



Lisle Woman's Club

established 1963



President's Message:

Welcome to April, our first full month of Spring. The name April comes from the Latin word meaning "to open" as flowers and trees begin to open this month. Hopefully, Mother Nature will begin to cooperate and bring us a nice warm April to enjoy.

At the March meeting, there was an announcement about the Barbara Roake Award. The deadline for the LWC Barbara Roake Service Award is extended until April 5, 2024.

A little more about the award, which is given in honor of our first Club President, Barbara Roake:

The Barbara Roake Service Award recognizes a Lisle Woman's Club member who has contributed to our club in different ways over her years of service. She may have volunteered her time to our many fundraisers and events, chaired a committee, served on the Executive Board, or all of the above. She is someone who has made a difference in our club and has made our club better because of it.

This annual award is for any LWC member, new or experienced. If there is a club member that you would like to nominate for this award, please email me your submission at sullivanliz1930@gmail.com by April 5th. Include the member's name and why you think she deserves the award. The Barbara Roake Service Award will be presented at the June end-of-year dinner.

Liz Sullivan President

Vice President

This month's presentation will be done by Stephanie Touzalin, Wildlife Education Superisors of the Willowbrook Wildlife Center located in Glen Ellyn. This facility is an animal rehab hospital and education facility. As you will recall, this was the facility that received our "chick" change donation last year after a suggestion by Darcey Durkee. They are in the midst of undergoing a massive renovation, costing nearly \$30 million. When the facility is completed it will boast net-zero energy use, allow the staff to adeuately care for the nearly 10,000 injured animals they receive each year, and provide outstanding educational opportunities.

Lorna
Vice President

April 2024

April:

Child Abuse Prevention Month

1 April Fools' Day

3 LWC meeting WEAR GREEN Meeting at the Park District

5 Scholarship Deadline

6 Clean Community Park

7 Rain date for Park Clean-up

6-20 Midwest Shelter for Homeless Veterans donations/ collection

10 Executive Board 6:30

15 Tax Day

18 GG Ticket Meeting Library 10:30-11:30

18-20 State Convention

22 Earth Day

22 Craft & Chat get together location TBA

23 Deadline to reg. 5/6th meeting

24 Federation Day

24 LWC BOD meeting 6:00 Park D.

May:

1 LWC Meeting

2 5/6th District Meeting

June 9th Garden Gait

Interview with Dr. Yuen Yip
Traditional Chinese Medicine
Yvonne Hammond

Traditional Chinese Medicine is a complete medical system that has been used to diagnose, treat, and prevent illnesses for more than 2000 years. The body's internal organs are thought of not only as individual structures, but also as complex networks. I had many questions for this woman of 92, originally from Hong Kong. As a young woman, she had studied for 7 years under the famous TCM doctor named Yee Tin Soo at the Kowloon Chinese Herbal Medicine Institute. It was an honor for her to be chosen as his apprentice after attending University. She learned how to identify and collect herbs from Tai Ping Shan (mountain in Hong Kong), and also learned chiropractic, acupuncture, and cupping. After leaving her practice in retirement, she has volunteered her services to the poor and elderly. Her daughter, Danielle, helped translate her mother's words.

Yvonne: What is the difference between TCM and Western Medicine?

Dr. Yip: Western Medicine represses systems and does not find the root cause of the ailment. Medicines used in Western medicine only block pain. TCM finds the root cause of the problem.

Yvonne: I have read that Liver stagnation can cause many illnesses. How do you treat it?

Dr. Yip: If liver's the issue, it might be related to lungs or kidney function. Change life habits: food – avoid spicy foods and alcohol. Don't stay up late. Remember to treat each patient as an individual.

Yvonne: What can you tell me you are looking for in checking a pulse or looking at a tongue?

Dr. Yip: Every pulse is different. It is a tool to assess the health of major organs. The tongue is checked for color, shape, size and coat, it also indicates the state of health. For instance: Red tongue = heat in the body, spicy foods, fever, inflammation. Thick white coating=dampness-cold phlegm, Thick yellow coating=dampness-heat phlegm.

Yvonne: How should women past menopause stay healthy and live as long as you?

Dr. Yip: After menopause, avoid fatty foods, avoid sugar, spicy foods, and don't smoke. You should be asleep by 11 pm at night. Blood turns over each hour, after 11pm your liver needs to storage your blood.

Yvonne: Can the type of water we drink make a difference for our health?

Dr. Yip: Drink mineral water or boiled water

Yvonne: What about carbonated water/bubble water?

Dr. Yip: It will weaken bones and teeth.

Yvonne: What type of exercise do you recommend for older women with osteoporosis?

Dr. Yip: Walk while swinging arms.

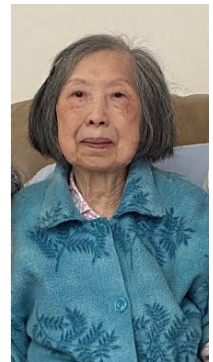
Dr. Yip went to the kitchen to take two soup cans out and showed me how to use them as weights. She performed Qi Gong movements, lifting and swaying them. Then demonstrated, practicing sitting down on the couch, but only squatting over it and standing up.

Yvonne: Nice idea with the soup cans –we all can do that!

Yvonne: What advice can you give people to avoid cancer?

Dr. Yip: Don't hold on to resentment and anger. Don't drink alcohol because it damages the liver. What affects the liver, affects the whole body, then turns to cancer. Avoid spicy foods like chilies-too much can give colon cancer. What you do, you will become.

Dr. Yip suggests finding a TCM Practitioner to administer herbal treatments. It is unfortunate she can't recommend anyone that she knows and she is of advanced age now. I thanked her for her time and pearls of wisdom and she was gracious in giving me a tin of Chinese walnut cookies and a crocheted purse she made, before I left her. It was a pleasant and interesting morning and I hope to visit with her again soon!



GFWC Zoom Meeting Free

Topic

The Power of Personal Behaviors in Health and Wellness

Description

Dr. Nagi Jumar, Ph.D., Cancer Chemoprevention and Initiatives, Moffitt Cancer Center Honorary Chairman: GFWC Health and Wellness Community Service Program

To register go to GFWC Zoom Meetings



Arts and Culture

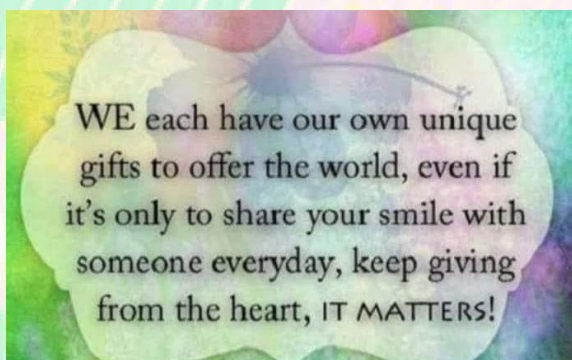
Mark your calendars, Monday, April 22nd is our next Craft and Chat beginning at 6 p.m. Look for the weekly with more details. Do you have a craft you'd like to teach everyone? Call me and we'll talk about it. Hope to see you there.

Nancy Oij



Diversity, Equity, and Inclusion

The General Federation of Women's Clubs (GFWC), one of the oldest women's volunteer organizations, seeks to build global communities where people unite in diversity and dedicate their service to changing lives. GFWC celebrates the engagement of people of all backgrounds and believes in fostering an inclusive, equitable climate and culture where community members can thrive.



GFWC-IL 5th-6th District ANNUAL MEETING

Thursday, May 2nd, 2024 | 5:30pm
Nonnie's Pizza
1565 W 75th Street | Woodridge, IL

Pizza, Pasta, Salad, Italian Beef,
Chicken, Dessert & Drinks Included
\$37.50 Per Guest

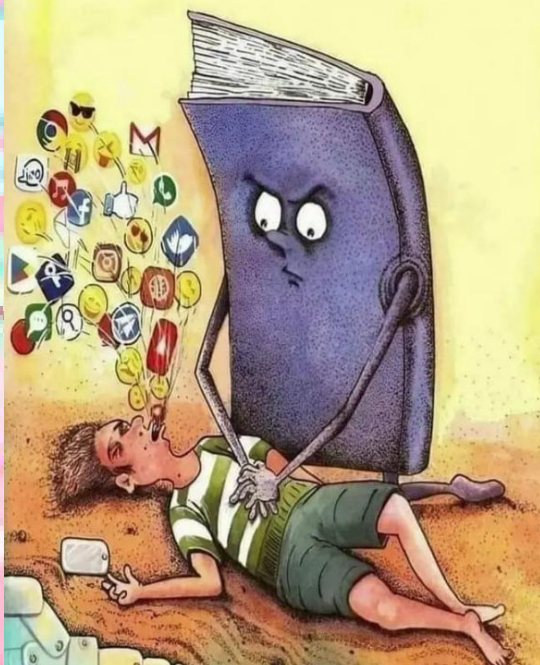
Kindly RSVP by April 23rd
All 5th-6th District Clubwomen Welcome



Doors will open at 5:30pm and food begins at 6pm. Food will be pizza, cheese ravioli, mostaccioli with meat sauce, Italian beef, fried chicken, salad, pepsi, lemonade, iced tea and coffee. Dessert will be provided.

Cost will be \$37.50 per guest. This includes the buffet, gratuity and tax. Please make check payable to GFWC-IL 5th/6th District and mail to Joan Marchese, 7320 W. 57th Street, Summit, IL 60501. Please get your checks (along with your head counts) to her by April 23.

Education & Libraries



The Peyton Heart Project

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Thank you to:

A) Lisle Woman's Club of Lisle, IL.



2,000 were sent



**Lisle Woman's Club
Is Sponsoring a
Community Collection
To Help**



Midwest Shelter for Homeless Veterans

Donate any of the following
to benefit the homeless Veterans in the western suburbs:

**Paper Towels,
Napkins,
All-purpose cleaner,
Paper plates,
Baggies/Ziplock all sizes – excluding snack size**

April 6 through April 20

Drop off Locations:

**Lisle Library, 777 Front St
Lisle Park District, 1925 Ohio St
Lisle Park District Senior Center
PoundCake Bakery, 4730 Main St
DPG Realtors, 4726 Main St.
Sweet Spot Bakery, 6470 College Rd.**

**Information about Midwest Shelter for Homeless Veterans,
433 S. Carlton Ave.
Wheaton, IL 60187
(630) 871-8387**

MWSH Mission:

**To empower at-risk veterans, and their families,
to become self-sufficient, productive members of their communities.
To end veteran homelessness
so that no person who has defended our homes goes without a home.**

lislewomansclub.org

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.

WNHS SPRING MUSICAL

**MAMMA
MIA!**

May 2-4, 2024

**Spring Musical
*Mamma Mia***

May 2, 3, 4, 2024

**Directed by
Jessi Lim**

**More information
to come, watch the
weekly News**





Dear Lisle Woman's Club Member,

I'm so excited! I hope you are also. Our 22ndnd Annual Garden Gait will be on Sunday June 9, 2024. This is LWC's largest fundraiser for philanthropic projects such as supporting the Lisle food pantry, TLC Camp, scholarships for Lisle graduating seniors and women returning to college, and many more charities and club activities. It is a day of viewing beautiful gardens, shopping craft vendors, winning raffle baskets, and enjoying the tearoom with family and friends.

Your help ensures our success. Spread the word to family members, work friends, church friends, neighbors, etc. Tell them about the service projects we perform and the charities we support.

As in the past, each LWC member is requested to sell two tickets. **Pre-sold tickets are \$20.** Tickets sold on **June 9 will be \$25.** Prices are the same as last year. If you need additional entry tickets to sell, please contact me.

In addition, Members will receive **12 raffle tickets to sell for \$20.** (One raffle ticket is \$2, three raffle tickets are \$5. Six for \$10, and 12 for \$20). Prices are the same as last year. If you need additional raffle tickets to sell, please contact Marcia or Liz.

Members who attend the April or May meeting will receive their tickets that evening and those not in attendance will receive the tickets via mail in May.

If possible, please pay for your tickets at the April or May meeting using cash or check made out to Lisle Woman's Club. The square for credit cards will be available but there will be a processing fee.

If you do not pay when you receive the tickets at the meeting, then **when the entry tickets are sold**, please bring your check (made out to LWC) or cash to my home (6180 Tyndbury Drive, Lisle) and when the raffle tickets are sold, bring to either Liz (1930 Chatfield Lane) or Marcia (6760 Breckenridge Rd).

Please do not wait until the last minute to return unsold tickets or to bring the money for your tickets. All money plus any unsold tickets **must be returned no later than June 8th.** Unsold tickets will be added to our supply to sell on the day of Garden Gait.

In addition to selling tickets, Garden Gait requires many helping hands. To volunteer before or on the day of Garden Gait, please call or text me. See below contact information.

Thanks to all of you for your generosity, your time, and your talent. What a wonderful group of women!

Kathleen Palia
Garden Gait Chairperson
630-730-4362
paliakathleen389@gmail.com



Save the Dates!

SQUARE (CREDIT CARD PAYMNT) TRAINING

April 2, 2024 1:30 PM

Nancy's house

PRE-SALE TICKETS AND RAFFLE TICKETS

Distributed to members. See letter in newsletter.

General Membership Meeting April 3 6:30 PM

GG TICKET MEETING

April 18 10:30 AM Lisle Library

PRE-SALE TICKETS AND RAFFLE TICKETS

Distributed to members who did not attend Apr Mtg

General Membership Meeting May 1 6:30 PM

VOLUNTEER FOR DAY OF GARDEN GAIT

General Membership Meeting May 1 6:30 PM

DEADLINE FOR PROVIDING INPUT TO BOOKLET – MAY 11

SIGN COMMITTEE

This year a GG yard sign will be given to specific members who live in heavily trafficked areas rather than a sign to everyone. You will be contacted and given signs if your yard is chosen.

NO GENERAL GG MEETING IN APRIL

Watch for Facebook & Nextdoor Posts.

Please like and share!

GARDEN GAIT JUNE 9, 2024

Kathleen Palia, Garden Gait Chair

Our club meeting last Month was delicious! Chef Mike Barnett showed us some cooking skills and made some amazing food for us! Thank you Chef Barnett!



SACK - Supporting A Community with Kindness

These 25 soap sacks are adorable! I want to thank the ladies in the Lisle Woman's Club in Illinois for the generosity! We appreciate you! These tags are adorable!