



# SOUTH SUBURBAN CHICAGO CHAPTER *Newsletter*

**Nov/Dec 2016**

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**President's Letter**



I AM GRATEFUL AND BLESSED FOR THE SEASON OF "THANKSGIVING"!!!

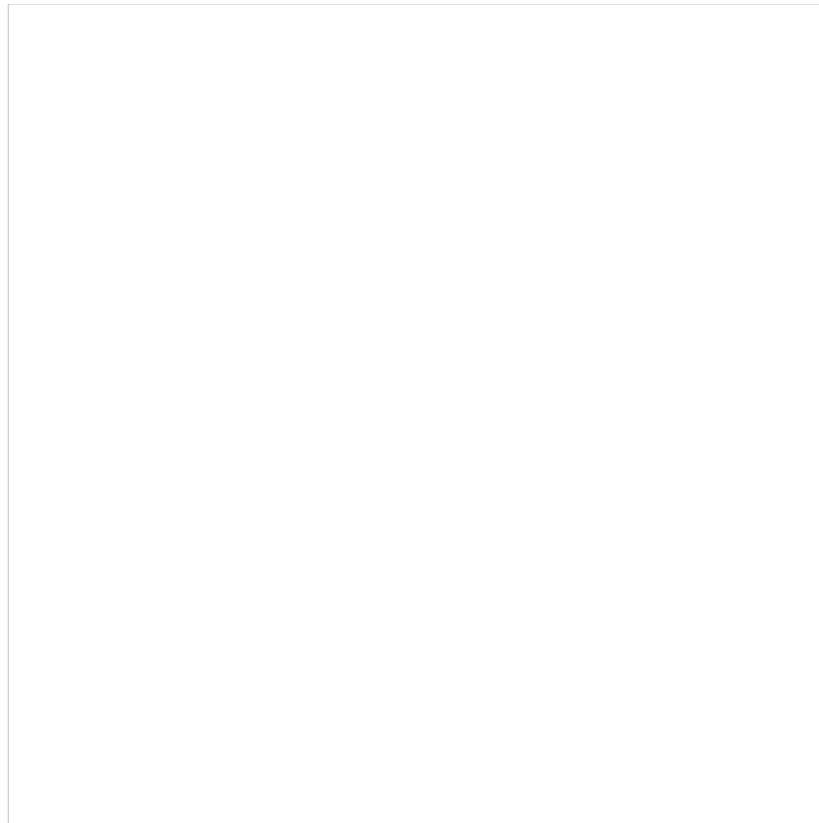
Fall is one of my favorite seasons of the entire year. It is at this time that leaves are in various shades of orange, red, browns and yellow. In the fall, my favorite holiday, Thanksgiving, is celebrated. It is in this season that the trees begin to change colors and we find ourselves in sheer

awe at the beauty of Mother Nature. What I love most of all about this season is that it is a time of reflection for me. I typically reflect on ALL of the things that I AM TRULY GRATEFUL AND THANKFUL for at this time. I reflect on all of the blessings that I have experienced along with my family over the past year. I love it most when I can bask in the sunshine on a cool fall day.

I challenge each of you to take this month to stop and reflect on the wonderful blessings in your life. The challenges, the obstacles that you have overcome, the small victories and the large. Use this month to review things that are important to you and those that are not so important. Often times we find ourselves anxious or emotional about things that if we simply choose to take a moment that we would discover that we are simply responding to the adrenaline rush as opposed to the actual situation.

Try to take a moment just for yourself. Meditate, pray and just savor the moment in silence to fully appreciate life and the actual moment. As busy mothers, daughters and wives we seldom have the opportunity to simply take a moment IN SILENCE with absolutely no one around to reflect and think of all of our personal accomplishments both big and small that we have made during the year. It is at this time that we must look at each of the obstacles that we have overcome and the hurdles that we have tackled. If you do not think you have a moment, make yourself take a moment. It does not matter if the moment is 5, 10 or 15 minutes, just take a moment of "me" time. If you start your day by reflecting on all of the good things whether big or small that have happened in your life and in the lives of your loved ones, you will find yourself conquering each day with a spirit of "Thanksgiving" and peace.

God Bless You,  
President Deadra Stokes



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Welcome to your new JJSSCC Newsletter! I am honored to serve as the Chapter Editor for 2016-2017. Inside this Holiday edition, you'll find all of the important information about South Suburban Chicago Chapter's recent and forthcoming events. We've also added a few new categories: a "Featured Activity" section highlighting awesome and unique group activities, "Recommended Reading" that features age-appropriate and culturally-relevant books for our children, and "Neighborhood News" where you can share exciting events in your area that our J&J families would enjoy. And, don't forget to send us information about you and/or your Jacks and Jills' accomplishments and successes so we can feature them in our "Kudos Corner." Submissions for our next newsletter are due December 16th. Please email your contributions to: [editor@jackandjillsscc.com](mailto:editor@jackandjillsscc.com).

## **Community Service Corner**

Our teen group facilitated an awesome costume party for the children of the Ford Heights Boys and Girls Club on October 21st, which included bucket games, basketball, face-painting, hip-hopping to the latest dances, creating masks, and bouncy slides! The kids enjoyed pizza, chips and cupcakes and each took home a wonderful a goodie bag of candy. Our teens and mothers came out strong to support the event that resulted in a fun afternoon for all! In addition, we presented the Club with a JJSSCC donation of bottled water and bags of chips for its afterschool program. The event planning was led by Teen Alexis Clark and Teen Mother Members Sheva Franklin and Cindy Simpson. Special thanks to Mother Member Tina Payne for donating the use of the bouncy slide, and Mother Member Eugenia Pauling for securing additional funding for the event from the Flossmoor Service League. It takes a village to support our community!



## Thanksgiving Basket Giveaway

The Community Service committee in collaboration with the Teen Group will be donating, on behalf of the South Suburban Chicago Chapter, 25 Thanksgiving Baskets to families in the South Suburbs.

### **Thanksgiving Basket Giveaway**

"Old" Matteson Community Center

4450 Oakwood Lane

Matteson, IL

Tuesday, November 22, 2016

4p to 8p

We need the support of your Group to donate the following items:

Group 1 Super Tots: Corn, green beans and gravy

Group 2 Little Einsteins: Box of Mashed Potatoes, Canned Yams

Group 3 Innovators: Peas, Cranberry Sauce, Glory Greens

Group 4 Trailblazers: Brownie Mix, Cake Mix, Cake Frosting

Group 5 G5: Stuffing Mix, Cornbread Mix

Group 6 Teens: Velveeta Cheese, Box of Macaroni & Cheese

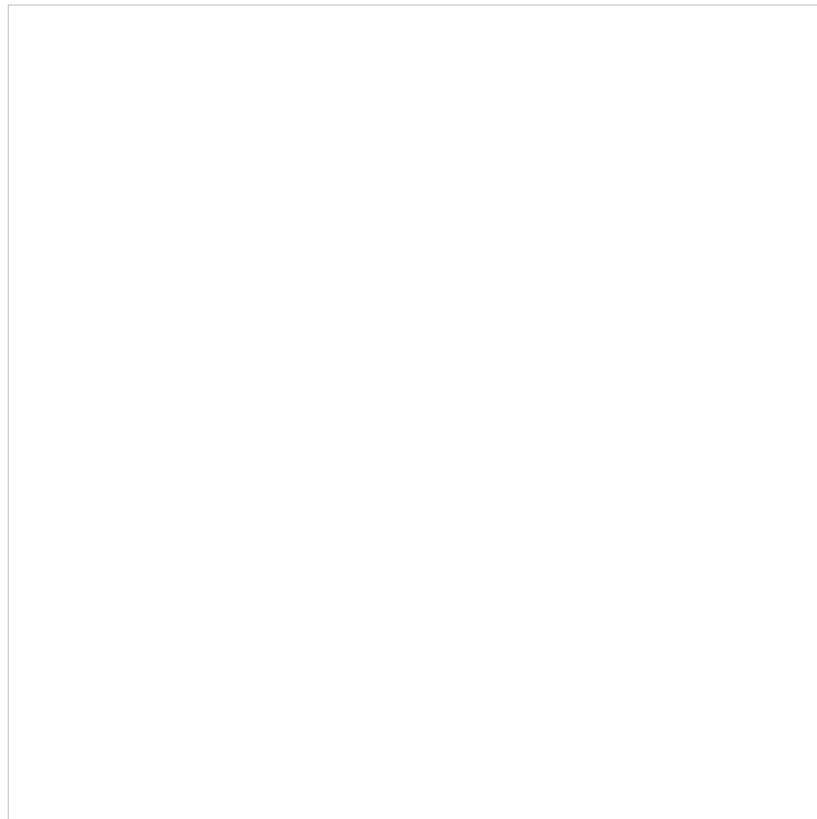
Community Service hours will be given for this event.

## **Adopt-A-Child This Holiday Season!**

Once again JJSSCC will be partnering with the Boys and Girls Club of Ford Heights to spread a little “holiday magic.” Last year’s Adopt-a-Child for Christmas program was so successful that we decided to bring it back again—but with a twist! In addition to requesting your support in purchasing a gift for a child or two, we will be offering an opportunity for a family to join us at the holiday party. Children in grades 6-8 will be asked to write an essay of no more than 500 words on “What Makes the Holidays Magical for You.” The child with the winning submission and his/her family will be our special guests for the day! We are also requesting that our guests help support the chapter’s financial literacy initiative by either donating a book for children ages 7-16 or making a donation to purchase a book at the holiday party. Many of you may not be aware of the fact that the Ford Heights community does not have a public library and no agreement with surrounding libraries to allow its residents to check out books and other materials. As such, the generosity of our guests is extremely important! So moms, as you are starting your holiday shopping over the next few weeks, don’t forget to pick up some items to drop into our ‘Magical Toy Box.’ The children’s wish list will be sent via email and will also be available at the November chapter meeting.

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## **Featured Activity- Vote for S.T.E.M.**



For their October Activity, the Group 1 Super Tots embarked on an adventure to Hammond, Indiana to visit the Engineering for Kids learning center. The kids created a glow in the dark lantern and learned the science behind fluorescent light. They also had an opportunity to explore with their lanterns under a special black light. Each child left with a special lantern to use on Halloween night. Each child also received a New York Times bestseller book, "Ada Twist, Scientist". The book is about an African-American girl that has a boundless imagination.

The Super Tots also had a "Vote for S.T.E.M." campaign in which each child voted for their favorite stem subject and their favorite color robot. The kids had a great time placing their votes in the ballot box. The winners were Math and Blue Robot crayon!

Each child left with a personalized bag full of goodies, including a S.T.E.M. coloring book, robot crayons, an I VOTED sticker, a book, and a robot snack.

A special thank you to the host mothers Kimberly Mitchell and Latosha Mayes for a fun and educational activity. Congrats to the Super Tots for **100% attendance** at this event!!!

## Recommended Reading- Ada Twist, Scientist

"Inspired by real-life makers such as Ada Lovelace and Marie Curie, Ada Twist, Scientist champions girl power and women scientists, and brings welcome diversity to picture books about girls in science. Touching on themes of never giving up and problem solving, Ada comes to learn that her questions might not always lead to answers, but rather to more questions. She may never find the source of the stink, but with a supportive family and the space to figure it out, she'll be able to feed her curiosity in the ways a young scientist should."--Amazon

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## Holiday Magic

Holiday Party tickets are still on sale until **November 15th**! The party will take place on December 4, 2016 at Olympia Fields Country Club from 1pm-5pm. Click [here](#) to purchase your tickets. [Holiday Magic: A Jack and Jill Celebration](#)





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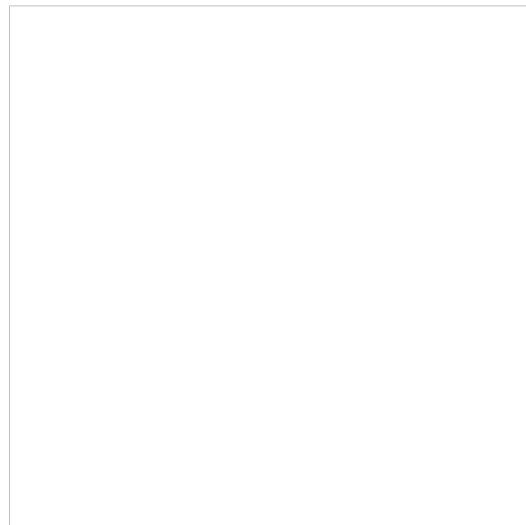
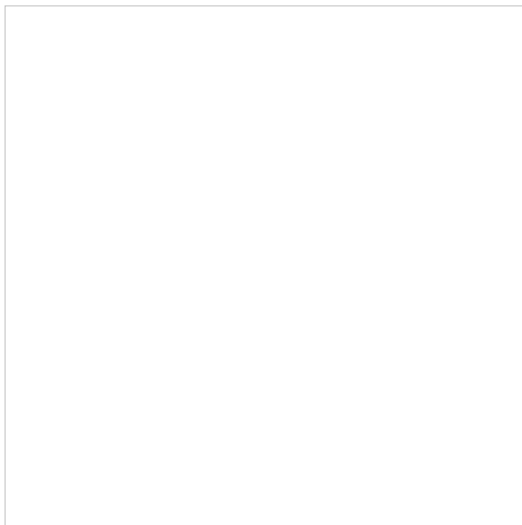
## Women's Bible Study

Our Chapter Chaplain Michelle Clark invites all mother members to join the Women's Bible Study. The first meeting will take place on Friday, December 2nd at 2 p.m., and will focus on the book, [Just A Sister Away: Understanding the Timeless Connection Between Women of Today and Women in the Bible](#) by Renita J. Weems. Location TBD.

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## Kudos Corner

Kudos and congratulations to Mother Member Dee Graham and her daughters Melody and Mariah Graham.





## What's new on the website?

Hopefully everyone has checked out our [new and improved chapter website](#). The website provides a great deal of information for the public about our chapter, and it is also a major resource for members. As a chapter we are no longer utilizing Dropbox. Our standard documents can be found on the [Resources](#) page, which is located under "For Members". Monthly reports can also be found on our website on the [Reports](#) page. Also, we encourage all groups to consult the [Group Activity Calendar](#) to ensure that no group events are scheduled at the same time.

Our newest feature is our Photo Galleries to which any member can contribute. In order to view and submit photos, go to the "For Members" drop down menu and click on [Photo Galleries](#). Then select your group to view the gallery. To upload photos from an activity click on "Add Photo" -- be sure to add a caption before submitting! Submissions are moderated and you will receive a confirmation email when your photo is published.

Please [contact me](#) with any questions, comments, or suggestions.

Kimberly Mitchell  
Technology Chairman

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## The Healthy Minute

Mother Member Dr. Kalisha Hill shares some important advice as we head into the holiday season: "Over the past decade, the focus on lowering fat intake has led to potentially harmful food choices as instead of replacing high fat foods with fruits, vegetables, legumes, and whole grains, consumers have often increased their consumption of low-fat or "fat-free" varieties of naturally high-fat foods, such as fat-free snack foods. As we approach the holiday season, we should be mindful to avoid foods with granulated sugar-- although cane sugar and sugar in the raw are better choices--all sugars should not be consumed in high amounts. Some preferred sweetener choices are stevia (in its natural form), coconut sugar, raw honey, maple syrup and sorghum syrup. Contribute to the health of yourself and your loved ones by making a conscious choice to be aware of daily sugar intake and the types of sugar ingested. Sugar intake monitoring as part of a healthy diet can go a long way to a healthier life."

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# No-Sugar Chocolate Peppermint Cake

What a great (almost guilt-free) treat for the holiday season! This delectable cake is made minty, chocolate-y and sweetened with honey rather than sugar. Find the full recipe [here at Just-Making-Noise food blog](#).

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Do you have information or news to share with our chapter?

If you'd like to contribute to the monthly JJSSCC newsletter, please send your information to [editor@jackandjillsscc.com](mailto:editor@jackandjillsscc.com).



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