

2009-2010 School Year LAKE FOREST HIGH SCHOOL SERVICE CLUBS

Big 2 Little (formerly Big Brothers/Big Sisters): Plans for this club are currently being finalized. Through a program sponsored by the Gorter Family Foundation of Lake Forest, interested LFHS students will have the opportunity to travel to a nearby North Chicago elementary school one afternoon a week to work with children in their after-school activities. Once final information is available, a notice will be sent to all students via their school e-mail and will also be announced through the LFHS public address system.

Meetings: To be determined.

Advisor: Ms. Maggie Johnson (mjohnson@lfschools.net)
Mr. Chris Bryant (cbryant@lfschools.net)

Community Partners: Community Partners is a new club being introduced for the 2009-2010 school year. It has been created to provide all students the opportunity to develop their community and leadership skills within a format of community service. "People in Need" is this year's exploratory topic. During the fall semester, club members will begin weekly meetings and will plan a giving project that will include Catholic Charities Adopt -a -Family program. For spring semester, the club is planning to pursue a food pantry and/or senior citizen oriented service project.

Meetings: 5th/6th lunch period every Wednesday in Room 160K

Advisors: Ms. Kathy O'Hara (kohara@lfschools.net)
Ms. Cheryl Hawkins (chawkins@lfschools.net)

Cooking Club: New for the 2009-2010 school year, Cooking Club provides members with the opportunity to explore many of the issues involved in learning how to cook for oneself, such as learning how to shop within a budget, what to look for when purchasing fresh food, health issues to think about when creating a menu, as well as actually learning how to prepare a meal. Club members will have the opportunity to earn volunteer service hours during the cooking sessions when the Club specifically prepares food for the purpose of donation.

Meetings: First meeting will be on Thursday, September 24 at 3:15 in Room 160J to discuss the organization of the club. Actual cooking will take place in the kitchen at Elawa Farms (1401 W. Middlefork Drive – opposite the entry to Lake Forest Place and Hospital on Waukegan Road in Lake Forest) from 6:30 to 8:00 PM.

Advisors: Mr. Chris Torrance (torrancc@cityoflakeforest.com)
Ms. Kathy O'Hara (kohara@lfschools.net)

Environmental Club: Club members are provided opportunities to realize their goals of environmental service. Most projects are student initiated. Last year's activities included: the LFHS Courtyard Garden upkeep, Ride Your Bike to School Day with free cocoa and snacks, Fairchild Challenge through the Chicago Botanic Garden, recycling solutions for LFHS, beach cleanup through the Great Lakes Alliance, and Earth Week celebrations.

Meetings: First Friday of the month in Room 55 at 7:00AM

Advisors: Ms. Mary Beth Nawor (mnawor@lfschools.net)

Ms. Ariel Landvick (alandvick@lfschools.net)

Girl Scouts: Girl Scouting builds girls of courage, confidence and character by challenging them with opportunities that encourage leadership, mentoring and community service. Members will have the opportunity to participate in national and international high adventure destination trips as well as local social events. Girls are encouraged to work on the Girl Scout Gold Award which is the highest award attainable.

Meetings: Once a month, location and time to be decided by members.

Advisors: Ms. Terry Ann Nissly (tanissly@comcast.net)

Ms. Kathy O'Hara (kohara@lfschools.net)

Global Connections: Club members participate in projects that raise awareness of international issues, benefit specific global concerns, and connect students to their peers around the world through pen-pal programs and videoconferencing. The club aims to inspire students to become global citizens who will work to secure brighter futures for others. Last year's projects included working with the Ghana Fishing Project, Heifer International, the Smile Train, and Welcome to America.

Meetings: Tuesdays after school in Room 160J

Advisor: Ms. Kathy O'Hara (kohara@lfschools.net)

Human Rights Club: This club was created to foster and develop an understanding of human rights in the 21st century among club members and the school community. Each year the club chooses a human rights topic/issue to promote understanding and awareness among the LFHS student body and community. The 2008-09 campaign was *Poverty in America* with an emphasis on teenage poverty. Our club hosted speakers from LINKS Unlimited, a not-for-profit organization in Chicago that supports K-16 educational initiatives among Chicago's disadvantaged youth. We raised over \$500.00 through school fundraising activities to donate to LINK Unlimited. The Human Rights Club hosts their annual awareness day in May of each school year to share information about their annual topic.

Meetings: Every other Tuesday in Room 380 from 3:15 PM to 4:00 PM

Advisor: Ms. Kelly McKee (kmckee@lfschools.net)

Men's Club: Men's Club members are dedicated to performing community service activities that often have a physical requirement. As dictated by its name, Men's Club is a one-gender club which meets every Wednesday morning, on a good day attracting almost 40 members. Club members help out many individuals and organizations in Lake Forest/Lake Bluff as well as other communities up and down the North Shore. Whether it be large events which the club participates in every year such as the Elawa Farms Christmas Greens Sale, the Polar Plunge Special Olympics benefit, the yearly car wash to benefit Kids Uganda or just helping out individual members of the community with small chores like raking leaves or moving furniture, the Men's Club is there to help.

Meetings: Every Wednesday in Room 273 at 7:15 AM

Advisor: Mr. Brian Runft (brunft@lfschools.net)

Orchesis: Students with dance experience work together to choreograph, rehearse and perform dance pieces for the public and for service projects. Dancers also have the opportunity to work with a professional choreographer on a performance piece. The club also participates in service projects, including the Wheeling High School Dance for Life Benefit and the club's own Spring Benefit Concert, this year scheduled for the Raymond Moore Auditorium on May 7th.

Meetings: Practice times are twice weekly on Mondays and Wednesdays in the Sheridan School Gymnasium at 3:30 PM

Advisors: Ms. Ann Marie Snow (annie.snow28@gmail.com)

Ms. Kathy O'Hara (kohara@lfschools.net)

Peer Tutoring: Students volunteer to help fellow students in improving their academic and organizational skills. Tutors must have proficiency in the academic area in which they wish to tutor. Students tutor LFHS and the community middle schools on an individually scheduled basis.

Meetings: There is an informational meeting at the beginning of the school year. From that meeting, tutors are matched with students needing help as requests for tutoring arise. Students who missed the first meeting may contact the advisor if they wish to be a potential tutor.

Advisor: Ms. Kathy O'Hara (kohara@lfschools.net)

Red Cross Club: Students in this LFHS chapter of the Red Cross provide relief to victims of single family emergencies as well as community, national, or international disasters. Activities include participating in the Library of Congress Veterans Project, organizing blood drives, fundraising for disasters, CPR/AED training, disaster training, and nursing home visits.

Meetings: Short meetings in the Nurse's Office directly after school, every other Monday.

Advisor: Ms. Diane Bower (dbower@lfschools.net)

SADD (Students Against Destructive Decisions): Students are educated in a variety of topics to enable them to make healthy decisions for themselves. Some activities include the "Clothesline Project", which promotes awareness of abuse victims; "Red Ribbon Week", which promotes awareness of drug and alcohol abuse; "Prom Awareness Week", which encourages a safe Prom experience; and the display of the familiar signs which line several of our community's thoroughfares during the different seasons.

Meetings: Thursday mornings in Conference Room 160J at 7:20 AM

Advisors: Ms. Maggie Ross (mross@lfschools.net)

Ms. Lisa Huffman (lhuffman@lfschools.net)

Scout Buddies: Scout Buddies is a friendship club which helps build friendships among individuals with and without disabilities. Club members participate in a variety of social activities both within the school and in the community. Activities include organizing holiday parties in the school, bowling, going to movies, and eating out at local restaurants.

Meetings: Monthly meeting dates vary, but are in Room 134

Advisor: Ms. Donna Lovitsch (dlovitsch@lfschools.net)

Student to Student (STS): Club members work to make all students feel comfortable at LFHS, especially new students and incoming Freshmen. Activities include mentoring and planning events for new students, giving tours to new families, planning events for current students, and assisting with Freshmen orientation.

Meetings: Monthly meetings are usually scheduled for the second Friday at either 7:15 AM or 3:15 PM in the Library Classroom. Additional meetings are scheduled when major events are being organized. Club officers meet more frequently to plan. Members are encouraged to listen to the daily announcements for meeting time updates.

Advisor: Ms. Megan Miles (mmiles@lfschools.net)

Women's Club: This club provides service opportunities for LFHS students with a primary focus on women's issues but also tries to meet the general needs of the surrounding communities. The goal of each member is to help with at least two service projects by the end of the school year. Last year, the club raised money for GLASA and PKD by gift-wrapping during the holidays, made Valentine's Day kits for Children's Memorial Hospital, helped sponsor a free T.A.K.E. Self Defense training program, and organized a drive for the Glass Slipper Project, a program that collects prom dresses and redistributes them to girls in the Chicago area who cannot afford them. The club looks forward to continuing these projects this year and to creating new ones, such as regular volunteering at an area soup kitchen and helping kids in an after-school program at the PADS homeless shelter.

Meetings: Every other Wednesday, starting September 23, at 7:15AM in Room 160J

Advisor: Ms. Kathy O'Hara (kohara@lfschools.net)