

Hamden Woman's Club., GFWC

“THE HELPING HANDS HERALD”

Editor: Kiera Keene
wchnewsletter@gmail.com
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March Newsletter

Letter from the HWC 's President

Hello HWC ladies,

I hope you're all doing well as we near March 2024!

This month, we were thrilled to host an amazing Arts and Craft show, showcasing the talents and creativity of our members. The event was a great success, and I want to extend my gratitude to all those who participated and supported it.

Looking ahead, our next meeting promises to be filled with fun and excitement as we gear up for a wonderful game of bingo! But before we dive into the games, we have some important business topics to address. I urge all members to actively participate and bring your enthusiasm to both the discussion and the games.

One of the significant items on our agenda is the election of new officers for the upcoming two-year terms. Your involvement and input are crucial in every aspect of this process, so I encourage you to voice your opinions and take an active role in shaping the future of our organization.

Please mark your calendars for March 6th at 6:30 pm, as we gather for what promises to be a fun and productive meeting. Let's make our club even stronger and more vibrant together through the spirit of volunteerism. Looking forward to seeing you all there!

Zunny Martinez
President
Hamden Woman's Club

✨Project Alert! ✨

✨Something thrilling is in the works! With fingers crossed and a mischievous smile, I hope everything goes as planned to bring a little extra magic to our meetings.....
Get ready to grin from ear to ear!

March Happenings



General Meeting

March 6th
6:30pm

Book Club

March 12th

Dinner Diva's

Playwright Restaurant
March 13th, 6pm

Board Meeting

March 20th
6:00 pm

International Affairs

Lunch
Playwright Restaurant
March 21st, 12:30pm

Welcome Letter from the 1st VP.....

Hola ladies,



B I N G O and BINGO is the Game!!

Y'all are gonna have a great time, so bring your good humor (and I don't mean the ice cream) and some money to play. Guaranteed a fun time for all.

In addition, more is going on in March.....The Ides of March, St Patrick's Day, St Joseph's Day, and probably a lot more. So be careful on the 15th, wear your green on the 17th, buy Zeppoles on the 19th and you should be all good.

I am looking forward to seeing you all in April.

-First Vice President-Linda Melillo



Hospitality

March Hostess are:

Rosalind Nevola, Carole Noble, Sharon Noble, Marie Oddi, Wanda Ortiz, Christy Palumbo

Members' duties as hostesses include furnishing refreshments during the month they are assigned. If for some reason a member is unable to fulfill this obligation a \$8.00 check must be sent to the treasurer. This way refreshments can be provided for the meeting.

Please see Article VII section 6 for additional info.

Committee News

NEWS



Sunshine Club

Happy Birthday shout outs for:

Carol Noble - March 3
Sharon Nolan - March 4
Pat Trenchard - March 6
Ellen Young - March 10

Wishing them many more blessed years to come!!



International Affairs

The International lunch group met on February 15th at the Bangkok Blvd. Restaurant in Hamden and enjoyed a Thai meal. Eight members attended.

The next lunch is on March 21st at the Playwright Restaurant in Hamden to celebrate St. Patrick's Day. They do not open until 2:00 P.M. so we will meet there at that time. Let me know if you plan to attend.

-Margie Giunti

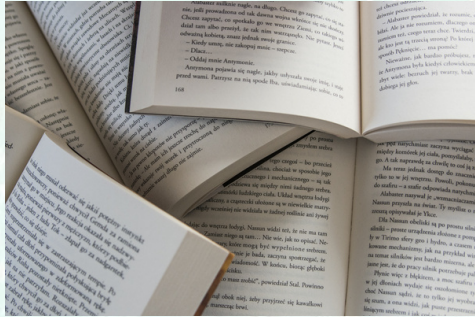
NOTE FROM THE EDITOR

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.

**“WOMEN WHO ADVOCATE FOR
EQUITY, DIVERSITY AND INCLUSION”**



Committee News continued....



Book Club

The book club did not meet this month due to inclement weather.

We will meet on Tuesday, March 12 at 1230, Hamden Townhouse Diner.

The book club meets the second Tuesday of each month at the Hamden townhouse diner at 12:30. . All are welcome!

-Sue Centone



Conservation

Hello everyone.

Hamden will be selling Earth Day on April 27 at Town Center Park. The hours are from 10 AM to 3 PM. The Hamden Woman's Club will have a table at the event.

Please volunteer to man the table at the event, whatever amount of time you ac give will be appreciated. I will be sending out a sign-up sheet and I will bring it to our next meeting as well.

-Sue Centone

Arts & Craft

Pictured are all the winners in order from left to right: Ellen Young, Carole Passarelli, Lucy Minichino, Linda Canales (Arts & Crafts Chairperson), Elsa Pepe, Judges Andrea Fisher and Fran Paulman from Books & Co., Antoinette Antonucci, & Sue Centone.

Ellen Young won 1st place for her Stained-Glass Fish, Knitted Slouch Hat, 30's Print Quilt and Photograph of an Elephant. She also won the coveted HWC "Member's Choice Award" for her 30's Print Quilt.

Carole Passarelli won 1st place for her note/gift cards.

Lucy Minichino won 1st place in Photography for her Black & White picture of "Flowers" and her "Scenes of the City."

Linda Canales, Chairperson for Art & Crafts Committee

Elsa Pepe won 2nd and 3rd place for her Knitted Remnants Blanket and her Knitted Woman's vest.

Judges were Andrea Fisher and Fran Paulman from Books & Company, Hamden.

Antoinette Antonucci won 1st place for her floral design quilling, Christmas Tea Lights in mason jars, Valentine's wreath, Crochet Infant Blanket w/hand-sewn Stuffed Dog and Braided Chair pad.

Sue Centone won 3rd place in Photography of a Domestic House Cat.

Not pictured is Annette LaVelle, who won 3rd place for her Original Painting.

This was a wonderful, fun meeting for everyone as members got to examine these beautiful handmade arts, creations and photographs close up. All of the first-place winners will be brought to the GFWC Southeast District Spring Meeting to be held in Clinton in March, there is still some discussion if they will be competing against the other clubs in the district or not, but at least we will have some beautiful items to show. With any photos that win at District Day sent on to the State.

I also wish to thank my committee members Susan Yates and Lucy Minichino, for taking the time to help me organize this event, it was a success because of you and the members who participated.



Committee News continued.....



Reflections

HWC INSPIRATION OF THE MONTH

In many other East Asian cultures, the Dragon traditionally symbolizes things like power, wealth, and strength (imperial symbol and all)

I think we often forget that in the story of the Great Race, the Dragon came in fifth because it stopped to give people rain. Then it stopped again to push a rabbit adrift on a log across the wide river, so it reached the shore safely (that's why the Rabbit year comes before the Dragon).

Dragons aren't meant to just be powerful – they are meant to do good with such power, and to help those in need.

So, in this lunar new year, I hope you gain more power, so that you might be able to help others. I pray you have abundant resources so

You may give to yourself and those around you. I wish you courage, endurance, kindness, and generosity, for yourself and your people.

I hope you, and I, will be rain givers, life preservers, joy bringers.

I hope we will be Dragons.
Posted on FB by Wendy Cleary



Dinner Divas

It's **Trivia Night** on March 13th at the Playwright in Hamden at 7:00 pm!!

We will meet for **dinner at 6:00 with 1/2 price apps and trivia at 7:00.**

Some Irish specialties for **St. Patric's Day**:

BEER BATTERED FISH & CHIPS
CORNED BEEF & CABBAGE (GF)
CHICKEN POT PIE
CHICKEN CURRY
SHEPHERD'S PIE (GF)
BANGERS & MASH
VEGETABLE IRISH CURRY (VT)

We will post the dinner on Facebook. Please let Melinda & Christy know if you would like to attend and we will make reservations!

1/2 price apps and TRIVA whooo hooo!!!

Volunteer Opportunities

House of Heroes has volunteer opportunities specifically for our group!!

A 92-year-old Vet in Hamden is receiving a home facelift.

Volunteers needed to do light yard clean up and light painting

Saturday, April 13

8-2

All equipment, including gloves, protective eyewear, tools, and lunch.

Members of the HOH will be there to guide us and help as well!

There will be a great opportunity for a photo op that will get us in their brochure and on their FB page and website!

Free Tshirt for those that attend.

Looking for a minimum 6 people.

Contact Christy Palumbo to sign up

203 215 0812

Recipes....

Loaded Mexican Pizza



1 CAN (15 OUNCES) BLACK BEANS, RINSED AND DRAINED
1 MEDIUM RED ONION, CHOPPED
1 SMALL SWEET YELLOW PEPPER, CHOPPED
3 TEASPOONS CHILI POWDER
3/4 TEASPOON GROUND CUMIN
3 MEDIUM TOMATOES, CHOPPED
1 JALAPENO PEPPER, SEEDED AND FINELY CHOPPED
1 GARLIC CLOVE, MINCED
1 PREBAKED 12-INCH THIN PIZZA CRUST
2 CUPS CHOPPED FRESH SPINACH
2 TABLESPOONS MINCED FRESH CILANTRO
HOT PEPPER SAUCE TO TASTE
1/2 CUP SHREDDED REDUCED-FAT CHEDDAR CHEESE
1/2 CUP SHREDDED PEPPER JACK CHEESE

1. CAN (15 OUNCES) IN A SMALL BOWL, MASH BLACK BEANS. STIR IN THE ONION, YELLOW PEPPER, CHILI POWDER AND CUMIN. IN ANOTHER BOWL, COMBINE THE TOMATOES,
2. PLACE CRUST ON AN UNGREASED 12-IN. PIZZA PAN; SPREAD WITH BEAN MIXTURE. TOP WITH TOMATO MIXTURE AND SPINACH. SPRINKLE WITH CILANTRO, PEPPER SAUCE, CHEDDAR CHEESE AND PEPPER JACK CHEESE.
3. BAKE AT 400° FOR 12-15 MINUTES OR UNTIL CHEESE IS MELTED.
4. BLACK BEANS, RINSED AND DRAINED



HWC March Membership News

March winds will blow winter away.

SPRING IS COMING SO DON'T WORRY, BE HAPPY!

Let Membership know if you did not receive a yearbook insert or name badge.

A new member orientation luncheon has been planned for March 16th at the Landing in North Haven at 11:30 am. We invite all new members who have not attended before to please fill out the registration form and hand in to the membership Committee. We encourage all new members to attend the luncheon which gives us the opportunity to get to know you in a more personal way and share the many programs, and activities, committees, procedures, and charities the club supports. It can be overwhelming for a new member to grasp all that goes on. We hope you can take this opportunity to join us for our new member luncheon.

HWC Slate of Nominee for 2024/26

Attached to the March Newsletter is a letter from the nominating committee and a posting of the potential nominees for the coming two years. Take this opportunity to assess each candidate for your consideration.

Voting will take place On March 6th at the general meeting. The potential slate of officers will be stated, other names may be submitted from the floor for consideration.

As this is a very important time for the future of the HWC we hope all members can attend this voting process.

Questions contact: Carolyn Della Pietra



Dear members of the Hamden Woman's Club,

The HWC is approaching the end of this season and a change in our Executive Board of Officers is eminent. The nominating committee has been meeting and diligently addressing the future of the HWC by assessing its potential and vision to continue the mission of sharing and caring. We have looked at skills, talents, and desire of candidates who will propel our club into the future. We all want HWC to flourish and be an active, visible force in the community, this is our goal. On behalf of the nominating committee, I am informing you of a potential slate of nominees for office.

Voting will take place at our general meeting on March 6 th , 2024. The slate of officers will be presented and open to nominations presented from the floor.

Executive Board Officers serve for a two-year term attending all general meetings and board meetings. Keep in mind we are a Non-Profit, Civic, Educational, Charitable and Social Organization. Members desire to volunteer their time and talent within the community in service to others.

The Executive Board has the support of all committee chairpersons who also attend general meetings and board meetings. General membership is always informed of decisions presented at board meetings and is asked to vote where needed.

We thank you for all you do and your continued support to our charitable causes.

Sincerely,
Nominating Chairperson
Carolyn Della Pietra

HAMDEN WOMAN'S CLUB
2024/26 Nominees for Executive Office

President:
Linda Melillo
Co-President:
Pat Johnson
(Mentor/Support: Carol Noble)

Treasurer:
Zunny Martinez
Assistant Treasurer:
Ellen Young

1 st . Vice President:
Christy Palumbo
(Mentor: Carolyn Della Pietra)

2 nd Vice President:
Melinda Saller
(Mentor: Antoinette Antonucci)

Recording Secretary:
Meg Boice
(Mentor: Ellen Young)

Corresponding Secretary:
Sue Centone
(Mentor: Judy Feather)



GFWC/CT. SOUTHEAST DISTRICT DAY Saturday, April 6, 2024



Are you feeling stressed out? Are the challenges of work, family, and daily responsibilities overwhelming you? We work hard, volunteer, raise money for our local communities, families, and non-profit charities, so no wonder we feel exhausted.

GFWC/CT. Southeast District Day Invites you to a day of self-care, laughter, and better Health. Our Southeast District may not have all the answers or the cure for burnout. We do, however, have an amazing day of laughter, helpful hints on living a healthy life, and ways to reduce stress. Today is a day that is all about you.

The theme of the day is **“Live Life to the Fullest: Don’t Worry Be Happy.”** We are excited to have two amazing speakers who will help guide us through stress reduction techniques and the joys of laughter.

In the morning, Brad Bickford, Licensed Clinical Social Worker, and Author of “How to Live Healthier, Happier, and Longer...” will share his valuable insight on how to reduce stress and adapt a healthier lifestyle. In the afternoon, Robert River, who is the founder of Laughter Yoga, and the Rivest Method of Joyful Living will be our guide in how laughter can bring us joy and happiness.

Of course, the setting will be at the beautiful Clinton Country Club in Clinton, CT. While we have a magnificent view of the grounds, the buffet lunch will include salmon, chicken marsala, and penne vodka. District Day awards will also be announced during the meeting, and club members will enjoy hearing about the wonderful Club projects and community involvement. An opportunity to see the wonderful creativity of our club members will make the day memorable.

We hope that you will join us for this special day of self-care and healing. Club members can also ask guests and prospective members to attend this event and hear about our GFWC,CT. clubs and volunteer spirit. The registration form is available on the following page.

Contacts:

Shirley Cavanagh at cavanagh@comcast.net
Carolyn DellaPietra at Carolyn.dellapietra@comcast.net



GFWC/CT. Southeast District Day



Saturday, April 6, 2024
Clinton Country Club, 128 Old Post Road, Clinton, CT. 06413

REGISTRATION AND MEAL FORM (Due no later than March 28, 2024) SE District Club Members & Guests/ Prospective Members are Invited.

Registration: \$5.00

Lunch: \$50.00

Total:\$55.00pp

Coffee, Tea, Pastries

Available at 9:30am

Buffet Lunch to Include: Baked Salmon, Chicken Marsala, Penne Vodka
(Lunch Includes: Salad, Bread, Butter, Potato and Vegetable) Dessert –Cookies

Please indicate if you have any dietary restrictions. Cash Bar is available.

Club Name: _____

Club Contact Person: _____

E-Mail: _____ **Telephone:** _____

Enclosed is (1) Check in the Amount of \$ _____ for _____ Reservations

The Southeast District Clubs may have a table to raise funds for their own club.
Half-Table \$5.00 - Full Table \$10.00

(Please Make Checks Payable to: **Women's Club of North Haven**)
Reservations Due by March 28, 2024, Send to:
Pam Lerner 20 Brenton Terrace, Hamden, CT. 06518

Please List the Names of Registrants and Guests from Your Club – Add Additional Sheets if Needed.

Name: _____ **Name:** _____

Name: _____ **Name:** _____

Name: _____ **Name:** _____

Hamden Woman's Club
Member Meeting
February 7, 2024

The meeting was called to order at 6:30 p.m. by Zunny Martinez.

Membership – 34 Members in attendance tonight. There are two prospective members at tonight's meeting. An orientation luncheon will be held on March 16th at 11:30 a.m. at The Landing for new members or the new members who were not able to attend a previous orientation meeting. Further, members were asked to complete and hand in the Updated Membership Form handed out at tonight's meeting.

Recording Secretary – A correction is required on the January 3, 2024 minutes, i.e. the last name of the speaker.

Corresponding Secretary – A thank you note from Bigger Than a Village was read.

Treasurer – November Checking Account - \$11,473.44

December Checking Account - \$11,491.39

Savings Account - \$4,476.01

January Checking Account - \$11,609.39

Savings Account - \$4,482.04

Arts and Crafts – The Arts and Crafts competition is the program for this evening. The two judges from Books & Company were introduced. Members are also asked to vote for the Viewers' Choice Award.

Conservation – The Town of Hamden's Earth Day event is scheduled for April 30th from 10 a.m. to 3 p.m. and will be held at Town Center Park. The town will provide a table and two chairs. A canopy will be needed. This is not a rain or shine event. As Sue will be out of the country, this will need to be coordinated well beforehand.

Book Club/Education – The next meeting of the Book Club will be on February 13th at 12:30 p.m. at the Townhouse Diner.

First VP – Thank you to the members who wore red for Women's Heart Health.

Home Life – Linda Bishop is home and doing well. The committee recently met and created 135 tray favors for the Whitney Rehab/Care Center for Valentine's Day.

International Affairs – The next luncheon meeting will be on February 15th at 12:30 at Bangkok Boulevard in Hamden for Thai food.

Hospitality – Thank you to all who brought food including Antoinette Antonucci who was not on the list for this month. Discussion regarding the higher cost of hot cups was had and it was decided that members should bring a mug from home. Cups will still be available, but they will be the foam cups which are less expensive. Pat Johnson is the third member of the committee. It was requested that members who are on the list to bring food to the meeting should return any telephone call they receive so the Hospitality Committee can be certain that enough food will be available.

Newsletter – Not in attendance

Program - Not in attendance

Public Affairs - Not in attendance

Publicity – Pictures of any events are to be sent to Debbie Boyaji which will be added to the newspaper articles she submits.

Reflections – No report

Scholarship – The Committee is working on it but is having difficulty getting in touch with the counselors at Hamden High School.

Sunshine – There were two birthdays in February and cards were sent. No get well or sympathy cards were needed.

Communications – Not in attendance

Volunteer Hours – No report

Ways and Means – No report, but there will be a 50/50 raffle at tonight's meeting.

Dinner Divas – Seven members attended the first meeting of this committee which was held at LaLupa's. The next get together will be held on March 13th at 6:30 p.m. at The Playwright which has half price appetizers and a trivia contest on Wednesdays.

Nominating Committee – The committee held a meeting and have a tentative list. They are asking the outgoing Executive Officers to mentor the incoming Officers. Please let Carolyn know if you have any suggestions for the open positions and/or would like to fill one of those positions.

Discussion regarding changing the Bylaws to allow new members to hold positions on the Executive Board. Per the current Bylaws, the President is the only position where a new member is not allowed so there is no need for a change.

Carolyn DellaPietro also advised that a Leads Program is being sponsored by National for anyone that would like to move into a leadership position.

The SE District Day is being held on Saturday, April 6th at the Clinton Country Club. All members are welcome to attend. The winning photographs from tonight's program will be judged at District Day.

Shirley Cavanaugh reminded the members that the The Phipps and Schizel Scholarship are available. Each Club can sponsor one person to receive \$3,000 in scholarship funds. Further information is available online.

Unfinished Business:

The House of Heroes is looking for 6 or more volunteers from our Club for Saturday, April 13th, to help with yard and home repairs at a home owned by a 92-year old veteran in Hamden. This organization was the focus of the Club's recent fundraiser and the check will be presented at this event. Barbara Aurora will calculate the amount of funds raised and present this information at the next Board meeting.

New Business:

Discussion was had regarding purchasing a new microphone. A motion was made and passed that Zunny Martinez will speak with the IT Specialist in the Hamden Library for a recommendation.

The meeting was adjourned at 7:30 p.m.

Respectfully submitted,
Ellen M. Young, Recording Secretary

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:



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!