



The Garret Club

Founded 1902

AUGUST 2022



91 Cleveland Avenue Buffalo, NY 14222-1698 716/885-6010 office@garretclub.com www.garretclub.com

Celebrating 120 Years of Fabulous Women

The Garret Club ANNIVERSARY GALA Saturday, September 24th

You are cordially invited to join us for a magical evening celebrating 120 years of The Garret Club.

Vintage cocktails, champagne, and passed hors d'oeuvres in our beautiful garden from 5:00 p.m. – 7:00 p.m.

Chef Kevin's fabulous formal dinner with wine service at 7:00 p.m.

Decadent dessert, coffee, and cordial station along with the smooth sounds of The Western New York Big Band in the garret following dinner.

Formal or Gatsby-esque attire.

Hostess and Club Tables of Ten
\$120 per person

One guest per member permitted
Limited capacity

Please make your reservation starting on **Monday, August 15***

By phone ~ 716/885-6010
No e-mail

*The office staff will be in on Monday, August 15, to begin accepting reservations.

Valet parking will be available

MORNING TALK Thursday, August 25th



"How to Ruin an Olympic Athlete's Day"

Dr. Monica Spaulding

Monica started drug testing for the US Olympic Committee in 1993 when the University World Games were held in Buffalo. Her first Olympic experience was in Atlanta in 1996; in addition to three other Olympics, she has tested at 3-4 major events per year ranging from sailing races, March Madness, the Boston Marathon, US Figure Skating championships, and unannounced, out-of-competition test visits to Olympic athletes.

What are the "popular" drugs? What is the history of drug use in athletics? What is the process of testing so it is fair? How are the athletes able to cheat? Come to hear Monica share her experiences.

Dr. Monica Spaulding, a retired oncologist, is a recent Garret Club member. She ran the oncology program at the VA which was a joint fellowship program with Roswell Park Cancer Institute. Her research is in lung cancer, head and neck cancer, and prostate cancer.

Elle Heffner, Chair

10:30 a.m. Gather 11:00 a.m. Program

12:30 p.m. Buffet Lunch (optional)

No charge for program Lunch \$15

Guests welcome

Reservations @ mlinton@garretclub.com



From the President



Dear Ladies,

We had a beautiful party on July 12th welcoming members and potential members to our beautiful club! Many thanks to all of our hardworking staff and especially to Margie for all of her organizational skills. Kevin and Eli did a terrific job with some yummy food and Mara Endl made a fabulous hibiscus margarita that received rave reviews! Thank you to Gitti Barrell and Viv Quinn for organizing the event. It truly was a lovely party.

As you can see from this newsletter, plans for the 120th Anniversary Gala are well underway - it will be an event to remember and the committee is working extra hard to make it a very special evening. PLEASE be sure to phone (no email, please) your reservation into the club no earlier than August 15th.

Our Independent Access Project has entered Phase 2 - the bathrooms are finished and the new entrance construction has begun. It will be a tremendous and long needed improvement that hopefully will be completed in October (fingers crossed).

We wish all of our wonderful staff a happy and safe two weeks of vacation and I look forward to seeing them and all of you when the club reopens August 16th.

Have a great August everyone.

Warmest regards,

Anne Joyce
President



Interested in sponsoring a candidate for Club membership?

First step: send an e-mail to the Garret office (office@garretclub.com) with a brief biography of the candidate to include:

- Full name of the candidate
- Names of two sponsors
- Status request (Resident, Non-Resident, Legacy)
- Occupation
- Community interests
- Hobbies and activities
- Other background: education, family, etc.

Upon approval of the Executive Committee, the office will provide one of the sponsors with an application packet to start the process.

Sometimes, all you need to do is ask.

Vivian Quinn, Membership Chair

SUMMER CLOSING

The Club will be closed during the first two weeks in August from August 1 – August 15
Reopening on Tuesday, August 16

ACTIVITIES & EVENTS

ZOOM PILATES

Each Wednesday 8:45 a.m. – 9:45 a.m.

MAH JONGG

Each Wednesday in the clubhouse @ 10:30 a.m.

BOOK CLUB

Thursday, August 18 @ 11:00 a.m.

MORNING TALK

“Olympic Drug Testing”
Thursday, August 25 @ 11:00 a.m.

MEETINGS

SEMINAR COMMITTEE

Wednesday, August 24 @ 11:00 a.m.

RESERVATIONS

Please reserve with Margie Linton in the office
mlinton@garretclub.com

COVID POLICY



Only vaccinated individuals are permitted in the clubhouse. Please provide the office with copies of vaccination records for you and your guests (if you have not already done so). You may e-mail these to the office or bring them to be copied on the day of your/your guests' arrival. While recommended when moving about the Club, masks are a matter of personal choice. For Lecture Dinners, we are continuing to accept reservations for one guest per member.

Please respect other members, guests and staff.

If you or anyone in your household is sick,
please do not visit the Club.

COVID policies are subject to change.

Reservation Confirmations



Please don't assume!

We receive hundreds of e-mails each day many of which include reservations. If you do not receive a confirmation e-mail which may include a request for COVID vax cards for guests, please contact Margie in the office to assure your reservation is confirmed.

H&W Talk
Tuesday, September 20th



Kelly Cardamone
MS, RDN, CDCES, CDN, IFNCP
“Fad Diets – Any Nutritional Value?”

Kelly has over 25 years of extensive experience in the health and wellness field and providing nutritional counseling. Her degrees are in Nutrition, Exercise Science, Adult Education, and she is currently working on her Doctorate in Clinical Nutrition at Rutgers University. Kelly has certificates of training in weight management, and the Monash Fodmap diet for IBS. She is a Certified Diabetes Care and Education Specialist, Wellness Coach and an Integrative and Functional Nutrition Certified Practitioner. She is currently the Nutrition & Diabetes Program manager for General Physician PC and Great Lakes Integrated Network where she created and implemented the outpatient nutrition program and accredited diabetes program. Kelly believes that everyone has the potential to achieve optimal well-being, and that your health is in your hands.

Jackie Culliton, Chair

Time 5:00 p.m. ZOOM available
There is no charge for H&W Talks

Guests are welcome

Followed by buffet dinner \$35

Open to all members and guests

Reservations for the talk and dinner
Margie Linton @ mlinton@garretclub.com

H&W SERIES
Panel discussions



Alzheimer's v. Dementia

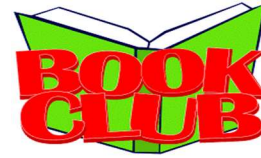
Please save the dates

Sessions 1 & 2 on October 4 & 11

There are no fees for these talks – plan to stay for an optional brain-healthy buffet dinner afterwards.

Guests are welcome and encouraged.

Gina Roblin, Chair



The Book Club meets on the
third Thursday of the month.
11:00 a.m. in the Clubhouse & ZOOM

Thursday, August 18
CASTE: THE ORIGINS OF OUR DISCONTENTS
Isabel Wilkerson

Reserve for the meeting & for ZOOM
with Pat Notarius @ patdnot@verizon.net

Lunch reservations with Margie
mlinton@garretclub.com

LECTURE DINNER



Theodore Roosevelt Site
Wednesday, September 14th

Join Stanton H. Hudson Jr., Site Superintendent of the Theodore Roosevelt Inaugural Site, the only National Historic Site or unit of the National Park Service in Western New York in celebrating September 14, 2022, as the 121st anniversary of TR taking the presidential oath of office in Buffalo and the 71st anniversary of the Site opening to the public.

Learn about TR's unique approach to governing, the role of the Theodore Roosevelt Historic Site over the years and how Buffalo is preparing to host the National Theodore Roosevelt Association Conference in October.

Ann Monroe, Chair

5:30 p.m. Cocktails 6:15 p.m. Program
Followed by dinner Wine included with dinner
One guest per member \$55

Reservations

Margie Linton @ mlinton@garretclub.com



BRIDGE NEWS



MEMBERS' DUPLICATE BRIDGE TOURNAMENT

Mondays, September 12, 19, 26 & October 10

10:00 a.m. – Coffee & Pastries

10:30 a.m. – Play begins promptly

12:00 noon – Buffet lunch

1:00 p.m.- Play continues

Sign up with your partner by Monday, September 6th

Tournament \$30 per member

Buffet lunch @ \$15

MEMBERS' INTERCLUB TOURNAMENT

Monday, October 3rd

At the Chatterbox Club in Rochester

With The Twentieth Century Club & The Garret Club

Details to be included with the September newsletter

Susan Burns, Bridge Chair

Founders' Tea



Thursday, September 15th

3:30 p.m. – 5:30 p.m.

Members & Guests \$25 per person

Rsvp mlinton@garretclub.com

Nancy Berger, Chair

Sponsored by the Historic Preservation Foundation

MAH JONGG



Each Wednesday in the Club

New members welcome!

10:30 a.m. ~ Play & Instruction

Mah Jongg Coordinator & Instructor ~ Diane Cart

Lunch reservations

Margie @ mlinton@garretclub.com

SEMINAR



Luis E. Chiesa

Professor of Law and Director of the Buffalo
Criminal Law Center, SUNY Buffalo

**“Criminal (In)Justice: What Does Our
Criminal Law Say About Who
We Are as a Society”**

Three Friday mornings
September 30, October 7 & 14

Professor Chiesa is a highly lauded teacher and internationally renowned scholar of criminal law. Born and raised in Puerto Rico, he holds master's and doctoral law degrees from Columbia University. His wide-ranging scholarship includes criminal law textbooks and articles on topics from criminal law defenses to torture to animals to “sexual lynching.”

This three-part seminar is designed to provide an introduction to criminal law and procedure, giving a structure by which we can understand more fully the cases and issues that reveal our societal values and that are in today's headlines.

SEMINAR 1

Criminal Law and Procedure in
Historical and Cultural Context

SEMINAR 2

What IS a Crime?

SEMINAR 3

The Process of Criminal Law:
Police Investigation and Final Judgments

Dianne Bennett, Chair
With Jane Hamilton & Nancy Kirkpatrick

10:30 a.m. convene 11:00 a.m. seminar

12:30 p.m. buffet lunch (optional)

\$10 per Friday seminar \$15 lunch

Guests welcome

Reserve with Margie @ mlinton@garretclub.com

ZOOM Pilates

Pilates Professional, Beth Elkin Wales,
leads us through heart and mind healthy moves.

Each Wednesday from 8:45 a.m. to 9:45 a.m.

Contact Maura Cohen, Coordinator
rmcmkt15@gmail.com or 886-3962

Membership News



The Board of Directors records with sorrow the death of Linda C. Henschel on June 26, 2022.

We extend our deepest sympathies and condolences to her family and friends.

Directory Updates

Please add this information to your directory.

Marjorie Girth	Dawn Northwood
Summer phone number	Mobile phone number
716-357-5230	716-319-0485

OPPORTUNITIES FOR GIVING



THE GARRET CLUB HISTORIC PRESERVATION FOUNDATION

For preservation of the house and grounds

In memory of Peg Hagelin

Diane Cart

In memory of Linda Henschel

Jane Arnold, Margot Banta, Susan Burns,
Janie Constantine, Charlotte Davis, Amber Dixon,
Sarah Goodyear, Candace Graser, Devon Marlette,
Jane Mitchell, Marcia O'Neil-White,
Callie Ostendorf, Katherine Pollock,
Judy Reich, Maureen Saab, Elizabeth Schreier,
Valerie Warren, Susie Weathers

Payable to: "The Garret Club
Historic Preservation Foundation"

1902 VOLUNTARY FUND

For the ambience of the Clubhouse

Payable to: "The Garret Club"
with memo note "1902 Fund"

THE BETTY WELCH FUND

To assist employees in time of need

Payable to: "The Garret Club"
with memo "Betty Welch Fund"

THE LEGACY SOCIETY

For those to whom The Garret Club
has been a source of pleasure and who
wish to make a bequest to the Club.

Please note that this is your
personal private decision.

You do not need to inform the Club.

DINING AT OTHER CLUBS

During Our Summer Closing

Monday, August 1 - Monday, August 15

The following clubs have graciously offered dining privileges to Garret members and their guests during our summer closing. When you phone for a reservation, identify yourself as a Garret Club member.

SATURN CLUB



977 Delaware Avenue
Buffalo, NY 14209
Main number: 716/884-8800



THE COUNTRY CLUB of BUFFALO

250 N. Youngs Road
Williamsville, NY 14221

Reservations/Front Office: 716/632-1100

Provide your full name and membership number.

Dinner service on the Terrace and the 1st Tee.

À la carte brunch each Sunday on the Terrace.

Friday evenings restricted to CCB Members only.

Dress is business casual. Valet parking available.

CHERRY HILL CLUB



912 Cherry Hill Boulevard N.
Ridgeway, Ontario, Canada L0S 1N0

Dining reservations

From US: 1-888-817-8827

In Canada: (905) 894-0578

The Cherry Hill Club has generously extended its offer for member and guest dining throughout the summer.



One Porter Avenue
Buffalo, NY 14201

716/883-5900 Dial 5

Reciprocal Club Dress Code

Business casual

Gentleman ~ Slacks & collared shirt

Ladies ~ Slacks, skirts, seasonal casualwear

Dining at The Club

Bistros À la Carte Dinner

Reserve by 2:00 p.m. same day
Thursdays, August 18, 25 Fridays in August – none scheduled

Seating times on the half-hour

Thursdays: 5:30 p.m. – 7:30 p.m.
Fridays: 5:30 p.m. – 8:00 p.m.

Buffet Dinners \$35

None in August

Buffet Lunches \$15

Tuesday lunch available during the summer
when the Club is closed on Monday

Tuesdays, August 16, 23, 30
Wednesdays, August 17, 24, 31
Thursdays, August 18, 25

Lunch seating times

Seating times: 12:00 noon, 12:30 p.m., 1:00 p.m.

Members & Guests COVID vax cards required

Men: collared shirts and jackets

Reservations Margie @ mlinton@garretclub.com

BISTRO to Go

Same day ordering and pick-up

For Thursday and Friday Bistro, order
from the Bistro menu by 1:00 p.m. that day
Pick-up same day from 5:30 p.m. and 6:00 p.m.

Menus are e-mailed early in the week

Phone orders ONLY: 885-6010

Pick-up your order at the service door

Second Servings



Extra servings of soups and entrées from our
daily lunches are packaged and stored in the
members' freezer in the kitchen. Treat yourself
to a Garret dinner or take homemade soup to a
friend. You are welcome to come into the
kitchen to see what is available. Please add your
selections to the Second Servings clip board.



DEADLINE: September newsletter/October calendar items due to office@garretclub.com by **Friday, August 12.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:00 Membership Mtg 11:00 House Mtg Thursday Lunch BISTRO	2 BISTRO
5 LABOR DAY Club closed	6	7 8:45 ZOOM Pilates 10:30 Mah Jongg Wednesday Lunch	8 Thursday Lunch 1:30 H&W Meeting BISTRO	9 No Bistro
12 ♠ ♥ ♣ ♦ Members' Duplicate Bridge Tournament 1/4 11:00 Investment Club Monday Lunch 1:00 Art Committee Mtg	13	14 8:45 ZOOM Pilates 10:30 Mah Jongg Wednesday Lunch LECTURE DINNER TR INAUGURAL SITE	15 11:00 Book Club Thursday Lunch Founders' Tea 	16 No Bistro
19 ♠ ♥ ♣ ♦ Members' Duplicate Bridge Tournament 2/4 Monday Lunch	20 11:00 Finance Meeting H&W Talk Nutrition: Fad Diets Buffet Dinner	21 8:45 ZOOM Pilates 10:30 Mah Jongg 11:30 Board Intros Wednesday Lunch 12:30 Board Meeting	22 Thursday Lunch No Bistro	23 Friday No Bistro ◆ Saturday, 9/24 120 th Anniversary Gala
26 ♠ ♥ ♣ ♦ Members' Duplicate Bridge Tournament 3/4 Monday Lunch	27	28 8:45 ZOOM Pilates 10:30 Mah Jongg Wednesday Lunch	29 Thursday Lunch BISTRO	30 Seminar 1/3 (In)Justice System Buffet Lunch BISTRO