



Newsletter

December 2022



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Message from our Co-Presidents

As we head into the holiday season, we are tremendously grateful for you, our Club members who are the heart of the Montclair Women's club. As program attendees, active volunteers, speakers, artists, and board/committee members, you help build community and connection. Thank you! This past month, our club was alive with a full house for filmmaker Julie Cohen's talk which raised \$1000 for the Giffords nonprofit to end gun violence and then again for one of Montclair's favorite local business owners, Margot Sage-El of Watchung booksellers. In addition, we were thrilled to co-host the Montclair Community Swap where thousands of donated items got a new life with more than 200 recipients in this incredible volunteer-powered event. Look for another swap this spring! Finally, see below for our upcoming winter programs, including two great virtual programs in the New Year--perfect for those dark, cold days where the chance to connect from our cozy homes or maybe even a winter vacation spot is weather-proof bonus to our club programming calendar. Happy Thanksgiving to you and your families and thank for all you do for our community, at MWC and beyond!

Carol Schlein & Lois Whipple
Montclair Women's Club Co-Presidents

November/December "Among Friends" programs Come Join Us!

What Would a Sandwich Named for You Taste Like? Watchung Deli Stories with Robert and Jeanne Johannsen



Friday, December 2, 1:30pm

Robert and Jeanne were the longtime owners of Montclair's now sadly closed Watchung Deli and are now the authors of the recent book *Watchung Delicatessen: Stories and Recipes*. Join us at our club house to hear some of the charming and utterly delicious backstories to a business that was a Montclair institution since 1926, including the story of how naming rights to a sandwich became one of Montclair's hottest auction items! Their book will be available for purchase at the event and is a *perfect holiday gift* for anyone who really loves a great deli sub or Montclair culinary history!! Come for the fascinating program, stay for the deli "inspired" snacks! *Free to members, guests are welcome with a suggested donation of \$10.*

Please RSVP [here](#).

Looking Ahead to the New Year:

After the holidays, we have not one, but two must-see VIRTUAL programs! Zoom registration is open now at the links below.

Health Trends for a Healthy 2023: A VIRTUAL talk with Mary Ann Reidy, Clinical Nutritionist and Host of the Nutrition Network Self Care Podcast

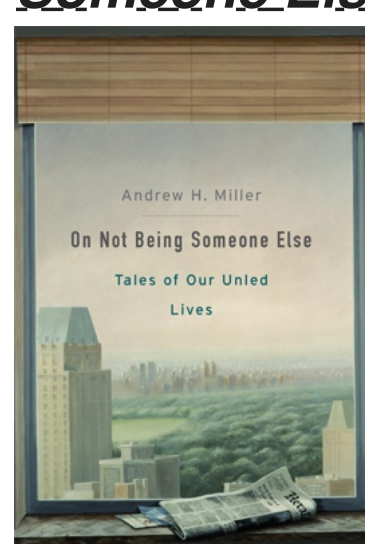


Friday, January 20, 1:30 pm

MWC member **Mary Ann Reidy, Clinical Nutritionist** will once again help us kick off a new year in good health! Back by popular demand, she will share her insights into and knowledge about the health and nutrition trends that you need for a healthy year, as well as how to avoid the health scams! Do you want to be healthier this new year but are confused by Keto, Paleo, Plant Paradox, Vegan and on and on? Before making those new year's resolutions, get some information! This will be a Virtual event, so stay cozy in your home this January afternoon.

Pre-register [here](#) to receive Zoom link.

A Virtual Book Talk with Andrew Miller, Author of *On Not Being Someone Else: Tales of Our Unled Lives*



Friday, February 3, 1:30

Andrew H. Miller, a professor of English at Johns Hopkins University, will join us for this VIRTUAL event to talk about his widely praised new book. This is the talk for you if you have ever wondered about what might have been (Isn't that everyone?). Professor Miller's book asks "What, exactly, is the relationship between the lives we haven't led and the stories we read?" The Wall Street Journal wrote, "An expertly curated tour of regret and envy in literature... Miller's insightful and moving book--both in his own discussion and in the tales he recounts--gently nudges us toward consolation." This New Yorker article discusses the fascination of this book, "What if you Could do it all Over? The Uncanny Allure of our Unled Lives," <https://www.newyorker.com/magazine/2020/12/21/what-if-you-could-dq-it-all-over>. Please join us for this thoughtful and fascinating talk.

Pre-register [here](#) to receive Zoom link.

Chair Yoga with Maggie Joralemon

Keep active and stay connected! Register [here](#) once to attend any session each Monday at noon. Classes will continue through the end of January. Zoom link will be sent upon [registration](#) and will be the same each week. *Free for MWC members and community guests.*

Serving Our Community

Year-long collection for S.O.F.I.A. continues

Please continue to bring wish-list items for [S.O.F.I.A. \(Start Out Fresh Intervention Advocates\)](#) to our clubhouse during program or meeting times. There will be a new wish list in January. In addition, monetary items are welcome at any time--send donation via check made out to Montclair Women's Club and chair **Jeanne Scott** will purchase needed items on your behalf!

Items needed through December: Paper towels (singles), Toilet paper (singles), body lotion, body wash, bar soap, shampoo, conditioner

SAVE THE DATE: March 10th/11th--Montclair Sleepout in Support of Nancy's Place/Covenant House

MWC will once again be the host partner for the Montclair Sleepout on Friday March 10th till early Saturday March 11th in support of our local community partner, Nancy's Place. Interested in getting involved? Contact [Jeanne Scott](#) or [Kelly McDonald](#).

News from the NJ State Federation of Women's Club

SAVE THE DATE: January 16th--Federation Day of Service

A Federation Day of Service will be held at the Women's Club of Upper Montclair from 9am to early afternoon, distributing food to local Food Banks. Additional info and a list of canned goods needed will follow.

SAVE THE DATE: March 9--Liberty District Arts Performing Achievement Day.

This much-loved event where members are invited perform is back AND being held at our own Montclair Women's Club. All are welcome to participate. More details to come.

For more info on what the Federation is up to across the state and how you can get involved, access the Almanac and other materials at the links below:

- [NJ State Federation of Women's Clubs](#)
- [Monthly Almanac and Newsletters](#)
- [General Federation of Women's Clubs](#)

Membership Corner

WELCOME to our new member **Ann Forstenzer**. Please look for Ann at our events and introduce yourselves!

We extend a very **Happy Birthday** to **Connie Crowley** (Dec. 4), **Sherri Neuwirth** (Dec. 25), **Elaine Rose** (Dec. 23), **Jeanne Scott** (Dec. 28), **Lois Tigay** (Dec. 11), and **John Zinn** (Dec. 12), **Geri Helou** (Jan. 2), **Christy Burke** (Jan. 8), **Rose King** (Jan. 8), **Lisanne Renner** (Jan.10), Did I miss your birthday? If so, we likely don't have your info--tell us at info@montclairwomensclub.org.

Know someone who could use some MWC cheer? Drop a note to our new corresponding secretary Susan Helman at shelman@verizon.net.

Know someone who would benefit from the supportive community that MWC offers? please feel free to forward club information and/or invite them to our events! All are welcome (and yes that means guys too!)



Montclair Women's Club
82 Union Street, Montclair NJ 07042
MWC is a dedicated to helping members achieve their full potential through active engagement and service in the community. For info on membership, programs, and club house rentals, visit www.montclairwomensclub.org.

