



# The Garret Club

Founded 1902

## JUNE 2022



91 Cleveland Avenue Buffalo, NY 14222-1698 716/885-6010 [office@garretclub.com](mailto:office@garretclub.com) [www.garretclub.com](http://www.garretclub.com)

### Celebrating 120 Years of Fabulous Women

#### HEALTH & WELLNESS

##### H&W TALK

Tuesday, June 14 at 4:30 p.m.



##### “Hearing Challenges”

Dr. Robin Lazar Miller is an otolaryngologist in private practice and trains residents in ENT.

##### H&W WALK

Tuesday, June 21 starting at 10:00 a.m.

##### Emery Park

2084 Emery Road, South Wales

Explore the trails at Emery Park with Garret friends.

Purchased in 1925 from the Emery family, Emery Park today consists of 490 acres of lush woods and contains 69 structures, most dating to before 1935.

We will walk for 60-90 minutes.

Where to meet to be announced.

Coordinator ~ Dawn Northwood

##### H&W TALK

Tuesday, June 28 at 5:00 p.m.

##### “Art in Healing”



Join us for a presentation by Dr. Khurshid Guru and Joe Lin-Hill about a Roswell Park/Albright Knox collaborative study into the connection between art and healing, with trial results.

Coordinators

RoseAnn Berardi and JoAnne Will-Kaminski

##### H&W INTERACTIVE WORKSHOP

Wednesday, July 13

10:30 a.m. – Gather 11:00 a.m. - Workshop



##### “Breathing for Wellness”

Garret member Bonnie L. Cywinski, Yoga Instructor

Bonnie teaches vinyasa flow, hatha, weighted yoga, yin yoga, gravity yoga and yoga trapeze.

Yoga breathing is a safe and fast way to relieve stress, boost digestion and improve sleep. Unlike meditation that can be frustrating and slow to learn, yoga breathing is very accessible, and you'll feel results right from our session. No experience of any kind is needed. I take a simple, science-based approach that is effective for anyone. This workshop is structured as a 60-minute introduction to benefits, concepts and techniques of effective breath work. For the workshop, wear comfortable clothes; mats are not required.

*Save the dates*

##### H&W SERIES



##### Alzheimer's v. Dementia

Tuesdays, October 4 & 11 – Panel discussions

The who what when and where do I go from here?

How did this happen?

Coordinator ~ Gina Roblin

##### H&W TALKS are IN-PERSON and ZOOM

**No charge** for Health & Wellness Sessions

**Guests welcome!**

Buffet dinner to follow each afternoon talk.

**RSVP** to Margie Linton, Club Reservations

[mlinton@garretclub.com](mailto:mlinton@garretclub.com)

#### BUFFET DINNERS



Tuesday, June 14 Friday, June 24 Tuesday, June 28

Buffet available starting at 6:00 p.m. All members and guests are welcome \$35

Reserve with Margie, [mlinton@garretclub.com](mailto:mlinton@garretclub.com)

## From the President



Dear Ladies of the Garret Club,

I cannot express how honored and excited I am to be President of the Garret Club! I have loved being a part of her history for 23 years and am delighted to be part of her future! 120 Years and growing!!

First, I would like to once more say what a wonderful President Lynn Butcher was and what a great job the outgoing Board members did. It was a wonderful group of women to work with. Thank you all for a job well done!

There are so many great things happening at the Club - the Dining Room "refresh" is nearly completed - waiting for a beautiful dining table that will seat up to 20 and 10 new chairs. Thank you to the House and Permanent Furnishings Committees - Ceil Kohlmeier and Mary Louise Stanley in charge!

The Independent Access project is well under way - and while running a bit behind schedule, it will be worth the wait - as someone using a cane these days can attest too!!

Our "Hebe" is going to be fully restored, thanks to the Historic Preservation Foundation and a pair of matching benches will be secured, making it a perfect photo op for weddings, parties, etc.

Lots of ideas from all our hardworking committees - hats off to all of them for making such an impact on our Club - it is amazing the number of events, dinners and opportunities to exercise (online Pilates, H&W walks, etc.) there are. Truly something for everyone to participate in.

If you haven't already, check out the website - really wonderful and up to date - many thanks to Lorna Lippes and Erika Tank for lots of hard work bringing our club up to speed!

Our fantastic staff continue to make certain we have really yummy food (thanks Kevin and Eli) and that any issues are dealt with promptly and professionally.

Thank you all for continuing to make our beautiful Garret Club warm, friendly and welcoming - it truly is a special place.

Please feel to contact me at any time with any concerns or questions - I will always do my best to help figure things out!

See you at the Club!

Warmest regards,  
Anne Joyce, President

### New Club Year

April 1, 2022 – March 31, 2023

Please see enclosed list of new Officers, Board Members, and Committee Chairs.

## ACTIVITIES & EVENTS

### DUPLICATE BRIDGE

Monday Duplicate is suspended until September

### ZOOM PILATES

Each Wednesday @ 9:00 a.m.

### MAH JONGG

Each Wednesday @ 10:30 a.m.

### SOCIAL BRIDGE

Each Thursday @ 1:30 p.m.

### BEGINNERS' BRIDGE LESSONS

Thursday @ 1:30 p.m. Last date: June 23

### REFLECTING POOL

Date TBA

### ART EXCURSION TO ROCHESTER

Friday, June 10

### H&W TALK

"Hearing Challenges"

Tuesday, June 14 @ 4:30 p.m.

### BOOK CLUB

Thursday, June 16 @ 11:00 a.m.

### H&W WALK

Emery Park

Tuesday, June 21 @ 10:00 a.m.

### H&W TALK

"Art in Healing"

Tuesday, June 28 @ 5:00 p.m.

## MEETINGS

If there is lunch served on your meeting day, please reserve for both the meeting and for lunch.

### Seminar Committee

Wednesday, June 1 @ 11:00 a.m.

### Membership Committee

Thursday, June 2 @ 11:00 a.m.

### Health & Wellness Committee

Thursday, June 2 @ 1:30 p.m.

### House Meeting

Thursday, June 9 @ 11:00 a.m.

### New Board

Wednesday, June 15

11:30 a.m. – Meet member candidates

12:00 noon – Buffet lunch

12:30 p.m. – Meeting

### Investment Club

Wednesday, June 15 @ 2:00 a.m.

### To Committee Chairs and Activity Coordinators

Please let the office know the venue of your meeting or activity – whether in-club, via ZOOM, via conference call - and if your event is cancelled or postponed. Thank you.

## RESERVATIONS

Please reserve with Margie Linton in the office  
[mlinton@garretclub.com](mailto:mlinton@garretclub.com)

### Club Summer Closings

#### Summer Mondays

Each Monday during the summer June 6 – September 5

#### Two-Week Closing

August 1 – August 15

**120<sup>th</sup> ANNUAL MEETING  
May 17, 2022**



**Linda Pollack, Kathryn Taylor Bradley**



**Mickey McFarlane, Anne Saldanha, Amy Habib**



**Karen Sperrazza, Lynn Butcher**



**Marcia O'Neil-White, Betsy Mitchell**



**Linda Todd, Maura Cohen**



**Ceil Kohlmeier, Carole Sedita**



**Gina Roblin, Nance Basil**



**Outgoing & Incoming Presidents  
Lynn Butcher and Anne Joyce**



**Mary Kresse, Beth Schmit**



**BOARD OF DIRECTORS ~ 2022-2023**

**Front**

**Ann Monroe, Ceil Kohlmeier, Anne Joyce,  
Mara Endl, Linda Marsh, Christine Wiktor**

**Middle**

**Erica Tank, Cynthia Baird Stark**

**Back**

**Marcia O'Neil-White, Carolyn Mucci, Dawn Northwood**

**Not shown**

**Gitti Barrell, Mary Ann Coulson, Ellen Carroll Hager, Vivian Quinn**

## ART EXCURSION to Rochester

Friday, June 10th



By 8:30 a.m. – Meet in the Garret parking lot  
8:45 a.m. – Carpool from the parking lot  
10:00 a.m. – Arrive at Eastman Museum  
12:00 noon – Arrive at Chatterbox for lunch  
2:00 p.m. – Walk to Memorial Art Gallery  
4:00 p.m. – Depart for Buffalo

Reservations were due **by May 30<sup>th</sup>**.

Coordinator ~ JoAnne Will-Kaminski

### The Garret Book Club

The Book Club meets on the third Thursday of the month.

11:00 a.m. in the Clubhouse & ZOOM

Thursday, June 16th

**THE PREMONITION: A PANDEMIC STORY**  
**Michael Lewis**

Reserve for the meeting & for ZOOM  
with Pat Notarius @ [patdnot@verizon.net](mailto:patdnot@verizon.net)

Lunch reservations with Margie  
[mlinton@garretclub.com](mailto:mlinton@garretclub.com)

### OPPORTUNITIES FOR GIVING

**THE GARRET CLUB  
HISTORIC PRESERVATION FOUNDATION**

*For preservation of the house and grounds*

*To all our beloved Garret Club members whom we have  
lost from COVID 2020-2022 and to all of our own  
who have lost loved ones from COVID.*

Sarah Buxton-Smith

Payable to: "The Garret Club  
Historic Preservation Foundation"

#### 1902 VOLUNTARY FUND

*For the ambience of the Clubhouse*

**Thank you for all your generous donations.**  
**A full list of donors to date is enclosed.**

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.

## Membership News

*Welcome to Our New Members!*

*Lorrie Clemo*

*Heather Ann Greeley*

*Mary Dee Martoche*

*Please see their enclosed biographies  
and contact information.*



*Interested in sponsoring  
a candidate for Club membership?*

**First step:** send an e-mail to the Garret office  
([office@garretclub.com](mailto: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

### New 2022 Member Directory

May 2022 directories were distributed at the Annual  
Meeting and are in the process of being mailed.

You are welcome to retrieve yours from the office.

Please let the office know if you  
would like additional directories.

### Directory Updates

Please note these changes in your directory.

**Linda Bradley**  
New e-mail address  
[lmbradley2920@gmail.com](mailto:lmbradley2920@gmail.com)

**Marilyn Brock**  
Correct e-mail  
[mkbrock49@yahoo.com](mailto:mkbrock49@yahoo.com)

**JoAnne Will-Kaminski**  
New address  
65 Oakland Place  
Buffalo, NY 14222-2041

**Mary Ann Kresse**  
New e-mail address  
[robertjkresse@gmail.com](mailto:robertjkresse@gmail.com)

## "Starting with the Basics"



### Beginner's Bridge Lessons

Ruth Nawotniak, Instructor  
Eight weeks – Thursday afternoon  
May 5 – June 23  
From 1:30 p.m. – 3:30 p.m.  
\$20 per lesson or \$150 for all eight  
Payable to the instructor

Please sign-up with the Club office  
Margie @ [mlinton@garretclub.com](mailto:mlinton@garretclub.com)

If you plan to come for lunch at 12:30 p.m.  
on lesson days, please reserve with the office  
Coordinators Susan Burns & Anne Joyce



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

Each Wednesday at 9:00 a.m.

Contact Maura Cohen, Coordinator  
[rmcmkt15@gmail.com](mailto:rmcmkt15@gmail.com) or 886-3962

## MAH JONGG



### Each Wednesday in the Club

10:30 a.m. ~ Play & Instruction  
Mah Jongg Coordinator ~ Denise Hanlon  
Mah Jongg Instructor ~ Diane Cart  
Lunch reservations ~ [mlinton@garretclub.com](mailto:mlinton@garretclub.com)

## UPDATED COVID POLICY



April 6, 2022

**Vax Cards:** Members, guests, and staff using the Clubhouse for all club events and activities must be fully vaccinated. A record of your vaccines should be on file with the Club office. Either e-mail a copy of the card to the office @ [mlinton@garretclub.com](mailto:mlinton@garretclub.com) or have the card copied upon entry to the building. At this time, confirmation of a booster shot is no longer required, however, booster shots are strongly encouraged.

**Masks:** While recommended when moving about the Club, masks are a matter of personal choice. The CDC suggests that the K95 and K94 masks provide the best protection.

**Lecture Dinners:** Reservations are accepted for one guest per member. This allows us to maintain a safe level of participation for these popular events and access for more members.

**All other events/meals:** Unless limitations are required, you may invite more than one guest.

**Please respect the other members, guests and staff.**

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

*COVID policies are subject to change.*

## Social Bridge



Each Thursday afternoon at 1:30 p.m.

Buffet lunch available at 12:30 p.m.

For bridge, contact Jane Arnold at  
[hjaniea@aol.com](mailto:hjaniea@aol.com) or

Marianne Sprague, 882-1639.

For lunch, let the office know each week  
if you will be staying for lunch.  
[mlinton@garretclub.com](mailto:mlinton@garretclub.com)

## The Reflecting Pool



Club members gather in the clubhouse to share  
and discuss their writing. If you are interested,  
contact RoseAnn Berardi.

**June date TBA 3:00 p.m. – 4:30 p.m.**

**Please let RoseAnn know that you are coming**  
[rarb78@hotmail.com](mailto:rarb78@hotmail.com)

## Dining at The Club

### Bistros À la Carte Dinner

Reserve by 1:00 p.m. same day  
 Thursdays, June 9, 30 No 6/02, No 6/16, No 6/23  
 Fridays, June 3, 10 No 6/17, No 6/24

#### 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

Tuesday, June 14, Friday, June 24, Tuesday, June 28  
 Buffet available at 6:00 p.m.

### Buffet Lunches \$15

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

Tuesdays, June 7, 14, 21, 28  
 Wednesdays, June 1, 8, 15, 22, 29  
 Thursdays, June 2, 9, 16, 23, 30

#### Lunch seating times

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

Members & Guests COVID cards required

Men: collared shirts and jackets

Reservations Margie @ [mlinton@garretclub.com](mailto: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  
 with your mask on to see what is  
 available. Please add your selections to  
 the Second Servings clip board.

# JULY

DEADLINE: July newsletter/August calendar items are due to [office@garretclub.com](mailto:office@garretclub.com) by **Friday, June 10.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BISTRO
4 SUMMER MONDAY Club closed	5 Tuesday Lunch	6 9:00 ZOOM Pilates 10:30 Mah Jongg Wednesday Lunch	7 11:00 Membership Meeting Thursday Lunch 1:30 Social Bridge 1:30 H&W Committee Meeting BISTRO	8 BISTRO
11 SUMMER MONDAY Club closed	12 Tuesday Lunch Prospective Members' Cocktails	13 9:00 ZOOM Pilates 10:30 Mah Jongg 11:00 H&W "Breathing" Workshop Wednesday Lunch 1:30 Investment Club	14 11:00 House Committee Meeting Thursday Lunch 1:30 Social Bridge BISTRO	15 BISTRO
18 SUMMER MONDAY Club closed	19 11:00 Finance Meeting Tuesday Lunch	20 9:00 ZOOM Pilates 10:30 Mah Jongg 11:30 Board Intros Wednesday Lunch 12:30 Board Meeting	21 11:00 Book Club Thursday Lunch 1:30 Social Bridge No Bistro	22 No Bistro
25 SUMMER MONDAY Club closed	26 Tuesday Lunch	27 9:00 ZOOM Pilates 10:30 Mah Jongg Wednesday Lunch	28 Thursday Lunch 1:30 Social Bridge BISTRO	29 BISTRO