



Lisle Woman's Club

established 1963



President's Message:

Wow! Spring is here. Hope everyone is okay after the recent violence weather!

March is a busy month for the club as we have some fun events coming up. The first is the Brasi's Fundraiser on March 12 th . You have to eat anyway, why not eat at Brasi's? Remember every fundraiser helps the club's philanthropic and/or service endeavors. Ask friends and family to participate, too. Also on March 21 st is our Bunco fundraiser at Paisans. Buy your tickets now before it's sold out! You don't even need to know how to play: instructions will be given at the event. Invite your family and friends.

This is also the time to get involved in Garden Gait committees as there is much to be done. Garden Gait is on June 9 th this year, its 22 nd , and we are hoping for a record attendance. This is our major fundraiser for the year and everyone's support is greatly appreciated.

As the weather warms, make sure you get out and enjoy the sunshine!

See you at the March 6 th meeting.

Liz Sullivan

President

March 2024

6 Meeting

9 5th/6th Tea

8-10 Music Man

12 Brasi's Fundraising

12 GG Sign Meeting

13 GG Raffle Baskets

17 St. Patrick's Day

20 Dot's Birthday

20 GG Meeting

21 Bunco

30 Karen's Birthday

April

3 LWC Meeting

18-20 State Convention

Contact Brenda if you are interested

APPETIZERS and MOCKTAILS are the order for the day at our next monthly meeting. Chef Mike Barnett will be preparing several appetizers for us to try out and will be sharing and demonstrating some of his culinary skills. Chilled mocktails will be provided for everyone's consumption. Sounds like a very appetizing evening!

Lorna

Vice President

Environment Meeting - Collectables for Recycling

As a reminder here is a list of items that we collect for recycling. We added **socks** (even with holes) and **shoes** (any kind) which can be taken directly to Dick Pond in Lisle. If you are dropping off items at Dick Pond, please count the number of socks/shoes and forward an email to [Lorraine](#).

Items collected at LWC meetings:

- Pop Tabs
- Bread Tags
- Crayons
- Corks
- Eyeglasses
- Glue Sticks
- Styrofoam
- Bras
- Glue Sticks
- Highlight Markers
- Keys
- Shoes
- Socks



Gift of information: dick pond has a box at their store for any & all old socks, as long as they have been washed. They also still take shoes for recycling. I stopped in to get a new insert for my shoes & was delighted to see this!



Why is it important to recycle Pop-Tops (including canned soups, fruits, vegetables, and pet food cans) The Ronald McDonald House Charities of Chicagoland & NW Indiana accept pops tops as a donation to support families and children. It is a great way to get kids involved in learning to help others and donating to charity. You can drop off your pop tops to Susanne Murray for the LWC (she/husband takes them to Great Clips in Lisle) where they then take them to a drop off any of the Ronald McDonald House locations. United Scrap Metal buys the pop tops from Ronald McDonald House at market price. (averages 40-55 cents per pound and in addition Unit Scrap Metals makes an additional donation). The program averages approximately \$6,000 annually) Ronald McDonald House provides comfort, care and support for families with children who are sick.

Fun Facts:

Pull tabs are high-grade aluminum that offers “more bang for your buck” to save vs. cans. It is doable to store and manage as a program.

A million tabs weigh approximately 800 pounds.

It takes more than 1,200 tabs to equal a pound.

63,360 pull tabs laid out would be one mile.

Health and Wellness

American Processed Food = American Poisoned Food

By Yvonne Hammond

While recently reading articles about the latest recall list from Quaker Oats (because of pesticides linked to reproductive and developmental issues), it urged me to dive deeper into the safety of processed foods which are deemed “safe” by the FDA. The FDA (The Food & Drug Administration) is supposed to be responsible for protecting the public health by assuring the safety, efficacy and security of human and veterinary drugs, biological products, medical devices, our nation’s food supply, cosmetics and products that emit radiation. With an annual budget of 6.5 billion (since 2022) and 18,000 employees, why is the American food system poisoning us? Many of our food products are banned in the UK, Europe, Canada, Australia, New Zealand, and some Asian countries. To give you an idea why these products are banned: Beef contains artificial growth hormones, chicken is chlorinated because of unsanitary farming conditions, pork contains the growth inhibitor ractopamine, and many American processed foods contain additives and colorants that are considered poisons and not fit for consumption.

What is a poison? A poison is a substance that, on contact with a target, can change basic

cellular metabolism in varying degrees of severity. Potentially harmful substances have effects that are not well known to the general public for example, some brands of artificially sweetened food contain an amino acid – phenylalanine – that can harm the fetus and may cause brain damage in young children. Because of format and space limitations, I will focus on food ingredients and additives which are banned outside the U.S. because they can cause severe health effects.

American Food Additives Banned in Other Countries:

BHT (Butylated hydroxytoluene) – a lab-made food preservative. BHT is an endocrine disrupter, known to cause cancer, enlargement of the liver, tumor promotion, renal dysfunction and affect sperm quality. Be cautious of them in cereals and processed foods.

Titanium Dioxide (E171) – commonly used in the US but banned in the EU as a possible carcinogen.

Azodicarbonamide- the “yoga mat” chemical used in foamed plastics and found in foods such as breads, bagels, pizza and pastries in the US. The additive has been linked to asthma and when baked, cancer in animals.

Potassium Bromate – Is an oxidizing agent found in bread and is linked to kidney and thyroid cancers and has been banned in Europe since 1990. Used also in citrus sodas and drinks, long term exposure is linked to headaches, memory loss and impaired coordination.

BVO (Brominated Vegetable Oil) – FDA considered banning it as 50 years of studies show adverse health affects such as damage to the central nervous system, headaches, nausea, memory loss, changes to thyroid hormones and leaves residue of bromide triglycerides in body fat in the liver, heart and brain. BVO is found in Mountain Dew, Gatorade, and other store brand orange and fruit flavored sodas. Banned in the UK since 1970, India 1990, EU 2008 and Japan 2010.

Olestra –a fat substitute made from sucrose and vegetable oil. It is associated with diseases of the gastrointestinal tract in children. Found in Chips, fried snack foods and crackers.

Sudan dyes- Red Sudan 1 – is a dye known to cause liver cancer in animal tests. It was first used in 1918, but was withdrawn from food use the same year. So why are we using it? Found in Worcester Sauce, chili powder and other spiced goods.

Auramine O (AO) – yellow dye used not only in food (curry, cereal) but also paper and textiles. It is classified as an illegal colorant in many countries because it is a carcinogen. Illegal uses have been detected in pasta, semolina, spices and pharmaceuticals.

Rhodamine B – a textile dye often enters the body when mixed with food thereby causing oxidative stress on cells and tissues. Can cause death of specified cells in the cerebellum and brainstem tissue.

There are many more I can’t fit into this article, but maybe this can help you when choosing foods from the grocery by reading the labels. Remember “Natural Flavors” or “Natural Spices” stated on a food ingredient label are a sneaky way of hiding these additives.





Save the Dates!

**GG MEETING
MARCH 20, 2024**

**Lisle Park District, Multi-Purpose Rooms
6:30 PM Doors open 6 pm**

GG SIGN COMMITTEE MTG

March 12th 6:30 PM Susanne's home

DONATIONS AND RAFFLE BASKETS MTG

March 13th 6:00 PM Lisle Library Mtg Rm A

Looking for more committee members! Would love to have you join us and contribute to the success of raffles! Send email to Marcia or Liz if you want to volunteer or come to the meeting at the Library March 13th.

GG COMMITTEES

Please schedule all GG committee meetings on the LWC website calendar and notify me via email so I may include in the weekly newsletter.

PLEASE BRING BASKETS you would like to donate to raffles to the March 6th general membership mtg.

When sharing posts with friends and family about Garden Gait, please use the below hashtags.
#lislegardenwalk #lwcgardengait #craftfair

**GARDEN GAIT
JUNE 9, 2024**

Kathleen Palia, Garden Gait Chair

LISLE WOMAN'S CLUB COMMUNITY CLEANUP SATURDAY, APRIL 6, 2024



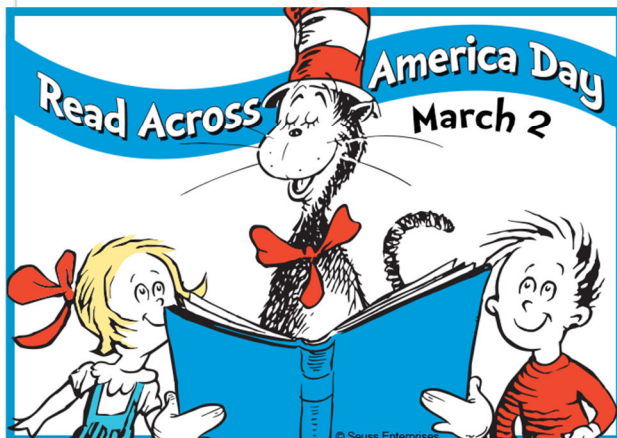
RAIN DATE: SUNDAY, APRIL 7

10:00 UNTIL 12:00

COMMUNITY PARK, 1925 OHIO STREET

Be sure to bring: Gloves and anything you may need for the cleanup. Garbage bags will be provided. We have several pickers from the Park District. Feel free to invite your children, grandchildren, sisters, brothers, anyone you can recruit who would like to help make Lisle Community Park a cleaner place to visit. Meet at the entrance to the fitness center.

Lislewomensclub.org



INTERNATIONAL WOMEN'S DAY

International Women's Day on March 8th each year celebrates the social, economic, and political achievements of women around the world.



Community Service Program Chairs need your help.

Arts & Culture Nancy Oij

Environment Dot Battle

Education & Libraries



Health & Wellness Yvonne Hammond

Civic Engagement & Outreach Lucy Matune

Arts and Culture Community Service Program

The GFWC Arts and Culture Community Service Program encourages members to promote and support art and cultural programs in their clubs and communities, and to expand understanding on every level, from local and regional to national and international. Our goal is to create projects that include crafts, dance, drama, food, music, and other manifestations of art and culture that develop skills, awareness, and appreciation. It is designed to inspire clubwomen and ignite within them a desire to make the world a more beautiful, thoughtful, and caring place.



Civic Engagement and Outreach Community Service Program

The GFWC Civic Engagement and Outreach Community Service Program reminds GFWC members that each of us is a part of a larger society and is responsible for undertaking actions that will create a better quality of life and foster a sense of community—locally, regionally, nationally, and globally. This Community Service Program highlights and encourages citizenship; crime prevention, safety, and disaster preparedness; the needy, hungry, and homeless; and our military personnel and veterans.



Education and Libraries Community Service Program

We aim to help others, while we also continue to learn. Projects in the Education and Libraries Community Service Program are designed to foster schools, as well as other educational institutions and opportunities. These projects promote libraries, literacy, and the love of a good book. Through these efforts, we encourage the growth of individuals and communities at home and around the world.



Environment Community Service Program

The GFWC Environment Community Service Program encourages us to become stewards of the earth by working to preserve the world's resources, protect wildlife and domesticated animals, live sustainably, and beautify our communities and enjoy nature. Environmental degradation is cumulative and many scientists warn that we are at a tipping point. There is no time like the present to act.



Health and Wellness Community Service Program

The human body, mind, and spirit comprise our health and wellness. To improve our well being, we must address three key components: nutrition, disease prevention, and physical and emotional care. This Community Service Program aims to explore the various opportunities for awareness and advancement of each of these vital areas.



SPRING PLANTING, DON'T FORGET THE MONARCH BUTTERFLIES



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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 monarchs' food. Without a decrease of milkweed, monarch moms struggle to find a place to lay their eggs. And then 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 Resources' 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!



LISLE WOMAN'S CLUB
Invites you to dine at...



Tuesday, March 12th, 2024

Dine in, Pickup, or Delivery

Mention the Lisle Woman's Club Fundraiser upon ordering

Gluten Free & Lenten Specials Available

Call to place your order: **(630) 852-8989**

View their menu or order online at:

www.brasipizzeria.com

Open: 11:00 – 9:00PM

5328 Main St. Unit 114, Lisle, IL

Fundraiser proceeds support the Lisle Woman's Club philanthropic causes
For more about the organization visit: www.lislewomensclub.org or email
lislewomensclub@gmail.com

Join us for a night of

BUNCO !

with the Lisle Woman's Club

Thursday, March 21

Check-in & pizza begin at 6:00 pm - Games start at 6:30 pm

NEW LOCATION! Paisans Pizzeria & Bar

2901 Ogden Avenue, Lisle

\$25 per person

Includes night of bunco, one raffle ticket, pizza & sweets.
Cash bar available.

Accessibility note: The event will take place in the lower level of Paisans, where stairs are required and there is no elevator.

Limited Seating!
Reserve Your Spot Today!



Reserve online with a cc:
<https://www.eventsprout.com/event/lwc-spring-bunco-event>

or reserve your spot by mail with a check and all participant contact info to:
1925 Pleasant Hill Lane, Lisle 60532

Questions: Talk to any LWC Member or contact
Barbara Akkeron (312) 914-2978

Games
Prizes
Raffles
Food
& Fun!



BENET ACADEMY
CATHOLIC. COLLEGE PREP. BENEDICTINE TRADITION.

News and Announcements



Benet Academy presents Newsies!
Tickets on Sale NOW!

Tickets are now on sale for Benet Academy's production of Newsies!

Performances:

Thursday, March 7 - Saturday March 9 at 7:00 PM

Sunday, March 10 at 2:00 PM

Thursday, March 14 - Saturday March 16 at 7:00 PM

Plans are for March 14 or 16. I was told that Benet Academy puts on a awesome show, but tickets go fast
Contact Brenda if you would love to go. If anyone is doing an outing please
consider inviting the LWC. What an fun time to get to know one another and retain our members



**The Lisle High School
presents:**

The Music Man

March 8th (Friday) 7pm

March 9th (Saturday) 7pm

March 10 (Sunday) 2 pm

Several members are going on Sunday. Contact Sandy H. if you are interested in going. If you are going on a different day please let Sandy H know.