



HAMDEN WOMAN'S CLUB., GFWC

"The Helping Hands Herald"

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#5 | MAY 2023

From the President's desk.

Zunny Martinez

I believe that it's important to always acknowledge and show gratitude to ALL our members for their hard work and dedication.

So, let's highlight some of the amazing work that you all are doing.

The Membership Committee is doing a fantastic job of organizing events and finding creative ways to welcome new members. Please refer to their bulletin in this newsletter for more information.

The Home Life/Public Affairs committee's plans to place flags on the graves of veterans interred in Hamden cemeteries. It's a meaningful way to honor those who have served our country and a reminder to us all of the sacrifices that have been made for our freedom.

It's clear that the members of our club are committed to making a positive impact both locally and globally. The International Affairs committee will present their proposal at the general meeting.

A list for the 2023 donations will be presented to the membership for discussion and approval. It's wonderful to see your support for organizations that are doing important work in our community and beyond.

The Fundraising Committee is currently executing an exceptional plan. Further elaboration on this plan will be provided during the meeting.

From a personal standpoint, I would like to extend my sincere gratitude and appreciation to each member of the board.

"Let's continue to support and empower each other as women and strive towards building a stronger and more inclusive club."

Keep up the great work Hamden Woman's Club!

Zunny Martinez - President.

Calendar of Events

May 3rd - General Meeting

Miller Senior Center

Hamden 6:30pm

Guest Speaker: Tyler Newkirk

Craft and Floral Company

May 9th - Book Club

May 17th - Board Meeting

Miller Senior Center

Hamden 6:30pm

May 27th - New Member Orientation Brunch

Carolyn Della Pietra Residence

Hamden 11:00am

May 18th - International Luncheon

Tata's Puerto Rican Restaurant

Wallingford, CT 12:30pm

SUNSHINE

Barbara Faulkner

May Birthday's

Patricia Johnson - May 15th

Olga Dela Victoria - May 17th

Melinda Saller- May 18th

Judy Feather - May 30th

Hospitality for May 2023

May's Hostess are:

Shirley Vancore, Sharon Welch, Susan Centone and Susan Yates.

Members' duties as hostesses include furnishing refreshments during the month they are assigned.
Please see Article VII section 6 for additional info.

Member Spotlight

Will resume at the start of the new membership year. With the June newsletter. Stay tuned.....



NOTE FROM THE EDITOR:

Should you have any questions or concerns about this newsletter please contact Kiera Keene via: email- wchnewsletter@gmail.com or mobile - 203-543-9200

Special note: The preferred method of newsletter submissions is email. Please email your submissions to me by the 3rd Friday of each month.

A decorative header for the May News Flash. It features a light-colored wooden plank background with purple and white flowers scattered around the edges. The text "May News Flash" is written in a large, bold, black serif font.

May News Flash

Linda Melillo, 1st Vice President

April showers, bring May Flowers....and our May meeting guest speaker, Tyler Newkirk, will share his floral talents with us! Tyler Newkirk Craft and Floral Company was founded when Tyler was only 15 years old. His store offers floral designs for weddings, proms, special events as well as a eclectic craft and gift shop located at B & B Farm in West Haven. Tyler will create a special arrangement to be raffled so one lucky lady attending the meeting on May 3rd will go home with a beautiful creation.

May will also host a Community Care Event sponsored by The 180 Center on East Street in New Haven on Saturday, May 13th at 12 - 3 pm. Please see the attached flyer. The 180 Center is a Christian service organization helping to turn lives around to become functioning members of our community after suffering from PTSD, drug and/or alcohol addiction, or depression. The attached flyer requests donations of personal hygiene items, personal items and more.

If you can contribute, I will be happy to collect donations and deliver them to the 180 Center before the May 13th Community Care Event.

Thank you so much for your help in supporting this worthy cause.

See y'all on May 3rd!

VOLUNTEERISM

Rosalie Loewenbaum

VOLUNTEER HOURS

Please hand in your volunteer hours to Rosalie Loewenbaum.

These are for hours that you have done on your own not on a Hamden Woman's Club committee.

HWC MEMBERSHIP



**Membership info: Shirley Cavanagh 203-248-9726
Carol Noble -203-288-6986/Carolyn DP - 203-675-8444/ Sharon Nolan**

Our season will be coming to a close at the end of June but as members of the HWC we continue to serve and respond to the needs of others.

New and renewing members will be getting together for an orientation in the month of May.

We are looking at doing a wine and cheese gathering in the later part of the month.

The committee will be in touch via email to all new members with details.

We look forward to our growing HWC and to supporting all members in every segment of the club.

Always remember we are one in unity and service.

Please contact members of this committee with any questions or concerns.

We look forward to sharing with you the dynamics of the HWC and all its projects and procedures.

As our moto says:

“ We are one in the volunteer spirit”.

MEMBERS OF HWC

WELCOME, WELCOME, WELCOME.

HWC DOORS ARE OPEN AS WELL AS OUR HEARTS, YES, WE CONTINUE TO ADD NEW MWMBERS TO OUR CLUB.

ACCORDING TO THE BY-LAWS ALL MEMBERS ARE TO PARTICIPATE IN AT LEAST ONE COMMITTEE.

A NOTE FROM THE GFWC, CT SOUTHEAST DISTRICT.

Congratulations to all our talented and gifted Hamden Woman's Club members who won many awards for their arts & crafts. Our Book Club also received a District Award – Congratulations.

SE District Award Education/Libraries – Hamden Woman's Club

Winner of Photos:

Zunny Martinez A Moment in Time & Sunflowers

Winners of Arts & Crafts:

- Technique (sweater) – *Antoinette Antonucci*
- Sewing, J patchwork, 3 quilts – *Ellen Young*
- Accessories, knitting – *Elsa Pepe*
- Blankets – *Antoinette Antonucci*
- Child apparel sweater – *Antoinette Antonucci*
- Knitted pillow – *Antoinette Antonucci*

The General Federation of Women's Clubs of CT. will be holding their Annual Convention on Saturday, May 20, 2023.

The convention will be held at Hyatt House in Shelton, CT. Registration Deadline is May 10th. A memorial service will be held for members who have passed away from May 2022 to May 2023.

If you plan on attending, Shirley & Carol have the registration form.

MADELINE B. MARZULLO

194 HARMONY HILL ROAD, HARWINTON, CT 06791

(860) 689-4395 ❤️ maddymarz2@gmail.com

GENERAL FEDERATION OF WOMEN'S CLUBS OF CT

GFWC HARWINTON WOMAN'S CLUB

PRESIDENT

VETERANS CHAIRMAN

11 March 2023

Dear Club Presidents:

HONOR FLIGHT CONNECTICUT

We have a wonderful opportunity to honor our Senior Connecticut Veterans on May 6th. Here are the details:

Maddie,

Thanks so much for your note and your offer to support our great patriots. Our next flight is May 6th out of Bradley as you know. We would love to have any of your folks, and as many of your members your organization attend our kickoff ceremony in the morning of May 6th , as well as the welcome home at night as possible. We hope for lots of folks and the more the merrier. We welcome relatives, groups , friends, students and the general public.

Here are the logistics. Our vets arrive around 7:15 am in a group in a processional parade on buses to the lower level baggage claim terminal Southwest Airlines. Our ceremony runs from 7:30 or so to around 8:00 am when we head to the gate. If your *interested members could arrive around 7:00am*, they could cheer our guys/gals as they exit the buses and arrive at the terminal. Flags or signs such as "welcome vets, we appreciate our vets or vets are special, etc." are great. Also, good strong cheering voices and extra loud hand clappers make the day !!!!

Those attending the nighttime arrival should gather right outside the TSA security gate next to Southwest Airlines on the upper level as our vets arrive home . No formal ceremony at night, just a lot of cheering, hand shaking and thank you's to these heroes as they return home. Again signs, flags, good strong voices and hand clapping is wonderful. We arrive home same day in the evening at 10:00 pm. (*Our members be there by 9:30pm.*)

Please touch base with me two weeks out to ensure that you have the latest info . Sometimes the airlines change the arrival time by a few minutes or such, so want you to have any latest changes if that happens to occur.

Thanks again for your note and kind offer to support our endeavor.

Presidents, please read this at your next meeting or even email it out to your members. Get a count of how many members would consider doing this. At your April meeting take another count. I will need those counts by April 20th. Don't forget club shirts, signs, flags.

Our President Kathy DeBurra is very much in favor of this salute to the veterans showing GFWCCT's support.

Thank you for supporting our WWII, Korean and Viet Nam war veterans. God Bless them all.

Maddy

Club Committees....

SPIRITUALITY

Sue Yates

*Guide me,
Holy One,
into an unclenched moment,
a deep breath,
a letting go of heavy expectancies,
of shriveled anxieties,
of dead certainties,
that, softened by the silence,
surrounded by the light,
and open to the mystery,
I may be found by wholeness,
upheld by the unfathomable,
entranced by the simple,
and filled with the joy
that is you.*

*Ted Loder, "Guerrillas of Grace: Prayers for
the Battle"*

(San Diego: Luramedia, 1984)

ARTS & CRAFTS

Linda Canales

All the first-place winners from our Clubs competition that were taken to District Day, also won first place there.

Congratulations to:

Elsa Pepe
Antoinette Antonucci
Ellen Young
Zunny Martinez

Zunny's Photographs will be taken to the State to be judged against other clubs, not only were her pictures beautiful she has done a fabulous job at displaying them.

Let's all wish Zunny good luck at State!

INTERNATIONAL AFFAIRS



Marjorie Giunti

The International lunch group met on April 20th at the China Pavilion Restaurant in Orange and enjoyed the food and the company. Ten members attended.

The next meeting is May 18th at Tata's Puerto Rican restaurant in Wallingford at 12:30 p.m. Let me know if you plan to attend so I can make reservations.

HOME LIFE/PUBLIC AFFAIRS

Carole Passarelli/Linda Bishop

The Veterans Commission of Hamden will be placing flags on veterans' graves in Hamden cemeteries over Memorial Day weekend. During our May Meeting we will pass a signup sheet for anyone interested in volunteering.

The dates, times and locations are: Thursday May 25 at 5:00 pm St. Mary's Cemetery on Whitney Ave. and Saturday May 27 at 9:30 am Hamden Plains Cemetery on Circular Ave.

The Veterans Commission is also asking for volunteers to drive people to or from doctor appointments. This would be thru the Interfaith New Haven organization.

If you, family or friends may be interested let me know and I will let our contact at the Veterans Commission know.

We are also planning on having a meeting in June to discuss projects for this coming year.

Thank you, Carole and Linda.

WAYS & MEANS

Sharon Welch

Hi ladies!

Just a reminder to bring your items for The Barn Sale to next meeting or give me a call for pickup. Info was in the April newsletter. Thank you

BARN SALE Acceptable items: small furniture, china, jewelry, bric-a-brac pictures, household items, gloves, scarves, antiques, vintage items, dinner sets, rugs, exceptional collectible linens, lamps, working electrical items, small appliance, CDs, DVDs. hardcover books, craft books and crafting items.

Contact: Ways & Means (Sharon Welch) 203-444-2084

BOOK CLUB

Susan Centone

The book club met on Tuesday April 11 at the Hamden Townhouse diner on Whitney Ave.

The following books were discussed:

'Wrong place wrong time' by Gillian McAllister

'The Return' by Nicholas Sparks

'Judges List' by John Grisham

'We Must be Brave' by Frances Liardet

'Before and Again' by Barbara Delinsky

'Our Missing Hearts' by Celeste No

'Penguin Lesson' by Tom Mitchell

'When Time Stopped' by Adrianna Neuman

'Keepsake' by Kristina Riggie

'Ballad of Laurel Springs' by Janet Beard

'Forgotten Daughter' by Joanna Goodman

'A Wedding in December' by Anita Shreve

We were all happy to be able to meet in April since we did not have a meeting in March due to inclement weather.

Just a reminder that the Book Club meets the second Tuesday of the month, at the Hamden Townhouse diner on Whitney Avenue at 12:30. All are welcome!

CONSERAVTION

Susan Centone

Residents of Hamden may dispose of household hazardous waste products for free at HazWaste Central in New Haven.

Household hazardous waste, by definition, are corrosive, flammable, toxic, and/or reactive; they may come from everyday products used in the home, garage, yard, or garden.

Please view the flyer below for more information about when HazWaste collection occurs and for the specific items that can be disposed of.

Safe & Free Disposal of Household Chemicals



Household hazardous waste comes from everyday products used in your home, garage, yard or garden. These products are corrosive, flammable, toxic or reactive. No worries... there's a place for your waste: HazWaste Central.



HazWaste Central serves residents in the following towns: Bethany, Branford, Cheshire, East Haven, Fairfield, Guilford, Hamden, Madison, Meriden, Milford, New Haven, North Branford, North Haven, Orange, Wallingford, West Haven, Woodbridge.

What to Bring to HazWaste Central Residential Waste Only!

Kitchen & Bathroom
Aerosols
Bathroom Cleaners
Disinfectants
Floor Care Products
Metal & Furniture Polish
Nail Polish Remover
Oven & Drain Cleaners
Bug Sprays
Tile Cleaners
Toilet Bowl Cleaners
Garage & Workshop
Antifreeze
Auto Batteries
Auto Body Repair Products
Brake & Transmission Fluid
Bug Sprays
Gasoline
Latex & Oil-Based Paints®
Other Oils/Cleaners
Paint Thinner & Stripper
Used Motor Oil®
Varnish

Garden & Miscellaneous
Artists' Paints
Batteries®
Chemical Fertilizer
Dry Cleaning Solvents
Fiberglass Epoxy
Fluorescent Bulbs (Including CFL type)®
Fungicides
Herbicides & Insecticides
Mercury & Mercury-Containing Items
Moth Balls
Pesticides
Photographic Chemicals
Rat Poison
Small (1 Pound) Propane Cylinders
Swimming Pool Chemicals
Do not mix or remove items from their original package.

Quick, Easy, Safe Disposal



A visit to HazWaste Central is a quick, easy, safe way to dispose of your household hazardous waste. You never have to leave your car, and the waste is off-loaded by professionals. Located at the Regional Water Authority's headquarters, 90 Sargent Drive, New Haven, I-95 exit 46.

2017 Schedule

Open Saturdays, 9 am to Noon,
May 13, 2017 through October 28, 2017
Closed Holiday Weekends of
May 27, July 1 and September 2, 2017

Small Businesses

Call 203-401-2712 for disposal information.

Local disposal options may be available. Please check with your public works department or local transfer station or the following resources:
Batteries: call 1-800-8-BATTERY or log on to www.call2recycle.org (including alkaline and auto batteries)
Compact Fluorescent Light (CFL) Bulbs: call 1-800-CLEANUP or log on to www.eart911.com
Paint: log on to www.paintcare.org and visit the Connecticut portion of the site to find a drop-off location for household paint.

For more information
visit www.rwater.com/hazwaste
or call 203-401-2712



Recipe Corner.....

CREAMY CHICKEN PICCATA W/GNOCCHI

This one-pan dish is a meal in and of itself, but if you want to add a green veggie, try a simple arugula salad, oven-roasted asparagus, or smashed broccoli.

Ingredients

- **3** boneless, skinless chicken breasts (about 1 1/2 lb. total), halved horizontally, or 6 chicken cutlets
- Kosher salt
- Freshly ground black pepper
- **1/4 c.** all-purpose flour
- **4 tbsp.** (1/2 stick) unsalted butter
- **2 tbsp.** extra-virgin olive oil
- **4** cloves garlic, finely chopped
- **1/2 c.** dry white wine, such as Sauvignon Blanc
- **1 3/4 c.** low-sodium chicken broth
- **1/2 c.** heavy cream
- **2 tbsp.** drained capers
- **3** medium lemons, 1 zested and juiced, 1 juiced, 1 sliced into rounds
- **1** (17-oz.) package gnocchi
- Chopped fresh parsley leaves, for serving



1. Step 1 Season chicken on both sides with 1 1/4 teaspoons salt and 1/2 teaspoon pepper. Dredge chicken in flour.
2. Step 2 In large skillet over medium-high heat, heat butter and oil until butter is melted. Working in batches, add chicken to skillet and cook until golden brown, about 2 minutes per side. Transfer chicken to a plate.
3. Step 3 Reduce heat to medium. Cook garlic, stirring frequently, until fragrant and light golden, about 1 minute. Add wine and simmer, stirring occasionally, until almost reduced, 2 to 4 minutes.
4. Step 4 Add broth, scraping up any brown bits on bottom of pan, then slowly stir in cream. Stir in capers, 3 tablespoons lemon juice, and 2 teaspoons lemon zest; season with salt and pepper, if needed. Add gnocchi and toss to coat in sauce.
5. Step 5 Bring to a boil over high heat, then reduce heat to medium-high and simmer, stirring frequently, until gnocchi is tender, 8 to 10 minutes; season with salt and pepper. Return chicken to skillet, turning to coat in sauce. Cook until chicken is warmed through, about 2 minutes more. Top with lemon rounds and parsley.

QUICK HUMMUS BOWL

A HUMMUS BOWL MAKES THE BEST EASY LUNCH OR DINNER: NO COOKING REQUIRED! LAYER A DOLLOP WITH CRUNCHY VEGGIE TOPPINGS.

- 1/3 CUP HUMMUS
- 8 ENGLISH CUCUMBER SLICES (OR STANDARD CUCUMBER, PEELED)
- 1 HANDFUL RED ONION SLICES (OR SHALLOT)
- 1 HANDFUL CHERRY TOMATOES, SLICED
- 1 HANDFUL KALAMATA OLIVES
- 2 TABLESPOONS FETA CHEESE, TO SPRINKLE (OPTIONAL OR USE VEGAN FETA FOR VEGAN)
- 1 HANDFUL BABY GREENS OR CHOPPED LETTUCE (OPTIONAL)
- 1/2 CUP COOKED RICE OR PACKAGED PRE-COOKED RICE (OPTIONAL) OR EASY COUSCOUS OR EASY ORZO
- 1 PITA BREAD, PITA CHIPS, OR GLUTEN FREE CRACKERS
- OPTIONAL TOPPINGS: JARRED CALABRIAN CHILIS OR ROASTED RED PEPPERS, CAPER BERRIES, FRESH HERBS, FROZEN OR HOMEMADE FALAFEL, ETC.

INSTRUCTIONS

1. PLACE GREENS AND RICE IN THE BOWL, IF USING (TRY PACKAGED PRE-COOKED RICE FOR A QUICK SHORTCUT). IF USING RICE, SEASON IT WITH SALT AND A DRIZZLE OF OLIVE OIL.
2. TOP WITH HUMMUS, SLICED CUCUMBER, SLICED RED ONIONS, SLICED TOMATOES, OLIVES AND FETA CHEESE. EAT WITH PITA WEDGES, USING THE HUMMUS AS A DIP / DRESSING FOR THE VEGGIES.

Minutes
Hamden Woman's Club
4/5/2023

Meeting called to order 6:31 p.m.

Recording Secretary – Minutes were distributed to the members along with the newsletter. They were approved as presented.

Treasurer – Barbara Aurora reported that there was \$4,912.47 in the checking account. Savings account balance not available. The treasurer's report was accepted and filed for audit.

Membership – 29 Members were present at the meeting. An orientation meeting for new members and returning members will be held on May 6 th at 11 a.m.

Corresponding Secretary – A thank you note was sent to Jeannette Murdock for the paper goods she donated to the Club.

1st VP – Speaker tonight is from Connecticut Lights Out (Craig Repath). Floral designer Tyler Newkirk will be the speaker for the May meeting.

2nd VP – No report.

Publicity – Not in attendance

Newsletter – Not in attendance

Telephone Squad – No report.

Ways & Means – There will be a 50/50 raffle tonight. The Rada Cutlery sale profits were \$227.50 and last month's 50/50 raffle brought in \$31.

Home Life/Public Affairs – Linda and Carol met with the Hamden Veteran's Commission and will be helping to place flags over the Memorial Day weekend. There is a committee meeting in June to plan next year's activities.

International Affairs – Next luncheon will be at Chinese Pavilion in West Haven on April 20 th at 12 p.m.

Sunshine – New chairperson needs information/instructions from outgoing chairperson.

Policies & Procedures – The committee is active and rolling along. Questions will be brought up at the Executive Committee meeting.

Hospitality – Thank you to this month's hostesses as well as to Antoinette Antonucci who brought in additional treats for tonight's meeting even though she is not on the list.

Book Club – The next meeting will be April 11 th at 12:30 p.m. at the Towne House Diner.

Conservation – Reminder that Hamden's bulk trash pick-up is this month. A list of the items is on the town's website. Hamden Earth Day is scheduled for April 22 nd at Town Center Park. Participants need to bring their own table and shade.

Volunteer Hours – Not in attendance.

Spirituality – No report

Arts & Crafts – Awards were handed out to several of our members at District Day.

Old Business:

After discussion regarding the reimbursement to Carolyn DellaPietro for the new member orientation luncheon, a motion was made and seconded to reimburse her for the cost.

New Business:

Fundraiser – The fundraiser will be held on Sunday, October 22, 2023, from 12 Noon to 3 p.m. at Woodwinds in Branford. Set up will begin at 11 a.m. All members are requested to donate a \$25 gift card from local vendors (not hair or nail salons). Gift bag donations are welcome. Entertainment will be a murder mystery "play". The main charity for this event will be House of Heroes of Hamden (which supports veterans of the military, police and fire). The next committee meeting is April 11 th at 6 p.m.

Meeting adjourned 7:05 p.m.

Minutes submitted by
Ellen Young, Recording Secretary



HWC

MEMBERS AT LARGE

Suggestions, Idea, Comments

How can we help?

Members Name: _____

Phone: _____ **Cell:** _____

Email: _____

Comments: _____

Should you feel uncomfortable putting your name just leave blank!

Hamden Woman's Club

Outside Volunteer Hours

This form is for the hours that you have volunteered in the community.

DO NOT use this for any activities related to your work for the Hamden Woman's Club. For example, you can submit your hours if you volunteer in a hospital, school, senior center, etc.

Submit this form to Rosalie ~~Loewenbaum~~.

OUTSIDE VOLUNTEER ACTIVITIES

NAME:

Volunteer Date:

TOTAL NUMBER OF HOURS:

DOLLARS DONATED:

Community Care Day



Turning Lives Around

438 East St New Haven, CT 06511 (203) 909-9194

www.the180center.org the180center@gmail.com

Saturday, May 13th From 12-3pm

**T-Shirts, Boxers,
Socks
Gift Package**

Let us Help You
Build Your



FREE HAIRCUTS



**Mens Hygiene
Gift Bag**

Clothing Table



RAFFLE

\$50

Gift Card



**FOOD
&**

REFRESHMENTS



PRAYER TABLE



Cornell Scott
Hill Health
Center

HEALTH



SCREENING



HAPPY SPRING!

HAMDEN WOMAN'S CLUB INSTALLATION DINNER

DATE: Wednesday, June 7, 2023

PLACE: Bellini's 2 Broadway, North Haven

TIME: 5:30 Social w/Cash Bar

COST: 45.00

Dinner will include:

Appetizers: Fried Calamari & Eggplant Rollatini
Mixed Green Salad, Penne Alla Vodka
Coffee/Tea and dessert

Please make check payable to Hamden Woman's Club.
Bring to May meeting or mail to Barbara Aurora, 101 Still
Hill Road, Hamden, CT 06518

RSVP by May 26, 2023

.....

Name_____

Dinner Choice:

___Veal Ducale___ Sole Florentine___ Chicken Bellini

HAMDEN WOMAN'S CLUB, INC., GFWC

HAMDEN, CONNECTICUT



MEMBERSHIP DUES

NAME: _____ DOB _____
MM/DD

ADDRESS: _____

EMAIL ADDRESS: _____
WOULD YOU LIKE TO HAVE THE NEWSLETTER DELIVERED TO YOU BY EMAIL ONLY? () YES () NO
IF YES, PLEASE PROVIDE AN EMAIL ADDRESS ABOVE.

MEMBERSHIP DUES

AMOUNT \$40.00

DUES ARE PAYABLE NO LATER THAN JUNE 1, 2023.
DUES ARE FOR THE FISCAL YEAR 5/30/23 – 6/01/24.

MAKE CHECKS PAYABLE TO:
TREASURER, HAMDEN WOMAN'S CLUB, INC.

C/O BARBARA AURORA
101 STILL HILL ROAD
HAMDEN, CT 06518

