



San Francisco Chapter Sons of the American Revolution

Libertas et Patria

INSTITUTED JULY 4, 1876



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FROM THE FOUNDING CHAPTER OF THE SAR ESTABLISHED JULY 4, 1876

MARCH 2013 Newsletter



THURSDAY MARCH 28 2013 SINBAD'S RESTAURANT PIER 1

COCO O'DONNELL Speaks on the Healthy Eating Habits of our Patriot Ancestors

COCO O'DONNELL TO SPEAK

The March SFSAR meeting will feature a stimulating, informative lecture on "HOW OUR PATRIOT ANCESTORS ATE AND WHY WE SHOULD EAT LIKE THEM." Coco O'Donnell, retired pharmacist who worked for 30 years in the healthcare system, explains how the typical American diet today differs from eating habits of the Founders. She promises practical tips on how we can return to culinary basics so as to feel better and live longer. Ms. O'Donnell says she will close the gap between "propaganda" (from the FDA, the pharmaceutical industry and fad diet marketers) and the "hidden truth" behind exploding obesity rates and overuse of prescription drugs. Sons of the American Revolution, San Francisco Chapter, 11:30 a.m. social, 12:00 noon plenary, Sinbad's Restaurant, Pier 2, next to the Ferry



Coco O'Donnell recalls diets of our patriot forebears.



Thomas Jefferson's Monticello Farm

Building on the Embarcadero, San Francisco. *Prix fixe* menu available. Valet parking \$5.



Benjamin Franklin promoted growing *Vitis labrusca* grapes (left) for wine production in protest of the taxation of Madeira imports.

(Right) Hops, a necessary ingredient to make beer, were not imported during the American Revolution, leading to a decline in beer production.



INSPIRING CEREMONY AT GEORGE WASHINGTON HIGH SCHOOL ON WASHINGTON'S BIRTHDAY RECALLS THE FATHER OF OUR COUNTRY

A red, white and blue wreath was placed at the feet of the historic statue of George Washington on February 22 at G.W. High School by Tony Bothwell Sr., president, SFSAR, and Patricia Pasco, regent, La Puerta d'Oro Chapter, Daughters of the American Revolution.

The school choir sang an exceptionally moving rendition of our National Anthem. The GW Band played a lively iteration of *The Stars and Stripes Forever*. The Junior ROTC Color Guard presented Old Glory. Principal Ericka Kovrin presided. Assistant Principal Erin Lynch arranged the festivities including an SAR-DAR Continental breakfast preceding the ceremonies attended by Revolutionary heirs, World War II veterans, and members of the GWHU community.



GWHS under construction, 1939

Remarks by Tony Bothwell Sr. at George Washington High School, Feb. 22, 2013:

“The American Revolution was won because there were Patriots who risked blood and treasure for the cause of an independent free Nation. The Patriots defeated superior British forces in no small part because of the wise leadership of George Washington, a man of courage and humility. We Sons and Daughters of those Revolutionaries – several generations removed – come here today because they served under the Commander-in-Chief whose name is honored by your school. He could have been President for life, but he believed in democracy. He believed in you. So today we say, Happy Birthday, George Washington! “



21st century: View seen by SAR Color Guard Bob Ebert and companions leading the parade at G.W.H.S. on Washington's Birthday.

REMARKS BY PATRICIA PACO AT GWHS ON FEB 22:

“For the next few minutes imagine yourself at "school" with George Washington. Washington's father died when George was 11 years old and he was faced with having to live with his older brother who inherited the family home and business. But instead Washington decided to launch out on his own as a boy. Washington had no formal schooling until he was eleven; nevertheless, shortly after his father's death, he arrived at school already knowing how to read, write, and calculate about as well as the average college student today....

“As a teenager, Washington loved two things: dancing and horseback riding. He pursued both with a passion that paid off handsomely when he became president. Large in physical stature, his appearance might have stigmatized him as awkward. Instead, by developing the agile strength of a dancer and an equestrian, he was able to communicate grace through his commanding presence...

“George Mercer, a friend, described Washington as a young man in the following way:
He is straight as an Indian, measuring six feet, two inches in his stockings and weighing 175 pounds.... His frame is padded with well developed muscles, indicating great strength.

“George Washington did not receive more than 2 years formal schooling; however, his natural curiosity, his desire for knowledge, his commitment to learning and bettering himself, his morality and humility...most of all, his work ethic...all of these went into creating the man who became the first President of our new nation. Washington showed us that education is not always in school. It is within you.... And, by the way, he developed his family farm into a fortune which made him the richest President in the history of our country...” *The Odyssey Group* by John Taylor Gatto

EIGHT NEW MEMBERS FOR S.F.S.A.R. MEMBERSHIP

Our Chapter installed four new members on Jan. 24: **James Bennington**, descendant of Daniel Cressy; **David Diewert** descendant of James Stagg; **Alan Farr**, descendant of Ephraim Farr; and **David Thompson**, descendant of John Campbell.

Chapter Registrar **Grant Noah** reports that three more members will be inducted into the San Francisco Chapter at our upcoming March 28 meeting: **Frank Rhodes**, descendant of William Travis; **Walter Lynam**, descendant of John Roundy; and **Ron Walker**, ancestor of Shadrack Walker. In addition, applications of **Charles Cruff**, **Todd Cruff**, **Joe Kresse**, **Michael Kress** and **David Kresse** have been processed and are presently at National for final approval, Compatriot Grant reports. Other applications have been processed for **Tony Fretty** and for **Alexander Brown**, son of our Genealogist **Rob Harrell-Brown**. Every Compatriot honors his Revolutionary heritage and our Nation's cause.

CASSAR MEETING IN VENTURA, LADIES TO VISIT REAGAN LIBRARY

The California Society of SAR 2013 Spring Meeting of the Membership conference is to take place in Ventura April 12-13 at the Four Points Sheraton by the Ventura Marina. Registration information is available at www.CaliforniaSAR.org. While that is going on, the CASSAR Ladies Auxiliary plans to tour the Reagan Presidential Library in Simi Valley. The CASSAR Conference Committee Chairman is **Robert Taylor** of the George Patton SAR Chapter.

COMPATRIOT WATSON AT CINCINNATI MEETING IN BOSTON

Compatriot **Marston Watson** attended the annual meeting of the Massachusetts Society of the Cincinnati on February 22 in Boston. His grandson and two of his cousins were to be inducted into the Society, with another first cousin member also there as witness.

CURRAN ENGEL AND THOMAS BOTHWELL IN CHAPTER LEADERSHIP; VP CHASE YOUNG STEPS DOWN DUE TO ILLNESS

Compatriot **Curran Engel** has accepted appointment as SARSAR Coordinator of Youth and Educational Outreach Programs. Compatriot **Thomas Bothwell** has accepted appointment as SFSAR Webmaster. The chapter's award-winning website previously was managed by Compatriot Jon Miller, former chapter secretary. Compatriot **Chase Young** has resigned as First Vice President-Programs due to illness. Members are reminded that dues and donations are payable to SFSAR care of Compatriot **Jeffrey Harrison**, Treasurer, 1373 Clay St., Apt. 19, San Francisco, CA 94109.