



Find complete information and details at whosnew.org

President's Message

It is all about relationships...



I recently read an article about the results of the ongoing 80 year study of adult development (all male subjects [!] but I suspect it pertains to women too) at Harvard Medical School. “The really surprising finding

is that our relationships and how happy we are in (those) relationships has a powerful influence on our health.... Strong relationships help to delay mental and physical decline. Taking care of your body is important,

but tending to your relationships is a form of self-care too. That, I think, is the revelation.” says Robert Waldinger, current Director of the study.

Who's New supports us all by providing opportunities to meet women with common interests and form new friendships. I have talked with so many members who say “Who's New saved me,” Or “It helped make my transition to this new community so much easier.”

Smile, say hello, talk to yourself like you would a friend, be yourself.

Hope to see you soon.

May you live with ease and grace.

MARCH LUNCHEON AND PROGRAM

Our March program will focus on the history of Women's athletics at UW Madison. Doug Moe is a lifelong Madisonian and UW Madison graduate. He has worked as a journalist in Madison for 40+ years, as a magazine editor, newspaper columnist, freelance writer, and nonfiction author.

*He spent nearly 20 years as a daily columnist, at *The Capital Times* and the *Wisconsin State Journal* as well as authored more than a dozen books.*

His recent books include “Tommy: My Journey of a Lifetime,” a collaboration with Tommy G. Thompson and “The Right Thing to Do: Kit Saunders-Nordeen and the Rise of Women’s Intercollegiate Athletics at the University of Wisconsin and Beyond.”

Current projects include collaborating with former state Sen. Fred Risser and UW Marching Band director Mike Leckrone on their autobiographies.

To learn more about Doug:
<https://dougmoe.org>

March 9, 2023

**11:30 AM
Luncheon at noon
Buck & Honey's
800 W. Broadway, Monona
deadline is February, 26 at
11:59 PM
[Click here to sign up](#)**



Service Project Events

MAH JONGG TOURNAMENT

Please join us for an afternoon of fun and prizes at our Mah Jongg Tournament. All levels of players are welcome, including beginners.

DATE & TIME: Wed. April 12, 12 to 4:30 PM

LOCATION: The East Side Club
3735 Monona Drive, Madison

[Click here to register](#)



5K/10K Run/Walk

FREEZE FOR FOOD to benefit Open Doors for Refugees

March 4, 2023 Vilas Park

Bundle up outdoor lovers!

Join Team WNIM at the 42nd annual Freeze For Food 10K/5K Run/Walk, in person or virtually. **WHY?** For the seventh year, 100% of registration fees go directly to Open Doors!

[Click here to sign up for Team WNIM!](#)

Not Just Wine & Cheese

Feb. 17 from 6:30 to 9 PM

Hostess: Ann-Marie Preece



4599 Sunburst Dr, DeForest 53532

[Click here to sign up](#)



WNIM Member Appreciation Week at Aveda

Monday Feb. 13 - Friday Feb. 17

You are amazing! Your generosity knows no bounds! **THANK YOU!**

All members are invited to take advantage of **COMPLIMENTARY SERVICES** at the Aveda Store at West Towne Mall. Deep moisturizing facial, hair and scalp renewal, extreme hand moisturizing, yoga and more!

Aveda has pulled out all the stops so you also get a free goodie bag at your appointment!

Plus, every member will receive 20% off purchases (no appt. necessary), and the store will hold a drawing for an Aveda gift valued at \$150 (just stop by the store, identify yourself as a WN member, and you're in—no purchase necessary!).

[Click here for details](#)

This event is sponsored by Aveda, the Service Committee, and the countless beneficiaries of your generosity.

*Did you know that in addition to **Joining Interest Groups** on the website, you may **Remove your membership in an Interest Group?** Just CLICK...My Account...View Interest Group Registrations...Remove. Thank you for keeping your WNIM data current!!*

Now Accepting New Members!!

Couples Euchre 1

Plays fall, winter, and spring.

[Click here to sign up](#)



Who's New in Madison....where new faces become old friends.