



# Newsletter

January 2023 (with corrected links)



Image by [Rachel Burkum](#) from [Pixabay](#)

## Happy Holidays!

We wish all of our members and friends of MWC a joyous holiday season filled with light, love, and peace. As we move into 2023, we look forward to continuing the strengthening of our community through friendship, connection, and service.

--Co-Presidents Carol Schlein and Lois Whipple and the entire MWC Board

### January "Among Friends" programs Register to join us virtually! (corrected links)

#### Looking Ahead to the New Year:

In the cold, snowy winter months, we'll join together virtually from our cozy homes. Pre-register for these programs now.

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

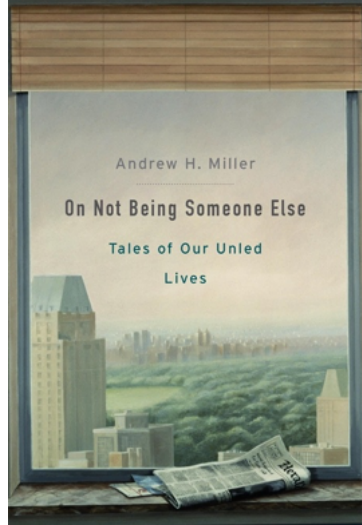


Friday, January 20, 1:30 pm

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," Please join us for this thoughtful and fascinating talk.

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

### Help Prepare Food Kits for Food Insecure (Jan. 16th)

The NJ State Federation of Women's Clubs (NJSFWC) is participating in the MLK National Day of Service by hosting a **Federation Day of Service** on Monday, January 16th at the Upper Montclair Women's Club from 9am till early afternoon. Volunteers will prepare "meal kits" for high need populations to be distributed by the Community Food Bank of NJ. **You can help by either donating food or funds to purchase food from the meal kit lists and/or helping to assemble food kits on Jan. 16th!** Interested? Contact Jeanne Scott at [scottjeanne8@gmail.com](mailto:scottjeanne8@gmail.com) or (973)746-7895.

### Rent our Beautiful Club for Your Next Event!

**Looking for a venue for a future gathering?** Consider renting our historic club house and encouraging others to do so! MWC depends on rental income to care for our historic building and property. Feeling the impact of COVID-era low rentals combined with expensive roof repairs, we welcome your rental referrals. For more information, see [here](#) or contact Cathy Goodman at [rentals@montclairwomensclub.org](mailto:rentals@montclairwomensclub.org).

### Calling all SINGERS, DANCERS, MUSICIANS, POETRY READERS, , and ACTORS! Performing Arts Achievement Day is BACK!

**Save the Date: The Liberty District Performing Achievement Day is BACK--March 9th, 2023.** 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 whether you are a beginner having fun or advanced performer. Will you help represent MWC? Contact Fran DePalma-Iozzi at [depio@comcast.net](mailto:depio@comcast.net) or (973)954-0650.

### 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.*

### News from the NJ State Federation of Women's Club

See above information on the Federation Day of Service on January 16th and the return of the Liberty District Performing Arts Achievement Day on March 9th.

*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 **Geri Helou** (Jan. 2), **Ann Forstenzer** (Jan. 4), **Dawn Hein** (Jan. 6), **Christy Burke** (Jan. 8), **Rose King** (Jan. 8), **Lisanne Renner** (Jan. 10), and **Carylmead Eggleston** (Jan. 15). Did we miss your birthday? If so, we likely don't have your info--tell us at [info@montclairwomensclub.org](mailto:info@montclairwomensclub.org).

Know someone who could use some MWC cheer? Drop a note to our new corresponding secretary Susan Helman at [sghelman@verizon.net](mailto:sghelman@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](http://www.montclairwomensclub.org).

