

October 2018 Newsletter

Who's New in Madison

Where New Faces Become Old Friends

Please Take Note

Visit our member website at:
www.whosnewmembers.org

Visit our public website is:
www.whosnew.org

Find us on Facebook at:
Who's New in Madison



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Please contact the editor with
any questions or concerns
regarding the newsletter.
Liz Freitick - efreitick@gmail.com,
call 438-2988.

President's Corner

by Kathy Nelson

MY "MOAI"...what WNIM means to me!*

"Are your friendships giving you a boost?" That headline in a blog, caught my attention that seemed worth reading. And so I took my cup of morning coffee and computer out to the deck on one of summer's last days.

While many of us focus primarily on diet and exercise to achieve better health, science suggests that our well-being is influenced by the company we keep. Researchers have found that certain health behaviors appear to be contagious and that our social networks (in person and on-line) can influence anxiety and overall happiness. A recent report was cited that found a person's exercise routine was strongly influenced by his/her social network. Now, this was really hitting close to home. Before moving to Madison, just 3 years ago, I was working in Italy, putting in 13-14 hour days. My "social network" were my colleagues and some other ex-pat families in the area. We did some exercising...mostly walking to get a coffee and roll, a glass (really glasses) of wine before a late dinner. Our conversations focused on what had gone wrong in the day.

Fast forward to arriving in Madison and finding Who's New! My "moai"! What's a moai? In Okinawa, Japan, a place where the average life expectancy of women is around 90, you'll find the oldest people in the world. People form a kind of social network-called a moai-a group of friends who offer social, logistic, emotional and even financial support for a lifetime. The group's families support one another. They also appear to influence one another's lifelong health behaviors. Moai's are being formed for research in two dozen cities (called blue zones) around the country by the former US Surgeon General, Vivek Murthy. They start with people who have similar interests, passions and values. They "nudge them" into hanging out together for 10 weeks.

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October Luncheon

October 11, 2018

11:00 AM Cocktails

12:00 Noon Luncheon

Black Hawk Country Club

3606 Blackhawk Drive

Madison, WI 53705

608-846-4711

Entrée:

Fresh Baked

Roasted Vegetable Quiche

Fresh Fruit Garnish

Price: \$24

Chicken and Mushroom

Crepes with Wild Rice

Fresh Fruit Garnish

(Gluten/Dairy-Free available)

Price: \$24

Beverages:

Complimentary Coffee,

Iced and Hot Tea, Milk

Dessert:

Warm Apple Crumble Crisp
with Whipped Cream

**Reservations due by
Monday, October 1st**



Program and Luncheon Committee News and Information

Please join us for the annual Who's New Fashion Show luncheon. We are pleased to welcome Lands' End, a familiar name that will be providing the outfits for this year's show. Your fellow Who's New members will model classic apparel suitable for today's active lifestyles. Lands' End is a well known brand with a passion for quality, value and great customer service. You can preview Lands' End clothing and other merchandise at <https://www.landsend.com>



Gail Green and Pat Eaton pose with fashions from Soft Surroundings at the 2017 style show.

Again this year, we will be enjoying the hospitality of Blackhawk Country Club, a perfect location for the fashion show with a great view of Lake Mendota.

Luncheons are a wonderful opportunity to meet new friends and reconnect with old friends while enjoying one of Madison's premier locations.

Reservation Information

Please do your part in remembering our luncheons are always the 2nd Thursday of each month. Our luncheon deadline for the upcoming online reservation is **midnight Monday, October 1st.**

Recycle

Bring your used, empty ink cartridges to the lunchons. One of the many deserving organizations the service committee researched this year was Mindset, Inc. It is a non-profit organization dedicated to building healthier minds and more fulfilled lives. They offer free mental wellness education, tools and resources to all Dane County residents. One source of funding for them comes from recycling old ink cartridges. They will accept any brands and sizes of empty inkjet or toner cartridges.

Although we did not select Mindset, Inc. as our dedicated project this year, the service committee thought it would be worthwhile for us to help them in this simple way. Questions? Contact any of the the Service Project committee members -Diane Wiersema, Patti Bavlnka, Nicola Davis, Sue Ciurczak, Genevieve Murtaugh.

Word of mouth

from our current members is the best way to bring new members into “Who’s New”!! New neighbors? New retirees? New friendship? New acquaintance? Give them a WNIM calling card (available at the monthly luncheons) or direct them to our new Website (wnim.org).



(President’s Corner continued from page1)

Some are several years old and they are reportedly still exerting a healthy influence on member’s lives.

One of the most powerful things I have done in the past 3 years is to curate my social network...focusing on real-world friends, rather than distant Facebook friends. Friends whom I can have a meaningful conversation, exercise with, laugh with, cry with, learn from and break bread with. Who’s New In Madison is my “moai”...influencing me to lead a more healthy and appreciative life.

If you’d like to submit a sentence, a paragraph(s) or an article on “What WNIM meansto you” for publishing in future WNIM newsletter, please send them to:

Liz Freitick -
efreitick@gmail.com or
Kathy Nelson -
katnells59@gmail.com

Meeting Highlights

Board of Directors Meeting Update

Keeping you up to date on business from the August 7 and September 4 Board meetings:

- Our 2018/2019 budget was approved (available on our website).
- Our 2017/2018 year end financials were reviewed.
- The new WEB design Phase 1 was reviewed and current issues and actions plans to address were reviewed.
- The four 2018/2019 Service Project were proposed and discussed. MUM was chosen (see article in this newsletter).
- Special committees were activated: Carol Carnine to lead archivist project; Nancy Gunder to lead long term financial strategy project.
- All luncheons and programs are in place for 2018/2019
- Member renewals extended until September 15.

September 13 Monthly Business Luncheon

- 130 in attendance (with 10 new members).
- Recognition of our WEB launch committee that worked 1 year on bringing WNIM a new website with electronic payment capabilities, and enhanced member information accessibility.
- Recognition of our current WEB committee, led by Mary Lindstrom and Kathy Condit.
- Our new Service Project, Madison Urban Ministry was introduced. Speakers Linda Ketchum and Kathy Eckenrod acquainted us with the MUM organization.
- Our Interest Group leaders hosted tables prior to the luncheon to “advertise” their IG activities. Members are asked to sign up to current and new IG’s on the Web site.



Madison–Area Urban Ministry (MUM)

MUM
MADISON-AREA
URBAN MINISTRY

Imagine that you have just had major surgery and you also are homeless. The hospital discharges you with the directions to get two weeks of bed rest. The homeless shelter network is open from 5:00 p.m. until 7:30 a.m., at which time you will need to fend for yourself on the streets. You have special dietary needs, but because you have no income or insurance you cannot fill the prescriptions the hospital gave you when they discharged you, and you have no one to help you change your surgical dressings. Where do you go for those 10 hours a day to rest? Where you go to get food that matches your dietary needs or to get help changing your bandages?

The need for a 24/7 medical respite for people who are homeless is one of the huge gaps in existing services identified in the MUM in our 2012 report to the Dane County Board. On February 18, 2013, MUM staff, clergy and lay leaders from area faith communities, met to start discussing how we can address this gap. As our Task Force met, representatives from Porchlight, the Salvation Army, The Road Home, and the YWCA all told us that the need for a medical respite program is real and urgent.

Healing House, located at 303 Lathrop St., Madison, WI, a program of Madison-area Urban Ministry, will provide 24/7 medical respite care to families who are homeless and have an immediate family member in need of ongoing medical recovery, as determined by area hospital discharge planning staff. Respite will be provided for up to 28 days, and will include follow-up medical care, and case management to assist in obtaining permanent or transitional housing.

Healing House will offer 24/7 respite care for families with children who are homeless. The identified facility can house up to 8 individuals

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Donations Requested



Fundraiser Event
at *Hotel Red*
Tuesday, October 23rd
5:00 - 8:00 pm

- Gift Certificates
- Services
- Art Work
- Quits, Afgans
- Woodworking
- Jewelry

For more information
please contact Shawna or
Kathy at

608-256-0906
Shawna@mum.org
Kathy@mum.org

(MUM continued from page 4)

at a time. The program will be staffed 24/7 by paid staff, with backgrounds in health care. Partnering with us on Healing House is The Road Home. The Road Home will provide the housing case management for families utilizing Healing House.

For the past three years we have been engaged in a Capital Campaign to raise the funds needed to renovate and open the doors to Healing House. We have reached our target goal to be able to renovate and open the doors. Strang Architects have developed the plans; the Conditional Use Permit for the site should be approved in early October. Once all of the plans are approved, our other partner, Operation Fresh Start will begin the renovations. Also assisting will be Sweeney Construction which has selected Healing House as their pro-bono project for the year. We anticipate opening the doors to Healing House in early December.

Here's where Who's New comes in! One of the ways we are going to work with Madison-area Urban Ministry this year is to help Healing House open its door. We'll help them through cash fundraisers (See the Fall Hike Fundraiser form on page 6) and/or item donations. We are going to hold a linen & personal care shower in October for Healing House! See details below!



Linen & Personal Care Shower for Healing House

Please bring the items to the October luncheon or contact a Service Project Committee Member if you can't attend, but wish to donate!

Suggestions for donations/shower gifts:

- Bath towels, wash clothes (white only)
- Two-size bed sheet sets (white only)
- Twin-size WATERPROOF mattress protectors
- Twin - size blankets (any color)
- Pillows, pillow protectors
- Hair & skin care products for people of color
- Shower gel
- Toothpaste & toothbrushes, floss
- Deodorant
- Shavers, shaving cream
- Shampoo, conditioner
- Q-tips
- Body lotion
- Hair spray



Who's New in Madison 2018 Fall Walk

Proceeds benefit MUM and Healing House



Day of Event: Wednesday, October 17, 2018

Rain Date: Wednesday, October 24, 2018

Three Walk Options

12 miles -- Meet at Olbrich Gardens at 9:15 AM

7 miles - Meet at Olin-Turville Park at 10:30 AM

3.5 miles - Meet at Winnequah Park Shelter at 11:40 AM

You can support **MUM** and **Healing House** without walking by checking **"Pledging But Not Walking"** below

— — — — — cut and mail registration form — — — — —

WNIM Fall Walk Pledge & Registration Form

Please mail registration form and payment by October 11, 2018 to:
Sue Ciurczak, 2591 Oak View Court, Fitchburg, WI 53711

Name: _____

Email: _____

Phone: _____

I plan to walk 12 7 3.5 miles (circle one)

PLEDGING BUT NOT WALKING ☐

My pledge amount: \$ _____

Amount enclosed: \$ _____ (make checks payable to **Madison Area Urban Ministry**)



Who's New In Madison
Not Just Wine & Cheese
Friday, October 19, 7:00 PM -9:30 PM

Hosted by Pam and Paul Benish
257 W. Nelson Street
Deerfield, WI 53531

Please RSVP

Pam Benish

pbenish625n@gmail.com

608-756-9283

Not Just Wine & Cheese is a monthly social event for all members. Singles, couples, everyone is welcome. Please bring an appetizer to share and your own beverages. We look forward to seeing you and enjoying the art exhibits by our own Who's New Members.

Interest Group News

New Groups

Who's New Thursday Morning Pickleball - This fall we will be starting another pickleball group that will meet on Thursday mornings, 10am until noon at Hitters in Middleton. This will be an 8 week session beginning on October 4. The group will not meet the mornings of the Who's New Luncheons. Please contact Debbie Wise (dwise52@charter.net - 662-0483) if you are interested.

Pokeno - Judy Robertson wants to form a Pokeno interest group. Pokeno is a card game played much like Bingo, only with a deck of cards. The players bring gifts under \$10 to award to winners, with a 'steal' function. The time and location are yet to be determined. Contact Judy at rzrbk1981@gmail.com or 913 624-4755 if you are interested in playing.

Men's Social Bridge - Steve Cohen wants to add to Men's Social Bridge to the interest groups that are open to the male partners of our members. The group would meet once a month (at a time and place to be determined) to play bridge in a relaxed social setting. Contact Steve Cohen at scohen1234@gmail.com or 617 997-6861 to join.

If you have an idea for a new group and would like to test the waters to see if other members might be interested in joining, please contact Paula Primm at paulalprimm@gmail.com or 404 229-7455 to get started.

Welcome New Members to WNIM

Bev Davis
 Ellen Utter
 Diane Flood
 Erin Wery
 Sally Lister
 Dana Krug
 LuAnn Stelter

Nancy Williams
 Tracy Simonson
 Helena McGevna
 Tracy Coward
 Rita Smith
 Jun Lee
 Kerry Jewison

Nancy Carney
 Jane Dennis
 Carol Klewin
 Dawn Curatolo
 Laurie Sweet
 Jane Furgason
 Joanne Crapisi

✓ Check website directory for more details on new members.

Help wanted

To protect everyone's personal data, we are collecting them for shredding. We are looking a volunteer to do the following: Put out a box to collect old WNIM directories at the September, October, and November luncheons. Store them until you or a board member can bring them to a community shredding event. Contact Gail Green, gailkgreen@gmail.com, 608-509-6214.

What does the Who's New Board of Directors talk about each month?

You can find out by reading the minutes of our board meetings, which are available on our web-site under the "Board Info" tab in the Member Access section. Or just click right here! Your WN Board members welcome your input and ideas on any of the matters that we discuss - contact any of us to let us know your thoughts!

Who's New Board Members 2018 - 2019

Executive Board

President

Kathy Nelson, 269-208-8257
katnels59@gmail.com

Vice President

Paula Primm, 404-229-7455
paulalprimm@gmail.com

Secretary

Betty Cohen, 617-447-5412
bettycohen3@gmail.com

Treasurer

Ann Crabb, 848-4662
crabb715@gmail.com

Committee Members

Hostess

Debbie Snyder, 318-1764
debsny1@gmail.com

Jan Miller, 298-7093
jkmdance2003@yahoo.com

Publicity/Archives

Carol Carnine, 833-9642
carolcar9@yahoo.com

Luncheons

Barbara Foster, 608-203-8010
foster8434@prodigy.net

Committee:

Debbie Wallace, Belinda Wison,
Katie Heling, Susan Harkens-
Shifflett

Membership/Directory

Judy Walahoski, 515-238-4792
judewalahoski@gmail.com

Denise Cariski
dmcaris@sbcglobal.net

New Member Coffee/Cocktail

Kathy Condit, 241-2666
kathycondit@yahoo.com

Committee:

Diane Higby, Janet Pawelski,
Karen Watson-Newlin, Sue
Bishop

Newsletter

Liz Freitick, 438-2988
efreitick@gmail.com

Website:

Mary Lindstrom, 217-5044
mary.jth@gmail.com

Programs

Gail Green, 509-6214
gailkgreen@gmail.com

Pam Benish, 756-9283
pbenish625@gmail.com

Committee:

Debbie Wise, Marge
Kostichka, Paula Hanna

Service Project

Diane Wiersema, 837-3080
dutch5@charter.net

Sue Ciurczak, 467-2267
sjvacurczak@gmail.com

Committee:

Patti Bavlnka, Genevieve
Murtaugh, Nicola Davis

Past President

Peg O'Donoghue, 217-649-7210
pegodonoghue@gmail.com

If you have a change of address or email or phone number, please contact Membership and Directory. For a copy of the Who's New Board Minutes, contact the Secretary.



Who's New members and their guests are invited to purchase tickets for a variety of Overture Center performances at reduced Group Ticket prices. By purchasing as a group we have priority seating before tickets go on sale to the general public.

Notice: The Overture Center has indicated that group tickets will not be available for Hamilton in the 2019-2020 season. If you want guaranteed seats for Hamilton you should purchase the Broadway Series tickets yourself to assure that you will get Hamilton tickets.

Ticket purchases must be received by September 30, 2018. Checks should be payable to Debbie Wise and sent to 14 Saint Andrews Circle, Madison, WI 53717. Include a self addressed stamped envelop with your order. Only one envelope is needed for your entire order. Feel free to pass this along to any Who's New members you feel would be interested.

Questions - contact Debbie Wise - dwise52@charter.net or 608-332-6697

Broadway Shows

All tickets, \$70.50, which is about a 30% discount.

All shows, Sundays - 6:30pm - Seats will be in the Circle Level

School of Rock - November 25

Finding Neverland - January 13

King and I - March 3

Miss Saigon - April 7

A Bronx Tale - May 19



Overture Presents Shows

All seats on the main level or upper orchestra -These tickets are at a 10% discount.

Simon and Garfunkel Tribute - Saturday, November 3rd - 2:00 pm - Capital Theater \$54.50

Second City - Saturday, December 1st - 8:00 pm - Capital Theater \$40.50

Abba Mania - Saturday, February 2nd - 8:00 pm - Overture Hall \$49.50

Rock of Ages - Thursday, February 7th - 7:30 pm - Overture Hall \$76.50

Church Basement Ladies - Saturday, March 23- 2:00pm - Capital Theater \$45.50