



# *The Mirror*

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

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*Dear Members,*

Hello Ladies and Welcome...It is hard to believe that we are starting with our fall meeting. What happened to summer? PHWC members were busy with our June event donating items for our veterans with "Christmas in July" (thank you Carol Mineur for hosting, pictures were on Facebook); our 4th of July parade was a success; and our New Member Event and 85<sup>th</sup> Anniversary kick off at the Recreation Center. Everything was "Bee"utiful and 5 new members joined!

We are all aware of the devastation in Maui and I know that we all would like to help. GFWC has recommended a vetted organization where we can send donations. We will have a "giving box" at our September meeting for monetary donations. See additional information on page 5.

As we "step up" to this club year, the returning and incoming Board members are busy planning new events which we think you will enjoy! Please refer to the monthly newsletters for updates and "save the dates."

I am looking forward to another great year with PHWC and with all of our members!

*Sherry TerMaat, President*



## *Upcoming*

**EVENTS**

- PHWC Sept 5<sup>th</sup> Meeting – Orchard Room
- PHWC Board Meeting – Sept. 20<sup>th</sup> Rec Center
- Annual Blood Drive – September 21<sup>st</sup> at the Rec Center.
- Art Dept. – Create a Fall Wreath Oct. 25<sup>th</sup> / 6 p.m. @ PH Rec Ctr.
- Thankful Thursday –November 16<sup>th</sup> 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>

### **NEXT MEETING: SEPTEMBER 5, 2023 @ 7:00 P.M.**

Inspirational Reader: Pat Marusarz

Program: Installation of New Members; Service Awards; and Meet our Scholarship Winners

Hospitality Chair: Kim Prokes

Hospitality Hostesses: Judy Collins, Ann DeVries, Patti Davey, Jane Lundin and Carol Czworniak-Weybright

### **THE COLLECTION CORNER**

**Environment:** eyeglasses, pop tops, ink cartridges, gently used or new shoes

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

**Environment:** plastic grocery bags; gently used shoes

## **IMPORTANT YEARBOOK ANNOUNCEMENT!**

Yearbooks will no longer be delivered to members. Instead they will be passed out at the September and October club meetings. Please try to attend at least one of these meetings to collect your yearbook. If you are unable to attend you may designate a fellow club member to pick up your yearbook for you.

**Please see Celeste Kappel who will be seated at a table near registration to get your yearbook.**



### **Sue DeKoker/Theresa Karstrand**

What if you were told an hour of your time could change someone's life? It can! In the few minutes it takes to read this article, nearly 100 people will receive lifesaving blood transfusions.

The Health and Wellness committee is hosting a blood drive Thursday, September 21, from 2pm – 6:30pm at the Palos Heights Recreation Center Orchard Room. We encourage every member who can donate to join us and bring a friend as well. Appointments can be made by contacting: Sue DeKoker [trumpetvine2000@yahoo.com](mailto:trumpetvine2000@yahoo.com) or Theresa Karstrand [tmkarstrand@gmail.com](mailto:tmkarstrand@gmail.com). Every donor will save up to THREE lives. Please allow about an hour, including registration and check in. Actual donating takes about 10 minutes, after which you will relax in our refreshment area for at least 15 minutes. Who can help? Anyone older than 18 years, in good health, weighing at least 110 pounds is eligible to donate. Make sure you eat within 2 hours prior and drink plenty of water 24 - 48 hours beforehand. Please bring your ID. FYI: You must wait 8 weeks between blood donations. See page 6 to set your appointment via QR code.

We look forward a successful Blood Drive Event!

### **PHWC PEDAL PUSHERS**

Hats [or should we say helmets] off to the Pedal Pushers ride coordinators: Joan Meyers, Carol Mineur and Pam Stewart. The group is off to a great start with several rides this summer already. Each ride has been an enjoyable excursion with an optional lunch. If you are interested in being a part of the fun, contact information for each of the coordinators is in your yearbook.



## **ENVIRONMENT**

### **Tricia Trendle-Marker/Amy Redden**

The Environment Department will be collecting plastic grocery bags to donate to The Plastic Bag Mat Project. The plastic bags will be made into mats for homeless animals in shelters. We continue to collect gently used shoes, however, **please bring your donations to the meeting or contact Tricia Trendle-Marker to arrange pickup.** *Please do not drop of shoe donations at Pam Pyka's home.*

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

The environmental committee will be taking orders for mums at the September meeting. Color selection is on a first come, first serve basis but we are sure you will not be disappointed.

Pick up will be outside the Orchard Room at the October Meeting.

### **Same low price of \$10 – Bigger 9" pot!**

### **New Supplier: 88 Nursery, Mokena IL**

If you are unable to attend the September meeting but would like to place an order please contact Tricia Trendle-Marker.

(773) 415-0988



### **Yvonne Bustos/Veronica Studnicka**

Ladies are you looking for something fun to do? Come join the Art and Culture Department on Wednesday, October 25th @ 6pm at the Palos Heights Rec Center Room 107. We will be making fall wreaths; all supplies will be included. This is a free event but seating is limited. Please RSVP to Yvonne Bustos 773.682.4801. It will be a great time with our fellow members. Light refreshments will be served. Hope to see you there! Sign up at the September meeting!

Ann Devries /Marie Kaminski

#### SCHOLARSHIP RECIPIENTS MVCC - 2023-2024

Kristy McGreal, Director of the Moraine Valley Education Foundation will attend our general meeting and introduce the 2023-2024 scholarship recipients. Kristy will give the members some background information on the recipients. **Margaret Kolze** - Art Scholarship and **Carla Van Witzenburg**- PHWC General Scholarship.

#### STAGG AND SHEPARD SCHOLARSHIP WINNERS

**Maeve Begley, Stagg High School.** Maeve will be attending St. Mary's College in South Bend and will be engaged in the engineering dual-degree program with Notre Dame, studying math at St. Mary and engineering at Notre Dame; and **Ava Serdar, Shephard High School.** Ava will be attending the University of Minnesota enrolled in its School of Business. We wish them all much success!



Carol Mineur /  
Nancy Raisutis

It has been a busy summer for Civic Engagement! A wine and cheese gathering was sponsored by Carol Mineur and Nancy Raisutis to collect for "Christmas in July" benefitting our Veterans at the Manteno Veteran's Home. Thanks to our generous members we were able to put together 125 bags plus 6 larger bags with personal items and supplies.

We also participated at the Cops on Top fundraiser for Special Olympics at Dunkin Donut and for the second year we participated in the Palos Heights Police National Night Out organized by Pam Sylwestrak. In addition to our famous face painting this year we had Bozo buckets with prizes! Once again, the Palos Heights Woman's Club was the hot spot. The kids loved it! Great job PHWC members and Civic Engagement Committee.

## FUNDRAISING



Nancy Mitchell/Lynda Schiappa/Rose Zubik

The fundraising co-chairs have met and decided that this year in lieu of a fall tea we would instead focus on our big Christmas Fundraiser – Making Spirits Bright. Please save the date: December 9, 2023 @ Silver Lake County Club. More details in next month's newsletter.

Plans are in the works for a "Mad Hatter" Tea Party to be held on March 9<sup>th</sup> – stay tuned for more juicy details on this delightful upcoming 2024 fundraising event!



Operating Balance: \$ 9,726.88

Charitable Balance: \$ 8,720.76



**Debbie George** and **Carleen Lunn** are organizing another option for our members to stay fit.

**Witness the Fitness** of the Palos Heights Woman's Club will focus on walking. A sign-up sheet will be available at the September 5<sup>th</sup> meeting. The first walk is scheduled for Sunday, September 24<sup>th</sup> at 8:00 a.m. 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.

#### SOME BENEFITS OF WALKING:

- Maintain a healthy weight and Lose body fat
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance



## August Birthday Girls.....

8/1	Eileen Lunter	8/17	Elaine Sullivan
8/7	Sherry TerMaat	8/21	Betty Lombard
8/13	Carol Meneou/ Diana Wolan	8/29	Terry Horvath
		8/30	Joanne Ferneau

## September Birthday Girls.....

9/1	Shirley Gruchot	9/2	Debbie George
9/2	Margot Rosenstein	9/13	Eileen Long
9/5	Theresa Karstrand	9/19	Judy Montell
9/6	Lynda Schiappa Lorena Rodriguez	9/25	Marianne Orr Cynthia Weglarz
9/7	Nancy Harrington	9/26	Wendy Mayers
9/10	Kim Prokes Tracey Shumard	9/27	Tricia Trendle Marker
	9/30	Tracy Heilman	



Sherry TerMaat/Rose Zubik

Updates, changes or corrections to your yearbook information should be directed to Sherry TerMaat or Rose Zubik.

Thank you to our yearbook sponsors for their support. Please continue to keep our sponsors in mind when the need arises.

**Bridgeport Doors** [Rose Zubik]; **CNB Bank & Trust;**  
**Baird & Warner** [Sharon Kubasak]; **Coldwell**  
**Banker** [Eileen Lunter]; **Elevate Care** [Yvonne Bustos]; **Farmers Insurance Agent** [Vanessa Alvarado]; **Fix-It-Jim Handy Man Services;**  
**McCord Gallery & Cultural Center** [Cynthia Weglarz]; **Mitchell's Florist** [Nancy Mitchell]; **Noral**  
**Jewelers** [Michelle Horist]; **Royalberry Waffle**  
**House & Restaurant;** **Schmaedeke Funeral Home**  
[Kara Westphal]; **Sassy Girl Chalet** [Debbie George];  
**Southside Pregnancy Center** [Veronica Studnicka];  
**Southwest Therapeutic Massage, LLC** [Beth Rosentreter]; and **United Insurance.**



Rose Zubik, Membership Chair

On July 22 the Membership Committee hosted a New Member Recruitment / 85<sup>th</sup> Anniversary Kick-Off in the Orchard Room at the Palos Heights Rec Center. 5 new members joined that day with another 5 following for a total of 10 new members! The new members plus 8 members who joined after our September, 2022 meeting will be installed on September 5<sup>th</sup>. Please plan on attending to welcome these new members. A special thank you to Sherry TerMaat, Joan Meyers, Lynda Schiappa, Michelle Forseth, Kim Prokes, Carol Mineur and Bernie Zaworski, and all our past presidents who assisted in making this a memorable event!

Also on September 5<sup>th</sup> we will be honoring 21 members for their years of service including one 50 year member and one 60 year member! Again, I hope you will join me in honoring these special ladies.

## *Personals*

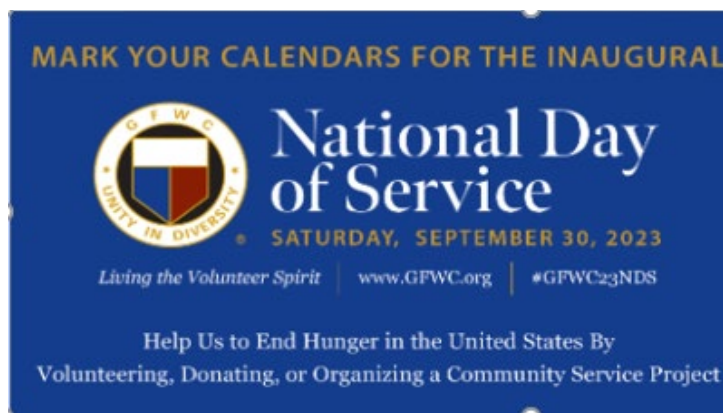
If you were not already aware, we are very sad to announce the passing of June Campbell, member and mother of past president Barbara Campbell Deckinga. June was a long-standing member who celebrated her 53rd club anniversary last year. She will be deeply missed by her family and club friends.

We are also very sad to announce the passing of Mark Miller, son of past president, Carol Margaret Miller and Joe Hajost, brother-in-law of Joan Meyers.

Please keep Barbara, Carol, Joan, and their families in your thoughts and prayers.

Cards of support will be greatly appreciated and can be sent to Barbara, Carol and Joan whose addresses can be found in your yearbook.





### 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.

The Palos Heights Woman's Club is joining the General Federation of Woman's Club in this unity project to help end hunger in the United States. **We will be collecting non-perishable food items at the September 5<sup>th</sup> meeting.** Please bring your donations to the meeting or drop them off at Sherry TerMaat's home [address in yearbook].

If possible we will be donating the food items to the people of Maui. We just are not sure how to get it there just yet. We have heard that Aldi's may be a contact for the delivery. If anyone has more information on how to get our donations to Maui please contact Sherry TerMaat or Rose Zubik. Plan B is to deliver the collections to our local food pantry at the Methodist Church. As always your generosity is greatly appreciated.

## Support Maui Residents Affected by the Wildfires

[reprinted from GFWC News and Notes]

Many of you have reached out in the last few days seeking guidance on how to support relief efforts in Hawaii. If you would like to make a financial contribution GFWC recommends donating funds to [Hawai'i Community Foundation's Maui Strong Fund](#).

The Maui Strong Fund was created to provide community resilience with resources for disaster preparedness, response, and recovery. The fund is currently being used to support communities affected by the wildfires on Maui.

Our hearts are with the affected people and animals of Maui as they navigate the devastation of their homes.



*Members since 1938*



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.





**Thursday  
September**

**21**

**2:00 pm – 6:30pm**

Make sure to eat a healthy meal and drink plenty of water before donating.

**PHOTO ID IS REQUIRED.**

Call (800) 770-GIVE with eligibility questions.

**PALOS HEIGHTS WOMENS CLUB  
COMMUNITY BLOOD DRIVE**

Palos Heights Recreation Center, Orchard Room  
6601 W 127th Street, Palos Heights

**APPOINTMENTS PREFERRED:**

Contact Susan DeKoker @ 708-941-5606,  
trumpetvine2000@yahoo.com,  
visit <https://tinyurl.com/marwdtru> or scan the QR  
code ----->



**EVERY DONOR WILL SAVE UP TO 3 LIVES!**

**Blood Drive**



**Gourmet and Culture Events**

**Tuesday September 9<sup>th</sup> - Hindu Temple Tour**

– 10915 Lemont Road / Tour 10:30 to noon.

Come in Main Gate; Meet at Main Temple Gift Shop. No fee / Donation Requested.

Lunch 1:00 p.m. on our own – “Taste of India Buffet”. Reservations required please call

Marie 708-599-0037

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**October 7<sup>th</sup> and 8<sup>th</sup> – Pullman House Tours.**

11:00 to 5:00 p.m. On your own. \$20 tickets required 773-786-8901 ([www.pullman.org](http://www.pullman.org))

**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  
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Palos Heights, IL 60463**



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Geri Burek – 708-921-7711

**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**

**LAKE KATHERINE NATURE CENTER**

**Upcoming Events**

For detailed descriptions and pricing  
please visit [www.lakekatherine.org](http://www.lakekatherine.org)

**Monarch Celebration  
September 16 & 17**

**Fall in the Forest  
October 14**

**Harvest Hayride  
October 18**

**Halloween Night Hike  
October 25**

**Pumpkin Smash  
November 4**

A great big thank you to all of our members who donated books for the Friends of the Library August Book Sale. Your donations were greatly appreciated!

**Happenings Out and About in Palos Heights  
and Surrounding Areas**