

March 2019 Newsletter

Who's New in Madison

Where New Faces Become Old Friends

Please Take Note

Visit our member website at:
www.whosnew.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

Charging into Another Decade

As I've written before, I get my "monthly newsletter" inspiration from what I read, see, or think about in the days before. As I write this month, I'm thinking a lot about aging into a new decade in the next few weeks. Many of my H.S. and college friends that I still stay in touch with are having their milestone birthday too, and it's been fun "jibbing and jabbing" back and forth through social media. Emojis that have so many candles on a cake that they are on fire, women on birthday cards that caption sagging body parts, talking bubbles that poke fun of "mishearing" conversations. You all know what I'm talking about because you've either gotten some or sent some of these emails or cards. They make me laugh and smile and think about when my parents were the same age and I thought they were "old".

As I make new friends through our wonderful WNIM group, many who are my same age, some a bit older, some a decade plus older, I am reminded daily that you truly are 'as young as you feel'!! Many of the Interest Groups I belong to allow me to be physically active with other women of varying ages. When I bike on Friday's with thirty plus other women, there are just as many women in front of me as in back. When I hike on Wednesday's there are those that would like to complete another mile or 2 before heading for the car...never me. When I play pickleball on Thursday's there are many women who serve harder, faster, and scoop lower than I do. And in each of these cases, I almost always mutter to myself "I want to be like her"...have her calves, have her coordination, have her stamina...etc, when I turn that decade or even the next.

What I enjoy most about my WNIM friends, is that they enjoy life, try to live it to the fullest, despite its ups and downs. These women all roll with the punches, learn from their

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Reservation deadline is midnight Monday, March 4, 2019

Go to <https://whosnew.org> to register

March Luncheon Program

Our March program will feature Gilda's Club Madison. Gilda's Club was founded by the husband and friend of Gilda Radner after Gilda's death from cancer in 1989. Gilda's Club offers emotional and social support for anyone of any age with any type of cancer and for those in their lives who are touched by it: family, friends and others.



"Life with cancer is gray. Gilda's club provides color. Bright, beautiful, wonderful color."

This post on the Gilda's Club Madison Facebook page guided WNIM in our search for good news about cancer treatment support.

Our speaker will be Lindsey Dalton, the Development Director at the Madison location. Included in the presentation will be a little practice at Laughter Yoga. Surprise - our bodies get the same benefits from both real laughter and fake laughter!

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. Questions? Contact Service Project chair/committee members.

March Luncheon

March 14, 2019

11:00 AM Cocktails,
12:00 Noon Luncheon

Imperial Garden

2039 Allen Blvd
Middleton, WI

All 5 choices below served family style with gluten-free and vegetarian options.

Includes chicken egg roll or vegetarian egg roll as requested, steamed rice, hot tea and fortune cookie. **\$16.50**

Garden Chicken with baby corn, tomatoes, pea pods, broccoli, mushrooms and sweet red peppers (Gluten-free)

Cashew Chicken with cashew nuts, carrots, water chestnuts, mushrooms and pea pods

Shrimp with pea pods, water chestnuts and carrots (Gluten-free)

Mongolian Beef with scallions, bamboo shoots, water chestnuts, carrots and wood mushrooms.

Stir-Fried Rice Noodles with egg and vegetables (Gluten-free, Vegetarian)

experiences, celebrate with one another, cry with one another. They have each other's backs and are encouragers in life. Each of my WNIM friends have given me special memories and experiences to enjoy during my 3 year assimilation to Madison. Through this wonderful club we all belong to, and its wonderful "sister" members, I can honestly say that, as I jump into this new decade of life... YOU COMPLETE ME!!!

I invite you to check out a new Interest groups, come to a monthly luncheon, enjoy the socializing, get inspired by the program speaker, attend a wine and cheese get together and share some laughs, come to a Make new Friends coffee and trade Madison fun things to do. There are so many opportunities for meet our new members and make some new "sister" friends along the way.

"If I can challenge old ideas about aging, I will feel more and more invigorated. I want to represent the new way. I want to be a new version of of the 60/70/80 - year old woman. Vital, strong, very physical, very agile. I think that the older I get, the more yoga I'm going to do" Jamie Lee Curtis

As always, if you have any suggestions regarding our club, please reach out to me or any one of our dedicated Board members that serve our club.

Kathy Nelson

Meeting Highlights and Announcements

February Luncheon and Program

- Forty-four women enjoyed lunch and our program on Clean Lakes Alliance, at Buck and Honey's.
- The Club now has 575 members.
- Five members introduced themselves at their first luncheon.
- The club welcomed 2 guests.
- Members were reminded that voting for the slate of officers for 2019/2020 will take place at the April meeting. The ballot will be in the April newsletter (emailed March 15) and mail in/email ballots will also be accepted.

If you'd like to submit a sentence, a paragraph(s) or an article on "What WNIM means to you" for publishing in future WNIM newsletter, please send them to:
Liz Freitick - efreitick@gmail.com or
Kathy Nelson - katnels59@gmail.com

February BOD Meeting

- The long term financial strategy team will present their findings at the April BOD meeting.
- Adopted language to amend by-laws that states dues for membership are non-refundable.
- The 2019/2020 proposed slate of officers was approved and will be presented to the general membership at the March meeting and voted on at the April meeting.
- The next new member coffee will be February 27 at the Goodman Center. Forty-five new members will receive invitations.
- The Archivist project is proceeding and will report in April.
- Web enhancements for 2020 will be recommended at the April meeting.

Madison Area Urban Ministry



We are extremely grateful for your incredibly generous gift of socks, underwear and other apparel. For an individual who is struggling with homelessness, little things like a clean pair of socks or underwear can really help someone feel dignified and allow them to approach the day with an improved attitude. Again, we thank you for your generosity! We here at The Beacon sincerely appreciate your donations.



*Rachel Guenther and Tami Fleming,
Volunteer Coordinators*



Who's New members Jean Koehl and Sally Falk (pictured above right) volunteer at The Beacon, so they asked if one of our monthly donations could be for clients who visit the day shelter for the homeless. Sally Falk is seen here organizing the many wonderful donations from our members at our January lunch at Great Dane Brewery!

March Luncheon Donations

Please help future clients (men, women, & children) at Healing House with games, activities, and books for our March donations.

Suggested items (but not limited to):

- Toys*
- Puzzles (for children & adults)*
- Board games*
- Coloring books (for children & adults)*
- Crayons, washable markers, colored pencils*
- Colored paper, glue sticks, & scissors*
- Books - board, picture, & chapter*
- Notepads or journal/diary type notebooks w/ pens*
- Adult books - may be used books in very good condition

**All items should be new.*

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(MUM continued from page 4)

Renovations are well under way for Healing House! We're looking at a completion date for the end of March barring any unforeseen construction issues. We're finalizing the Memorandum of Understanding (MOU) with The Road Home, which is the working partnership between the two groups. The Advisory Committee has developed draft policies and procedures, and we're working on forms, etc. that will be used once we open the doors. We continue to get calls to assist people and are working with our partner The Road Home, to do that.



Be sure to join us for the Mah Jongg Tournament in April. See our registration form on page 6. Proceeds are donated to the Madison-Area Urban Ministry.

*Your Service Project Committee,
Diane Wiersema, Sue Ciurczak, Patti Bavlnka, Nicola Davis, & Genevieve Murtaugh*



Who's New In Madison

Not Just Wine & Cheese

Friday, March, 15, 7:00 PM -9:30 PM

**Hosted by Debbie and Eric Synder
107 Cobham Lane
Sun Prairie, WI 53590**

RSVP: debsny1@gmail.com or 318-1764

Not Just Wine & Cheese is a monthly social event for all members. Singles, couples, everyone is welcome. Please bring an appetizer/dessert to share and your own beverages. We look forward to seeing you.

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WHO'S NEW MAH JONGG TOURNAMENT



WEDNESDAY, APRIL 24, 2019

Sign-in: 12:00, Tournament Play: 12:30 - 4:30 pm

(Three one-hour playing sessions)

\$25 per person registration fee

Foursomes are not required

THE EAST SIDE CLUB

3735 MONONA DRIVE

MADISON, WI 53714

ALL NET PROCEEDS WILL BENEFIT **Madison-Area Urban Ministry**

- Prizes awarded to first, second, and third place finishers.
- Must bring your 2019 Mah Jongg card (**be sure to order your 2019 card early**);
- We will follow the national league rules which will be emailed to you upon registration.
- Door prizes, snacks, and fun, fun, fun!

MAH JONGG TOURNAMENT REGISTRATION FORM

Contact Name _____ Email Address _____ Phone _____

Seating options (check one): ☐ Please assign me a table ☐ I will be playing with:

Name _____ Email _____ Member _____ Guest _____

Name _____ Email _____ Member _____ Guest _____

Name _____ Email _____ Member _____ Guest _____

\$25 per player # of players _____ Total enclosed _____ Can you bring a Mah Jongg set _____

PLEASE MAKE CHECKS PAYABLE TO **WHO'S NEW AND MAIL TO:**

CAROLE SCHAEFER
206 MERRYTURN ROAD
MADISON WI 53714
608-241-8043

ALL CHECKS MUST BE INCLUDED WITH
THE REGISTRATION FORM(S) AND

RECEIVED BY APRIL 10, 2019

Interest Groups

If you would like to start a new group or have an idea for a new group, please let me know (paulalprimm@gmail.com or 404 229-7455). We have over 60 current groups, but there is always room for more. Chances are very good that if you have an interest, other members will, too!

Women's Bicycling

Debbie Wise dwise52@charter.net

(608) 662-0483 or (608)332-6697

It's almost time to get those bikes tuned up and ready to roll! Save the date for the kick-off meeting for the 17th season of Who's New Bicycling **Friday, April 12, 2019 10:00am** at the **Verona Public Library**, 500 Silent St, Verona, WI 53593.

Please bring one cup of fruit cut into bite sized pieces. We will discuss the upcoming bike season, the fall trip to Cedar Falls, Iowa and THE RIDE. The bicycling group is open to all levels of cyclists, beginning to advanced riders. We welcome new members. Our weekly rides explore the bike trails, routes (and restaurants!) in the city of Madison and surrounding areas. The rides are scheduled for Friday mornings throughout the spring, summer, and fall. Please reply to Debbie if you plan on attending the meeting. If you are unable to attend but wish to receive the weekly e-mails, contact Debbie to get on the distribution list.

Dog Walkers Wanted

Donna Cangelosi would like some human company on walks with her dog Allie, a 5-year-old, 50-pound Border Collie mix. Donna and Allie are open to ideas about when and where, but suggest some of the Madison area's great dog parks. If you are interested, please contact Donna at 608 287-4703 or dvc7258@gmail.com.

Learn To Play and Practice Mah Jongg

Are you interested in learning to play Mah Jongg in a friendly, non-competitive, relaxed, encouraging, fun environment? Would you be interested in learning to play an easier form of Mah Jongg, as well as the more traditional tournament variety? If you already know how to play, would you like to help teach players who are less experienced? This new Mah Jongg group will be for new and experienced players. Tentative date and time is Tuesdays at 1pm. The location will vary. Email Donna Cangelosi at dvc7258@gmail.com or call her at 608 287-4703 to learn more. The final date and time will be determined by the date and time that works best for those who are interested.

Euchre and Other Card Games

This group offers WNIM members the opportunity to learn, practice, and play euchre and other card games. Players of all skill levels are welcome, including brand new players. Our primary goal is to have fun and play cards. Donna envisions this group as non-competitive players of varying skill levels. Contact Donna Cangelosi at dvc7258@gmail.com or 608 287-4703 to learn more, or if you are interested in helping her teach. Tentative date and time is Sundays at 2pm. The location will vary. You would not have to commit to play every Sunday. The final date and time will be determined by the date and time that works best for those who are interested.

Welcome New Members to WNIM

Cindy Opsal
Christy Sandefur
Joan Bollenbach

Deb Gurke
Eve Scheffenacker
Mischelle Johnson

Mary Kay Dadisman
Joyce Kammerzelt
Suzanne Jacobs

✓ Check website directory for more details on new members.

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 website. Use the Quick Menu to find the "Board Minutes" tab; or from the Members Homepage, scroll down to Board Meeting Minutes in the Club Information section. 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. There was not a Board meeting in the month of January.

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

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Debbie Snyder, 318-1764
debsny1@gmail.com

Committee:

Jan Miller, Sue Madson,
Luise Beringer

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carolcar9@yahoo.com

Luncheons

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

Committee:

Debbie Wallace, Belinda Wilson,
Katie Heling, Deb Riederer

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

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

Committee:

Debbie Wise, Barb Foster,
Kathy Condit, Judy Walahoski

Programs

Gail Green, 509-6214
gailkgreen@gmail.com

Pam Benish, 756-9283

pbenish625@gmail.com

Marge Kostichka, 715-340-2577

mkostichka52@gmail.com

Service Project

Diane Wiersema, 837-3080
dutch5@charter.net

Sue Ciurczak, 467-2267

sjvaciacurczak@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, email or phone number, please update your information on the website. Go to www.whosnew.org, click on *My Account* box and then go to *Account Details* to edit.