

# Woman's Club of Douglaston



Established 1916

## WCD NEWSBYTES JANUARY/FEBRUARY 2025

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### ***A Message from the President of the Woman's Club of Douglaston***

***Maria DiChiara***

*I see it not as My Mission but as Our Mission. Let us share our thoughts, ideas and numerous talents and work together to better serve the Douglaston Community. Let us grow and strengthen new and existing friendships. Let us continue to work tirelessly toward our philanthropic, educational and intellectual goals. Let us grow together as members of the Woman's Club of Douglaston. Let us keep smiling!*

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Dear Ladies,

**Goodbye 2024 and Hello 2025!**

**So how did you ring in the New Year?** I quietly watched the ball drop, enjoyed a glass of bubbly, and came to the realization that I had no idea who the performers were on New Year's Rockin Eve...talk about feeling old!

With the beginning of a new year comes some uncertainty but one thing is certain, as a member of the **WCD** you will have the opportunity to spend another banner year with friends enjoying stimulating and entertaining programming and special events.

Our newly formed Fundraising Committee will focus on finding innovative ways to raise money. Monies raised will help to support our charities, bring you the quality programming you have become accustomed to and help cover our ever-rising administrative costs. Our first Game Day Fundraiser will be held on February 21st and I am confident we can count on your participation. [Be sure to sign up today!](#)

Keep in mind if you have any programming or fundraising ideas or any other suggestions, feel free to share them. We appreciate and value your input and opinion.

It's going to be a great year so visit our website at [www.womansclubofdouglaston.com](http://www.womansclubofdouglaston.com) for the latest Club news and important dates and don't forget to read this month's issue of NewsBytes.

As we begin 2025, please join me in a silent prayer that it will be a year of peace and good health with many blessings for us all. Let us not forget those members lost, those who lost family members and the less fortunate, especially the women and children suffering here and around the world.

My Dear Ladies... I think we all know that it's not what we have in life but who we have in our life that matters. I am blessed to share my life with the ladies of the **WCD**.

I look forward to seeing you at our next meeting on February 13<sup>th</sup>.

Happy New Year and...Let's keep smiling!

Sincerely,

*Maria DiChiara*

## WOMAN'S CLUB OF DOUGLASTON FEBRUARY GENERAL MEETING

**THURSDAY, FEBRUARY 13, 2025**

**1:00 PM**

**DOUGLASTON CLUB**

600 West Drive - Douglaston

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### **PROGRAM:**

#### **Getting Gorgeous at Any Age**

**Dr. Deborah Sarnoff, M.D., F.A.A.D., F.A.C.P.** is a Board-Certified Dermatologist specializing in cosmetic dermatology, dermatologic, laser and Mohs surgery for the treatment of skin cancer. She will present a PowerPoint presentation of before-and-after procedures on real patients. Dr. Sarnoff is Director of Dermatology at Cosmetique Dermatology, Laser & Plastic Surgery, LLP, NY, and has been interviewed on The Today Show, Good Morning America, 20/20, The Doctors, Dr. Oz, to name just a few.

Introducing Dr. Sarnoff is Joan Swirsky. Joan has authored 12 books, some with Dr. Sarnoff. Additionally, she has had a multifaceted career as delivery room nurse, psychotherapist and award-winning journalist. Related books will be available to purchase for \$10, the proceeds of which will be donated to The Skin Cancer Foundation.

## ANNOUNCEMENTS

**Until further notice no guests** will be allowed to attend upcoming **WCD** General Meetings with the exception of the **Annual Meeting and Luncheon Fundraiser in May**. Guests are also welcome to attend any other **WCD special** event.

To access our **Members Only Page** and to create a secure online profile, visit our website [www.womansclubofdouglaston.com](http://www.womansclubofdouglaston.com) [home page](#).

On the upper right corner, sign up using your email as recorded in our Membership Roster.

## MONTHLY CLUB CALENDAR

**THURSDAY, FEBRUARY 13, 2025**

### **BOOK CLUB**

The Book Club will meet at **12:00 pm** in the Bar Room prior to our **General Meeting**. All members are welcome to share our love of books.

**This month the book for discussion is** (Black History Month) **"JAMES"** by Percival Everett (320 pgs) Good Reads 4.6

**The Book Club** has provided the following Book Club choices for our 2025 season:

**March:** Readers' Choice

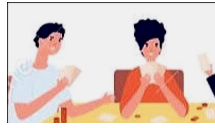
**April:** "The Spectacular" by Fiona Davis (368 pgs) Good Reads 4.1

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## CARDS, GAMES AND BINGO FUNDRAISER

**DATE: FRIDAY, FEBRUARY 21, 2025**



Calling all **Bridge, Canasta, Mahjong, Poker, Rummikub and Bingo** players to enjoy a day full of camaraderie, raffles, 50/50, and fun. Gather your friends and arrange your table to play your favorite game. Please bring your own cards and/or equipment. Single players ... don't worry if you do not have a table, we'll find one for you. All **guests are welcome including gentlemen.**

**Fill out the attached RSVP and bring it to our February meeting together with your check made out to WCD to reserve your seat. Pat Doyle will be collecting checks.**

**PRINT/VIEW FLYER HERE**

### **THURSDAY, MARCH 20, 2025 - THEATRE COMMITTEE**

The **WCD** will be going to the **Great Gatsby** play via a coach bus with a 3-course lunch at **Rosie O'Gradys restaurant**, before the matinee performance. The seats will be in the orchestra section at The Broadway Theatre. **The total cost of the trip is \$190.**

If you have already paid for the ticket and bus, your balance is **\$55.00 for lunch.**

Please make the checks out to Woman's Club of Douglaston and bring to the meeting on February 13th, or mail to att. Maura Wrynn, 8 Hillside Avenue, Douglaston, NY 11363.

**SAVE THE DATE**

**WEDNESDAY, MAY 7, 2025**  
**ANNUAL MEETING LUNCHEON**  
**"HOLLYWOOD AND THE OSCARS"**



**Our Annual Meeting Luncheon** themed **"HOLLYWOOD AND THE OSCARS"** at North Hills Country Club in Manhasset is coming up with a fun cocktail hour, a **"surprise"** entertainer, raffles, and friendship, all included. **Cost: \$90.00 p.p.**

We encourage you to wear bold colors, metallic, sequins, or a piece of statement jewelry to walk down the **"Red Carpet"**. It's the Oscars you may as well have some fun. There's a style to suit every taste.

**Raffles and donations from members, friends and merchants are needed.** We ask our members to please donate a **Grand Prize item or gift basket**. Remember the proceeds of this luncheon fundraiser are allocated to the support of our charitable endeavors and the much needed administrative **WCD** funds.

**Stay tuned for more details.** Please contact **Chairwoman Linda Akers** for information. Email: [Linakers@yahoo.com](mailto:Linakers@yahoo.com) - Tel: 917-941-2536 or **WCD** at [womansclubofdouglaston@gmail.com](mailto:womansclubofdouglaston@gmail.com)

Contact **Johanna Abramo** for **Grand Prize** and **Basket Raffle** donations. Email: [cooljo707@msn.com](mailto:cooljo707@msn.com) Tel: 917-226-4156.

**Start thinking about your raffle donation. Don't wait until the last minute. If you have it ready ahead of time you can deliver it to the homes of Johanna Abramo or Linda Akers at any time but not later than Monday, May 5, 2025.**

## COMING UP

### WCD FIRST ANNUAL FALL FESTIVAL

NOVEMBER 13, 2025

LEONARD'S PALAZZO

STAY TUNED FOR MORE DETAILS



**Editor-in-Chief**

**Annette Aloisio**

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### From the Editor ...

**Welcome Back Ladies!** I hope our time apart was as good as can be. As can be seen from this publication, there are many exciting programs and events planned for the coming season. Bear in mind “your” Board is always working to ensure the **WCD** does what it does best: offer us all a comradeship; a sense of community; programs which are educational, insightful and sometimes – just for fun. I know you will enjoy all that is planned.

I would be remiss if I did not mention the hardships taking place in our country – hurricanes and the devastating fires in California. Let us keep our fellow citizens in our thoughts and prayers. If any of your family members or friends have been affected, please know we share your concerns.

We all possess many “things” (probably and more than likely) too many. Imagine if it was all gone – nothing left. It is beyond my capability to imagine such a disaster. With that in mind, let us try to remember that each new day is a gift. Each new day is an opportunity to start over. Each new day offers a new beginning. **Each new day is a blessing.**

We look forward to the **WCD’s First Meeting of 2025** and our eagerly anticipated reunion.

*Again, thanks to our **NB Team, Linda, Maria and Margarita.** “Without you – I’m nothing – with you – I’m something – Together we’re everything”. (Unknown)*

**A.A**

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### **PONDERINGS, MUSES AND IDLE THOUGHTS:**

The “**Holidays**” are a distant memory. The decorations and all the accoutrement associated with the “Holidays” have been tucked away until next year. Gifts have been exchanged, returned, and yes, some people actually start their holiday shopping for next year (*not moi*). Dreary, usually cold January is here – in my humble opinion, the worst month of the year (except for all you beautiful ladies who were born this month – you know who you are – and so do we!)

Do you make “New Year’s Resolutions”? It is defined as: “...*a commitment or intention to change something or achieve a goal in the New Year.*” Sounds good to me (in theory – I am not happy to report – not necessarily in practice). I believe we all have goals of some sort – I believe we hope to achieve them – I believe we can – I know we are the ones in control of any change/goal. I would hope if your (my) goal is related to health issues, there is no choice. It is something that must be achieved. In my opinion, the usual goals – lose weight, exercise more, healthy diet are important for better health. If your resolution is to clean out the basement and purge the clothing closet – then

there is some wiggle room to “put it off”. ***“If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.”*** (Andrew Carnegie –Industrialist – Philanthropist).

***Why I love February:*** It is the third month of winter. It is the shortest month in number of days. It is said to be the snowiest month – I do love a snowfall (in moderation). February is to be celebrated by us, in particular, because it is the first meeting of the **WCD** in the New Year. That, in itself, is celebratory. It is always grand to reunite and see our friends again and share our stories – our lives – our joys – and sadly, too often, our sorrows. Alas, that is what we do best – share!

***“February is the border between winter and spring”*** (Terri Guillemets). Most people eagerly await Spring for reasons which are obvious.

Some of the notable and significant dates in February are: Groundhog Day (we know the significance of that); Valentine’s Day, National Freedom Day, and Presidents’ Day. Many observe Black History Month, Leap Day, Heart Health Month.

“The name ‘February’ comes from the Latin word Februum which means ‘to purify’”. Interesting to note the “Romans held a month-long festival of purification and atonement that took place this time of year.” “Juno Februa was a Roman Goddess of purification, love, and protection of the home”. Interesting to note that it was believed that “purification made way for fertility and creativity known today as ‘spring cleaning’”. Isn’t that interesting? Who knew there was a reason we perform these rituals dating back to ancient times.

***“Let February be the month you conquer your doubts and chase your dreams.”*** (Unknown)

**On a personal note:**

*Let us all take seriously the issue of **heart health**. Ladies, I am sure you are aware it is the leading cause of death for women in the U.S. There are many factors affecting heart issues and women; some of which are beyond our*

*control: genetics, age, autoimmune disorders, etc. With that in mind, aside from joking about resolutions, let us encourage each other to exercise (in any form – maybe organize a walking group); try to maintain a healthy diet; try to manage stress, try to avoid processed foods; try to change any unhealthy habits. Let's **resolve** to support each other in this quest. "It works if you work it".*

**A.A.**

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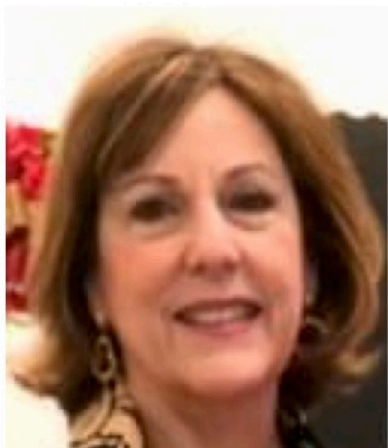
**THOUGHT FOR THE DAY** : *Learn from yesterday, live for today, hope for tomorrow". (Albert Einstein – “ $E=mc^2$ ” – theory of mass and energy equivalence; Inventor; Physicist; Nobel Prize Winner. An aside: “Albert Einstein is generally considered the most influential physicist of the 20<sup>th</sup> century”.*

**A.A.**

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## Meet the Board

### Margarita Autz, Corresponding Secretary



**Margarita** was born in Puerto Rico. Her father was a Director of Drug Enforcement and her mother was a substitute teacher and a "stay at home"

Mom. Margarita is the youngest of four siblings - one sister and two brothers. Both sets of grandparents emigrated from Spain to Puerto Rico for more opportunities.

Margarita pursued pharmaceutical studies in Puerto Rico; received her license in Public Health in Puerto Rico and made the decision to continue her studies at St. John's University in Jamaica, Queens. It was not always easy - but at the suggestion of one of her professors - she worked in the Pharmacy at St. John's during the daytime and continued her studies in the evening - she was accepted into the program and after two years, accomplished her goal of attaining a Master's Degree in Clinical Pharmacy. After graduating St. John's, Margarita had a one-year residency at the National Institute of Health in Bethesda, Maryland. Thereafter, Margarita's internship was in Poison Control at Bellevue Hospital.

It was while traveling to work on a snowy day in April (as per husband, Arthur - April 8th to be exact), Margarita got off the train at the incorrect stop as did Artie. He was interning at Mt. Sinai. Somehow, they conversed, eventually, Artie asked for Margarita's phone number - which she reluctantly gave him (being a properly brought up young lady); they started dating; after two years, got married in Puerto Rico surrounded by family and friends.

Due to Artie's medical rotation and internship, they lived in Alexandria, Va. Where their first son was born. Eventually, they moved back to New York and bought their first home in Richmond Hill, where their three children were born (2 boys and 2 girls!). Twenty-five years later, they purchased their forever home on Beverly Road - where all the children grew up. Margarita was working for the Veteran's Administration in Brooklyn full-time and then part-time at the V.A. in St. Albans. She retired after 32 years of practicing.

Shortly after retirement, Margarita joined the Woman's Club of Douglaston and accepted her first Board Position as Corresponding Secretary. Margarita also sits on the Board of the Douglaston Garden Club.

As a child, Margarita played the piano and enjoys doing so to this day.

Margarita also enjoys cooking and from her description of foods, she is an accomplished cook. Margarita was an avid tennis player - but now her passion is swimming which she does as often as possible at the Douglaston Club. It is her exercise and tranquil time - well deserved!

Margarita cherishes the friendships she has made at the **WCD** and enjoys the programs, activities and serving on the Board.

**On a Personal Note:** Margarita takes her job as Corresponding Secretary very seriously. She is an integral part of our team ensuring that those members without email are contacted personally to be informed of noteworthy events. She is also responsible for the printing and mailing of our annual Booklet – a time- consuming and important task.

Margarita has been a neighbor and friend for many years. I treasure our friendship and sharing our appreciation of Beverly Road where Margarita can be seen most days starting her walking routine. She is an inspiration to me and to many.

## HAPPENING IN OUR TOWN ...

**DOUGLASTON NATIONAL ART LEAGUE** - The **Student Show** is currently on display at the League **until** February 5, 2025.

**NAL** member **Kevin Yen** will be doing a free **artist demonstration** at the League on **Sunday, February 9th at 1pm**. Using his technique of layering oil paints, Kevin will demonstrate his expertise in painting the human eye.

**ALLEY POND ENVIRONMENTAL CENTER** - Breathe & Stretch - Morning Yoga - Saturdays at 9:30 am - 10:30 am - 6 sessions (you do not need to register for multiple). Come practice Yoga at APEC to start the day with breathwork and gentle movement. The emphasis of class will be on relaxing breathing techniques, an exploration of holding basic and non-traditional poses,

and a focus on movements which both strengthen and lengthen. Open to all levels...beginners are welcome! Feel free to register for one class to try it out! Space is limited. \$22 per session.

**Wire Wrapped Jewelry Making Class - Sunday, February 9th | 12:30 pm - 2:00 pm.** Are you looking for an original gift for someone special for Valentine's Day or a Birthday? Join Naomi Rabinowitz, artist, and jewelry designer, for a fun afternoon making wire wrapped jewelry using sea glass. Participants will have the opportunity to make pendants and earrings-- and to learn the basics of wire wrapping! All materials will be provided. ***Space is limited. Fee: \$20 per person.***

**Forest Bathing Walk - Saturday, March 29th | 10:30 am - 12:00 pm** - Take a 90-minute meditative Forest Bathing walk, led by certified guide Linda Lombardo. Based on the Japanese tradition of Shinrin-Yoku, this unique walk inspires mindful connections with the natural elements of the woods for a range of healthful benefits. We will welcome the Spring and share the beauty of silence as you rediscover your wild heart in nature. According to Linda, "Take this time to be present, lower the stress you may be experiencing, and connect with nature, which naturally boosts your immune system." ***Space is limited". \$25.00***

**Looking for a Canasta group?** Join our **WCD** Game Days or check out the Canasta Club at [Douglaston/Little Neck Library](#)

**CENTER FOR THE WOMEN OF NY** - is offering **Free One-On-One Tax Prep Assistance** on **Tuesdays, March 4 - April 8 @ 10 am - 4 pm**. File simple tax returns with a certified tax preparer. For more up coming events contact CWNy at [info@cwny.org](mailto:info@cwny.org)

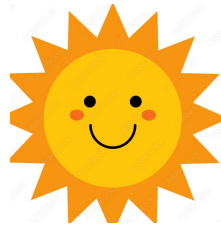
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### ***DID YOU KNOW THAT A MAILMAN MADE A CASTLE IN FRANCE?***

**Le Palais Idéal** is an 85-foot-long, 33-foot-high castle located south of **Lyon** made from rocks that a 19th-century French postman picked up during his mail

route over the course of 34 years. Even though the mailman had no formal architecture training, he built the castle himself including the pillars, grottoes, and flying buttresses.

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## SUNSHINE

Sympathy card was sent to the Family of Pat O'Connor – a thank you card from Pat's family was received.

Sympathy card was sent to the Family of Dorothy Lukaszuk – a thank you card from Dede Martin (Dorothy's daughter) was received.

Sympathy card was sent to Fran Bello for the untimely loss of her son, Paul. A donation was made by the WCD to the family's requested charity. On behalf of the WCD, a Mass will be celebrated in Paul's memory on Sunday, April 6th, 2025 at 12:00 Noon at St. Anastasia's Church.

A Sympathy card was sent to Jeri Lynett for the sudden passing of her husband, Tom. A donation will be made to Autism Speaks Charity. On behalf of the WCD, a Mass will be celebrated in Tom's memory on Sunday, June 22, 2025 at Noon at St. Anastasia's Church.

A Thinking of You card was sent to Joan Garippa.

Please keep all our members in your prayers. Please notify Sunshine Chair (Annette Aloisio – [caralo718@aol.com](mailto:caralo718@aol.com)) if you know of anyone who is ill or needs to know we are thinking of them.

**A.A.**

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## HAPPY BIRTHDAY TO OUR JANUARY/FEBRUARY GIRLS

### January

Linda Akers, Joan Garippa, Helena Wong, Eileen O'Flanagan,  
Sue Lam Hom, Johanna Abramo, Maria Di Chiara, Sarah Milunec,  
Rose Criblez, Lois Nicolosi, Mary Burke

### February

Margarita Autz, Mary Campesi

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## IN MEMORIAM

**PATRICIA (PAT) O'CONNOR, DOROTHY LUKASZUK**



**Pat** passed away suddenly on **December 3, 2024**. Pat lived a life centered around her family and faith. She enjoyed a wide network of friends from all chapters of life. She loved to play tennis, bridge, attend Sunday Mass and spend time with her family, especially her six grandchildren. She loved to travel and recently traveled to Ireland where she visited her mother's family farm and cottage – a long desired trip and a dream come true.

At the age of 54, Pat graduated magna cum laude after completing her studies at CUNY – Queens College, majoring in Political Science and Irish

Studies. Pat worked as an Administrative Assistant in the Graduate School at St. John's University for 25 years, stopping due to the pandemic in 2020.

Pat was a loyal member of the **WCD** attending meetings and supporting the Club. She will be missed by all, but especially by her member-friends of the Wellesly where she resided and enjoyed her life.

**Rest in Peace dear Pat.**

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**Dorothy** was one of our beloved "nonagenarians". She passed away on December 6, 2024. Dorothy was a long-time resident of Douglaston and a long-time member of the WCD. Dorothy is pre-deceased by her husband and is survived by family and many friends. One of Dorothy's children is **WCD** member, Dede Martin.

Although it wasn't easy due to physical difficulties, Dorothy attended every meeting (with her aide to assist), participated in every raffle and enjoyed the camaraderie offered by the members of the **WCD**. Dorothy will be missed by all.

**Rest In Peace dear Dorothy.**

**A.A.**

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Contact us

Visit us

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***OFFICERS:***

President, Maria DiChiara

Vice President, Geraldine Lynett

Recording Secretary, Barbara Buckley

Corresponding Secretary, Margarita Autz  
Treasurer, Sandy Hart

***NEWSBYTES EDITORIAL TEAM:***

Annette Aloisio, Editor-in-Chief  
Linda Akers, Design, Audiovisual, Publishing  
Margarita Autz, Hard Copy

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**Woman's Club of Douglaston**  
**Douglaston, NY 11363**

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