



January 2024

The Y's Women Newsletter

GENERAL MEETINGS

Open to members and their guests

Place: Green's Farms Church, 71 Hillandale Road, Westport
10:45 am Coffee and Conversation
11:30 am Meeting and Speaker

NOTE: Extra parking is available in front of the large lot on the grass and across the street in front of the Minister's house.

January 8 – Tom Curley: Media War Stories



Tom Curley spent more than 38 years as a director at the CBS Television Network. He was an audio engineer for *Sixty Minutes*, the *CBS Evening News*, the *CBS Morning News*, and *The NFL Today*. He directed *CBS MarketWatch*

Weekend and other shows for CBS MarketWatch. He has also directed shows for the National Audio Theatre Festivals. Tom is currently a director, writer, and actor with VoiceScapes Audio Theater (voicescapesaudiotheater.com). He also does two video podcasts on YouTube called "Get Off My Lawn with Tom Curley" and "Media War Stories: Behind the Scenes Tales from the Front Lines of the Media," and produces a podcast for the Westport Rotary Club called "Westport Rotary Speaks."

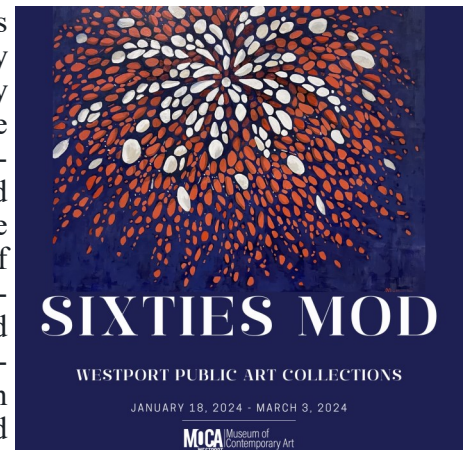
Tom will be joining us for lunch at Rive Bistro following his presentation. If you would like to take part, please contact Vera DeStefano at vera@dcstructural.com.

January 22 - *SIXTIES MOD: Westport Public Art Collections*



Join Kathie Bennewitz, Westport Town Curator, and Ive Covaci, co-chair of Westport Public Art Collections (WestPAC) to learn about the new exhibition *SIXTIES MOD*, part of an ongoing collaboration between WestPAC, the Westport Arts Advisory

Committee, and MoCA Westport. The exhibit is on view at MoCA from January 18 to March 3. The 1960s was a pivotal decade of social, political, and cultural upheaval that continues to resonate deeply today. Many artists became increasingly socially engaged and pushed the boundaries of form, subject matter, medium, and genre. This exhibition honors an important period in Westport's



artistic history and investigates our community's ties to the broader national and international currents of the era. It also celebrates the nearly 60-year milestone when artist and educator Burt Chernow (1933-1997) began building the "Westport Art Collection," as WestPAC was first called in 1965. WestPAC's holdings are particularly strong in this pivotal era, and *SIXTIES MOD* features paintings, prints, drawings, and photographs created between 1955 and 1975, a period often referred to as the "long 1960s."

SATELLITE 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, January 4 from 1:30 to 3:00 pm. We will be discussing *French Braid* by Anne Tyler, and Lois Ross will lead the discussion. For questions, please contact Arlene Bloom at bloomah@sbcglobal.net or Nancy Bloom at nancyerb@aol.com.

Book Group 3 will meet at the Westport Center for Senior Activities on Friday, January 11 at 10:30 am to discuss *American Dirt* by Jeanine Cummins. The discussion will be led by Marie Coppola. For questions, please contact Doris Levinson at drjlevinson@gmail.com.

The **Movie Club** will meet at the Westport Center for Senior Activities on Wednesday, January 17. We meet informally at 2:00 pm to give members a chance to socialize, and our discussion begins at 2:30. We ask all attendees to have been vaccinated and to wear a mask. We are limited to 20 attendees, so please confirm your attendance with Margaret Mitchell by January 15.

We plan to discuss the movies *Guys and Dolls* (1955) and *Maestro*. *Guys and Dolls* is scheduled for broadcast at 9:00 pm on Saturday, January 13 on the WNET network of PBS as part of Reel 13 Classics, and a DVD is listed in the catalog of the Fairfield Library. *Maestro* is available on Netflix.

Guys and Dolls is a 1955 American musical starring Marlon Brando, Jean Simmons, Frank Sinatra, and Vivian Blaine. The film was directed by Joseph L. Mankiewicz, who also wrote the screenplay. It is based on the 1950 Broadway musical by composer and lyricist Frank Loesser, with a book by Jo Swerling and Abe Burrows.

Maestro is a 2023 American biographical drama that centers on the relationship between American composer Leonard Bernstein and his wife, Felicia Montealegre. It was directed by Bradley Cooper from a screenplay he wrote with Josh Singer. The film stars Carey Mulligan as Montealegre alongside

Cooper as Bernstein. Matt Bomer, Maya Hawke, and Sarah Silverman appear in supporting roles.

If you wish to be added to the email list for future Movie Club 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 monthly discussions at NewsTalk. We will be meeting on Thursday, January 25 from 10:00 to 11:30 am on Zoom. For more information, contact Doris Skutch at 247-3656.

Solos will not be having an activity in January. There is a lot of sickness around, and many of our members have been sick. As a result, we feel it is best to take a month off. Stay tuned to the February Newsletter for our next activity.

Wisest Investment Group: The stock market is up and the stock market is down, but the Wisest Investment Group continues to meet monthly on the fourth Thursday of the month. We welcome members at our meetings at the Westport Center for Senior Activities. Please call President Louise Demakis at 254-6424 if you'd like to sit in at a meeting and consider joining the group.

The **Lunch & Trivia** group will meet at noon on January 18, the third Thursday of the month, at the VFW Hall. The cost is \$25 (cash only). We need to have your response by January 15; please contact Annette Kirban at lakirban@optonline.net or 505-1187 if you'd like to attend.

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Solos members enjoyed a lovely Afternoon Tea at Gruel Britannia on October 25.

SATELLITE GROUPS

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The **Mah Jong Group** meets every Thursday at 1:00 pm at the Westport Center for Senior Activities. Advanced players only. For information, contact Barbara Alfinito at barbsgetaway@aol.com or 205-533-1884.

The **Memoir Writing Group** meets on the third Tuesday of the month at members' homes. For more information, please text Cary Peterson at 918-6481 or email her at carypeterson3@gmail.com.

Discussion Group for *The New Yorker*: This group meets remotely on Zoom on the second Tuesday of each month from 10:00 to 11:30 am. Each group member selects one article for discussion. If you're interested, please contact Ellen Cahill at 856-6561 or ellenjcahill@hotmail.com.

Tai Ji and Meditation Classes: 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 two classes:

- **Tai Ji (in person):** Meets weekly on Wednesdays from 9:30 -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.
- **Meditation & Self-Care Massage (on Zoom):** Meets weekly on Wednesdays at 7:30 - 8:30 pm on Zoom. It starts with a guided meditation suitable for beginners as well as advanced participants. At the end of each session, self-care massage is taught to enhance relaxation, circulation, and wellness. The fee for this class is \$5 per session.

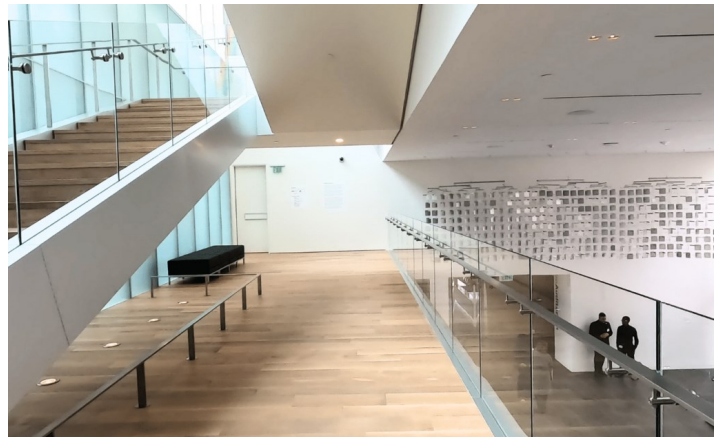
If you are interested in either class, please contact Ruby at 917-816-6661 or Rubypalace88@gmail.com.

CARPOOL & GO

On January 3, Carpool & Go will go to the **Bruce Museum**, newly expanded and renovated, for a docent-led tour of Connecticut Modern: Art, Design and the Avant-Garde, 1930-1960 and a small David Hockney show. We will have time afterward to see the special Harry Bertoia show as well as the new Permanent Collection Galleries and the expanded spaces for nature and science exhibits. We plan to leave the Museum at around 12:30 pm in order to return to Westport for lunch at **Capuli Restaurant**, 143 Post Road East, at 1:00 pm.

We will meet at Trader Joe's / Wells Fargo parking lot at 9:15 am for a 9:30 departure (aiming to arrive before our 10:30 am tour start time). At this point, we have the maximum number of participants signed up – but if you wish to put your name on the waiting list, please contact Lydia Menendez at 319-1110 or lydiamnndz12@gmail.com. The cost is \$12.50 per person.

The Bruce Museum is located at 1 Museum Drive in Greenwich, next to Exit 3 off I-95. The meeting place for tours is the Education Entrance (the former Main Entrance at the top of the hill). Lydia's cell phone number is 543-7484.



Happy New Year!