

April 2022



PRESIDENT'S MESSAGE:

We celebrated the arrival of spring with a program on health and nutrition, titled: THE HATEFUL EIGHT: THE TRUE CAUSES OF AGING, chaired by **Marcia Elias** who introduced our speaker, Professor Emeritus **Robert Lustig**, UCSF Division of Endocrinology. Dr. Lustig talked about food choices and their effect on aging and diseases, in particular the unhealthy practice of the consumption of sugar and processed foods, which are in effect poisoning our bodies, mind and society in general.

We had a very big turn-out. The tables were decorated with nice floral bouquets, thank you **Nancy Hagosian** and **Anna Bolechowski**. The highlight of our decor was on a side table surrounded by books authored by our presenter, a beautiful edible sculpture of vegetables framed with herbs that was created by our artist **Yen Bachmeier**. Many thanks Yen, how can you find time?

The tea table was laden with a great variety of delectable foods. Thank you to the refreshment making team of **Yen Bachmeier**, **Marcia Elias**, **Kathleen Fong**, **Saundra McCormick**, **Laura Outsen** and **Ingeborg**. Event set up was done by Marcia and Yen and takedown was done by **Marcia**, **Yen**, **Laura Outsen**, **Zaia Vera** and to all who helped, many thanks. Photos of this event can be viewed on the Club's website.

Our parliamentarian **Kathe Farrell** posted the new slate of nominated officers to be elected to serve the Garden Club in the next fiscal year as follow: President: **Ingeborg McGlynn**, vice president: **Donna Earhart**, treasurer: **Lina Pritchard**, financial secretary: **Yen Bachmeier**, recording secretary: **Zaia Vera**, corresponding secretary: **Marcia Elias**, auditor: **Marica Salma**. Directors are: **Anna Bolechowski**, **Kathe Farrell**, **Nancy Hagosian**, **Kimberly Kruse** and **Saundra McCormick**. At the end of the business meeting, a short gardening to do list was given by Ingeborg.

Our April program will be a FAMSF docent presentation of GUO PEI: COUTURE FANTASY, a major exhibition at the Legion. Thank you **Yen** for making the announcement. **Eva Monroe** will be the chair. It promises to be an extravagant program. Please bring a friend to share this extraordinary experience.

Stay safe and healthy,

-Ingeborg McGlynn

Meetings at the Clubhouse

Monday, April 4
11:00 AM

Board Meeting
Hosted by **Saundra McCormick**

Monday, April 18
1:00 PM

General Meeting
Art Talk: GUO PEI, COUTURE FANTASY (Legion of Honor)
In the world of haute couture, **Guo Pei** is China's premiere and most exciting and innovative couturière.
Presenter: **Maureen Fox**, FAMSF docent
Chaired by **Eva Monroe** - Refreshments will be served.

Note:

Congratulations to our long time member **Shirley Donahue** on her incredible milestone of her life on March 27th. **Happy 102nd Birthday Shirley!**