Personal Connections are the key to building membership. We will delve into how using your GFWC volunteer story as a marketing strategy will gain local recognition and increase membership numbers!

<https://bit.ly/3UI3Scs>







November's meeting
Bee All About It

