

# News & Notes

## WOMEN'S CLUB OF FARMINGDALE

Founded 1913

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



GENERAL FEDERATION  
of WOMEN'S CLUBS  
Member Since 1916

Editor: Cheryl Parisi

### CO- PRESIDENTS' CORNER

Wow, it's March! I was reminded today that our first year as Co-Presidents is just about over. It seems like we just said okay, we'll do it! While we have had a few cold spells, the weather this winter has been mild!

Our reports are done and submitted, I hope, to the right chairperson. One category that will be revised next year is our Leadership hours! After emailing back and forth with Dottie Bachman, I came to realize that we significantly under report our hours! I did not know all the areas that we should be counting. I have a much better understanding of what we do. I thank all of you who submitted sheets that detailed your volunteer hours. It makes a difference. It was an interesting experience to write and submit our reports.

I would like to thank our luncheon committee for February. As always, our luncheons are delicious and the decorations always festive. Thank you to Vicky Impollonia for chairing and her committee: Kathy Firetog, Karen Coonan, Bea Ferrari, Lynda Leone and Cathy Sewell. If there were any substitutes or someone I missed, I apologize.

While our programs have been very interesting, it is time to take a break and have some fun! March is our Lemons Auction. Bea Ferrari always does an amazing job as our auctioneer and I look forward to seeing all of the many treasures you bring in for her to auction off! The money raised goes to Ways and Means and they will decide where to allocate it.

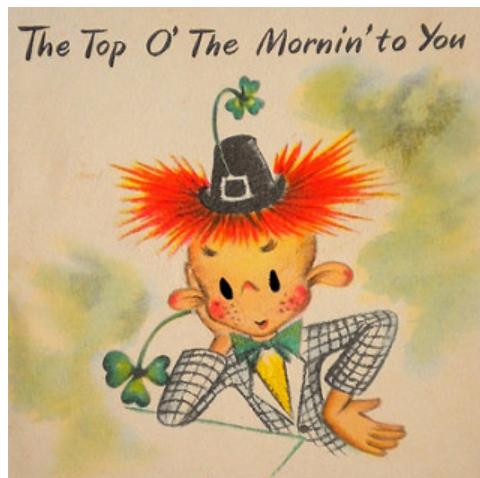
We had two applications for a scholarship and Tina's committee has evaluated them and made their recommendation. Unfortunately, we can only submit one applicant.

I hope to see many of you at the LI Metro District Cultural Arts Program on Monday, March 4th. It should be a great day.

Lorraine and I look forward to seeing each of you at our monthly meeting. Remember, volunteering is at the heart of all we do. If you know someone who is looking to volunteer, perhaps they would be interested in becoming a member. Invite them to a meeting.



Cheryl and Lorraine



## TOP of the MORNING

Come join in at Farmingdale United Methodist Church Adult Day Care Center on Friday, March 15th at 10:30 am for some St. Patrick's Day singing for the day care members. A half-hour of this sing-a-long makes this special audience happy and feeling good for the day. It's an uplifting experience and don't forget to wear your green to sing! Please let us know if you're coming. The new director, Anthony, has invited all singers to say for lunch!

## DATES TO REMEMBER

- March 4 LI Metro District Cultural Arts Day - 10:00 am  
Domenico's Restaurant, Levittown
- March 7 General Meeting - Allen Park - Noon  
Lemon Auction
- March 10 Daylight Savings Time (Spring Ahead)  
St. Patrick's Day Parade -  
Village of Farmingdale - 1:00 pm
- March 15 Adult Day Care - St. Patrick's Day Singing - 10:30 am  
Farmingdale Methodist Church
- March 17 St. Patrick's Day
- March 21 Executive Board Meeting - 10:00 am - Village Hall  
Ambassador Luncheon - 12:30 pm - \$20 per person  
Nuttty Irishman
- March 29 Book Club - Diner - Noon  
Book: A Tree Grows in Brooklyn

## FLU FIGHTING FOODS

A yearly vaccine probably is the best preventative medicine. But did you know that some of the foods in your kitchen are also flu fighting!

**Ginger:** Sipping on ginger-lemon tea will provide a boost to your immune system as well as soothing your throat.

**Garlic:** Raw and aged garlic contain a fiber called fructans. This helps to digest food and jump start your immune system.

**Beans:** Their main flu fighting component is protein. Protein helps to build a weakened body back up. You can add beans to chicken soup.

**Citrus Fruits:** Packed with vitamins, nutrients, minerals and Vitamin C.

**Chicken Soup:** There is scientific evidence that a bowl of warm chicken soup helps fight the flu and common cold.

## AMBASSADOR LUNCHEON

Our next Ambassador Luncheon will be to help the Sisters of St. Claire in Italy. It will be held at the Nutty Irishman on March 21st at 12:30. The cost is \$20.00. A check to Women's Club of Farmingdale will be collected by Ann Lomonte at our February and March meetings or you can let her know you will be attending and pay on the day of. At our first Ambassador luncheon for the sisters, we raised \$395. Thank you!

## BOOK CLUB

Our next meeting will be on Friday, March 29th. We will be reading the book A Tree Grows in Brooklyn available at the library at the reference desk. We will meet at noon at the Farmingdale Diner.



### MARCH

Edie Allen - 3

Ellen Pence - 6

Dolores Cianciabella - 14

Pat Antonucci - 15

Denise Murphy - 18

Linda Kruesling - 31



Time to  
Spring Ahead

*Sunday, March 10th  
2:00 AM  
Spring Ahead!*

# LEMONS to LEMONADE



At the next general meeting, March 7th, there will be a Lemon Auction hosted by our in-house auctioneer - Bea Ferrari. Please bring a lightly used trinket to the auction. Remember your "junk" is someone else's "treasure". It's a fun afternoon and the club will use the extra money towards our many activities.

Besides your lightly used trinket, remember to bring CASH! We don't do debit or credit!

## BOOK FAIRIES

If you wish to donate books or to volunteer to sort books this organization may interest you. They accept donations of new and used books and are located at 70 North Main Street in Freeport.

Contact Rebecca Lakhani at [Rebecca@TheBookFairies.org](mailto:Rebecca@TheBookFairies.org). They collect books on Tuesday, Wednesday, and Thursday at the back entrance.

The Book Fairies does more than just impact their local community; they are also dedicated to supporting literacy programs in underdeveloped nations around the world.

Please let us know if anyone donated books or has volunteered anytime with this organization.

## LUNCHEON COMMITTEE

Reminder to monthly lunch chairwomen: Please charge the microphone when you arrive at Allen Park in the morning of our lunch meeting. Also, the secretary in the office has suggested that you call the office the day before the meeting to remind them that we're meeting the next day, and to have a worker available to help move tables, etc. if needed. Their number is 516-755-1842. They have a copy of the sketch of the table arrangements in the office. It's probably still a good idea to bring your copy with you. Thank you.

Judy Vilas, Luncheon Chairperson

## 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

April is National Child Abuse Prevention Month



The GFWC-NY president has chosen child abuse to focus on and raise awareness of. To that end, we have purchased 480 blue pinwheels. We will be selling these pinwheels during the course of the year for \$5.00. We will have ribbons that will say: "In Honor of", "In Memory of", "In Thanking for" if you so choose. In April, we will display all 480 pinwheels in the fountain on Village Green with a banner denoting April as Child Abuse Prevention Month. At the end of the month you may have your pinwheel(s) to display at your home. Thank you in advance for supporting this very worthwhile organization.





**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 - MARCH 21 - 10:00 AM**



106th  
 Birthday Luncheon  
 La Villetta Restaurant  
 968 Fulton Street, Farmingdale  
 Thursday, April 4th  
 Noon to 3:00 pm  
 \$38.00 per person  
 Open Seating  
 Come dressed to impress!

Checks will be collected by Maria Ortolani or Ann Lomonte  
 at the February or March meetings or can be mailed to:  
 273 N. Atlanta Avenue, N. Massapequa, NY 11758



Women's Club of Farmingdale  
 P.O. Box 293  
 Farmingdale, New York 11735