

March 2012



The 's Women Newsletter

GENERAL MEETINGS

Open to members and their guests

Place: Unitarian Church

10 Lyons Plains Road, Westport

11:00 am Coffee and Conversation

11:30 am Meeting and Speaker

March 12

Mary Heery: Beyond Pink - Changes over Time for Breast Health

Mary Heery, APRN, AOCNS has a Masters degree from Yale University and over 20 year of oncology nursing experience. At the Smilow Breast Health Center of Norwalk Hospital, she educates women with breast health concerns, coordinates clinical services and provides psychological support. She serves as a knowledgeable clinical resource for breast cancer patients and their families. Ms Heery will talk to us about how treatments have changed over the years with recommendations for each decade and "After the Pink Experience".

March 26

Martin H. Floch, MD: Probiotics and Recommendations for Their Use

Dr Floch is a Master of the American College of Gastroenterology, a Fellow of the American College of Physicians and of the American Gastroenterology Association. From 1970 –1994 he was Chief of Internal Medicine at Norwalk Hospital. Currently, Dr Floch is Clinical Professor of Medicine at the Yale University School of Medicine where he is responsible for probiotic research. He will tell us just what probiotics are, what they do and when they have been scientifically shown to be indicated.

SATELLITE GROUPS

(Y's Women members ONLY)

Book Club 1: Our selection for Thursday, March 15 is *The Paris Wife* by Paula McLain. We will meet, as usual, in the Bresslin Room of the Y at 1:30 pm. Call Frankie Stein, 203-226-4219 or Connie Beskind, 203-255-8682 for more information.

Book Club 2 will meet on Thursday, March 1 from 12:30 to 2:00 pm in the Library's upstairs Conference Room. Fran Hyman will lead a discussion of *In the Garden of Beasts* by EricLarsen. For more info, call Eileen Rosen, 203-226-1433.

Book Club 3 will meet on Friday, March 2 at 10:30 am in the Y's Bresslin Room to discuss *Cutting for Stone* by Abraham Verghese. Ellen Linker will facilitate. Questions? Call Joan Harnett, 203-587-1170.

Newstalk: The weather is heating up and so is the news. Our discussion, however, remains cool and collected from reliable sources. Carol Diamond will be the presenter for March. Results from more Republican primaries should be in, as well as information from the world's hot spots. Join us on Thursday, March 22 at 10:00am in the Y's Board Room. Contact Carole Donenfield, 203-226-9313 for more info.

Cinema: The next in our Foreign Film Series will be *Spring, Summer, Fall, Winter....and Spring*, a 2003 Korean film directed by one of the country's new young directors — Kim Kiduk. A Buddhism-inspired fable, the film (*103 minute - English subtitles*) merges the secular with the spiritual in an absorbing story of renewal and lessons that we all grapple with, regardless of faith and culture. Join us for the film and discussion on Tuesday, March 6 at 1:30pm in the McManus Room of the Library. Any questions? Call Doris Skutch, 203-227-6114.

SATELLITE GROUPS (continued)

Hiking Group:

Meet at 9:45 am, walk 10—11 am. Cancellation by 9 am by email.

March 6 Sherwood Island, meet at Pavilion
 March 13 Compo Beach, meet near the cannons
 March 20 Playhouse, in the rear near Winslow Park
 March 27 Longshore Park, meet beside Splash Restaurant at the Inn


Save the date: MS Walk on Sunday, April 22 at 10 am; maybe Y's Women can wear their pink t-shirts.

Let's Carpool and Go!

On Wednesday, March 21 we'll be off to the Aldrich Museum in Ridgefield to view the exhibit *Tobacco Project* by Xu Bing, one of China's most acclaimed contemporary artists. Using tobacco as both subject and object, this exhibit explores tobacco in interesting and varied ways. Come see an artist's perspective on tobacco and expand your awareness of this subject. We will meet at Trader Joe's at 10:15 am for a tour at 11:00. Cost for the docent-led tour is \$9.00, payable by check made out to Irene Juthnas. Plan on \$4.00 cash for your driver. (Drivers are always needed, so please indicate if willing to drive.) Reservations are required and space is limited. For reservations, call Irene Juthnas, 203-268-2254 or email her at irenejuth@gmail.com


Solos plan to celebrate St Patrick's Day "Italian Style" with a wonderful dinner at Joan Weinstein's home. For reservations, send check for \$30 to Joan Weinstein, 46 Tannery Lane, Weston, Ct 06883. (phone 203-227-7304) This year's \$20 dues for Solos are now due and should also be sent to Joan. Any questions? Contact Pat Powers, 203-256-5855 or pattypow@optonline.net

Snow Day reminder:



If Westport schools are closed, due to weather, the Y's Women General Meeting will be canceled.
 If in doubt, check local radio stations:

WNLK (1350am), WSTC (1400AM),
 WEBE (108FM) — or TV Channel



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A VERY WARM WELCOME

to our newest members....

Rosemary Cass, Peggy Fitzpatrick, Polly Temple,
 Suzanne Horn, Lynn Dacey, Dorothy Grimm,
 Viola McNeill and Linda Schaefer.

Into the future.... with Y's Women

We are in the process of switching from postal service delivery of the newsletter to email for those members who have requested it. Email delivery has the advantage of being faster and more reliable - as well as lower cost and saving trees. Please check the Membership Roster to be sure we have your correct email address — if there are any changes, contact Ann Lloyd, 203-226-4145 or aslloyd@optonline.net

Help Wanted !!!Y's Women Website Manager

The Y's Women website is a Blogger blog. In contrast to a real website, which requires a skilled webmaster, blogs are very easy to manage. The job requires no special skills beyond, say, the level of competence for routine use of MS Word and maintaining a Facebook page. The tasks can be done by anyone who likes computers and enjoys learning new things, and has enough know-how to figure out what to do from either experience or online help available. The current website manager will help the volunteer and act as backup.

Y's Women Newsletter Editor

Microsoft Publisher 2007 is provided to the Editor who, after receiving monthly info about satellite group activities as well as info on speakers, trips, etc., will edit, insert clip art and do layout (using a previous newsletter as the template). The completed issue is transmitted to Alphagraphics Printers as well as to the Y's Women website manager for posting online. The current Editor will help the volunteer and act as backup.

TRIPS



Thursday, March 8: Day Trip to “Hawaii: Islands of Aloha” at the Philadelphia International Flower show, with luncheon on the 4-Diamond *Moshulu* Tall Ship. The 2012 Flower Show is an immersion in the dramatic landscapes and tranquil spirit of Hawaii. Cost is \$124 per person, all inclusive. There is still space available for this trip.

Wednesday, May 16: Springtime Guided Tour of Central Park & Luncheon at Sardi's. A special trip with a unique and expert guide. Our tour will be slow-paced with rest and comfort stops as needed along our route. Luncheon at Sardi's will follow, prior to our return trip. Cost is \$103 per person, all inclusive. This trip is limited to 30 people. There is still a wee bit of space available — and when the trip is full a “waiting list” will be started.

Wednesday, June 13: The American Ballet Theatre's *Firebird* performed in the Met at Lincoln Center, preceded by a luncheon at the elegant Firebird Restaurant, including a tour of the building which reflects an extensive knowledge and passion for Russian art, literature and cuisine. Cost is \$149, all inclusive. There is still space available but it is filling up nicely.

Sunday, July 8: Tanglewood and The Berkshires with Luncheon at the Cranwell Resort. Keith Lockhart and the Boston Pops will be featuring Bernadette Peters with her singular style. Cost is \$140, all inclusive. A deposit of \$75 per person is due ASAP to reserve space. Final payment due before Friday, June 1. This trip is also filling but space is still available.

Y's Women's 9 - Day Danube River Cruise ~ September 9 - 17: From Budapest to Nuremberg, through 4 countries. See enclosed flyer for specific details and/or contact Pat Farmer for further information. It will be a terrific trip!

For all trip information, contact Pat Farmer at 203-227-3076 or pahf02@gmail.com

Bon Voyage

