



November 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

**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.

**November 13 – Betty Johnson: Health Benefits of Tea and Its History**



Bigelow Tea was founded in Fairfield by Ruth Campbell Bigelow in 1945. The only tea available at that time was black tea. A friend gave Ruth an old colonial tea recipe whose ingredients included black tea, orange rind, and sweet spice. She spent weeks perfecting the blend in her kitchen. The tea was an instant success, garnering rave reviews from

people who had sampled the brew at a social function. A friend later told Ruth that her tea caused nothing but constant comments. Today, "Constant Comment" is still the number one selling flavored black tea in the country.

Betty Johnson has been associated with Bigelow Tea for the past 25 years. The first 12 years she was Customer Service Manager as well as speaking about tea throughout the State. Now she exclusively does Tea Presentations. Betty will give a brief history of tea, how tea is processed, and the latest health information associated with drinking tea. She will also tell us how to make the perfect cup of tea.

**November 27 – Robert Altbaum, MD:  
Osteoporosis – A Treatable Disease**

In this presentation, Dr. Robert Altbaum will review the definition of osteoporosis, the basic biology of bone formation, the consequences of the disease, the diagnostic tests available, and the treatments and their side effects. In addition, since so many fractures resulting from osteoporosis are caused by falls, he will briefly discuss falls and what patients can do to prevent them.



Bob retired in 2021 after 40 years as a practicing internist in Westport. He currently teaches at Norwalk Hospital and serves as Moderator of Westport's Library Medical Series. In addition to teaching and lecturing about medicine, he plays tennis and pickleball, hikes, cycles, and plays rock music in the popular local band DNR ("Do Not Resuscitate").

## 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, November 2 from 1:30 to 3:00 pm. We will be discussing *These Precious Days: Essays* by Ann Patchett, and Deborah Green will lead the discussion. For questions, please contact Arlene Bloom at [bloomah@sbcglobal.net](mailto:bloomah@sbcglobal.net) or Nancy Bloom at [nancyerb@aol.com](mailto:nancyerb@aol.com).

*(continued on page two)*

## SATELLITE GROUPS

(continued from page one)

**Book Group 3** will meet at the Westport Center for Senior Activities on Friday, November 10 from 10:30 am to noon to discuss *The Revolutionary: Samuel Adams* by Stacy Schiff. Sally Randall will lead the discussion. For questions, please contact Doris Levinson at [drjlevinson@gmail.com](mailto:drjlevinson@gmail.com).

The **Movie Club** will meet on Wednesday, November 15 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 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 November 11.

We plan to discuss the movies *The Pink Panther* (1963) and *Field of Dreams*. *The Pink Panther* is scheduled for broadcast at 9:00 pm on Saturday, October 21 on the WNET network of PBS as part of Reel 13 Classics. *Field of Dreams* is available on Netflix. A DVD or streaming video of both movies is available at the Westport and Fairfield libraries.

*The Pink Panther* is a 1963 American comedy directed by Blake Edwards, written by Maurice Richlin and Blake Edwards, and distributed by United Artists. It was the first installment in *The Pink Panther* franchise, following Inspector Jacques Clouseau from Rome to Cortina d'Ampezzo to catch a notorious jewel thief known as "The Phantom" before he is able to steal the priceless "Pink Panther" diamond. The film stars David Niven, Peter Sellers, Robert Wagner, Capucine, and Claudia Cardinale.

*Field of Dreams* is a 1989 American sports fantasy drama written and directed by Phil Alden Robinson, based on Canadian novelist W.P. Kinsella's 1982 novel *Shoeless Joe*. The film stars Kevin Costner as a farmer who builds a baseball field in his cornfield that attracts the ghosts of baseball legends, including Shoeless Joe Jackson (Ray Liotta) and the Chicago Black Sox. Amy Madigan, James Earl Jones, and Burt Lancaster (in his final film role) also star. The film was nominated for three Academy Awards: Best Picture, Best Original Score, and Best Adapted Screenplay. In 2017 it was selected for the US National Film Registry by the Library of Congress.

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

**NewsTalk** will not be meeting in November because of its conflict with Thanksgiving. If you are interested in joining other Y's Women for lively discussions about national and world affairs, call Doris Skutch at 247-3656.

**Lunch & Trivia:** The Lunch & Trivia group will meet at noon on November 16 at the VFW Hall. The cost is \$25 (cash only). Please contact Annette Kirban at 505-1187 or [lakirban@optonline.net](mailto:lakirban@optonline.net) if you would like to attend.

**Solos** will be going to Il Pastaficio, 135 Post Road East, Westport on Wednesday, November 8 for lunch at noon. We will be able to order off the menu and have separate checks. For reservations, please contact Terry Queirolo at [tmq44@icloud.com](mailto:tmq44@icloud.com) or 847-4121 by November 1. Hope you can join us to try another new restaurant.

**Save the Date:** The Solos Holiday Luncheon will be held on Saturday, December 9 at Rive Bistro. More details will follow in the December newsletter.

The **Mah Jong Group** meets every Thursday at 1:00 pm at the Westport Center for Senior Activities. Advanced players only. You can find us in the back room. For information, contact Barbara Alfinito at [barbsgetaway@aol.com](mailto:barbsgetaway@aol.com) or 205-533-1884.

**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 **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](mailto:carypeterson3@gmail.com).

(continued on page three)



New member Arlene Yolles (right) chats with Jill Meyer at the New Member Coffee on October 9.

## SATELLITE GROUPS

(continued from page two)

**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](mailto: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](http://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 will start with a guided meditation suitable for beginners as well as advanced participants. At the end of each session, self-care massage will be 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](mailto:Rubypalace88@gmail.com).

## Carpool and Go!

On Friday, November 17, Carpool & Go will have a docent-led tour of two exhibits at the **New Britain Museum of American Art** (one of our favorite destinations): "*Masterworks of the Sanford B.D. Low Illustration Collection*" and "*Ellen Carey: Struck By Light*." Later, we can view "*Masterworks of Shaker Design*" on our own. The Low Collection showcases works by iconic and groundbreaking artists including Maxfield Parrish, Norman Rockwell, and Stevan Dohanos, to name a few. These artists captured distinctly American values through advertisement illustrations and cover illustrations for publications such as *Scribner's Magazine* and *The Saturday Evening Post*. These captivating and diverse works feature scenes of American pastimes, of family and friends, of love and romance, of wartime and fantasy.

The Ellen Carey show is a two-part exhibit of her experimental and abstract works that defy photographic conventions. It represents the largest retrospective of her innovative photo-objects and lens-based artworks in a decade (see images below).



To allow more time in the museum, we will have lunch at the museum's cafe. The cost of \$15 per person includes a salad or sandwich, potato chips, chocolate chip cookie, and beverage. **Please indicate your choice of salad or sandwich** when you mail in your museum entrance fee:

- **Salad:** Caesar, Greek, or tossed.
- **Sandwich:** Turkey, ham, chicken salad, or tuna salad (with lettuce & tomato) on hard roll or gluten-free wrap.

We'll meet behind Wells Fargo Bank in the Trader Joe's parking lot at 9:00 am for a 9:15 departure. To reserve your place, contact Jill Meyer at 226-4310 or [jill@awayfortheday.net](mailto:jill@awayfortheday.net). Please mail your entrance/tour fee of \$20 payable to Jill at 40 Owenoke Park, Westport, CT 06880. The gas reimbursement for your driver will be \$7 in cash. Please indicate whether or not you can drive, as drivers are always needed and appreciated.

**Directions:** Drive north on the Merritt Parkway. Exit onto CT-372 toward CT-9, New Britain. Continue onto Frontage Road. Use the two left lanes to turn left and merge onto CT-9 North. Take exit 36 toward downtown New Britain, and use the right lane to merge onto Columbus Blvd. At the traffic circle, take the first exit to stay on Columbus Blvd. Turn left onto Main Street, right onto West Main, and left onto Lexington Street. The Museum is at 56 Lexington Street.

## Welcome to Our Newest Members

Y's Women is pleased to welcome 11 new members who have joined us over the past few months:

Cheryl Bliss  
Mari Freeman  
Ellen Gilbertson  
Andrea Harman  
Nahid Meriwether  
Shelley Moll

Molly Rhodes  
Leigh Ryan  
Nancy Vener  
Pat Winter  
Arlene Yolles