



Ellington Women's Club

Next meeting Wednesday, October 4 at 7:00 PM

October 2017

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Ellington Senior Center, 40 Maple Street

DINING FOR A CAUSE

ELLINGTON WOMEN'S CLUB

Come join us for good food, good fun and a great cause!
15% of your meal will be donated to the

Ellington Women's Club.

In addition to good food there will be a raffle drawing at 9:00 pm for a one raffle prize of \$99 worth of CT Instant Lottery Tickets.

(Winner does not need to be present. Must be 18 yrs or older to win.)



Location: Ninety Nine Restaurants
295 Hartford Turnpike, Vernon, CT

Present the voucher below at the fundraiser and the Ninety Nine Restaurants will donate 15% of your guest check to the organization.

dip this voucher



DINING FOR A CAUSE

Benefiting: Ellington Women's Club
Date: Wednesday, October 18, 2017
Time: 5:00 pm – 10:00 pm
Location: Ninety Nine Restaurants, Vernon, CT



Coupons, discounts and promotions including "Kids Eat Free" will not be accepted during the fundraiser. Present this voucher to your server when seated as this is required for the organization to receive credit for the sale. *Donation is 15% of sales (excludes tax and gratuity). Only valid on date, time and location stated above.

"Delicious Autumn!"

My very soul is wedded to it, and if I were a bird, I would fly about the earth seeking the successive autumns." (George Eliot)

DELICIOUS!

First thoughts are warm, mouthwatering food. I can't think of a better way for the Club to begin autumn than with a Dining for a Cause fundraiser.

What is Dining for a Cause? A great way to have fun and raise money for EWC.

Who should attend? Everyone! Family Night Out. Girls Night Out. Teacher's Night Out. Friends from Work out for dinner. Walking Friends, Church Friends, etc.

When was the last time you and your shawl group got together for a meal? When was the last time you and your church group got together for a meal?

EWC receives 15% of the party's meal that night. Vouchers must be distributed in advance of the event.

BUT WAIT, we can also have a table in the foyer of the restaurant with information on EWC. **A great way to recruit.**

We will also hold a raffle that night for CT Instant Lottery Tickets worth \$99.00.

This will be a big fundraiser for us. Everyone loves instant tickets. Imagine, for a \$5.00 ticket you could win \$99.00 worth of instant tickets **PLUS** the winnings from the tickets! **Really, who could turn us down?**

Please print and distribute the info to the left for our fundraiser. Everyone can pick up or purchase raffle tickets at the October Club meeting. If you're unable to attend the meeting and need raffle tickets please reach out to Ann Berak or Joan Robinson to make arrangements.

Food Pantries Update

By Pat Tardif

For our September collection we received 19 lbs of food which isn't that much. The bright ray of sunshine was the amount of paper products and detergent donated. These cannot be purchased with food stamps. The pantries do ask for canned goods, cereals, and dessert mixes.

The Pink Box will be in the Senior Center from Tuesday, October 3 to the end of our meeting, October 4.

It's All About Hospitality!

By Ann Williams

"Kudos to our Hostesses for the September meeting: Jean McGrath, Kathie Stupenski and Denise Archibald. Aren't pot lucks fun? Let's see what goodies await us in October, delivered by Pat Tardif, Connie Nichols and Pat Clapp. I note we are in need of a Hostess for the November meeting. If you would like to volunteer, please contact me."

Maintaining Veteran Monuments

By Pat Tardif

The year has come to an end for taking care of the monuments. During the week of October 8 I will call the following ladies to arrange a day to clean up the beds for the winter: Nadene Lake, Liz LaRoche, and Chellah Misiko. If someone else wants to join us, contact me at the October meeting.



Keep in touch with CT's GFWC. Go to www.gfwcct.org to view CT's website. On it's homepage click on the tab Members Only. Password is Volunteer. Enjoy your exploration.

October Program: Revival Room Yoga & Fitness

By Chellah Misiko

With a true passion for helping people revive their lives, Kimberly Newman opened up Revival Room Yoga & Fitness in 2010. Her love of fitness, health, wellness, nature and dance goes back about 20+ years. Her interest for yoga started in 2001 after her doctor recommended it for tension headaches. Since then, her journey has transformed the way she perceives herself, life and the way she connects to her body, breath and all living things.

Kim has a background in human development and family services. In 2009, she completed her Personal Training certification through the Aerobics and Fitness Association of America (AFAA). In 2013 she completed her 200 RYT through Sacred Rivers and in 2015 completed her Reiki Master Teacher/Trainer certification. Kim is working towards a life coaching program to truly help people revive their lives on a deeper and more committed path. She is also working towards her 500 RYT.

Kim firmly believes that all people not only have the capacity to get back control in their lives but also the ability to heal themselves. She believes that it's our birth right to be the best, healthiest and most joyful version of ourselves. You can truly sense her passion in her classes and training. Her teaching style is challenging, fun and innovative!

"The wisdom I learn from my mat has enhanced the way I approach life emotionally, physically, mentally and spiritually. For me, yoga is wholeness. It's love. It's connection to myself. To my source. It's unity of all things, body, mind, breath and community. The wisdom I have learned on the mat has totally allowed me to open to life as it comes and to healing myself." - **Kim Newman, Owner of Revival Room Yoga & Fitness**



Member Spotlight

Chellah is a resident of Ellington and has been so for the past four years. She loves to hike during her spare time. She has hiked in Bolton and Valley Falls In Vernon.

Chellah lives with her daughter Ivy and her two cats Lola and Fairie. Her daughter Ivy is a sophomore in St. John's University in Queens, NY.

Chellah was born in Ithaca, NY and traveled back to Kenya with her parents where she grew up. She has three sisters and two brothers. She visited her sister in England in May 2017.

She works in South Windsor as a tax accountant. Aside from being the Vice President of the Ellington Women's Club, she also volunteers as a board member of the CT Community Accounting Services that organizes the preparation of taxes for low income households.

Her motto in life is 'Life is about the choices you make'.

WINTERFEST

By Dottie Shackway

As was discussed at the September meeting, Winterfest will take place on Saturday, December 2 at 4:00 pm. There will be a sign up sheet for baked goods and volunteering at the October meeting. Hope you will be able to participate. A reminder that goodies must be individually wrapped in baggies and dropped off at the Annex the day of the event. Thanks so much in advance for your contribution.