

LISLE WOMAN'S CLUB NEWSLETTER



GENERAL FEDERATION
of WOMEN'S CLUBS

February 2022

Message from the President

Our Wednesday, February 2 meeting will be at the Police Station **or** join us via Zoom at: <https://us02web.zoom.us/j/87512127821?pwd=RVpWYitoOUZmU2tuZjArNzIybllydz09>. *Keep an eye on your email in case anything changes.*

If you have yet to sign up as a member on our website, be sure to visit there today! As an LWC member you are able to view our calendar online as well as past newsletters and all sorts of fun things. If you need computer help signing on to the Member's Only page, let me know and someone from the executive board will be sure to contact you and help you sign up. It is very important that you do this. Thank you.

So glad to report that we are going forward with our plans for Garden Gait this year. It worked out so well last year when the community embraced the opportunity to do a "normal" activity after all the quarantining in 2020/2021. Thank you to Eileen and Kelly for all the hard work you are doing to make this another successful year.

GFWC Illinois is sponsoring a fundraiser for **Prevent Child Abuse Illinois**. It is a "Blue Ribbon High Tea" on Sunday, April 3rd, see the attached flyer. It is in Gardner, IL and tables seat 8. I am planning on attending and thought we might carpool a group of LWC members for a fun afternoon. It will be a great opportunity to learn more about GFWC Illinois.



Keep warm, stay safe and remember Spring is just a few week's away. Hope to see you in person or virtually!

*Sincerely,
Karen Burris
LWC President*

"Life's most persistent and urgent question is, 'What are you doing for others?'"

- Dr. Martin Luther King

Programs

"Love Gone By" is the theme of our February meeting. Our guest speaker is from the Fox Valley Genealogy Society. Her talk will be about exploring your family tree, how to get started, and resources available in doing your research. Maybe you'll be able to learn how to discover some long-lost loves in your family tree.

I know the weather is cold out, but let's think ahead to Garden Gait. Our May meeting is all about Garden Gait. We thought it might be fun to have a "plant exchange" during this meeting. If you'd like to join in the exchange, propagate one of your plants to bring to the May meeting.

All you need to do is start a cutting from one of your plants in a small cup of water. Change the water every few days and watch the roots grow. If you'd like, once the roots are established you can transplant your plant into a small pot. There's a lot of information on starting plants on the internet.

*Nancy Oij
Vice President*

Garden Gait

The next Garden Gait Zoom meeting is on Thursday, February 24th, at 6:30 pm. The Zoom link will be sent out to all club members prior to the meeting.

*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



Fundraising

GARDEN GAIT

Garden Gait is right around the corner (ok, so it is not till June!) The Ads and Raffle Committee is always looking for those who want to go out and meet businesses in the community (or make calls or send emails.) It's exhilarating but can be deflating! I am not trying to scare you, just telling the truth. Are you interested in joining our committee? Call or text me if interested. Thanks you!

Also, Garden Gait always relies on advertising, word of mouth, and the love of gardening. I am asking if there are one or two or three ladies who would like to package some donated seeds into little bags and staple them on to bookmarks. The bookmarks are given out at stores, garden plant sales, and other meetings. It is simple and can be done in front of your TV or over coffee. It is an easy, yet important job. Call or text me if interested. Thank you! Joanne, 630-772-1504

ANGELI'S FUNDRAISER: FINAL NUMBERS

WOW! Ladies, you and your friends did a knock out job at Angeli's on Nov. 11th! Our fundraiser brought in \$533.40! Tony at Angeli's was very generous to us and we appreciate it. Ladies, thank you for supporting this evening of delicious food. Next time you go to or order in from Angeli's please thank Tony for supporting the Lisle Woman's Club. Thank you!

*Joanne Ehrhardt
Fundraising Chair*



Membership



Brrrr...it's been cold outside! The perfect time to spend indoors with friends.

While you are chit-chatting with friends at church, lunch, or visiting, let them know the projects LWC does for the community. Nobody is better qualified to talk about what it's like being a member of LWC than you! Invite them to a meeting or one of our events. Let them know we are always looking for new members.

Information about LWC events is posted on Nextdoor by Joanne. I post information about club meetings the week before. Please "like" the postings. The more "likes," the more neighbors see the posts and gain interest in joining our club! Facebook is another way to create interest in joining. Marie posts information and pictures about our club events. Please "like" and "share." YOU are the most important ambassadors of LWC and YOU are vital to Membership!

To access the most current Membership directory, go to the LWC website; Member's Only tab. Any additions / corrections will be maintained on the website.

Stay warm!

*Kathy Palia
Membership Chair*

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



Environment

TAKING CARE OF THE PLANET TAKES CARE OF OURSELVES AS WELL

Here is article to start us on that path. When you're shopping for home cleaning solutions, the variety of available options can be overwhelming — even more so when you start reading the ingredients on the label. For example, does “natural” mean the product is nontoxic? What are the ingredients that make up “fragrance?” And what the heck is “sulfuric acid?” As it turns out, “natural” does not mean a product is nontoxic; the term can be used as a form of greenwashing. Because the formulation of a product's fragrance is considered a “trade secret,” the scent of that cleaning product could include hundreds of undisclosed chemicals. And while sulfuric acid is a useful ingredient in household cleaners, it is a known human carcinogen, among other things. If you'd like to skip the store-bought products so you can have control over the ingredients you use to clean your home, here are a few suggestions.



SOFT SCRUB

dishwashing liquid
1/2 cup baking soda
Mix enough dishwashing liquid into the baking soda to make a paste.
Use: Perfect for tubs, tiles, and toilets.

GLASS CLEANER

1/4 teaspoons dishwashing liquid
3 tablespoons white distilled vinegar
2 cups water
Lemon twist or a few drops of lemon essential oil
Use: Shake, spray, and dry.

ALL-PURPOSE CLEANER

1/2 teaspoon washing soda
1/2 teaspoon Castile liquid soap
2 cups hot water

*Dot Battle
Environment Chair*

FURNITURE POLISH

1/2 teaspoon olive or jojoba oil
1/4 cup white vinegar or lemon juice
Use: Dab solution with a cloth and wipe wood surfaces.

WOOD FLOOR CLEANER

1/4 cup olive or jojoba oil
1/3 cup white vinegar
12 drops lemon essential oil
5 cups hot water
Use: Dip mop or cloth rag in the mixture. Spread a thin layer on wood floor.
here

DISINFECTANT*

1 teaspoon tea tree or clove essential oil
2 cups water
Use: Spray and wipe or spray and let dry.

*Please refer to CDC guidance on disinfecting your home against COVID-19.



Civic Engagement

December 2021: Paper Ballot Voting System Arrives in DuPage County

-excerpt from Lisle Patch article by Lisa Marie Farver

The new voting system aims to make the voting process more secure, equitable and efficient; while reducing polling place lines and making startup and shutdown more efficient.



DuPage County recently received its new Hart InterCivic Verity paper ballot voting system, which replaces the current optical scanners and

touchscreen machines voters have used in the county for more than 15 years.

The shift is expected to make the voting process run more smoothly for voters and election judges alike.

County officials tapped Austin-based Hart InterCivic for the new voting system, which does not connect to the internet, something that prevents hackers from accessing ballots, a news release said, calling it the "most secure, transparent, and user-friendly voting system on the market."

*Liz Sullivan
Civic Engagement Chair*



Health & Wellness

February is Heart Month!



And it's time to focus on your cardiovascular health. **Heart disease is the leading cause of death for both men and women and is largely preventable.** Here are some heart related facts:

1. Blood pressure: High blood pressure can go unnoticed, have yours checked at least once a year by a professional or get an at home machine and monitor it more often.
2. Low fat diet – A low fat diet is not entirely good for your heart. We need a moderate amount of fat in our diets along with protein, veggies & whole grains.
3. Omega 3 – these supplements alone do not guarantee a healthy ticker.
4. Heart health not just for men – Altho more research has been conducted on men, women are just as much at risk.
5. Heart attacks don't always cause crushing chest pain; jaw pain and back pain have all been associated with a cardiovascular event. If something doesn't feel right to you get it checked out.
6. Plant based diets may help -Vegetables, beans, nuts, seeds, olive oil are good. Check out the Mediterranean Diet.
7. A sedentary lifestyle puts one at risk. Get up and move!
8. Supplements to help lower cholesterol, blood pressure, and triglycerides may be necessary.
9. Red wine — Unfortunately is not a cure all. A moderate amount (one glass per day for women) is ok for most people.
10. Gut health – surprisingly, your gut health plays an important part in your health. Probiotics, yogurt, and a good overall diet all can help achieve this.

Also remember **FAST**, the way to spot a stroke:

- F – face drooping (is smile uneven?)
- A – arm weakness (does one drift downward when asked to raise both arms?)
- S – speech difficulty (slurred, not comprehending, hard to complete a sentence?)
- T – time to call 911 (fast action helps treat and recovery)

*Mary Costello
Health & Wellness Chair*

Arts & Culture

PRE-REGISTRATION FORMS DUE 2/1/22!

We have a good number of talented, creative LWC members. Why not enter one of the GFWC Illinois **Writing, Art, or Photography Contests** and do us all proud? All entries must be pre-registered **by Feb 1** in order to participate; see attached pre-registration form. Writing, Art, Photography Contest Rules are also attached. Good Luck, Ladies!

*Pat Briggs
Arts & Culture Chair*



GFWC ILLINOIS
FACEBOOK FRIDAY

ARTS & CULTURE COMMITTEE
**Art & Photography
Contest Update**

Attention all members who plan on participating in any of the GFWC or GFWC Illinois writing, art or photography contests or the arts & crafts contest: Please send in your pre-registration forms **no later than February 1st**. ALL entries must be pre-registered in order to participate this year. The form is simple and can be found on the GFWC Illinois website in the "Members Center." The form is in the "Awards & Contests" section and is titled "2022 GFWC IL Art, Writing & Photography Contest Pre-Registration Form NEW!"



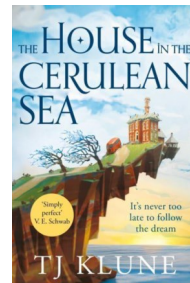
The form is set up so you can enter in more than one category and/or more than one item. However, remember with Painting and Photography, it is one per member per category.

Any questions, please email Mary Lee Howard at mhoward4030@sbcglobal.net.

FACEBOOKFRIDAY | FACEBOOKFRIDAY | FACEBOOKFRIDAY | FACEBOOKFRIDAY

Book Club

The Lisle Woman's Book Club meets the third Monday of every month over Zoom. The February meeting is on Monday, February 21st at 7 pm and the book is The House in the Cerulean Sea, by TJ Klune. Grab a friend and join in the discussion.



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

Our list of meeting dates, books, and Zoom link is available on our website under the Meeting/Events tab, then Book Club.

*Barbara Green
Book Club Chair*

Website

When is this year's Garden Gait? What book is the book club reading this month? Where can I find a member's phone number? You can get your answer to all these questions by looking at the Lisle Woman's Club Website.



Be sure to sign up for the "Member's Only" page. If you have any questions on signing up, contact either Eileen or Nancy. Our club's calendar, newsletters, minutes, and other informative information can be found under this tab.

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*

2022 Calendar

February 2 — LWC General Membership Meeting
February 21 — 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 3 — Blue Ribbon High Tea, GFWC Illinois Sponsored**
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 the "Best of Britain"



About February

February comes from the Latin word *februa*, which means “to cleanse.” The month was named after the Roman *Februalia*, which was *a month-long festival of purification and atonement* that took place this time of year.

February 1 marks the **Lunar New Year**, also known as **Chinese New Year**. This year is the Year of the Tiger! Read more at: <https://www.almanac.com/content/chinese-new-year-chinese-zodiac>

February 2 is **Groundhog Day**—the day we find out whether winter will last six more weeks or call it quits. How did this quirky tradition get started? <https://www.almanac.com/groundhog-day>

February 12 is **Abraham Lincoln’s Birthday**. The 16th president of the United States was born in a one-room, 16x18-foot, log cabin with a dirt floor. <https://www.almanac.com/calendar/date/2022-02-12>

February 14 is always **Valentine’s Day**. Heads up, lovebirds! Today, the holiday is celebrated with love, flowers, and chocolate, but how did this holiday get its start? Learn all about Valentine’s Day at <https://www.almanac.com/content/when-valentines-day-quotes-history>.

February 15 is **Susan B. Anthony’s Birthday**. How much do you know about this women’s right leader? <https://www.almanac.com/calendar/date/2022-02-15>

February 21 brings **Presidents’ Day**, a federal holiday also known as Washington’s Birthday that is celebrated on the third Monday in February. (George Washington’s actual birthday is February 22!) To learn more, go to <https://www.almanac.com/content/when-presidents-day>

February is **African-American History Month**. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society. Learn more at: <https://africanamericanhistorymonth.gov/about/>