



January 2023

PRESIDENTS' MESSAGE:

Our Yuletide celebration on Monday, December 5, 2022, was a big success. The event chair **Nancy Broden** coordinated everything with the caterer and her decorating team. The busy helpers were **Eva Monroe**, her centerpieces were ready with the gnomes for the center of the tables. **Laura Outsen, Yen Bachmeier** and husband **Mel, Zaia Vera** and son **Sebastian** and daughter **Amelia, Anna Bolechowski, Lena Pritchard**, and **Ingeborg McGlynn** completed the work force.

Good food and drink in very festive surroundings, were accompanied by lovely piano music and our pianist even regaled us with a couple of songs. Thank you Yen for having made all those arrangements.

On Sunday for the Deck the Hall decorating day, a lunch break was welcomed at noon. **Kathleen Fong**, daughter **Melanie** had produced an excellent president's fare, with husband **Doug** doing the heavy lifting. Ingeborg only had to make the dessert for which she was very grateful. Many thanks to all

The beginning of our Holiday Season at the Garden Club always starts with our Wreath Making Day. The chair for this event is **Laura Outsen** and her assistant **Erin Zerega**. Due to a rain on that day, the scheduled event by the FHA, the children's Christmas party was absorbed by our wreath making function and it became the busiest and best event of all times. Thank you Laura and Erin you did a great job and performed heroics in keeping it all organized.

Our November SF-Marin Food Bank fundraiser chaired by **Eva Monroe** raised \$2,150 from 29 donors, and that amount was doubled to \$4,300 by a grant from Blackrock. It was a wonderful generosity by our Garden Club. Thank you all who contributed to help those in need.

A little preview of our January general meeting program. Chaired by **Marcia Elias**, *A Conversation on Nutrition and Weight Loss that Works*, with Dr. Robert Lustig and Cindy Gershen, co-authors of N.Y. Times bestselling book **FAT CHANCE COOKBOOK**. It should be very timely information after the Holidays, when our normal caloric intake does not always equal our expenditures.

So I will be looking forward to seeing you in January, but in the meantime, have a very Healthy, Safe and Successful New Year to you.

415-564-3547

Meetings at the Clubhouse

- Monday, January 2 – Board and Standing Committee Chairs
11:00 AM Hosted by **Marcia Elias** and **Ingeborg McGlynn**
- Monday, January 16 – General Meeting
1:00 PM **Conversation on Nutrition and Weight Loss that Works**
Dr. Robert Lustig and **Cindy Gershen**, co-authors of the
New York Times best seller **“Fat Chance Cookbook”**
Chaired by **Marcia Elias**
Bring your friends. Guest fee is \$10 per person.
Refreshments will be served.

NOTES:

Upcoming Event: Monday, February 20, 2023 - Spring Community Service