



February 2025

The Y's Women Newsletter

GENERAL MEETINGS

Open to members and their guests

Place: **Green's Farms Church, 71 Hillendale Road, Westport**
10:45 am **Coffee and Conversation**
11:20 am **Announcements**
11:30 am **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.

February 10 – Paula Schooler, RN: Chair Yoga



At our February 10th meeting, enjoy a very special brief practice of Chair Yoga with Paula Schooler, RN, Yoga therapist. Simple, seated Chair Yoga with awareness of breath and movement can help build strength, improve flexibility, and reduce stress. It can also help to maintain good posture and alignment.

Certified by Nosara Institute in 2002, Paula is the founder of Inquire Within Yoga and has been practicing the discipline for 30 years. She has a BS in Nursing and is a graduate of the University of Massachusetts Mindfulness-based Stress Reduction Program. She encourages her students to listen to their own inner guidance, using breath and posture as tools to cultivate their awareness.

(Paula is the former owner of Pearl's, a popular fondue restaurant in Westport which closed back in 1985. This explains the bottle of salad dressing she is holding, which is still being marketed.)

NOTE: This presentation starts at 10:45 am promptly. Coffee and conversation will begin at 10:15.

February 24 – Dr. Paul Epstein: Healing Consciousness and Transformation

Dr. Paul Epstein is a Naturopathic Physician specializing in Integrative Mind-Body Medicine to heal people with stress and immune-related disorders affecting their bodies' minds, hearts, and spirit. He integrates people's attitudes, beliefs, stresses, lifestyle, life story/biography, and emotions in the healing process, while empowering and engaging people to more consciously participate in their healing journey.



A 1984 graduate of the National College of Natural Medicine, with an ND degree, Paul was a Montessori teacher before becoming a Naturopathic Physician specializing in Healing Consciousness and Transformation and focusing on the question "Where's the Healing?" His career spans more than 30 years and includes Mindfulness Meditation, Stress Reduction, Psychotherapy, and other practices.

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, February 6 from 1:30 to 3:00 pm. We will be discussing ***The Heaven and Earth Grocery Store*** by James McBride. Susan Baron will lead the discussion. Please contact Beverly Silverman at bsilvermanlcsw@gmail.com or 256-0046 to RSVP or if you have any questions.

(continued on page two)

INTEREST GROUPS

(continued from page one)

Book Group 3 will meet at the Westport Center for Senior Activities on Friday, February 14 at 10:30 am. Coincidentally, they will also be discussing *The Heaven & Earth Grocery Store* by James McBride. Valerie Roffe will lead the discussion. For questions, please contact Doris Levinson at 227-3371 or drjlevinson@gmail.com.

The **Movie Club** will meet on Wednesday, February 19 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. We expect to meet in the Center's library, but this may change, so be sure to ask the front desk about our location. We ask that all attendees have been vaccinated. We are limited to 15 attendees, so please confirm your attendance with Margaret Mitchell by February 16.

We will be discussing the movies *Soapdish* and *Whiplash*. *Soapdish* was broadcast at 9:00 pm on Saturday, January 25 as part of PBS Reel 13 Classics. *Whiplash* is available on Netflix and is listed in the catalogs of the Westport and Fairfield Libraries.

Soapdish is a 1991 American film that tells a backstage story of the cast and crew of a popular fictional television soap opera. It stars Sally Field as a mature soap star, joined by Kevin Kline, Robert Downey Jr., Elisabeth Shue, Whoopi Goldberg, Cathy Moriarty, Teri Hatcher, Garry Marshall, Kathy Najimy, and Carrie Fisher. The film also includes cameo appearances by TV personalities like Leeza Gibbons and John Tesh (both playing themselves as *Entertainment Tonight* hosts/reporters), and real-life soap opera actors Stephen Nichols and Finola Hughes.

Whiplash is a 2014 American psychological drama written and directed by Damien Chazelle and starring Miles Teller, J. K. Simmons, Paul Reiser, and Melissa Benoist. It focuses on an ambitious music student and aspiring jazz drummer (Teller), who is pushed to his limit by his abusive instructor (Simmons) at the fictional Shaffer Conservatory in New York City.

If you wish to be added to the email list for future events, please contact Margaret Mitchell at margaret06824@yahoo.com or 255-9094.

NewsTalk: Interested in national and world affairs? Join other Y's Women for lively discussions at NewsTalk. Our next meeting is on Thursday, February 27 from 10-11:30 am in the McCall Room (Room 216) of the Westport Library. For more information, call Doris Skutch at 247-3656.

The **Lunch & Trivia** group will meet at noon on February 20 at the VFW Hall. The cost is \$25 (cash only). If you're interested in joining the group, please contact Annette Kirban at lakirban@optonline.net or 505-1187.

Solos will be going to the **Grey Goose** restaurant, 246 Post Road, Southport, on Saturday, February 22 at noon. We will be able to order off the menu and have separate checks. For reservations, contact Terry Queirolo at tmq44@icloud.com or 858-1470 by Tuesday, February 18.

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

Wisest Investment Group: The Wisest Investment Group meets on the fourth Thursday of the month at the Westport Center for Senior Activities. At every meeting we review our portfolio and decide if we want to either sell a stock, buy more shares, or remain with the same holding. A lively discussion ensues. We also research new stocks that we might want to add to our holdings. (We currently have a portfolio of 12 stocks.) We are looking for new members to join us who are interested in learning about the stock market and educating themselves about investing. Call Lois Block for more information at 984-8222.

The New Yorker Discussion Group: This group meets on the second Tuesday of each month from 10:30 am until noon in the Westport Library, Room 213. 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. If you're interested, please contact Ellen Cahill at 856-6561 or ellenjcahill@hotmail.com for details.

(continued on page three)

INTEREST GROUPS

(continued from page two)

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 -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 will be used to offset rental and insurance costs. If you're interested, please contact Ruby at Rubypalace88@gmail.com or 917-816-6661.

Scrabble, Anyone?

Pennie More, a relatively new Y's Woman, is an intermediate Scrabble player who would like to establish a weekly game. She has a Scrabble set, Scrabble dictionary, and materials for keeping score. If you are interested, please contact Pennie at 216-2862 or pcmore2@gmail.com.

Resuming Donations to Mercy Learning Center

Before COVID, Y's Women regularly brought donations of non-perishable food to the first General Meeting of each month, for the benefit of the Mercy Learning Center in Bridgeport. This wonderful organization provides free literacy and life skills education to low-income women in the greater Bridgeport area using a holistic approach within a compassionate, supportive environment. We plan to resume these donations beginning at the **March 10 General Meeting**. There will be a collection box at the entrance to Greens Farms Church marked MLC. The need has never been greater.

IN MEMORIAM

Betty H. Kogen, a long-time Y's Woman, passed away on January 15 at the age of 94. One of the founders of the Y's Women's Solos group, Betty was proud to have originated the weekly twilight summer picnics at Compo Beach.



Marion Suzanne (Suzy) K. Fiore passed away peacefully at her home in Westport on January 13. She was 86 years old.

CARPOOL & GO!

On Friday, February 21, renowned New England sculptor Niki Ketchman will welcome us to her Westport home for a tour of her contemporary abstract pieces – both large and small. To create works that are often a combination of industrial and domestic materials, Niki uses welding, sewing, weaving, braiding, winding, and draping. “Although sometimes humorous, my sculptures, digital prints, and collages make allusions to issues such as the passage of time, the digital age, or gender roles,” Niki notes. “Many of my sculptures are interactive ... some can be sat on, leaned against, walked through, or walked into. In this way, the visitor experiences the work physically as well as visually.”

Niki has had one-person exhibitions at the Katonah Museum, New Britain Museum, and DeCordova Museum in Lincoln, MA and has been included in group shows at the Aldrich, Bruce Museum, Neuberger Museum, and Fairfield University Art Museum. Her work is in the collections of the New Britain Museum, Housatonic Museum of Art, and Grounds for Sculpture in Hamilton, NJ. Currently her large sculpture **“Passage”** (shown here) is on display at Westport’s Pasacreta Park on Riverside Avenue across from the Assumption Church. “The opening down the center of the sculpture is meant to be a passage through which one squeezes from one stage of life to the next,” Niki explains.



We'll meet behind Wells Fargo Bank in Trader Joe's parking lot at 10:30 am for a 10:45 departure. Our 11:00 guided tour will cost \$5 per person. Please contact Jill Meyer at jill@awayfortheday.net or 226-4310 to reserve your place, and mail a check for \$5 payable to Jill to 40 Owenoke Park, Westport, CT 06880. The gas reimbursement for your driver will be \$2 in cash. Please indicate whether you can drive, as drivers are always needed and appreciated.

Directions:

Drive north on North Compo Road, turn left on Gorham, turn right on Caccamo Lane, and stay to the right at the bend to #14 Caccamo Lane.

Lunch:

1:00 pm at Capuli's on the Post Road, across from the old Post Office in downtown Westport.