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References Available

GFWC Women's Club Holds Meeting To Plan Activities For September And October



Pictured: Bags! Bags! Bags! Birthday Bags being Prepared for DCF and CAFAF (CT Alliance of Foster and Adoptive Families).

North Haven: On September 4, 2026 the GFWC Women's Club of North Haven met at the North Haven Senior Center to organize plans for September and October. The Women's Club, a service organization, has been in existence for over 15 years serving North Haven and other communities and working to support community needs. Some of the activities planned for October are indicated below.

At this meeting members brought Birthday Bags. These Birthday bags are for young foster and adopted children to about 10 years old. Each bag includes a cake mix, icing mix, aluminum baking pan, bright colored cups, plates, napkins, spoons and forks for12 children, candles, balloons, a banner, and a coloring book and crayons and a stuffed animal for the birthday child. The bags are designed to provide a "Birthday in a Bag" for young children. At the October meeting Kim Sperry from DCF and Samantha Heltke from CAFAF (CT Alliance of Foster and Adoptive Families) will accept our birthday bags. The Women's Club has been supplying Birthday Bags to DCF since 2013.

September 26 is GFWC's International Day of Service. The Theme is Domestic Violence. The Club will be collecting any items that could be sold at My Sister's Place in Ansonia, CT. My Sister's Place sells collected goods for profit. All money obtained through sales is turned over to BHcare, the Umbrella Center for Domestic Violence Services (UCDVS) in CT. Members of the Club will meet on the 26th at the Senior Center between 9:00 a.m. and 10:00 a.m., to pack cars with collected goods and caravan down to My Sister's Place in Ansonia around 10:15 a.m.

October is our month to donate to Mary and Joseph's Place. Mary and Joseph's Place is a faith based charity which provides goods for recent parents of babies and young children. The Women's Club has provided diapers, wipes, and other baby goods for over a decade for this charity. Size 2-5 diapers are the most desired. Other baby items are acceptable.

On Friday, October 16th the Women's Club will host a blood drive for the American Red Cross, from 1:00 to 6:30 at the Hope Christian Church on Montowese Avenue in North Haven. Members of the Club will supply home made food items and host the blood drive. This will be the fourteenth blood drive hosted by the GFWC Women's Club of North Haven over the past dozen years.

We invite anyone interested in finding out about the Club to attend a meeting. Contact Pam Lerner at (203) 281-3090 for additional information about our club and meetings. Our meetings are held at 10:00 a.m. at the North Haven Senior Center the first Friday of each month between September and June.

More Than 1,000 Athletes Of All Abilities Expected To Compete At Annual Unified Sports® Fall Festival

Hamden: Special Olympics Connecticut will host its annual Unified Sports® Fall Festival presented by the Mohegan Tribe on Saturday, September 19th and Sunday, September 20th. More than 1,000 athletes of all abilities from across the state are expected to compete in bocce, golf, softball and croquet throughout the weekend, supported by hundreds of volunteers and coaches. The event will also feature opening ceremonies at several venues and Special Olympics Healthy Athletes® offerings for participants. Fall Festival events are open to the public and free to attend. For more information, visit soct.org, call 203-230-1201, or email info@soct.org. And follow Special Olympics Connecticut on Facebook and Instagram.



Sports and locations where competition will take place from 8:30 a.m.to 4 p.m. include:

Bocce at Old Grove Bocce Courts, 1 Oak Street, West Haven on Saturday and Sunday, with an opening ceremony on Saturday at 9 a.m.

Croquet at the Ocean House, 1 Bluff Avenue, Westerly, Rhode Island on Saturday and Sunday, with opening ceremonies at 8:30 a.m. on Saturday and 9:15 a.m. on Sunday

Golf at Sleeping Giant Golf Course, 3931 Whitney Avenue, Hamden on Sunday only, with an opening ceremony at 1 p.m.

Softball at the Pratt & Whitney Aircraft Club, 200 Clement Road, East Hartford on Saturday and Sunday (no opening ceremony)

As part of the Special Olympics Healthy Athletes® program, Fall Festival participants at bocce may visit a Healthy Habits station, which will offer education in nutrition and hydration on Saturday and personal hygiene on Sunday from 10 a.m. to 2 p.m. Those at the softball venue can participate in Healthy Athletes® Strong Minds activities that promote mental and emotional well-being in between their games on Saturday, 10 a.m. to 2 p.m.

In addition to the Mohegan Tribe, sponsors of the Unified Sports® Fall Festival include Gold Sponsors - Ocean House, RIVA, West Haven, and the Steven J. Suzio Memorial Golf Tournament, Bronze Sponsors - Nirenstein, Horowitz & Associates, P.C., the PGA - Connecticut Section, the Singer Family, and Stop & Shop.

Supporting Sponsors are the City of West Haven, the Dime Bank Foundation, Peter DiNardo Enterprises, and the Walter Camp Foundation, and Contributing Sponsors - Centreville Bank, Chelsea Groton Bank Foundation and Niantic Lions Club.

WANTED: Antiques or collectibles, highest prices paid for paintings, furniture, glassware, pottery, documents, photographs, bottles, anything old, one piece or entire estates, cash paid; (203) 915-7662 •

FOR SALE: Craftsman chop saw with curf blade/cutting compound miters $100 or best offer, cash only. (203) 444-1101 •

FREE: Metal desk, 53Wx24H, good cond.; free metal locker, 3-door, 36Wx60H, good cond.; (203) 269-4042 •

FOR SALE: Rockwell table saw bolted on table, with original manual $100 or best offer; Miniature table saw, crafting and with sanding disc. and accessories with book, new in box $75 or best offer. Cash only. (203) 444-1101 •

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Question & Answer - Dr. Richard Durocher

Q: What is gout?

A: Gout is an inflammatory arthritis that occurs as a result of an accumulation of uric acid in a joint. Uric acid is produced by the body and also derived from a food substance called purine. Gouty attacks can be brought on by an overproduction or underexcretion of uric acid by the body or an abundant consumption of purine-rich foods such as organ meats, sardines, sweetbreads and alcohol. In susceptible individuals, injury, stress from a surgery and some medications can contribute to a gouty attack.

The big toe joint is the most common joint affected, however, it can occur in any of the joints in the body. It is first noticed by symptoms of warmth, redness, swelling and severe pain around that joint.

Some treatments available for acute gouty attacks include: non-steroidal anti-inflammatories, Colchicine, allopurinol and cortisone injections. Recurrent gouty attacks can damage the affected joints. Therefore, it is important to have the underlying cause determined with appropriate lab tests.

Should this condition cause you discomfort, contact Dr. Durocher for further evaluation.



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