

## **GFWC Woman's Club**

February 4, 2019

### *Agenda*

- 1) Pledge to the Flag
- 2) Collect/Conservation Pledge
- 3) Thought for the Day - Dee Delloro
- 4) Secretary's Report
- 5) Correspondence Report
- 6) Treasurer's Report
- 7) Areas of Interest News (See Packet)

### **Business**

District 12--Mary Lee Howard

911 Signs

Fund Raising

Membership

Other

### **Program**

Reiki Principle-Rock Soul Love

### **Dates to Remember**

Furry February--Collecting items for animal shelters

Sunday Feb 17--Random Acts of Kindness Day

Wednesday, Feb.20 —Book Club @ 11:30am

"The Plot to Hack America," Malcomb Nance

Wednesday, Feb. 20—Narvick House @ 6:30 pm

Thursday Feb 21--Make a sign @ Wine & Pine 6pm

Monday, Feb 25--Freezer Meals @ 6:30 pm

Feb 22-24 & March 1-3--Neil Simon's "Dinner Party" @ Morris Theater Guild

Saturday, March 2--Weighted Comfort 9-1 pm

Monday, March 4--Regular Meeting--Nettle Creek

Lavender Farm

### **Collecting**

White Oak POPS Program

Furry February

### **Thank You's**

Narvick House Volunteers

### **Adjournment**

## **Seeking a Few Good Gals...**

*What does it mean to be a member?*

### DOs

Do look at the GFWC & GFWC-IL websites for Ideas.

Do come up with some project ideas to share with the club for input.

Do volunteers to help on projects.

Do work with other volunteers on logistics.

Do promote the project.

Do share project results with the Club.

### DON'TS

Don't try to do everything by yourself.

Don't spend a bunch of money.

Don't burn yourself out.

Don't forget to ask for help.

Don't forget, we are working for the betterment of our community!

Thank you to

Ann Polson (Arts)

Nilsa Sochan (Conservation)

Adrienne McKerrow (Education)

Michelle Mitchell (Home Life & Superhero Fund)

Mary Lee Howard (International Outreach)

Penny Hexdall (Public Issues)

Cailey Walker (Fund-Raising)

Angelique Minnet (Social Media)

Kaileen Cummings (Membership)

GFWC-IL Morris Woman's Club Minutes

January 7, 2019

*corrected*

Past President Caroline Cummings opened the meeting at 7pm with the Pledge of Allegiance, the Club Collect and the Conservation Pledges. Two guests were introduced, Wendy Dudek, Adrienne Vicaro and Molly Fisher. There were also 21 members present.

Minutes were approved as read.

Treasurers report was given. A motion made by Mary Lee Howard to move the Regency Care fund balance (\$9.91) to the general fund. Motion passed. The balance on hand is \$4,574. The report will be filed for audit. We need to complete a new AG990 form to comply with our new designated club year.

The induction of new club officers was conducted by Caroline. President Julie Erickson; President Elect Kaileen Cummings; Recording Secretary Chris Perry; Corresponding Secretary Bonnie Carlson; and Treasurer Rose Grossi. Additionally committee chairpeople were recognized: Ann Polson, Community Service; Nilsa Sochan, Conservation; Adrienne McKerrow, Education; Michelle Mitchell, Home Life; Mary Lee Howard, International Outreach; and Penny Hexdall, Public Issues. New members include Angelique Minett, Adrienne McKerrow and Wendy Dudek. And celebrated the 25 year membership for Lynn Shearin and the 50 year membership for Christine Foerester.

### **Community Service Reports**

Art – there are art contests available for members at the state convention, including Pennies for Art. Also mentioned for several art activities in Morris and Aurora. And, looking into “Chalk for Walk” with Julie Applegate @ chalkthewalk.org. Open Mike Night 1<sup>st</sup> Friday of the month at Exihit.

Conservation – several projects will be continued including saving medicine bottles, cards and magazines for the nursing homes and the clean the towpath project. Also, continue saving your plastic lids for donation for another bench project. And, getting ready to plant flowers this spring at the firestation and the park.

Education – plans include a poetry contest in local schools, the POPS (peers offering positive solutions) program for youth needs, scholarship applications and a Juniorette club at Morris High School.

Home Life – continuing projects such bingo, mobile meals, ladies lunches and starting a Brown Bag Mission for students at Morris schools. There has been a lot of interest on facebook regarding our Weighted Comfort blankets, there were 17 in attendance last Saturday with guests from Iowa.

International Outreach – is currently conducting an MLK service project giving socks/water bottles/granola bars to PADS clients. And, Mary Lee made a motion to celebrate International Women's Day, March 8.

Public Issues – proposing project for ICE(in case of emergency) medical sheets/sticker to be used by first responders to any home emergency. Info can be used at home or in your car.

**Old Business**

-District 12 by laws changes at state. Education scholarship forms to schools. Report writing. March 9 scheduled District meeting at Coal City.

-Freezer Meals, January 29 @ 6:30p, \$30-\$35, 12 people, call Julie

**New Business**

Planning an afternoon bowling event. Will check dates

**Program**

Molly Fisher, high school senior who received our 2018 Speech Camp scholarship.

**Other**

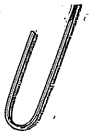
-We will be collecting pet products for the animal shelter at our February meeting.

-Wine and Pine activity scheduled for February 21<sup>st</sup> @ 6pm

Meeting adjourned 8:30pm.

Christine Perry  
Recording Secretary





### Art Committee News

**The Producers** will begin this Wednesday, February 6<sup>th</sup> through March 17<sup>th</sup> at the Paramount Theater in Aurora. Tickets start at \$36 and go up depending. Call (815) 896-6666 to purchase.

The Morris Theater Guild spring show is **The Dinner Party**. This show runs Thursday, February 22 through Sunday, February 24 and Thursday, March 1 through Sunday, March 3. Tickets can be purchased through the Morris Theater Guild website for \$10/\$13/\$15.

Coal City High School will present **Tuck Everlasting** Thursday to Sunday of two weekends in a row March 7-10 and March 14-17. Tickets are on sale now at [cctuckeverlasting.brownpapertickets.com](http://cctuckeverlasting.brownpapertickets.com) Tickets are \$8/\$5.

The **Frida Kahlo's Garden Art Exhibit** is on display now through March 16<sup>th</sup> at Four Rivers Environmental Education Center, 25055 West Walnut, Channahon. This is a free event and open from 10 a.m. and 4 p.m. every day except Mondays.

we, 3/21-23 Jesus Christ Super Star

## ART

Here are some important upcoming cultural dates:

**Service—February 20 @ 6:30 pm**—Art Night at Narvick House (Donna Cockream)

**Theater--February 22-24 & March 1-3** Morris Theater Guild rendition of Neil Simon's "Dinner Party."

Subscription tickets still available. <http://morristheatreguild.org/>

**Open Mic Night**—Friday, March 1 @ 7 pm

**Theater--March 7-10** Coal City High School "Tuck Everlasting"

**Theater--March 14-17** Morris High School "Pippin"

**Second Annual High School Art Show**—(drop off starting February 22). Gala **March 8 from 6-8 pm**.

Show runs March 1-31.

**"No Holds Barred Juried Photo Art Show"**—(deadline is March 17; cost is \$45 for 3 entries); Gala is April 12 from 7-9 pm.

Check out and Like the Arts Guild of Grundy County Facebook page for upcoming events.

## EDUCATION

Scholarship applications were sent to HS guidance counselors. Still collecting snacks for Morris Elementary and Saratoga. Food pantry at Premier is doing very well. We had one entry for GFWC Morris art/short story entries.

## INTERNATIONAL OUTREACH

Thanks to everyone who brought socks, water bottles & snack bars in January. We delivered 29 packages to PADS Director, Denise Gaska, on Martin Luther King International Day of Service. Thanks to Vivi Sargent, Lisa Barkley, Nilsa Sochan and Angie Minett for their help.

**February 11**—International Day of Women and Girls in Science

"We need to encourage and support girls and women achieve their full potential as scientific researchers and innovators." — *UN Secretary-General, António Guterres*

Science and gender equality are both vital for the achievement of the internationally agreed development goals, including the 2030 Agenda for Sustainable Development. Over the past 15 years, the global community has made a lot of effort in inspiring and engaging women and girls in science. Unfortunately, women and girls continued to be excluded from participating fully in science. According to a study conducted in 14 countries, the probability for female students of graduating with a Bachelor's degree, Master's degree and Doctor's degree in science-related field are 18%, 8% and 2% respectively, while the percentages of male students are 37%, 18% and 6%.

In order to achieve full and equal access to and participation in science for women and girls, and further achieve gender equality and the empowerment of women and girls, the United Nations General Assembly adopted resolution A/RES/70/212 declaring 11 February as the International Day of Women and Girls in Science.

Feb. 11<sup>th</sup> & 12<sup>th</sup> will be the fourth International Day of Women and Girls in Science Forum. It will be held at the United Nations Headquarters in New York. This is one of the flagship events of the UN and a key event for women and girls in science, science experts, policy-makers and diplomats to gather and share their visions, expertise and best practices to bring about more equality in science.

## **PUBLIC ISSUES**

### Emergency ID Cards/Decals

Idea: Create Decals to place in the window of homes or vehicles to indicate emergency information is available in a specific location.

Discussed idea with Tracy Steffes, Fire Chief for Morris Fire Dept. & Ambulance District. He provided me with several "File of Life" packets the fire dept. gives out at fairs, expos, etc.

He suggested we encourage residents to use these items and provide educational meetings on different items that are useful to first responders such as: Phones (emergency info) and Apps to keep up to date on weather alerts.

IDOT had a "Yellow Dot" program, see attached press release from 2015, Used to provide information on drivers to first responders. Upon looking into the program I found several articles that it has been discontinued and residents are encouraged to sign up for the IL Sec of State Emergency Contact Data base (see below).

### **IDOT Cancels Yellow Dot Program**

*Posted about two years ago*

The Illinois Department of Transportation is discontinuing its Yellow Dot program. The Yellow Dot Program aimed to help emergency medical responders by having citizens who signed up for the program provide important medical information that could help in the case of an accident. Participants would fill out a card that would be placed in the glovebox as well as place a yellow dot sticker on their back windshield. No reason was given for the cancellation.

IDOT does encourage all motorists to sign up for the Illinois Secretary of State's Emergency Contact Database. The service allows citizens to enter emergency contact information as well as any disability or special needs information into a voluntary and secure database for no charge. This information can be accessed by law enforcement in cases where people involved in accidents cannot communicate so law enforcement can contact your emergency contacts and be provided with any helpful medical information on scene.

Visit [cyberdriveillinois.com](http://cyberdriveillinois.com) to sign up for the database, or for more information.

Penny Hexdall  
Public Issues Chair

## FEBRUARY 2019 CONSERVATION UPDATE

**Chapin Park and Firehouse:** We will be placing some Valentine's Day decorations at both places in next few days.

**Humane Society:** A bin has been placed for shelter items, along with an envelope. For us to go shopping or vaccinations for the animals. Please let Nilsa or Vi know if you want the money to go for food or vaccinations. Thank-you for donating!

*\*Please don't leave pets outside in the cold weather\**

### JUST ANIMAL SHELTER ITEMS IN MAZON NEEDS:

#### For Cats

- Kitty Litter - non-scoopable please.
- Purina Kitten Chow
- Dry or Canned Cat Food
- Cat toys
- Towels and Small Blankets
- any monetary donations (office supplies, animal vaccinations)

### GRUNDY COUNTY ANIMAL CONTROL NEEDS:

- Kitty Litter- non-scoopable please
- Purina Kitten Chow
- Dry Cat Food
- Dry Dog Food

**Please feed the birds and fresh water is replaced.**

**Stamps:** Please remember no flag stamps. Don't forget larger value stamps and picture postcards are also wanted.

Remember to save stamps, and prescription bottles (labels and sticky residue removed).



**HOME LIFE  
OVERVIEW OF January 2019**

- Birthday cards were sent to Park Pointe, The Gardens of Park Pointe, Regency Healthcare Centers and Club Members. Thank you Vivi Sargent and Donna Weaver for keeping up with this project.
- Weighted Comfort for Kids Sewing Party was a success. The next date is TBA. Thank you Mary Lee for leading this and for Vivi, Nilsa & Ann for always being there to help. Anyone that would like to help with snack see Mary Lee.
- Park Point Bingo was canceled due to weather and rescheduled for March 20, 2019.
- Groundwork ladies (a support group of women who have suffered domestic abuse) luncheon will be on February 14th starting at 11:00 in the fellowship hall at Bethlehem Lutheran Church. Healing Spirit is donating their time and giving the ladies massages. I am looking for a few ladies to help with the lunch part of it. Please let me know if you would like to help. There is a sign up sheet for help needed.

**2019 EVENTS**

**FEBRUARY 2nd @ 9am** Sewing Party  
**FEBRUARY 14TH @11:30.** Groundwork ladies luncheon.  
**MARCH 6TH @1PM** IVI BINGO  
**MARCH 20th @ 2pm.** Bingo at Park Point  
**APRIL 13TH** SUPERHERO RUN  
**MAY 1-15** MOBIL MEALS  
**MAY 30th.** ST VINCENT TABLE  
**OCT** TAKE BACK THE NIGHT  
**NOVEMBER 13TH @ 1PM** IVI BINGO

**SUPERHERO RUN**

The run preparation is well on the way. The recipient is Reclaim 13 – a 501c3 that serves girls and women who were subjected to human trafficking. The date of the run is April 13, 2019. Please clear your calendars and sign up to help a few hours that day. It takes a lot of people to make it successful. There is a sign up sheet so you can select the task that best fits your time and ability.

Thank you  
Michelle Mitchell  
815-341-8640

My name is Jeff Rund, KD9APD, of Morris Ill.

Hoping that you might be able to pass this invite along to your fellow teachers and students .

On Tuesday evening, February 5th, the Grundy County Amateur Radio Club, (GCARC) is hosting a guest speaker from the University of Chicago who will talk to us about the Parker Solar Probe. The Parker Solar Probe is orbiting the sun very closely and monitoring the sun in a fashion that we all might find interesting. So we thought it would be nice to invite nearby HAM Radio Clubs and High School Science clubs to the presentation.

The presentation will be in the basement of the Morris public library.

Time will be ~~1800~~<sup>6</sup> hrs. to ~~1930~~<sup>7:30</sup> hrs.

“NASA's historic Parker Solar Probe (PSP) mission will revolutionize our understanding of the Sun. PSP will swoop closer to the Sun's surface than any spacecraft before it, facing brutal heat and radiation conditions. The spacecraft will come as close as 3.83 million miles (and 6.16 million kilometers) to the Sun, well within the orbit of Mercury and more than seven times closer than any spacecraft has come before. To perform these unprecedented investigations, the spacecraft and instruments will be protected from the Sun's heat by a 4.5-inch-thick (11.43 cm) carbon-composite shield, which will need to withstand temperatures outside the spacecraft that reach nearly 2,500 degrees Fahrenheit (1,377 degrees Celsius). “

Any questions feel free to call or email me.

Jeff Rund, wjrund7x57@gmail.com, 1-815-942-3817.



**State of Illinois**  
Bruce Rauner, Governor



**Illinois Department of Transportation**  
Randall S. Blankenhorn, Secretary

**FOR IMMEDIATE RELEASE:**  
August 17, 2015

**CONTACT:**  
Brian Williamsen 309.671.4854  
Guy Tridgell 312.793.4199

## **One Yellow Dot Can Make Life or Death Difference**

*IDOT signs up participants at state fair for program that helps first responders*

SPRINGFIELD – The Illinois Department of Transportation (IDOT), Illinois State Police, first responders and members of the medical community today showcased the benefits of the Illinois Yellow Dot program and signed up new participants on Senior Day at the Illinois State Fair.

“This simple, but effective program truly is a lifesaver,” said Illinois Transportation Secretary Randy Blankenhorn. “The ‘golden hour’ after a crash is crucial. The information the Yellow Dot program provides can mean the difference between life and death for someone who is injured.”

Launched in Illinois in 2011, the program is simple enough. Participants place a circular yellow sticker on the lower left corner of the driver’s side rear window of their vehicles and fill out a card to place in their glove box. On the card is vital personal information that assists first responders in providing the best care for victims in the event of a crash. The information provided on the cards also helps hospital staff make critical decisions in determining the types of medications and treatment to administer.

Information on the card includes: the participant’s name, a photo, medical conditions, recent surgeries, current medications, allergies, physician information and emergency contact information.

“ISP troopers are oftentimes the first emergency personnel to arrive on scenes where medical attention is needed,” said Illinois State Police Col. Michael Zerbonia. “The Yellow Dot can provide troopers with critical medical information to help save a life.”

For Senior Day at the fair, IDOT offered fairgoers Yellow Dot stickers, personal information cards and use of a photo booth so they could take part in the program.

“Minutes matter when providing emergency medical care for car crash victims,” said Illinois Department of Public Health Director Nirav D. Shah, M.D., J.D. “Having a person’s medical information, especially prescription information, can help emergency responders determine what treatment to start and avoid potentially dangerous drug interactions.”

Since its inception, thousands of people have signed up for the Illinois Yellow Dot program, which has been featured in the Governors Highway Safety Association's State Highway Safety Showcase.

"We encourage all older drivers to participate in this unique program," said Illinois Department on Aging Acting Director Jennifer Reif. "The Yellow Dot program serves as an opportunity to update medical information which can help victims who may not be able to communicate with first responders in the event of an accident."

Visit <http://youtu.be/TG7WDeBAqYE> to watch a brief instructional video and visit [www.yellowdotillinois.org](http://www.yellowdotillinois.org) to sign up for the program. Click on the "Where can I get my DOT?" tab for a list of distribution locations statewide.

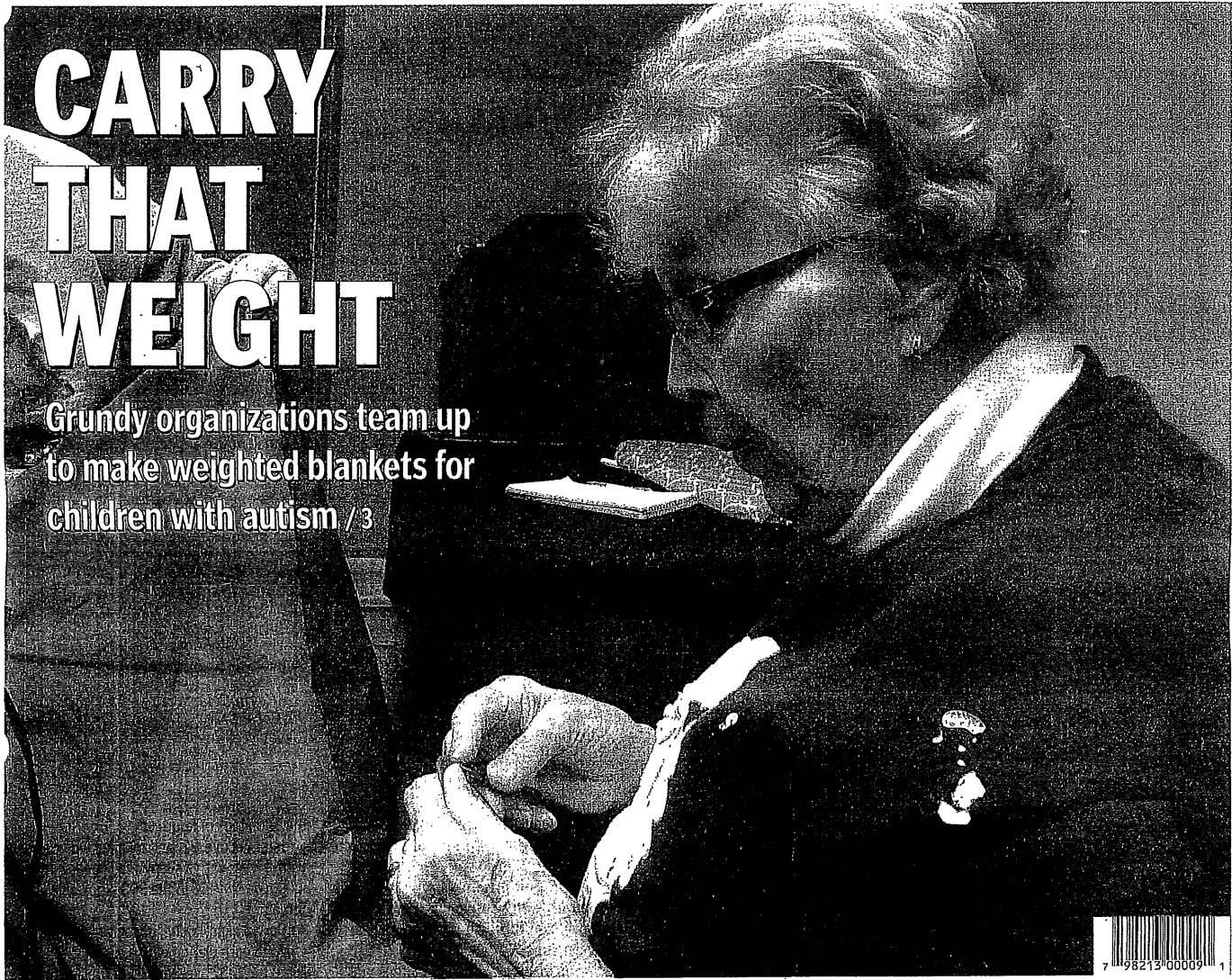
The program is available at no cost to Illinois residents and funded by the U.S. Department of Transportation.

###

# MORRIS HERALD-NEWS

## CARRY THAT WEIGHT

Grundy organizations team up to make weighted blankets for children with autism / 3



### ROTH JORSTAD

INSURANCE AGENCY, LLC

815-942-4900

322 Liberty St. (Corner of Liberty & Jefferson)

- HOME      • LIFE      • AUTO
- BUSINESS   • FARM      • BOAT
- CROP      • MOTORCYCLE

SM-CL1997244

Trusted for over 80 Years!



MDH 266XXXXXXXXXXCAR-RT LOTXXXR 006  
 Capitaline Dummies  
 830 E Southmap Rd  
 Morris IL 60450

# WEIGHTED FOR COMFORT

## Grundy organization makes weighted blankets for kids

By ALLISON SELK  
Shaw Media correspondent

MORRIS — Elijah Ștefanski and her mother, Kymberlie, drove to Morris from DuPage County on a rainy Saturday to sew blankets that will be donated to children with autism or sensory disorders.

Elijah said this project gave her an excuse to sew, volunteer, feel useful and experience what it means to get behind an organization that helps youth just like her.

"These blankets actually help me sleep," Elijah said. "I used to put six blankets on me and I would overheat and wake up, but I needed the weight of all of the blankets to sleep. With this weighted blanket, I don't have to layer up to get comfy and that helps me sleep."

On Dec. 1, members of the General Federation of Women's Clubs in Morris, community volunteers and volunteers with Weighted Comfort for Kids met at 520 W. Illinois Ave. to sew and fill weighted blankets that will be donated to children from ages 2 to 18 who qualify with an autism spectrum disorder or sensory processing disorder diagnosis.

Weighted Comfort for Kids began by two sisters in Dwight named Katie Kinzler and Liz Depew. Kinzler said a friend tried to win a weighted blanket at a fundraiser and she decided to use her skills to sewing a blanket as a gift for the child of this friend. She said she began to talk about the need and the nonprofit began in July 2015.

Two years ago, GFWC-IL Morris Woman's Club member Mary Lee Howard heard about Weighted Comfort for Kids when she attended a spaghetti dinner fundraiser.

Howard said she has been involved in children's organizations all of her life, so when she went to contribute, she fell in love with the organization. She brought the idea to the women's club to hold a sewing event once a month and it has been going strong since that time.

"We are a service organization and we give back to the community, state and internationally," Howard said.

During the past six events, the GFWC-IL Morris Woman's Club monthly sewing group has produced 52 blankets, nine in November alone.

An average of 8 to 10 people show up to volunteer their sewing time for a three-hour block and can either sew or fill the blankets with the polypropylene pellets which make the blankets weighted.

The type of fill allows the blankets to be washable and Kinzler said not all of



Allison Selk for Shaw Media

Elijah Ștefanski, 15, (right) was a recipient of a weighted blanket and now donates her time to the GFWC-IL Morris Woman's Club project to sew and fill weighted blankets for nonprofit Weighted Comfort for Kids. Liz Depew, co-founder of the Weighted Comfort for Kids organization out of Dwight, sews next to Ștefanski.

them available in stores and online have washable fill.

Howard said the service project was open to anyone who wanted to donate time to sew.

"This is an ideal project for kids who need service hours. If someone can sew a straight line, they are welcome and we also teach people how to sew," he said.

The recipients of the weighted blankets are derived from the Weighted Comfort for Kids organization.

Each blanket will be individually tailored to the size and weight of the child and whether they need a full blanket or lap pad. Because of high demand, children are almost two years out for blanket placement.

If one were to buy a weighted blanket online, which have increased in popularity, it could run \$100 to \$400 depending upon its size and type of fill.

Weighted Comfort for Kids runs solely on financial donations to purchase fabric, fill and supplies and once the supplies

**"I used to put six blankets on me and I would overheat and wake up, but I needed the weight of all of the blankets to sleep."**

**Elijah Ștefanski,**  
Weighted Comfort for Kids volunteer

have been purchased, can only make as many blankets as volunteers can sew.

Kinzler said two groups currently offer sewing groups and she would like to see more created to fill the demands.

"We always had high expectations, but we have seen our Facebook page grow by hundreds over the past few months and the need has become greater. We can now guarantee to have 20 blankets made per month," Kinzler said.

Some recipients have shared benefits of the weighed blankets to Kinzler. She said some children have been able to reduce the amount of sleep medications or be able to sleep through the night, calm down, stop meltdowns, relieve anxious behavior and more.

Kymberlie said she has two children who qualified for weighed blankets and while one has a sensory issue that creates a barrier to using the blanket and will take time to fully benefit, the other, Elijah, cocoons in hers.

"I heard they calm down anxious or disorganized children, so I thought it was worth a try. For one, it's calming and she wraps herself in it," Kymberlie said of Elijah.

For information on how to help the GFWC-IL Morris Woman's Club sew blankets or how to become involved in the service organization, contact [morriswomensclub@gmail.com](mailto:morriswomensclub@gmail.com). For information about Weighted Comfort for Kids, visit [weightedcomfortforkids.org](http://weightedcomfortforkids.org).

# 'We need to learn to support people'

## Morris Women's Club learns from grief counselor

By ALLISON SELK  
Shaw Media correspondent

MORRIS— Grief counselor Kathy Cherven stood in front of the General Federation of Women's Club's Morris group and held up a quarter. To the group, it was just a quarter with two sides, but Cherven explained how this simple quarter represents our lives.

"When I think of grief and any kind of loss," Cherven said as she placed the quarter on the top of her hand. "This is how you go through life and everything is great."

She went on to explain that many events can happen in a person's life such as a death, divorce, job loss or illness that can alter one's life and perspective of life to cause a state of grief.

"You go through life, you are healthy, you take care of yourself and then bam, you get a life-altering diagnosis. That's the other side of the coin and you can't turn it back over. So when you experience this other side, it can change you," Cherven said.

The GFWC-IL Morris Women's Club holds meetings each month for members and guests of members. President Caroline Cummings said that during those meetings, the group will either have a time of scholarship to learn, a service project or a social event.

During the Dec. 3 meeting, member Kalleen Cummings asked Cherven to come and speak about grief. Caroline said the time was a good fit due to the holidays and the group has experienced losses lately and have members who are grieving.

"This seemed like something to do as a target project for mental health to create awareness, good mental health, how to cope and timely with the holidays," Caroline said.

Grief can stem from losses such as the death of a loved one, job loss, divorce, miscarriage, financial loss and more. Cherven said we all grieve in different ways and need a listening ear and those in a supportive role need to stop and



Allison Selk for Shaw Media

Kathy Cherven, grief counselor, shared how to cope with grief and how to assist those in our lives who grieve during a GFWC-IL Morris Woman's Club meeting Dec. 3.

just listen.

"We need to learn how to support people who have any kind of a loss. We are all uncomfortable with it because we don't want anyone to be sad. We want people to be OK," Cherven said.

Cherven said that when people judge, give advice or tell others they will be OK and not listen, the person in grief will more than likely shut down. But if one listens, then the person in grief will usually open up and talk. It's likely they may tell the same story over and over, but Cherven said, if that's what they need to do, that's best for them.

Many clients have come to Cherven and shared phrases loved ones or friends have said to them and those words have done more damage than good to the person who grieves. She said some terms

**“There is no rule book on what do to and not do, if you love someone show support.”**

**Kathy Cherven, grief counselor**

can minimize the grief, make the person feel ashamed, sad and upset, which can lead them to withdraw and depression.

"There is no rule book on what do to and not do, if you love someone, show support," Cherven said.

During the first stages of grief, Cherven said, it's normal for the person to not sleep or eat well and say comments like "Oh I wish I was with..." "Oh, I woke up today." But, if behaviors not normal such as self-medication with alcohol, drugs, shopping or food to

name a few, angry behaviors, disheveled appearance, and cannot laugh, that could be clinical depression and that may be a time to intervene and ask if they need help or if they want to hurt themselves.

"Make an observation, don't give advice, it's their journey. Say, oh it looks like you are drinking a lot more," Cherven said.

With the holiday season in full swing, Cherven said grief can rear its ugly head and pop up anywhere, even for those who had a life-altering event years ago. Any type of trigger can cause someone to go back into grief mode. Or, someone may have experienced a current loss and the holidays are the first events without the loved one.

"Take the holidays one breath at a time," Cherven said.

She said some clients have

altered the holiday traditions because the former ones have become too painful, or others embrace the traditions in remembrance. Let the person in grief choose how he or she wants the holidays to play out and listen and follow through without surprises that may send one into depression.

Also, an escape plan could be key to holiday gatherings. She said for everyone to have a Plan A, Plan B and Plan C, and if needed, tell the host that they might leave, but not to be alarmed. Cherven said those in grief should stay away from alcohol and have someone drive them to an event in case of a trigger moment.

Cherven read several quotes and ended with this one by LFW, "No rule book. No time frame. No judgment. Grief is as individual as a fingerprint. Do what is right for your soul."

**GFWC ILLINOIS FEDERATION OF WOMEN'S CLUBS**

**REPORTING/STATISTICAL FORM**

**January 1 through December 31**

Club Name GFWC Illinois Mom's Womens Club <sup>20 18</sup> District 12

Completed by: Caroline Cummings Email momswomensclub@gmail.com

Number of Members (Per the current GFWC Illinois Yearbook)

38

<b>SPECIAL PROGRAMS</b>	<b># of Projects</b>	<b>Volunteer Hours</b>	<b>Dollars Donated</b>	<b>In-Kind Donations</b>	<b>Narrative Included?</b>
<b>DOMESTIC VIOLENCE AWARENESS AND PREVENTION (GFWC SIGNATURE PROGRAM)</b>					
<i>Domestic Violence Prevention Activities</i>	3	1483	\$0.00	\$55.00	Y
<i>Our Promise a Safe Place for Every Child/PCA</i>	1	3	\$0.00	\$50.00	Y
<b>TOTAL DOMESTIC VIOLENCE</b>	4	1486	\$0.00	\$105.00	
<b>ADVOCATES FOR CHILDREN</b>					
<i>Partnership Activities:</i>					
St. Jude Children's Research Hosp	1	467	\$2,200.00		Y
March of Dimes					
<i>Child/Children Activities</i>					
<b>TOTAL ADVOCATES FOR CHILDREN</b>	1	467	\$2,200.00	\$0.00	

<b>COMMUNITY SERVICE PROGRAMS</b>	<b># of Projects</b>	<b>Volunteer Hours</b>	<b>Dollars Donated</b>	<b>In-Kind Donations</b>	<b>Narrative Included?</b>
<b>ARTS</b>					
<i>Art Related Activities</i>	5	432	\$150.00	\$ 143.65	Y
<i>Partnership Activities:</i>					
N/A at this time					
<b>Total Arts</b>	5	432	\$150.00	\$143.65	
<b>CONSERVATION</b>					
<i>Conservation Related Activities</i>	11	239	\$0.00	\$316.34	Y
<i>Partnership Activities:</i>					
<b>Total Conservation</b>	11	239	\$0.00	\$316.34	
<b>EDUCATION</b>					
<i>Education Related Activities</i>	14	2149	\$1,075.00	\$1,198.89	Y
<i>Partnership Activities:</i>					
Hugh O'Brien Youth Leadership					
Illinois Leadership Seminar					
<b>Total Education</b>	14	2149	\$1,075.00	\$1,198.89	
<b>EPSILON SIGMA OMICRON (ESO)</b>			<b># of Members Participating</b>	<b>Volunteer Hours</b>	<b># Books Read</b>
			1	661	65





## 2018 ART Report

**GFWC Illinois Morris Woman's Club, District 12, 38 members**

**Reported by Cailey Walker, 815-600-0456, morriswomansclub@gmail.com**

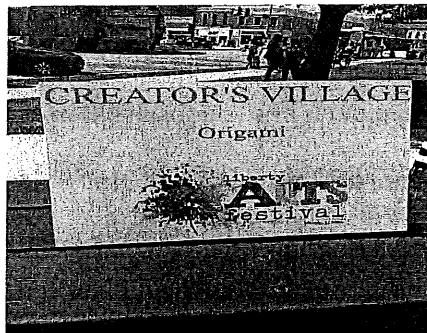
**Projects: 5 Hours: 432 Cost: \$192.10 In-Kind Contribution : \$143.65 Funds Raised: \$150 Donation: \$150**

**Special Needs Craft Night:** Once a month, MWC sponsors a craft night at the Narvick House, an assisted living home for adults with intellectual disabilities. Each craft night offers a craft and treat. Members create the project and model, teach the craft to the residents, and serve the snack after the project is completed.

**Members: 7 Hours: 42 Cost: \$147.10 In-kind Contributions: \$36.04 Funds Raised: \$0 Donation: \$0**

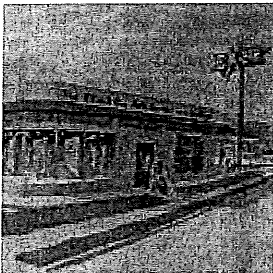
**Liberty Arts Festival:** MWC again participated in the Liberty Street Art Festival in Morris in July. The group provided a craft tent at the Children's Art Village tent. The kids made toilet paper roll animals. These rolls were collected from members as well as community members--over 600 rolls were prepared as we were anticipating a higher number of children than previous year--and then painted in varying colors of animals. However, the weather was less than ideal with a huge thunderstorm rolling through shutting down the program two hours early, but the club still serviced over 250 children in three hours.

**Members: 25 Hours: 28 Cost: \$0 In-kind Contributions: \$25 Funds Raised: \$0 Donation: \$0**



**Paint n Sip Art Fund Raiser:** For the third year in a row, MWC sponsored a Paint n Sip at The EXhibit. Participants learned how to paint with acrylic and a knife and pallet to create a floral or landscape representation. Each person made their own individual painting. The cost was \$20 and MWC provided snacks. There were six members and nine guests. Over \$150 was raised for The EXhibit.

**Members: 6 Hours: 13 Cost: \$0 In-Kind Contributions: \$82.61 Funds Raised: \$150 Donation: \$150**



**2018 CONSERVATION Report**  
**GFWC Advancements**  
GFWC Illinois Morris Woman's Club, 12<sup>th</sup> District, 38 members  
Reported by Vivi Sargent, 815-942-9181, morriswomansclub@gmail.com

**Projects: 11   Hours: 239   Cost: \$45   In Kind Contribution: \$316.34   Funds Raised; \$2050   Donated: \$0**

**Conservation Pledge:** Every meeting the club recited the conservation pledge.

**Members: 38   Hours: 4   Cost: \$0   In-Kind Contribution: \$0   Funds Raised: \$0   Donation: \$0**

**Stamps:** Club members donated U.S & foreign stamps and postcards from their daily mail for the Audubon Society. The Audubon Society discontinued accepting stamps, so their coordinator advised our club to save stamps for the Lincoln Land Association of Bird Banders (LLABB). They use bird banding to monitor resident and migratory bird populations and provide educational opportunities and training for persons interested in birds and the environment. The stamps are trimmed before sending to LLABB and the money from the sale of the postal items goes into research on birds and conservation of their habitat. Cost to mail stamps-\$11.65 donated by member.

**Members: 20   Hours: 6   Cost: \$0   In-Kind Contribution: \$11.65   Funds Raised: \$0   Donation: \$0**

**Nature:** MWC President informs our members and the public by posting on the Morris Woman's Club Facebook and Web Pages information concerning bird and garden information. A member has also posted what to plant to save our bees. The President also sends emails to members concerning ways to help our feathered friends.

**Members: 2   Hours: 10   Cost: \$0   In-Kind Contribution: \$0   Funds Raised: \$0   Donation: \$0**

**Community Parks:** There are two flower gardens that are taken care of through the year.

**Chapin Park:** This is a larger garden area that includes a sign "Decorated by The Morris Woman's Club." Through the year, the committee has kept it watered and weed-free. In the spring, annuals and perennials were planted for continuous blooms. After the frost, fall clean-up consisted of clearing annuals and adding more mulch to protect the perennials through the winter. Perennials added this year were sedum plants and a coneflower. Decorations were added per season/holiday. A Little Free Library was added in 2018.

**Firehouse Planter:** This is a smaller garden that is adjacent to the historic firehouse. Through the year it has been watered and weeded. Springtime means planting annuals and adding mulch. After the frost, annuals were cleared. Decorations were added through the year to celebrate the holidays.

**Members: 3   Hours: 67   Cost: \$0   In-Kind Contribution: \$75   Funds Raised: \$0   Donation: \$0**

**County Animal Shelter & Just Animals Shelter:** For Fuzzy February Co-Chair contacted both shelters and asked what items were needed. A list of requested items was provided to members at a previous month's meeting and via email. Items collected were new & used towels, blankets, comforters, dog food, cat food and litter, food bowls and scoops. Additional food, litter, bowls and scoops were purchased with money donated from members.

**Members: 8   Hours: 2   Cost: \$0   In-Kind Contribution: \$132.69   Funds Raised: \$0   Donation: \$0**

**Reduce/Reuse/Recycle**

**Prescription Bottles:** Members bring to monthly meetings empty prescription bottles with lids to be sent to a free clinic in St. Joseph, MO. The clinic provides health services for individuals on very limited budget and the growing homeless population. The bottles need to have the labels and all label/glue residue removed before they are shipped to the clinic. In 2017, 192 bottles were sent to the clinic. Due to community support, in 2018 812 bottles were sent for a four fold increase. The cost to mail the bottles was \$77.

**Members: 8   Hours: 41   Cost: \$0   In-Kind Contribution: \$77   Funds Raised: \$0   Donation: \$0**

## 2018 EDUCATION Report

GFWC Illinois Morris Woman's Club, District 12, 38 members

Reported by Kaileen Cummings, 815-715-7551, morriswomansclub@gmail.com

**Projects: 14 Hours: 2149 Cost: \$300 In-Kind Contribution : \$1198.89 Funds Raised: \$2805 Donation: \$1075**

**Redskins Helping Hands:** In 2016, the began assisting Morris Community High School (MCHS) with a project called Redskins Helping Hands. Too often students come to school without proper nutrition and clothing. MCHS does not qualify for free and reduced breakfast, so the staff had been band-aiding the situation by providing breakfast items at their own expense. Throughout 2018, MWC provided breakfast food items for the pantry, gym clothes, and other clothing for the Clothes Closet operated by students.

**Members: 15 Hours: 6 Cost: \$0 In-Kind Contribution: \$314 Funds Raised: \$155 Donation: \$410**

**POPS:** The club decided to provide support to Morris Elementary in similar vein to the efforts to assist MCHS. The district children who need healthy snacks during the day as well as other items that allow the students to focus on school. The club used the list of acceptable snacks and ran a campaign in late 2018 to raise funds snacks for the district. The club attended the Community Information Night during the district's conferences and explained the program to parents to drum up support. The club used Giving Tuesday, to set up a fundraiser on Facebook and the website to raise money.

**Members: 8 Hours: 17 Cost: \$0 In-Kind Contribution: \$95.16 Funds Raised: \$0 Donation: \$0**

**Scholarship Winners & Library Director:** There were several speakers at the January meeting, including last year's winners of scholarships and the Morris Library Director discussing the vision of the library in 2018. The first speaker was scholarship recipient from 2017, Caitlin Baxa, who went to drum major camp at EIU in the summer. She explained the camp and what she learned. The second scholarship winner was Mia Washowski, who the club sponsored for the GFWC Illinois annual art scholarship at EIU.

**Members: 16 Hours: 18 Cost: \$0 In-Kind Contributions: \$0 Funds Raised: \$0 Donation: \$0**



**Teen Health Retreat:** A second teen health retreat was established for 2018: "Love Yourself First." The focus of this retreat was on nutrition and emotional balance. MWC partnered with a local business, The Fitness Bar, to educate up to 20 female teens on issues important for their lives. The business donated the facility, instructor time and food. The event ran from 10-1 pm and ended with a cooking lesson. All funds after expenses were given to the Redskin Helping Hands club at Morris High School. Due to a snowstorm there were only 11 teens in attendance because six had a rescheduled school event. Their favorite part was the cooking component.

**Members: 3 Hours: 15 Cost: \$0 In-Kind Contributions: \$150 Funds Raised: \$320 Donation: \$320**



**Genealogy:** A member of the Grundy/Will Genealogy Society came to teach club members how to start the genealogy journey and what their organization can do to assist. The group learned about resources to help in the process and also about how to join this nonprofit. There was one guest.

**Members: 19 Hours: 19 Cost: \$0 In-Kind Contributions: \$0 Funds Raised: \$0 Donate: \$45**

**Scholarships:** Molly Fisher was selected as the recipient of a summer enrichment scholarship to speech camp at Eastern Illinois University (EIU). This scholarship has been offered in the past for music, art or speech. It is based upon student interest. The teachers in this area solicit student involvement and select the recipient of the scholarship. In the past \$200

**2018 HOME LIFE Report**  
**Community Service Projects 2018**  
**GFWC Illinois Morris Woman's Club, District 12, 38 members**  
**Reported by Michelle Mitchell, 815-343-8640, morriswomansclub@gmail.com**

**Projects: 15   Hours: 1135   Costs: \$4192   In-Kind Contributions: \$1044.80   Funds Raised: \$7605   Donations: \$3833**



**Partnership Project: St. Jude Children's Research Hospital**

**Project: 1   Members: 14   Hours: 467   Cost: \$3848   Funds Raised: \$6040   Donated: \$2200**



**Mobile Meal Delivery:** Mobile Meals is a community nutrition program designed to meet the needs of elderly, homebound, ill and those with special needs. The program is administered by the local hospital and volunteers deliver meals. Club members delivered meals for 15 days in May. The club worked with the program coordinator to determine the number of routes and drivers necessary to align with the timeframes and regulations required by the program.

**Members: 14   Hours: 40   Cost: \$13   In Kind Contributions: \$0   Funds Raised: \$0   Donated: \$0**

**Cards for Distribution:** Members wrote, decorated and distributed 415 birthday and Christmas cards to 2 area nursing homes and the hospital. Puzzles, books and 39 calendars were also distributed. Members collect these items year round.

**Members: 12   Hours: 68   Cost: \$0   In Kind Contributions: \$311   Funds Raised: \$0   Donated: \$23**

**Long Term Care:** At a regular meeting, the director of a local large nursing care facility spoke about the new realities of long-term trends in the industry and issues that people need to understand when preparing themselves or their loved about placement in a facility. There were three guests, two of which are prospective new members.

**Members: 19   Hours: 20   Cost: \$0   In-Kind Contributions: \$0   Funds Raised: \$0   Donation: \$45**

**Paint the Town Pink:** In October the club again Painted the Town Pink for breast cancer awareness. The volunteers tied pink ribbons in the downtown area as well as homes to bring to highlight the importance of awareness and funds for breast cancer. In 2018 another donation of pink satin reusable ribbons was made. At the end of October, the club made the event more efficient with a map of the downtown area marking all light posts and trees and divided into sectors. Each sector was highlighted and placed into a bag with enough ribbons. Instructions were printed and placed in each bag. A list was created of each section. The goal in 2019 is that each section is "adopted" by a volunteer, who will put ribbons up and then take them down at the end of the month, wash them and return them at the November meeting.

**Members: 20   Hours: 40   Cost: \$0   In Kind Contributions: \$243.23   Funds Raised: \$0   Donated: \$0**

**Salvation Army Bell Ringing:** Members rang bells for two hour shifts at WalMart. Funds raised during this time is split between We Care receiving 75% (a local 501c3 that provides food, clothing and other services for needy individuals) and the Salvation Army receiving 25%. In Grundy County the campaign raised over \$33,000.

**Members: 8   Hours: 10   Cost: \$0   In Kind Contributions: \$0   Funds Raised: \$165   Donated: \$165**

**Weighted Comfort for Kids:** The club hosted eight sewing days for the community to sew and fill weighted blankets for this non-profit that provides blankets to children diagnosed with autism for the cost of postage. The club promotes the date and provides refreshments. This year members have completed 38 blankets, but with the cooperation of guests 91 blankets were completed and 103 were right-sided. The club was the first to start regular sewing parties for Weighted Comfort, but with promotion, they will expand in January to inter-state with the addition of three more sewing parties!

**Members: 5   Hours: 118   Cost: \$193   In Kind Contributions: \$0   Funds Raised: \$0   Donated: \$0**

**Bingo Parties:** Three bingo parties were held: two at Illinois Valley Industries, an employer for adults with disabilities and one nursing home. Eighty-five individuals were entertained and assisted by club members. Prizes were purchased and donated by members. Snacks were provided that took into account the health concerns of the individuals.

**Members: 11   Hours: 37.5   Cost: \$93   In Kind Contributions: \$242   Funds Raised: \$0   Donated: \$0**

## 2018 LEADERSHIP Report

### GFWC Advancements

GFWC Illinois Morris Woman's Club, District 12, 38 members

Reported by Caroline Cummings, 815-603-0292, morriswomansclub@gmail.com

**Projects: 13   Hours: 834   Cost: \$1590.53   In-Kind Contributions: \$0   Funds Raised: \$0   Donations: \$0**

**Budget Meeting:** The entire board met to draw up and expand the budget to include expenditures for new programs, marketing, and insurance. Funds were also added to cover additional business expenses of the club.

**Members: 11   Hours: 22   Cost: \$0   In-Kind Contributions: \$0   Funds Raised: \$0   Donation: \$0**

**Executive Board:** The Executive Board meets monthly prior to the regular meeting to discuss plans and projects for the club. This gives officers and department chairpeople opportunities to share and discuss ideas and have a voice in all aspects of the business of the club.

**Members: 13   Hours: 80   Cost: \$0   In-Kind Contributions: \$0   Funds Raised: \$0   Donation: \$0**

**Report Writing:** In order to make report writing a more systematic and seamless, all reports were added to the Google Drive associated with the MWC email. Any member can access the appropriate document and add their information. There is a desire to cut the exorbitant amount of time needed to create reports as well as make them uniform in nature and preserved in the cloud. The AG990 Form was used to create a financial document that categorized and sorted revenues and expenditures to make filling out reports easier. Committee members created and disseminated reports to the appropriate GFWC-IL staff. There were multiple new chairs, so extra effort was needed to write reports.

**Members: 6   Hours: 48   Cost: \$0   In-Kind Contributions: \$0   Funds Raised: \$0   Donation: \$0**

**Administration Development:** In order to make all documents accessible for future officers, all important documents, such as minutes and treasurer's reports from 2017 and 2018 were moved into the google drive associated with the MWC gmail account. All emails sent to the group are also sent to the gmail email for historical purposes. All meeting packets are added to the website along with any other important forms or documents. Any past historical records provided by past presidents are also being added.

**Members: 1   Hours: 50   Cost: \$0   In-Kind Contributions: \$0   Funds Raised: \$0   Donation: \$0**

**Administration Development:** The past five years of Yearbooks were added to the website for historical and future access.

**Members: 2   Hours: 4   Cost: \$0   In-Kind Contributions: \$0   Funds Raised: \$0   Donation: \$0**

**Liability Insurance:** In order to protect members from liability actions, liability insurance was purchased, a bond was purchased for raffles, and a municipal license for raffles was secured. A 501(3)(c) donation letter was created and the charitable organization paperwork was completed. A committee was formed to develop a protocol for audits, including financials and corporate paperwork. A bond was also purchased to cover the club for raffles.

**Members: 5   Hours: 25   Cost: \$105.13   In-Kind Contributions: \$0   Funds Raised: \$0   Donation: \$0**

**District and State Participation:** Two members served as District President, others serve as a committee chairs and Treasurer at the District level. Members also attended District meetings with the club hosting the spring meeting in Morris. The District President attended state board meetings. The President Elect also attended a board meetings in order to prepare herself for her term as President. Two members have also attended the Illinois

## 2018 FUND-RAISING

### GFWC Advancements

GFWC Illinois Morris Woman's Club, District 12, 38 members

Report Submitted by Caroline Cummings, 815-603-0292, morriswomansclub@gmail.com

**Projects: 6 Hours: 546 Cost: \$5081 In Kind Donations: \$1084.57 Funds Raised: \$8848 Donations: \$4356**

**New Beginnings:** MWC partnered again with the women's crisis center New Beginnings for "Pack the Pantry." New Beginnings offers services to any woman ages 18-90+ for any crisis regardless of circumstances. MWC collected outside of a local grocery store donations of Everyday Essentials such as TP, shampoo, razors, etc. The group was able to raise over \$1400 worth of items. Six Cheerleaders from MCHS assisted during the event. One MWC member is a volunteer life coach at New Beginnings. New Beginnings has 37 new women this year coming to seek help with about 25 seeking services per month.

**Members: 9 Hours: 12 Cost: \$0 In-kind donations: \$49.57 Funds Raised: \$1400 Donation: \$1400**

**Bell Ringing for Salvation Army:** Members rang bells for two hour shifts at WalMart. The money raised goes to the Salvation Army and We Care, a local 501c3 that provides food, clothing, rent and utility assistance, etc., to low income families in Grundy County. \$436 was raised during our four hour time slot, or \$109 per hour.

**Members: 9 Hours: 20 Cost: \$0 In-Kind Contributions: \$0 Funds Raised: \$436 Donation: \$436**

**911 Reflective Street Signs:** The club decided to again start selling 911 reflective address signs to the public to help increase public safety. No one else in the area sells the signs, and the Fire Department stated they would assist the club by sharing the forms since people contact them about street signs. The Fire Chief stated that in Morris there are many confusing addresses, and it slows down the response if there are no address signs. Blanks were purchased, and a form was created to share with the public. To date 24 signs have been sold. In 2019 a more structured approach will be developed to sell more signs.

**Members: 6 Hours: 21 Cost: \$568 In-Kind Contributions: \$0 Funds Raised: \$272 Donation: \$0**

**Female Empowerment T-Shirt Sales:** The group decided to sell t-shirts for women empowerment in late 2017 and continued sales throughout 2018. The shirts have a message on the front for all women, and on the back have a specific message to contact the club. Sales will continue through 2019.

**Members: 10 Hours: 11 Cost: \$665 In-Kind Contributions: \$665 Funds Raised: \$380 Donation: \$0**

**Teen Health Retreat:** A second teen health retreat was established for 2018: "Love Yourself First." The focus of this retreat was on nutrition and emotional balance. MWC partnered with a local business, The Fitness Bar, to educate up to 20 female teens on issues important for their lives. The business donated the facility, instructor time and food. The event ran from 10-1 pm and ended with a cooking lesson. All funds after expenses were given to the Redskin Helping Hands club at Morris High School, which totaled \$320. Due to a snowstorm there were only 11 teens in attendance because six had a rescheduled school event. Their favorite part was the cooking component.

**Members: 3 Hours: 15 Cost: \$0 In-Kind Contributions: \$150 Funds Raised: \$320 Donation: \$320**

## 2018 COMMUNICATIONS AND PUBLIC RELATIONS Report

### GFWC Advancements

GFWC Illinois Morris Woman's Club, District 12, 38 members

Reported by Caroline Cummings, 815-603-0292, morriswomansclub@gmail.com

Projects: 14 Hours: 398 Cost: \$614.82 In-Kind Contribution: \$771.68 Funds Raised: \$380 Donation: \$0



**Facebook:** In 2018 the Facebook switched from a group page to a business page in order to become more public and reach out to more individuals. We went from 60 likes in 2017 to 155 in 2018 (over 100% increase). Every post was pushed out onto private Facebook feeds by members. The club started putting all Facebook posts that dealt with upcoming meetings as Facebook events so that they would show up on more feeds. The club also started sharing different events for other affiliate GFWC groups as well as other nonprofits to get more interaction. The second Facebook page handles only information about the SuperHero Run fundraiser. Posts include, updates, information on registration, the charity receiving the proceeds of the race, sponsor and runner information, and, of course, race results.  
Members: 6 Hours: 200 Cost: \$33.91 In-kind Contribution: \$0 Funds Raised: \$0 Donation: \$0

**Website:** The webmaster worked to develop a more comprehensive web page presence, adding new pages such as Membership, Organizational Information, Virtual Book Blog, etc., in order to become more transparent and accessible for members. <https://www.morriswomansclub.org/> Over the course of 2018, one new member joined from website. Stories from the web page were pushed out to the Facebook feed and vice versa. Changed the message to one of donating 24 hours per year in service. Getting three times as many unique visits this year.  
Members: 1 Hours: 75 Cost: \$124.80 In-Kind Contribution: \$0 Funds Raised: \$0 Donation: \$0



**Instagram:** In 2018, the club started an Instagram site; however, a younger member took it over and grew the feed. Other similar organizations are followed, and all important club events are put on the Instagram page. The club has received inquiries from younger potential members since its inception.  
Members: 1 Hours: 5 Cost: \$0 In Kind Donation: \$0 Funds Raised: \$0 Donation: \$0



**Phone Number:** The club decided to further the effort for a consistent brand and set up a Google phone number, which can be sent to any member of the Executive Board. In 2018 the calls went through to the Membership Chair. This allows the same number to always be used for communication.



**Text Remind:** The club found out that the educational app Text Remind could be used by nonprofits to send out text reminders. The club decided to ONLY use it for certain immediate purposes. It is a free app.  
Members: 2 Hours: 10 Cost: \$0 In Kind Donation: \$0 Funds Raised: \$0 Donation: \$0

**Newsletter:** A club newsletter was disseminated monthly during the club year via email, which included minutes and treasurer's report as well as anything handed out at the meeting. To keep meetings streamlined, each department chair wrote a report that was available at the meeting, so that less time was needed to share information verbally from each chair. In addition, newsletters and publications from Illinois and GFWC were relayed to members and potential members.

Members: 38 Hours: 24 Cost: \$0 In-Kind Contribution: \$0 Funds Raised: \$0 Donation: \$0

**T-Shirts--**In order to develop a brand, the MWC communications committee, designed t-shirts to develop a following among younger women. Shirts were purchased to be sold over the next couple of years. Each shirt sold will raise about \$5 for the MWC membership development drive. This campaign was on-going in 2018.

Members: 6 Hours: 11 Cost: \$0 In-Kind Contribution: \$665 Funds Raised: \$380 Donation: \$0

**2018 MEMBERSHIP Report**  
**GFWC Advancements**  
**GFWC Illinois Morris Woman's Club, District 12, 38 members**  
**Reported by Julie Erickson, 815-685-6816, morriswomansclub@gmail.com**

**Projects: 19 Hours: 617.5 Cost: \$423.54 In Kind Contribution: \$410.66 Funds Raised: \$0 Donation: \$0**

The club has been focused on membership over the last couple of years. The club made a goal of 50 members. There was a growth in membership in 2017 and three new members were added in 2018; however, eight former members did not renew in 2018. Some long standing members quit, two moved, and several of the newer members decided they did not connect with the club mission. Three new members who joined in 2018 all have taken a position, and one of the former members still volunteers with a project. The following are some events and ideas used for membership growth and retention divided in two areas: RECRUITMENT & RETENTION.

**RECRUITMENT**



**All-For-Good.ORG:** In order to get more members, the club set up an account on allforgood.org to reach out to volunteers looking for opportunities. Any project that is on-going or needs a high number of volunteers has been set up on the "Craig's List" for volunteers.

**Members: 1 Hours: 6 Cost: \$0 In-Kind Contributions: \$0 Funds Raised: \$0 Donation: \$0**



**Facebook:** In order to increase community awareness and drive membership, the club started putting all Facebook posts that dealt with upcoming meetings as Facebook events so that they would show up on more feeds. The club also started sharing different events for other affiliate GFWC groups as well as other nonprofits to get more interaction on the web. The page went from 50 likes to 157 likes in 2018, about a 70% increase.

**Members: 5 Hours: 200 Cost: \$33.91 In-Kind Contributions: \$0 Funds Raised: \$0 Donation: \$0**



**Instagram:** In order to attract younger members, in the fall of 2018, the club started an Instagram site. Other similar organizations are followed, and all important club events are put on the Instagram page.

**Members: 1 Hours: 5 Cost: \$0 In Kind Donation: \$0 Funds Raised: \$0 Donation: \$0**

**Membership Drive:** This is the third year that a membership drive was held utilizing a speaker of a high awareness theme--this year it was pollinators. The speaker was a bee specialist discussing the process of beekeeping and how individuals can help pollinators. This event was a membership drive and advertised to the public. There were 19 members and four guests.

**Members: 19 Hours: 28 Cost: \$45 In-Kind Contributions: \$0 Funds Raised: \$0 Donation: \$0**



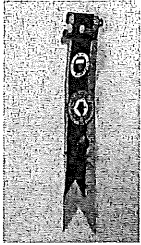
**Phone Number:** The club decided to further the effort for a consistent brand and set up a Google phone number, which can be sent to any member of the Executive Board. In 2018 the calls went through to the Membership Chair. This allows the same number to always be used for communication.

**Members: 1 Hours: 1 Cost: \$0 In Kind Donation: \$0 Funds Raised: \$0 Donation: \$0**



**Induction/Installation:** As new members were inducted into the club, they were provided a membership pin on a ribbon that was made by the membership chair. GFWC pins were added to the ribbon. There was such a good response by members, that members of long-standing received ribbons in 2018. A ceremony was held in May.

**Members: 2    Hours:10    Cost: \$0    In-Kind Contributions: \$8.99    Funds Raised: \$0    Donation: \$0**



**Spring and Fall Banquets:** Twice a year, there are two social banquet opportunities where members can interact in a different setting. In 2018 the fall banquet was a business meeting to address by-laws. The spring banquet had a theme of and a hoola hoop artist was the entertainment.

**Member: 18    Hours: 9    Cost: \$69.36    In-Kind Contributions: \$0    Funds Raised: \$0    Donation: \$0**

**Secret Pal:** To create camaraderie among members, a secret pal campaign was established. Members write notes and leave little gifts each month for their pal. The pal is revealed at the May banquet. More members participated this year over last year as so much fun was had in 2016 and 2017 with this program. One member agreed to be the delivery elf.

**Members: 22    Hours: 4    Cost: \$0    In-kind Contributions: \$0    Funds Raised: \$0    Donation: \$0**

**Social Event:** For a special social event, a wine and whiskey tasting was held at Montage for members and friends. Each person enjoyed a flight of wine, three whiskeys and some appetizers. There were five guests and four members present. One guest joined.

**Members: 4    Hours: 9    Cost: \$0    In-kind Contributions: \$0    Funds Raised: \$0    Donation: \$0**

**Holiday Social:** A cookie and ornament exchange was held in December in conjunction with a speaker discussing the grieving process. Each member brought 3-4 dozen cookies and left with a great mix of sweets. There were four guests, one joined.

**Members: 16    Hours: 8    Cost: \$0    In-Kind Contributions: \$0    Funds Raised: \$0    Donation: \$0**

**Information Access:** In order to make all documents accessible for all members so they are not confused, all important documents, such as minutes and treasurer's reports from 2017 and 2018 were moved into the google drive associated with the MWC gmail account. All emails sent to the group are also sent to the gmail email for historical purposes.

**Members: 1    Hours: 10    Cost: \$0    In-Kind Contributions: \$0    Funds Raised: \$0    Donation: \$0**

**Information Access:** The past five years of Yearbooks were added to the website for historical and future access.

**Members: 2    Hours: 4    Cost: \$0    In-Kind Contributions: \$0    Funds Raised: \$0    Donation: \$0**

**GFWC ILLINOIS SPECIAL PROJECTS: OUR PROMISE/ADVOCATES FOR CHILDREN**

**Community Service Project 2018**

**GFWC Illinois Morris Woman's Club, District 12, 38 members**

**Reported by Mary Lee Howard, 815-302-3704, morriswomansclub@gmail.com**

**Partnership Project: 1      Hours: 3      Cost: \$0      In Kind Donation: \$50**

**Blue Ribbon Fashion Show**--A wine basket was put together for the raffle donation for the Blue Ribbon Fashion show, which is a fundraiser for Prevent Child Abuse Illinois. Members purchased items such as a coffee mug, flavored coffee, slippers, etc. The items were collected and made into a basket (painted blue, of course, since PCA's color is blue), decorated in blue and white ribbons, etc.

**Members: 1      Hours: 3      Cost: \$0      In Kind Donation: \$50**

**2018 INTERNATIONAL OUTREACH**  
**GFWC Illinois Morris Woman's Club, District 12, 38 members**  
**Reported by Annie Erickson, 815-685-1028, morriswomansclub@gmail.com**

**Projects: 4    Hours: 19    Cost: \$60    In Kind Contributions: \$450    Funds Raised: \$271    Donations: \$310**

**Buttons:** were collected to be sent to international locations for underprivileged people without fastenings. The club is still collecting but has not collected enough yet, though MWC has contacted several organizations and one business in town that collect and distribute clothing requesting buttons from clothes going to a clothing recycler. MWC has collected eight pounds of buttons so far.

**Members: 5    Hours: 5    Cost: \$0    In-kind Contributions: \$0    Funds Raised: \$0    Donation: \$0**

**Heifer International:** The club collected nickels to purchase bee hives through Heifer International.

**Members: 10    Hours: 5    Cost: \$60    In-kind Contributions: \$0    Funds Raised: \$21    Donation: \$60**



**Days for Girls:** A club member became involved with Days for Girls, an international group that focuses on assisting girls with menstruation kits so that they can continue attending school during their cycles. In 2017, a speaker from Aurora came to educate the group about this organization and how the club can assist them. Since that time, the group has collected funds to donate to this nonprofit.

**Members: 3    Hours: 4    Cost: \$0    In-kind Contributions: \$0    Funds Raised: \$250    Donation: \$250**

**I Care:** is a local nonprofit and spoke with the group in 2016. Afterwards, one business in town that sorts through storage crates agreed to take all glasses found to I Care for their efforts.

<http://www.icareinternational.org/> I Care then works with the local high school to optically test the glasses and prepare them to be distributed in the summer in Mexico. Club members continued to collect glasses in 2018.

**Members: 3    Hours: 5    Cost: \$0    In-kind Contributions: \$450    Funds Raised: \$0    Donation: \$0**



**I CARE** *International*

**DONATE**  
*and change lives* \*

## 2018 PUBLIC ISSUES

GFWC Illinois Morris Woman's Club, District 12, 38 members  
Reported by Lisa Barkley, 815-546-5246, morriswomansclub@gmail.com

Projects: 4 Hours: 61 Cost: \$568 In-Kind Contribution: \$200 Funds Raised: \$272 Donation: \$45

**Pledge of Allegiance:** The pledge is recited at all meetings.

Members: 38 Hours: 4 Cost: \$0 In-Kind Contributions: \$0 Funds Raised: \$0 Donation: \$0

**Mental Health Court:** A social worker of the Grundy County Mental Health Court and a social worker from Grundy County came and spoke to the group about the court and programs. This is a speciality court, which takes individuals that have committed a crime but that the crime can be attributed to a mental health issue and places them into a program for monitoring, growth and rehabilitation instead of into incarceration. There was a discussion about how the program works, its benefits, and what the club might do to assist them.

Members: 15 Hours: 15 Cost: \$0 In-Kind Contributions: \$0 Funds Raised: \$0 Donation: \$45

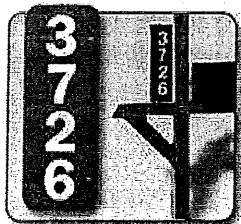
**Mental Health Prosocial Activity:** The Mental Health Court requested that the club assist with a prosocial activity for the participants of the court in June. The individuals in the court system often do not know how to have positive interactions with their families. One of our members along with a nonclub friend organized the picnic at a local park, which included games, food, decorations, and drinks. About 50 guests were in attendance. It is to become an annual event.

Members: 2 Hours: 21 Cost: \$0 In-Kind Contributions: \$200 Funds Raised: \$0 Donation: \$0



**911 Reflective Street Signs:** The club decided to start again selling 911 reflective address signs to the public to help increase public safety (this was a past project that was brought back). No one else in the area sells the signs, and the Fire Department stated they would assist the club by sharing the forms since people contact them about street signs. The Fire Chief stated that in Morris there are many confusing addresses, and it slows down the response if there are no address signs. Blanks were purchased, and a form was created to share with the public. To date 24 signs have been sold. In 2019 a more structured approach will be developed to sell more signs.

Members: 6 Hours: 21 Cost: \$568 In-Kind Contributions: \$0 Funds Raised: \$272 Donation: \$0



## 2018 GFWC SIGNATURE PROJECT: DOMESTIC VIOLENCE AWARENESS AND PREVENTION

### Community Service Projects 2018

GFWC Illinois Morris Woman's Club, District 12, 38 members

Reported by Michelle Mitchell, 815-343-8640, morriswomansclub@gmail.com

Projects: 3    Hours: 1483    Costs: \$196    In Kind Contributions: \$55    Funds Raised: \$0    Donations: \$0



**Groundwork**, a division of Guardian Angel, a 501c3, assists victims of domestic abuse by helping them find a safe place to stay, getting orders of protection and a variety of other services, taking them for medical treatment if necessary, etc. The Director of Groundwork puts on a program annually called "Take Back the Night," which brings awareness to the problem of domestic abuse and what can be done to stop it. It is held on the lawn of the Grundy County courthouse with the State's Attorney speaking and a victim of abuse telling their story. It is open to the public. The club promotes the program and provides baked snacks for attendees. There were approximately 125 people present.

Members: 9    Hours: 18    Cost: \$36    In Kind Contributions: \$0    Funds Raised: \$0    Donated: \$0



**Breaking Away** is another local 501c3 that has a volunteer on call 24 hours, seven days a week, to meet and assist any individual(s) trying to escape from an abusive situation. The volunteers take turns carrying a phone for a month and must be available to meet and help a victim in any way that is needed. The volunteers are sworn to secrecy as to who they assist and what help they provide. The club has been assisting Breaking Away for over three years. One member serves as one of the volunteers. She reports back to the club after her shift, keeping the club informed as to how many people she has helped and gives a general description of the services provided.

Members: 23    Hours: 1446    Cost: \$0    In Kind Contributions: \$0    Funds Raised: \$0    Donated: \$0



**Pampering You Luncheon:** One of the services Groundwork provides is a support group for victims of domestic violence. A group of 6-8 women meet regularly for support and assistance. These women were invited to a craft and luncheon time as a way to "pamper" them. Upon arrival, the women were led, stroke by stroke, in painting a picture on canvas. Next they were served a luncheon, including a selection of home-made pies, in a decorated dining area, along with favors at each place. There was a gift for each participant as well.

Members: 5    Hours: 19    Cost: \$160    In Kind Contributions: \$55    Funds Raised: \$0    Donated: \$0

**GFWC ILLINOIS FEDERATION OF WOMEN'S CLUBS**  
**25 Year Members - May 2018**  
**123<sup>rd</sup> Annual Convention**

Deadline to submit members for inclusion in the Program: **April 1,**

Mail to: GFWC Illinois Headquarters • 5 E. Van Buren Street, Suite 208 • Joliet IL 60432

Email to: [gfwc-illinois@sbcglobal.net](mailto:gfwc-illinois@sbcglobal.net)

District: 12 Submitted By: Caroline Cummings

Position: President Phone #: 8156030292

MEMBER: Vi Sargent

CLUB: GFWC Illinois Mom's Woman's Club

MEMBER: \_\_\_\_\_

CLUB: \_\_\_\_\_

MEMBER: \_\_\_\_\_

CLUB: \_\_\_\_\_

MEMBER: \_\_\_\_\_

CLUB: \_\_\_\_\_

MEMBER: \_\_\_\_\_

CLUB: \_\_\_\_\_

MEMBER: \_\_\_\_\_

CLUB: \_\_\_\_\_

MEMBER: \_\_\_\_\_

CLUB: \_\_\_\_\_

MEMBER: \_\_\_\_\_

CLUB: \_\_\_\_\_

GFWC ILLINOIS FEDERATION OF WOMEN'S CLUBS  
MEMBERSHIP RECRUITMENT RECOGNITION FORM

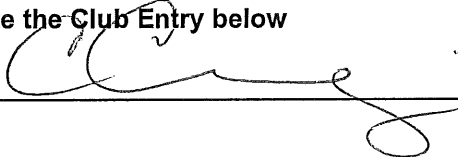
MEMBER ENTRY

Club Name GFWC Illinois Mom's Woman's Club District 12

Member recruiting the **most** new members 1/1-12/31/18 Julie Erickson

Number of new members recruited by the above between 1/1-12/31/18 1

NOTE: In addition, please complete the Club Entry below

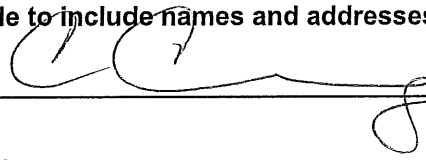
Signature of Club President 

CLUB ENTRY

Club Name GFWC Illinois Mom's Woman's Club District 12

Number of all new members recruited between 1/1-12/31/18 3

NOTE: Please use the reverse side to include names and addresses of all new members

Signature of Club President 

DISTRICT ENTRY

District \_\_\_\_\_ Number of New Clubs \_\_\_\_\_

List New Clubs \_\_\_\_\_

Signature of District President \_\_\_\_\_

Mail entries no later than February 1, 2017 / 2018 to:

GFWC Illinois Southern Region Vice President  
Alice Betlach  
1229 Kropp Road  
Millstadt, IL 62260  
Home: (618) 476-1404  
Cell: (618) 806-6964  
Email: [mom21girl3@yahoo.com](mailto:mom21girl3@yahoo.com)

