

From: Woman's Club of Albany Woman39sClubOfAlbany2@wildapricot.org
Subject: You'll Love What February Brings at the WCA
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The Woman's Club of Albany

United in Service to Our Community Since 1910

This is the Feb. 1, 2024, newsletter for The Woman's Club of Albany, with news about our events and ways you can help us meet our mission.

Read All About It

Don't miss any of the news in this issue:

- President's Message
- Board News
- Help Wanted!
- Winter Wellness Theme
- Card Crafting Day
- Galentine's Day
- Together Women Rise
- Love Letters and silent auction
- Go Red for Women program
- February Member Monday
- Welcome to our new members
- Home Away from Home
- March Women's History month programs
- WCA Book Group
- April celebration of the WCA's revival
- March 1 start of convenience renewal fee

President's Message





The Club's year of celebration kicked off yesterday at a Past Presidents Tea where six former WCA presidents reminisced about the challenges and many achievements of the past two decades. Plans are underway for a fabulous event on April 11. Please save the date and plan to join in the festivities.

In the meantime, I encourage you to participate in other WCA activities in the coming weeks and months: community service opportunities, membership events, programs for education and entertainment. As always, read your newsletters for details.

— **Monica Trabold**



Past WCA Presidents from left to right: Sue Hannon, Mary Thackeray, Charlotte Prior, Pattie Beeler, Fran Altshuler and Patti Konach

Board News

At its January meeting, the Board of Directors took the following actions:

- Approved an estimate for electrical repairs.
 - Approved updates to Policies and Procedures sections 5 and 13.
 - Approved a Program Committee proposal for a jazz concert at the WCA.
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Help Wanted

Share Your Talent and Time with the WCA

- The Governance Committee needs your help to develop the **2024 Nominating Committee**, which is responsible for identifying members interested and willing to serve on the WCA Board. The Committee meets from March through May to develop a slate of nominees. If you're interested in serving on this committee, contact Governance Co-chairs [Sara Hotopp](#) or [Charlotte Prior](#).
 - Help the **Community Service Committee** send a little love to our community with our Feb. 3 card-crafting day. Details below.
 - Prepare an appetizer or dessert for the **Go Red for Women program** on Feb. 15. Perhaps you can get a little creative and think "red" when you are preparing a dish . . . or heart- shaped cookies are always welcome. If you can prepare something, please [contact Dee](#) or text 518-429-3503 so she can plan and manage refreshments for that night.
 - Help **plan fun events** for springtime! The Program Committee will meet by Zoom on Thursday, Feb. 29, at 6:30 p.m. to select and plan future programs. Current committee members will receive the agenda and Zoom link by email. If you're curious about this committee, contact [Monica](#) or [Sara](#) for information and the Zoom link.
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WINTER WELLNESS THEME

On a chilly Saturday in January, WCA members gathered for Cabin Fever, a day of self-care workshops presented by members Linda Fasano, Martha McCormick, Mia Morosoff and Kim Muncil. After a healthy lunch, participants enjoyed a variety of small group sessions and time to engage with other members.

Let's fill the house for these February events. Details below.

- **Go Red for Women: A Healthy Heart program -- 6 p.m., Feb. 15**
- **"Love Letters" performance -- 7 p.m., Feb. 1**
- **Member Monday -- 6 p.m., Feb. 26 -- with Capital Region Menstrual Health**

Everyone is welcome to attend weekly **Gentle Flow Yoga** at the club at **9 a.m. on Wednesdays**. This class is by donation. Contact **Cheryl** for more information.



Kim Muncil leads Gong Sound Immersion during Cabin Fever self-care day.

February Events

Make a Card and Share Some Love

Saturday, Feb. 3 -- 11 a.m. - 1:30 p.m.

Let's get crafty and show some love to our community partners!

We'll gather at the WCA to create Valentine's Day cards for our friends at the Damian Center and for residents of Shaker Place (Albany County Nursing Home).

Bring paper, markers and fun decorations for the cards.

Treats provided as well as good company and laughs!

Sign up [here](#). Questions? Contact [Pat Glennon](#) or [Shelley Malone Walsh](#).

2sDay in the Parlor

Let's Celebrate Galentine's Day

Tuesday, Feb. 6 -- 6:30 p.m.

Celebrate Galentine's Day, a day to celebrate women's friendships, with your friends at the Woman's Club!

Come with your heart on your sleeve, top or pants, and celebrate all the love and friendship the Woman's Club brings to your life!

As always, a nip or a nosh to share is appreciated, and remember Chocolate has no calories in February!



Thursday, Feb. 8 -- 6:30 p.m.



(Together Women Rise Photo)

This month's grant recipient is Equality Now, which works to achieve legal and systemic change addressing violence and discrimination against women and girls around the world. Equality Now focuses on ending female genital mutilation, child marriage, sexual exploitation and sexual violence.

Our program is a potluck dinner with a small educational component. Money that would be spent on dining out instead is donated to Together Women Rise.

For more information, contact [Rosemary Revoir](#).

Only a Few Seats Remain for This Special Performance -- Plus a Silent Auction



Does anyone still write love letters?

Celebrate the written language of love with a special performance of

Love Letters

by A.R. Gurney ♥

Featuring: Maryhelen Lounello and Richard Lounello
Directed by: Barbara Maggio

♥ **Saturday, Feb. 10 -- 7 p.m.**
(Snow Date: Saturday, Feb. 17 -- 7 p.m.)

The Woman's Club of Albany
725 Madison Ave., Albany

Tickets: \$35 ♥

♥ **All proceeds will be donated to the**
Community Education Programs for Teens
at the
Albany County Crime Victim and
Sexual Violence Center.

Dessert reception following the
performance



Tickets available at
Womansclubofalbany.com
RSVP by Feb. 3



Note: The upstairs ballroom is not ADA accessible.

A Pulitzer Prize finalist for Drama, A.R Gurney's "Love Letters" is a two-hander drama comprised of letters exchanged between two friends over a lifetime, before cell phones, before texts, just a pen in cursive letters and two beating hearts.

The evening also will feature a chocolate dessert reception after the performance and a silent auction.

Auction items include:

- "Hamilton" playbill signed by creator Lin-Manuel Miranda and a crocheted singing Hamilton.
- Signed copy of Rupri Kaur's book "Healing Through Words."
- Jane Austen framed puzzle, books, figurine, and ornaments.
- Winnie the Pooh prints - 6 drawings by Ernest H. Shepard suitable for framing.
- Monster Energy Drink Can signed by Mick Foley, legendary professional wrestler, turned multi-time best-selling author.
- Collection of Norman Rockwell books, plates, and teacups.
- Diamond Art of Beautifully Broken.

Please [RSVP](#) by Feb. 3.

Are you unable to attend but would like to make a donation to this fundraiser?

[Donations accepted HERE.](#) Thank you!

Go Red for Women

Heart Health Month Presentation

Thursday, Feb. 15 -- 6 to 8 p.m.

Join us to celebrate February's Heart Health Month for the Go Red for Women presentation with our very own Dee Burkins and Dr. Krzysztof Drzymalski of Capital Cardiology Associates. Dee will describe her own experience as being the classic textbook case of "misdiagnosed woman" for heart disease. Dr. Drzymalski will discuss the clinical side of heart disease in women.

RSVP [HERE](#) by Feb. 12.

**The Woman's Club of Albany &
Capital Cardiology Associates present**

**An Evening of Heart Health
with Go Red for Women**

**Thursday, Feb. 15, 2024
6:00 – 8:00 PM**



Dr. Krzysztof Drzymalski
Capital Cardiology Associates



Dee Burkins
Patient and Heart Health Advocate

A special evening dedicated to celebrating heart health awareness, featuring Cardiologist Dr. Krzysztof Drzymalski, MD, FACC, and Patient and Heart Health Advocate, Dee Burkins.

Let's come together, learn, and celebrate the strength of women united in the pursuit of heart health. Wear your red proudly and join us for An Evening of Heart Health with Go Red for Women!

The Woman's Club of Albany
Reception: Main floor
Presentation : Ballroom
725 Madison Avenue
Albany, NY 12208

Beverages, light appetizers, and desserts will be served.
Please note: The WCA Ballroom is not ADA Accessible.

SPACE IS LIMITED.

RSVP TODAY!

Due to limited capacity, RSVPs
required no later than Monday,
Feb. 12 to:
BurkinsDL@Gmail.com

American Heart Association.



Capital Cardiology Associates
CARING FROM THE HEART | A BENCHMARK CARDIOLOGY PRACTICE™
www.CapitalCardiology.com



**The Woman's Club
of Albany**
Since 1910



Would LOVE  to See You at
Home Away From Home

Wednesday, Feb. 21 -- 5:30 p.m.

Please join us for convivial conversation, scrumptious snacks, and delicious drinks at the club. Drop in whenever you can, leave when you'd like, starting at 5:30 pm. Hosted by Board member Susan Gould Fogerite.

Join Us for Member Monday -- Feb. 26

Happy Half Hour - 6 -- 6:30 p.m.

Potluck Dinner -- 6:30 p.m.

Program and Announcements - -7 p.m.

This month we will hear from Capital Region Menstrual Health (CRMH) which works to bring period products directly to under-resourced communities through a network of trusted community-based organizations and their period pantries. Period Pantries are small, free, weather-protected containers that house a multitude of menstrual hygiene products and are accessible 24/7 to anyone in need.

The WCA will collect menstrual product donations that evening to support CRMH. Please consider donating all types of unused menstrual products, including pads, tampons or menstrual cups. Heavy flow and overnight items are preferable if possible.

Welcome to our New Members

We welcome new members **Josephine Ashworth** and **JoLynn Backes**. We look forward to seeing you at meetings and other events.

Coming in March

Celebrate Women's History Month

"History is Her Story" -- 2 p.m. Sunday, March 3 at the UAlbany Performing Arts Center (uptown campus.) A free performance sponsored by the NYS Writers Institute.

Jazz Concert -- 7 p.m. March 8 at the WCA. A free concert of jazz music featuring works by women composers. Sponsored by the American Federation of Musicians Local 14.


WCA Book Group Meets March 19

The Book Group will meet at 6:30 p.m. to discuss "West with Giraffes" by Lynda Rutledge.

For more information, contact [Diana Pane](#).

Save This Date in April

SAVE THE DATE!
More information to come



**The Woman's Club
of Albany**
Since 1910

Revived and Thriving!

*The Woman's Club of Albany
Celebrates 20 Years of Renewal*

Join Us for a Festive Celebration!

Thursday, April 11, 2024
5:30 to 7:30 pm

The Italian American Community Center
257 Washington Avenue Extension
Albany, NY 12205

This event will honor some of the leaders who have supported our mission of service to the community and the restoration of our historic organization and building.

We will also honor past WCA leaders and members who have played important roles in this effort and in leading our organization over the last 20 years.

Watch for your invitation



Online Membership Payment Convenience Fee Starts March 1, 2024

Did you know that there are costs associated with credit card payments to the club? Card payment fees add up and are costly to businesses and nonprofits. When dining out, for example, you may receive a discount for paying with cash rather than card.

Committees and the Board continue to discuss best practices for the WCA. In an effort to balance the convenience of online payments with fiscal management efforts, **effective March 1, 2024, membership dues paid online will include a convenience fee to cover the cost to the club.**

Please note that membership fees are NOT increasing. You may join or renew by check at the same rate. If you join or renew online, you'll pay a small fee.

Annual Dues (cash/check)

Student \$25
New Member \$50
Renewal \$90

Annual Dues (card payment) as of March 1, 2024

Student \$26
New Member \$52
Renewal \$93

The Woman's Club of Albany
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womansclubofalbany.com