

Lititz Woman's Club

Monthly Newsletter: February 2019

A Message from your President

Hopefully by now the groundhog has come to his senses and is forecasting that spring is right around the corner! I am not completely sure, but I think this is the first time that we have had to reschedule trivia due to impending (then receding) bad weather. Fortunately, we were able to reschedule it to FRIDAY 4/5/19. Same location and time – General Sutter Inn, doors open at 6:00 pm for food & drinks and purchasing 50/50 tickets, with trivia starting at 7:00 pm. If you already have tickets, this new date is good and you have the same number of team members, all you need to do is change the date on your tickets and show up!! For other scenarios please email Chris Fake at christine.fake07@gmail.com

I want to give another reminder our club's Spring Fever Bingo Event on Sunday 3/24 at the Lancaster Farm and Home Center. It has been a huge undertaking and the committee has been working exhaustively on this but we are going to need everyone's help to make it a grand success. Even if you can't attend there are lots of ways that you can help – see the Ways and Means article for details. We will be sending around sign-up sheets at the beginning of the general meeting to make sure everyone has the opportunity to sign up or contact Betsy Kemper or Sherry Chivinski.

Please be sure to read the entire newsletter, and remember to wear red to the Feb 18th meeting in recognition of heart month! I know that seeing so many gals at the meetings and joining our club makes my heart swell with joy!

Warmly,

Patricia

pekline@ptd.net



Upcoming Events

February

Mon. Feb. 18
6:00 Board meeting
7:00-9:00 Cabin Fever Night

Weds. Feb. 20
5pm . Dinner at Fiorentino's and a movie

Thurs. March 18
6-8 pm Wine and Shine at Brent Miller's

Thurs. March 21
Any Time
Isaac's Fundraiser

Sun., March 21
12:00 doors open
1:30 Spring Fever Bingo

Committee Reports

Intl. & Public Affairs

**Elaine Bair and
Linda Hoover**

Our next project is PA Work Wear Program. This is a program that helps women prepare to join the work force. After they go through job training, they select an outfit to go to their job interviews. If and when they secure a job, they can come back for additional clothing and accessories to wear to their new job. We are collecting handbags , wallets, jewelry, watches. I'm sure we all have some old items to contribute. We only ask that you donate items that you,yourself, would be willing to use for work. Please make sure items are GENTLY USED and CLEAN. We will be collecting the months of February and March.

**A new job...
A fresh start.**
Find out what
Pennsylvania
Women Work
can do for you!



What You Should Know About Depression

Depression can affect anyone at any age and from all walks of life. Because of the stigma surrounding mental illness, many people view it as a weakness or failure. Mental illness is an illness that needs mental treatment just like a heart condition, a fractured leg needs treatment. Here are some important facts about depression:

- Depression can occur when you lose a loved one, a job or you go through a divorce. However sometimes depression doesn't have a "good" reason for occurring. It may be that the chemicals responsible for mood control get out of balance causing one to feel bad.
- Many things can cause depression. It may be a combination of factors such as genetic tendency, family life and environment.
- Depression is more than an ordinary sadness and it doesn't go away.
- Children can get depressed. They are not immune to it. Childhood has its own set of stresses such as peer pressure and bullying.
- Depression is a real illness. You aren't weak or crazy. Scientists believe it is

caused by imbalances in certain chemicals in the brain called neurotransmitters.

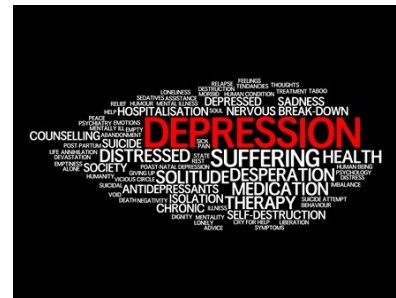
- It is treatable
- Untreated depression is the most common cause of suicide. Proper diagnosis and treatment of depression is important in preventing suicide according to the Substance Abuse and Mental Health Services Association. 90% of those who commit suicide are suffering from some sort of mental illness. Most of these people have depression that was undiagnosed, under-treated or untreated.

Because of this information, it is so important that we come to recognize depression and mental illness

as a real illness and start to remove the stigma attached to it.

Eleanor Nuffort

Information from very-wellmind.com



Hospitality

**Julie Meiskey and
Linda Miskinis**

Thank you to all who baked cookies for our January Fun Game Night. Everyone enjoyed the cookies and hot chocolate. The hot Chocolate tasted so good on a cold winter night! The evening was a big hit for all that attended. It was a great night for getting to know other members of LWC and learning new games and making a bird feeder out of a grapefruit. We have our Spring Fever Bingo Fund Raiser in March. A lot of you as members of the Hospitality committee signed up to help that day with the food. Linda or I will be contacting you with a reminder of your participation in the day's events later. The Greeters for February are Lori McQuaig and Janet Ross. The Hostesses for February are Carol Bazzel, Maureen Bruce, and Linda Landis-Bohannon. See you all at the February meeting!

Program

Deb McDonald

Our February 18th meeting will be good for our hearts. LWC's own Eleanor Nuffort will start us

off with some current statistics about women and heart disease. Eleanor has her Master of Science degree in Nursing with a Clinical Specialty in Cardiopulmonary Care. Then the main program, Culinary Nutrition Demos, will be presented by Kilene Knitter, a registered dietitian, with a passion for educating others on leading a healthy, balanced lifestyle. This presentation will include food samples for us to try. Kilene is a graduate of Penn State University with a Bachelor of Science in Nutritional Science. Currently she is pursuing a Master's degree in Human Nutrition from the University of Alabama. Kilene is a member of the Academy of Nutrition and Dietetics, Pennsylvania Dietetic Association, and is the Mentoring and Education Co-Chair for the Central Pennsylvania Dietetic Association. She utilizes her clinical and nutrition education experience to provide customized wellness consultations, presentations, and store tours in her current role as in- Store Nutritionist for Giant Food Stores in Lancaster, PA. So let's put the holidays behind us and move toward our New Year's goals to eat healthier. Wear something red to the meeting to show your resolve to prevent heart disease!



Digital and Social Media

**Karen Edlund &
Julie Meiskey**

We hope that you are enjoying the website . Please just use the link or type it in the url line.

Do not search for it because a website that is not ours will come up. Eventually the more people that use our site, ours will eventually be searchable. The newsletter will be in the website each month. The link is:

lititzwomansclub.squarespace.com

Correspondence/ Remembrance

Louise Pesarchick

If you know of any member who should get a card and/or note for any reason, please contact Louise Pesarchick at mnlbuick@excite.com.

A Note from our Treasure

Hatsy Droke

Mah Jongg players, please put Thursday, May 16th on your calendar. That will be the date for our next Lititz Woman's Club Gentle Mah Jongg Tournament. More information and registration forms will be in our March newsletter.

Ways and Means

Deann Buffington and Sue Pirolli

First and foremost, thanks to all for your support of our many FUNdraisers thus far this club year!

We were sorry to have to cancel Trivia Night on January 19, but everyone's safety was the concern when Patricia Kline and Chris Fake, our Trivia co-chairs, made the decision. You received an email about the rescheduled Trivia Night on Friday, April 5. Please use your same tickets for admission. If, for any reason, you cannot be present, please be in touch with your team members or Patricia or Chris. Friends invited to join one team stated that they are spending time at home reading old encyclopedias! Because of previous years, we know what a fun evening we'll have at the



Sutter. It is no surprise that this event is always a quick sell-out. Doors open at 6:00. Save the new date!

Next, after dining at the Lititz Isaac's at any time on March 21 or ordering take-out food that day, get ready for what we hope is the BIGGEST FUNdraiser of our club year! Betsy Kemper and Sherry Chivinski and their industrious Bingo Committee have been meeting regularly for quite some time to plan Spring Fever

Bingo, which will take place on **Sunday, March 24**, at the Farm and Home Center, 1383 Arcadia Rd. in Lancaster. Doors open at noon, and Bingo begins at 1:30.

As many of you will recall when we, years ago and for many years, had the Christmas House Tour, most members were involved in some way, big or small. Presently, regarding Bingo, the need is to sell tickets and/or get a group together to attend with you. Invite your family, friends, and neighbors for a Sunday afternoon of fun, food, and prizes. Tickets are \$25 per person and can be purchased NOW through Hatsy Droke at 717- 824-3717 or Jo Boltz at 610-334-3050. Tickets will also be available at our February meeting. We will also have posters and Save the Date cards for you to distribute. We need you and want you to get involved! Contact Sherry Chivinski if you would like to help in some way or if you have questions.



Committee Reports

Arts and Social

MJ Ember & Geri Kull

A fine time was had by all at the Greenfield Inn in January. Again thanks to Joanne Hess for organizing.

Join LWC in February for dinner and a movie. The date is Wednesday February 20th, the time is 7 PM and the movie is "My Fair Lady" on the big screen at Penn Cinema. Tickets are \$13.50 or \$10.50 for seniors plus \$1.50 service fee. We are planning to meet at Fiorentino's at 5PM. Buy YOUR OWN MOVIE TICKET and join us. You are welcome for dinner or movie or both. There will be a sign-up sheet at our February meeting.

Please join us for Wine and Shine at Brent L. Miller's on Thursday March 14th from 6-8 PM. Enjoy good company, wine and hors d'oeuvres while browsing all things sparkly at BLM. Warm up while trying on some "ice". Grown up dress-up at its finest! Create a wish list (our little birdies delight in helping your significant others make dreams come true.) It will also be their pleasure to clean the jewelry you are wearing. Our jewelers will inspect each piece for loose stones. They will also be available for questions about repairs. Did you know that BLM does

custom work? BLM does beautiful redesigning of your existing jewelry or inherited pieces. Fun fact – BLM's custom design coordinator is the daughter of one of our very own LWC members. Can you guess who it is? Remember to wear the jewelry you want cleaned, inspected or redesigned. Let's chase away the winter blues on March 14th with sparkle, shine AND wine! There will be a sign-up sheet at the February LWC meeting. Our April event for LWC will be held at The Art of Recycle on Tuesday, April 23rd at 6:30 PM. Come and try your hand at making beautiful wall picture display with donated jewelry. This fun and social workshop, hosted by Art of Recycle, involves creating a collage using vintage jewelry. AoR staff will teach you how to create a collage with bits and pieces of scrap jewelry. Using provided materials, AoR staff will guide you into creating your own vintage jewelry collage wall hanging. You can check out some examples on the Art of Recycle website. This workshop includes:

- One picture frame with a backing.
- Fabric to attach to your frame back.
- A cardboard cut-out shape to build your collage on.
- Assortment of beads, vintage jewelry pieces, buttons and chains.
- Glue and adhesive.

We have room for up to 60 people so come and have some fun. Price is \$20 each if we get more than 20 people (would be \$35 if less than 20 people.) There will be a sign-up sheet at the February LWC meeting.

Home Life

Bev Hoffman and Marie Leighton

Warwick Community Chest Food Drive

The club will be again supporting the Warwick Community Chest. Items listed below will be collected at the March and April meetings. Monetary donations will also be accepted to purchase fresh food. Questions? Contact Phyllis Frankhouser

Food donations include instant mashed potatoes; cream of chicken, mushroom and tomato soups; canned peaches, pears, fruit cocktail, mandarin oranges; juice for children (no prune or tomato); flavored rice or pasta mixes; white or brown rice; canned spaghetti's, ravioli, etc.; ketchup, mustard, mayo; and jelly

Personal care items include shampoo and conditioner, toothpaste, deodorant, liquid dish soap, and laundry detergent (no pods).

“Serving in Every Season”



Lititz Woman's Club

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