

The



COTTON CLUB GREENWICH

Newsletter

Christ Church Greenwich, 254 East Putnam Avenue, Greenwich, CT 06830-4871 Phone: 203-869-6600

Cotton Club Greenwich is a fellowship of and for unmarried adults living in Fairfield, Westchester and surrounding counties, sponsored by Christ Church Greenwich. Members are offered an opportunity to work and play together, to become better acquainted with each other and with themselves. To join, please download an application from our website (www.cottonclubgreenwich.org). Annual dues are \$45.

Caramoor



**Saturday
June 29
Noon to
6:00 p.m.**

Rain or shine.
Concerts will be
held under tents
in the event of
inclement weather.

Please Join Us! for an

American ROOTS MUSIC FESTIVAL

Caramoor Center for Music and Arts

149 Girdle Ridge Road, Katonah, NY 10536

What is one of your most memorable concert experiences? Can you still hear the performance and feel the energy? Well.....Summertime at Caramoor boasts incredible artists, captivating programs and delicious food, all in an enchanting garden setting. The Festival features bluegrass, blues and folk music and includes artists such as The Walkabout Clearwater Chorus (associated with Pete Seeger).

Bring an easily portable chair so you can move from venue to venue to hear different musicians. We will set up a table as home base, but be prepared to travel around the grounds with your chair. There is a food concession stand on the grounds, but we recommend you bring your own food/drinks. As we get closer to the date, we will send out music listings with time and location.

MEET: At the Box Office, then follow the signs to Tapestry Hedge. Picnic area is nearby. We will reserve a picnic table for all our CCG guests.

COST: \$25/members; \$30 non-members. Please make checks out to COTTON CLUB GREENWICH and mail to Carolyn Moller, 359 William Street, Port Chester, NY 10573. Checks must be received by June 22 and/or post-marked no later than June 20.

Featuring: Del McCoury Band (pictured), Del McCoury sings Woody Guthrie; David Wax Museum, John McCutcheon, The Stray Birds, Heritage Blues Quartet, Doug & Telisha, Spuyten Duyvil



Wednesday, June 12

**What's it all about?
It's a gift from Steve
Jobs! His protégés
will give a Demo and
talk on the iPad - its
features and uses.**



See details on pg. 3

Dr. Malynn Utzinger Wednesday, June 26

Malynn Utzinger, MA, MD, is double board certified in Family Medicine and Integrative Medicine and served as the Director of Women's Health for the Deepak Chopra Center in San Diego. Ayurvedic Medicine offers us a way to understand our Mind-Body Constitution. Ayurveda was developed in India over 3,000 years ago, at approximately the same time as Traditional Chinese Medicine, and focuses on helping people balance their digestion, metabolism, sleep and other natural cycles.



See additional details on pg. 3

BOARD CORNER

Welcome to our New Treasurer Del Zalesky

I am delighted to serve as Cotton Club Greenwich's treasurer and honored to work with its Board and members. I've had two careers, both of which involved finance. First, as administrator of law firms, and then in the equities area of investment banking. I lived the majority of my life in Manhattan, with my first 14 years in the rural countryside of Wisconsin, then moving to the largest school in Los Angeles before doing a two-year stint in San Francisco and then New York.



I've now been in Connecticut for two years and am excited at the prospect of working with all of you!



Above left: A good time was had by all at the Cinco de Mayo Fiesta! Above right: Club members work with a smile making Midnight Run packages! Below, right: We heartily thank our gracious hosts (Linda Albert, Dick Cutler, Margaret LeBedis, and Loraine Salerno) for opening their homes and planning the very special Fireside Dinners. Below, left: Amy Dixon, with her faithful Guiding Eyes dog Elvis, together presented a fascinating talk and demo on how they work together.

From our President

This past month presented a wonderfully varied calendar of events, which make our club stand out and enables members to join in with social events, volunteer opportunities, and participate in interesting meeting topics. There are so many members and contributors to thank that naming any could result in neglecting to mention a key member's help, but a special shout-out of thanks must go to Bobbie Morris for the exceptional museum tour she organized. Feedback from the attendees has been glowing.

In addition, Midnight Run volunteers pulled together one of the speediest food preparation and packing sessions on record. Thanks to all workstation coordinators, donors, and the diligent before and during the event volunteers who deserve appreciation from us all.

Finally, sincere thanks to the folks who kindly showed up this past weekend to help out at Christ Church's new member reception in the Rectory.

Many thanks to our dedicated members for giving time and thoughtfulness, which makes this a better club for all to enjoy.

Respectfully submitted:

Diane S. Caldwell



June Hikes

June 2, 11:00 A.M.

PLACE: Aqueduct Trail, Irvington to Hastings, Irvington NY (C)

LEADER: Ann Sheridan 914-946-2629

June 2, 10:30 A.M.

PLACE: CT-AT Series (A) Undermountain Trail and Paradise Lane to AT in Sages Ravine (CT/MA Line); south on AT over Bear Mountain back to Undermountain Trail to Rt. 41, approx. 7 miles.

LEADER: Kathy Miville kmiville@snet.net. cell on day of hike 203-788-6767 (note there may not be service in Salisbury)

June 9, 10:30 A.M.

PLACE: Pound Ridge Reservation, Cross River, NY (C+)

D'Agostino shopping center, corner of intersection Rtes. 121 & 35 in Cross River. We will carpool to the park; \$7 per car fee.

LEADER: Fred Howley 914-762 3681 or redbeard419@msn.com

June 16, 11:00 A.M.

PLACE: Teatown Lake Reservation, 1600 Spring Valley Rd., Ossining, NY (B)

LEADER: Helen Piltman 845 563-0604; cellphone 845-325-0719

June 23, 10:30 A.M.

PLACE: Tarrywile Park, Danbury CT. (B)

LEADER: Paul Sloane 203-286-7821

June 30, 11:00 A.M.

PLACE: Rock Lot and Scott Preserve, Branchville CT (C+)

LEADER: Dennis Callahan 845-612- 9720

For directions and more information, go to:

www.thehikinggroup.com. Meetup site:

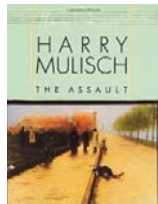
<http://www.meetup.com/The-Hiking-Group-Ct-NY>



Book Group

The Book Group meets at Ann Sexton's house, 57 Drum Hill Lane, Stamford (203-968-8090). For more information, call Carolyn Ryzewicz (203-845-0698). New members are always welcome.

"The Day of the Locust," a classic satire written by Nathaniel West in 1939, is the book for **June 11**. This novella focuses on a collection of outcasts drawn to Hollywood during the Depression, each one looking to fulfill their dreams.



On **July 9**, the book will be "The Assault," by Dutch writer Henry Mulisch. This novel follows the life of a young boy whose family in occupied Holland is slaughtered by the Germans after a Nazi collaborator is killed. Although he spends his life trying to forget the past, he finally learns what happened that night in 1945 and why.

There will be no Book Group meeting in August. The next regular meeting of the Book Club will be September 10.

TIME: 8:00 p.m. to 10 p.m.
DATE: June 28
PLACE: Greenwich Main Library Cole Auditorium
 101 West Putnam Ave., Greenwich
MEET IN LOBBY: 7:45 p.m. and sit together on left side of theater facing stage.
COORDINATOR: Andrea Anthony, 914-564-2775

FREE FRIDAY FILM: True Grit (2010)



DESCRIPTION: With Jeff Bridges, Hailee Steinfeld, Josh Brolin, Matt Damon. Directed by Joel and Ethan Coen. The quirky Coen brothers play it straight in this remake of the 1969 western. A 14-year-old girl enlists help in tracking her father's killer. 110 min.



Casual Dining at Mackenzies
 148 Sound Beach Ave., Old Greenwich
DATES: Mondays, June 10, June 24
TIME: 6:30 p.m.

COORDINATOR: None; just drop in.

Bistro Dining at Zody's 19th Hole
 E. Gaynor Brennan Golf Course,
 451 Stillwater Ave., Stamford



DATES: Mondays, June 3, June 17
TIME: 6:30 p.m.
DISCOUNT: CC members enjoy a 10% discount on several menu items.
COORDINATOR: Jay Kane, 203-661-9478

WEEKLY WEDNESDAY DISCUSSION AND SOCIAL 7:30 p.m. - 9:00 p.m.

Held in the Christ Church Parish House "Family Room," 254 E. Putnam Ave., Greenwich

■ **June 5** – Historic Perspectives: A series of interviews with members focusing on significant points in their lives and the role that "luck" plays in timing, location and opportunities. Featured this month: Bert Eichler. Coordinator - Jay Kane.



■ **June 12** – The iPad. What's it all about? Presented by the Tech Team of Ben Wilson and Jonathan Brown, both of who use it and other mobile devices regularly and teach these subjects in Norwalk. They will acquaint us with the features and uses of the iPad and describe its place in the tablet and mobile device marketplace, and will bring several mobile devices with them for us to see first hand.

■ **June 19** – We will meet at 7:30 at Beach House Cafe, 220 Sound Beach Ave., Old Greenwich. 203-637-0367. Click the link below for directions: <http://www.beachhousecafe.com/contact.shtml>.

■ **June 26** – Dr. Malynn Utzinger (see pg. 1 for more details) has a consulting practice for people seeking greater vitality of body, mind and spirit. Dr. Utzinger often provides advice regarding western medicine, yet the tools she most commonly uses are foods and herbal medicines to calm inflammation, aid digestion and clear toxins.



TENNIS ANYONE? (This announcement is from Lew Clark)

A group of single tennis lovers meet on Sundays at 1 PM throughout the summer for mixed doubles tennis at the Oak Hills Tennis Courts in Norwalk. The game is open to anyone who shows up; no reservations required. \$15. The skill level is not that high so nothing to worry about. For info contact the "spiritual tennis guru" Emie Whitehead (203-905-5720 or emiewhitehead@aol.com)



Directions: Off I-95 at Exit 13. Turn right onto the Post Rd. Go past Costco and turn left onto Richards Ave at the light. Stay on Richards Ave. until it ends at Fillow St. Turn right. Pass Fox Run Elementary School and take the right side of the fork which is still Fillow St. The eight tennis courts are on the right. These are Har-Tru courts; soft on the knees and ankles which is why we play there. Pizza parties, summertime cookouts and pool parties have been known to develop.

Caramoor

From New York City: Take the Henry Hudson Parkway north to the Saw Mill River Parkway north to I-684 north to Exit 6. Turn right onto Route 35 east. Or Take the Major Deegan (NYS Thruway) to I-287 east to I-684 north to Exit 6. Turn right onto Route 35 east. From Connecticut: Take I-84 west to I-684 south to Exit 6. Turn left onto Route 35 east. or Take I-95 south to I-287 west to I-684 north to Exit 6. Turn right onto Route 35 east. Or Take the Merritt Parkway to Long Ridge Road.

The Family Room, next to the Parish House (located at Christ Church Greenwich)

From I-95, take exit 4 (Indian Field Road). Coming from New York (the northbound side), turn left off the ramp. Coming from New Haven (the southbound side), turn right. Follow Indian Field Road to the traffic light at Route 1 (also called Post Road or East Putnam Ave.). Turn left and continue for about 1.5 miles (3 traffic lights) until you see large parking lot and Christ Church on your left.

NEWSLETTER DEADLINE: the 15th of every month. Suggestion: Why not print out this newsletter so you will have it handy during the month?

Mackenzie's Grill Room, Old Greenwich

From I-95 (North or South): Take exit 5, the US-1 N exit, toward Stamford/Old Greenwich. Turn right onto E. Putnam Ave./US-1. CVS Pharmacy in Riverside Commons is on the corner. Take the 1st right onto Sound Beach Ave. (just past the Getty Mart on the corner). If you reach Boulder Ave. you've gone about 0.1 mile too far. Mackenzie's is on the left just before the train tracks.

Zody's 19th Hole, E. Gaynor Brennan Golf Course, Stamford

From I-95 north: Take exit 6/Harvard Ave. At end of ramp, go straight one block. Turn left at next light onto West Ave., go straight across Post Road, then bear left around the island, turning onto Stillwater Ave. Continue on Stillwater about 1/8 mi. On your right you will see the Hubbard Heights golf course. Turn into the parking lot. From I-95 south: turn right off of exit 6 onto West Ave., then follow the directions above.

Additional directions can be found on our website under the "Newsletter" tab.

Cotton Club Greenwich Board Members and Advisors, www.cottonclubgreenwich.org

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Newsletter & Website Liaison

Advisor: Jay Kane (past president), Monday Night dinner host

Advisor: Fran Thomas (past president),
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Member Advocate: Marla Weston; *Music Chair:*
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Email Announcement Chair: Carolyn Moller

Newsletter Editor: Lynn Russo Whyllly,
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(Address Correction Requested)
www.CottonClubGreenwich.org

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