



February 2023

PRESIDENTS' MESSAGE:

Due to our excellent connection with the weather man, Monday January 16, 2023, our first general meeting of the year, saw blue sky and sunshine instead of the promised rain storm. **Marcia Elias** was the chair of the event. The name of the program "A Conversation on Nutrition and Weight Loss that Works" with **Dr. Robert Lustig**, endocrinologist and chef/restaurateur **Cindy Gershen**. The discourse was about diet and health based on scientific knowledge rather than the latest hype about a new diet in the popular press. It is very clear that the most important facts to remember in order to lead a healthy life, stay away from sugar and processed foods. A question from the floor, when consuming red meat, buy grass fed beef, not beef from cattle raised on corn and other unnatural food sources.

A short business meeting took place before the program. The president thanked **Anna Bolechowski** and **Nancy Hagosian** for the flower arrangements and the table set up. Thank you **Yen Bachmeier** and **Marcia Elias** for setting up the chairs to accommodate a very good turn-out of members and guests. At the end of the program **Zaia** and daughter **Amelia, Marcia, Melanie and Ingeborg** returned the chairs to storage. Thanks to **Sandra McCormick** for welcoming members and guests and collecting the guest fees.

Marcia thanked her refreshment team for the variety of good things to eat, a big part of which was without sugar, call it pressure. **Yen Bachmeier, Kathleen Fong** and daughter **Melanie, Eva Monroe, Ingeborg** and **Marcia**, were the producing elves.

Eva Monroe, chair of the Nominating committee, gave a brief overview of the process and solicited members to avail themselves to serve on Board and Committees in 2023-24.

Our February program co-chaired by **Darlene Hartman** and **Eva Monroe** will be community service. The ladies will fill small containers with succulent plants and the finished product will be delivered to San Francisco Veterans Hospital. The hospital management were delighted to be recipients of the little cheerful present for their patients.

A short list of what to do in the garden at this busy time was given by Ingeborg. Prune, remove debris and weeds, mulch with Forest mulch your existing plants, new plants receive planting mix and as of February 1, the dormant season is over and your plants are ready to be fertilized.

Have a look-out for our March program, *The Invisible Mammal*, it should be a very interesting program.

Stay healthy and safe, see you at the next meeting,

Ingeborg McGlynn
415-564-3547

Meetings at the Clubhouse

Monday, February 6 – Board and Standing Committee Chairs
11:00 AM Hosted by **Darlene Hartman, Ingeborg McGlynn**
and **Anna Bolechowski**

Monday, February 20 – General Meeting
1:00 PM **Spring Community Service**
Chaired by **Darlene Hartman & Eva Monroe**
Succulent Planting for San Francisco Veterans Hospital
Refreshments will be served.

NOTES:

Roster: Your Membership Roster is ready for pick up at the next general meeting.

Upcoming Event: Monday, March 20, 2023 - *Bats: The Invisible Mammal*