



## THURSDAY, MAR 1

**Sarah Bloom Raskin** (Born April 1961) is a member of the Board of Governors of the Federal Reserve System. Previously, she served as Maryland Commissioner of Financial Regulation. She has a degree from Harvard Law School and a B.A. in economics from Amherst College. She is married to Jamie Raskin, a law professor and Democratic Maryland state senator. They have three teenage children.

## THURSDAY, MAR 8

**Jeff Zeleny** will talk about "Speeders, Motorcars and a Love for the Rails." He is a longtime Fairfield resident who has worked in the medical transportation, logistics, and sales occupations for the past 40 years. Since the 1970's a group of hobbyists have traveled on the rails in their own mechanical motorcars. Remnants of what was once a great part of our industrial nation.

## THURSDAY, MAR 15

**Christopher Falkenberg** is a former Secret Service Agent. He is the founder and president of Insite Security, Inc., a security firm that addresses the security needs and protection of corporations and high net worth individuals. His talk will be "How Affluent Families Can Mitigate Physical & Virtual Risks." He will discuss ways to gauge existing risk, audit what is already out in the public domain.

## THURSDAY, MAR 22

**Elan B. Singer** is certified by the American Board of Plastic Surgery. He received his medical degree from the University of Vermont. "Plastic Surgery: What you don't see on TV" is the title of his talk. He will focus on the reconstructive aspects of plastic surgery with emphasis on surgery in the third world as well as military surgery as it pertains the wounded. Dr. Singer is a commissioned officer in the United States Navy Reserve and performs monthly surgeries at the Walter Reed.

## THURSDAY, MAR 29

**John Krubski** is a long-time Westport resident, futurist, and the author of "CRACKING THE AMERICA CODE; A Go-ahead Plan to get US Back

on Track," which is due to be released in April 2012. In the words of the author – "The book includes original research and proprietary insights that help explain what makes America America and Americans Americans."

*Out of respect for the speakers, would the members please remain in their seats until after the Q and A.*

## FUTURE MEETINGS

Apr 5 – **Rabbi Robert Orkand**, Temple Israel

Apr 12 – TBA

Apr 19 – **Michael Arad**, Architect,  
new World Trade Towers

Apr 26 – **Chris Hayden**, Civil Air Patrol

## IN MEMORIAM

**Lester Giegerich**

## New Members

Last Name	First Name	Phone
Kersey	Dallas M.	203-807-1355
Silberman	Charles	203-226-4518

## 35TH ANNIVERSARY PARTY

Tuesday April 17, at the Unitarian Church from 5-7 PM, come celebrate the Y's Men's 35th anniversary. There will be food, beverages, and in-house entertainment. Bring an appetizer (surname starting with A-R) or a dessert (surname starting S-Z). Bring your wife, a guest or come alone.

## DOCTOR OFFICE VISIT SUGGESTIONS

**Dr. Martin Krauthammer**, a retired cardiologist and club member, shared 10 tips with the membership at our February 16, meeting on getting more out of their visits to the doctor: 1/Keep an up to date list of all your medications in your wallet, in your computer and give a copy to the doctor, 2/Call the doctor's office before your office visit to ensure that your test results are in. 3/Have your full (all doctors), current medical profile. 4/Write down your questions. 5/Volunteer questions or new symptoms first. 6/Write down answers and instructions. 7/Bring a significant other or a trusted friend to help write down information.

8/When traveling , bring copies of all pertinent records for your home doctor. 9/ The night before your office visit, put all your information and questions in the car. 10/ Establish rapport with the doctor's office staff.

## TRIPS & EVENTS

Mar 8 – Philadelphia Flower Show; a day trip, book direct with the Y's Women info at T&E desk.

Mar 12 – 7 PM Westport Country Playhouse "Stage Struck" – a thriller play reading.

Mar 14 – Dinner at the Lumberyard in Georgetown. Trivia Night signup at the T&E desk

Apr 23 – Dinner at Osteria Romano, \$40 incl T&T drinks extra signup at the T&E desk.

May 2 – A matinee: "Mame" at the Goodspeed Opera House. The trip includes the bus and lunch at the Griswold Inn in Essex – \$107 per person. Contact **Warren Rossell** 203-226-5357. For latest information and more details please visit the T&E Section of the club website

## BOOK CLUB

The Book Club selection for March is "The English Patient" by Michael Ondaatje. The discussion will be on Thursday, March 15th at 1:30 PM in the Board Room at the Family Y.

## BRIDGE

**Lawrence Waterbury** will take over as chairman of the Monday bridge from Barry Cregan. Go to the Y's Men's website, click on "Activities" then "Bridge" to get the latest scores, weather cancellation information and general information about both Monday and Friday bridge.

## CAMERA CLUB

March 13th meeting: We will view a tutorial on Photoshop Elements through the current version 10. Discussion of this photo editing software will follow. March 27th meeting: Weather permitting, we will embark on a field trip to Westport's Glendinning preserve and environs for interesting photo opportunities. FYI: There is a bio for the March 1st speaker on our website.

## COLLECTORS' CLUB

Calling all Renaissance Men! Come to the next meeting of the Collectors' Club for an invigorating discussion of history and the specific items du jour. Our

last meeting had record attendance and highlighted a beautiful original 1719 world map (showing California as an island), an 1853 telescope, British war medals dating back to Waterloo, orchids, and a complete mint state collection of US commemorative coins. We'll next meet on Tuesday, April 3, at 10 AM at the Senior Center.

## COMMUNITY SERVICE

The Community Outreach Committee continues with its work of picking up food from Stew's every Tuesday at 6:15 AM. If you'd like to join this early morning crew please email **Pete Powell** at [petepowell@yahoo.com](mailto:petepowell@yahoo.com). We also continue to provide volunteers to RSVP. These volunteers drive people from Westport and Weston to doctor appointments. They always need more drivers so please contact Pete if you're interested. This spring we will participate again in Clean-up day. Details will follow as they become available. We have also been asked to assist STAR with their fundraiser in May. I have asked them for more details and will share them on our webpage as they become available. It takes place in early May. The latest information on Community Service can always be found on the website.

## FIVE MINUTE PRESENTATIONS

March 8	Brian Strong	<i>Jazz</i>
March 22	Paul Cohen	<i>EBook publishing</i>

## MEDICAL CORNER PRESENTERS

March 1	Richard Ellis
March 15	Arthur Ashman
March 29	Len Flom

## MEETING SCHEDULE

Mar 1	Sarah Bloom Raskin
Mar 8	Jeff Zeleny
Mar 15	Chris Falkenberg
Mar 22	Elan Singer
Mar 29	John Krubski

## TRIPS & EVENTS

Mar 3	Philadelphia Flower Show
Mar 12	"Stage Struck"
Mar 14	Lumber Yard dinner
Apr 17	35th Anniversary Party

*Editor—Steve Raffel*  
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