On This Date in History: May 21

- 1620: Present-day Martha’s Vineyard is first sighted by Captain Bartholomew Gosnold.
- 1881: The American Red Cross is founded by Clara Barton.
- 1901: Connecticut enacts first speed-limit law
- 1927: Charles Lindbergh lands in Paris completing the first solo air crossing of the Atlantic.
- 1932: Amelia Earhart becomes the first woman to make solo, nonstop transatlantic flight.
PRESIDENT’S MESSAGE:  

Janet Stockalis

Dear Sisters in GFWC, This is the most difficult letter I’ve had to write during my two years as your President. It is new territory we are all experiencing during a trying time in our country as well as our club. Please bear with me as I attempt to traverse the path. I have been reading the Parliamentary Pointers published by GFWC International and I am trying to follow them. As of this moment all GFWC functions are cancelled including National and State Conventions. Instillation of officers is celebratory and not official so not necessary. Meetings have been cancelled at our busiest time of year. Funds disbursement, Election of officers with installation, Membership renewal and printing of the Redbook information are postponed and my head is spinning! Since we have never, to my knowledge, had a “Nay” vote on proposed slate of officers I will say that the slate is approved as previously published. The Finance Committee counted and verified the ballots so funds will be disbursed as published. If you have not yet sent your membership renewal and check to Marg Studley, please do so by May 20th. Also please let Judy Rosentel know what committees on which you will serve. As of May 7th there have been 38 paid members and many of the forms are not filled out but merely signed. This Makes Judy’s job extremely difficult. Please “Be Kind.” Let her know. In order for reporting to be done I ask that you let Alice Horahan (who is graciously doing it again) know what your committee has done this calendar year so far, 1/2020 until 5/2020. Author’s Tea, Ben’s Bells, Soles4Souls, Quarters for Heifer Program, Sewing, Knitting, Veterans, Women’s Center, Bridgeport Rescue Mission, Food Pantries, Greeting Cards, Box Tops, Flip Tops, Books for Babies and Caring Friends. I hope I didn’t miss any. Trying to remember in December is tough. We will figure out when and how we can have the combined old/new board meeting to “pass the torch”. I believe much will have to be done via e-mail and phone calls. I apologize if I have missed anything. If so, please call or e-mail me or even send me a note with no return address, if you wish to remain anonymous. This has been a difficult time for us all but together we will survive! Stay safe. Be well.

~Janet

Congratulation to the officers for the 2020-2021 club year:

Co-Presidents: Mary Ann Magee & Colleen Honan  
First V.P. Joan Lavery  
2nd V.P. Marie Sturdevant  
Recording Secretary Margot Hall  
Corresponding Secretary Jan Happel  
Treasurer Nina Morrisson  
Asst. Treasurer Pat Denlinger  
Historian Marilyn Alexander  
Historian Pat Denlinger
EDUCATION:  

Pat McCarthy

BOX TOPS & FLIP TOPS; Box tops (worth .10/ea.), given once a year to the Newtown Schools and flip tops, given to the local Lions Club continue to be collected at each meeting. Look for the green buckets.

BOOKS for NEW BABIES: We present a “First Book” to the new-born grandchildren and great-grandchildren of our club members. You may complete a form in the red folder and give to Pat McCarthy or email the information directly to patmc620@outlook.com. Please send your name, your relationship to the child, name and address of the child including zip code and date of birth.

“Flip Tops” – Pat Hubert is now collecting the flip tops.

CONSERVATION  

Millie Anderson  
Dot O’Byrne  
Evie Watts

The Newtown Woman’s Club Conservation Projects may be on hold for now, but they are still going to take place once we are up and moving and back to normal. This is what is planned going forward.

SOLES 4 SOLES collection of gently used shoes – this will be our third and final shoe collection. Set aside your gently worn footwear for the October meeting. We have sent in over 150 pair to date. Let’s aim for 200!

REDEEMABLE BOTTLE AND CAN COLLECTION

Save your redeemable deposit cans and bottles (clean please) and bring them to the September meeting. Conservation Committee members will redeem them. The funds received from the deposits are earmarked to be donated to the Catherine Violet Hubbard Foundation and Animal Sanctuary.

NEWTOWN TRANSFER STATION TOUR

Postponed to a later date

SIMPLE THINGS CAN MAKE A BIG DIFFERENCE. WE CAN ALL RECYCLE, WE CAN USE LESS PLASTIC, AND WE CAN WASTE LESS FOOD. WE CAN ALL DO THESE BASIC THINGS.

BELLES, BOOKS AND CANDLES:

Dot O’Byrne  
Evie Watts

There will be no book club meeting but feel free to read the book that was chosen for May.

TWENTY-FOUR HOURS  by  Greg Iles

Questions?  
Dot Obyrne:  203-426-3217  
Evie Watts:  203-426-5532

CARING FRIENDS:  

Ann Kirk

• Get well card sent to Peg Forbell  
• Thinking of You card sent to Ducky Loewenstine

If you know of any NWC members/family members who might be cheered by a Caring Friends card or phone call, please let Ann Kirk know. You can reach her at annkirk37@yahoo.com, or call her at 203-426-6689.

There will be a link to the newsletter on the website each month in case you have trouble opening the email file. Here is the link. If you click on it, it will bring you to our site.

http://www.nwc-gfwc.org
HOME LIFE: Marcia Cavanaugh, RN, BS

HEALTH

HOW TO AVOID COVID 19
Chronic inflammation makes you more vulnerable to many viruses including Corona. You don’t need medication, just improve your diet. Nutrient filled foods make your body work its best just as junk foods cause inflammation.

Increase your intake of colorful produce, seafood and nuts. They contain antioxidants and other nutrients which keep inflammation in check. The Mediterranean diet which focuses on fresh fruit and vegetables, healthy oils and nuts is ideal. Vegan and vegetarian diets are good choices, too. Choose grass-fed beef rather than grain-fed if you must have meat. Yogurt is good, too.

Alcohol, in moderation, is beneficial. One drink per day for women and two drinks for men prolongs life. More, or fewer drinks, cause higher levels of C-reactive protein, an inflammation marker.

Eat oily fish - salmon, tuna, herring, sardines. Take turmeric, a curcumin supplement. Take a walk in the sunshine and get Vitamin D. Lower stress with yoga, meditation and breathing exercises.

Doing these things will help prevent infection.

Take care, Marcia

There are no minutes this month because we did not have a meeting in April.

The recording secretary sends best wishes to everyone for continued good health.

Margot Hall

FINANCE: Dolores Judge

Thirty-one members voted by email, snail mail and telephone for this year’s BALLOT. The result of the voting (in descending order): Meals on Wheels 23 votes, Newtown Ambulance 21 votes, Women’s Center of Greater Danbury 15 votes, Newtown Youth and Family Services 14 votes, Newtown Salvation Army 12 votes, Newtown Spay and Neuter 8 votes.

The Finance Committee decided that the top three organizations would receive donations.

Donations for 2020 will be:

Organizations and donation approved at the September 2019 meeting:

- Newtown Fire Dept Insurance Fund $350.00
- Labor Day Parade $150.00

Organizations approved at the September 2019 meeting with the amount to be determined in spring:

- CH Booth Library $500.00
- NWC Scholarship $500.00

Organizations to receive a donation as a result of the BALLOT:

- Newtown Meals on Wheels $975.00
- Newtown Ambulance $900.00
- Women’s Center of Greater Danbury $625.00

TOTAL: $4000.00

Please send Judy any information or photos for the website and/or Facebook. Check out our website: http://www.nwc-gfwc.org/. The next newsletter deadline is September 3, 2020
Peg sends her love from PA as she convalesces from her recent hospitalization from a tick bite. She wanted to share this pastoral scene that she enjoys from her daughter’s home.

If anyone feels stressed or lonely, use your Redbook and reach out to any of us. We are all here for one another!

Thank you to Janet and her executive board for all their hard work for the past two years. We know you’ll be guiding our new board as they face these uncertain times. Good luck to the new board and hopefully we can all be together in September! Have a wonderful summer and stay well.

### TREASURER'S REPORT 04/01/2020 - 04/30/2020

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## Birthday’s

### May
- Ann Kirk  3
- Mary Obre  9
- Coke Cramer  10
- Alice Horahan  24
- Judy Rosentel  29
- Millie Anderson  30

### June
- Marcia Cavanaugh  6
- Marg Studley  10
- Barbara Krausz  12
- Pat McCarthy  20
- Betty Doty  26
- Evelyn Watts  27

### July
- Michelle Rosenthal  2
- Marie Sturdevant  15
- Sandra Dickinson  19
- Pat Bailey  24

### August
- Ellyn Gehrett  3
- Marie Pompa  15
- Judi Qualey  10
- Dolores Judge  18
- Lilleba Peterson  20

## MEMBERSHIP:

Since the May meeting has been cancelled please fill out the Membership form that has been attached to the email Judy will send. If you’ve already mailed me your dues, thanks! If not, add your check and mail it to me by May 20:

Marg Studley  
49 Hundred Acres Rd.  
Newtown, CT 06470

**Annual Dues:** $45 (regular member)  
$55 (associate)

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**See You In September!**  
(We Hope)