

MARCH 2021

# THE FIG LEAF

*Fig Garden Woman's Club Newsletter*  
*Established in 1921*



## Important Dates & Events

- March General Session/Social - Cancelled
- Book Talk - March 25, 10 am
- Fig Leaf submission deadline - March 31
- Board Meeting - April 1, 9:30 am
- Cinema Group - April 9, 10 am
- April General Session/Social - April 14, 11:30 am (outdoors)
- Spring Bingo Fling - Saturday, April 24



### *Executive Officers*

- President:** Irene Wiegand
- 1st Vice President:** Jennifer Huelskamp
- 2nd Vice President:** Marsha Wagner
- 3rd Vice President:** Kathleen Dennen
- Recording Secretary:** Nancee Smith
- Corresponding Secretary:** Pam Cowling
- Treasurer:** Susan Simpson
- Assistant Treasurer:** Allison Alexander

### *Appointed Officers*

- Parliamentarian:** Mary Vaughan
- Historian:** Mariann Powell
- Emblems:** Joyce Hughes
- Auditors:** Janelle Dunn and Sandra Knudson
- District Representatives:** Ann Caldwell and Margaret Nordstrom
- Endowment:** Janelle Dunn
- Fig Leaf Editor:** Suzanne Crosina-Sahm

## President's Message



*Irene Wiegand*

Dear Members,

It's hard to believe we are already into March! I think back to the beautiful luncheons that we have had in the past years, where our clubhouse was decorated in green St. Patrick's Day spirit and spring enthusiasm was abundant! The chatter among members was about the upcoming Antique Show and the beautiful spring weather.

Spring is still on its way, and we have nice weather, but unfortunately, we will not be having a luncheon meeting or an Antique Show this month. There is still no activity allowed in our clubhouse except for small gatherings. Our board can meet, as well as Book Talk, Knitting and Needles, and Movie Review. Please check with the chairwomen of these groups to see if they will be meeting.

On Wednesday, April 14, we plan to have an outdoor general meeting. Not only do we need to collect dues for 2021-2022 but announcements will be made, and you will go home with a snack box! Later in April, we are planning a fun Bingo Spring Fling! (Please look for more information on page 6).

It could be that many of you have received the Covid-19 vaccine and are feeling relieved and ready to get together. Until the general guidelines for meetings open up, we will need to remain outside with masks on.

In these times, I think it is essential that we all reflect on our mental health regardless of how we have been affected by this pandemic. There is no doubt that many of us have spent more time in our homes or with close friends than ever before, and I am sure it is easy for us to get stuck doing the same old things day after day. After doing a little research, I found some tips to help us improve our mental health from the comfort of our home that you will find starting on page 8.

I hope this is useful and you will benefit from reading it! Happy Saint Patrick's Day!

Irene



## *Directory Update*

*please make a note of this change to the directory:*

**Selah Anselmo**

phone: (559) 285-3488 email: yellowrey56@gmail.com





## Fig Garden Woman's Club Zoom Board Meeting Minutes February 1, 2021

### Attendees:

President, Irene Wiegand  
Vice President, Jennifer Huelskamp  
Second Vice President, Marsha Wagner  
Recording Secretary, Nancee Smith  
Treasurer, Susan Simpson  
Assistant Treasurer, Allison Alexander  
Parliamentarian, Mary Vaughan  
Emblems: Joyce Hughes  
Auditor: Sandra Knudson  
District Representative, Ann Caldwell  
Amenities: Lillian Macias Weiland  
Club Development, Carrol McCrumb  
Membership: Kim Gould  
Preservation Chair, Jean Thompson  
Web Administrator, Barbara Moen  
Get Acquainted Coffee, Linda Lucido  
Handbook: Susan Pappas  
100-year Celebration: Lynn Baldwin

**President** Irene Wiegand called the meeting to order at 9:34 a.m.

**Vice President** Jennifer Huelskamp stated that she spoke with Nancy Gilgen regarding the phone committee. Paperwork has been submitted to the district.

**Recording Secretary** Nancee Smith emailed the minutes from January 4, 2020, to Irene Wiegand and Jennifer Huelskamp for review. President Irene Wiegand read the minutes out loud and asked if there were questions, corrections, or changes to the minutes. Barbara Moen stated that there is a correction: "FGWC Website has 39 *likes*, up 1 from last month." This entry has been corrected to "39 *members*." Ann Caldwell moved to accept the minutes as corrected. Barbara Moen seconded.

**Treasurer** Susan Simpson reported that the B of A checking balance is \$31,058.37. Our current assets are \$128,253.92. (This includes checking, Endowment, Building Maintenance Fund, and Memorial Building fund).



*February 1, 2021 Board Meeting Minutes, continued*

We received 67 End of Year donations totaling \$12,250.00. A motion was made by Lynn Baldwin to approve the Treasurer's Report. Carrol McCrumb seconded. Motion passed.

**Correspondence Secretary** Pamela Cowling stated that we received three donation requests and two newsletters. Pamela has also spoken with the family members of our three members that had passed away. Member Kay Kaia will be celebrating her 100th birthday alongside the Club this year.

President's Report: President Irene Wiegand says, "Happy Valentine's Day!" since we will not be meeting for a general meeting this month. We are hoping to have a board meeting for March 1, 2021. Discussion for ideas for the general meeting next month was held. Discussion followed. The board has decided that we are not having a general meeting in March. There will be a board meeting in March 1, 2021, at the clubhouse in person with masks and social distancing.

We had three active emeritus members who recently passed away: Patricia Norton, December 20, 2020, Helen Wolfmann, January 3, 2021, and Eleanor Hardin, January 19, 2021. These members will be memorialized in November. Irene Wiegand received a request from Lorene Sorenson asking to be a lifetime member. Thank you, everyone, for your contributions. These allow us to contribute to scholarships.

Grounds: Chairperson Dottie Troisi was not able to attend.

District Report: Ann Caldwell states the District Meeting is cancelling their April 2021 meeting in the clubhouse.

Amenities: Lillian Weiland will be taking over for Pamela Cowling as Corresponding Secretary for the upcoming season. The Amenities chair still needs to be filled.

Club Development: Janelle Dunn contacted the Health Department regarding using the clubhouse as a vaccine administration site. Currently, the Health Department does not need additional locations.

On January 3, 2021, Chairperson Carrol McCrumb motioned that the executive board remains the same. "We move that because of Covid-19 and extreme lockdown in the Central Valley that the executive board continues to serve as the executive board in the coming year 2021/2022." The board has not had the opportunity to function to its full capacity this past year. It would be extremely difficult to put together a nominating committee to find members to take on new positions while we still are in the middle of recovering from the effects of this pandemic. Mary Vaughan seconded the motion. This motion was voted on, and the motion passed.

Preservation and Planning: Chairperson Jean Thompson has not been inside the clubhouse since the heavy rains to check for leaks but the house appears to be in good shape.



*February 1, 2021 Board Meeting Minutes, continued*

Web Administer/Facebook: Chairperson Barbara Moen noted that Facebook currently has 377 likes, up 2 from last month. Facebook Followers are at 406, up 3 from last month. Instagram has 188 followers; up 35 from last month. FGWC Website has 39 users, up 1 from last month.

Grounds: Chairperson Dottie Troisi was not able to attend. President Irene Wiegand stated that the grounds look good; the Christmas lights need to be taken down. Thank you to Clubhouse Chairperson Teresa Kirkorian for taking down the Christmas decorations. Teresa Kirkorian mentioned that the fire extinguisher service and the carpet cleaning have put on hold.

Memorial Building Fund: Chairperson Janelle Dunn reported no new developments.

100 Year Celebration: Lynn Baldwin has suggested beautifying the annexed property on the corner of Palm & Shaw in recognition of the 100 Year Celebration. Any signage must be approved by the building owner. Lynn is meeting with Suzanne Crosina-Sahm regarding PR & marketing. Lynn has sent requests to the California and Federal Women's Associations to see what they can do for us as recognition. If we cannot have a gathering in April and May, it can be pushed to the end of the year. We might be able to contact our city leaders for possible outdoor acknowledgement, such as a public display in front of the Clubhouse. Sandra Knudson suggested signage for our personal yards. All proceeds can go back to the club.

New Business: Joyce Hughes stated that there are 6 ladies that are 20-Year Members that will be receiving a pin. Joyce will draft an article for the March newsletter to recognize these members. A discussion was held regarding the pins as they are \$40 apiece. Vice President Jennifer Huelskamp suggested changing the color of the name tag instead of a pin. Irene will contact Membership Chairperson Kathy Dennen to commission the new nametags for the 6 20-Year Members.

Deadline for the Fig Leaf Newsletter is January 31.

Announcements: The next Board Meeting will be in person on March 1, 2021, at the Clubhouse, with masks and social distancing. There will be no General Meeting for March. President Irene Wiegand motioned to adjourn this meeting at 10:20 a.m.

Respectfully submitted February 7, 2021

Nancee Smith, Recording Secretary

Fig Garden Woman's Club

## Cinema Group

*Becky Morlock, Chair*

Hello FGWC friends:

The "Movie Review" is back to meeting in person at the clubhouse on Friday, April 9 at 10:00 am. We will be discussing the movie "Nomadland." It stars Frances McDormand as a woman who leaves home to travel around the American West, and the film recently won Golden Globes for Best Picture and Best Director.

You can find "Nomadland" by streaming it on Hulu. For those wishing to join in the film discussion, please email me at [msfifi@aol.com](mailto:msfifi@aol.com). Since attendance has been so low, I have set a minimum of five members. Not that I don't want to talk about films, I love to; but I like to get varying opinions. We can meet in the clubhouse now, or patio if the weather is nice.

Thank you kindly,  
Becky Morlock  
[msfifi@aol.com](mailto:msfifi@aol.com) (559) 696-9594



## Spring Bingo Fling

*Carrol McCrumb, Chair*

Dear FGWC ladies and friends,

Mark your calendars for a fun, new event on April 24. We are going to have a Bingo party at the club outside on our front lawn and the patio. We are calling it our *Spring Bingo Fling*.

Join your friends, play Bingo and enjoy lunch. The cost will be \$20 a person, and there will be bingo prizes and a raffle. We will send an eblast with more details about when and how to buy tickets.

Carrol McCrumb



## San Joaquin Valley District Convention

*Ann Caldwell, San Joaquin Valley District*

The San Joaquin Valley District Women's Club Convention will be held via Zoom on April 22 at 10 am. They will send the information to Irene to distribute to the membership and to include in Fig Leaf, so be on the lookout for it.

This will replace the District Luncheon and Art Event previously planned for April.



## Our Club's Early Activities



Fig Garden Woman's Club was founded this month one hundred years ago! It didn't take long for our founders to get busy planning civic, philanthropic, and fundraising activities.

Child welfare was of great concern to our founders, and the ladies planned get-togethers with teachers and children from Bullard School, where refreshments were served. Discussions were held about school transportation and feeding needy children. A "playground apparatus" was purchased for \$18 and presented to the school, and the Home & Garden committee helped look after the shrubs in the schoolyard.

For Arbor Day, a short program was presented to the school children, and a Black Mission Fig was planted by our members in memory of our club's first Arbor Day.

Members sewed aprons to sell as a fundraiser, and made a quilt for an "old folks home." Food baskets were distributed among needy families at Christmastime, and financial assistance was provided to the Women's Emergency Home Mortgage. Donations were also made to the Tuberculosis Association of Fresno County, The March of Dimes, Care for Korea, the Artists League of Fresno, the Girl Scouts, among others.

Luncheon program subjects included topics such as *Woman's Place in the World*, *Women in Politics*, and *World Affairs*. A Home Economics program included "an interesting talk on the subject of canning and preserving figs from a commercial standpoint," and the minutes reflected that members "carried home many thoughts useful to us in our home canning and preserving."

The ladies of Fig Garden Woman's Club were off to a great start!

# Six Ways to Improve Your Mental Health

Irene Weigand, President

## 1) Play Mind Games

Just as the body needs physical activity and stimulation to stay healthy, the brain needs stimulation to stay sharp and avoid cognitive decline as we age. According to *Harvard Health Publishing*, brain games can help sharpen certain thinking skills such as processing speed, planning skills, reaction time, decision making and short-term memory. Any activity that keeps the mind engaged and working towards solving problems contributes to brain health, but some of the most common and accessible activities for seniors include:

**Reading and writing** - Studies have proven that reading can enhance memory function, reduce stress and promote better sleep. Journaling can also help to manage and alleviate the effects of stress and anxiety.

**Learning a new language** - Language learning exercises regions of the brain often affected by aging and can build confidence and even increase socialization with others who may know or are learning the language.

**Playing an instrument** - Music stimulates the brain and improves memory in seniors with Alzheimer's and dementia. According to The Washington Post, not only is playing, or learning to play, an instrument fun, but it can improve verbal fluency and processing speed within a matter of months.

**Playing puzzles and games** - In addition to being enjoyable, various puzzles have proven to delay memory decline and enhance senior mental health.

## 2) Get Physical

From taking regular walks to yoga classes and ballroom dancing, exercise and physical activity benefit both the mind and the body by boosting confidence and reducing the risk of falls. Staying active and getting enough exercise are as important for seniors' mental health and older adults' well-being, as they are at any other stage of life.

In fact, low-impact exercises like stretching and strength training are actually necessary to help seniors stay healthy and reduce the risk of common age-related problems like bone fractures, joint pain, and other chronic illnesses.

### *Six Ways to Improve Your Mental Health, contintued*

in addition to the physical benefits, exercise can also help manage stress, anxiety and depression in seniors, which can be just as detrimental to seniors' health as physical ailments and injuries. Exercising in order to maintain positive senior mental health is important.

#### **3) Stay Connected with Friends**

Time and distance can make it difficult for people to maintain close relationships with old friends, especially as they age.

***Cultivate Friendships*** - The Internet and the phone keep pals old and new in touch. For older adults, keeping in touch with the important people in their lives can help to stave off loneliness and feelings of isolation that can lead to depression, as well as mental and physical decline.

***Use Social Media*** - Learning how to connect with new and old friends on social media, through FaceTime, Zoom or Skype are just some ways to stay in touch. There are always people willing to teach older adults how to use these different applications, as well as online tutorials. Seniors can also keep it simple by writing letters or setting up a regular schedule for a good old-fashioned phone call.

***Make New Friends*** - And like anyone, seniors can always make new friends!

#### **4) Pick up a New Hobby**

Staying active after retirement is extremely important. Everyone has a personal wish list of dreams and activities, but sometimes those ideas are put off because life can get busy. Retirement is the perfect time for seniors to dust off their "bucket list" and pursue lifelong goals, be it gardening, sewing, painting or French cooking!

Creating shadow boxes, a hobby where one makes clusters of items that house and display warm memories, can help with recalling events and people. These memories can stimulate the elder, prompting conversation with family and friends and helping to increase the neuroplasticity of the brain. As neuronal connections in these pathways are strengthened, and new connections are established, individuals feel comforted and gain an increased sense of belonging and ultimately, improving senior mental health.

#### **5) Volunteer**

Many seniors find fulfillment and a sense of purpose in volunteering for a worthy cause. With no shortage of organizations and causes in need of support, there are many opportunities for older adults to get involved, and in turn, feel valued and needed.

### *Six Ways to Improve Your Mental Health, contintued*

Seniors volunteering for a cause or organization can be a rewarding experience at any age. For someone looking to donate their time after retirement, volunteering can offer a number of additional benefits that enhance seniors' physical, emotional and mental health. Trading time for good causes can enhance mental health.

Whether you enjoy reading to or sharing your skills and expertise with children and young students, or you feel moved to volunteer in a hospital, local food pantry or soup kitchen, volunteering in retirement can help seniors remain active, socially engaged, and become part of a vibrant and diverse community.

From making new friends to getting (or staying) physically active, volunteering can be a rewarding experience for everyone involved.

#### **6) Care for a Pet**

Where appropriate, animals can help keep seniors active and busy and offer companionship in the process, with their unconditional love.

According to the CDC, many studies have shown that the bond between humans and their pets can increase fitness, lower stress and bring happiness.

- Other health benefits of having a pet include:
- Decreased blood pressure
- Decreased feelings of loneliness
- Increased opportunities for socialization

If you don't want to or are unable to own a pet, volunteering at an animal shelter is also a good way to connect with animals and help organizations in need.

It is extremely important for older adults to take care of their mental health; without a healthy and stable mind, they are more susceptible to other physical ailments and conditions. By making an effort to do mind-healthy activities each day, older adults can greatly benefit. Whether it's completing a crossword puzzle each morning, going for a few walks a day or even journaling, there are simple and quick activities to complete that will help tremendously in the long run.



# Our Club Website at Your Fingertips

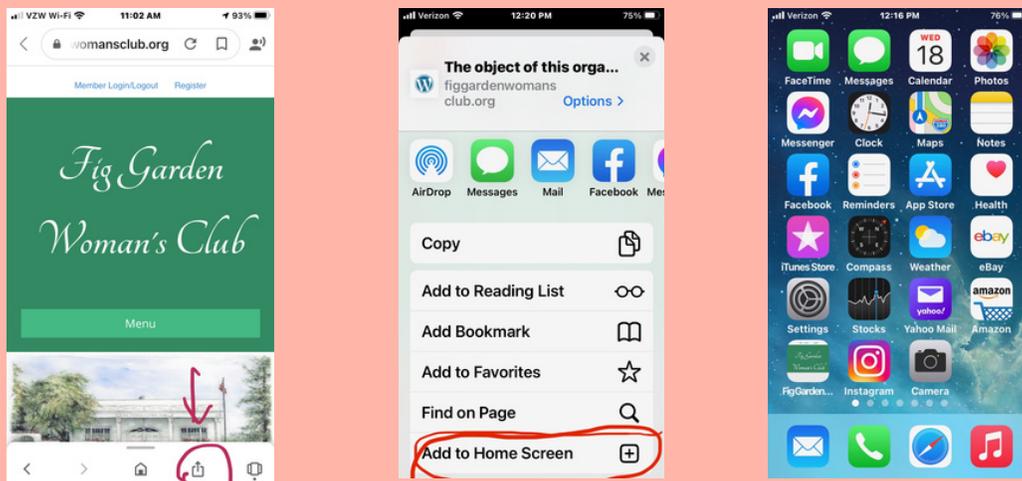
*Barb Moen, Website and Social Media Chair*

At the last board meeting, the members expressed interest in us providing the directions on how to add the FGWC icon on members' phone or tablet.

## For those of you with Apple IOS devices:

1. Bring up the FGWC website on your phone's or iPad's internet browser.
2. At the bottom of the page you see a square with arrow pointing up. Click on it.
3. Click on "Add to Home Screen".

That's it! You're done. Just click on the icon whenever you want to check the webpage.



## For Android devices:

1. Bring up the FGWC website on your phone's internet browser.
2. Touch the apps icon to display the apps drawer.
3. Long press the app icon you want to add to your home screen
4. Drag the app to the home screen page, lifting your finger to place the app

If you have any questions, I'd be happy to walk you through it or show you at the next meeting.

Wishing you a Happy St. Patrick's Day,  
Barb





## March Amenities Report for February 2021 Activities

*Chairs: Pam Cowling and Lillian Macias Weiland*

### CARDS

Fourteen “Birthday” cards: Lynn Baldwin, Maureen Boyle, Alexandra Franco, Janet Hill, Jean Hull, Charlotte Johnston, Carol Lambourne, Carroll McCrumb, Mary Nieson, Susan Simpson, Suzanne Swanson, Pam Thomas, Jean Thompson, and Nancy Walker.

One “Congratulations” card: Janet Hill – Welcoming her new great-grandson, Brooks!

Eight “Thank You for Being Kind” cards: Shirin Assemi, Bethany Baker, Joann Boyle, Ann Caldwell, Kathy Coit, Nancy Gilgen, Judy Irvine, and Carol Lambourne.

Eight “Thinking of You” cards: Midge Barrett, Margaret Houck, Kay Kaia, Maggie Thompson, Julia Thuesen, Carlene Tinker, Karen Tozlian, and Dorothy Troisi.

One “We Miss You” card: Deborah Torres (prior member).

### VISITS & PHONE CALLS

Four “Sweet Surprises” were delivered to: Ann Caldwell, Sue Castro, Susan Simpson, and Suzanne Swanson.

Three “Random Acts of Kindness” blessed: Judy Gregerson, Diane Hill, and our Rescue the Children Reading Program.

Various “Phone Calls and Visits” were made to: Ann Caldwell, Judy Gregerson, Diane Hill, Vanda McArthur, Susan Simpson, and Suzanne Swanson.

***“Women are like teabags. We don’t know our true strength until we are in hot water.”***

*(or living through a Pandemic)*

– Eleanor Roosevelt



*Pam (559) 772-2812 and Lillian (559) 906-1860*

# HAPPY BIRTHDAY

*to our members  
born in*

# *March!*

<b>1 Blake Casares</b>	<b>18 Mary Ann Hendrickson</b>
<b>3 Charlotte Hirasuna</b>	<b>21 Debbie Reuland</b>
<b>4 Deborah Torres</b>	<b>24 Carolyn Garrett</b>
<b>5 Cyndi Vanderhorst</b>	<b>24 Valerie LeMay</b>
<b>8 Nancee Smith</b>	<b>25 Barbara Wiedel</b>
<b>8 Karen Smith-Maroot</b>	<b>25 Shirley Zavar</b>
<b>10 Pat Hunter</b>	<b>31 Judith Boro</b>
<b>13 Linda Lucido</b>	
<b>16 Karen Shepard</b>	

