

April 2019



a proud member of



Reminder: David's Bistro

April 2 - 6:30 p.m. for those who signed up



Derby Hat Day— Saturday, April 27

Put on your Derby Hat or Fascinator and head to the Antioch Race Course (Downtown Antioch Shops).

You'll enjoy an afternoon of fun, munchies and contests as you stroll among other Derby Contestants for our 1st Annual Derby Hat Day. After the Race (just kidding, no running involved, you just stroll through our Downtown Shops), you'll attend an After Party and enjoy complimentary Pizza and Salad Bar at the Lodge.

Make sure you wear a Hat or Fascinator to the After Party for your chance to Win - Place - or Show. Plus participate in our Derby Trivia Contest you might Win-Place-Show at the After Party!

Check in from Noon till 1 pm to start the Race! Pick up your Race Course Map and receive your DHD Keepsake Bag.

Club Membership Roster

The roster is attached (updated 02/06/2019). Any additions/edits/deletions should be sent to Mary Lynnes.

President's Message

Hi Ladies!

Hope everyone had a fun St. Patrick's Day. After all, you don't have to be Irish to celebrate the Holiday!

It was a beautiful, clear, crisp, sunny day! A perfect day to attend a festive St. Patty's Day parade!

Or, maybe you visited an Irish Pub for some mysterious green concoction! Or, best yet, maybe you had some of that wonderful corned beef and cabbage that most restaurants were serving that day! Yum! Whatever the case, hope you had a chance to enjoy the day!

Hope to see everyone on Tuesday, April 9th at The Lodge of Antioch. We will begin our meeting at 6:30pm. As always, come early if you like, for social time with your fellow members, before we begin our meeting.

Warm hugs.

Patti



Midwest Veterans Closet

Where Veterans shop free

IMPACTING VETERANS LIVES, INC.

A 501(c)3 nonprofit organization



Thank you to Mary Carmody of Midwest Veterans Closet for speaking at our March meeting. If you were not at the March meeting and would like know more about how you can volunteer at MVC, contact Deb Savage.

www.midwestveteranscloset.org

Next volunteer opportunity is April 12, 12p-2p.

Meeting Location

The Lodge of Antioch
899 Main Street
Antioch, IL 60002
847-395-3373

Meetings are held the 2nd
Tuesday of each month
Social time: 6:00pm
Meeting time: 6:30pm

AJWC Pledge

I PLEDGE MY LOYALTY TO THE
JUNIOR CLUB WOMEN BY DOING
BETTER THAN EVER BEFORE WHAT
WORK I HAVE TO DO, BY BEING
PROMPT, HONEST AND COURTE-
OUS. BY LIVING EACH DAY TRYING
TO ACCOMPLISH SOMETHING, NOT
MERELY TO EXIST.

The Executive Committee

President: Patti Rische

Vice President: Marilyn Bowen

Secretary: Dione McIntyre

Treasurer: Geri Mang



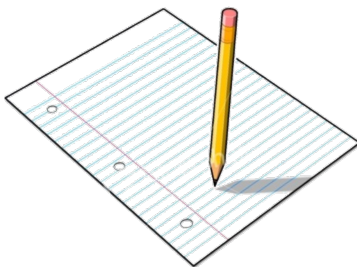
Birthdays

None



Membership Anniversaries

Alice Burnette - 4/2017
Betty Ann Ralston - 4/2001



Meeting Minutes

Dione McIntyre, Secretary
Detailed March 12 Meeting Minutes will be
sent via separate email by Dione.



Treasurer's Report

Geri Mang, Treasurer

Detailed March 12 Treasurer's Report attached.

GFWC History Snapshot

The promotion and support of art and artists has been at the core of GFWC's values from the very beginning. At the Fourth Biennial Convention held in Denver in 1898, GFWC formally established its first Art Committee. Following the committee's formation, they began to publish pamphlets which discussed architecture, sculpture, and painting, which encouraged women to participate in traditional handicrafts.

The art program gained popularity so quickly that by February 1906, the Art Committee established its first "Traveling Gallery of Paintings and Etchings", ensuring they would bring art to clubwomen and their communities. Prevalent artists and art collectors loaned GFWC 80 items to feature in the exhibit. For the cost of postage, GFWC clubs could request the collection and host their own community exhibit for one week. By December 1906, Art Committee Chairman, Jean Sherwood, reported that "even with two complete collections we are unable to meet demand".

By 1908, the exhibits had toured 27 states and more than 200 towns. GFWC also urged local clubs to establish their own travelling collections to highlight regional artists. In the 1920's, GFWC began to develop its own permanent art collection for its headquarters. Like the local collections, many paintings collected by Headquarters featured regional artists and landscapes, which illustrated GFWC's geographic diversity.

AJWC Happenings

Day and Date	Time	Location	Description	Contact
Tuesday, April 2, 2019	6:30p	David's Bistro 833 Main Street Antioch, IL 60002 847-603-1196	AJWC Social Event	Deb Savage
Tuesday, April 9, 2019	6:30p	The Lodge of Antioch 899 Main St Antioch, IL 60002	AJWC Meeting Guest Speaker: Jon Cokefair, Antioch Fire Chief	Patti Rische
Thursday, April 11, 2019	4:30p	Open Arms Mission 1548 Main St Antioch, IL 60002	Open Arms	Dione McIntyre
Friday, April 12, 2019	12:00p	Midwest Veterans Closet 2323 Green Bay Rd North Chicago	MVC Food Truck	Deb Savage
Tuesday, April 16, 2019	4:00p	Antioch Area Senior Center 817 Holbeck Dr Antioch, IL 60002	Senior Dinner	Patti Rische
Wednesday, April 24, 2019	10a	Dover Straits 890 E US Highway 45 Mundelein, IL 60060 847-949-1500	GFWC IL District 10 Meeting	Mary Lou Williamson
Saturday, April 27, 2019		Eco Fair		
Saturday, April 27, 2019	12:00p	Downtown Antioch	Derby Hat Day	Barbara Porch
Thursday, May 9, 2019	4:30p	Open Arms Mission 1548 Main St Antioch, IL 60002	Open Arms	Dione McIntyre
Tuesday, May 14, 2019	6:30p	The Lodge of Antioch 899 Main St Antioch, IL 60002	AJWC Meeting Guest Speaker: Conservation Committee	Patti Rische
Tuesday, May 21, 2019	4:00p	Antioch Area Senior Center 817 Holbeck Dr Antioch, IL 60002	Senior Dinner	Patti Rische
Wednesday, May 22, 2019	10a		GFWC IL 10th District Meeting	Mary Lou Williamson
Saturday, May 25, 2019	12p	Midwest Veterans Closet 2323 Green Bay Rd North Chicago	MVC Food Truck	Deb Savage
Thursday, May 30, 2019	4:30p	Open Arms Mission 1548 Main St Antioch, IL 60002	Open Arms	Dione McIntyre
Tuesday, June 11, 2019	6:30p	The Lodge of Antioch 899 Main St Antioch, IL 60002	AJWC Meeting Guest Speaker: Mayor Larry Hanson	Patti Rische
Thursday, June 13, 2019	4:30p	Open Arms Mission 1548 Main St Antioch, IL 60002	Open Arms	Dione McIntyre
Tuesday, June 18, 2019	4:00p	Antioch Area Senior Center 817 Holbeck Dr Antioch, IL 60002	Senior Dinner	Patti Rische
Tuesday, July 9, 2019	6:30p	The Lodge of Antioch 899 Main St Antioch, IL 60002	AJWC Meeting	Patti Rische

**When attending any meeting or event
please wear your name tag.**

125 ACTS OF SERVICE

During 2019, January-December, we are asking clubs to perform “**125 Acts of Service**”. There will be special “Creativity Awards” presented at the 2020 Annual Convention for these projects (which are annual reportable). Start planning your club projects now and don’t hesitate to think outside the box! You can do one project or many. Each project will be judged individually. Here are a few examples:

- ▶ Plant 125 spring bulbs at a community park/building
- ▶ Donate 125 canned goods or paper products to the food pantry
- ▶ 125 hours helping community, road, or river clean up
- ▶ Donate 125 boxes of crayons, markers, colored pencils
- ▶ Deliver 125 Meals on Wheels to homebound Senior Citizens
- ▶ Read to or donate 125 books for children
- ▶ Donate \$125 to purchase from Heifer International
- ▶ Plant 125 pinwheels for Child Abuse Awareness Month and ask 125 children to help
- ▶ Pass out 125 USA flags on Flag Day or 4th of July
- ▶ Collect 125 units of blood
- ▶ Make 125 “Smile Bags” for Operation Smile
- ▶ 125 Letters, emails or calls to your Legislators
- ▶ Donate 125 pairs of gloves or hats to children in need
- ▶ Donate \$125 to Isabella Candee Foundation to secure the next 125 years of GFWC Illinois
- ▶ Challenge members to make a donation to their favorite GFWC Illinois Partner:

- ◆ 125 Pennies = \$ 1.25
- ◆ 125 Nickels = \$ 6.25
- ◆ 125 Dimes = \$12.50
- ◆ 125 Quarters = \$31.25

GFWC - 125 Acts of Service

As GFWC Illinois begins its 125th anniversary by completing 125 Acts of Service or more, let’s look at GFWC’s first service project in April 1934. The first act was the Shawnee National Forest and since that time club members have donated money to plant millions of trees.



When heading to southern Illinois, be sure to stop by Shawnee National Forest and see what a dedicated group of women did and can do.

Shawnee National Forest’s natural beauty is ideal for all types of outdoor recreation. Nestled between the Mississippi and Ohio Rivers the Forest’s landscape features rolling hills, forests, open lands, lakes, creeks and rugged bluffs. The area’s mild weather throughout the year makes a visit during any season enjoyable.

The Shawnee National Forest is famed for its awesome Garden of the Gods, and is home to the Rim Rock Recreational Trail (the forest has a system of 403 miles of equestrian/hiking trails). Hikers are greeted by magnificent jutting walls of rock covered with emerald-green moss, and paths that meander through canyons under the forest canopy. If you’re into climbing than a must-see is Jackson Falls, located near the town of Ozark in the Hidden Springs Ranger District in Shawnee National Forest. The climb takes place on 60 feet of sandstone cliffs and boulders that include numerous freestanding towers.



Lake County Women's Coalition

Notes & Stuff

As Spring is desperately trying to emerge, we have completed the final accounting of our recent Women's History Month luncheon. We have experienced our best event ever!!! As you know, this is our only fundraiser of the year. All proceeds go to support our scholarship program for adult women continuing their educations at CLC. This year, both of our recipients are in the Nursing program and will graduate in May of next year. The generosity of our sponsors and attendees has allowed us to almost double our scholarship donation for next year. My heartfelt thanks to each of you who made our success possible.

Preparations for our upcoming Women's Equality Day event are well underway. We are planning a multi-generational round-table discussion of the inequality's women face today. We will also feature a theatrical production by the Round Lake High School Ghostlight Readers Theatre. This event is free and open to the public. It will once again be held at Warren-Newport Public Library in Gurnee on August 29. I have attached a "Save the Date" flyer. It promises to be an exciting and lively evening and I hope to see many of you there. More details to come so stay tuned.

Mary Lou Williamson

SO MANY SMILES



Domestic Violence—at home, next door, at the office

More than likely, we ALL know someone who has been abused, physically or emotionally. Are you aware of the signs and behaviors of someone who is hiding this secret?

The following information has been taken from A SAFE PLACE, located in Lake County, Illinois. You may think this will never happen to you or someone that you know, but when you learn more, you will find that it is closer than you think and you do have options.

HELP IS AVAILABLE!

Domestic violence occurs across demographic and gender lines, leaving no one unscathed by this horrible trauma. If domestic violence were a disease, it would be considered an epidemic due to how many people are affected.

Statistics:

- One in 4 women will experience domestic violence at some point in their lifetimes.
- One in 7 men will experience domestic violence at some point in their lifetimes.
- Women are more likely to be killed by an intimate partner than men.
- Women ages 20 to 24 are at the greatest risk of becoming victims of domestic violence.
- Every day, 3 women are murdered at the hand of their intimate partner.
- Every year, more than 3 million children witness domestic violence in their homes.
- Children exposed to domestic violence are more likely to have health problems, including becoming sick more often, having frequent headaches and stomachaches and being more tired and lethargic.
- Every 9 seconds in the US a woman is assaulted or beaten, more often than not by her intimate partner.
- Domestic violence is the leading cause of injury to women – more than car accidents, muggings and rapes combined.
- According to the US Department of Housing and Urban Development, domestic violence is the third leading cause of homelessness among families.
- Survivors of domestic violence face high rates of depression, sleep disturbances, anxiety, flashbacks and other emotional distress.
- Without help, boys who witness domestic violence are far more likely to become abusers of their partners and/or children as adults, continuing the cycle of violence into the next generation.
- Domestic violence costs more than \$37 billion a year in law enforcement involvement, legal work, medical and mental health treatment, and lost productivity at companies. Domestic violence happens when one partner attempts to gain power and control over the other using various forms of abuse. These unhealthy relationships can include physical, emotional/psychological, verbal, economic, and/or sexual abuse.

Please take time to read up on this very important topic. If not for yourself, then for someone you love. Attached is the full document which contains a lot more important information than can fit in this newsletter. This is information everyone should know.