

LISLE WOMAN'S CLUB NEWSLETTER



January 2022

Message from the President

Hi!

I hope everyone's Holidays brought a much-needed rest along with the many gatherings with family and friends. As we look forward to what this new year will bring, let's reflect on all the good we have done this year as we continue to grow individually and as a club.

Thanks to our members' charitable heartwork by supporting others in December, as we once again donated scarves to homeless veterans and our annual gift-giving to children whose families are in need. We also proudly placed wreaths at Veterans' graves in Lisle Cemetery and made cheerful greeting cards for retired veterans. In giving a hand up rather than a hand out, we see great things happen as we contribute positively to our community.

The January 12 meeting will be a hybrid meeting. The Zoom Link is <https://us02web.zoom.us/j/89632719628?pwd=cFZYUIFqRnZiVlU5VkVZS0NGSIIvdz09>. Hope to see you in person or virtually!

*Sincerely,
Karen Burris
LWC President*

"Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand - and melting like a snowflake."

- Francis Bacon

Programs

Happy New Year! I hope everyone had a wonderful holiday. Our program this month is "Magic with Mosaics." Lisa Tolbert, mosaic artist and teacher, will be joining us this month to share her love of the art of mosaics. Lisa will demonstrate different mosaic types and techniques. I hope you'll enjoy this as much as I do.

Bea has spent many hours organizing and working on the origami cards for veterans. If anyone has any cards they'd like to complete and turn in, please bring them to the meeting this month. See Bea's section on when and where the cards will be going. Thanks to all those who have worked on this project.

*Nancy Oij
Vice President*



Membership

Happy Holidays!

Remember to say hello to new members; introduce yourself!!!

Please talk to your friends about LWC. Let them know the benefits we provide the community, and of course the fun we have together. Bring your friend or neighbor to a meeting. We would love to have more new members!



The December 4th **Merry on Main** was a Smashing Success! Marie Hasse, Dot Battle, Mary Costello, and Kathleen Palia greeted Pound Cake Bakery customers from 2pm to 6pm.



The busiest times were preceding and during the Christmas parade, as many customers stopped in to buy hot chocolate.

We held two raffles. The poinsettia plant was won by Ana Pardo and two Garden Gait tickets were won by Claire Frost. A total of 12 people entered the raffles, of which 5 requested more information about LWC. Great Public Relations display for LWC!



Kathy Palia
Membership Chair

Kathy_palia@comcast.net
6180 Tyrnburry Drive
Lisle, IL 60532



Garden Gait

The next Garden Gait meeting is on Thursday, February 24th, at 6:30 pm, via ZOOM.

Please check the Dec 13th email for a list of Garden Gait committees and tasks. Committees will begin meeting in March.

Eileen Briggs and Kelly Dixit
Garden Gait Co-Chairs

To learn more, go to

<https://www.lislewomansclub.org/garden-gait>,
or contact Eileen Briggs at briggs1295@gmail.com
or Kelly Dixit at kelly_dixit@yahoo.com



Save the date for Garden Gait!!!

Environment

There are a lot of DIY recycling projects you can do on a snowy day. I'm highlighting a few here. Instructions can be found at:

<https://www.diycraftsy.com/recycling-ideas/>

Dot Battle
Environment Chair

- Dollar Store Candle Holders
- Makeup Storage Trays Using Shoe-boxes
- DIY Blue Jean Planters



Health & Wellness

Dry January...

Dry January is a public health campaign urging people to abstain from alcohol for the month of January. It's practiced in Europe and the United States. It is a relatively new thing, having sprung up in recent years.



A Morning Consult poll conducted from January 4-5, 2021, with 2,200 U.S. adults found that 13% of American respondents were participating in "Dry January." This compared with 11% in previous years. 79% stated they were doing it to be healthier, while 72% were trying to drink less alcohol in general. 63% said they wanted to "reset" their drinking and 49% said they were drinking too much during Covid.

What are the benefits to **Dry January**?

- 1. You'll get a mood boost.** That glass of wine at the end of the day may seem to perk you up and make the day's worries go away. But over time you don't want it to become a main coping strategy. Also it may be masking depression or anxiety. As alcohol makes these things worse you may find your mood is more stable sans alcohol.
- 2. You'll sleep more soundly.** Although you may fall asleep quickly after consuming it, you may find yourself awakening a few hours later. Research has suggested this may happen because alcohol interferes with our body's handling of the chemical adenosine. Even if you don't wake up during the night you may feel groggy in the morning.
- 3. You might notice less bloating and/or weight loss.** This depends on how much you consume; remember there are calories lurking in that glass and those kind don't fill you up like food does.
- 4. You'll save money.** Wine, beer, fancy cocktails all have their price tags!
- 5. Brighter looking skin.** Alcohol is a known diuretic. As a result it's harder for the body to hydrate itself, which can lead to dry, dull looking skin. Sugary cocktails can also trigger skin breakouts. Who needs that?
- 6. Stronger immune system.** Binge drinking (more than 4 drinks in a single occasion for women) may suppress your immune system. One 2015 study found that when low to moderate drinkers had a binge night their immunity initially rose, but 2 to 5 hours later their immune cells decreased.
- 7. Feel better in the morning.** Even without a "hangover" you may wake up not feeling your best. Poor sleep and dehydration can wreck havoc with your energy levels.
- 8. Have a new relationship with alcohol.** A time out from alcohol can help you find that you don't need that drink after work every night or even want to drink at all. Come February you may choose to go back to an occasional drink and find you look at it as a treat and not a mindless activity or habit.



If this appeals to you as a New Year's resolution, give it a try!!

*Mary Costello
Health & Wellness Chair*

Sleeping Mats for Homeless Veterans



Help us continue with our project to make a Homeless Vet's life a little better! I am still collecting flattened and color-sorted **PLASTIC BAGS**. Leave them between my

doors at 2198 Stonehaven Way. Bags may also be brought to our monthly meetings. Janet Heep and I will make them into plarn, or plastic yarn balls (see picture on right).



Brenda Hatch will crochet them into sleeping mats, see picture on left... 600 bags-worth for each single mat!

The finished mats will be delivered to the Wayside Mission in Joliet.

*Submitted by
Bea Fodor*

Origami Greeting Card Project

The origami greeting cards are ready to be sent to the Veteran Administration Center in Tomah, Wisconsin. Six other Christmas cards were already sent to a Wisconsin nursing home. Additional beautiful cards made by Nancy Oij and Nancy Burke will be included in the snack boxes for Operation Support Our Troops Illinois. If anyone has any cards they'd like to complete and turn in, please bring them to the meeting this month. Thanks so much!



*Submitted by
Bea Fodor*

Website

Don't forget to check out the **Lisle Woman's Club** new website. We've been making updates monthly. You can login to the "Members Only" section and view our Calendar, Member Directory, Newsletter, Minutes, Forms and other information. If you are signing up and have not received a confirmation, you can send Eileen or Nancy an email asking for confirmation. If you're having difficulty signing up, please give us a call or email. The website is at www.lislewomansclub.org.



Eileen Briggs is at briggs1295@gmail.com and Nancy Oij is at noj@emo.com

*Eileen Briggs and Nancy Oij
Website Co-Chairs*

Social Activities — Just for Fun



On Saturday, December 11 a group of LWC members went to see "You're a Good Man Charlie Brown" at McAninch Arts Center (MAC) at the College of DuPage. The group thoroughly enjoyed the play after meeting for a leisurely lunch at Reserve 22 in Glen Ellyn. We hope you can join us for our next outing!



*Submitted by
Lorna Turner*

Home Life

Giving is a huge part of our club. In October over 400 scarves and blankets were donated to the Midwest Shelter.

In December the club also donated toys and



clothes to 24 Lisle Township children living in food-challenged families. We are devoted to helping those in need in Lisle Township.



The gift is in the giving.

Mary Kilroy
Home Life Chair



A Heart Felt Thank You for our Donation



To the members of the Lisle Woman's Club,

As you sit down to your Thanksgiving meal, I hope you take a moment to realize that your generosity has created the same scene for countless families around the world. Your support of our mission has helped families break free from hunger and poverty and achieve the lives they deserve — ones filled with joyful meals around the table with their families.

Thank you for your humble and giving spirit.

Happy Thanksgiving from your friends
at Heifer International

May peace and kindness be yours.
All the best,
Martine Plain

Book Club

The next book club meeting is **Tuesday, January 18 at 7 pm**. The book is The Story Keeper by Lisa Wingate. The book club meets on the 3rd Tuesday of the month. The Zoom link is:

<https://us02web.zoom.us/j/86744834413?pwd=VjZoY3FORWs3ZWZjYnRSUWJzemRBZz09>



Submitted by
Joanne Ehrhardt

**Photos from our
December Dinner**



Adopt a Lisle Veteran's Grave Christmas 2021

Fresh evergreen wreaths will mark the graves of over 80 veterans interred at Lisle Cemetery through the end of January. These honored dead served in conflicts dating back to the War of 1812. This is the third consecutive year the Lisle Woman's Club joined the Lisle Heritage Society, Lisle VFW Post 5696, St. Joan of Arc Knights of Columbus Council 15168, and Downers Grove VFW Post 503 Auxiliary for "Adopt a Lisle Veteran's Grave for Christmas." Last year GFWC recognized the project with a second-place award.



Thirty-seven volunteers gathered

Saturday, December 4 to place the wreaths. Lisle Woman's Club members and recruits participating were: Diane Ancede, Eileen Briggs, Pat Briggs, Luisa Buehler, Karen and Dan Burris, Cathy Cawiezel, Kelly Dixit, Ishan Dixit, Jan and Greg Montalbano, Erene Panos, and Sophia, Evan and Eleena Krueger.



Opening ceremonies included the Pledge of Allegiance led by Ishan Dixit representing Boy Scout Troop 507, and a blessing of the wreaths by Rev. Gabriel Baltus, OSB, Pastor of St. Joan of Arc Parish. Donations from the public defray the cost of the wreaths and stands. Special thanks are due Erene Panos and Pat Briggs for their support in seeking contributions and building awareness. Cathy Cawiezel initiated and coordinated the project. **ABC Channel 7 News broadcast coverage** of the event.

*Submitted by
Cathy Cawiezel*

2022 Calendar

January 12 — LWC General Membership Meeting
January — National Slavery & Human Trafficking Prevention Month (GFWC Promoted)

February 2 — LWC General Membership Meeting
February 18 — Book Club Meeting
February 24 — Garden Gait Meeting
February — Teen Dating Violence Awareness & Prevention Month (GFWC Promoted)

March 2 — LWC General Membership Meeting
March — National Reading Month (GFWC Promoted)

April 6 — LWC General Membership Meeting

May 4 — LWC General Membership Meeting

June 12 — Garden Gait!

June 25-28 — GFWC Annual Convention, 2022 Annual Convention in New Orleans, Louisiana

July 20-29 — The Best of Britain, Travel Opportunity: Join International President Marian St. Clair

