

Dear Members,

It is official Fall and the season is HERE...From pumpkins for decorations, pumpkin cakes, cookies food, coffee, etc, plus colorful mums [did you place your order? It isn't too late see page 2] cornstalks, leaves on the trees, cooler weather for biking and walking [see page 2 on how our members are staying fit] it is a beautiful time of the year.

The Palos Heights Woman's Club is busy with activities...wreath making, Mum plant sale [did I mention there is still time to order?] and hosting the fall 3rd District Meeting and of course our main event, Making Spirits Bright Christmas Lunch Fundraiser. Please read the articles from the Community Service Programs for more information on upcoming events and on how you can participate or support! Please consider, STEPPING UP to participate or to help. This is a great way to greet and meet your club members.

Also, thank you for making yearbook pick up a smooth transition! Most of the yearbooks were picked up but those of you who were not able to attend the September meeting can pick up your yearbook at the October meeting.

(And an early HAPPY HALLOWEEM)

*Sherry TerMaat, President*

## *The Mirror*

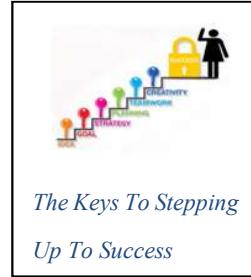
*Monthly Reflections of the Palos Heights Woman's Club*

Editor: Rose Zubik

Webmaster/Facebook: Patt Bailey

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### **NEXT MEETING: OCTOBER 3, 2023 @ 7:00 P.M.**

Inspirational Reader: Theresa Karstrand

Program: Chair Yoga with Diane

Hospitality Chairs: Sue DeKoker and Theresa Karstrand

Hospitality Hostesses: Marie Kaminski, Joanne Ferneau, Darlene Pruim and Chris Wilcox.

## *Upcoming*

- Sept 30<sup>th</sup> – GFWC IL National Day of Service- Methodist Church  
9 a.m. – see page 5
- PHWC Oct 3<sup>rd</sup> Meeting – Orchard Room – Chair Yoga!
- Oct 11<sup>th</sup> - GFWC IL 3<sup>rd</sup> Dist. Meeting – PHWC Hosting
- PHWC Board Meeting – Oct. 18<sup>th</sup> Rec Center
- Art Dept. – Create a Fall Wreath Oct. 25<sup>th</sup> / 6 p.m. @ PH Rec Ctr.
- Thankful Thursday –November 16 - Franklin Place
- 85<sup>th</sup> Anniversary Celebration: Dec 5<sup>th</sup> Club meeting 6:00 p.m. Orchard Room
- Making Spirits Bright – Christmas Fundraiser @ Silver Lakes Saturday December 9<sup>th</sup>

## **THE COLLECTION CORNER**

**Environment:** eyeglasses, pop tops, ink cartridges, gently used/new shoes; plastic grocery bags

**Home Life:** gently used/new jewelry

## **IMPORTANT YEARBOOK ANNOUNCEMENT!**

If you were unable to make last month's meeting and did not get your Yearbook they will be available for pickup at registration at the October 3<sup>rd</sup> meeting. Please try to attend to collect your yearbook. If you are unable to attend you may designate a fellow club member to pick up your yearbook for you. Thank you!



## Health & Wellness

**Sue DeKoker/Theresa Karstrand**

October is National Breast Cancer Awareness Month

It is a time annually devoted to educating everyone about breast cancer and the importance of early detection and access to timely, high-quality care.

1 in 8 women will be diagnosed with breast cancer in her lifetime. The two most common risk factors for breast cancer are being born female and getting older. What can you do? Know your risk. Get screened. Know your normal. Make healthy lifestyle choices.



A big Thank You to everyone who donated blood for our Annual Blood Drive on September 21<sup>st</sup>! 18 people donated which equates to helping save 54 people! Thank you to all the members who helped at the blood drive.

Please do not forget to wear your comfy clothing so you can take part in the chair yoga program at the October 3rd meeting. Benefits of yoga include: strengthened bones, reduced stress, improved sleep, enhanced balance, flexibility, mobility, and strength, it boosts your mood, and it can help ease aches and pains. Namaste!

Also mark your calendars for Thankful Thursday on November 16, 2023. We will be meeting at Franklin House for an evening of fun and giving!

### Way to go Health & Wellness on Keeping our Members Up and Moving by Biking & Walking!



Several members met on 9/24 for an 8:00 a.m. walk around Lake Katherine after which we stopped for ice coffee at Starbucks.

The next scheduled walk for **Witness the Fitness** is set for Sunday, October 8 at 8:00 a.m. To get email alerts of future walks, a sign-up sheet will be available at the October 3<sup>rd</sup> meeting. **Open to all club members.** Participants will meet outside of Sassy Girl Chalet, 7224 W. College Drive, Palos Heights. We will then walk over to Lake Katherine.

### The Pedal Pushers of the PHWC continue the ride.

Please contact Joan Meyers, Carol Mineur or Pam Stewart if you are interested in getting info on future rides.



# ENVIRONMENT

**Tricia Trendle-Marker/Amy Redden**

### Mums The Word! - 9" Pots - \$10

At the September meeting, the environmental committee took orders for over 60 mum plants!! If you were unable to attend the September meeting and would like to place an order please contact Tricia Trendle-Marker @ (773) 415-0988 ASAP. There will also be a limited amount available for purchase. Reminder that Color selection is on a first come, first serve basis.

Pick up will be outside the Orchard Room at the October 3<sup>rd</sup> Meeting.



## Arts & Culture

### Yvonne Bustos/Veronica Studnicka

There are still a couple of spots available for the Wreath Making event on Wednesday, October 25th @ 6pm at the Palos Heights Rec Center Room 107. Supplies are included and light refreshments will be served. Space is limited so please RSVP to Yvonne Bustos 773.682.4801.

### Other Art Related Event

The Palos Heights Public Art Commission is hosting two free, guided bus tours of the outdoor sculpture and mural collection throughout Palos Heights. The tour will be given twice on Saturday, September 30, The first at 10am, the second at 3pm. Both tours are identical and will include information on each piece as well as interesting facts about the artists. We will begin and end at the Municipal Parking lot, 122 and Harlem. Pre-registration is required. Length of tour is approximately 2 hours. Adults only. to register contact:

[art.palosheights@gmail.com](mailto:art.palosheights@gmail.com)



**TREASURER** Denise Hyker

**Operating Balance:** \$ 10,272.46

**Charitable Balance:** \$ 8,645.76

### Ann Devries /Marie Kaminski

October will be a busy month for the Education Committee. We have several projects in the works this month:

- **School Supplies** are being collected for the teachers classrooms:
  - Crayola Crayons 24 count
  - Crayola Markers Washable Wide Tip
  - Elmer Glue Sticks Washable
  - #2 Sharpened Pencils
  - Scissors For Kids #5 Inch Blunt Tip
- **Mayor For A Day:** Picking up the essays that the 8<sup>th</sup> graders have written on September 26<sup>th</sup>. The Essays will be read and the winners will be chosen. Trophies have been ordered and on Oct 17<sup>th</sup> the winners will meet with their families at Lake Katherine for a pizza Party. Then off to City Hall with a mock city council meeting. Essays will be read at the Pizza Party. Each child receives a trophy.
- **Reading Volunteers** needed at Palos East.
  - First grade teachers looking for reading volunteers to begin during the month of October.
  - Looking for permanent and substitute volunteers
  - One hour commitment with one 1st grade classroom
  - Volunteer arranges day, time with their teacher
  - Please contact Patti Davey by email or phone call if interested. [\(sextonchi@gmail.com\)](mailto:sextonchi@gmail.com)  
(630)464-503

A very rewarding experience ☺.

## Program

Come dressed in your comfy clothes, Diane Frandsen will lead us in a hands-on interactive alternative to traditional yoga. This gentle, assessable and approachable demonstration utilizes a chair or standing stretches. Great if you are limited or just need a mid-day stretch at work. Some of the health benefits of yoga can be: increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality, maintaining a balanced metabolism, weight reduction, cardio and circulatory health, improved athletic performance and protection from injury. Door prizes will be awarded.

# FUNDRAISING



Nancy Mitchell/Lynda Schiappa/Rose Zubik

The fundraising co-chairs are busy working on the many working parts of our Christmas Lunch Fundraiser – Making Spirits Bright. Please save the date: December 9, 2023 @ Silver Lake County Club.

### Baking Spirits Bright – Cookie Sale Co-Chairs

Carolyn Nowakowski & Cookie Casillas

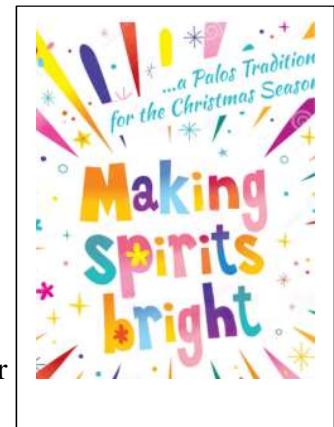
We are so happy to announce Cookie Casillas (how great is her name for the job!?) as the new co-chair of the cookie sale committee for our Making Spirits Bright fundraiser. Next month, in our newsletter and at our meeting, Cookie and Carolyn will be spreading the word about members donating cookies and volunteering to pack cookies in December. You are all key to Baking Spirits Bright for fundraiser attendees as they purchase and savor our delectable treats!

### Ticket Sales: Rose Zubik

Tickets remain at \$50 and will be available at the October, November and December meetings. **If you purchase your tickets at the October meeting you will get TWO free raffle tickets!** Tickets purchased at the November meeting will get **ONE free ticket** and if you wait until December ☺ you will not get any free tickets. Please consider getting your tickets early.

Once again there will be assigned seating so please call your tablemates and put together your tables. There will be tables of 8 and 10.

**Wine Pull** – now for the Spirit part of Making Spirits Bright - we will once again be Having a wine pull raffle. If you would like to donate to the “spirits” part of the Christmas lunch please bring a bottle(s) of wine [red or white] worth \$15+ to either the October, November or December meetings or wine donations can also be dropped off to Rose Zubik’s home.



Thank you for your support of our main 2023 fundraiser!

## October Birthday Girls.....

- 10/3 Marie Kaminski
- 10/7 Geri Burek; Carol Margaret Miller & Clara Van Howe
- 10/9 Rose Zubik
- 10/11 Sue Brandt
- 10/15 Mary Soder
- 10/17 Vicky Girzadas
- 10/19 Marj Hultquist
- 10/20 Sharon Vojtek
- 10/22 Mary Foskett
- 10/26 Nancy Raisutis; Beth Rosentreter
- 10/30 Jane Lundin; Mary Ellen Schwaller



**Carol Mineur /  
Nancy Raisutis**

Hello and Happy Fall from your Civic Engagement CSPs! We are currently working on our "Adopt A Veteran" project. We will also be once again writing Holiday Greeting Cards and enclosing \$5 in each for our Veterans.



Sherry TerMaat/Rose Zubik

Updates, changes or corrections to your yearbook information should be directed to Sherry TerMaat or Rose Zubik. I believe someone mentioned an error in the yearbook, but my apologies, I could not find my notes. If your membership contact information is incorrect in the Yearbook please email or text Rose Zubik. Thank you.

Please see Membership for additional new members to add to your Yearbook. Thank you.

## Personals

Get Well wishes are sent out to Yvonne Bustos as she recovers from a recent surgery.

Please let Carol Marie Miller aware of any members illness or passing. Thank you



# MEMBERSHIP

Rose Zubik, Membership Chair

### Please welcome the following new members:

Lucille Albright; Carol Darvent-Cody; Diane Dunlap; Karen Grossart; Lan Habrelewicz; Carleen Lunn; Linda McCarrin; Susan Miller; Angie Panozzo; Chris Pierucci; Margot Rosenstein; Renee Sheehan; and Luann Walsh.

### Please update your Yearbook as follows:

**Bailanie "Lan" Habrelewicz**; 9715 S. Harlem Avenue, Chicago Ridge, IL 60415; 708-968-0072; [laniehabrelewicz@yahoo.com](mailto:laniehabrelewicz@yahoo.com)

**Chris Pierucci**; 3316 S. Union Avenue, Chicago, IL 60616; (312) 405-125; [christinapierucci@gmail.com](mailto:christinapierucci@gmail.com)

**Angie Panozzo**; 5711 W. 128<sup>th</sup> Street, #21; Crestwood, IL 60415; (708) 369-4888; [angiepanozo@gmail.com](mailto:angiepanozo@gmail.com)

### Service Award Recipients

**Jeanne Marbach** – 60 year member

**Carol Stefan** – 50 year member

**Pam Pyka** – 40 year member

**Mary Soder/Sherry TerMaat** – 35 year members

**Betty Lombard** – 25 year member

**Patt Bailey/Bev Bronowski/Ann Purcell** – 20 year members

**Sue Jankowski; Judy Lang; Kim Prokes; Nancy Wstlund; Kara Westphal; Diana Wolan** – 15 year members

**Diana Roscich/Clara Van Howe** – 10 year members

**Mary Beemster/Ann DeVries/Terry Krasula/Wendy Mayers/Sheila Weston** – 5 year members

Thank you one and all for your years of service and dedication to PHWC and our surrounding communities.

### Memorial Honorees

**Patricia Hogan** – 10/22/22 – member since 1999;

**Dolores Justyn** – 1/10/23- member since 2000;

**Elenor Hawley** – 3/6/23 – member since 1967 – Past President 1981-82;

**Mary Dee Stucky** – 3/28/23 – member since 2010;

**Virginia Jones** – 4/12/23 – member since 1971; and

**June Campbell** – 7/14/23 – member since 1970.

We remember fondly these clubwomen, of their devotion to the club and our memories of good times together.

MARK YOUR CALENDARS FOR THE INAUGURAL



**National Day of Service**

SATURDAY, SEPTEMBER 30, 2023

Living the Volunteer Spirit | [www.GFWC.org](http://www.GFWC.org) | #GFWC23NDS

Help Us to End Hunger in the United States By  
Volunteering, Donating, or Organizing a Community Service Project

### What is GFWC National Day of Service?

The General Federation of Women's Clubs (GFWC) is united in its dedication to volunteer community service. The **National Day of Service** (NDS) is a day in which all of GFWC comes together in service to highlight an area of need, take action to address it, and raise public awareness about its importance. State federations and clubs will participate by organizing Community Service Programs (CSP) in their communities as part of NDS.

A great big thank you to the members who brought food donations to the September meeting. THE NEED IS EVER GREAT. If you were unable to donate or would like to make an additional food donation the Palos Heights Woman's Club will be meeting at the Palos United Methodist Church, 12101 South Harlem Avenue on Saturday, September 30<sup>th</sup> at 9:00 a.m. Please bring your food donation and we will also be taking a group picture. As always your generosity is greatly appreciated.

## Support Maui Residents Affected by the Wildfires

[reprinted from GFWC News and Notes]



DONATE TO THE  
**MAUI STRONG FUND**  
of the Hawai'i Community Foundation

The Maui Strong Fund of HCF is supporting residents affected by the Maui wildfires, with a priority on addressing evolving needs, including shelter, food, financial assistance, and other services identified by our partners doing critical work on Maui.



We asked and the ladies of the Palos Heights Woman's Club responded! We collected over \$270 for the Maui Strong Fund. The board unanimously agreed to round up that amount of \$350!

A donation to support the Maui Residents affected by the Wildfires will be made to the Maui Strong Fund in the amount of \$350.

Thank you for your generous donations and for helping the people of Maui.



HAWAII COMMUNITY  
FOUNDATION

## Annual Jewelry Sale & Donations 2023

### Denise Hyker

Our annual Jewelry Sale was a huge hit! We made more than ever totaling \$1550.00 all because of all of your donations and help with this program throughout the year! Great Job ladies! A big thank you to all the women that came out to help with the sale on June 7th , we couldn't have done it without your support!

This year I am taking on the Treasurer responsibilities and now need someone or several ladies to step up and help chair this program, so I'm looking for several volunteers to help. If you love jewelry, like to organize things and have fun with it, please contact me at 708-347-3512.

For our newer members, we collect "Gently Used Jewelry" that you no longer need, all year long and then we sell it at the Palos Heights Farmers Market in June. These monies go directly to our charitable fund and used to help others in our community and non-profits with our vision. You can bring your Gently Used treasures to our monthly meeting or you could drop it off at my home in Palos Heights, my address is in the Yearbook.

Thank you all so much for your support to this fun & successful program!

## GFWC Illinois 3<sup>rd</sup> District News

The Palos Heights Woman's Club has offered to host the fall 3<sup>rd</sup> District meeting on October 11<sup>th</sup> at the Rec Center in our Room. The meeting will take place at 7:00 p.m. and is open to all members. If you would like to find out more about 3<sup>rd</sup> District please consider attending. Thank you.

### Attention Board Members:

We will be providing refreshments for the October 11, 3<sup>rd</sup> District Meeting. Please contact Sherry TerMaat with what you will providing so that we have a variety. We are suggesting sweets, fruit, cheese/crackers, etc. The club will provide coffee and tea.

THE PALOS HEIGHTS PUBLIC LIBRARY  
PRESENTS

## *The Library Comes Alive*

SATURDAY, OCTOBER 14TH 2023  
6:30 PM TO 9:00 PM



Palos Heights Public Library  
12501 S 71st Avenue  
Palos Heights, IL 60463



ENJOY AN ENCHANTED EVENING WITH SOME OF YOUR  
FAVORITE LITERARY CHARACTERS THAT COME TO LIFE

\$50 PER PERSON IN ADVANCE OR AT THE DOOR  
TICKETS AVAILABLE AT THE LIBRARY, QR CODE, OR  
[@libraryalive.eventbrite.com](http://libraryalive.eventbrite.com)

Tickets can also be purchased by contacting  
Geri Burek – 708-921-7711

### Happenings Out and About in Palos Heights

MCORD GALLERY & CULTURAL CTR

19th Annual "For Love of the Arts" Fundraiser Benefiting  
McCord Gallery & Cultural Center

**SAVE THE DATE!**  
Saturday | November 4, 2023  
Ruffled Feathers Golf Club