



GFWC Members since  
1938

♥ Hello February



I hope everyone had a wonderful Christmas and New Year and you are all ready to jump back into Club business starting with our February 8<sup>th</sup> lunch meeting at The Center. The extended forecast is looking good with little sign of precipitation and warmer temps. I have had the pleasure of hearing The Bee Man's presentation before and it something you won't want to miss. There is limited handicap parking on the upper level. Please consider carpooling, if possible. I look forward to seeing you on Saturday, February 8<sup>th</sup>.

Carol Mineur, Building Bridges,  
Leading With Compassion

A bridge is something that connects instead of separating.

# The Mirror

Monthly Reflections of the Palos Heights Woman's Club

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Edition: February, 2025

## Upcoming

- February 8, 2025 Luncheon Meeting at The Center.
- February 19, 2025 @6:30 p.m. Board Meeting at the PH Rec Ctr

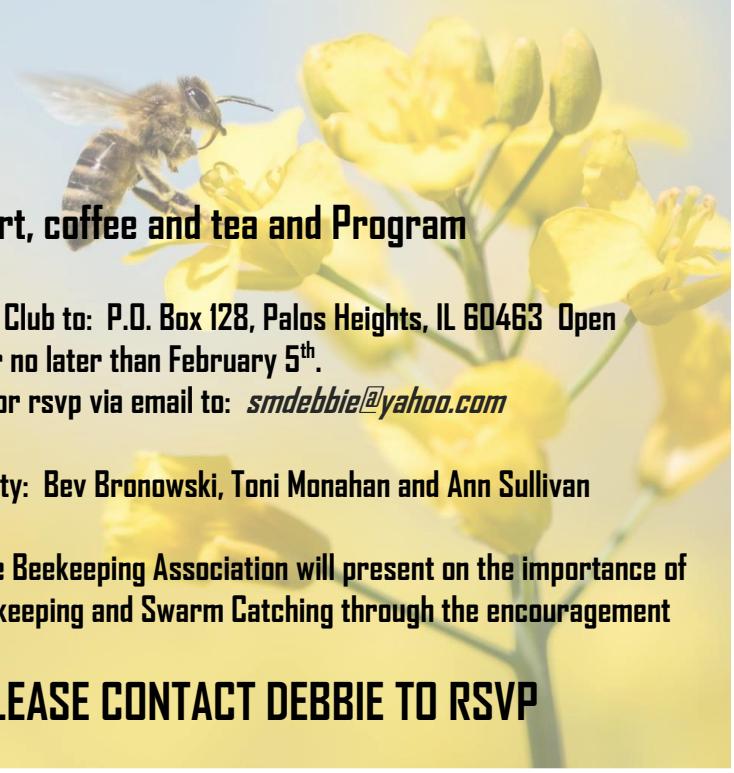
## THE COLLECTION CORNER

Is on hold until the March Meeting.  
Thank you!

## February 8, 2025 - Club Luncheon Meeting

Where: The Center, 12700 Southwest Hwy, Palos Park, IL  
Time: Meeting commences at 10:30 a.m.  
Program: The Bee Man\* begins after meeting  
Lunch: Lunch will be served at noon

Cost: \$30 includes lunch, dessert, coffee and tea and Program



Please send checks made payable to the Palos Heights Woman's Club to: P.O. Box 128, Palos Heights, IL 60463 Open seating. We need to provide a headcount so please rsvp asap or no later than February 5<sup>th</sup>.

Call or text Debbie George at: 708-752-5397 or rsvp via email to: [smdebbie@yahoo.com](mailto:smdebbie@yahoo.com)

Inspirational Reader: Carolyn Nowakowski      Hospitality: Bev Bronowski, Toni Monahan and Ann Sullivan

\*The Bee Man a/k/a Pete Soltesz, President of the Cook-DuPage Beekeeping Association will present on the importance of bees and the varieties of honey they produce. Pete started Beekeeping and Swarm Catching through the encouragement of his mother, a master-gardener and beekeeper.

**IT IS NOT TOO LATE TO ATTEND. PLEASE CONTACT DEBBIE TO RSVP**



### Sue DeKoker/Theresa Karstrand

February is American Heart Month, a time to focus on heart health and raise awareness about the risks of heart disease. 44% of US women are living with some form of heart disease and it is the leading cause of death in women in the United States, it's important to know the risks and symptoms. Here are some things you can do to protect your heart:

- Know your risk factors: High blood pressure, high cholesterol, smoking, diabetes, unhealthy weight, and lack of physical activity are all risk factors for heart disease. Having uncontrolled blood pressure can lead to heart disease, stroke, kidney failure, and dementia. High blood pressure has no symptoms. It is important to check your blood pressure regularly
- Make lifestyle changes: Eat healthy meals, exercise, and quit smoking. Limit how much alcohol you drink to one drink or less per day
- Get your blood checked: Ask your doctor about your blood pressure, cholesterol, and A1C.
- Reduce sodium: Increase the fruits, vegetables, and whole grains in your diet.
- Make healthy food choices: Being overweight raises your risk of heart disease.
- Manage stress: Find healthy ways to cope with stress such as mindful breathing, taking a walk [join WOW or if you like the outdoors – Witness the Fitness] dancing to your favorite music, calling a friend. Get at least 150 minutes of physical activity each week, that's less than a half hour per day. Even short doses of activity are good for your heart.

### Witness The Fitness

Next walk is scheduled for Sunday, February 2 at 8am. Walks will be every other week. We will continue to meet, weather permitting, in front of Sassy Girl Boutique, 7224 W. College Drive. For Details: please contact Debbie George. All are welcome. No Charge

### Walking on Wednesday – Indoor Walking Path Palos Heights Rec Center.

Walking on Wednesday (WOW) will continue throughout the winter months. All PHWC members are welcome to join WOW every Wednesday at 10am, come as your schedule permits to the indoor Palos Heights Recreation Fitness Center. The indoor track is free to Palos Heights residents, \$5 per day for non-residents. For Details: please contact Pam Stewart.

# ENVIRONMENT

### Tricia Trendle-Marker/Kim Prokes

Ladies, we've made it through almost half the winter. Although some of the days were cold or snowy, we looked at it as an opportunity to do some recycling. We used this time to go through closets and cabinets to declutter. We will be donating many items to the resale shops and food pantries. We felt that we accomplished some of our environmental goals. We hope that you, too, took advantage of the time indoors. We enjoyed the winter but we are definitely looking forward to Spring.

We will be having a flower sale again this year. However, it will be different from last year. We will order spring flowers from the 88 Nursery. The flowers will be delivered in April at our meeting. We will have order forms available at the March meeting. We will also offer coupons for Ted's Greenhouse (Tinley Park). They offer a coupon that donates 20% of your purchase to our organization. That program will be available from mid-May to mid-June. This will allow you to make your own selections. Those coupons will be available at the April and May meetings. We will also make that coupon available with the newsletters.



Nancy Raisutis

Nancy Mitchell

Civic Engagement was busy over the holidays. They delivered 300 adult socks to the residents of Elevate Care, Palos Heights location; 200 children and adult socks were delivered to The Crisis Center of South Suburbia; 300 pairs of socks were delivered to Stuffed Love, a not-for-profit charitable organization that supports veterans, seniors, the disabled, the sick and children in the hospital and 149 stockings filled with sweet treats and 2 pair of socks were delivered to the Veterans at Manteno.



**Operating Balance: \$ 6,674.52**  
**Charitable Balance: \$17,981.04**

## February Birthday Girls.....

2/10 Mary Lee Lockwood  
 2/12 Debbie Baron  
 2/13 Janet Coffman  
 2/21 Aimee Navaro  
 2/24 Rojean Kope



We do our best to recognize all our birthday girls. If your special day was not posted please contact Rose Zubik.

### GFWC IL AWARD ENTRIES

A great big thank you to the members of the Palos Heights Woman's Club for their outstanding participation and volunteerism during 2024! The CSP Directors have put together summaries of our accomplishments in the form of award entries which will be judged by GFWC IL and GFWC IL Third District. Recognition will be given at GFWC IL Convention to be held on April 24-26 at The Hotel Arista in Naperville, Illinois and at the GFWC IL Third District Annual Day to be held on May 17<sup>th</sup> at Mama Vesuvios, Palos Heights, Illinois.

## MEMBERSHIP

Debbie George, Membership Chair

Membership is a year-round process. Please continue in your efforts to recruit new members. Invite a friend or neighbor to attend a meeting. Potential new members can contact Debbie George at (708) 752-5397. **As a reminder due to increased operating costs a dues increase was announced last year and posted in the Yearbook. Renewal dues for 2025 are \$50; \$55 if you get your newsletter mailed; and new members dues are \$60.** Thank you.

## FINANCE

**Finance – Rose Zubik:** As previously advised the deadline for donations requests was January 31, 2025. We received several requests, and each will be presented to the Finance Committee for consideration.

Happy Valentine's Day from Arts and Culture! We hope you have a wonderful February and can take advantage of some of the fun events going on nearby!

- February 16, 2025, the Palos Heights Library is showing Groundhog Day from 2:00 to 4:00 p.m. in their Meeting Room.
- Drury Lane Theatre will be performing Beautiful: The Carole King Musical until March 23, 2025.

We would also like to thank Yvonne Bustos for her past leadership as Arts & Culture Co-Chair. Unfortunately, Yvonne is unable to continue on as Co-Chair due to work restrictions but will definitely remain on as committee member and be involved in our Arts & Craft events that we have come to love! We would now like to announce our new co-chair Sue Brandt! We look forward to a great year filled with many events with everyone! Please feel free to reach out with any Art or Culture inspired events that you feel would be of interest to the Club.



Ann Devries /Marie Kaminski

### Volunteer Reading Program

We are working with first graders to improve their reading skills at Palos East school. Each volunteer has a group of children and spends an hour with them once a week. They read to the children and work on grammar skills. The students are always excited when the volunteers come and they look forward to seeing the volunteers each week. The volunteers also enjoy working with the students.

### City Sticker Project

The Women's Club is working with the City of Palos Heights on the City Sticker Project. The 4th and 5th graders at St. Al's, Palos East, and Chippewa Schools will all be involved. The students will be working on their drawings with their art teachers. The committee will pick out 10 of the best pictures that are submitted. The committee then takes them to City Hall and they will pick one out of the 10 submissions to be the winner. The winner will then have their drawing displayed on Palos Heights resident's cars.

## Cancer Smile Bags – Renee Halfman

The Club will be collecting items for Cancer Smile Bags at the **March** meeting. Items to consider for donating: fleece blankets, large print word search books. Pens, markers, colored pencils; lip balms; body lotions; or plush characters. If you would like to participate by providing a cash donation a member of the committee will be happy to make purchases on your behalf. If you are unable to attend the March meeting or want to drop off your items in advance of the meeting, you can do so, by calling Sue DeKoker and letting her know you will be dropping off items. Sue's contact information can be found in your Yearbook.



**Please consider a donation and help brighten a cancer patients' day. Thank you ♥**

### Fun Valentine Facts you may not have known....

- ♥ The first Valentine was sent in the 15th century.
- ♥ In the 1300s, it officially became a holiday associated with love.
- ♥ Not until the 1840s did we get the first mass-produced Valentines.
- ♥ Nearly 250 million roses are grown in preparation for Valentine's Day each year.
- ♥ Americans send 145 million Valentine's Day cards each year.
- ♥ Candy is the most popular gift to give.
- ♥ The first heart-shaped box of chocolates was introduced in 1861.
- ♥ Conversation hearts got their start as medical lozenges.
- ♥ But it wasn't until 1866 that we first got sweet printed messages on conversation hearts.
- ♥ More than 8 billion conversation hearts are manufactured each year.

### Upcoming March Program....

Our March program will feature a representative from Humane Haven Animal Shelter (HHAS), a registered no-for-profit, tax-exempt 501C(3) organization. HHAS serves as the voice for animals and fosters the placement of homeless pets in compatible, loving homes. A representative of HHAS will present on the history and purpose of the animal shelter, the adoption process and what we can do to help animals in need.

We will also be accepting donations of cat food such as Fancy Fast canned food for kittens and adult cats, chicken, turkey, beef, all pate. No fish please. Hill's Science diet in bags. For more information, please visit their website at: [hhas.org](http://hhas.org).

### Important Social Media Update....

We welcome Allison Trendle as our new webmaster! Allison is working with WordPress to get our website back up and running. Patt Bailey remains our go to person for Facebook and Sheila Weston our go to person for email distributions. Thank you, ladies, for keeping the club and the community *"In The Know"*.



### Personals...

For those of you who do not get email and rely on the newsletter for your information, please be advised that we lost another longtime member and past president, Marj Hultquist. Marj joined the PHWC in 1957 and in 2024 she celebrated 67 years of dedication and devotion to the Club and the Palos Heights Community.

Currently we are advised that services will be held at Good Shepherd Church, Palos Heights, on Saturday March 22, 2025. Time is yet to be determined.

*Please contact Carol Marie Miller to advise of the passing or illness of our members. Thank you*