

Announcements

Bid on our Dennis the Menace drawing— see page 4 for details
March 7, 2024—Sip Savor Support—See article on page 5
If you need a ride to a meeting or an event, please send an email to mhwclub@gmail.com
We are still collecting Red and White bottles of wine valued \$15.00 and up.
MEMBERS AND GUESTS: Shop at our monthly meetings: The Fundraiser Committee will be selling gift cards at face value at our February meeting.

Message from the President

Hi lovely ladies!
Time is a gift.
Probably like most of you, from the moment I wake up until the moment my head hits the pillow, I'm busy and do my best to make the most of every moment in the day.

- February 2024
Monday, February 12, 2024
Meeting at 7pm
Mint Hill Town Center
Mint Hill 28227
Wednesday, February 21, 2024
Dinner bunch at 6pm
Longhorn Steakhouse
9950 E Independence Blvd
Matthews 28105
March 2024
Thursday, March 7, 2024
SIP, SAVOR, & SUPPORT
Pine Lake Country Club
5504 Lebanon Rd
Mint Hill 28227
Monday, March 11, 2024
Meeting at 7pm
Mint Hill Town Center
Mint Hill 28227
April 2024
Monday, April 8, 2024
Meeting at 7pm
Mint Hill Town Center
Mint Hill 28227

not negotiate any extra time. Stop here for a minute and think what you would do tomorrow if you were given one bonus day/ an extra 24 hours. While I cannot give you any extra hours in your day, I can share that we will receive an extra 24 hours at the end of the month- it's a leap year!!
Hello February 29th! Please do something for me, take this leap day and take a leap! Do those things you thought of a minute ago- read that book, finish knitting the scarf you quit last year, go to that new restaurant you have been wanting to try, try yoga, take that walk in the sunshine, take a long bubble bath, spend the day with someone you enjoy- spend it how you want to spend it!

January Meeting Recap

On Monday January 8th, 38 members learned how to “Unwind in the new year”! Sherry Love and Haley Murray from Total Being Yoga began by teaching us a useful deep breathing technique we can use to keep us calm, relaxed and promote overall health. The ladies spent a few minutes leading us in easy, yet beneficial stretches we can do at home, the office or even on a hike. We learned how yoga can help us prevent falls and injuries, build strength as well as maintain our independence! (Who really ever wants help getting off the commode?!)

Everyone looked great and seemed to really enjoy the mini class! If you are interested in learning more, Total Being Yoga is located in the heart of Mint Hill next to the UPS store but on the 2nd floor. Classes can be found online and your first drop in class is free!

Once we were limber and relaxed, we had a 10 minute breakout session for each seasonal team member to get to know one another, collaborate and brainstorm. The member engagement did not stop there- each member was given a sheet of paper to jot down her feedback or suggestions for 2024. We received so many wonderful ideas we are excited to implement! If you have any ideas or comments you would like to share, please email us at mhwclub@gmail.com, text or call Jess Burns or bring a note to the next meeting. We would love to hear from you! We concluded the evening with a short business meeting and then delicious healthy snacks provided by the winter team. Thank you to everyone that attended the first meeting of 2024! Namaste!



February Meeting

“Keep a Heart Beating” is the theme for our February 12th 2024 meeting of the MHC. We will meet from 7-9 PM at the MH Town Hall. Mike Hastings, Administrative Captain of the MH Fire Department, will demonstrate CPR for us on both adult and child mannequins. We look forward to learning how we could potentially keep a heart beating on someone we love!

Anne Doughty, VP

Winter Team News

Twelve members gathered on Saturday, January 20th for a delicious breakfast at Americana restaurant in Matthews. It was so much fun gathering with all these lovely ladies on a chilly morning, having some coffee, a delicious breakfast, and to just chat the morning away! These small group settings are such a great way to get to know members of the club and encourage everyone, especially new members, to come and join us on these outings!

On Tuesday, January 23rd a group of twelve ladies met at Ole Sycamore Golf Plantation for a night of pampering and socializing. Each of the ladies so enjoyed the Reflexology sessions that Sandy Harrison from Soothe the Soles and her associate Javier provided. Members exited the experience feeling rejuvenated and relaxed! While ladies were cycling through their sessions, other members spent time getting to know each other better and enjoying the food made by the chef at Ole Sycamore Grill. **What a great evening!**



Sandy and Javier working on Tina Whittier from Novant Health Mint Hill



Come join members of MHWC for the Winter Team's Dinner Bunch on **Wednesday, February 21st** at Longhorn Steakhouse at 9950 East Independence Blvd, in Matthews, NC. Longhorn is known for delicious steaks, chicken, seafood, salads, and sides and is sure to satisfy everyone's appetite!

Please come and join us! These outings are always so much fun and give everyone an opportunity to meet new people!

Scholarship

Kathy and I are pleased to announce that our three scholarship recipients finished the fall semester above their GPA requirement. As a result, we have extended their scholarship balances for the spring semester at CPCC.

Marilyn Folsbee

New Members

Joeanna Trotman
Kathy Mercer
Lora Vacarelli-Webster
Lucia Trinidad

February Birthdays

Birthday	First Name	Last Name
02-17	Lynn	Gallagher
02-19	Sharon	Clark
02-26	Ann	Papais
02-27	Claire	Palermo

Hugs

Anne Cloaninger	Sympathy (husband passed away)
Suzanne Maddox	Get Well (Surgery)
Donna Smith	Get Well (Surgery)
Pam Allred	Get Well (Surgery)
Lexi McKinney	Feel Better Soon
Jessica Burns	Feel Better Soon
Anne Doughty	Feel Better Soon
Nancy Crisp	Get Well (surgery)

Please contact Deonna Bandos, Corresponding Secretary, with information regarding any member who needs a Hugs card. You can email her at ddmbandos15@gmail.com



A Great Valentine's Gift For a Loved One

We have this original Dennis the Menace drawing by Marcus Hamilton for Sale now. It is shown to the left and its a 3" black frame with double matting sized 21" wide by 25" tall. Bidding starts at **\$250.00**. Mr. Hamilton lives in Mint Hill. He has been making Dennis the Menace donations to the Mint Hill Women's Club for over 30 years. Please call or text Marilyn Fargo at 716-867-7780 to make a bid.

Sip Savor Support Fundraiser

THURSDAY, MARCH 7, 2024 — Pine Lake Country Club. Doors are open from 6:00pm to 8:30pm.

TICKETS ON SALE NOW: (See Ann Papias, Marilyn Fargo, or Susie Laurie for ticket sales. Tickets are available at each meeting in January and February, or online or call one of us.)

VIP TICKET \$85.00 REGULAR TICKET \$45.00

Our Annual Sip, Savor, Support fundraiser is Open to the public. Please ask your family, friends, and businesses to support our Community Event. It makes a difference if you ask someone you know personally. We need ALL MEMBERS to help in this endeavor.

We will have great raffle baskets, a variety of Silent Auction items, including a framed Dennis the Menace, original artwork by Marcus Hamilton, Art Glass by Elijah Kell, a Cork Pull to win a bottle of wine valued from \$15.00 to \$90.00, DJ - Todd Alexander, heavy hors d'oeuvres furnished by Mr. and Mrs. Messer, and a Cash Bar. Novant Health, Mint Hill, has provided us with swag bags, printing, and donations. Our **Guest Speaker** is Mint Hill Mayor, Brad Simmons.

It is an evening of meeting new people and networking. We are asking members to obtain gift cards from businesses you patronize. These donations can come from restaurants, nail and hair Salons, massages, facials, hardware stores, and specialty shops.

We are continuing to collect Red and White bottles of wine - valued \$15.00 and up. Susie Laurie will be collecting the wine at meetings. Wine can be dropped off at Susie Laurie's or Marilyn Fargo's homes.

We will continue to sell Gift Cards (at face value) at the February meeting. Purchases of \$100.00 or more will receive a 10% discount.



We also have Wine Sponsorships:

Gold Sponsor \$500.00
Silver Sponsor \$250.00
Bronze Sponsor \$100.00

At the **February membership meeting**, we will have a sign-up sheet for Fundraiser jobs on March 7, 2024. We will need about 40 members to help with various tasks at the event.

See Marilyn Fargo or Susie Laurie to sign up. Husbands can sign up too!

Thank you in advance for all your support, donations, and teamwork. The money we raise will go back to our community and non-profits.

Sincerely,
Marilyn Fargo and Susie Laurie

49th Annual
Mint Hill Women's Club Fundraiser
Sip, Savor, Support
Supporting our community one sip at a time



- Wine Tastings
- Beer Tastings
- Hors d'Oeuvres
- Raffles
- Silent Auction
- Cork Pull
- & More

6:00 P.M. TO 8:30 P.M.
THURSDAY, MARCH 7, 2024
PINE LAKE COUNTRY CLUB
* MUST BE 21 OR OLDER TO ATTEND

Tickets available through Mint Hill Women's Club members or online at our website. www.MHWClub.com
This is a closed event. Tickets will not be available at the door.

THANK YOU TO OUR 2024 WINE SPONSORS:

GOLD SPONSORS:

Alluvium Construction, LLC
Anna Granger, Broker-in-Charge, Realtor
Hendrick Lexus

SILVER SPONSORS:

Blessed Assurance
Charles Jennings
Ellison Technologies
Foxy Contracting
Honor The Warriors
Level Up Logo
Truliant Federal Credit Union

BRONZE-FRIENDS OF MHCW:

Kathryn Jennings

Fundraiser

On January 11, Ann Papias, Susie Laurie, and Marilyn Fargo met at Total Wine & More.

We selected 8 wines and two local beers for the Sip, Savor, Support, Fundraiser. Total Wine Manager, Alex Ames, made recommendations, and guided us through the selection process. We even got to do some wine tasting!

At the Sip Savor, you will be receiving a wine and beer card. Use this card to mark a Fair, Good, or Excellent rating for each wine and beer you taste. Then turn your completed card in at the end of the night. A basket will be sitting on the front hall table.



Service

Backpacks Of Love:

On January 18th, the market and pantry were open at Backpacks of Love. Fresh fruits and vegetables were distributed along with non-perishable food items. Each family is assisted by a MHWC member. We help them make food selections, bag groceries, and carry items to their cars. The shelves were quite bare this month. **Hopefully more donations will come in for the February distribution.**

Many thanks to our Mint Hill Women's Club members; Jane Dunne, Patricia Haynie, Fey Grayson, Lora Vacarelli-Webster, and Marilyn Fargo. You did a great job!



Service

Blessed Assurance:

Several MHWC members took their nail polishes and files to Blessed Assurance for a morning of service on January 22. For two hours, we gently manicured men and women's nails. They love to see us and enjoy having a one-on-one conversation with each of us.

Many thanks to our wonderful volunteers; Pheadra Line, Desiree van Egmond, Phyllis Kill, Rosy Crumpton, Terri Jelstrup, and Marilyn Fargo. You all are so special and make the Seniors happy!



New Link to MHWC CharlotteNow



Sam Ettaro did a podcast featuring the Mint Hill Women's Club on Friday, December 8, 2023. We mentioned in the last newsletter. Our President Jessica cleaned-up and finalized the podcast on YouTube. You can listen to it at this link. The link is also posted on our website.

<https://youtu.be/M3gnbeGVhik>

Thank You

Thank you from Backpacks of Love

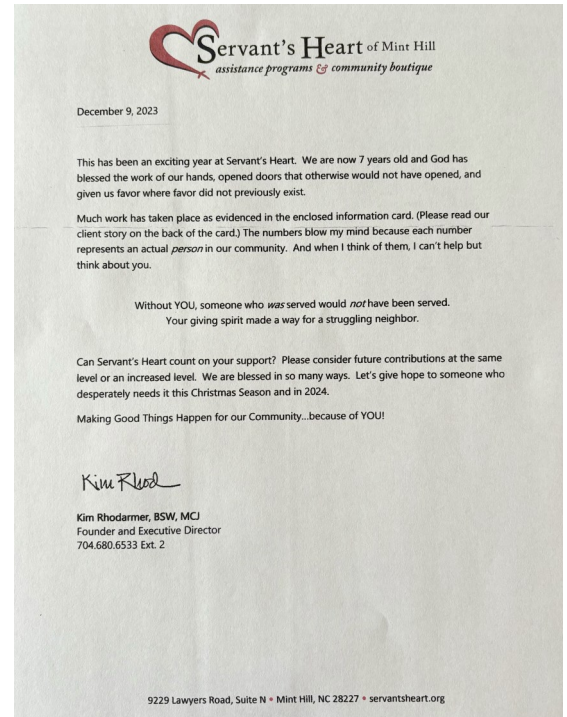
I have attached a few pictures about our Food Ministry.

Thank you so much the incredible support you have provided, financially and through the volunteers who have joined us to help pack backpacks and work the pantry.

Kate Perkins Sloan
Associate Pastor
704-236-1369



Thank You from Servant's Heart



Congratulations!



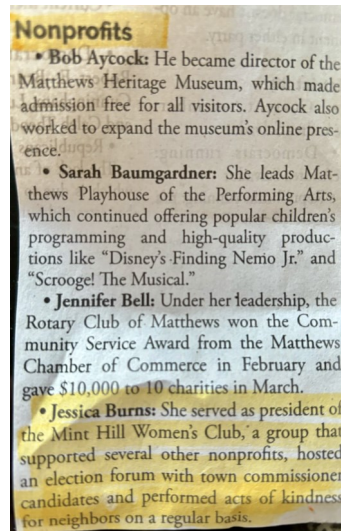
@rosytrumpton Rosy Crumpton
#internationalmindbodywellnessday #TBR
#booktok #bookstagram #journey #journal
#selfcare



New published book by one of our members: **Rosy Crumpton**.

Healthy Me Journal

This new book is available at Amazon, Barnes & Nobles and other sources. Support our member!
Congratulations Rosy!



Our own Jessica Burns was in the newspaper recently

Congratulations!



Member, Sarah Ekis, flew to New York City for the Resolve: The National Infertility Association’s Night of Hope where she was honored with the 2023 Hope Award for Service. Sarah has used her 10-year experience with infertility as inspiration to help others. She has served as a peer led support group leader since 2019 where she has impacted hundreds of people. She also leads an annual DIY Walk of Hope which has raised \$43,000 and previously answered calls on the RESOLVE HelpLine. One of the many amazing things about Sarah is the way she organizes and motivates others to volunteer and serve. She has the most developed committee system and the largest number of volunteers of all the DIY walks. Sarah lives in Mint Hill, NC with her husband Dave and her two children, Elliot (3 years old) and Emery (1 years old).

“When you get to where you’re going, turn around and help her too, for not long ago, she was you”.

Community News

Do you have any old eyeglasses or cases cluttering your drawers? If so, you can change lives by donating them! Over 1 billion people around the world with vision loss and lack of access to eye care could regain their sight with a pair of eyeglasses. Your donated eyeglasses may help a person in your hometown read the label on a medicine bottle or they might enable a child on the other side of the world see the board at school.

Our local Lions Club chapter collects glasses and volunteers process and distribute them through medical missions throughout the world!

If you have some old eyeglasses laying around, bring them to a meeting or email us MHWCclub@gmail.com. We will be sure the Lions Club receives them!



KNOT JUST KNITTING

ALL SKILL LEVELS WELCOME!

Join us the first Tuesday of every month from 12:00pm - 2:00pm for community conversation with other crafters, help with knitting or crocheting, tips and techniques, and learning more about library resources. Ideas and suggestions for community service projects will be available.

No registration required. Just drop by! Program will be held indoors at the Community Room.

@ 12:00 - 2:00 pm

Feel free to bring any projects you'd like to share or work on! We would love to see your cool projects!

LIBRARY
Mint Hill Library
6840 Matthews Lane, Hill Rd
Mint Hill, NC 28227

CASINO NIGHT

FRIDAY FEBRUARY 16, 2024
at PINE LAKE COUNTRY CLUB | 6PM

Join us for an evening of fun with gaming, delicious food and drinks, silent auctions, raffles and great company to benefit Leadership Mint Hill and continued education programs.

minthill
DIVISION OF COMMERCE

MESSER Financial Group
Presented by Messer Financial Group. For more information, scan the QR code or visit our website at www.messeronline.com/messeronline



Congratulations to Novant Health, Mint Hill with the ground breaking of an ER expansion at the hospital. President and COO of Novant Health Mint Hill, Joy Greear, shown .