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**Subject:** January Meeting Minutes

**Date:** Mon, Jan 26, 2015 4:35 pm

Good afternoon,

Below are the minutes from the January Garden Club meeting. I have included them in this e-mail since some of you cannot open the attachments I send. See you in February.

The Mt. Airy Claybreakers Garden Club met on 8 January 2015 at the home of Pam Smart, with 14 members present. Not attending were Mary Jane Bishop, Connie Dalpar, Arminta Donovan, Jackie George, Pat Hall, Julie Harrison, Marsha Kirchhoff, Dot Lower, Marian Moreland, and Jessica Sherlock.

**PROGRAM:** Ruby Lathon, Certified Holistic Nutrition Consultant, presented a talk and slide show on the Basics of Plant-Based Nutrition. Ms. Lathon, a PhD engineer working in the defense industry, had been diagnosed with thyroid cancer. She took charge of her own health by researching plant-based nutrition, changing her eating habits, and ultimately healing herself. This experience was also the beginning of a career change. She now works as a consultant in using natural nutrition to help reverse chronic diseases such as heart disease, diabetes, and high blood pressure. She also hosts a show on the Food Channel, "The Veggie Chest," and has a column on Food Channel.com. She emphasized eating fruits; vegetables; beans, nuts, and seeds; and whole grains, along with vitamin and mineral supplements. Foods to avoid are those made with high fructose corn syrup, trans fat, artificial food coloring, MSG, and Aspartane (in Nutrasweet, Equal, and Splenda) since they are neurotoxins. She recommends using Stevia or maple syrup as sweeteners.

**BUSINESS MEETING:** The December minutes were approved.

**TREASURER:** Treasurer Carol Ober reported a current bank balance of \$1,758.86.

Linda Millette reported a donation to the club of \$165 from the sale of Christmas items at her home. She also commented that ten members donated 27 flower arrangements to the club fund raiser at St. Thomas's Church Fall Festival, which cleared \$270.00.

#### COMMITTEE REPORTS:

Civic Development: Pam Smart reported that the Holloway Park garden is enjoying its winter sleep.

Conservation: Deborah Determan discussed issues with renewable energy. Currently, 83% of energy is from fossil fuels, although there has been a shift in emphasis to renewable energy



sources such as hydro, wind, solar, and biofuel. Although one well-know biofuel from corn—ethanol—is innovative and effective in replacing some fossil fuel, its cost, some argue, is offset by the fact that growing corn requires large amounts of water and pesticides, and that processing corn to make fuel reduces its nutritional use.

Publicity: Lorraine Leonard submitted an article on the December club meeting in *The Marlton Advocate*, along with a description of the two large boxes of articles donated by club members to residents of the Bradford Oaks.

## OLD BUSINESS

- The new club bylaws are not ready for review yet.
- Contributions to the newsletter are needed.
- Award 18 is complete. The club earned 2,370 points for participation in Community Service

## NEW BUSINESS

- A review of alternate club donations to organizations such as Bradford Oaks Nursing Home was solicited. One suggestion was to make arrangements for the tables in the Camp Springs Senior Center.
- (from December Meeting) It was suggested that the club invest in a tablecloth or banner with our name and logo on it, to be used in events that we sponsor or in which we participate. Discussion was tabled until a later meeting.
- President Gilda Allen proposed a garden project at Rosaryville Elementary School, with activities such as *What do plants need? growing plants for teacher/student observations; a lesson or two on soil, making a container garden or a flower arrangement for Mother's Day, playing a game based on knowledge of plants.* A committee was formed to look into the feasibility of the proposal (cost, time involved, volunteers).

ANNOUNCEMENTS: District Awards Meeting at US Arboretum, 10-11 am 14 March.

NEXT MONTH'S MEETING TIME, LOCATION, AND SUBJECT:

6:30 pm on 12 February 2015; Mary Beth Cecil, hostess; Diana Morse, Speaker: A Bug's Life.

Respectfully submitted,

*Esther Neckere*

Esther Neckere, Recording Secretary

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