



*The Y's Women*

February 2023

## 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

### February 13 – Andrea Moss, Eating for Energy



Do you ever experience the 3:00 energy slump? Have you found it challenging to focus and feel sharp as you'd like to, or does your brain often feel "foggy"? Do you start the day with the best intentions, but find yourself munching on cookies or carby-things because your sugar cravings just won't quit?

In this presentation, Andrea Moss, founder of Moss Wellness, will share her top tips for healthy, energizing eating – so that we can have sustainable, balanced energy throughout the day. She will discuss which foods to choose for breakfast, lunch, and dinner that will keep us focused, energized, and sharp. She will also review which common food culprits cause fatigue, brain-fog, and crankiness. The presentation was created to help us understand the relationship between food, lifestyle choices, and our health – and to give us the tools to feel confident about what to eat.

Andrea has been a practicing holistic nutrition coach since 2008. She received a certificate in Health Coaching from the Institute for Integrative Nutrition in partnership with Columbia University Teachers College and is a member of the American Association of Drugless Practitioners. She is also a graduate of The School of Applied Functional Medicine and

the Food Therapy program led by Dr. Annemarie Colbin at the Natural Gourmet Institute in NYC.

Moss Wellness is a holistic nutrition and functional medicine practice devoted to helping women and men learn how to feel confident about what to eat. The group specializes in chronic digestive issues, autoimmune disorders, natural and sustainable weight loss, and building confidence when it comes to nourishing and caring for your unique body. Andrea works with clients and corporations around the globe to make healthy eating and healthy living easy, pleasurable, and fun.

### February 27 - David W. McFadden, PhD, Ukraine and Russia

In this timely presentation, Fairfield University's Dr. David McFadden discusses the unique relationship between the Ukraine and Russia – from Kievan Rus to Vladimir Putin; from Vladimir the Great to Volodymyr Zelensky. The



history of Ukraine and Russia stretches from the origins of Kyiv in the 9th century to the present. It encompasses eastern Orthodoxy, trade and cultural exchange with the west, conflicts with Poland and Lithuania, various uprisings, independence in the early 20th century, the Maidan protest in 2014, Russia's seizure of the Crimea, and the current war. **Remaining to be answered are the biggest questions of all: How will the war end? And is negotiation possible?**

David McFadden is Professor of History and Director of Russian, East European, and Central Asian Studies at Fairfield University, where he has taught since 1990. He specializes in US foreign relations, humanitarian action, and Russian history. He has a BA degree from the University of Denver and an MA and PhD from the University of California, Berkeley.

## SATELLITE GROUPS (Y's Women Members Only)

**Note:** Several satellite groups are now meeting at the Westport Center for Senior Activities. Please note that all participants at these meetings must be registered with the Senior Center and check in before each meeting.

**Book Group 2** will meet at the Westport Center for Senior Activities on Thursday, February 2 from 1:30 to 3:00 pm. The book to be discussed is *City of Girls* by Elizabeth Gilbert, and the discussion will be led by Deborah Green. For questions, please contact Nancy Bloom at [nancyverb@aol.com](mailto:nancyverb@aol.com) or Arlene Bloom at [bloomah@sbcglobal.net](mailto:bloomah@sbcglobal.net).



*Book Group 2 had an interesting discussion of Circe by Madeline Miller at their January meeting. The discussion was led by Jill Meyer.*

**Book Group 3** will meet at the Westport Center for Senior Activities on Friday, February 10 at 10:30 am to discuss *River of Doubt* by Candice Millard. The discussion will be led by Valerie Roffe. If you have any questions, please contact Doris Levinson at [drjlevinson@gmail.com](mailto:drjlevinson@gmail.com).

The **Movie Club** will meet on Wednesday, February 15 at the Westport Senior Center. We will meet informally at 2:00 pm to give members a chance to socialize, and our discussion begins at 2:30. We ask that all attendees have been vaccinated. We are limited to 20 attendees, so please confirm your attendance with Margaret Mitchell at 255-9094 or [margaret06824@yahoo.com](mailto:margaret06824@yahoo.com) by February 11.

We plan to discuss the movies *The King's Speech* and *The Sting*. *The King's Speech* is scheduled for broadcast at 9:00 pm on Saturday, February 11 on

the WNET network of PBS as part of Reel 13 Classics. *The Sting* is available on Netflix. In addition, DVDs or videodiscs of both movies are listed in the catalogs of the Westport and Fairfield libraries.

*The King's Speech* is a 2010 British historical drama directed by Tom Hooper and written by David Seidler. Colin Firth plays the future King George VI who, to cope with a stammer, sees Lionel Logue, an Australian speech and language therapist played by Geoffrey Rush. The men become friends as they work together, and after his brother abdicates the throne, the new king relies on Logue to help him make his first wartime radio broadcast upon Britain's declaration of war on Germany in 1939.

*The Sting* is a 1973 American caper set in September 1936, involving a complicated plot by two professional grifters (Paul Newman and Robert Redford) to con a mob boss (Robert Shaw). The story was inspired by real-life cons perpetrated by brothers Fred and Charley Gondorff and documented by David Maurer in his 1940 book *The Big Con: The Story of the Confidence Man*. The title phrase refers to the moment when a con artist finishes the "play" and takes the mark's money.

If you wish to be added to the email list for future events, please contact Margaret at 255-9094 or [margaret06824@yahoo.com](mailto:margaret06824@yahoo.com).

**NewsTalk:** Interested in national and world affairs? Join other Y's Women for lively discussions at NewsTalk. We will meet on Thursday, February 23 from 10:00 to 11:30 am at the Westport Library, room 216 (McCall Room). For more information, please contact Doris Skutch at 247-3656.

The **Lunch & Trivia** group will meet at 12:00 noon on Thursday, February 16 at the VFW Hall. The cost of lunch is \$25. Please contact Annette Kirban at [lakirban@optonline.net](mailto:lakirban@optonline.net) if you are interested in attending.

A great many Y's Women enjoy these trivia lunches. Fortunately, the group has volunteers who have signed up to compile questions and answers through August. Beginning in September, they will need more volunteers (in groups of two) to compile these questions in order for the trivia lunches to continue. Please consider signing up – at the next meeting or by contacting either Annette or Vera DeStefano at [vera@dcstructural.com](mailto:vera@dcstructural.com).

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## SATELLITE GROUPS

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**Wisest Investment Group:** We are looking for a brave new member to join the Wisest Investment Group as we try to navigate our joint stock portfolio. It's a Bull Market, and we've been there before. This would be a good time to buy in, as our portfolio has taken a dip like everyone else's. You will find intelligent minds reaching a solution. We will meet on February 23, the fourth Thursday of the month. For more information, contact our President, Louise Demakis, at 254-6424 or [lwdemakis@optonline.net](mailto:lwdemakis@optonline.net).

The **Mah Jong Group** will now meet **every Thursday from 1:00 - 4:00 pm** at the Westport Center for Senior Activities. If you wish to attend, please contact Barbara Alfinito at [Barbsgetaway@aol.com](mailto:Barbsgetaway@aol.com) or 205-533-1884 before each session. The number of players will be limited to 12. The group plays for money, the amount of which is determined by the American Mah Jong regulation card.

**Solos** will be going to Nomade Restaurant (formerly Tavern on Main) on Main Street in Westport for lunch on Thursday, February 23 at 12:00 noon. We will be able to order off the menu and have individual checks. For reservations, please contact Terry Queirolo at 847-4121 or [tmq44@icloud.com](mailto:tmq44@icloud.com) before February 18.

The **Memoir Group** has many snowbirds, and because of this will not be meeting until spring. They hope to meet on Zoom before that time if enough members are interested. Please contact Cary Peterson at [carypeterson3@gmail.com](mailto:carypeterson3@gmail.com) if you would like to take part.

The **Tai Ji Group** meets every Tuesday at 11:30 am – 12:30 pm on Zoom, and a class on meditation and self-care massage meets on Wednesdays from 7:30 – 8:30 pm on Zoom. The focus of these classes is to align with balance, stability, ease, and wellness. The teacher is Ruby Shih, a long-term Tai Ji / Qi Gong teacher and founder of Tai Ji School (Society of Nana-laoshu) in Manhattan. A fee of \$5 per session will be used for liability insurance and other fees. If you are interested in either of these classes, please contact Ruby at [Rubypalace88@gmail.com](mailto:Rubypalace88@gmail.com) or 917-816-6661.

The **Bridge Group** is hoping to resume a weekly intermediate bridge game starting in March/April. If you are interested, please contact Deanna Saltzman at [salzy312@aol.com](mailto:salzy312@aol.com).

## CARPOOL & GO

On February 17, Carpool & Go will visit the **Stamford Museum & Nature Center** for an 11:00 am self-guided tour of **Sophy Regensburg's** paintings. When Curator Maeve Lawler discovered five of Sophy Regensburg's works in the Stamford Museum's permanent collection, she realized that a retrospective of the artist's work was long overdue. Like Grandma Moses, Sophy (1885-1974) began painting late in life – at age 67. Despite her late start, she produced more than 500 works of art over the course of her short career. Celebrated for vivid still lifes depicting objects culled from everyday life – a pitcher of tulips, a plate of shucked oysters, a slice of cherry pie – Sophy gained national recognition during her lifetime. Featuring crisp outlines, saturated colors, meticulous patterning, and a compressed perspective, her works follow in the tradition of Golden Age Dutch still lifes. Following the museum visit, we'll have lunch at Ching's Table in New Canaan, 64 Main Street, 972-8550.

We will meet at Trader Joe's parking lot at 10:00 am and depart at 10:15. Please contact Jill Meyer at 226-4310 or [jill@awayfortheday.net](mailto:jill@awayfortheday.net) to let her know you can join the group, and then mail your \$6 check (payable to Jill) to 40 Owenoke Park, Westport, CT 06880. The gas reimbursement for your driver will be \$3. Also, please indicate if you are willing to drive, as drivers are always needed and appreciated.

**Directions:** Take the Merritt Parkway to Exit 35. At the end of the ramp, turn left onto CT Rte.137 North, High Ridge Road. Drive .9 miles north and turn left into the museum's entrance.

