



FEBRUARY 2011

PRESIDENT'S MESSAGE:

Thank you, Darlene for inviting the informative guest. We all are more motivated to have a more bountiful garden this spring.
-Sima Talai

Meetings and Event

Monday, February 7

10:00 AM Meeting of Executives and Standing Chairs
Hosted by **Darlene Hartman** at the Forest Hill Clubhouse

Monday, February 14

01:00 PM General meeting and Presentation

01:30 PM **Valentine Healthy Heart Day - "Awareness Through Movement" with Feldenkrais Method.**

A healthy heart depends on healthy food and physical activity, of which one of the best is walking. Feldenkrais teacher **Jane Nielson** will walk you through an "Awareness through Movement" lesson that helps you feel what's involved in getting around.

Experience the Feldenkrais method of movement which is based on self-observation, gentle, innovative movement and the human ability to change.

It was developed by **Moshe Feldenkrais**, D.Sci (1904-1984), who turned his scientific, inquiring mind to dealing with recurring injuries that were restricting his life. What he discovered changed his life and career.

Wear "sensible shoes" that are easy to remove and bring a mat if you'd like to rest lying down.

About Jane Nielson: Feldenkrais work is available in two complementary forms: *Functional Integration* (private hands-on sessions with a practitioner) and *Awareness Through Movement* classes. Jane focuses on ATM and has been teaching biweekly classes for six years, because it allows time for her other interests. She is an artist, art curator, traveler, lifelong student and theater fan. The work keeps her in her body doing what she loves.

02:30 PM Refreshments to follow
This event is organized by **Yen Bachmeier**.

NOTES:

Guest cards will be available for guest attending monthly meetings for \$3:00 each from **Louise Bacigalupi**. They may be purchased in advance or before meetings. Please call Louise at **753-2262** if you desire to purchase some.

Wanted toiletries and sundries such as: dental supplies, combs, sewing kits, etc., for the community service meeting in April. Bring your donations to our monthly meetings or to **Clorinda Aldrich** at 544 Magellan. All small items will be appreciated.

Roster Updates for 2010-2011 is now available. See attachment. Boldface indicates NEW information. Please file the updates inside your 2009-2010 Roster Booklet for convenient look up.

UPCOMING EVENTS:

- March 6th – **Lunar New Year Celebration**. sponsored by the FHA and FHGC. See attached flyer for detail.
- March 17th – **Tea at Bouquets to Art**. \$30 per person. Contact **Nancy Hagosian 722-3250** to reserve your space.
- March 21st – **Recycle Your Own Jewelry** – Demonstrated by **JR Neurge**. High Tea to follow.
- April 18th – **Are We Ready?** Disaster Preparedness – Hosted by **Clorinda Aldrich**
- April 29th – **Gamble Garden Spring Tour**. 1431 Waverly Street, Palo Alto. Cost \$50 tour of six gardens and lunch. Contact **Darlene Hartman 731-4885** to sign up.

FOREST HILL WELCOMES THE YEAR OF THE HARE

4708



PLEASE JOIN OUR THIRD ANNUAL
LUNAR NEW YEAR CELEBRATION

SUNDAY, MARCH 6TH
2:00—4:00 P.M.

AT THE CLUBHOUSE, 381 MAGELLAN AVENUE

DIM SUM, ROASTED PIG, LION DANCE, AND FUN!

ALL RATS, OXEN, TIGERS, DRAGONS, SNAKES, HORSES, GOATS, MONKEYS,
ROOSTERS, DOGS, AND PIGS YOUNG AND OLD, WELCOME TOO!

*Sponsored by the Forest Hill Association and the Forest Hill Garden Club
Co-chaired by former FHA President, Robert Wong and FHGC Financial Secretary, Yen Bachmeier*

