



## THURSDAY, DECEMBER 6

The Y's Men's own **Marty Yellin** will give a talk on the Human Microbiome which concerns the trillions of bacteria on and within our bodies. Marty reports that we are now learning for the first time that having the correct bacteria correlates directly with preventing, arresting, and even curing most of the chronic diseases that affect us, mostly as we get older. These diseases include heart disease, multiple sclerosis, diabetes and obesity, many forms of cancer, Parkinson's disease, allergies, depression and possibly Alzheimer's disease, among others. As he has previously demonstrated, Marty can make even the most complex subjects interesting and understandable to the layman. This is a presentation not to be missed.

## THURSDAY, DECEMBER 13

It's time for the Y's Men to party — that is at the **2018 Holiday Party**, which begins at 11:30AM at the Norwalk Inn and Conference Center at 99 East Avenue. It's one of only two meetings in December and our last chance to get together before the holiday break. We've been taking reservations and payment for the Party at recent meetings and tables are filling up fast. Now is a good time to organize a table with friends and their guests and sign up at the November 29th or December 6th meetings. The cost is \$46.00 per person and a cash bar will be open throughout the affair. Food choices are sirloin steak with a mild garlic butter sauce, coq au vin over wild rice and Norwegian salmon poached in white wine. There also will be a special meal for people with food sensitivities. The Staples Jazz Band will play a set of Big Band Favorites before lunch (served at 1:00PM) and music for dancing will be played during and after the meal. Please take part in this annual opportunity for fellowship and celebration. Contact **Ed Bloch** at [edbloch@optonline.net](mailto:edbloch@optonline.net) or 203-227-4920.

## THURSDAY, DECEMBER 20

No Meeting

## THURSDAY, DECEMBER 27

No Meeting. *Next Meeting Thursday, January 3, 2019*

## FUTURE MEETINGS

Jan 3 **Jay Dirnberger**  
*Unmanned Aerial Vehicles*

Jan 10 **Chris Brubeck**

*All About Music*

Jan 17 **Leonard Everett Fisher**

*The Past is Present*

Jan 24 **Bill Mitchell**

*Mitchells*

Jan 31 **Mark Albertson**

*History of North Korea*

## NEW MEMBERS

Last Name	First Name	Phone
Gilmore	Douglas	203-349-0344
Halley-Wright	Andrew	305-393-9255
Mihelic	Vladimir	203-683-6299
Potter	Kenneth	203-227-4680

## PRESIDENT'S HOLIDAY MESSAGE

As we come to the end of 2018, it seems like only yesterday that we reconvened after the summer hiatus. Perhaps it's because so much has happened. Our more than 20 clubs are humming with activity, setting new records for interest and attendance. Our weekly Thursday meetings have showcased some wonderful speakers, lively interaction with members and gratifying opportunities for fellowship. But most important, this fall is proof positive that the Y's Men's mission, to get off the couch and back in the game, is not only valid, it's what's keepin' us alive. Let's close out 2018 with a memorable holiday party and generate some real momentum going into the new year. Happy Holidays to all.

John Brandt

## FREE TAX PREPARATION SERVICE

The IRS/AARP will again provide a no charge, tax preparation and filing service in Westport from January 28th through April 15th, 2019. Over 700 Westporters, including numerous Y's Men, have used this service in past years, and a few have been volunteer counselors. It's open to all individual filers regardless of age or income level, with emphasis on low- and middle-income households and those ages 60 and older. The service will be available at the Westport Center for Senior Activities on Wednesdays (9:00-4:00) and Thursdays (1:00-7:00) by appointment at 203-341-5099 and Mondays at Westport Town Hall (1:00-7:30) by appointment at 203-341-1050.

## VETERANS DAY AT BEDFORD MIDDLE SCHOOL

About 25 Y's Men were among a group of veterans who participated in Bedford Middle School's annual Veterans Day program on November 13th. Each year, Bedford invites veterans to share their stories with the 8th graders who want to know how they got involved, their training, lessons learned, some war stories and how they feel about their experience. Veterans who attended represented nearly every major conflict from World War II to Afghanistan and Iraq. **Jay Dirnberger** spearheaded the effort and reports that among the Y's Men participating were (with apologies to those he may have missed) **Ted Diamond, Larry Aasen, Len Fisher, Joe Schachter, Bud Martin, Bob Mitchell, Randy Abrams, Rob Rossi, Frank Vener, John Brandt, Jeff Hare, Gun Moen, Peter Kolbrener, Sal Porio, and Dan Wilder.**

## CLASSICAL MUSIC SOCIETY

The Classical Music Society is enjoying a holiday break in November and December because the fourth Tuesday of both months, when it usually meets, fall close to or on the Thanksgiving and Christmas holidays. Dates have been secured for the first quarter of 2019. We will meet from 2:30 to 4:15PM in the media room of the Westport Center for Senior Activities, on Tuesday, January 22nd; Tuesday, February 26th; and Tuesday, March 26th. We will be leading off in January with a program focused on Gustav Mahler. If you would like to attend or be on our e-mail list, please contact **Ed Bloch** at [edbloch@optonline.net](mailto:edbloch@optonline.net) or 203-227-4920.

## GLOBAL ISSUES GROUP

The Global Issues Group set a new record in November with 50 participants. The group has really caught on, with three new members attending a recent meeting. We meet at the Westport Center for Senior Activities every other Monday from 8:45 to 10:00AM. Any questions or additions to the group should be addressed to **Peter Nathan** at [peter@nathanct.com](mailto:peter@nathanct.com).

## SKI GROUP

Winter is coming and not just on The Game of Thrones — it's for Y's Men skiers too! There already has been snow and that means it is time to get ready for weekly day trips to Butternut Ski Area. Generally, we plan on hitting the slopes on Tuesdays starting as soon as Butternut opens for the season which, hopefully, will be before Christmas. However, because conditions often vary from day to day and week to week, we may decide on an alternative day or go more than once in any particular week when conditions warrant. The local season is short, so we need to be opportunistic. The proposed plan for the following week is e-mailed to the ski club members every Sunday. We meet at Merritt exit 42 commuter parking lot for an 8:00AM sharp departure. If you would like to join the Ski

Group or need more information, please contact **Tom Douglas** (203-291-9975).

## TRIPS AND EVENTS

12/4 Tuesday — State Capitol tour and its museum, then the Museum of Connecticut History in downtown Hartford. We did this several years ago. Very interesting. Lunch nearby. No charge. Easy parking in Hartford. Car pool from Merritt Exit 42 depart at 9:00AM sharp. Sign up at T&E desk or e-mail **Bob Mitchell** at [mitch161@optonline.net](mailto:mitch161@optonline.net). We have about 20 signed-up already including several spouses. Come join us!

## MEETING SCHEDULE

Dec 6 Marty Yellin  
Dec 13 Holiday Party  
Dec 20 No Meeting  
Dec 27 No Meeting

*Editor—Steve Raffel  
Production—Paul Cohen  
Proofreader—Ed Bloch  
Mailing—Lou Rolla  
Website—Dick Hagan  
Website—John Murdock*



There was a large turnout of Y's Men veterans for the Veterans Day observances at Westport Town Hall. They gave a salute at the conclusion.



Y's Men President John Brandt accepts the award for the Best Overall Float in the Memorial Day parade from William (Bill) Vornkahl, president of the Westport Veterans Council and Bettey Lou Cummings, who headed the parade judges.



*Sunny Day at Butternut. (l to r) Tom Douglas, Bill Christiaanse, Blair McCaw, Tom Kieffer and Larry Shapiro.*



Bedford students, listening to Y's Men veterans' presentations.