



May 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.*

## May 13 – Jay Dirnberger: Helicopter Pilot in the Vietnam War



In the late 1960s and early 1970s, almost all Americans participated in some way in the Vietnam War. We were either fighting in Vietnam or were worried parents, brothers, sisters, and spouses of those fighting, watching it on TV every night or resisting American participation. This presentation is about one young man's year in the heat of battle.

In 1968, US Army First Lieutenant Jay Dirnberger was assigned to the First Cavalry Division's 227<sup>th</sup> Assault Helicopter Battalion. He served as a flight platoon leader and operations officer, participating in the Tet Offensive in the city of Hue, the siege of Khe Sanh, and the invasion of the Ashau Valley. Jay was awarded the Silver Star, Distinguished Flying Cross, Bronze Star, Air Medal with 22 oak leaf clusters, and the Vietnamese Cross of Gallantry with Silver Star. He returned to the US as a captain and was assigned to the 18<sup>th</sup> Airborne Corp at Fort Bragg (renamed Fort Liberty) as an aide to the commanding general. Jay left the service in November 1970.

## TUESDAYS AT THE BEACH Hosted by Solos for All Y's Women

We will once again meet at Compo Beach starting Tuesday, May 7 and every Tuesday through September, weather permitting. We cannot meet on Tuesday, July 2 because that is the day of Westport's fireworks. Otherwise, no pass is required for Tuesdays – just tell them at the gate that you are with the Y's Women. We will meet at 4:00 pm to the right of the cannons. Bring your beach chair and your dinner and join us for many pleasant evenings of socializing.

We will also have our popular Pot Luck Dinners on the second Tuesday of the month, starting June 11. We ask everyone to bring something to share. All paper products, water, and iced tea will be provided by Solos.

## 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, May 2 from 1:30 to 3:00 pm. We will be discussing *The Mothers* by Brit Bennett, and Alin Chelico will lead the discussion. Please contact Nancy Bloom at 259-0071 or [nancyerb@aol.com](mailto:nancyerb@aol.com) with any questions.

**Book Group 3** will meet on Friday, May 10 at 10:30 am at the Westport Center for Senior Activities to discuss *Fresh Water for Flowers* by Valérie Perrin. The discussion will be led by Valerie Roffe. Please contact Doris Levinson at [drjlevinson@gmail.com](mailto:drjlevinson@gmail.com) or 227-3371 if you have any questions.

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# *Y's Women's Spring Picnic and Annual Meeting*

*MONDAY, May 20 - 11:30 am*

*Jackie Durrell Pavilion  
323 Fairfield Beach Road, Fairfield*

*Cost: \$45 per person*

*Assorted sandwiches, salads, fruit, and yummy  
desserts from The Pantry*

*Pay at the Membership Table at the May 13th General Meeting  
or send a check for \$45, made out to Y's Women, to:  
Terry Queirolo, 305 Foxboro Drive, Norwalk, CT 06851.*

*Questions: contact Terry at 847-4121 or [tmq44@icloud.com](mailto:tmq44@icloud.com).*

*Payment must be received by May 13. No walk-in exceptions.*

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*I will attend the Spring Luncheon and Annual Meeting.*

*Name: \_\_\_\_\_*

*Phone: \_\_\_\_\_*

*Email address: \_\_\_\_\_*

## SATELLITE GROUPS

(continued from page one)

The **Movie Club** will meet on Wednesday, May 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. 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 May 12.

We plan to discuss the movies *Little Man Tate* and *Amadeus*. *Little Man Tate* is scheduled for broadcast at 9:00 pm on Saturday, May 11 on the WNET network of PBS as part of Reel 13 Classics. *Amadeus* is available on Netflix, and a video is listed in the catalogs of the Westport and Fairfield Libraries.

*Little Man Tate* is a 1991 American drama directed by Jodie Foster (in her directorial debut) from a screenplay written by Scott Frank. The film stars Adam Hann-Byrd as Fred Tate, a seven-year-old child prodigy who struggles to self-actualize in social and psychological settings that largely fail to accommodate his intelligence. It also stars Foster, Dianne Wiest, Harry Connick Jr., David Hyde Pierce, Debi Mazar, and P. J. Ochlan.

*Amadeus* is a 1984 American period biographical drama directed by Miloš Forman and adapted by Peter Shaffer from his 1979 stage play of the same name. Set in Vienna, Austria, during the latter half of the 18th century, the film is a fictionalized story of Wolfgang Amadeus Mozart from the time he left Salzburg, described by its writer as a “fantasia on the theme of Mozart and Salieri.” Mozart's music is heard extensively on the soundtrack.

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).

**Solos** will be going to one of our favorite restaurants, Osteria Romana, for an early dinner at 4:30 pm on Wednesday, May 29. We will be able to order off the menu and have individual checks. For reservations, contact Terry Queirolo at [tmq44@icloud.com](mailto:tmq44@icloud.com) or 847-4121 by Tuesday, May 21. And please join us for the Y's Women's Spring Picnic and Annual Meeting on Monday, May 20.

**NewsTalk:** Interested in national and world affairs? Join other Y's Women for lively discussions at NewsTalk. Our next meeting is on Thursday, May 23 from 10 - 11:30 am in the McCall Room at the Westport Library (room 215). For more information, call Doris Skutch at 247-3656.

The **Lunch & Trivia Group** will meet at noon on May 16 at the VFW Hall. The cost is \$25 (cash only). Contact Annette Kirban at 505-1187 or [lakirban@optonline.net](mailto:lakirban@optonline.net) if you plan to join us. Please make every effort to be there if you indicate that you will attend – the Y's Women have to guarantee a certain number in advance, and we lose money when those who signed up do not make it to the lunch.

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](mailto:barbsgetaway@aol.com) or 205-533-1884.

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 contact President Angela Vicenzi at [vicenziae@yahoo.com](mailto:vicenziae@yahoo.com) if you'd like to sit in at a meeting and consider joining the group.

The **Memoir Writing Group** will meet on Tuesday, May 21 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).

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### Slate of Officers for 2004-2025

President: Vera DeStefano (2-year term)  
 Vice President: Vicki Alli (2-year term)  
 Treasurer: Barbara Morrow  
 Secretary: Valerie Roffe



## SATELLITE GROUPS

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**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're interested in either class, please contact Ruby at 917-816-6661 or [Rubypalace88@gmail.com](mailto:Rubypalace88@gmail.com).

## Welcome to Our Newest Members

We are delighted to welcome these three members who joined Y's Women in April:

*Rochelle Field  
Randy Kelts  
Linda Woodruff*



*Carpool & Go enjoyed a great trip to the Mattatuck Museum on April 19.*

## CARPOOL & GO!

On Thursday, May 23, Carpool & Go will revisit the **Wadsworth Atheneum Museum of Art** in Hartford. We will have a special docent-led tour of their current principal show, **Styling Identities: Hair's Tangled Histories**, starting at 11:00 am. This exhibition explores the many ways that hair and its styling has represented fashion and trend-setting as well as rule-breaking and social/political statements. Historically hair has been used as a medium for artistic works and also remembrances. In creating this show, the curators asked the museum staff and the greater Hartford community to share their thoughts and feelings about the subject – so we have multi-layered historical and personal perspectives to engage us.



After the tour we will lunch at the Museum Café, where we will select from their menu of salads and sandwiches. Then there will be time for visiting other parts of the Museum and other special shows before we leave.

We will meet at Trader Joe's / Wells Fargo parking lot at 9:15 am for a 9:30 departure. To reserve your spot for this trip, please contact Lydia Menendez at [lydiamndz12@gmail.com](mailto:lydiamndz12@gmail.com) or 319-1110 and send a check for \$12 (senior admission), made out to Lydia, to 388 Oldfield Road, Fairfield, CT 06824. It is recommended that we park our cars at the Front Street South Garage (GPS: Front Street Crossing, Hartford, CT), for which the cost is \$3 per day with Museum validation. It is then a short walk up the hill to the Avery Entrance on the north side of the Museum. Please bring \$8 in cash for gas reimbursement for drivers. Also, please indicate if you are willing to drive – drivers are always needed and appreciated.

**Save the Date:** On June 28, Carpool & Go will visit **Hollister House and Gardens** in northwestern Connecticut.