



October 4, 2023

Lisle Woman's Club

President's Message

It's autumn, but judging from the warm weather you wouldn't know it. It's still in the 80s, so we're having a bit of "Second Summer". This is the time to do all the things you've meant to do all summer, but just haven't gotten around to it...

I want to thank all the members who signed up to volunteer at Feed my Starving Children on September 30 th . We are helping needy children receive nutritional meals while enjoying the company of our fellow members. How fun!

The Proposed Budget did not pass at our September meeting. Members' participation in the budget process is important because the budget sets the goals and direction of the club for the year. Please be prepared to vote to approve the Proposed Budget at the October 4 th meeting or to propose an Amendment (or Amendments) to the Budget which would enable you to vote for the Budget. To prepare for the meeting, please reread the budget questions that members have submitted to the Treasurer and please also reread the answers she sent out. If you have questions, please call or email Treasurer Cathy Cawiezel directly. And please attend the October meeting to vote as your input is essential!

We will be playing Bunco again this fall. The date is November 9th and I hope to see you there. It's always loads of fun and you can play even if you have no experience! There's always someone at your table who can help you out.

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

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GENERAL FEDERATION
of WOMEN'S CLUBS



Social (Media) Suicide and other ideations

By Yvonne Hammond

Just got home from a trip to Portland, Oregon with a college friend. She introduced me to her friend Lizzie, whom she met when she was living there. While getting to know each other, Lizzie asked me my sign. "What is this, the 70's?" I asked. She laughed and really wanted to know, so I told her I was a Scorpio. She asked me if I was an addict. I was stunned! "Umm, no, why do you ask?" She says everyone she meets who's a Scorpio has addiction problems. I brushed this out of my mind and didn't think of it till I flew home and reviewed this crazy conversation. I concluded that she's somewhat perceptive. No, I've never been an alcoholic, nor on illicit drugs or mushrooms, but I used to be addicted to social media. Yes, I admit, I was a regular Facebooker, Instagrammer, a Twit on Twitter (or X since it has been renamed by "he who must not be named.") I realized I needed a break from social media when friends were posting photos of their Dunkin Donuts drinks. I deleted all my accounts in 2017. Then, as an addict does, I reactivated my Facebook briefly in 2020 to see who was alive and then went off again. Since I've been off, my mood has improved, I don't feel the pull to answer every noise my phone makes or to waste my days looking at memes, cute puppies, or someone's food they're eating at the moment. At the time of deletion, I asked myself why I had been so addicted to social media and wondered if there had been anything written about social media being an addiction? According to a new study by Harvard University, self-disclosure on social networking sites lights up the same part of the brain that also ignites when taking an addictive substance. The reward area in the brain and its chemical messenger pathways affect decisions and sensations.

Jaron Lanier, a Silicon Valley pioneer who is the father of Virtual Reality wrote a book called: Ten Arguments For Deleting Your Social Media Accounts Right Now explains why you should quit social media today in order to feel healthier, happier, and more at peace. Here are his ten reasons in a nutshell:

1. Takes away your free will.
2. Contributes to the insanity of our world.
3. Turns you into a jerk.
4. Manipulates truth.
5. Is destroying the meaning of everything you say.
6. Annihilates your ability to be empathetic.
7. Makes you miserable.
8. Takes away your economic dignity.
9. Is the reason why politics are so awful and impossible.
10. Hates you.

Social media use becomes problematic when someone views it as an important coping mechanism to relieve stress, loneliness, or depression. Social media use provides these individuals with continuous rewards that they're not receiving in real life, so they end up engaging in the activity more and more. When people get addicted to "likes" or encounter online bullies, it can push someone over the edge. It is best to limit or delete our social media use, as it serves little benefit to us in the long run.

Civic Engagement and Outreach

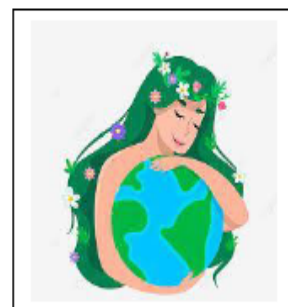
Club members have been working on crocheting shawl and lap blanks for Sunrise, Brighton Gardens of Wheaton. Along with others items that we crochet for other facilities and non-for-profit organization. Everyone is so appreciative.



Environment Committee - Recycling

By Lorraine Krzywosz

Recycling is one way we can show our appreciation for the environment and Mother Earth. Our club members did a fantastic job with collecting recyclables last year and we will continue that effort at our monthly meetings. In addition, DuPage County has detailed on their website where we can take often asked about items such as latex paint and batteries. Lastly, household hazardous waste (e.g., cleaning fluids, fertilizers, oil-based paints) can be dropped off at the Naperville Household Hazardous Waste facility...for free! See details below:



1. Items collected at LWC meetings:

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

2. DuPage County drop-off recycling locations:

- Batteries
- Latex Paint
- Bikes
- Fire Extinguishers
- Flags
- Puzzles
- Medications
- Bubble wrap
- Car Seat
- Musical Instruments

(See the complete list and locations in the link)

3. Household Hazardous Waste

Naperville has a household hazardous waste facility for specific items that we cannot put in the trash and not acceptable at other offsite recycling locations. This facility is located at 156 Fort Hill Drive in Naperville and only open on Saturday and Sunday from 9am to 2pm. It is available to all residents of Illinois and is free of charge. Please visit the link for items acceptable at this location.

Just as a simple reminder, our curbside recycling bins can only accept specific items. Click on the link for what can and cannot go into your bins.

One last plug- remember to BYOB (bring your own BAG) to the store when shopping. As you know, single use plastic bags are detrimental to our environment.

Thank you for your continuing efforts! We can do this together.

Book Club

October's book club will be on Monday, October 16th. The book we'll be reading is *Girl, Woman, Other* by Bernardine Evaristo. If the library reserves you a copy, be sure to pick it up so you can begin reading. November's book *Little Fires Everywhere* will be a book in the bag from the library. The copies should be available at the October book club meeting. Hope to see you all on October 16th at the Lisle Library, Meeting Room B, at 7 pm.

Barbara Green and Nancy Oij

Vice President

Our October meeting will feature a representative from Honor Flight Chicago, which recognizes the service of our veterans. The centerpiece of their programming is to provide a Day of Honor in Washington, D.C., visiting the memorials built in tribute to the service of our veterans from WWII, the Korean War, and the Vietnam War. These trips are provided at no cost to the veterans and is intended as a heartfelt thank you for their service and sacrifice from a grateful nation. To date, Honor Flight Chicago has made 110 flights, with over 10,000 veterans participating. Come and learn how Honor Flight Chicago encourages community and student participation in all of their programs, and uses lessons derived from the Day of Honor trip in its [Operation Education](#) program, inspiring students to learn about the service and sacrifice of our veterans.

Honor Flight Chicago is a 501(c)(3) organization.

Lorna



GFWC National Day of Service – Feed My Starving Children

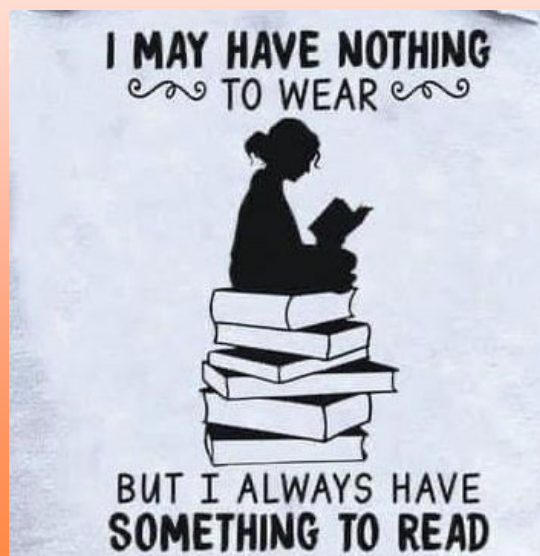
Please mark your calendars for **Saturday, September 30, 2023**, from 11:15 AM – 1:15 PM as LWC members will be volunteering at **Feed My Starving Children (FMSC)** in Aurora, packing nutritious meals for hungry children worldwide.



Stacy Wiener, Founder of S.A.C.K., discovered through volunteering at food pantries, that there was a lack of essential toiletries available. One key reason is that people cannot use government subsidies, such as food stamps, to purchase them. When it comes to deciding on whether to eat vs. buy soap and shampoo, the choice becomes obvious. So, [S.A.C.K.](#) was created to help fill this need

The Civic Engagement committee are working on Crocheting these sacks that will be donated to our food pantry through-out the year. Our first donating will be to our local food pantries during Christmas. **We are asking club members to donate soap to use in the sacks. Soap of all sizes will be grateful. They are be dropped off at Brenda's house we also can pick-up**

"I used to be homeless and soap is a treasured commodity."



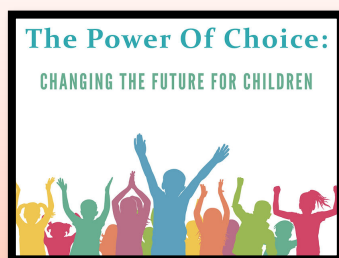


SAVE THE DATE FOR THE LWC BUNCO FUNDRAISER! On Thursday, November 9, 2023 at 6:15pm, the LWC will be hosting an evening of bunco, prizes, pizza, pop and sweets. A cash bar and the opportunity to purchase basket raffle tickets and 50/50 tickets will be available. Spread the word but act quickly as a seating is limited! Ticket sales open on September 24, 2023 at the following link: <https://www.eventsprout.com/event/lwc-fall-bunco-night> If you prefer to mail a check to reserve your spot, please do: LWC, PO BOX 3886, Lisle, IL 60532. Please include all participant information. Reach out with questions to Barbara Akkeron at (312) 914-2978 or barbara.akkeron@bairdwarner.com

BUNCO HELPERS NEEDED:

- 1) We would love to have three veggie trays (no dip) made for the event. Actual trays will be provided at November meeting and pick-up on the day of the event can be arranged.
- 2) Contents for the prize baskets are also needed. If you have gifts cards, bottles of wine or other items perfect for our special winners, I'd love to hear about it! Pick up can be arranged!

Please contact Barbara Akkeron if you can assist in either way. (312) 914-2978 or barbara.akkeron@bairdwarner.com



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.

Lisle Township Recycling Program

Beginning Tuesday, August 1, 2023, Monday-Friday, 9 AM-4 PM

Lisle Township will be accepting the following items for recycling:



How Will It Work?

1. Need more information: visit Lisletownship.com/recycling or call 630-968-2087.
2. We ask that you come into the office and speak with the receptionist before bringing the items into the office if they are more than 15 pounds. The receptionist will process it at 4711 Indiana Ave., Lisle. If it is a TV or Monitor, there will be a small fee to recycle it. Pay ahead of time or with a credit card. \$25 for 21 inches. Over 21 inches is \$35. Payment can be made in advance at <http://recycling.eworksesi.org/>. All other electronics are accepted at no charge. For larger pieces, check in with the receptionist but leave the piece in your vehicle. The receptionist will direct you accordingly.
3. If it is a textile, please bag it prior to your arrival. Textiles include sheets, blankets, pairs of shoes (tied together) used clothing. Please only donate clean items.

Recycling options will include:

eWorks

- Electronics - fees for televisions and monitors
- Textiles - clothes, shoes, belts, purses, towels, sheets, -everything must be in plastic bags - please no clothes with motor oil, oil-based paints, stains or gasoline
- Scrap metal - no engines, no motor oil containers

SCARCE

- Books - paperback, novels, kids, reference, and textbooks
- Musical instruments - wind instruments (trumpets, flutes, etc.); string instruments (violins, guitars, etc.) - no drums, pianos, or keyboards
- School supplies - new (no glue, paints, aerosol cans)
- Office supplies - new
- Puzzles - please put the pieces in a zip lock (so pieces won't fall out of the box).
- Bread tags - please, no twist ties.
- Liquid vegetable cooking oil - olive oil, canola oil, and peanut oil must be in a container with a secure cap.

Lions Club

- Eyeglasses (no cases)
- Hearing aids

Working Bikes

- Bikes
- Accessories - bike baskets, locks
- Bike repair tools

DuPage County has partnered with eWorks and RewearAble to collect clothing and textiles for reuse and recycling. Items not able to be reused will be turned into cleaning/painting rags or reused in insulation, packing material, and carpeting. RewearAble is a non-profit that provides sustainable employment for adults with disabilities. Acceptable items: clothing, shoes, sheets, bedding, towels, and other household textiles in any condition. No heavily soiled items. Shoes must be matched and tied together. Items must be bagged in plastic bags.

ELECTRONICS

This electronic site will be collecting the following items: computers, laptops, servers, computer monitors, televisions, printers, facsimiles, scanners, VCR & DVD players, video game consoles, and cell phones, along with other electronics and small household appliances, as specified on the full list. Appliances with refrigerants and all other items not listed cannot be accepted. The fee applies to TVs and Monitors. A coupon and 501c3 tax receipt are provided upon payment at the site. Payment can be made in advance at recycling.eworksesi.org/. All other electronics are accepted at no charge.



In partnership with:



DUPAGE COUNTY



eWorks
Electronics Services Inc.

