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| **Hera's Herald**August 2022 |

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| **President's Letter: My Two Big Thoughts** Two thoughts occupy my mind every July as we start to set the calendar for the upcoming program year. The first thought is really a question: What should we do this year? Should we have fun; how should we have fun? Can we learn something new; who can we learn it from? How can we help others; who are the others we are trying to help?This year, I think we have answered all of these questions and a few others. I hope you will agree with me when you see this schedule outlined elsewhere in this newsletter. If you can help with any of these meetings, it would be appreciated. Please let me know if you can help.My second thought surrounds the vibrance and energy of our chapter. How do we recruit and retain members? I love this chapter and the women who belong. How can I, and all the women in the chapter, convey our enjoyment and fulfillment and encourage others to join us?Regretfully, I do not have an answer to these questions. I think the only way we can grow is constant recruitment. We need to tell other Alpha Chi Omega’s that we meet and know that we are here and that we would like them to join us, constantly, all the time.Please look over our upcoming meeting schedule. Please plan to join us for every meeting and invite someone to come with you.Start now, join us for our Beatles cover band concert at Independence Grove this Tuesday, August 23. Bring someone along! Remember guests and spouses are welcome to join us.Ann |

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| **We Welcome Two New Arrivals!** Leah's son, **Myles Cooper Fredbek**, was born on August 9th. In addition, Jan Curschman has a new grandson: **Dakota Robert Meyer**, who arrived on Sunday August 7. Congratulations! |

 Myles Dakota |
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| **Monthly Meeting Update****August**Iota Lambda Iota is coming out to see **Kaleidoscope Eyes**, a Beatles tribute band, on Tuesday, August 23 at Independence Grove Forest Preserve. Ann Marr will set up an area starting at 6 PM on the hill southeast of the venue circle amphitheater. Bring blankets and lawn chairs. Pack a picnic, or purchase a light dinner, snack, or beverage from the walk-up café. Parking is $10.00/car. Let Ann know if you would like to carpool at ann.marr59@gmail.com. Pets (other than service animals) are not allowed. No rain date.**September**Save the date for our Red Carnation Dinner at Kathy Mark's home on September 11!Our work day at **Upscale Rummage** has been rescheduled for September 24. Please save the date! Upscale Rummage is located at 801 East Park Avenue in Libertyville. |

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| **2022-23 Meeting Schedule**

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| August 23 | Beatles cover band concert - Independence Grove |
| September 11 | Red Carnation Dinner4:00 PM, Kathy Mark's home |
| September 24 | Philanthropy Day - Upscale Rummage |
| October 22 | Wine Tasting - Wine Knows, Grayslake |
| November | Speaker from The Haven |
| November 2 | Game Night - Lynne Lenz's home |
| December 14 | Holiday Party/Cookie ExchangeGifts for ASP - Wendy Weiger's home |
| January | Book/movie night - Jan Curschman's home |
| February | High Tea - Deerpath Inn |
| March | March Madness & Social at Austin's or O'Toole's |
| April | Upscale Resale Philanthropy Fundraiser |
| April 30 | Chicago Master Singers, 3:00 PMRalph Vaughan Williams concert |
| May | Panhellenic Benefit |
| May | Mother's Day Party - Asp |
| June | Installation Dinner |
| July | Independence Grove concert |

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| **You're Invited: HeadquartersDedication Weekend** **October 14-16, Indianapolis, Indiana**The weekend will include a sisterhood social gathering on Friday, the building dedication ceremony on Saturday and a celebration dinner Saturday evening. Sisterhood activities will also be offered on Saturday and Sunday.Mark your calendar to celebrate our building, our Founders and the story of our sisterhood this fall! Bookmark your spot in our history today! [Complete the form](http://alphachiomega.informz.net/z/cjUucD9taT04NzA3NTI5JnA9MSZ1PTc1Njk4NjczOSZsaT03NjE4MzMzOQ/index.html) to share your interest in attending our celebration event. We can’t wait to see you there! |

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| **Spring/Summer Events** |

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| **A Safe Place Discussion** Maria Dittmer, In-kind Donation specialist and Volunteer Coordinator, spoke to a small but interested group of sisters on Wednesday, April 27th.Maria discussed the work and needs of A Safe Place and described how things have changed during the pandemic. A Safe Place mainly serves the Lake County Illinois area but has referral options for other areas. In addition to Domestic Violence they have expanded their services to include those victims of Human trafficking. Domestic Violence and abuse are defined by at least one of the following: fianancial, sexual, emotion, physical of mental abuse by an intimate partner. A few highlights are below:There is no domestic violence that does not contain child abuse and there is no child abuse without domestic violence. The two go hand-in-hand and usually modify the workings of the brain. Without counseling, education and hard work the violence/abuse cycle will pass down through generations. **A Safe Place operates 3 types of housing:*** Emergency Shelter - where a stay may last from 1-90 days
* Transitional Housing - up to 2 years, while undergoing counseling and job training
* Permanent Housing - When further counseling is needed and a person continues to need more in-depth assistance on their way to becoming a survivor.

Counseling Services seek to help survivors make and create their own goals and expectations; and the steps they need to achieve to reach those goals. Most in counseling have not had the opportunity to make their own choices and so learning to do this is also included in the assistance.A Safe Place has partnered with Noah's Rest to provide care for family pets while their owners stay at A Safe Place. Some victims of abuse will not seek help because the fate of the family pet is unknown. Knowing the family pet is being cared for is often a huge relief and allows the victim to seek help.A Safe Place offers a local Family Visitation Center in Mundelein (soon relocating to Round Lake Beach). The Family Visitation Center provides supervised visitation and monitored exchange services for families with a history of abuse. **Volunteers are always needed:*** Group projects - painting, organizing
* Behind the scenes - working with ASP staff, clerical tasks and cleaning
* With the Client - 40 hours of training is required for a volunteer to work with clients. Your skill set would be reviewed to determine where you can be of the most assistance.

**Donation drives*** School supplies - to prepare the children in their care with school supplies. Last year they supplied 450 full backpacks for children heading to school
* Nesting kits - For those survivors leaving the shelter and going into their own homes. New bedding, new and used appliances (make sure they work and are clean), kitchen pots, pans and baking dishes and housewares are needed. The survivor is allowed into the "store" (no cost) and chooses what they will need to live in their new home.

The COVID Pandemic has increased the number of people needing assistance. **Imagine being confined with your abuser for over 2 years!**Currently, only single units are located in the emergency shelter and family units are being housed in local motels. Due to the pandemic and the lack of children in the emergency shelter, we will not conduct our Mother's Day project with the children. |

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| **Katherine Damisch was marvelous inThe Sound of Music!**Our own Katherine Damisch was fantastic in the role of Maria Von Trapp in the Summer Place Theatre production of The Sound of Music. Four Iota Lambda Iota sisters and 2 guests had the privilege of watching Katherine embody her role on a Sunday afternoon in Naperville.  Katherine's natural happiness and joy shined through as she hit  every mark, sang every song and entranced every audience member. After the show we were able to congratulate her and then watch Katherine interact with several children from the audience. We look forward to her next performance. |

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| **Thank You Notes****From A Safe Place:**May 4, 2022Dear Ann,Thank you very much for your thoughtful donation of diapers, wipes and personal care items on April 27, 2022 to support survivors and children of domestic violence and human trafficking.It is not just monetary donations that ensure that our organization provides necessities for victims. Contributions like clothing for warmth and comfort; toiletries that make a normal, everyday life seem possible; and food to nourish those who left everything behind when fleeing violent homes allow a greater sense of safety. Once safe, Mother’s Day gifts and holiday toys brighten lives during times of turbulent change, reiterating the sense of community that our survivors crave so dearly.Last fiscal year, your support allowed A Safe Place to provide these things and more to a record number of families:More than 300 families received Thanksgiving dinnerMore than 2,300 holiday gifts were distributedDaily items like toiletries & diapers were provided to triple the number of emergency shelter residents and their childrenYou made that possible. Your contributions helped to provide hope for survivors of domestic violence and human trafficking and their children.If you are interested in pursuing more opportunities with A Safe Place, such as volunteering, please contact us at (847) 731-7165. Thank you for making such an impact on our communityWith warm regards,Pat DavenportExecutive Director **From The Haven,**[click here to access the letter.](https://mcusercontent.com/ffa07d396ad60c625da2b0b92/files/daa3a568-5310-323b-e573-e76ac051e046/Thank_you_the_haven.pdf) |

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* Open up the camera on your phone, and point your camera at the code, as if you were going to take a picture.
* A notification will appear on your screen. Tap it, and it will take you to PayPal to begin the transaction.

Do you need to fill our your 2022-23 Membership Form and pay your dues? [Access the form here.](https://mcusercontent.com/ffa07d396ad60c625da2b0b92/files/ce3e552f-ce1b-f19f-7419-17694880c077/Membership_form_2021_22.docx) |

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| **Amazon Smile Reminder!When you shop on Amazon, change your browser to Amazon Smile**[(smile.amazon.com)](http://smile.amazon.com/)**and set your preferred charity to A Safe Place. Amazon will donate when you make purchases at no cost to you!** |

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| Iota Lambda Iota2022-2023 Elected Officers President – Ann MarrVice President of Membership - Jan CurschmanTreasurer – Carol MyersSecretary – Katherine DamischWays/Means – Kathy MarkPrograms – Wendy WeigersSocial Media - Leah Stein-FredbeckPanhellenic Rep – Ann Marr, Leah Stein-Fredbeck & Jan CurschmanCourtesy Chair – Wendy WiegersWe are always looking for volunteers to make our chapter amazing! |

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| Want to change how you receive these emails?You can [update your preferences](https://iotalambdaiota.us7.list-manage.com/profile?u=ffa07d396ad60c625da2b0b92&id=9cb820f34a&e=17c6d87672) or [unsubscribe from this list](https://iotalambdaiota.us7.list-manage.com/unsubscribe?u=ffa07d396ad60c625da2b0b92&id=9cb820f34a&e=17c6d87672&c=9cdc2b51bd). |

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