



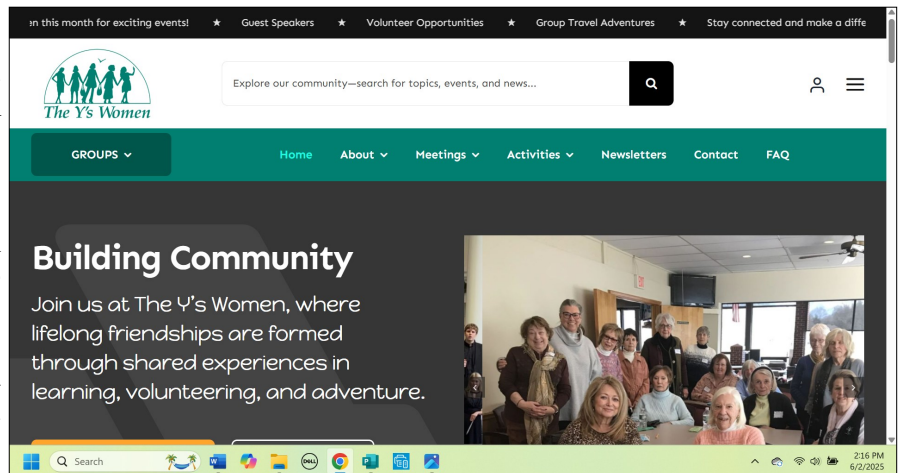
Summer 2025

The Y's Women Newsletter

Dear Members,

We hope that you have had a chance to visit our new and modern website, which was launched on May 8. If not, please take a look at <https://yswomen.org/> when you have a chance. It is best to view the website on a laptop or desktop computer if possible, rather than a phone or tablet.

The Board has been working on the website for quite some time, and we believe it finally reflects the Y's Women as a vital community and more than a social group. We are a supportive organization where women come together to foster lifelong friendships and enrich their lives through shared experiences in learning, volunteering, and sometimes a bit of adventure. We hope you agree that the website is informative, engaging, easy to use, and expresses our identity in a fresh and colorful manner.



As we conclude a year of excellent speakers, a special thank-you goes to Fiona Davis, author of eight best-selling novels based on historic buildings with dual timelines that are inspired by New York City. Her May 12 presentation gave us a bird's eye view into her research and writing process. She also shared the story of her journey into Egypt to study what would become the subject of *The Stolen Queen*, her latest novel, which is based on an actual Egyptian female pharaoh by the name of Hatshepsut who ruled from 1379 to 1458 BC.

We also want to thank Alisyn Camerota for interviewing Fiona Davis on behalf of the Y's Women. It was a delightful experience for all who attended. Alisyn will launch her new memoir, *Combat Love*, this summer. We wish Alisyn and her Podcast partner, Westport journalist Dave Briggs, continuing success in their new venture, "The Sanity Podcast." It is educational and entertaining and can be viewed on YouTube, Spotify, and iTunes.

Finally, we are "bridging" a relationship with the Y's Men, who have invited us to play bridge with them on Fridays at the Westport Center for Senior Activities from noon to 4:00 pm. If you are interested in participating, email Mario Sa Couto at msacouto@hotmail.com with your name, contact information, and cell phone number. On Monday or Tuesday of every week, Mario will email all regular players asking them to confirm if they will play the following Friday.

Many of our Interest Groups meet during the summer. See the details in this issue of the newsletter.

And have a wonderful summer!

Vera DeStefano, President

Spring Luncheon and Annual Meeting

The Y's Women capped off a terrific year with a spring luncheon and annual meeting at Westport's beautiful Saugatuck Rowing Club on June 4. The food was great, the view of the Sound spectacular, and a good time was had by all.

At the luncheon, Y's Women president Vera DeStefano was honored as this year's "Fabulous Friend" – a distinction given each year to someone who goes above and beyond in their devotion to Y's Women. Vera designed the current Y's Women logo several years ago. In addition to leading us through the current year's activities, she has been a driving force behind the new website introduced last month.



Margaret Mitchell, left, former president and last year's Fabulous Friend, presents this year's award to Vera DeStefano.



Programming

Catherine Albin, Vice President / Programs, is busy arranging speakers for next year's meetings. "I look forward to bringing an interesting assortment of speakers for us all to enjoy," she says. Catherine welcomes any suggestions members may have. Please feel free to email her at cathe-rinealbin26@gmail.com if you have an idea for an interesting speaker.

INTEREST GROUPS (Y's Women Members Only)

NOTE: All Y's Women who participate in meetings held at the Westport Center for Senior Activities must be registered with the Center and check in before each meeting.

Book Group 2 will meet at the Westport Center for Senior Activities on Thursday, June 5 from 1:30 to 3:00 pm. We will be discussing *The Spectator Bird* by Wallace Stegner, and Alin Chelico will lead the discussion. The group will continue to meet during the summer, always at the Westport Center for Senior Activities on the first Thursday of the month from 1:30 to 3:00 pm. The summer books are as follows: July 3, *The Custom of the Country* by Edith Wharton; August 7, *The Prince* by Niccolo Machiavelli. Please email Nancy Bloom at nan-cyerb@aol.com if you have any questions.

Book Group 3 will meet at the Westport Center for Senior Activities on the second Friday of the month at 10:30 a.m. in June, July, and August. On June 13 we will discuss *Small Mercies* by Dennis Lehane, led by Marie Coppola. On July 11 we will discuss *How Beautiful We Were* by Imbolo Mbue, and on August 8 we will discuss *The Frozen River* by Ariel Lawhon. If you have any questions, contact Doris Levinson at drjlevinson@gmail.com or 227-3371. New members are welcome.

The **Mah Jong** group meets every Thursday at 1:00 pm at the Westport Center for Senior Activities. Experienced players are welcome. Meetings will continue during the summer. For information, contact the group's administrator, Mona Unser, at mona.unser@gmail.com.

The **Lunch & Trivia** group will meet at noon on Thursday, June 19 at the VFW Hall. The cost is \$25 (cash only). If you would like to attend, please

contact Annette Kirban at lakirban@optonline.net or 505-1187. Lunch & Trivia does not meeting during July and August.

The **Movie Club** will meet on Wednesday, June 18 at the Westport Center for Senior Activities. We meet informally at 2:00 pm to give members a chance to socialize, and our discussion begins at 2:30. Our room often changes, so be sure to ask the front desk about our location. We ask all attendees to have been vaccinated. We are limited to 25 attendees, so please confirm your attendance with Margaret Mitchell by June 15.

We plan to discuss the movie *Rear Window* and the television series *A Man on the Inside*. Both are available on Netflix, and a video of *Rear Window* is listed in the catalogs of the Westport and Fairfield Libraries.

Rear Window is a 1954 American mystery thriller directed by Alfred Hitchcock. It is considered by many filmgoers, critics, and scholars to be one of Hitchcock's best films, as well as one of the greatest films ever made. It received four Academy Award nominations and was ranked number 42 on the American Film Institute's "100 Years ... 100 Movies" list. The film stars James Stewart, Grace Kelly, Wendell Corey, Thelma Ritter, and Raymond Burr.

A Man on the Inside is an American comedy television series created by Michael Schur. Ted Danson stars as a retiree-turned-amateur private investigator. The cast also includes Eugene Cordero, Sally Struthers, Margaret Avery, and Susan Ruttan. It is based on the 2020 documentary film *The Mole Agent* by Maite Alberdi. The series premiered in November 2024 to critical acclaim.

The Movie Club meets during the summer on the third Wednesday of the month. If you wish to be added to the email list for future events, please contact Margaret Mitchell at 255-9094 or margaret06824@yahoo.com.

NewsTalk: Interested in national and world affairs? Join other Y's Women for lively discussions at NewsTalk. Our next meeting is on Thursday, June 26 from 10 - 11:30 am at the Westport Library, Room 214. For information, contact Sheila Weiss at 227-2786 or srweiss@gmail.com.

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INTEREST GROUPS

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Solos will be going to Osteria Romana, 250 Westport Avenue, Norwalk, for lunch at 12:30 pm on Friday, June 27. We will order off the menu and have separate checks. For reservations, contact Terry Queirolo at 858-1470 or tmq44@icloud.com by June 23.

Solos will also be going to First Folk Sunday with Suzanne Sheridan on Sunday, July 6, featuring a tribute to Linda Ronstadt. We will also go on Sunday, August 3, when the popular Flying Finger Jug Band will perform. Tickets are \$20; the afternoon begins at noon and the program start at 12:30 pm at the Saugatuck Rowing Club, 521 Riverside Avenue. There is an a la carte menu and bar service. If you would like to attend, let Terry know as soon as possible and she will order tickets; you can pay her that day. This is very popular and a great Sunday afternoon.

TUESDAYS AT THE BEACH

Hosted by Solos for All Y's Women

We will once again meet at Compo Beach on Tuesdays through September, weather permitting. No pass is required for Tuesdays; just tell them at the gate you are with Y's Women. We will meet between 4:00 and 4:30 pm to the right of the Cannons. Bring your beach chair and your dinner, and join us for many pleasant evenings of socializing.

Also, all Y's Women are welcome to join us for our popular Pot Luck Dinners at the beach on the second Tuesday of the month: June 10, July 8, and August 12. We ask everyone to bring something to share. All paper products along with water and iced tea will be provided by Solos.

Scrabble: On the first and third Monday of each month, Pennie More holds a Scrabble game at 1630 Post Road East, Unit 214 (Lansdowne) from 10:30 am to 12:30 pm. Games will continue during the summer. Please contact Pennie at 216-2862 or pcmore2@gmail.com to reserve a seat at the table.

The New Yorker Discussion Group: This group meets in person on the second Tuesday of each month, from 10:30 am until noon, in the Westport Library, Room 216. Each participant chooses an article from one of the previous month's issues and leads a short discussion about the article. Participants who are not able to meet personally can participate on Zoom. The group meets all summer. If you are interested, please contact Ellen Cahill at 856-6561 or ellenjcahill@hotmail.com for details.

Tai Ji: Instructor Ruby Shih is an experienced long-time Tai Ji / Qi Gong and Meditation teacher and a founder of a Tai Ji School in Manhattan (Nanlaoshu.org). She offers a Tai Ji class that meets weekly on Wednesdays from 9:30 to 10:30 am at the Saugatuck Congregational Church, 245 Post Road East, Westport, Room 109. The class focuses on breath and slow movement for relaxation, grounding, and balance to enhance our physical and mental well-being. A fee of \$10 per session is used to offset rental and insurance costs. The classes will continue all summer. If you're interested, please contact Ruby at Rubypalace88@gmail.com or 917-816-6661.

CARPOOL & GO!

On Thursday, June 19, Carpool & Go will visit the glass-enclosed Mies Van De Rohe-style home of long-time Westport resident Dr. Winston E. Allen. Set on Burritt's Landing North, his property, which is listed on the National Register, boasts an exquisite Japanese garden. Dr. Allen is the author of several books, including the memoir *I Pried Open Wall Street in 1962*.

We'll meet behind the Wells Fargo bank at Trader Joe's parking lot at 11:30 am for an 11:45 departure. We'll enjoy a 12:00 lunch at Zucca Gastrobar, 10 Charles Street, Westport, prior to our 1:30-2:30 visit to Dr. Allen's home and garden. Please contact Jill Meyer at 226-4310 or jill@awayfortheday.net to reserve your place. The gas reimbursement for your driver will be \$2 in cash. Please indicate whether or not you can drive, as drivers are always needed and appreciated.

Jill Meyer cell phone: 216-7666

LydHia Menendez cell phone 543-7484

We had a full house for the May 12 General Meeting when Fiona Davis, right, was interviewed by broadcast journalist Alisyn Camerota about her best-selling historical novels.



HAPPY SUMMER!