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Vice President	Mike Veno
Corresponding Secretary	Anthony Arena
Financial Secretary	John Tortorello
Assistant Financial Sect'	Louis Imperato
Treasurer	Steve Sabol
Assistant Treasurer	Mike Tolla
Sergeant at Arms	Peter Havens
Public Relations	Eric Fleisch
Bar Manager	James O'Brien
Asst' Bar Manager	William Forcier

### **MARINA COMMITTEE**

Chairman: Nick Kantzas  
 Dock Master: Tom Donohue  
 Assistant Dock Master: Tim Sargent  
 Secretary and Treasurer: Frank Felicissimo

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Walter Cerretani, Chairman  
 Louis Imperato, Vice Chairman  
 Giuseppe Tamburro  
 Mike Veno  
 Anthony Arena  
 John Tortorello  
 Steve Sabol  
 James O'Brien  
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### **BOARD OF DIRECTORS**

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### **BOARD MEMBERS**

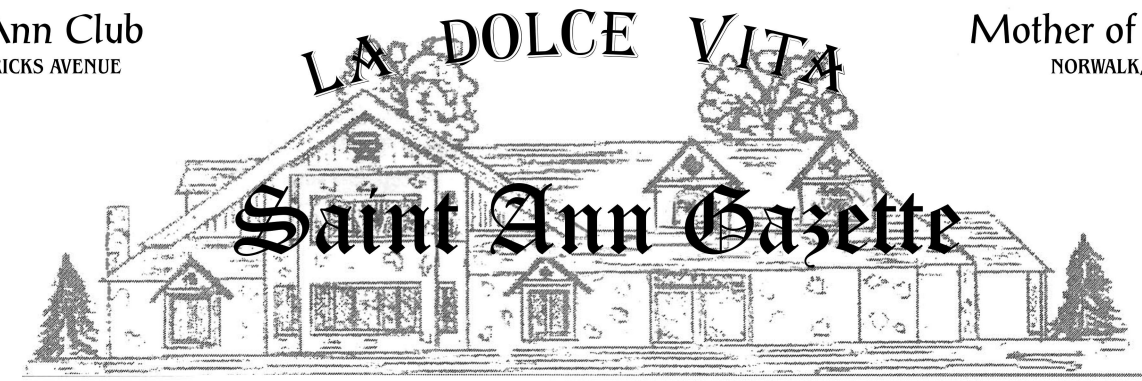
Vickie Raymond  
 Maria Vozzo  
 Dina Howe

### **Saint Ann Club**

16 HENDRICKS AVENUE

### **Mother of Mary, Inc.**

NORWALK, CT 06851



April - May - June - 2024

PUBLISHED QUARTERLY

WWW.STANNCLUB.ORG

### **SPRING GREETINGS TO THE MEMBERS OF SAINT ANN CLUB:**

As we await the blooms of spring, let us pray for all the blessings of Easter for each other and all of our families and friends. I want to first thank all of our dedicated volunteers who work tirelessly month after month for the success of this club. From our regular monthly dinners to our fundraisers, the success we achieve depends entirely on the volunteer spirit of Saint Ann Club members. Over the next 3 months, in addition to our monthly dinners; some of our events will include:

- Our Annual Scholarship Dinner which has a long history of assisting young people in their higher education endeavors.
- Our Annual Golf Outing this June which is a major fundraiser for those charities whom rely on our continued support.
- Planning for our annual Saint Ann Feast; which is our major fundraiser to supply the income which contributes to our own expenses here at the club.

I continue to look forward to embracing our traditions and remembering our brothers and sisters in Jelsi, Campobasso, and the area our founding members originated, while recognizing how we have branched out from those beginnings to become a successful and diverse Italian Social Club.

In conclusion, I want to remind members the positive impact that this club has had on real people's lives in and outside of our walls. We must not lose sight of the importance of unity in what we wish to achieve.

- Your President, Guiseppe Tamburro

### **FROM THE CHAIRMAN OF THE BOARD**

In a few Days winter will slowly go to rest and the much- needed spring will bring more sunshine and warmer weather, time to start seeding for our tomato lovers.

Many Clubs have increased their yearly dues and prices for events, some have doubled their dues, all utilities and other costs like food, paper goods, etc. have gone up and the projection is they will continue to do so. Our Club is doing o.k. so far but, it is only matter of time before we have to follow the others. The best way to slow this process is to get more involved in the way we make money. Help with events is never enough, good ideas on how to raise funds and lead the club into the future are needed. Many members have ideas how to spend the money and not how to make it, let us strive to reverse this. These are the topics that I would like to hear at our meetings. Our major topics at our meetings are mostly complaints and instructions on how to do things to the very few members that actually do volunteer to do the hard work. This has to stop **ASAP**. Our major event " the Saint Ann feast " is coming up soon, I would like to see members coming to the committee meetings and ask, **WHAT CAN I DO TO HELP?** Let us be united and not divided. Our predecessors have done a great job for over a century and have passed to our generation a great club to be proud of and be a part of. We should endeavor to do the same for our kids and grandkids.

- Walter Cerretani, Chairman of the board.

### **GREETINGS FROM THE PRESIDENT OF THE LADIES AUXILIARY**

Hoping everyone is doing well as we move into spring mode and say goodbye to winter. Our bingo is doing very well and gaining profits. Our Carnival was a great night, for all that missed it you really missed a great time. Our volunteers did a great job, food, fun costumes, all fantastic! Thanks to Gina Arena and her committee for putting this all together. We are looking forward to more fun times. We will be having Spring Fling in April and the 50's dance on April 13th. Contact Camille at (203-849-0199) for a reservation. We are working on more events, any suggestions please come to the board meeting. We are still selling our sauce until June. Please contact Virginia Tartaglia for orders at (203-252-0082). Always remember to thank our volunteers for without them our club would not be what it is, the best!

- President, Joanne Guaglione

### **WHY VOLUNTEER?**

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

### **VOLUNTEERING CONNECTS YOU TO OTHERS**

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

### **EVENTS**

#### **APRIL**

- 1 Bingo 5:30
- 3 Men's Meeting 8:00
- 4 Ladies Meeting 7:30
- 8 Bingo 5:30
- 13 Fifties Dance 7:00
- 15 Bingo 5:30
- 18 Ladies Dinner 7:30
- 20 Private Party 5:00
- 22 Bingo 5:30
- 24 Men's Dinner 7:30
- 29 Bingo 5:30

#### **MAY**

- 1 Men's Meeting 8:00
- 2 Ladies Meeting 7:30
- 6 Bingo 5:30
- 7 Notre Dame 6:30
- 11 Joe Valient Jelsi 2:00pm
- 13 Bingo 5:30
- 16 Ladies Dinner 7:30
- 18 John Tortarella 6:00
- 20 Bingo 5:30
- 27 Bingo 5:30
- 29 Men's Dinner 7:30

#### **JUNE**

- 1 Spring Fling 7:00
- 3 Bingo 5:30
- 5 Men's Meeting 8:00
- 6 Ladies Meeting 7:30
- 10 Bingo 5:30
- 15 Golf Outing Set Up
- 17 Golf Outing at Oak Hills
- 20 Ladies Dinner 7:30
- 24 Bingo 5:30
- 26 Men's Dinner 7:30

*Please go to [stannclub.org](http://stannclub.org) for more current, up to date information and or changes on dates and events. We try very hard to be up to date and accurate. It is very difficult to plan three months in advance. Come to the meetings and be more involved in our club. Special events are posted at the club. Dates for events are subject to change.*

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One of the best ways to **make new friends** and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

## INCREASE YOUR SOCIAL AND RELATIONSHIP SKILLS

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

## VOLUNTEERING AS A FAMILY

Children watch everything you do. By giving back to the community, you'll show them firsthand how volunteering makes a difference and how good it feels to help other people and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

## VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY

Volunteering provides many benefits to both mental and physical health.

**Volunteering helps counteract the effects of stress, anger, and anxiety.** The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

**Volunteering combats depression.** Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

**Volunteering makes you happy.** By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

**Volunteering increases self-confidence.** You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

**Volunteering provides a sense of purpose.** Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

**Volunteering helps you stay physically healthy.** Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of **chronic pain** and reduce the risk of heart disease.

People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering.

### When it comes to volunteering, passion and positivity are the only requirements

**Bear in mind that the most valuable assets you can bring to any volunteer effort are compassion, an open mind, a willingness to pitch in wherever needed, and a positive attitude.**

## VOLUNTEERING BRINGS FUN AND FULFILLMENT TO YOUR LIFE

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

## HOW MUCH TIME SHOULD YOU VOLUNTEER?

Volunteering doesn't have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits - to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.

## GET THE MOST OUT OF VOLUNTEERING AT THE SAINT ANN CLUB

First off, do not be intimidated about volunteering. There are so many ways to help and you may help as much as you feel comfortable with, for instance if you only wanted to make salad or just pick up the bread we have at every dinner or help with setting tables or being on the wait staff (dinner and a drink or two will be provided to you if you choose this option). The point of all this is to let everyone know that we really appreciate any and all help you can give. If you want to know where and when you can volunteer, just make a phone call to any officer or board member (Ladies or Men). And just one more thing, ***The Management wishes to sincerely and thoroughly thank all of you who volunteer to make OUR CLUB work so well.***

### ***THE SAINT ANN CLUB NEEDS YOU! SO, CALL NOW!***

**PATRONATO EPASA-ITACO GLENDALE, N.Y. PHONE 718-386-5212**

**E-MAIL EPSAAUSA@AOL.COM**

Dear Saint Ann members, I would like to thank you all for the many years of collaboration in providing services to your members and the Italian community of Norwalk. We appreciate the support you have provided us with over the years. We look forward to continue this collaboration with the next generation of Italian Americans as their needs may change from their parents or grandparents.

These are services that we can assist you with:

1. Power of Attorney (Procura Generale or Speciale).
2. Translation of documents, English to Italian and Italian to English.
3. Registration of Birth, Marriage or Death Certificate with the Italian Consulate.
4. USA Naturalization Application.
5. Permanent Resident Alien Card Renewal Application.
6. Preparation and Consultation of documents for Italian citizenship.
7. Pension Applications for Italy, Germany and Switzerland.
8. Annual Life Certificate for Italy, Germany and Switzerland.
9. Declaration of Income for Italian pension.
10. Codice Fiscale Application

Feel free to contact me with any questions.

Kind regards, Maria Lamanno and Maria Guglielmo

## TURNING 65 OR LEAVING YOUR EMPLOYER PLAN?

I can help you navigate the process of applying for Medicare & choosing a plan that best meets your needs. Medicare made simple. We can speak via phone or meet at the club. Available for members & non-members & anyone who can benefit from this free valuable informational service.

***Gary A. Antonello*** *Medicare Solutions*  
*203.984.3737 or [Gary@themorgangrpou.net](mailto:Gary@themorgangrpou.net)*

## A VERY HAPPY BELATED BIRTHDAY WISH

In February Antoinette Fratino who became a member of Saint Anns in the year 1949 (two years before I was even born) celebrated her 103rd birthday. Congratulations and God bless you, Antoinette. I for one, aspire to your longevity. Once again, Happy Birthday.

## MENS NEW MEMBER

Paul Dilorio is a woodworker and a resident of Norwalk. He will be a regular member and is sponsored by Rinaldo Dilorio. Welcome to Saint Anns.

## NEW MEMBERS LADIES

**Eugenia Casatelli** was born in Italy and moved to Stamford when she was married in 1968 and then to Norwalk in 1999. She has owned and operated Casatelli Marble since 1986. Her husband of 52 years passed away in 2019 but she is blessed with three children and five grandchildren, all who live in Fairfield County.

**Jo-Ann Waring** was born in Stamford and has been a resident of Norwalk for the past 48 years. She has a husband, two daughters, two sons-in-law and four grandchildren. JoAnn was a secretary for over 40 years and her hobbies are knitting, crocheting and painting in water color. She is looking forward to being a member of St. Ann's!

**Gloria Gacher** was born in Stamford and has been a resident of Norwalk for the past 48 years. She has a daughter, son-in-law and three grandchildren that live in Franklin, Tennessee. Gloria works in Stamford and has many neighbors and friends that she enjoys spending time with that live in Norwalk and she is looking forward to the February meeting and being part of a great organization.

**Cristina Mendez** grew up in Bridgeport but has been a resident of Norwalk for over 30 years. Cristina lives in East Norwalk with her long-term partner John and enjoys what Norwalk has to offer on a daily basis. She has two adult girls who also live in Norwalk.

## SAVE THE PENNIES AND THE \$\$ WILL TAKE CARE OF THEMSELVES

In an effort to be a little bit more frugal at Saint Anns we would like members that are comfortable reading this newsletter ***on our club website:*** (www.stannclub.org) to please contact Camille Andreozzi at ***candreoizzi@gmail.com*** (preferred) or 203-849-0199. Your name will be removed from the newsletter snail mail list only, you will continue to receive any other important notifications by mail and of course there will always be a printed hard copy at the club. With the escalating cost of postage, this would be a nice savings. Thanks for your cooperation.

## THIS IS IMPORTANT

If you have an E-mail address and have not provided it to St Anns, please do so by contacting Louis Imperato by phone at 203-984-2094 or ***bigalou@aol.com***. This will help us to keep you informed about various happenings at the club on a timely basis.

## PLEASE READ

Anyone wishing to contribute to this newsletter is encouraged to do so. Please contact Eric Fleisch at: 203-847-7669 or by e-mail at: bige101@optonline.net. The next edition will be sent on or about July 1, 2024

If you know any member that is sick or hospitalized, please bring it to the attention of the Board of Directors or Eric Fleisch at: 203-847-7669 or by e-mail at: bige101@optonline.net. For the Ladies Auxiliary contact Ellen Marucci at: 203-847-5536. A gift basket and card will be sent. If anyone knows of an auxiliary member who has been permanently placed in a nursing home, please contact Betty Brink with the information at 203-847-8133. We would like to keep in touch with them by sending a card.