



September 2016

## The Y's Women Newsletter

---

### GENERAL MEETINGS

*Open to members and their guests*

**Place: Temple Israel, Westport**

**10:45 am Coffee and Conversation**

**11:30 am Meeting and Speaker**

**We must enter through the doors from the upper parking lot. There are a limited number of parking spaces in the upper lot; please leave them for those who have difficulty walking. Others please park in the lower lot and walk to the upper entrance.**

**September 12**

**Jocelyn Ruggiero**

Food writer Jocelyn Ruggiero's work has appeared in many national publications. She has produced and hosted *Foodie Fatale*, a radio pilot for NPR and appeared as a guest on other radio shows. Ruggiero will discuss her mid-life transition to a writing career and how enriching the pursuit of her passion has been. Food serves as a lens through which she explores history and culture. She feels it connects us to each other and the best parts of our pre-digital age: communities, families and *traditions!*

**September 26**

**Judith Altmann**

Judy Altmann, a 91 year old Holocaust survivor and long-time Stamford resident, was born in Czechoslovakia and her life was "fantastic" until restrictions were imposed on Jews in 1939. Life forever changed when she, her parents and 25 relatives were sent in cattle cars to Auschwitz. Separated from her family, she built bunkers and roads in Auschwitz and worked in a munitions factory in Essen before being led on a death march to Bergen-Belsen. Her father's last words to her had been "Judy, you will live." In May 1945 she was liberated, moved to Sweden, went

to school and became a technical writer and designer, learning yet another language. In 1948 she moved to the United States. She says "I certainly have all the reasons in the world to hate, but hate destroys you, not them. Use your energy for good things and for better things."

### LUNCHEES WITH SPEAKERS

We encourage a small group of members to have lunch with the speakers, at a Westport restaurant, following their presentation.

If you would like to join us, please contact Polly Temple at [pnptemple@icloud.com](mailto:pnptemple@icloud.com).

### Food donations for Mercy Learning Center

Please continue to bring your gifts of non-perishable food to the first general meeting of each month. It is much appreciated by needy clients of the Mercy Learning Center in Bridgeport. Questions? Contact Jean McGurk at 222-0501.

### VOLUNTEER CORNER

#### C.E.R.T.

#### (Community Emergency Response Team)

A training session for new volunteers will be conducted this Fall. Aid in community emergencies, at health clinics and other town events in a variety of ways. Training includes CPR and, as an outgrowth of FEMA, is federally mandated and paid for. For more information, contact Ernie Heidelberg at 226-0780 or email at [eheidelbergberg@aol.com](mailto:eheidelbergberg@aol.com)

## SATELLITE GROUPS Y's Women Members ONLY)

**Book Group 1** will meet on Thursday, September 22 at 1:00 pm. Meeting place to be determined. We are reading *Still Life with Bread Crumbs* by Anna Quindlen. We have openings in our group and would be happy to welcome new members. Please contact Frankie Stein, 226-4219 or Connie Beskind, 255-8682.

**Book Group 2** will meet on Thursday, September 1 from 1:30 to 3:00 pm at Arlene Bloom's house. Our book is *My Name is Lucy Barton* and discussion will be led by Nancy Bloom. Please let Arlene know if you will be attending: [bloomah@sbcglobal.net](mailto:bloomah@sbcglobal.net) or 254-9096.

**Book Group 3** will meet on Friday, September 9 at 10:30 am to discuss *My Brilliant Friend* by Elena Ferrante. We will meet at Panera Bread, located on the Post Road in Southport in the same shopping center as Home Goods. For more information call Joan Harnett at 587-1170.

### **Newcomers Luncheon**

**Where:** *The Pearl at Longshore*

**When:** September 26 @ 1:00 pm

**RSVP:** Judith Runnette at 838-8764 or [younglady2@optimum.net](mailto:younglady2@optimum.net) by Friday, Sept. 23.

Everyone is welcome to join us for lunch - old members, new members, as well as those who are thinking of joining.

**Solo's** first event of the season will be held on Labor Day, September 5, at 3:00 pm at Joan Weinstein's house, 46 Tannery Lane South, Weston. Come dangle your feet in the pool, take a swim or enjoy a drink on the patio. We'll have hamburgers, hot dogs, salad and ice cream. Cost is \$20.00. Make your reservation at 227-7304 or [46tannery@sbcglobal.net](mailto:46tannery@sbcglobal.net).

**Bridge Marathon:** The Y's Women Bridge Marathon is back and Helene Davis has graciously offered to help with the set up. There will be a sign-up sheet at the September 26th general meeting, so sign up, indicating who your partner will be or, if you will not be at the meeting, you can email me with your information at [Khhoffman1@aol.com](mailto:Khhoffman1@aol.com). The cost will be \$10.00. You must be a Y's Women member to par-

ticipate. The marathon will run from September to May, so you have that time period to play your games. If you're away for the winter, you just need to schedule your games before you leave or for when you come home. The marathon works as follows: You and your bridge partner will play six matches. You check the schedule, contact your opponents and set up your matches for a mutually agreeable time and place. Homes or the senior center are great options for places to play. Scoring is in the Chicago format. After you sign up you will receive instructions and scoring forms in the mail. When you have completed your match please send your results to Karen Hoffman at 20 Terra Nova Circle, Westport, CT 06880. This is a lot of fun and we look forward to some fun Bridge!

### **Carpool and Go!**

Our expedition on Thursday, September 22, will be to beautiful **Grace Farms** in New Canaan. Called "Where Spiritual and Spectacular Meet" in a NYT article, it is a campus where one can "experience nature, encounter the arts, pursue justice, foster community and explore faith". Designed by Japanese firm SANAA to fit seamlessly into the landscape, the connected buildings are indeed wonderful to behold. We will take their Architecture tour at 12:45 pm - having had lunch in their cafeteria on site beforehand.

We will meet in the Trader Joe's/Wells Fargo parking lot in Westport at 10:45 am for an 11:00 departure. To reserve your spot, call or email Lydia Menendez at 319-1110 or [lydiamnndz12@gmail.com](mailto:lydiamnndz12@gmail.com) and mail a check for **\$28.00** (for the tour) made out to Lydia Menendez to her at 388 Oldfield Rd., Fairfield, CT 06824. Also, please indicate if you would be willing to drive - **Drivers are always needed and appreciated!** And, please bring \$3.00 cash for your driver.

### **Y's Care**

If you know of someone in our organization who is sick or grieving and would appreciate a card, contact Cary Peterson at [carypeterson3@gmail.com](mailto:carypeterson3@gmail.com).

## TRIPS



### THURSDAY, OCTOBER 27 ~~

Join us for a day of sophisticated sculpture and gardens. Departing Westport at 8:00 am, enjoy a guided tour of the **Noguchi Museum and Sculpture Gardens** dedicated to the renowned **Isamu Noguchi**. See this unparalleled collection of art, design and sculpture as well as the museum itself, one of his greatest works. Afternoon finds us at the **New York Botanical Garden** including a visit to their famed annual exhibition: **Kiku: The Art of the Japanese Garden** with stunning floral masterworks -- all in chrysanthemum (kiku). Enjoy a modern Italian-inspired luncheon at **Oro Restaurant**, in Long Island City. Total price is \$128 per person including **all** gratuities. This trip is limited to 45 participants,



**Look for details to be announced for the next trip in early December.**



### INTERNATIONAL TRAVEL OPPORTUNITIES

If anyone is still interested in any of the European River Cruise trips, please contact Pat Farmer at 227-3076 or [pahf02@gmail.com](mailto:pahf02@gmail.com), and I will send you a brochure with the details. A number of trips are still available: **Danube River Cruise featuring Vienna and Budapest** (August and October); **Rhine River Castles, Alsace, & Switzerland** (August, September, and October); **Burgundy, Mediterranean, and Provence, France** (August, September, and October); and **Paris and Normandy** (August, September, and October).



\*\*\*\*\*

**Detailed fliers for all trips are available at the Y's Women's General Meetings or by contacting Pat Farmer at 227-3076 or [pahf02@gmail.com](mailto:pahf02@gmail.com).** When reserving for a trip, please observe the tear-off on the bottom of the flyer with the pertinent information and entree choices requested, just to make life a little easier on the Travel Chairman. If you are unable to attend a meeting and want a flyer, please contact Pat Farmer and she can mail you one either electronically or by snail mail. Many thanks!

***Trip Cancellation Policy: Your payment is your reservation.  
Refunds will be given only if your place can be sold to someone else.***