

December 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.

December 11—The Orphenians

Founded by Dr. George Weigle in 1958, the Staples High School Orphenians have been the premiere vocal ensemble in Westport for more than six decades. Over those many years, this elite group has performed across the globe, including nearly every country in Europe, the West Coast of the United States, Australia, and most recently Hawaii (summer of 2023). Under the direction of Staples' new high school choral director Lauren Pine, this year's ensemble consists of 40 auditioned students ranging from 9th to 12th grade. Known for their many holiday performances throughout Westport, they have become an integral part of the local community during the holiday season and year round. We are delighted to once again welcome the Orphenians to the Y's Women.



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 not be meeting in December. Instead they will hold their annual holiday party.

Book Group 3 will meet at the Westport Center for Senior Activities on Friday, December 8 at 10:30 am to discuss *Lessons in Chemistry* by Bonnie Garmus. Doris Levinson will lead the discussion. For questions, please contact Doris at drjlevinson@gmail.com.

The **Movie Club** will meet at the Westport Center for Senior Activities on Wednesday, December 20. 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 December 17.

We plan to discuss the movies *Eye of the Needle* (1981) and *Nyad*. *Eye of the Needle* is scheduled for broadcast at 9:00 pm on Saturday, December 16 on the WNET network of PBS as part of Reel 13 Classics. *Nyad* is available on Netflix.

Eye of the Needle is a 1981 British spy film directed by Richard Marquand and starring Donald Sutherland and Kate Nelligan. Written by Stanley Mann, it is based on the 1978 novel of the same title by Ken Follett. The film is about a German Nazi spy in the United Kingdom during World War II who discovers vital information about the upcoming D-Day invasion. It shows the spy's attempt to return to Germany while he is stranded with a family on the isolated (fictional) Storm Island, off the coast of Scotland.

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SATELLITE GROUPS

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Nyad is a 2023 American biographical sports drama directed by Elizabeth Chai Vasarhelyi and Jimmy Chin, and written by Julia Cox. It stars Annette Bening as swimmer Diana Nyad, Jodie Foster, and Rhys Ifans. The film is Vasarhelyi and Chin's narrative feature directorial debut and is based on Nyad's autobiography *Find a Way*.

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

NewsTalk: Interested in national and world affairs? Join other Y's Women for lively discussions at NewsTalk. Our next meeting is on Thursday, December 28 from 10:00 - 11:30 am in the McManus Room (room 215) of the Westport Library. For more information, contact Doris Skutch at 247-3656.

The **Solos** Holiday Luncheon will be held at Rive Bistro on Saturday, December 9 at 12:30 pm. Our luncheon will include salad, your choice of three entrees, and dessert chosen that day. The cost is \$45. Please contact Terry Queirolo at 847-4121 or tmq44@icloud.com by December 1 to reserve your place, and mail her a check made out to Y's Women Solos to 305 Foxboro Drive, Norwalk, CT 06851. The luncheon will include our popular gift exchange; please bring a wrapped gift for \$15 that day. Hope you can join us to celebrate the holidays together.

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 group.

The **Lunch & Trivia** group will meet at noon on December 21 at the VFW Hall. The cost is \$25 (cash only). If you are interested, please contact Annette Kirban at lakirban@optonline.net or 505-1187. **Cancellations must be made by Monday, December 18 or the lunch charge will be collected.**

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 or 205-533-1884.

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.

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.

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). She offers two classes:

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On October 30, Bruce Miller of the Westport Country Playhouse took the Y's Women through 93 years of history of this shining jewel. In 1930, Broadway producer Lawrence Langer bought a barn on the Post Road, hired a set designer, and created a 400-seat theater. By 1950, Steven Sondheim and other stars were performing, helping to put Westport on the theatrical map. In 2000, Joanne Woodward reconstructed the "barn," and the Playhouse continues to draw actors, directors, and producers to this day. The tour took the group on stage, backstage, and downstairs for makeup and the green room. It showcased the "wall of honor" – hundreds of photos of actors and actresses who performed at the Playhouse, including Tyrone Power, Henry Fonda, Ethel Barrymore, Gene Kelly, Olivia Havilland, and, of course, Westport's very own Paul Newman.

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- **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.

Another Chance to Hear the Orphenians

The Y's Men have invited us to their Orphenians Concert, which will be held on December 14 at 10 am at the Saugatuck Congregational Church in Westport. If you can't make it to our own concert on December 11 – or if you want to hear the Orphenians a second time – please take advantage of this generous offer. Park in the rear of the church and go up one flight of stairs to the Sanctuary.

Welcome to Our Newest Members

Y's Women is pleased to welcome five new members who joined in October and November:

Janis Forgotson
Joanne Huxford
Nancy Gentile

Linda Love
Irene Summer

In Memoriam: Jane Malakoff

Jane Edith Malakoff, aged 82, passed away on November 19 after a long battle with cancer. Jane was an active Y's Women member and a beloved member of Solos, sharing her excellent photography with us over the years.

She will indeed be missed.



Carpool and Go!

On Friday, December 15, Carpool & Go will return to **Fairfield University Art Museum's Bellarmine Hall** for a docent-led tour of **Arthur Szyk: Artist and Soldier for Human Rights**. This special exhibition, organized around the theme of human rights, features more than 50 works by acclaimed Polish Jewish miniaturist and political cartoonist Arthur Szyk (1894-1951), including political cartoons and images that honor the power and importance of political ideals. A book illustrator of note in Europe in the 1920s and 30s, he emigrated to the US in 1940. While living in New Canaan and the New York area for the rest of his life, he spent the World War II years devoting his talents and prodigious energies to the Allied cause, to human rights, and to democracy. His illustrations (in watercolor, gouache, and ink) appeared in many publications and exhibitions. The tour includes interactive exhibits in the Walsh Gallery, after which we will have lunch at Centro, 1435 Post Road, Fairfield.



We will meet in Trader Joe's / Wells Fargo parking lot at 10:15 am for a 10:30 departure. Please contact Lydia Menendez at lydiamndz12@gmail.com or 319-1110 to reserve your space, and send her a check for \$15 (docent fee), payable to Lydia, at 388 Oldfield Rd., Fairfield, CT 06824. The cash reimbursement for gas to the drivers will be \$3. Please indicate if you are willing to drive, as drivers are always needed and appreciated.

SAVE the DATE – January 3, 2024, the Bruce Museum: This is earlier than usual for a Carpool & Go trip, but we wanted to catch their current special exhibition – **Connecticut Modern: Art, Design and the Avant-Garde, 1930 -1960** – before it closes. We will visit the newly renovated and reopened Bruce Museum to see this show as well as Harry Bertoia: Sculpture for Living and a small David Hockney exhibit. We can also check out the new galleries for their permanent collections and the enlarged spaces for their science and mineral collections.

The lunch destination will be either Aux Delices on site or back in Westport, depending on general preference. Please contact Lydia Menendez **ASAP** if you would like to join this outing. Details regarding departure time and entry cost will follow in the January newsletter (or in mid- December directly to those who have signed up).