

News & Notes

WOMEN'S CLUB OF FARMINGDALE

Founded 1913

Dedicated to: Education, Philanthropic Endeavors, Civic Pride and Social Enrichment
June 2019



GENERAL FEDERATION
of WOMEN'S CLUBS
Member Since 1916

Editor: Cheryl Parisi

CO-PRESIDENT'S CORNER

It is hard to believe, but one year has come and gone. Lorraine and I would like to thank all of our members for everything you do to support the work we do. Your volunteer efforts are priceless.

I would like to thank our May Luncheon Committee for a wonderful assortment of finger sandwiches and salads. Ladies, you have done an outstanding job! Many thanks to Helen Norjen, chair, Fran Rotondo, Pat Antonucci, Madeline Bondietti, Florence Kaufold, Nancy Carman, Ellen Pence, and Hilda Carman. I know I am forget-

ting someone, so I apologize in advance.

I would like to thank our Welfare Committee for the Mothers in Crisis handbags that were filled and delivered to Madonna Heights. Many thanks also to Anna Ievoli, Rosemary Emigholz, Tina Diamond and Dolores Cianciabella for their help in filling the bags. We delivered over 30 bags on Wednesday, May 8th. Lisa Forgione was very appreciative of all that we do.

I heard that many of our members attended the Plant Sale at the Adult Day Care on Friday, May 10th. I also heard that several women won raffle prizes. A special thank you to Ann Lomonte who helped to sell plants early in the day.

In keeping with our Pinwheel project, we are collecting sweatpants, sweatshirts, socks and underwear for women and girls. These can be brought to our June luncheon. If you are unable to bring these items to our June luncheon, you may drop them at Val Thieke's home and leave them on her porch. We will deliver the clothing and a check to Safe Center of Bethpage in June (date and time to be determined).

On Wednesday, May 21st, we had our last Ambassador Luncheon for the nuns. We had three very successful luncheons raising over \$1000. The money will be used to help defray some of the costs of rebuilding the convent.

On June 10th, we will be attending the Farmingdale High School Award Ceremony. We will be presenting the following awards to deserving high school seniors: Abigail E. Leonard, \$1,000; Women's Club of Farmingdale - \$1,000; Joseph P. Connelly Award - \$300; and a new one, The Carla Peipert Art Award - \$500. All club members are invited to attend the ceremony which starts at 6:00 pm.

I wish everyone a very peaceful, uneventful summer full of warm summer sun, family, fun and love! See you at our June BBQ.

Cheryl and Lorraine



*Memorial Day - Adult Day Care
Methodist Church*



DATES TO REMEMBER

- June 6 End of the Year BBQ
The Turning Point, Motor Avenue, Farmingdale
\$38. per person
Noon - 3:00 pm
- June 14 Flay Day

WELFARE

We are collecting NEW sweatshirts, sweatpants, underwear and socks for women and children to be brought to Safe Center of Bethpage along with our check from the Pinwheel Project. Please drop your NEW clothing off to Val Thieke's home. It may be left on her porch or bring to our June luncheon.

As in the past we continue to collect paper products for St. Kilian's Outreach. This would include napkins, toilet paper, and paper towels. These are items that are often not thought of by others donating.

ST. THOMAS CHURCH FUNDRAISER

DINNER THEATRE

by Hardscrabble Theatre Company

September 21, 7-10 pm

Gender Bender Comedy Night

St. Thomas Church

Conklin Street, Farmingdale

See Lynn Connolly for Tickets and Cost



Planting at 5 Corners on Monday, May 13th. Left to right:
Fran Rotondo, Ingrid Hernandez, Cheryl Parisi and Val Thieke.
Thank you ladies.



JUNE

Doris Howe - 4
Lynda Leone - 6
Katie McKeveny - 6
Drusilla Brem - 17
Vicky Impollonia - 19

JULY

Helen Norjen - 1
Cheryl Parisi - 3
Angie Dunlop - 7
Maryanne Seales - 14

AUGUST

Ellen Acinapuro - 1
Madeline Bondietti - 1
Jane Monaghan - 2
Mary O'Toole - 15
Anna Ievoli - 18
Lynn Connolly - 19
Maria Ortolani - 29

SEPTEMBER

Kathy Firetog - 1
Lois Carbo - 16
Gail McGuirk - 19



The Women's Club of Farmingdale

PICNIC ON THE PATIO

Turning Point Restaurant
Motor Ave
(across from Allen Park)

Thursday, June 6, 2019 - Noon
Picnic Buffet Lunch
\$38 pp
(Cash Bar Only)

Make checks payable to
The Women's Club of Farmingdale

June Luncheon Committee:
Tina Diamond & Maryann Seales

Running... by Cheryl Parisi

Running is something I do for the joy of it. I had never really considered running to race. So when a friend suggested a ½ marathon in Washington DC in March I was very hesitant. After all, I had never run more than six miles and that was only once. My usual runs average 3-5 miles.

Training for a ½ marathon is usually 9-12 weeks. A training schedule of 11 weeks was created. Training was outdoors, early morning starting last week of December and went through the first week of March. Thank goodness we had a mild winter! As the training progressed, I became more comfortable with longer distances which I ran on Saturday mornings.

The week of the race finally arrived. We went down to Washington DC on Friday, March 8th to check in and pick up our bibs and few souvenirs (shirt, sweat-shirt, etc). I was given a few suggestions that I followed – go the end of the water stations and never run through a water station.

The race is called The United Airlines Rock n Roll Marathon, ½ Marathon, 5K. Music is everywhere. My goal was to run 10 minute miles. It was a cold morning in Washington DC and by the time the race started my feet were freezing. It took two miles for my hands and feet to warm up. But I kept telling myself to relax, just run the way you trained, 10 minute miles.

As long as I made it past mile 6, a long, steep, uphill, I would be okay. Mile 6 was lined with photos of men and women who had made the ultimate sacrifice for our country as well as 50 or more American flags at the top of the hill. It was very inspirational and just what I needed to get to the top. Bands every other mile was amazing. Fraternities and sororities in Georgetown handing out beer along the route was interesting. As I reached Mile 10 I could see the Capital Building the entire mile. What a great site. As I neared the finish line, I knew I was better than my goal of 10 minutes per mile. My finish time was 2:07:43 (overall average of 9:45 a mile). I was beyond happy that I had accomplished my goal. It was 10:56 am when I crossed the finish line.

As I went to call home, my phone died! I didn't find out that I had won my age group (65-69) until 2:00 pm when I called home from the hotel. I had registered my husband, daughter and sons email addresses and they could follow me at Miles 3, 6, 10 and the finish line. They knew I had won. I was soooo excited! It was such a great feeling.

I have run the Main Street Mile twice, once finishing in third place and the second time finishing in first place (65-69). I also recently ran the Ho Ho Ho Run in Bethpage two weeks before Christmas coming in first place. This was a 5K (3.21 miles) race and I came in first place in my age group running an 8:41 mile.

When I started the training, I wasn't sure that I would be able to run 13.1 miles. But as the training continued and I ran longer and longer I became more and more sure that even if I had to walk a portion of the race, I would finish. And finish I did!



FAMILY PHOTOS



Katie McKeveny's Greatgranddaughter
Mae River McKeveny
Born May 5, 2019 - Portland, Oregon



Katie's grandson
Ryan McKeveny and Mary
Engaged!
Wedding November 11, 2019

BOOK CLUB

Meeting is on Thursday, May 30th, at noon. We are reading the book *My Brilliant Friend* by Elena Ferrante. We meet at the Farmingdale Diner. Hope to see many of you there.

Easter in Vero Beach with the Thieke's - Val and Steve with three of their children and their spouses, 10 grandchildren, her sister and brother-in-law and two nephews.



The Women's Club of Farmingdale Executive Board

Cheryl Parisi, Lorraine Stanton	Co-Presidents	Ann Ciuffo.....	Corresponding Secretary
Catherine Sewell.....	1st Vice President	Lynn Connolly	Treasurer
Rosemary Emigholz, Lois Carbo	Co-2nd Vice Presidents	Ann Lomonte.....	Auditor
Gail McGuirk	Recording Secretary	Tina Diamond	Imm. Past President



EXECUTIVE BOARD MEETING - SEPTEMBER 19 - 10:00 AM



Business meeting at convention - left to right:
Tina Diamond, Barbara Hoerner, Vicky Impollonia, Loda Romanelli,
Dolores Cianciabella (standing) and Pat Pedley.

EYEGASSES



Ladies, please remember to recycle your old eyeglasses. They will be donated to the Lions Club for recycling worldwide. Collections will be made at all in-house meetings. Thank you, Maria



*Plant Sale at Adult Day Care
- Anthony, Director;
Maria, Cheryl and Rosemary*



Women's Club of Farmingdale
P.O. Box 293
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