



April 2015

# The Y's Women Newsletter

## GENERAL MEETINGS

*Open to members and their guests*

**Place: Temple Israel**

**14 Coleytown Road, Westport**

**10:45 am Coffee and Conversation**

**11:30 am Meeting and Speaker**

**April 13**

**Paul Bogaev**

Paul Bogaev is a music director, arranger, conductor, and composer. Among the highlights of his career are two Grammy awards – one for Elton John and Tim Rice's *Aida*, for which he produced and conducted the Tony Award-winning score, and a second for the Oscar-winning musical film *Chicago*, for which he was executive producer of the film's soundtrack. Paul was music director of the ABC-TV musicals *Cinderella*, *Annie*, and *South Pacific*. As a symphony conductor, he conducted the music for Francis Ford Coppola's silent film epic *Napoleon* with major orchestras around the world.

**April 27**

**Janis A. Spring, PhD, ABPP**

Janis is a board-certified clinical psychologist and well-known expert on issues of trust, intimacy, and forgiveness. Her first book, *After The Affair: Healing the Pain and Rebuilding Trust When a Partner has been Unfaithful*, has sold more than half a million copies and has been reprinted with a chapter added on Affairs in Cyberspace. She has also written *Life with Pop: Lessons on Caring for an Aging Parent*. Care-giving is an issue that many of us face at some time in our lives. Janis has appeared on "Oprah" several times as well as on "Good Morning America" and NPR, and she has written for *The New York Times*, *Huffington Post*, and other media. She trains hundreds of therapists and has had a private practice in Westport for more than 35 years. Janis will share her expertise with us and enrich our understanding of some interpersonal issues.

## LUNCHESES WITH SPEAKERS

We encourage a small group of members to have lunch with the speakers, at a Westport restaurant, following their presentation.

If you would like to join us, please contact Sheila Weiss at [srweiss@optonline.net](mailto:srweiss@optonline.net).

## SATELLITE GROUPS

**(Y's Women members ONLY)**

**Book Group 1** will be meeting on April 16 at 1:00 pm in the Seminar Room of the Library. We are reading *The Language of Flowers* by Vanessa Diffenbaugh. Any questions? Call Frankie Stein, 226-4219 or Connie Beskind, 255-8682.

**Book Group 2:** On Thursday, April 9, 1:30 to 3:00 pm, we will discuss *Nothing to Envy: Ordinary Lives in North Korea* by Barbara Demick. Doris Skutch will lead the discussion at the home of Judith Schomer. Please call Judith at 557-0131 if you plan to attend.

**Book Group 3** will meet on Friday, April 3 at 10:30 am at the home of Inge van Gelder. We will discuss *Bend Not Break: A Life in Two Worlds* by Ping Fu with MeiMei Fox, led by Marcia Goldstein. For more information, call Joan Harnett at 587-1170.

**Newstalk:** Lively group discussions on what is going on in the world. Our next meeting is on Thursday, April 23 at 10:00 am, at Carol Diamond's home. Call Phyllis Groner, 226-5583, for more information.

## **Newcomers Luncheon:**

Where: **Spotted Horse**, 28 Church Lane, Westport

When: April 27 (after the meeting)

RSVP: Ann Stewart, 451-8002 or [ann@AnnStewart.com](mailto:ann@AnnStewart.com)

EVERYONE is welcome to join us for lunch—old and new members, as well as those thinking of joining Y's

Women. The Newcomers Lunches are convenient, casual opportunities to get to know each other better, and they're always fun. Please come!

### **Cinema:**

The award-winning 2009 Chinese film *Last Train Home* (90-minutes with English subtitles) will be the next selection in the Foreign Film Series. The film takes viewers on a heart-stopping journey with the Zhang family as they join 130 million migrant workers who annually travel to their home villages for the New Year, in the world's largest human migration. The Westport Woman's Club will host the showing of the film on Friday, April 17, at 2:00 pm at the Club at 44 Imperial Avenue. Questions? Call Doris Skutch, 227-6114.

### **Walking Group:**

It's been a long winter here in Westport, but the weather is finally changing. So our group is back in business, starting on Tuesday, April 14 and continuing every Tuesday. Meet at Compo Beach. We start walking at 10 am. Park at the cannons end of the parking lot. Hope to see you all! Polly Temple, 293-4688.

### **Solos:**

Our dinner on Friday, April 17 will take place at the new Japanese restaurant, Hana Tokyo, located at the end of the first Brick Walk in Fairfield. The evening will begin at 5:30 pm at the open bar area, where we can sit or walk around, socialize, and enjoy Happy Hour (cash drinks). At 6:30 we will be entertained with the preparation of our meal at our Hibachi table. Individual checks will be provided. Make your reservations with Joan Weinstein, 227-7304 or [46tannery@sbcglobal.net](mailto:46tannery@sbcglobal.net).



### **Something special!**

**Friday, April 10 at 1:30 pm**

**MARIA CALEGARI**

**Former Principal Dancer with the New York City Ballet and an international ballet master instructor, she will be speaking at the Westport Senior Center about her life in ballet.**

**Sponsored by the Friends of the Westport Center for Senior Activities**

### **Carpool and Go!**



On Wednesday, April 15, we will travel to NYC to visit the newly renovated and reopened **Cooper Hewitt / Smithsonian Design Museum** in the Carnegie Mansion at 5th Avenue and 91st Street. We have a private tour scheduled at 11:50 am for a brief overview of the mansion and a closer look at the exhibit *Tools: Extending Our Reach*. We will plan to meet at the museum by 11:30 so that we will be on time for our tour. Afterwards, we visit the near-by Island Restaurant for lunch at 1:00 pm. Everyone is encouraged to return to the museum after lunch for further exploration – there are many fascinating exhibits.

Travel to the museum is up to each participant; train is recommended, but carpooling is certainly OK. Please reserve by email or phone to Lydia Menendez, [lydiamnndz12@gmail.com](mailto:lydiamnndz12@gmail.com) or 319-1110. Send a check for \$22.00 (docent fee and senior admission) made out to Lydia Menendez to 388 Oldfield Road, Fairfield, CT 06824.

**PS: For June 17th trip to Caramoor** (see last newsletter), please send your checks in to Jill Meyer to confirm/reserve your spot.

### **Help by Giving ...**

#### **Bring food ...**

**The Mercy Learning Center of Bridgeport** provides basic literacy and life skills training to low-income women, without regard for race, color or creed ... and does an extraordinary job. There is often an urgent need for food, and Y's Women try to help by bringing nonperishable food items to the **first Y's Women's meeting of each month.** It is then delivered to the Center for distribution.

#### **Suggestions:**

Canned vegetables, soups, fruit, tuna fish, tomato sauce.

Cereals, pasta, sugar, rice (in bags).

Baby food (jars), baby cereals.

Bags of dried beans, peanut butter, jelly.

100% juice boxes. Tea, coffee (regular and decaf).

Your contributions are much appreciated.  
Questions? Call Jean McGurk, 222-0501.

## TRIPS



**Tuesday, May 19: The NY Botanical Gardens' Special Exhibition – "Frida Kahlo: Art, Garden, Life" with a Tour of Woodlawn Cemetery**

Enjoy a one-hour guided tour of the **Frida Kahlo** exhibition, focusing on the artist's involvement with nature in her native country of Mexico. Enjoy a **Garden Market Basket lunch** in the Garden's Cafe. We will then meet our guide for a motorcoach tour of **Woodlawn Cemetery**, one of the most beautiful cemeteries in the world. **Price per person is \$124, all inclusive.**

**Wednesday, June 10: The American Ballet Theatre's "Sleeping Beauty"**

We start with **luncheon at the elegant Petrossian Restaurant**, unique in its own right, and then take our seats in the Dress Circle at the Metropolitan for the classic ***Sleeping Beauty*** ballet. Whether this is your perennial favorite or a first-time discovery, *Sleeping Beauty* brings together all the appeal of classical ballet, set to Tchaikovsky's wonderful score. **Price per person \$160, all inclusive.**

**Wednesday, August 5: The New Musical "My Paris" at Goodspeed's Norma Terris Theatre.**

Start this fun day with luncheon at the historic **Brushmill by the Waterfall** in Chester, followed by a performance of ***My Paris***, an original new musical about the life and times of Henri de Toulouse-Lautrec... the artist who captured the gaiety, color, and heartbreak of Montmartre, Le Can-Can, and the world of Le Moulin Rouge. ***C'est magnifique!*** **Price per person is \$130, all inclusive.**

*Though these dates seem far distant, it is important to make your reservations now. We are always required to have a minimum number of reservations or a trip will be canceled — and there is a date by which that cancelation must be made. So it is important to receive commitments as soon as possible. Please keep that in mind when looking at your calendars.*

### **OUT-OF-THE-COUNTRY TRIPS for 2015**

**Paris and Normandy Seine River Cruise: 9 days — April 22-30**

5-Star River Boat Cruise featuring Paris and the French countryside, with airfare. Price from \$3,399.

**Amazing Italy by Rail — just two hotels: October 1-10**

Visit Rome, Venice, Florence, Pisa, the Amalfi Coast, Pompeii. An immersive experience exploring the best of Italy. You will ride in comfort on the high-speed rails. This is a complete vacation including admissions to many of the famous sights including the Vatican, the Coliseum, the Academia with the statue of David, as well as the preserved ancient city of Pompeii. Price per person \$3,599. The price includes airfare, 12 meals (all breakfasts and four dinners), rail journeys, escorts while in Italy, baggage handling, and transfers.

Brochures for the two trips abroad can be found at [www.dmvacation.com/ys](http://www.dmvacation.com/ys)

Detailed flyers for all trips are available at the Y's Women's General Meetings or by contacting Pat Farmer, 227-3076 or [pahf02@gmail.com](mailto:pahf02@gmail.com).

**Trip Cancellation Policy: Your payment is your reservation.**  
**Refunds will be given only if your place can be sold to someone else.**