



February 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  
**11:20 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 12 – Mike Vincelli: Active Shooter Situational Awareness



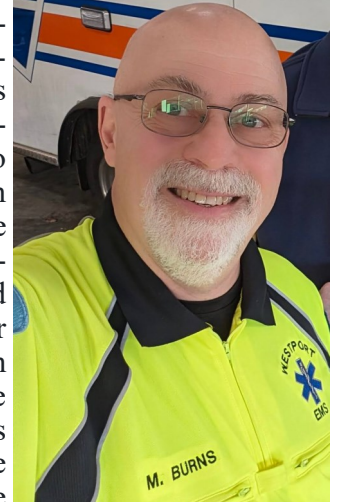
Do you know how to react and what to expect if you are ever in an Active Shooter situation? In this presentation, Mike Vincelli, Director of Emergency Management and Homeland Security for the Aspetuck Health District, seeks to prepare us for the rare event we find ourselves in such a situation. Mike is also Deputy Emergency Management Director for the Town of Weston, President of the Westport-Weston CERT Team, and Director of the Aspetuck Medical Reserve Corps.

*Mike 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](mailto:vera@dcstructural.com).*

## February 26 – Mike Burns: Westport Volunteer Emergency Medical Service

Mike Burns, President of the Westport Volunteer Emergency Medical Service (WVEMS), takes this opportunity to tell us all about his critically important

organization – the ambulance service for Westport. Whenever anyone calls 911 for a medical emergency, WVEMS responds to that call with staff and an ambulance. They assess the patients, treat their life-threatening injuries, and take them to the hospital for advanced care if needed. In addition to educating the public about various forms of emergency care, they are responsible for raising the money needed to fund the operation. This is unique and different from what happens in town with the police or fire departments, which are entirely funded by taxpayer money.



## Chinese New Year Luncheon

Y's Women will be celebrating Chinese New Year at the Little Kitchen of Westport on Tuesday, February 20 at 12:30 pm. The restaurant is in Compo Shopping Center next to Gold's Delicatessen. We will be ordering from the menu and will have separate checks. This event is open to all Y's Women. Join us as we celebrate the Year of the Dragon. Contact Judy Mappa at [judypala@hotmail.com](mailto:judypala@hotmail.com) if you would like to attend.

## Jewels of Westport

It's time to get out and about and visit (in many cases, revisit) some of the incredible places our town has to offer. In this effort, we have created a new satellite group: Jewels of Westport.

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Some of you joined us for our first town tour of the Westport Country Playhouse last fall, which was an amazing success! In fact, if you missed that tour, we will plan another one in the future – this “jewel” is not to be missed.

Some other places we are planning to visit include Town Hall, which houses an incredible art collection from WestPAC (our public art collection), and the Westport Library, where we will tour the television and radio stations. We might also go to Wakeman’s Farm in the spring and play with the baby goats, visit Sherwood Island to see the pavilion and 9/11 Memorial, and explore the exhibits at MoCA Westport, just to name a few amazing places.

Our next outing will be to Town Hall, where we will have a personal docent-led tour. Stay tuned for details.

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

**Book Group 2** will meet at the Westport Center for Senior Activities on Thursday, February 1 from 1:30 to 3:00 pm. Nancy Bloom will lead the group in a discussion of *The Revolutionary: Samuel Adams* by Stacy Schiff. 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).

**Book Group 3** will meet at the Westport Center for Senior Activities on Friday, February 9 at 10:30 am to discuss *The Lions of Fifth Avenue* by Fiona Davis. Andrea Turner will be leading the discussion. For questions, please contact Doris Levinson at [drjlevinson@gmail.com](mailto:drjlevinson@gmail.com).

The **Movie Club** will meet at the Westport Center for Senior Activities on Wednesday, February 21. We meet informally at 2:15 pm to give members a chance to socialize, and our discussion begins at 2:45. We are scheduled to meet in Bays 4 and 5, which are across from the office of Holly Betts. Our assigned room sometimes changes, so you may want to ask the front desk about our location. We ask all attendees to have been vaccinated and to wear a mask. We are limited to 25 attendees, so please confirm your attendance with Margaret Mitchell by February 19.

We will discuss the movies *Sunset Boulevard* (1955) and *May December*. *Sunset Boulevard* is scheduled for broadcast at 9:00 pm on Saturday, January 27 on

the WNET network of PBS as part of Reel 13 Classics, and a DVD is listed in the catalog of the Westport Library. *May December* is available on Netflix.

*Sunset Boulevard* is an American film-noir directed by Billy Wilder and co-written by Wilder, Charles Brackett, and D.M. Marshman, Jr. It was named after a major street that runs through Hollywood, the center of the industry. The film stars William Holden as Joe Gillis, a struggling screenwriter, and Gloria Swanson as Norma Desmond, a former silent-film star who draws him into her deranged fantasy world, where she dreams of making a triumphant return to the screen.

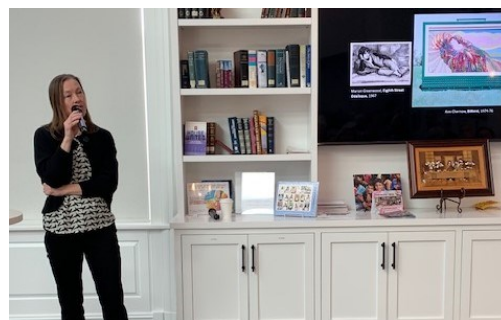
*May December* is a 2023 American drama directed by Todd Haynes from a screenplay by Samy Burch. The film is loosely inspired by the Mary Kay Letourneau scandal. It stars Natalie Portman as an actress who travels to meet and study the life of the controversial woman (Julianne Moore) she is set to play in a film – a woman infamous for the 23-year-long relationship with her husband (Charles Melton), which began when he was 13 years old.

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:** Interested in national and world affairs? Join other Y’s Women for lively monthly discussions for Newstalk. We will be meeting on Thursday, February 22 from 10:00 to 11:30 am on Zoom. For more information, contact Doris Skutch at 247-3656.

**Solos** will be going to the Grey Goose in Southport for brunch on Sunday, February 11 at 12:00 noon. The address is 246 Old Post Road, Southport. We will be able to order off the menu and have individual checks. Contact Terry Queirolo at 847-4121 or [tmq44@icloud.com](mailto:tmq44@icloud.com) for reservations by Monday, February 5. Hope you can join us for an enjoyable Sunday afternoon.

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*Y’s Women learned all about SIXTIES MOD, the new exhibit at MoCA, from WestPAC’s Ive Covaci at our January 22nd General Meeting.*

## SATELLITE GROUPS

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The **Wisest Investment Group** is reorganizing under its new president, Angela Vicenzi. Stay tuned for more information in next month's newsletter.

**Lunch & Trivia** is canceled for February. As a result of weather, many illnesses, and members who go South for the winter, it was determined to postpone the next Lunch & Trivia meeting until March. Look forward to seeing you all again next month.

The **Mah Jong Group** meets every Thursday at 1:00 pm at the Westport Center for Senior Activities. Advanced players only. We have lost a couple of players to Florida for the winter, so if you are an advanced player and would like to join us, please contact Barbara Alfinito at [barbsgetaway@aol.com](mailto:barbsgetaway@aol.com) or 205-533-1884.

The **Memoir Writing Group** will meet on Tuesday, February 20 at 2:00 pm. For more information, please text Cary Peterson at 918-6481 or email her at [cary-peterson3@gmail.com](mailto:cary-peterson3@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](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 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](mailto:Rubypalace88@gmail.com).

## CARPOOL & GO !

On Friday, February 23, after an 11:30 am lunch at Westport's Capuli's Restaurant, Carpool and Go! will visit **MoCA Westport** to enjoy a 1:30 pm guided tour of their Winter Exhibition, **SIXTIES MOD**, which features selections from the Public Art Collections. A pivotal decade of social, political, and cultural upheaval, the 1960s continue to resonate today. Often considered the beginning of the contemporary era in art, it was a period when artists pushed boundaries of form, subject matter, media, and genre. This exhibition presents roughly 40 paintings, prints, drawings, and photographs from Westport's Collection. Included in the show are works by Alexander Calder, Ann and Burt Chernow, Alfred Eisenstaedt, Roy Lichtenstein, Susan Malloy, Robert Motherwell, and Ben Shahn, among others.

The guided tour of the MoCA exhibit will cost \$10 per person. Please contact Jill Meyer at 226-4310 or [jill@awayfortheday.net](mailto:jill@awayfortheday.net) to reserve your place. Mail a check for \$10 payable to Jill to 40 Owenoke Park, Westport, CT 06880.

We'll meet behind the Wells Fargo Bank in Trader Joe's parking lot at 11:15 am. The gas reimbursement for your driver will be \$2 in cash. Please indicate whether you can drive, as drivers are always needed and appreciated. We will dine nearby at 11:30 am at Capuli's on the Post Road across from the old Westport Post Office.

### Directions to MoCA:

Drive West on the Post Road across the Saugatuck River. Turn right at the light onto Sylvan Road North. Turn right onto Newtown Avenue and left onto Newtown Turnpike.

Jill Meyer                      226-4310 home; 216-7666 cell  
Lydia Menendez            319-1110 home; 543-7484 cell

### In Memoriam

We are sad to announce that we lost three Y's Women during the past month:

- **Elaine Littman** passed away on December 31 at the age of 86. She was a member of Solos for many years and always enjoyed coming to our activities.
- **Nancy Wilder**, a long-time Y's Woman, passed away on January 6. She was 95.
- **Barbara G. Kidney** passed away peacefully on January 10. A Y's Woman for many years until recently, she was 95 years old.