



September 6, 2023

Lisle Woman's Club

President's Message

It's time to start a new year at Lisle Woman's Club (LWC). Thank you for your support as I begin my two years at the helm of this dynamic organization. And thank you,

Karen Burris for handing over such a strong and vibrant club.

Garden Gait (GG) was our major fundraising event again last year. Thanks to

Eileen Briggs and her brilliant leadership, GG grossed over \$12,000 before expenses, despite the cold. Thank you to all the volunteers who manned their positions despite the weather. Kathleen Palia has already started planning for this year's GG, so if you have a garden to suggest please contact her.

I hope everyone had a great summer. Hopefully some of you had the opportunity to attend our July event, Dueling Pianos, and our August event, Yoga in the Park. This is the first time in recent history that we've had summer events and hopefully it's the start of a new tradition.

A little bit about the year to come...The second sentence of LWC By-Laws states, "Each member Lives the Volunteer Spirit!". Examples of this appear in the committee budgets discussed at the August 23rd Board of Directors meeting. Volunteer Service Projects Abound!

This is going to be a great year: Fun & Fulfilling. Looking forward to seeing everyone at our first meeting on September 6th!

Liz Sullivan President sullivanliz1930@gmail.com

P.S. Reach out and get to know your Executive Board:
Lorna Turner, Vice President, lornaturner@comcast.net
Cathy Cawiezel, Treasurer, cawiezel3@att.net
Brenda Hatch, Corresponding Secretary lwccs23@gmail.com
Kathleen Palia Recording Secretary paliakathleen389@gmail.com

September 2023

6 Club Meeting

7 Civic Engagement and Outreach meeting

9 Kelly Dixit

9 Carol Olson

17 Janet Wilmoth

28 Nancy Oij

28 Sue Macha



5th/6th District Meeting LWC attendees



GENERAL FEDERATION
of WOMEN'S CLUBS

The Omnivore's Dilemma book summary review

submitted by Yvonne Hammond

"Don't eat anything your great-grandmother wouldn't recognize as food." Michael Pollan

What should you have for dinner? Simple question, right?

At least it was until a few thousand and even a few hundred years ago. You ate what was

available during that season, sold by the farmer that day.

But today everything is available, all the time, wherever you are.

What do you eat to stay healthy, make economic choices, not hurt the environment and do the right thing?

Michael Pollan helps you answer this so complicated question in his 2006 The Omnivore's

Dilemma, named one of the five best non-fiction books of the year by The New York Times.

Here are 3 lessons you can learn from it:

1. Corn is the root of the problem.
2. Organic often doesn't mean what you think it does.
3. Buy local to win on every level.

Want to improve your food choices? Here we go!

Lesson 1: It all started with corn.

In theory, corn is a great plant. But you can overdo even a good thing.

Technology has advanced so far that we can now alter plants at the genetic level, and the corn

industrial farmers grow now has little to do with its ancestor.

The excess corn is what lands in your food in the form of high fructose corn syrup and other

highly processed derivatives, and is fed to all kinds of animals, who aren't natural corn eaters, like cows, chicken and even salmon!

Lesson 2: Organic is not as clean as you think it is.

As organic businesses grew, standards were lowered, and now food companies can cut corners

and still get away with labels like "organic" and "free-range".

For example, would you call 20,000 chickens in a shed with a two-week mini vacation in the tiny

back yard free-range? The food industry would.

And what the hell is "organic high fructose corn syrup"? That stuff is one of the most artificial

things ever produced.

Lesson 3: If you buy locally, you win on all levels.

Reasons why getting your food from small, local farms benefits you and everyone else:

Due to the **reduction in distance that your food travels** until it eventually lands on your plate, less fuel and resources are used, making this the environmentally friendlier alternative.

Economically, **you put money into the hands of the right people:** small businesses

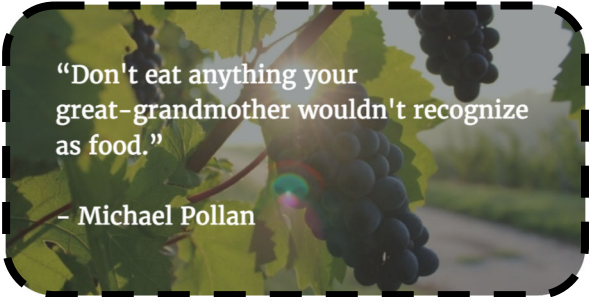
The quality of your food is increased, because it's grown according to the season and natural circumstances on site, which makes pesticides and other artificial support unnecessary.

Ethically, this is a no brainer, and it also **holds your farmer,**

butcher and baker accountable.

The Omnivore's Dilemma does NOT tell you to eat a specific diet. Of course, there are benefits to eating a more plant-focused diet rather than having meat 7 times a week, but this is none of the books that proclaim one particular diet as the solution. This book is eye-opening and has horrific facts, making this a true wake-up call.

Thumbs up!



"Don't eat anything your great-grandmother wouldn't recognize as food."

- Michael Pollan

Yoga in the Park Re-cap

It was the perfect day for exercising in the park last Saturday with the Lisle Women's Club! We had a really good turn-out, more than was expected as members, friends and curious newcomers of all ages, enjoyed practicing gentle yoga stretches and poses with few onlookers. Our instructor, Holly Ramsdell, guided us in deep breathing exercises, pointing out the sounds and smells and gentle breezes which surrounded us while we became aware of our bodies and feelings in the present moment. We started out with warm ups, rotating and stretching our extremities and then did warrior poses and eventually were told to team up with a partner for stability in harder poses such as balancing stick and tree pose. Some exercises were funny, as when we had to sit on the ground and pass a beach ball between our legs to the person next to us, (sort of like the old party game of passing an orange with your neck to the neck of the person in front of you!). I was thinking any pictures of us doing that would make really good blackmail photos!

Following our exercise, we enjoyed healthy refreshments under the pavilion while reconnecting with current members and getting to know potential new ones! We thank Holly for conducting a very successful and fun class and hope that we can do this again sometime! Shout out to all those who conceptualized and organized this event. If not for you, this wouldn't have been such a success!

Namaste!



Civic Engagement and Outreach

Lisle Woman's Club has prided ourself as a club whose members give back to our community. If this sounds interesting to you or if you have more time than money, then the Civic Engagement and Outreach committee is for you.

- Our first meeting is on Thursday September 7, 6:30 P.M. at Brasi's on Rt. 53. Join us as

we go over what we are hoping to accomplish, and plan with us how LWC can give back to Lisle and our surrounding communities.

- Please email us both.
- If you are able to join us on the 7th, Great! - let us know because it helps to know how much table space to save.
- But if you are interested and unable to make this first meeting - that's OK! Let us know that and we will keep you in the loop!

See you soon,

Lucy Matune, lucy.matune@bairdwarner.com

Karen Burris, kburris0330@gmail.com

Federation Representative

There is SO much information for your participation in GFWC Illinois available online.

Go to gfwcillinois.org

click on **Members Center**

Password for everyone is **gfwc-member**

in lower case gfwc dash member. Tattoo this on your brain.

If not done before, you'll have to register yourself with name, club name Lisle Woman's Club and maybe 5th/6th District.

Scroll all the way down to GFWC IL BOOKLETS.

At the top of that booklets list is:

August 5, 2023 Summer Seminar Booklet - NEW!

In those 62 pages (31 pages when printed double-sided)

you will learn about all the topics presented on Aug 5th in

the Zoom meeting covering all community service suggestions

and all major leadership changes for the club year 2023-2024.

Summer Seminar is a launching point for the year complete with good information for each club officer and for each community service project chairman.

While you're on the GFWC Illinois site, cruise around to begin

to absorb a wealth of information about all topics.

Forms galore!

Under the heading of **Communications**, click on

GFWC IL Clubwoman Magazine. Published online,

it is another source for you, the well informed member.

Here's to the launch of yet another successful club year!

Bea Fodor

bfodor67@gmail.com

630-901-4333

630-428-1352 preferred, no texting



Naperville Woman's Club Fundraiser

GLAM Witches Night Out



October 19, 2023 5:00-10:30
The Matrix Club 808 S. Rt. 59
Naperville, IL 60540

witchesnighoutnaperville.org



Let's support the Naperville Woman's Club by attending their Witches Night Out on Thursday, October 19, from 5 PM - 9 PM. Please note it is indoors at the Matrix Club on Rt 59 this year.



Volunteers & Raffle Baskets Needed

The PCA Annual Conference will be held on October 26-27 at the Chicago Marriott in Naperville. Volunteers are needed on Thursday and Friday to sell raffle tickets, and the winners will be chosen mid-day Friday. GFWC Illinois provides all the raffle items through the generosity of our members, clubs, and districts. Please contact Debbie Montieth, our GFWC Illinois A Safe Place for Every Child Chairman at dmonteith02@msn.com if you are able to volunteer or have a raffle item to donate.

Ashley Willheim will be moderating a panel discussion on food insecurities on September 13. The Naperville Woman's Club would like to invite you and your club members to attend.

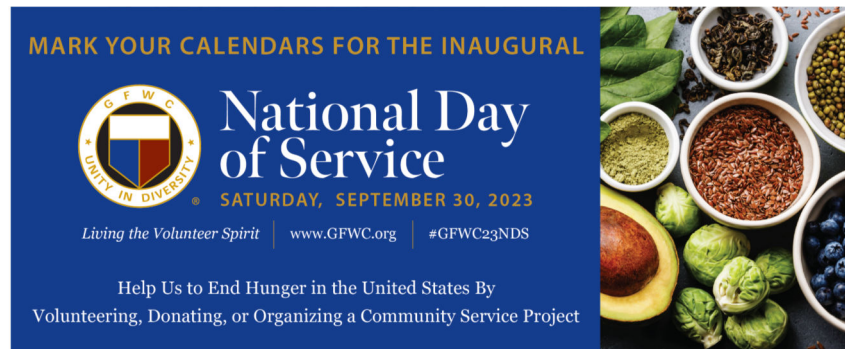
We are requesting a RSVP in order to have enough chairs available the night of the event.

We hope to see many of you as we kick-off the GFWC National Day of Service.

Have a wonderful day,

Naperville Woman's Club

Contact Karen for more information



GFWC National Day of Service – Feed My Starving Children

Please mark your calendars for **Saturday, September 30, 2023**, from 11:15 AM – 1:15 PM as LWC members will be volunteering at **Feed My Starving Children (FMSC)** in Aurora, packing nutritious meals for hungry children worldwide. Please sign up on the sheet being passed around.



VILLAGE OF LISLE COMMUNITY SURVEY

Let us know what you think! Survey data helps influence decisions about programs, policies, and other matters important to the community.

THE NCS™

THE NATIONAL COMMUNITY SURVEY™



SHARE YOUR FEEDBACK ABOUT:

- Village Services
- Public Safety
- Community Characteristics
- Future Priorities
- And so much more!



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