



**VOLUME V-10, OCTOBER 2020**

**From the Editor:**

Another month closer to 2021. Come on 2021!

Thanks to those who helped fill this month's newsletter. You too can have your name printed if you send photos, games, riddles, clean jokes, recipes, craft ideas, any articles of interest to our Red Hat readers. I must ask that, if you send copyrighted clips or articles, you do so **ONLY IF** you have received permission from the publisher to print it. I do not have the time to do this for everything I receive. Even though this newsletter, with advertising, is free I need to abide by copyright laws. That means we (you and me) don't forward it or put it on Facebook, without written permission of the copyright holder.

I have months worth of e-mails with attachments from many of you. If you sent me something and you haven't seen it yet, keep looking in future issues.

October is Breast Cancer Month. Wear a pink ribbon or dress in pink in honor/memory of all those who have had this disease. Maybe one day, breast cancer will be a thing of the past.

Flu season is upon us. Did you get your shot yet? Stay safe, stay healthy.



Have fun and keep on Hattin'!  
*Judy Litke*  
 moonrockB@aol.com

**MONTHLY 1<sup>st</sup> Wednesday Lunch in Maryland**

All Red Hatters: These monthly events, normally held at the Nautilus Diner in Crofton, MD, have been canceled until further notice.

**For additional information:**  
 Beth Wiggans, 301-805-5182  
 wiggansbeth@gmail.com

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Enjoy the moments you have together with family and friends. Never take any person or thing for granted.

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Election Day is Nov 3, 2020. Check your state for early voting dates. If you are mailing in an absentee ballot, get it in as soon as you receive it. This may be the most important election in which you will ever cast your ballot so please VOTE!

**DEADLINE** For November Newsletter  
 Articles: **Oct 27, 2020**

# Upcoming Red Hat Events

## \* For Supporting Members Only

**NOTE:** Send an e-mail to [moonrockB@aol.com](mailto:moonrockB@aol.com) if you need a copy of any announcements on this page.

### Contact the hostess to determine whether the event is still a "go".

**Oct 7, 2020:** Riverside County Citrus Chow Down, hosted by The Floozies with Panache, in Riverside, CA

**Oct 9-11, 2020:** Paint the Town Red, At 6 – "The Fairy Tale Dream Theme", hosted by The Regally Honored Sisters with Hattitude, in Laughlin, NV

**Oct 30-Nov 1, 2020:** Halloween on the Beach, hosted by The Fabulous Floozies, in Myrtle Beach, SC

**Nov 6-8, 2020:** 2020 St. Louis FunVention, Theme: Sisters in Service, hosted by the Ladies in Red Chapter, in University City, MO – No Refunds due to contract. Registration form and schedule available upon request.

**Nov 13-15, 2020:** 17<sup>th</sup> Annual Red Hat Ozark Mountain Christmas 2020, Theme is Hippie Holiday, in Branson, MO (info available upon request)

**Dec 5, 2020:** Ugly Sweater Christmas Luncheon, hosted by the Rocket City Queen Council, in Tanner, AL

**NEW** **Jan 2, 2021:** New Year's Celebration, "Back to the 50's & Fun" from 5:00pm to ???, hosted by the Ravishing Reds, in Urbandale, IA (Friends, family also invited)

**Feb 26-28, 2021:** "Red Hat Land Cruise, with "stops" in New Orleans for Mardi Gras and Under the Sea for lunch; and a Captain's Ball, Baltimore, MD

**Apr 22, 2021:** The Red Hat "Roaring '20s Birthday Bash, hosted by the Lehigh Valley Queen's Council of the Red Hat Society, Bethlehem, PA

**May 6-9, 2021:** RHS 2021 International Convention, Flamingo Fling, Palm Desert, CA \* **rescheduled from Aug 13-16, 2020**

**May 13-16, 2021:** Florida FUNvention, in West Palm Beach, FL

**May 20-23, 2021:** Wisconsin Hatvention, hosted by multi-chapters in Wisconsin – details now available

**Jun 6-8, 2021:** "Celebrate! Vision 2021", at the Grand Hotel, Mackinac Island, MI (held every two years) \*

**Jun 7-14, 2021:** "Get Lost" Cruise with the Star Sisters, depart Cape Liberty, NJ, travel to Hamilton & St. George Island, Bermuda, and return to Cape Liberty, NJ

**Sep 9-11, 2021:** 2021 Florida Sunshine State Extravaganza, hosted by Christine Towers, FQM, in Kissimmee, FL. For info contact: Christine Towers, [primetimebelle@aol.com](mailto:primetimebelle@aol.com) (**rescheduled from Sep 2020**)

**Oct 1-3, 2021:** South Dakota Red Hat State Convention, hosted by the Chatty Hatters of Estelline, in Brookings, SD. Any questions -- contact me at [chark@itctel.com](mailto:chark@itctel.com) or call (605) 360-2771). (**rescheduled from Sep 2020**)

**Oct 30-Nov 1, 2021:** The Red Hat Witches Ball, hosted by the Lehigh Valley Queen's Council of the Red Hat Society, Bethlehem, PA

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So if a redhead goes crazy, is it called "Ginger snaps"?



## In Memoriam



**Nancy Hilda Gutermuth**, age 79, of Bel Air, Maryland went home to be with Jesus on September 23, 2020 in Fallston, Maryland. Born in Baltimore, Maryland, she was the daughter of Charles and Rosalie (Lippa) Earle and wife of

the late George Frederick Gutermuth II. Nancy was a founding member of the High Hopes Ladies club, whose primary focus was on serving those in need. She also participated in the Red Hat Society and enjoyed social gatherings and events with her RHS sisters.

Nancy deeply loved her family, enjoyed spending time with them, and held a special place in the hearts of all who knew her. She was a servant of Christ, blessed by her heavenly father with the opportunity to further his kingdom throughout her life. In her later years, Nancy had many health conditions that led to her spending extended periods of time in hospital settings. Through God's divine providence, Nancy came to realize that these challenging times were blessings from her Savior to share God's love, grace, and mercy with others in their tribulation. Nancy was a living example of 2 Corinthians 1: 3-6.

Nancy is survived by her sons, George "Bud" Frederick Gutermuth III (wife - Jeanne) and Stephen Charles Gutermuth (wife - Edyie); grandchildren, Macy Volpe, Stephen Gutermuth II, Zac Gutermuth, Emily Gutermuth, Amy Roberts, Ben Gutermuth, Toby Gutermuth, Cody Gutermuth, Grasen Gutermuth, and Brody Gutermuth; great grandchildren, Hayden Gutermuth, Paisley Roberts, Aspen Roberts, and Olivia Volpe; and sisters, Trudy Seubert and Rosalie Ortel.

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## Join the RHS or Renew Your Membership as a Virtual Member:

Virtual RHS Membership offer has been extended through the end of 2020. What does joining as a virtual member mean? It means that you receive all the benefits of traditional membership, but provides your RHS materials completely on-line (and in-person, when the time comes). You will not get your member card or welcome packet through the mail. You can print your membership card off the RHS web site, which also has – shopping, games, events information, and much more.

If you have some female relatives or friends who want to become members, invite them to join as a Virtual Member (\$22) or Queen (\$42).

Go to <https://www.redhatsociety.com>

Can't log in? Contact member services via [memberservices@redhatsociety.com](mailto:memberservices@redhatsociety.com) for assistance.

Anyone who wishes to process a payment over the phone, email or mail in a check will be registered as a traditional member or queen at the \$30/49 USD price.

NOTE: Some ladies like to renew for more than one year at a time. This virtual registration at the discounted rate is for one-year only and begins the day after your current membership expires.

Get your renewal registration in TODAY! Don't miss this discounted offer.

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# October is Breast Cancer Awareness Month

- Excerpts from the American Cancer Society web site --

Oct is a world-wide annual campaign, involving thousands of organizations, to highlight the importance of breast awareness, education and research.

**Pink Ribbon** represents fear of breast cancer, hope for the future, and the charitable goodness of people and businesses who publicly support the breast cancer movement. It is intended to evoke solidarity with women who currently have breast cancer.

**Pink Ribbon Day** is designed to raise awareness and funds for breast and gynecological cancer research, prevention programs, and support services for sufferers and their families.

**Wear it Pink Day:** Oct 23, 2020 is this year's annual fund raising day in the US. You are encouraged to wear pink every day of Oct, but especially get all decked out in pink on Oct 23. If you would like to help raise funds for breast cancer on Oct 23, sign up to get your free fundraising kit:

<https://www.wearitpink.org/signup>

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## What is Breast Cancer?

It is a group of diseases in which cells in breast tissue change and divide uncontrolled, typically resulting in a lump or mass. Most breast cancers begin in the milk glands or ducts that connect to the nipple.

## What are signs and symptoms of breast cancer?

Screening is most important for early detection because typically there are no symptoms when the tumor is small and most easily treated. The most common physical sign is a lump in the breast and/or underarm. Less common signs and symptoms include breast pain or

heaviness; persistent changes such as swelling, thickening, or redness of the skin; and nipple changes such as a discharge, scaliness or retraction. Check with a physician immediately if you have any of these symptoms.

Some breast cancers are caused by calcification; this can only be detected by a mammogram so be sure to get annual mammograms.

## How is breast cancer diagnosed?

Breast cancer is typically detected either during screening, before symptoms develop, or after a woman notices a lump. Most masses seen on a mammogram and most breast lumps turn out to be benign (not cancerous). When cancer is suspected, tissue is removed by a needle biopsy, then it is sent for microscopic analysis.

## How is breast cancer staged?

- In situ stage refers to the presence of abnormal cells that are confined to the layer of cells where they originated.

- Local stage refers to invasive cancer that is confined to the breast.

- Regional stage refers to cancer that has spread to surrounding tissue and/or nearby lymph nodes.

- Distant stage refers to cancer that has spread to distant organs and/or lymph nodes, including nodes above the collarbone.

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**What are the 4 stages of cancer in general?**

- Stage 0: there's no cancer, only abnormal cells with the potential to become cancer.
- Stage 1: the cancer is small and only in one area.
- Stages 2 & 3: the cancer is larger and has grown into nearby tissues or lymph nodes.
- Stage 4: the cancer has spread to other parts of your body.

**Breast Cancer Risk Factors:**

- Family history and personal characteristics: If a first degree relative (parent, child or sibling) had breast cancer you are at risk.
- A family history of ovarian or pancreatic cancer is associated with increased breast cancer risk.
- Early menstruation (before age 11)
- Late menopause (after age 55)
- Hormone use

It is estimated that about one-third of postmenopausal breast cancers are linked to potentially modifiable factors, which are

- Post menopausal obesity
- Lack of physical exercise.
- Alcohol consumption
- Use of combined estrogen and progesterin menopausal hormones

**What is the difference between absolute, lifetime and relative risks?**

Absolute risk is the likelihood of being diagnosed with cancer over a certain period of time. For example, the absolute risk of breast

cancer increases with age: for example, 12 out of 10,000 women ages 40-44 versus 23 out of 10,000 women ages 50-54 will be diagnosed with breast cancer in the next year.

Lifetime risk is the absolute risk of being diagnosed with cancer anytime between birth and death. Lifetime risk reflects the average probability of a female being diagnosed with breast cancer in the US. A woman living in the US has a 13% chance of being diagnosed with invasive breast cancer in her lifetime.

Relative Risk compares the absolute risk of disease among people with a particular risk factor to the risk among people without that risk factor. If the relative risk is above 1.0 then risk is higher among those with the risk factor than among those without the factor. An example: One study found that women ages 50-59 who were current users of combined estrogen and progesterin menopausal hormones had a relative risk of developing breast cancer of 1.21, meaning they had a 21% increased risk compared to women who have not used hormone therapy.

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This is an excellent book that addresses Breast Cancer, A to Z. It will answer every one of your questions and it will provide info that many doctors don't tell their patients. The book is available on amazon.com.

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**Cancers** are also sometimes referred to as a **chronic disease**, because the risk of recurrence never completely disappears. Women with early stage **disease** are followed in medical care for long periods of time. Not cancer-free for sure, but for sure a cancer survivor or a cancer thriver.

## 5 Little Changes to Help You Lose Weight While You're at Home:

1. Get moving: gardening, cleaning – whatever gets you off the couch.
2. Stay hydrated
3. Eat more fiber: You should be getting at least 28 grams of fiber per day (go to <http://www.eatingwell.com/article/289462/7-day-high-fiber-meal-plan-1200-calories/> for High-Fiber Meal Plans)
4. Stand up during phone calls, watching TV, doing light stretches.
5. Get some sleep: try to go to bed and arise at the same times each day.

-- Excerpt from [www.eatingwell.com](http://www.eatingwell.com) --

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## The 10 Worst Foods to Eat Before Going to Bed (from [www.eatingwell.com](http://www.eatingwell.com))

- \* Tomatoes and other acidic foods can cause pain and discomfort in the esophagus when you lay down.
- \* Cheeseburger has an excessive amount of saturated fat, which can slow gastric emptying, leaving food in your stomach and blood flow directed there while you're trying to sleep.
- \* Donuts are both fried and high in sugar, which can cause digestive discomfort and blood sugar reactions for some people.
- \* Chocolate contains caffeine, which could keep you awake much longer and decrease your 8 hours of sleep. Dark chocolate? It is lower in sugar and higher in antioxidants, but it's higher in caffeine.
- \* Dried Fruit is high in fiber and sugar, both of which can lead to overactive digestion too close to bedtime. Fresh fruit or a cup of berries is better.

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\* Spicy foods can be very acidic and lead to digestive discomfort,

\* Pizza has acidic tomato sauce, high-fat cheese and refined bread. Try a cauliflower pizza or whole-wheat crust. Better still, wait until the next day.

\* Steak too close to bed can sit in your stomach and make it hard to fall asleep. Chose Beet Jerky (a veggie option).

\* High Sugar Cereals will be too stimulating to your body and keep you awake.

\* Chips and other greasy snacks can lead to nightmares. Have homemade air popped popcorn instead.

## 9 Foods to Help You Sleep:

- \* Kiwi are full of vitamins C and E, serotonin and folate, all of which may help you snooze.
- \* Soy foods, such as tofu, miso and edamame, are rich in isoflavones, which increase the production of serotonin.
- \* Fiber-Rich Foods prevent blood sugar surges that may lower melatonin – a sleep-inducing hormone triggered by darkness. Add beans, artichokes, bran cereal and quinoa to your diet.
- \* Fish, such as salmon, halibut and tuna boost vitamin B6, which is needed to make melatonin.
- \* Tart Cherry Juice is rich in melatonin.
- \* Yogurt boosts calcium, which is good for your bones and sleep too.
- \* Whole grains are rich in magnesium, which aids in sleeping.
- \* Kale & collards boost calcium too.
- \* Bananas are rich in potassium and vitamin B6, which help make melatonin.



# Do or Die Mysteries is Still Murdering...

For fans of "Do or Die Mysteries", the Sunset Restaurant closed its doors on Sep 30, 2020. You can now join the murder mystery fun being dished out at:

Hellas Restaurant  
8948 Veterans Highway  
Millersville, MD 21108

**Cost** is \$60.50 per person includes dinner, dessert, beverage, show and a small gratuity. Feel free to tip servers extra if you receive excellent service.

### Shows and dates:

- Oct 26 & 27: Grave Matters
- Nov 9: Drop Dead, Gorgeous
- Dec 28: Slay Rides

**Meal & Show Time:** 6:30-9:30 PM

All ticket sales are final. NO refunds or exchanges.

### PURCHASE TICKETS:

Call 443-422-3810 or go to web site at <https://doordiemystery.com/>

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## Lifestyle Changes You Can Make While Social Distancing

-- Excerpt from a Letter from Boehringer Ingelheim; Submitted by Rosa Bethea, Chic Chickies of Baltimore, MD --

With the Centers for Disease Control and Prevention (CDC) recommending social distancing as a way to help reduce the spread of COVID-19, these actions can make people feel isolated and lonely, and

-- continued in column on right --

may increase stress and anxiety during this time. Here are a few ways to help cope with stress in a healthy way to help care for your physical, mental and emotional well-being.

### Breathing Techniques:

Techniques like pursed-lip breathing can help combat shortness of breath and strengthen your breathing muscles. You may find they can even reduce stress and anxiety. Before you start, relax your neck and shoulder muscles.

**Breathe in** through your nose, like you're smelling a rose, and count to 2

**Purse your lips** like you're going to blow out a candle

**Breathe out** twice as long as you breathe in

**Repeat**

### Staying Active:

Staying physically active can have immediate health benefits, which include better sleep and reduced anxiety. It's important to find a balance of activities you enjoy that motivates you to continue. While any level of physical activity is better than none, be sure to ask your healthcare provider for help to come up with a plan that's right for you. With any activity, remember to stay well-hydrated, particularly in the summer months. Below are some examples of activities which can be done at home or in socially-distanced group setting.

**Mild aerobic exercise**, such as walking

**Muscle strengthening**, such as lifting light weights

**Incorporating balance**, such as practicing standing from a sitting position

### Coping with Stress:

During these times of increased social distancing, it's natural to experience emotions such as anxiety and worry. Taking care of your emotional and mental health will help you think

-- continued on next page --

more clearly and help you connect to others to make the COVID-19 pandemic less stressful.

**1. Connect with others.** Talking on the phone or video-chatting can help you and your family combat isolation.

**2. Give yourself a break.** Try to take a break from listening, reading, and watching news stories. Hearing about the pandemic too often can be stressful.

**3. Unwind.** Take some time to do activities you enjoy, like meditation, walking outside to get some fresh air, or reading a book.

**4. Take care of yourself.** Try to eat healthy, balanced meals, get plenty of sleep, and stay active.

**5. Seek help.** Talk to your healthcare provider or a counselor if stress gets in the way of your daily life for several days.

For additional tips and resources on how to cope with stress during this pandemic, visit the CDC's website at

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

As a reminder, it's important to continue practicing basic safety guidelines:

- ✓ Avoid touching your face or adjusting your mask if wearing one
- ✓ Maintain social distancing. If you have to go out, stay 6 feet away from others.
- ✓ Wash your hands with soap and water for at least 20 seconds.
- ✓ If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- ✓ Disinfect frequently touched surfaces.
- ✓ Avoid close contact with people who are sick. If you feel sick or experience changes in your respiratory condition, call your doctor immediately.
- ✓ Stay on your treatment plan, and take your medication(s) as prescribed by your doctor for your chronic condition(s)

- ✓ Consider contacting your doctor for a 90-day prescription supply to help limit your number of in-person pharmacy visits.

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Some Thoughts on Aging:

-- Submitted by Elna Swofford, Queen Travelsalot, Duchesses of Bedford, Oakton, VA --

I'm on two diets. I wasn't getting enough food on one.

A cold seat in a public restroom is unpleasant. A warm seat in a public restroom is worse.

Apparently RSVP'ing to a wedding invitation "Maybe next time," isn't the correct response.

Don't irritate old people. The older we get, the less "Life in prison" is a deterrent.

Have you ever listened to someone for a minute and thought "Their cornbread isn't done in the middle."

Aliens probably fly by earth and lock their doors.

"You will hit every cone on the highway before I let you merge in front of me because you saw that sign 2 miles ago like I did."

I asked my wife if I was the only one she had ever been with. She said yes, all the others were nines and tens..

I really don't mind getting older, but my body is taking it badly.

It turns out that being an adult now is mostly just googling how to do stuff.

I miss the 90's when bread was still good for you and no one knew what kale was.

-- to be continued in Nov issue --



**CHEF RUBY**

## Pumpkin Muffins

-- submitted by Adele Rugg, Queen Diva  
Dell-Lucious", Kihel, Maui, HI --

### INGREDIENTS:

- 1 box Duncan Hines Moist Deluxe Yellow Cake Mix
- 1 can - Libby's 100% pure Pumpkin

### DIRECTIONS:

1. Use two 12-muffin cup tins. Place muffin papers in muffin tins or gently spray each muffin cup pan.
2. Mix the two ingredients together. Pour into muffin cups.
3. Bake at 350 degrees for 20 to 25 minutes

Yes, you read that right. Two ingredients — *no eggs, no oil, and no butter* — and about 5 minutes of prep! These easy **Pumpkin Muffins** are made with a box of cake mix and a can of pumpkin for a lighter way to satisfy your pumpkin spice cravings

Yummy !!

Sounds like the perfect fall muffin !





## CHEF RUBY

### Pinky Joy's Famous Flan

-- Nancy-Kay Neville, Royal Splendor --

#### INGREDIENTS:

For Caramel: 1/2 cup sugar

For Flan:

- 1 can evaporated milk
- 1 can condensed milk (10 oz.)
- 1/4 cup heavy whip cream
- 5 egg yolks
- 1 whole egg
- 1 tsp. vanilla extract



#### DIRECTIONS:

1. Preheat oven to 350F. Set aside a 9" round aluminum baking pan.
2. Make the caramel first by dissolving 1/4 cup granulated sugar over low heat. Swirl occasionally to ensure the sugar does not harden or burn. Once it turns a light golden color, remove from heat and spread evenly on your baking pan. Set aside and work on the flan.
3. Have a blender ready and pour in the evaporated milk, condensed milk, heavy whip cream, eggs and vanilla extract. Use the lowest speed and just blend all the ingredients.
4. Transfer the mixture to the baking pan with caramelized sugar, pouring it slowly so as not to create bubbles.
5. Place your aluminum baking pan in a roasting pan and put the roasting pan in your preheated oven. Then fill the roasting pan with hot water until it reaches halfway up the side of your baking pan. Bake for 30-45 minutes or until the flan is set .If you see that the top is getting too brown, loosely cover with aluminum foil and continue baking.
6. Take the flan out of the oven and cool slightly before refrigerating .
7. Use a thin knife or a spatula and run around the edges of your pan to loosen the flan before inverting into a platter to serve.



## CHEF RUBY

### Pumpkin Banana Bread

-- from [www.eatingwell.com](http://www.eatingwell.com) --

#### INGREDIENTS:

- 1 &1/2 cups white whole-wheat flour
- 1 tsp. ground cinnamon
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 canned unseasoned pumpkin puree
- 1 medium ripe banana, mashed (1/3 cup)
- 2/3 cup light brown sugar
- 1/4 cup melted butter
- 1/4 cup orange juice
- 2 large eggs, lightly beaten
- 1 tsp. vanilla extract
- 1/2 cup bittersweet chocolate chips (optional)

#### DIRECTIONS:

1. Preheat oven to 350 degrees F. Coat a 9" x 5" loaf pan with cooking spray.
2. Whisk flour, cinnamon, baking powder, baking soda and salt together in a medium bowl.
3. In a separate large bowl, whisk pumpkin puree, mashed banana, brown sugar, melted butter, orange juice, eggs and vanilla together. Add the dry ingredients and stir with a wooden spoon until just combined. Fold in chocolate chips, if using.
4. Pour batter into prepared loaf pan. Bake 45 to 55 minutes – until a toothpick inserted into the center of the loaf comes out clean. Let cool in the pan on a wire rack for 10 minutes. Remove from the pan and let cool for at least 20 minutes more before slicing. (NOTE: will keep for up to 4 months in freezer)

# PHOTO OPS

The Sweet Elite Tarts,

-- submitted by Queen Barbara Peterson --



Sweet Elite Tarts Annual Birthday Bash, celebrating all group birthdays at the home of Margie Peterson.



## Bling Masks for Sale from Paulette Brown

**Contact** Paulette Brown  
 Red Hat Whimsy,  
**E-mail:** redhatwhimsy@yahoo.com  
**Phone:** 202-294-8377  
**Facebook:** Red Hat Whimsy by Paulette Brown

Contact Paulette via e-mail or phone to get the shipping cost. Then make check payable to Paulette Brown. State which item(s) and color(s) you want. Include name, address, city, state, zipcode and phone number.

MAIL TO: Paulette Brown, 4920 5<sup>th</sup> Street NW, Washington, DC 20011



Halloween & Thanksgiving Designs: Available in Purple, Black and Neon Orange for all AvaiHaunting Events  
 Sizes S - 3x, Order Yours Today!  
 Short Shirt \$30.00 and Long Sleeve \$35.00 plus shipping.

**Classified**

4112 Help Wanted  
Executives

## Items for Sale from Paulette Brown



Thanksgiving Design:  
Available in  
Purple, Black, Brown.



See previous page for contact  
info, pricing and payment.

**Classified**  
4112 Help Wanted  
Executives



Check out the Queen and Vice Queen Masks too! Cost is \$16.99 each.

Check out the Regal Face Mask Bags. Cost is \$14.99 each.



Live, Love Laugh Collage Basic Shirt  
Starting @ \$22.99



Brand New!!

Ambassador  
Sash

Sizes:  
Reg or Long



Brand New!!

Co-Queen  
Sash

Sizes:  
Reg or Long



Brand New!  
Quarantine Sweatshirt.

Also available in  
tees too, starting  
at \$22.99

Items on this page are available at Royal Splendor

[www.royalsplendor.com](http://www.royalsplendor.com)

Phone: 866-212-9983



Boots N Bling  
Collection



Cowgirl up  
Rhinestone Pin

\$10.00



Rhinestone Cowgirl  
Collection



Born to Dance  
Rhinestone Pin

\$10.00



Stunning  
Rhinestone  
Belt



AUBREE  
NECKLACE SET

\$16.99



HALLIE  
NECKLACE SET

\$14.99



Items Available at The Red Hat Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114

*Face Mask Mist*

*Red Hat Society Store*




*Dreamside*



*Bubblegum*



*Mejito*



*Mint*

**Fragrance Free Hand Sanitizer**



**Unscented Gel Formula;**  
**\$3.99**

*Halloween Face Mask Collection*

Starting @ 14.99



**Attention!! Attention!!**

**All RHS Supporting members!**  
**We have simplified your RHS Store shopping experience!**  
**Your 10% supporting membership discount is automatically applied to your entire order!**



## Items Available at The Red Hat Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114

Love  
Baseball Hat  
Collection



Show your support  
for the cause

Button Pin

**\$1.49**

A portion of sales  
will help us continue  
to provide free masks  
to local first res-ponders



It's not too  
early for  
Stocking Stuffers



Brand New  
Face Mask

\$24.99



Button Pins



Starting @  
\$1.49



Button Pins



Starting @  
\$1.49



## Red Hat Regalia

Join Diane and Doug on Facebook

<https://www.facebook.com/groups/1395418484045715/>

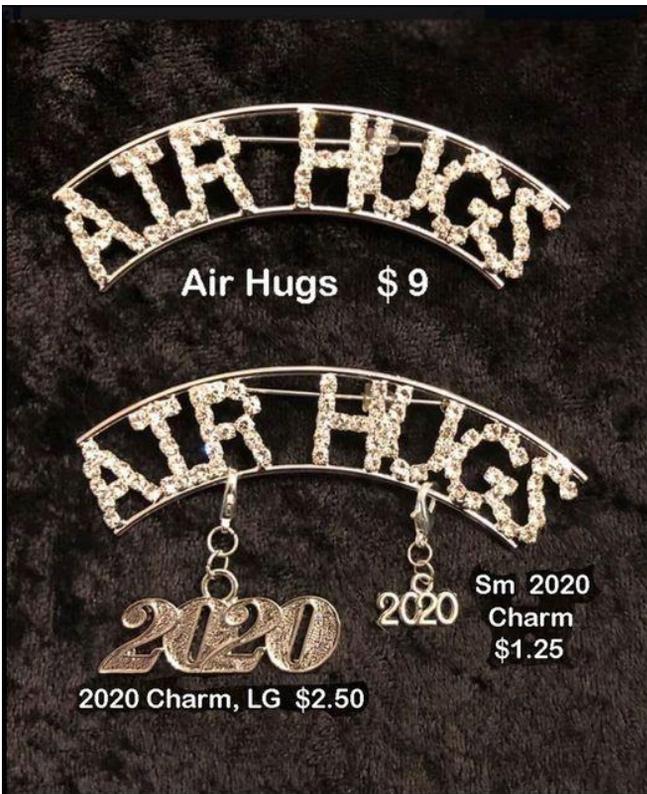
*Order on Facebook*



New Arrival. Pirate Mask in purple \$7.99.  
Perfect for Pirate events or Halloween.  
Shipping additional.



New Arrival just flew in-- Ghost on Black  
or Purple mask. \$5.99 (shipping  
additional)



# Nothing Better to Do So You Might As Well Read These Too!

-- submitted by Adele Rugg, Queen Diva Dell-Lucious",  
Kihel, Maui, HI



People say that drinking milk makes you stronger.

Drink 5 glasses of milk and try to move a wall.  
Can't?

Now drink 5 glasses of wine.  
The wall moves all by itself!

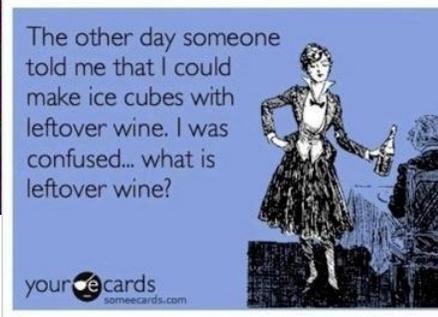


The secret of enjoying a good wine:

1. Open the bottle to allow it to breathe.



2. If it does not look like it's breathing give it mouth-to-mouth.



Nothing Better to Do So You Might As Well Read These Too!

-- submitted by Jacquie Maly, Maui, HIDancers --

Don't you think Lucy's facial expressions explains how our year has been?

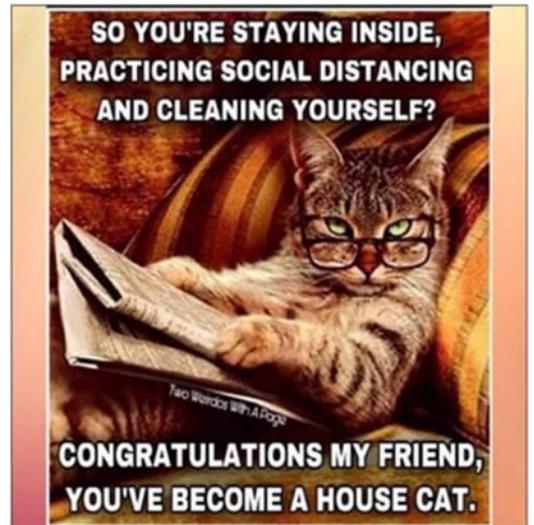


# Nothing Better to Do So You Might As Well Read These Too!

-- submitted by Jacquie Maly, Maui, HI--



"My new social distancing outfit just arrived from Amazon.com!"



When everyone is getting off the zoom call but you're struggling to find the leave meeting button so then it's just you and the host



Zoom meeting, audio only

Zoom meeting with video



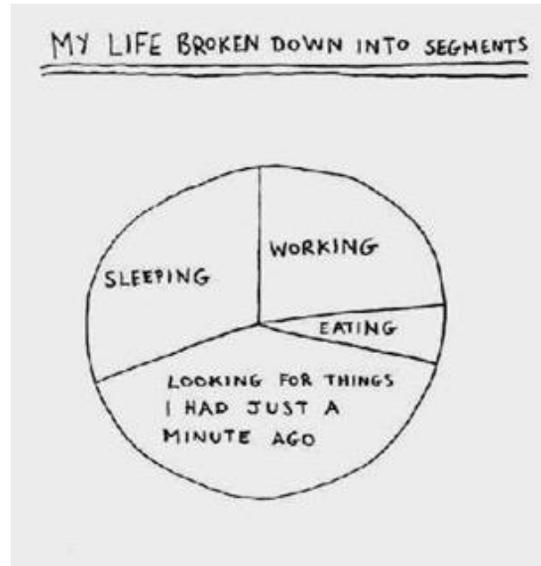
Man walks into a bar, orders a Corona and 2 Hurricanes

Bartender says, that'll be \$20.20



# Nothing Better to Do So You Might As Well Read These Too!

-- Berlyn Wheeler, Queen, Chesapeake Bay Babes, Edgewater, MD --



## Six Truths in Life

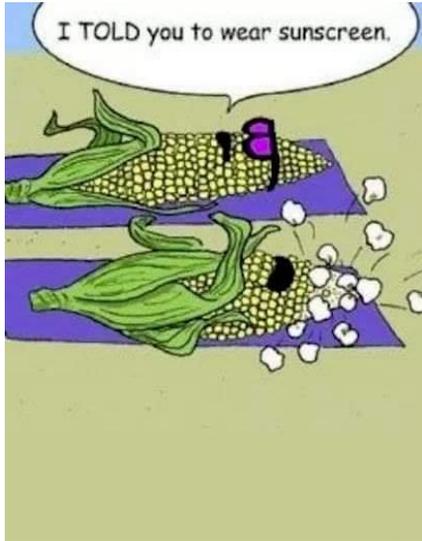
1. You cannot stick your tongue out and look up at the ceiling at the same time, a physical impossibility.
2. All idiots, after reading #1, will try it...
3. And discover #1 is a lie.
4. You are smiling now because you are an idiot.
5. You soon will forward this to another idiot.
6. There is still a stupid smile on your face.

I sincerely apologize about this but I'm an idiot and I needed company.

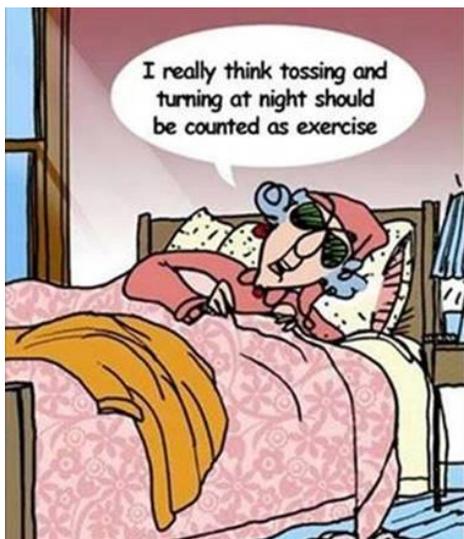


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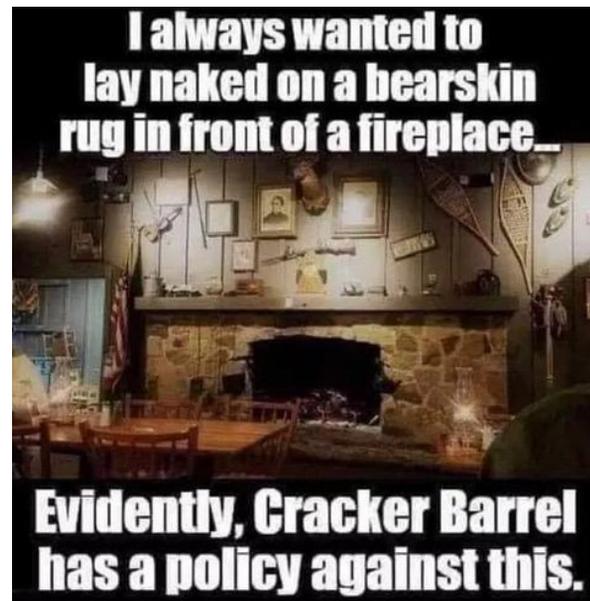
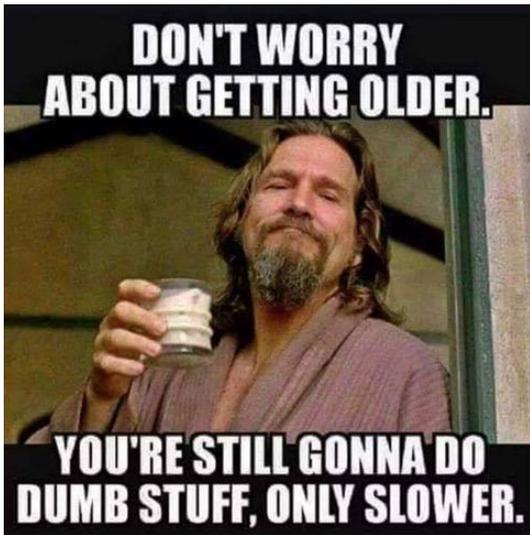


Okay, Ralph .... let me 'splain it you again. You're big, I'm little; BUT!!! you're dog, I'm cat .... that makes me the boss. Got it ??



Nothing Better to Do So You Might As Well Read These Too!

-- Beverly Goines, B&B Queens Council, Bowie, MD --



**Never go to a doctor whose office plants have died.**

**My wife and I have the secret to making a marriage last. Two times a week, we go to a nice restaurant and have a little wine and good food. She goes Tuesdays, I go Fridays.**

# Nothing Better to Do So You Might As Well Read These Too!

## What Would You Say?

Three Red Hatters were attending a Red Hat convention. Luckily, it was in the home town of one of the Red Hatters. At the end of a long day, the three decided to stop for a drink at the hotel bar before the one Red Hatter headed home and the other two went to their rooms. They each had a lovely glass of wine and then the two Red Hatters from out of town went up to their rooms to rest.

Right after they left, a really good looking, sexy man came strolling into the hotel bar. He noticed the one Red Hatter staring at him, smiled and walk directly over to her. Before she could apologize for staring, he said to her, "I'll do anything - absolutely anything - you want me to do, no matter how kinky, for \$100, on one condition."

Flabbergasted, the Warrior asked what the condition was. The sexy man replied, "You have to tell me what you want me to do using just three words."

The Red Hatter considered his proposal for a minute, reached into her purse and withdrew five \$20 bills, which she pressed into his hand along with her address. She looked deeply into his eyes & slowly, meaningfully said, "Clean my house."

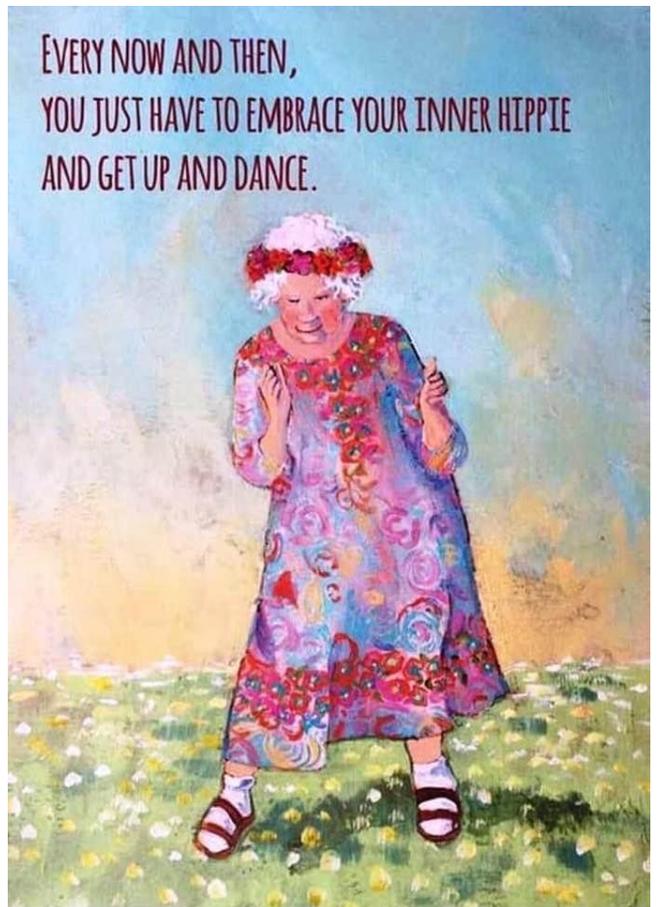
-- submitted by Linda Murphy, Queen Mum, Twilight Red Hatters, Rosedale, MD --

\*\*\*\*\*

I needed to do the laundry, but then I realized I was out of detergent, so I went to write a shopping list and realized how unorganized the junk drawer was, and started checking pens for ink. When I went to toss all the junk, I saw that the trash was full but before I took it out I wanted to get rid of old food in the fridge. That's when I realized a juice jug had leaked so I needed to clean it up but when I went to grab a rag, I saw that the pantry closet was a nightmare so I started organizing it. And that's how I ended up on the floor looking at my old photo albums from 1990's and not doing laundry.

-- Submitted by Linda Murphy, Queen Mum, Twilight Red Hatters, Rosedale, MD --

EVERY NOW AND THEN,  
YOU JUST HAVE TO EMBRACE YOUR INNER HIPPIE  
AND GET UP AND DANCE.



A funny thing happens when we start  
keeping promises to ourselves -  
we become unstoppable.

Ken Fite

# Nothing Better to Do So You Might As Well Read These Too!

-- submitted by Elna Swofford, Queen Travelsalot, Duchesses of Bedford, Oakton, VA --



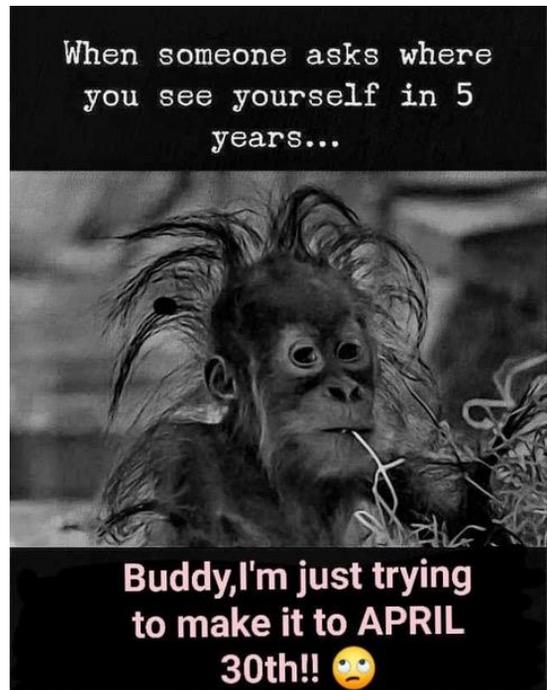
"This door also comes with the latest technology. We installed a facial recognition device. Or, some call it a peephole."

\*\*\*\*\*

-- submitted by Linda Murphy, Queen Mum, Twilight Red Hatters, Rosedale, MD --



**Day 25 of quarantine.  
All that is left in the pantry is  
Vienna sausages and jello.**



# Nothing Better to Do So You Might As Well Read These Too!

## From Elna Swofford, Duchesses of Bedford, Oakton, VA:

- Telling a woman to calm down works about as well as baptizing a cat.
- My wife got stung by a bee on the forehead; she's at the ER now; her face all swollen and bruised, she almost died. Luckily I was close enough to hit the bee with my shovel!
- Be advised: anyone who's mean to cats in this life will come back as a litterbox in the next. (signed "the Management")
- Felt uncomfortable driving into the cemetery. The GPS blurted out "you have reached your final destination."
- Whoever said "Out of sight, out of mind" never had a spider disappear in the bedroom.

## From Judy Litke, Red Hat Day Trippers, Glen Burnie, MD

- Day 2 Working from home: My husband already filed a harassment complaint to HR
- I asked a Walmart worker where I could find the nuts. He said they're in the toilet paper aisle.
- For those weddings that have been canceled – You were given a second chance to rethink it.
- Say a little prayer for all the doctors, nurses, EMTs and health care workers. They need all the help they can get.
- Wondering what I should wear to the couch tonight!
- I can't even remember what we used to talk about before the Coronavirus.

## FROM Adele Rugg, Queen Diva Dell-Lucious", Kihel, Maui, HI

- Finland has just closed their borders. No one will be crossing the finish line.
- So many coronavirus jokes out there, it's a pandemic!
- Due to the quarantine, I'll only be telling inside jokes.
- Now is not the right time to surround yourself with positive people.
- There will be a minor baby boom in 9 months,, and then one day in 2033, we shall witness the rise of quaranteens.
- The World Health Org has announced that dogs cannot contract COVID-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out.
- Why do they call it the novel coronavirus? It's a long story....
- I'll tell you a coronavirus joke now but you'll have to wait two weeks to see if you get it.
- I ran out of toilet paper and had to start using old newspapers. Times are rough.
- What do you call panic-buying of sausage and cheese in Germany? The Wurst Kase scenario.
- Back in my day you would cough to cover up a fart. Now, with COVID-19, you fart to cover up a cough.
- The grocery stores in France look like tornadoes hit them. All that's left is de brie.

# Nothing Better to Do So You Might As Well Read These Too!

**"Lexophile"** describes those that have a love for words, such as "you can tune a piano, but you can't tuna fish", "To write with a broken pencil is pointless."

An annual competition is held by the New York Times to see who can create the best original lexophile.

This year's submissions:

I changed my iPod's name to Titanic. It's syncing now.

England has no kidney bank, but it does have a Liverpool.

Haunted French pancakes give me the crepes.

This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A.

I got some batteries that were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

A will is a dead giveaway.

With her marriage, she got a new name and a dress.

Police were summoned to a day-care centre where a three-year-old was resisting a rest.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

A bicycle can't stand alone; it's just two tired.

The guy who fell onto an upholstery machine last week is now fully recovered.

He had a photographic memory, but it was never fully developed.

When she saw her first strands of grey hair, she thought she'd dye.

Acupuncture is a jab well done. That's the point of it.

I didn't like my beard at first. Then it grew on me.

Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection, urine trouble.

When chemists die, they barium.

I stayed up all night to see where the sun went, and then it dawned on me.

I'm reading a book about anti-gravity. I just can't put it down.

Those who get too big for their pants will be totally exposed in the end.



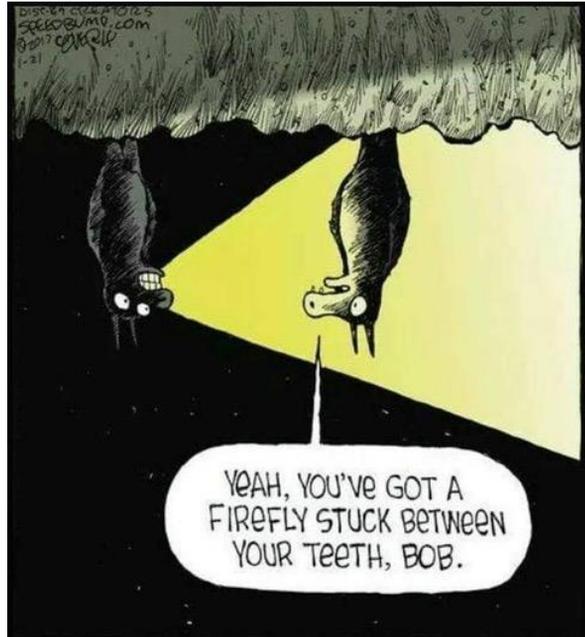
Nothing Better to Do So You Might As Well Read These Too!

-- submitted by Elna Swofford, Queen Travelsalot,  
Duchesses of Bedford, Oakton, VA

For frog lovers  
every where



May I present the  
toad stool

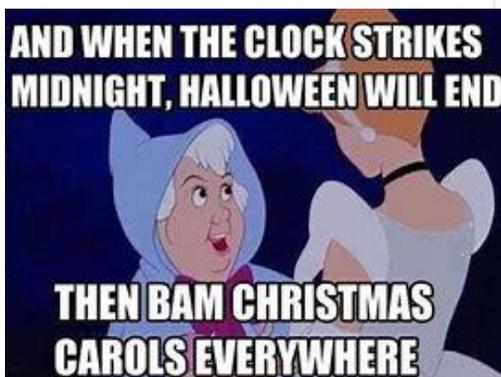


**WORST SWIMMING  
HOLE EVER**



**COMING SOON**

**TO A YARD SALE NEAR YOU**



**COVID-19 SUPPORT RIBBON**



# More Just for Fun



\*\*\*\*\*

### Fall Riddles:

1. How do you mend a jack o-lantern?
2. Who won the skeleton beauty contest?
3. Who helps the little pumpkins cross the road to school?
4. What do you get when you divide the circumference of your jack o-lantern by its diameter?
5. What do you get when you drop a pumpkin?
6. What did one leaf say to another?
7. Why are all Superman costumes tight?
8. Why is Dracula so easy to fool?

\*\*\*\*\*

The nurse walked into the busy doctor's office and said, "Doctor, the invisible man is here." The doctor replied, "Sorry, I can't see him."

\*\*\*\*\*

### Another Fall Riddle:

Q: How are you supposed to talk in the apple library?  
A: With your incider voice.

- Answers to Fall Riddles:**
1. Use a pumpkin patch; 2. No body; 3. the Crossing Gourd; 4. Pumpkin Pi; 5. Squash; 6. I'm falling for you; 7. They are all size S; 8. Because he's a sucker



\*\*\*\*\*

### Fall Bucket List

- Bake pies
- Visit a pumpkin patch
- Make leaf art
- Pick apples
- Make & eat caramel apples
- Drink hot apple cider
- Make fall cookies
- Have a photoshoot in a leaf pile
- Carve a pumpkin

