

The Mirror

Monthly Reflections of the Palos Heights Woman's Club

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Dear Members:

Spring is on the way, but it seems winter wants a few more days. We all look forward to the season changing...warmer weather, flowers poking their heads thru the ground, and more daylight! It also means that activities are getting ready to conclude the 2023-2024 year. Our Mad Hatter Tea looks like a lot of fun and a time to be with our friends. Please give your support to our last big FUN raiser of the year. (I wish I could be there). Everything and everyone contribute to a success.

We will soon announce the new slate of officers and I hope you will give them the support and encouragement that you gave to me.

Easter is a time of reflections along with the candy and flowers. Remember the time and enjoy. Looking forward to seeing everyone in April. Counting my time down,

Sherry TerMaat



Calendar of Events SAVE THE DATE!

March 5, 2024 club meeting

March 20, 2024 – board meeting

April 16, 2024 – club business meeting

May, 2024 t/b/d Installation Dinner

June 2024 – d/t/d – Jewelry Sale @ The Farmers Market

Collection Corner

Environment: gently used or new shoes; eyeglasses, plastic bottle caps.

Gently Used or New Jewelry

Finance

Operating Balance: \$5,880.75

Charitable: \$15,835.00

March Meeting Date is: Tuesday March 5th

Please note: All PHWC club meetings are always on Tuesday. The date in the Yearbook is incorrect.

Program: Eileen Kerlin Walsh, The Importance of a Powers of Attorney for Health Care and Property; Representative from Palos Hospice Care; Pre-meeting 6 to 7 p.m. FREE High Blood Pressure Screenings – Northwestern Hospital

INSPIRATIONAL READER: Amy Redden

Hospitality Chair: Cookie Casillas; Committee: Vanessa Alvarado, Patti Davey, Pam Stewart, Clara Van Howe

Mad Hatter Tea Party "Fun"draiser- March 16, 2024 @ 1:00 p.m. \$35

"FUN"raisers are always more fun when there is a theme involved and the Mad Hatter Tea Party is shaping up to be a really "FUN" event. The committee has been hard at work getting table decorators, arranging for raffle baskets and putting together a delicious menu, including desserts, tea and refreshments. The tables will be uniquely decorated, there will be a photo op area, along with raffle baskets and a 50/50 raffle.

Please come dressed for English tea including, of course, wearing a hat! Prizes will be given for the most creative, the funniest, the cutest, originality, the smallest and the largest decorated hat. There will be assigned seating and space is limited so please when purchasing your tickets please let us know who you are sitting with. Tickets available at the March 5th meeting or by contacting Rose Zubik, 708-945-6254; rosezubik1009@gmail.com

Please enjoy the many famous quotes and images inserted throughout the newsletter!



Civic Engagement Carol Mineur/Nancy Raisutis

Civic engagement is planning something fun for the summer. It will be game night. We are planning a night of left right center. For those of you who have not played it is very easy and it's the luck of the role. All you will need is a few singles. Details to follow. It will be fun and like card night. Chips, snacks and winners. Too bad we can't have alcohol. Stay tune.

"I'm not strange, weird, off, nor crazy, my reality is just different from yours."

Art Department Veronica Studnicka/Yvonne Bustos

The Center, Palos Park - SPREAD YOUR WINGS: EXPRESSIVE ART CLASS Instructor: Karen Signore Sunday, April 21, Noon – 3:00 p.m. Workshop fee: \$30 plus a \$10 Materials fee. Butterflies have a magical presence and rich symbolism. Create your own mixed media canvas butterfly painting infused with intentions of renewal and transformation. Explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments to create your butterfly.

"Have I gone mad? I am afraid so, you are entirely bonkers. but I will tell you a secret... all the best people are."

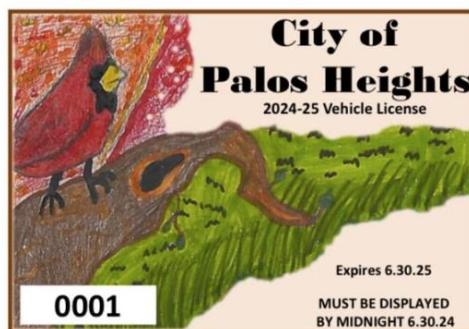
MARCH BIRTHDAY WISHES

- 3/1 Amy Redden
- 3/3 Paula McCarthy
- 3/8 Audrey Draeger / Sue Jankowski
- 3/14 Nancy Thoss
- 3/16 Darlene Dunmore-Folliard
- 3/17 Patricia Caldwell
- 3/19 Lucille Albright
- 3/21 Denise Hyker
- 3/22 Sharon Kubasak
- Michelle Horist
- 3/23 Charlotte Belczak
- 3/31 Lorene Rathnau
- 3/31 Hilary Rhodes



"The only way to achieve the impossible is to believe that it is possible."

Education/Libraries Ann Devries /Marie Kaminsky City Vehicle Sticker – Sneak Preview 2024 – 25



And the winner is.... Violet Sugg – 4th Grader Palos East Congratulations Violet! Thank you, Ann and Marie, for spearheading this fun competition for the local students!

Reading Volunteers: the volunteers have been going one a week and they continue working with the first graders at Palos East. Bonnie Strack donated Beanie Babies for the students in the program. The program will continue through May.

"Why, sometimes I've believed as many as six impossible things before breakfast."

BLING ,BLING Let's Accessorize like TAYLOR SWIFT

The Jewelry Committee is collecting "Gently Used" jewelry to sell at the Farmers Market. A June 5th date has been requested. We await confirmation. In the meantime, Jewelry Donations can be brought to club meetings or dropped off at the covered porches of: Darlene Folliard, 7320 Pottawatomi Dr., Palos Heights or Denise Hyker, 57 South Country Squire Rd.. Palos Heights. Donations can also be picked up by phoning Darlene at (708) 860-9385. dmdunnmore@comcast.net

*"No, no!" said the Queen.
"Sentence first—verdict afterwards."*



Program – Lynda Schiappa

Please join us for two guest speakers who will guide us in getting our affairs together. Be it for ourselves or a loved one. Eileen Kiernan Walsh will advise us on the importance of having a medical and Financial power of attorney.

Next a representative from Palos Hospice Care will discuss hospice care. It's not what you Think!



Door Prizes Will Be Awarded

"Well! I've often seen a cat without a grin," thought Alice; "but a grin without a cat! It's the most curious thing I ever saw in all my life!"

Environment

Tricia Trendle-Marker/Amy Redden

The Environmental committee will be taking orders for our spring plant sale at the March Club meeting which will be delivered and ready for pick up at the April Club meeting. Plants ordered through the sale will be from 88 Nursery. In addition, we will also have coupons for Ted's nursery if you prefer to pick your own plants and flowers!

We are collecting plastic grocery bags (like the ones from Jewel) to donate to The Plastic Bag Mat Project to be made into mats for the homeless. We are continuing to collect gently used shoes, however, please bring your donations to the meeting or contact Tricia Trendle-Marker to arrange pickup or another drop off site.

Health & Wellness

Sue DeKoker/Theresa Karstrand

Please arrive early to the March meeting! You will have the opportunity to have your blood pressure checked by a nurse from Northwestern **between 6:00 and 7:00 P.M.** The only way to know if you have high blood pressure, also known as hypertension, is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure. Your blood pressure is recorded as numbers: Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart contracts. Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions. Which number is more important? Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number) and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	LESS THAN 80
ELEVATED	120 – 129	and LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or 80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or 90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or HIGHER THAN 120

for people over 50. In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term buildup of plaque and an increased incidence of cardiac and vascular disease. However, either an elevated systolic or elevated diastolic reading may be used to make a diagnosis of high blood pressure.

A big THANK YOU to **Frank from the Royalberry Restaurant** for generously donating dinner for us to take over to the South Suburban Crisis Center on February 27th. The PHWC will provide desserts and beverages for the meal. The month of March is National Nutrition Month! Consider trying a healthy new recipe and enjoy the delicious flavor of nutritious ingredients. Have fun experimenting with some new recipes! Your Health and Wellness Team

PHWC Winter Activity: Join us for "Walking on Wednesdays" (as schedules permit), at the P. H. Rec. Dept. upstairs in the Fitness Center at 10 am. It's free for residents and a small fee of \$5.00 for non-residents. All members invited. The plan for our Monthly Mixer (after walking), will be on Wednesday March 13th at Royalberry Waffle House 6417 W. 127th St. Not available for walking, come anyway! We'll be waiting for you there around 11:00 am. Coordinators: The Pedal Pushers

"Begin at the beginning," the King said, very gravely, "and go on till you come to the end: then stop."

Finance – Nancy Clark Jurek

The Finance Chair and Committee have met and reviewed the budgeted and proposed supplemental disbursements for the year ending 5/31/2024. Due to the fact that our last fundraiser of the year is not until March 16th we will not be able to make final determinations until after the Mad Hatter Tea Party. The list of supplemental disbursements will be published in our March Newsletter for vote at the April business meeting. As always, the Finance Committee greatly appreciates your generosity and support of all of our fundraisers and we look forward to seeing you at the Mad Hatter Tea Party on March 16th!

Getting to know you – getting to know all about you...

Our March 5th Meeting will be a Spring Mixer! When you enter be sure to get a card which will be associated with the table you will be sitting out where you can meet and mingle and get to know other members you may not have yet had an opportunity to meet or talk to.



"And the moral of that is—Be what you would seem to be'—or, if you'd like it put more simply—'Never imagine yourself not to be otherwise than what it might appear to others that what you were or might have been was not otherwise than what you had been would have appeared to them to be otherwise.'"

Membership: Rose Zubik - Dues Are Due PHWC Dues Remittance – 2024 – 2025

Enclosed please find my check for \$45 for my PHWC Dues for the coming year. Make any corrections to address, phone number and email below:

Name: _____

Phone: _____

Address: _____

Email: _____

Birthday: (Month/Day) _____

I prefer to have my Newsletter: Emailed: _____ U.S. Mail: _____ Preferred Hospitality
Month: _____

Note: Dues are due no later than the May Installation Dinner. Please consider having your Newsletter emailed if you currently receive U.S. Mail. This conserves paper and postage. If you would like a mailed version of your Newsletter please add \$5 to your Dues check for postage. Send the form with your check to: Rose Zubik, [address in Yearbook] or bring to either the March or April meeting. Your cooperation in submitting your dues early or on a timely basis is greatly appreciated.

Mad Hatter Tea Party

Saturday – March 16th - The Fun Begins at 1:00 p.m.

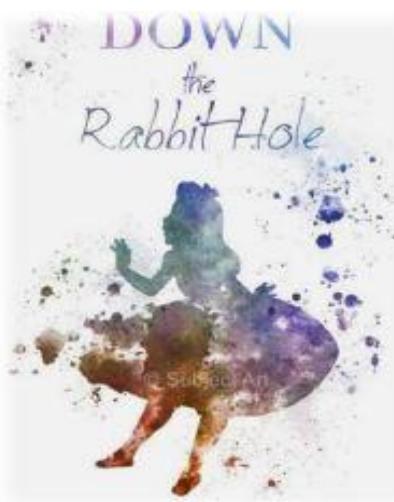
Palos Heights Rec Center – Orchard Room

Ticket Price: \$35

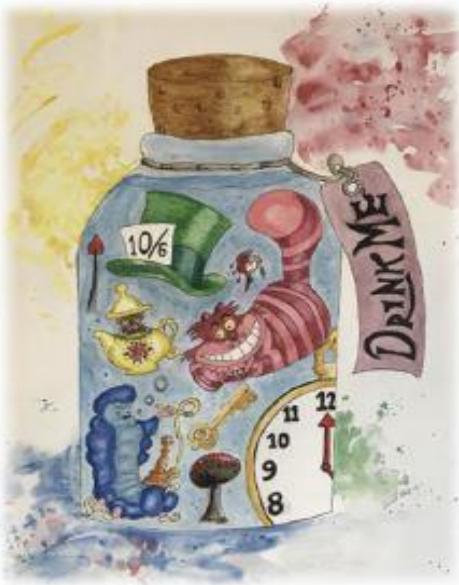
Please join your fellow members on Saturday, March 16, 2024 as we jump down the rabbit hole and join the Mad Hatter, Alice and the rest of the gang for a “fun”draising tea party! Lunch will be served, sandwiches, desserts, and refreshments.

Wonderland will be located in the Orchard Room and seating is limited so please get your tickets early. There will be assigned seating [10 to a table]. When purchasing your ticket please indicate who you are sitting with.

Each table will be themed with an assortment of tablescapes! Wear your favorite hat! Decorate your hat to fit your personality! Prizes will be awarded in multiple “hat” categories so be creative.



Tickets will be on sale at the February 10th lunch at The Center and at the March 7th Club Meeting. Or Contact Rose @ (708) 945-6254 to purchase tickets via Zelle. Checks/Cash can be mailed or dropped off to Rose Zubik [address in your yearbook].



Featuring Raffle Baskets and a Money Hat Raffle. This is our last fundraiser of the 2023-24 Club Year. Proceeds will be used to fund our budgeted and supplemental charitable donations and scholarships. We need YOU to make this a successful fundraiser. Please get your gal pals together and join us at the tea table. All are invited, friends, neighbors, relatives.



“I do wish I hadn’t drunk quite so much” - Alice



Save The Date – Don’t be late

“Every adventure requires a first step.” Cheshire Cat

“Take some more tea,” the March Hare said to Alice, very earnestly. “I’ve had nothing yet,” Alice replied in an offended tone, “so I can’t take more. You mean you can’t take less,” said the Hatter: “it’s very easy to take more than nothing. Nobody asked your opinion,” said Alice.”

OUT AND ABOUT IN PALOS HEIGHTS

Pathlights – Community Events

MARCH 14 AT 11:30 AM (Lunch at a cost of \$3/per person); Presentation begins at 12 NOON. Citizens Utility Board (CUB) Energy Savings Presentation

Learn how to reduce your energy usage! This presentation will help you understand your bill, avoid utility scams, and learn about programs designed to save you money and energy. Generously sponsored by ComEd.

Pathlights 101 - This class offers information about comprehensive, coordinated services to assist older adults, soon-to-be older adults and caregivers live out their best lives while remaining as independent as possible.

MARCH 15 AT 1 PM - Understanding Caregiver Stress and Self-Care Strategies. While taking care of someone may be a labor of love, it can also be extremely stressful. Kandis Draw, from the HAP Foundation, will discuss physical, emotional, and financial stressors caregivers may face. Generously sponsored by Franciscan Village.

MARCH 20 AT 10 AM - Caregivers Connecting - Our monthly support group gives you a chance to talk with others in similar situations, share advice, experiences, and words of encouragement.

"If everybody minded their own business, the world would go around a great deal faster than it does."

Editor Newsletter Notes

- Deadline for Newsletter Articles is: The Second Tuesday of the Month
- Non Club items of interest will be posted in the "Out and About" Section of the Newsletter (space permitting)
- Personal Announcements (wedding, births, etc.) for club members are welcome

We are on the Web! Visit us at:
<http://phwc.wordpress.com>

Articles are best submitted via email to:
rosezubik1009@gmail.com

Alice's Adventures in Wonderland is the complete name of the popular 1865 novel commonly known as "Alice in Wonderland." Written by Charles Dodgson using the pseudonym [Lewis Carroll](#), the novel tells the story of young Alice, who falls down a rabbit hole into a world full of mystery and the unexpected.

The book began life modestly in 1862, as entertainment for 10-year-old Alice Liddell and her two sisters as they boated on the River Thames with mathematician Charles Dodgson and his clergyman friend. It proved such a hit that Alice insisted Dodgson transcribe it, which he duly did. Meticulously

handwritten in sepia ink, it contains not a single mistake and is filled with his own detailed illustrations. Inscribed "A Christmas Gift to a Dear Child in Memory of a Summer's Day", it carries the nom de plume under which he'd previously published some poetry, Lewis Carroll.

The novel is both a beloved children's book and a satire of Victorian society. It explores themes such as coming of age, the search for meaning, and the reality of death. Older readers of the Victorian age also saw a satire of certain aspects of society and the judicial system in the novel.

It received positive reviews upon release and is now one of the best-known works of [Victorian literature](#); its narrative, structure, characters and imagery have had a widespread influence on popular culture and literature in the [fantasy](#) genre.



Moved? New address, email or phone number? Please let our membership chair know how and where we can reach you. Contact: Rose Zubik at 708-945-6254 or via email at: rosezubik1009@gmail.com