

VOLUME V-12, DECEMBER 2020

From the Editor:

As we begin the final month of the worst year of most of our lives, let's embrace the beauty of the colorful lights, white snow or palm trees, and delicious foods that are served but once a year.

By now, each of us most likely knows someone who has COVID19 and probably someone who has died from it. The virus is spreading so rapidly that we just don't know when we Red Hatters can be together again without worrying. I did not receive any new RH even announcements so I assume most chapters are waiting for the vaccine before scheduling events. Let's hope the vaccine gets distributed soon. I don't know about you but I am looking forward to a new year – a clean slate.

For any events being offered in Jan, Feb or Mar, be sure to check with the event hostess before making travel reservations.

Don't forget that the Red Hat Society is still offering a reduced rate for joining or renewing as a virtual member. For details go to <https://www.redhatsociety.com/>

Whatever you are celebrating in Dec, have a happy and a merry! I hope we can see each other in the new year!!!

Sending virtual hug

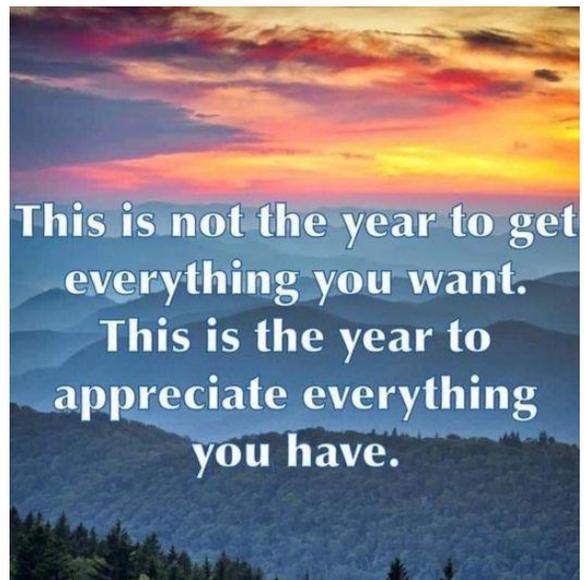


Judy Litke
 moonrockB@aol.com

MONTHLY 1st 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



A Friend

- Encourages your spirit;
- Comforts when you mourn;
- Forgives a wrong;
- Holds your hand;
- Makes you Laugh
- Loves at all times.

DEADLINE For January Newsletter
 Articles: **Dec 26, 2020**

Upcoming Red Hat Events

* For Supporting Members Only

NOTE: Send an e-mail to 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".

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

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; 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 *

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

May 20-23, 2021: Wisconsin Hatvention, hosted by multi-chapters in Wisconsin

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

Upcoming Red Hat Events (Continued)

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

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 or call (605) 360-2771).

Oct 8-10, 2021: Iowa Red Hat State Convention, Burlington, IA (forms and details will be available soon)

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



In Memoriam

Kathleen Grant, of the Crooked Cronies chapter, College Park, MD, passed away from pancreatic cancer on May 19, 2020. No other details are known other than she is survived by her husband Larry.



In Memoriam

Sherry Miller, of the Red Hat Sisters, Aberdeen MD died in a house fire recently. No other details are known.

Cucumbers are Real Gems!

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

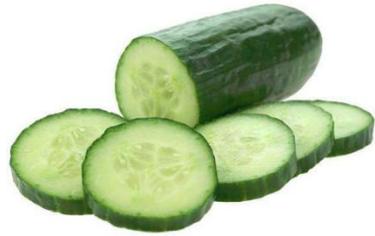
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.



Cucumbers (Contd)

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems

-- From a friend's FB page --

Latest Scams

If you have answered your phone in the last couple of months, you're have probably heard many different scams this year.

One recorded call tells you that something has been charged to your credit card and, if you do not call back, \$149.99 will be charged to your account. It's a scam.

One caller says their service company is working on lines within your neighborhood. You are asked to verify your cable company and give them personal info. It's a scam.

Amazon.com warns that some customers have received calls from "Amazon Prime Security" saying that their Amazon account has been compromised. The caller gains the customer's trust and then tricks the customer into downloading TeamViewer. This software is a brand of remote access software, which will then be used to access the victim's online bank account. Never download software until you know exactly what it will do to not only your computer but to you.

Ways to Occupy Your Time During a Pandemic:

Exercise: Exercising is not only good for your health, it gives you a sense of accomplishment. Burning calories helps you lose weight and sleep better. Try taking an online exercise class to make new friends. Classes reduce loneliness and social isolation.

Phone-a-Friend: We had friends before the pandemic. We still have them. We just need to reach out and telephone them or Facetime them. Make a list of people you think about but don't usually chat with. Surprise them by calling them. Catch up. Create smiles and lasting memories. It will relieve the tension of being stuck at home.

Create: Write poetry, short stories or a book. Create crafts that you can share with friends on Facebook. Put your mind and hands into it. There are many Do it Yourself videos on YouTube.com/videos. Keeping busy may take your mind off being by yourself.

Take an Online Class: During this pandemic some organizations have been sponsoring free classes. Check online, check with you local library or community college.

Virtual Gatherings: The Red Hat Society hosts virtual gatherings as do some other Red Hatters on Facebook. It's a chance to don your Red Hat stuff and have fun without leaving home. Get a free Zoom account and meet with family, friends, chapter ladies – whomever. Free accounts afford you the opportunity to have 40-minute sessions at a time.

Food for Thought: Never let your friends feel lonely. Disturb them all the time.

The Best Carbs to Combat Inflammation

1. Corn Tortillas

Switching to corn tortillas is an easy way to reduce inflammation, since they trigger less of a glycemic response because they're lower in calories and carbs and higher in fiber than flour tortillas. They also tend to be much more filling. Toast them slightly with a touch of oil or cooking spray in the skillet before serving for best flavor and texture.

2. Berries

Berries—strawberries, blueberries, raspberries and others—are top carb-containing fruits for two reasons. First, they're packed full of antioxidant compounds that have both anti-inflammatory and protective effects from new inflammation. Second, berries also have a lower glycemic impact (because they're full of fiber) in comparison to others like grapes and bananas. Sprinkle them on top of your oatmeal or use them in a healthier dessert, like our Mini Berry Cream Pies (see recipe on page 11)

3. Yogurt

Strengthening gut health by increasing foods with probiotics is essential in fighting inflammation, and one of the best ways to do this is to consume yogurt with live bacteria cultures on a regular basis. Choose regular or Greek yogurt with a label that specifies "active, live cultures" and opt for "plain" to avoid added sugars; then add fresh fruit and a drizzle of honey for sweetness.

4. Edamame

All beans and legumes are great carb options since they're packed with fiber, protein and potassium and have a lower impact on glucose than many grains and other carb sources. But, edamame offers a little extra since it also contains isoflavones, bioactive compounds that appear to specifically target inflammatory molecules in the body. Use up your edamame in our tasty Edamame & Veggie Rice Bowl (see recipe on page 12).

5. Sweet Potatoes

Starchy vegetables like sweet potatoes can—and should—be part of an anti-inflammatory diet. They're a great way to meet daily carb needs, and they have an even lower glycemic impact than brown rice or whole-wheat bread. These spuds offer additional anti-inflammatory potential by being loaded with vitamin C and beta-carotene, two protective antioxidants.

6. Veggie Noodles and "Rice"

Many benefit by not only lowering overall carb intake, but also by getting a higher proportion of carbs from vegetables. To do both, swap carb-rich foods like pasta and rice for zucchini spirals and riced cauliflower or broccoli. Cauliflower and broccoli offer extra perks since they contain sulfur-containing compounds that have powerful anti-inflammatory effects.

7. Quinoa

Whole grains boast extra fiber, protein and nutrients, but vary greatly in how they impact blood sugar. Quinoa is a good option because it has a lower glycemic index compared to brown rice or whole-grain breads and pastas. Other goods ones are barley, farro and whole oats.

8. Legume-based Pastas

Craving pasta? Try one of the newer pastas that are made with flour from chickpeas, fava beans or lentils. Legume-based pastas have more protein, fiber and other nutrients compared to refined and whole-grain options to increase satiety and minimize glycemic impact.

9. Dark Chocolate

Some days just call for a bite of something sweet, and it's okay to incorporate some treats with added sugars periodically and in moderation. One of the best ways to do this is opt for a 1-ounce serving of dark chocolate. Look for a chocolate made with 70% or more cacao, which will have more anti-inflammatory polyphenols and usually only a few grams of added sugar. Top a chocolate square with a little nut butter for a more-filling sweet treat!

The Worst Carbs for Inflammation

1. Doughnuts and Breakfast Pastries

The dough may be fried or baked with butter and lard. Either way, flaky breakfast pastries are a source of saturated, which are top inflammatory components. Adding super-sweet glazes, icings and fillings just spurs inflammation on further. (Craving a donut? Try one of our healthier donut recipes located at <http://www.eatingwell.com/recipes/18726/bread/yeast/donuts/>)

2. Brightly Colored Candy

Concentrated sources of sugar have an immediate impact on blood sugar, and you can feel the sugar rush. But not long after that, you'll feel blood sugar drop. The rollercoaster effect taxes the body and leads to inflammation, and bright artificial colorings can act as irritants that lead to additional inflammation.

3. Sugar-Sweetened Drinks

Sugary sodas are obvious inflammation triggers, so drinks like lemonade or sweet tea may seem like a much better choice. However, they really aren't much better because they contain comparable amounts of sugar, and excess sugar has the same effect on the body no matter where it comes from.

4. Muffins or Bagels

Though muffins or bagels look a lot healthier than a doughnut or cinnamon roll, and they do often have less added sugar, these breakfast treats are usually oversized and made with refined flours. The result is many more carbs than most need at a meal and a glycemic impact that's similar to a doughnut.

5. Packaged Snack Foods with More Than 5 Ingredients

Not all packaged snack foods are bad (in fact, look at the list in right column). However, if that packaged snack food has five or more ingredients—especially a few you've never heard of—then it's a safe bet that's not a healthy one. It probably also has an assortment of inflammatory triggers that may include refined

flours, added sugars, artificial colors and chemical additives and compounds.

6. Specialty Coffee Drinks

They're easy to forget about, but coffee drinks can be a major source of calories and carbs, thanks to added syrups and sugars. And while a cup of coffee or two is fine, consuming anything in excess—including caffeine—can lead to inflammation. Keep tabs not only what's going in your coffee, but also on how much you're getting in a day.

7. Sugary Cocktails

Alcohol can be part of an anti-inflammatory diet if it's in moderation and with minimal extra calories and carbs, but frozen adult beverages like margaritas are loaded in calories and carbs from sugar. A glass of wine, beer or liquor with a low-sugar mixer is a much better bet!

Article written by *Carolyn Williams, PhD, RD, is author to the new cookbook, "Meals That Heal: 100 Everyday Anti-Inflammatory Recipes in 30 Minutes or Less", and a culinary nutrition expert known for ability to simplify food and nutrition information. She received a 2017 James Beard Journalism award.*

Packaged Foods You Can Feel Good About Eating

1. Bread: Dave's Killer Bread (Organic, 100% Whole Wheat); and Food for Life Ezekiel 4:9 bread

2. Crackers: Mary's Gone Crackers; Wasa; and Triscuit

3. Frozen Veggie Burgers: Dr. Praeger's California Veggie Burgers; Trader Joe's Quinoa Cowboy Veggie Burgers with Black Beans & Roasted Corn; Engine2 Plant-Strong Poblano Black Bean Burger

(continued on next page)

Packaged Foods You Can Feel Good About Eating (continued)

- 4. Pasta:** Banza (chickpea-based); Tolerant Simply Legumes (bean and lentil-based); Explore Cuisine (edamame-based)
- 5. Buts & Nut Butter:** Teddie Natural Peanut Butter; Whole Food's grind-your-own nut butters; Smucker's Natural Peanut Butter
- 6. Energy Bars:** Rxbar; Larabar; Health Warrior Pumpkin Seed Bars
- 7. Canned Beans:** Canned beans are one of the most affordable, good-for-you packaged foods. Simply rinse them in a colander before cooking or serving, and you'll wash away the extra salt. You can also buy low-sodium beans, but still give them a rinse just to remove unnecessary sodium.
Once you mix canned beans into a dish, you won't be able to tell they were lower in salt to begin with. All beans are packed with protein and fiber, so mix it up. Chickpeas, black beans, pinto beans, kidney beans and navy beans are some of our favorites.
- 8. Frozen Fruits and Vegetables:** Frozen fruits and vegetables are a terrific time-saver. They make quick sides, slip easily into stir-fries, and add a boost of vitamins and minerals to smoothies, soups and salads. They're also sometimes more nutritious than the fresh variety that's been languishing in the cooler for days (or weeks), since they are frozen at peak freshness.

The ingredient list for packaged frozen produce should be short, with just the fruit or vegetable. If you see any added salt, sugar, syrups or flavorings, put it back. Pure is best. Whether it's packaged in a box or a bag makes

no difference, but make sure the fruit or vegetables aren't frozen into a lump. That's a sign that it may have thawed and refrozen, and the food may have lost some vital nutrients during that process.

What to Look for on the Package

Ingredients list: The shorter, the better. Look for ingredients that are real food (e.g., dates, cashews or black beans) and fewer processed ingredients (cane syrup, dehydrated potato flakes and partially defatted peanuts).

Sodium: This one is often hidden in seemingly healthy packaged foods. Look at the percent daily value on the nutrition label. Less than 5 percent is considered low. Greater than 20 percent is considered high. Try to stay under 2,300 milligrams of sodium for the whole day.

Trans fats: Companies have eliminated most trans fats from packaged foods-the U.S. Food and Drug Administration now bans most uses-but, if you want to be extra cautious, make sure there's no "partially hydrogenated oil" in the ingredients list.

Added sugar: Packaged foods can be sneaky sources of added sugar. Check the nutrition label for total sugar and added sugar numbers. Naturally occurring sugar from lactose or fruit isn't the problem. Instead, it's the heaps of sweeteners that may be added to boost flavor. The U.S Dietary Guidelines recommend no more than 10 percent of your daily calories come from added sugar. That's just 37.5 grams for men and 25 grams for women. Ideally, you'd avoid any added sugar, but when that's impossible, stay well below these daily limits.

-- from *EatingWell.com* --

Words of Wisdom: Don't start a diet that has an expiration date. Develop a healthy lifestyle that will last forever.



CHEF RUBY

Impossible Pumpkin Pie

This Bisquick recipe is an easy, creamy and delicious dessert for those who hate to roll out or eat pie crust.

INGREDIENTS:

- 3/4 cup brown sugar **or** 1/4 cup + 2 Tbsps. Splenda brown sugar
- 1/2 cup Bisquick
- 2 tablespoons margarine **or** butter
- 1 can (12oz.) evaporated milk **or** fat-free evaporated milk
- 2 eggs
- 1 can (15 oz.) or 2 cups pumpkin
- 2 & 1/2 teaspoons pumpkin pie spice

DIRECTIONS:

1. Grease a 9-1/2 or 10-inch pie pan and set aside.
2. Set oven to 350 degrees.
3. Place all ingredients in a blender and blend well. (You may place in a large bowl and use a mixer but be prepared for splashing.)
4. Pour into prepared pie pan. Bake at 350 degrees for 50 to 55 minutes.
5. Set on a cooling rack until completely cool. Then serve with your favorite whipped cream topping. Refrigerate leftovers.

NOTE: For diabetics, use the Splenda and fat-free milk. It's a healthy alternative and is delicious.



CHEF RUBY

North Pole Gingerbread

-- From the 2018 Edition of "The Twelve Days of Christmas Cookbook --

INGREDIENTS:

- 1/2 cup butter, softened
- 1/2 cup brown sugar
- 1 cup dark molasses
- 1 teaspoon cinnamon
- 2 teaspoons ginger
- 1/4 teaspoon cloves
- 2 eggs
- 2 & 1/2 cups flour
- 2 teaspoons baking soda
- 1 cup boiling water

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Grease an 8 x 8 inch pan and set aside.
3. In a large bowl, cream together butter and brown sugar. Add molasses and combine well. Stir in cinnamon, ginger and cloves. Add eggs. Stir well. Add flour and mix well. Put baking soda into boiling water. Add to creamed mixture.
4. Batter will be thin. Pour into prepared pie pan. Bake for 50 minutes.

Yield: 9 servings



CHEF RUBY

Baked Apple Bread

-- From the 2018 Edition of "The Twelve Days of Christmas Cookbook --

INGREDIENTS:

4 cups peeled, chopped apples	1/4 teaspoon nutmeg
2 cups sugar	1/4 teaspoon cloves
1 cup chopped pecans	1/4 teaspoon salt
3 cups flour	1 cup butter, melted
2 teaspoons baking soda	2 teaspoons vanilla
3/4 teaspoon cinnamon	2 eggs

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Grease and flour 2 standard loaf pans and set aside.
3. In a large bowl, combine apples, sugar and pecans. Mix well and let stand for 1 hour, stirring frequently.
4. In a separate bowl, sift together flour, baking soda, spices and salt. Add to apple mixture. Stir in butter, vanilla and eggs. Mix well.
4. Spoon batter into prepared pans. Bake for 75 minutes.

Yield: 2 standard loaves



CHEF RUBY

Mini Berry Cream Pies

-- From *EatingWell.com*

INGREDIENTS:

- 1/4 cup whipping cream
- 2 teaspoons sugar
- 1/4 cup nonfat vanilla Greek yogurt
- 15 frozen mini phyllo cups (1.9 ounce package)
- 15 fresh blueberries
- 15 fresh raspberries

DIRECTIONS:

Beat cream in a small bowl until soft peaks form. Add sugar; beat until stiff. Fold in yogurt. Divide the yogurt cream among phyllo cups, keeping the cups in their plastic tray. Top each with 1 blueberry and 1 raspberry. Serve immediately, or chill for up to 4 hours.

Tip: Make Ahead Tip: Chill for up to 4

Nutrition Facts

Serving Size: 1 pie

Per Serving:

33 calories; protein 1g 2% DV; carbohydrates 3.4g 1% DV; dietary fiber 0.2g 1% DV; sugars 1.2g; fat 2g 3% DV; saturated fat 0.9g 5% DV; cholesterol 5.5mg 2% DV; vitamin a iu 60.2IU 1% DV; vitamin c 0.6mg 1% DV; folate 0.6mcg; calcium 7.6mg 1% DV; ironmg; magnesium 0.8mg; potassium 6.9mg; sodium 10.7mg; thiaminmg; added sugar 1g.

Exchanges: 1/2 fat



CHEF RUBY

Edamame & Veggie Rice Bowl

-- From *EatingWell.com*

INGREDIENTS:

- 1/2 cup cooked brown rice
- 1 cup roasted vegetables
- 1/4 cup edamame
- 1/4 cup avocado, diced
- 2 tablespoons sliced scallions
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons Citrus-Lime Vinaigrette

DIRECTIONS:

Arrange rice, veggies, edamame and avocado in a 4-cup sealable container or bowl. Top with scallions and cilantro. Drizzle with vinaigrette just before serving.

Related Recipes:

Easy Brown Rice: go to

<http://www.eatingwell.com/recipe/259823/easy-brown-rice/>

Colorful Roasted Sheet-Pan Veggies: go to

<http://www.eatingwell.com/recipe/262078/colorful-roasted-sheet-pan-veggies/>

Citrus-Lime Vinaigrette: go to

<http://www.eatingwell.com/recipe/259516/citrus-lime-vinaigrette/>

Nutrition Facts

Serving Size: 2 cups

Per Serving:

394 calories; protein 9g 18% DV; carbohydrates 44.4g 14% DV; dietary fiber 9g 36% DV; sugars 6.3g; fat 22.3g 34% DV; saturated fat 3g 15% DV; vitamin a iu 7973.8IU 160% DV; vitamin c 100.9mg 168% DV; folate 202.1mcg 51% DV; calcium 91.2mg 9% DV; iron 2.4mg 13% DV; magnesium 104.4mg 37% DV; potassium 935.1mg 26% DV; sodium 239.6mg 10% DV; thiamin 0.3mg 35% DV.
Exchanges: 4 fat, 2 starch, 1 vegetable, 1/2 lean-protein

PHOTO OPS



When Windward Community College opened, almost 50 years ago. The Head Librarian, DeEtta Wilson and I Started the “tradition” of the Great Pumpkin (a la Charlie Brown.) Over the years, there have been a variety of Great Pumpkins. We had general ones like witches, clowns, and such. We have tried to duplicate fictional characters like Batman, Strawberry Shortcake, and Smurfs. In the past two years we have had a Minion and BB-8 from Star Wars.

This may be (let’s hope) the only year that the Great Pumpkin can make a comment on a current situation. I am sure you will agree with the sentiment

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

Thank You from Beverly Goines, B&B Queens Council, Bowie, MD:

Over the past several years Red Hat Ladies from B&B Queens Council of Maryland and members of Toaping Castle Chapter DAR have worked together to collect Holiday Cards complete with postage for use by our Veterans who are in Walter Reed Hospital. This has been a successful effort and in fact we collected so many cards that we expanded the program to include residents of Hope Lodge Baltimore. Last year we ended up having over 400 stamped cards that arrived to me too late to meet the cut off date for collection. Those cards were already stamped, mostly thanks to monetary donations from Red Hatters. They were placed in zip lock bags and stored in my basement for future use. The program that sought these cards then reported that they would no longer need them since they were not in high demand, and Hope Lodge has temporarily closed due to virus concerns. I have made many calls, and sent email to groups who might have use for them. The Commander of Glen Burnie Elks Lodge #2266 has accepted our donations and their committee that aids military will put them to good use. Thanks to all who have donated to this project over the years. In fact it was nice to hear from many of you asking to make donations this year.

I am in the process of talking with members of Operation Gratitude to find if we may partner with them for future contributions to the active or former military and first responders. Once I know our options I will be sure to ask for your thoughts.

MORE PHOTOS

Red Hat Dancers Outing

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

Only days before new restrictions concerning COVID 19 were announced Red Hat Dancers gathered for lunch at The Olive Garden in Hanover, MD. Some of us dug out those Ugly Sweaters just for the fun of it and to meet the challenge for this month's newsletter. This has become our go-to place since we are seated in a quiet little corner at separate tables with just us in that area. It is, however, a spot where those using the restrooms need to pass by. So, that still gives us the opportunity to be seen. We did attract some double takes and get a few smiles. As always it was good to be reasonably close to our Red Hat Sisters just at the beginning of the Holiday Season.



This photo is the back of Linda's deer sweater; she has a target on her back!

MORE PHOTO OPS

Queen's Thanksgiving/2020

-- Bev Kott, Queen of Scarlett Hatters, Joppa, MD --



I couldn't wait. I set my table the night before.

(Used my China & gold flatware too!)

One of my SCARLETT HATTERS, Nancy Sause, said that she was bringing me a Thanksgiving Dinner and leaving it on the porch.



Nancy didn't bring a Dinner; she brought a Feast. I had Turkey, Mashed Potatoes and Gravy, Cranberry Sauce, Polish Sausage and Kraut, Green beans, Stuffing, and Dessert, Plus in those white cups was enough food for another meal. AND THEN



the next day, Helen, (a Delaware Red Hatter) drove to Maryland to bring me a trunk full of left-overs from her Thanksgiving Dinner including Cauliflower au Gratin, Baked Mushrooms, home-made bread, more Turkey including a Drumstick, more Stuffing, more Cranberry Sauce, & a whole pumpkin pie.



GOD bless our RED HAT Sisters. It was a Thanksgiving I won't soon forget.

RETRO PHOTO OPS

-- submitted by Paulette Brown, Red Hat Whimsy, Washington, DC --

Photos from the 2018 Holiday Party, hosted by The Red Hat Trippers, in Linthicum, MD. Theme was Wacky Snowman.



RETRO PHOTO OPS

-- submitted by Paulette Brown, Red Hat Whimsy,
Washington, DC --

Photos from the 2019 Holiday Party, hosted by The Red Hat Trippers of Glen Burnie and the Chic Chickies of Baltimore, in Linthicum, MD. Theme was Reindeer/Rain Gear Games.



RETRO PHOTO OPS

-- submitted by Paulette Brown, Red Hat Whimsy, Washington, DC --

More photos from the 2019 Reindeer/Rain Gear Games Holiday Party, Linthicum, MD.





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 5th Street NW, Washington, DC 20011



Your own key to enter the code on your credit/debit card, open a door, flush a toilet, hit elevator button, turn on a light switch. Lilac, Butterfly and Leopard Print: \$6.00 each



5 - pcs. Face Shield: \$7.00



Embellished Queen Mask: \$12.00

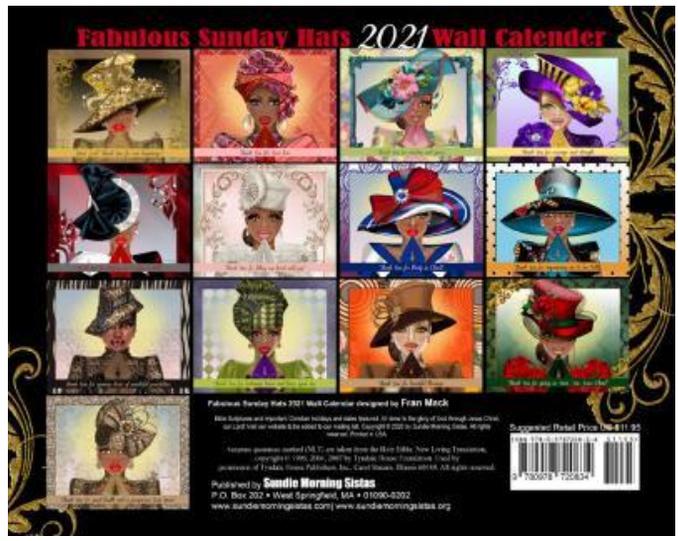


Black Pearl Mask: \$12.00

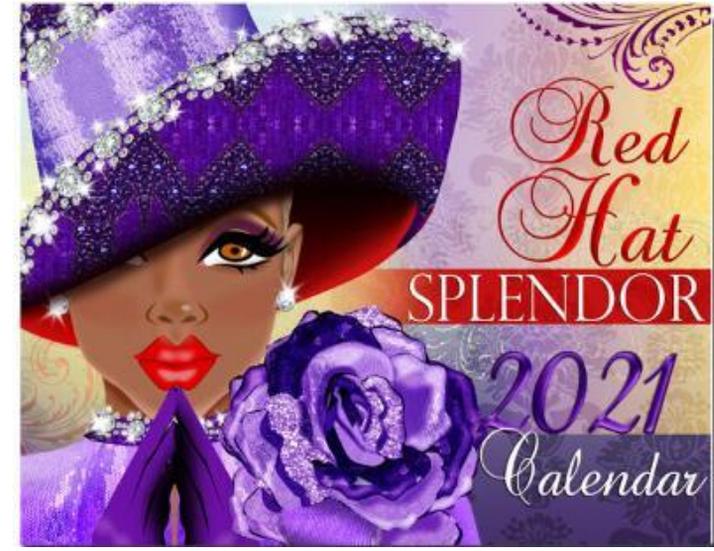


Items for Sale from Paulette Brown

Fabulous Sunday Hats 2021 Wall Calendar



Red Hat Splendor 2021 Wall Calendar



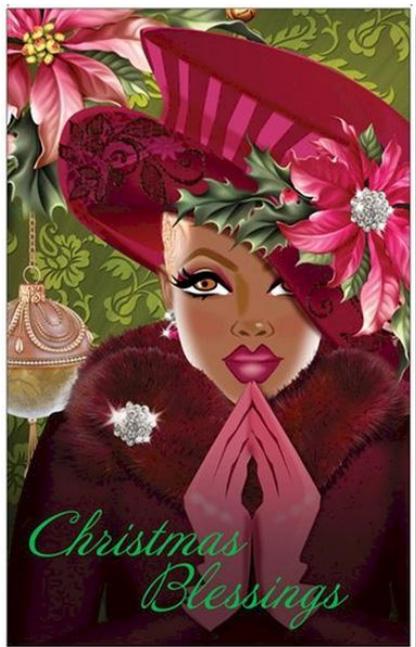
\$11.95 - Celebrating Sunday Morning Sista style is a tradition that incorporates the elegance, grace, and fashionable flare of Sunday morning best. Both calendars showcase stunning artwork by Fran Mack in 13 unique designs representing each month. The Fabulous Sunday Hats Wall Calendar features important dates in the Christian faith, and an inspirational bible verse each month. Either calendar is perfect as décor in your home, kitchen or office. Format: Standard Wall Size Closed: 11×8.5 Size. Give as a gift for any occasion. Great for families, students, and professionals

See previous page for contact info, pricing and payment.

Classified

Items for Sale from Paulette Brown

Christmas Blessings Greeting Cards



Christmas Blessings 10 Card Set

Dimensions: Holiday Cards 4.6"x7.2" Folded

Inside Caption:

"Have a very Merry Christmas. May the Lord bless you at this time and throughout the New Year."

Contact Paulette to get the cost of these cards.

Gift Certificates

When you don't know what to give to that special friend or Red Hat Sister give the gift where she can purchase what she wants. Go to Facebook Page Red Hat Whimsy by Paulette Brown and make your selections today. Gift Certificates starting at \$25.00 and increments of \$5.00. Get your certificates today for that Holiday Purchase.

Red Hat Whimsy
202 294-8377

Gift Certificate

Amount: _____

To: _____

From: _____

Authorized Signature: _____

Expiration Date: _____

See previous page for contact info, pricing and payment.

GREAT STOCKING STUFFERS from Royal Splendor

www.royalsplendor.com

Phone: 866-212-9983



Believe in the Hat Collection

- 3/4 Sleeve Classic, starting at \$29.99
- Basic Shirt (see left), starting at \$29.99
- Tank Shirt, starting at \$22.99
- Crystal Jacket, starting at \$56.99
- Denim Jacket, starting at \$59.99

Believe In The Hat Starting @
Basic Shirt 29.99



Believe In The Hat \$1.69
Button Pin



Believe In The Hat \$5.99
Card Caddy for Cell



2021-2022 Pocket Planner \$5.99



Items Available at The Red Hat
Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114



**RHS Explosion
Collection**



Starting @\$24.99

**RHS Explosion
Basic Shirt**



Starting @\$59.99

**RHS Explosion
Denim Jacket**



Starting @\$42.99

**RHS Explosion
Royal Hooded Jacket**



Items Available at The Red Hat Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114

Brand New!



\$26.99 Claire Felt Floppy Hat

Need a stocking stuffer? Check out the website for:

Brownies in a Cup

- Salted Caramel Brownie (\$4.99 each)
- Ooey Goey Brownie (\$4.99 each)

Candy Club

- Santa's Cookies Chocolate (\$7.99/jar)
- Holiday Tree-t's Gummy's (\$7.99/jar)
- Cinnamon Bears Gummy's (\$7.99/jar)
- Holiday Nutty Carmel Clusters (\$7.99/jar)



Scrap Book Paper

\$6.99

(4) Sheets per package



CHRISTMAS MARTINI FLASHING PIN

\$3.69



Merry Christmas Face Mask

\$16.99



Merry Christmas Face Mask Bag

\$16.99



Holly Face Mask

\$16.99

Classified

4112 Help Wanted
Executives

Items Available at The Red Hat
Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114

*Flashy
Xmas Tree Pin*



\$3.89

*Flashy
Snow Woman Pin*



\$3.89

*Hatty Holidays
Ornament*



\$5.99

*Hatty Holidays
Basic Shirt*



**Starting @
\$24.99**

*Hatty Holidays
Sweatshirt*



**Starting @
\$32.99**

*Hatty Holidays
3/4 Sleeve Classic*



**Starting @
\$32.99**

*2021
Flashing Glasses*



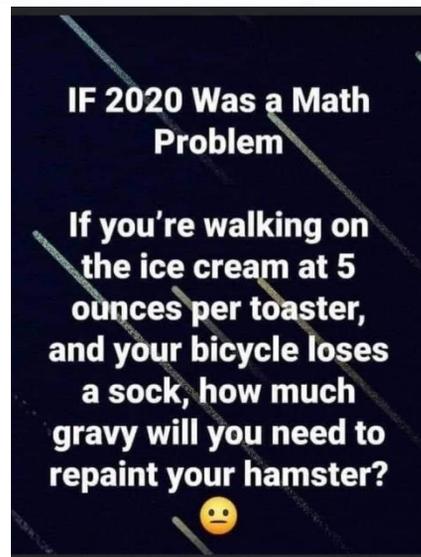
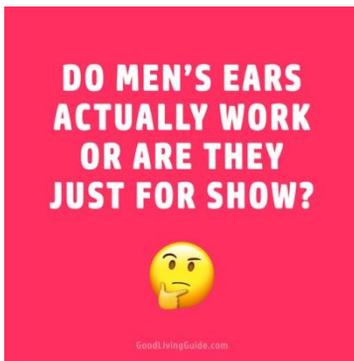
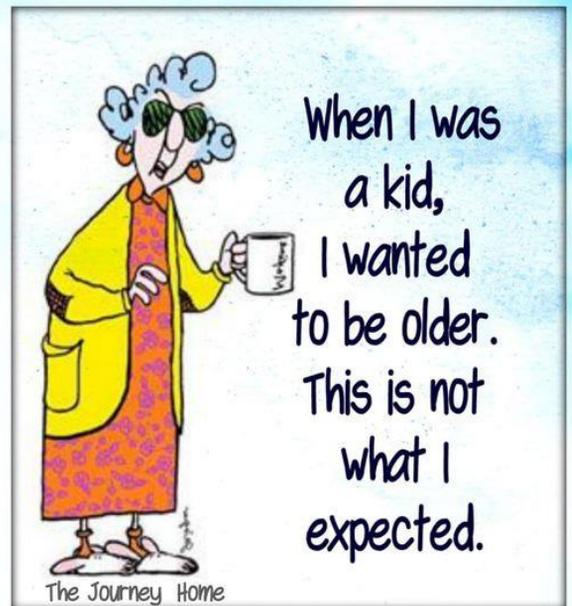
\$12.99

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

-- submitted by Kate Eustice, Duchess of Dickens, Red Hat Dancers, Lanham, MD --



My favorite 2020 purchase has to be my social distancing service animal



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

-- submitted by Kate Eustice, Duchess of
Dickins, Red Hat Dancers, Lanham, MD --



"Sister Emily!" Father Rick gasped. "I don't approve of your mask. It doesn't even match!"
"Oh, it matches, Rick," Sister Emily replied.
"Just not anything you can see."

KIDS TODAY
WANT THE
LATEST
iPHONE



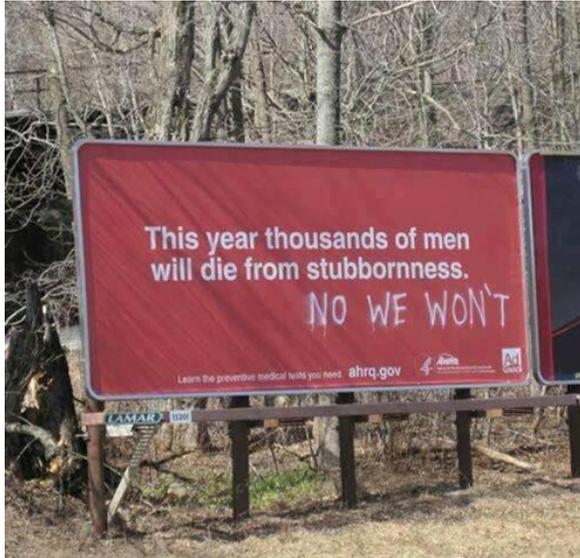
I REMEMBER
WANTING
THIS PEN

My vacation this year



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

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



There is a spike in Covid cases because there's a spike in testing.

If we had more IQ tests, there would be a spike in morons, too.

My local pub is literally 6 minutes walk from my house..



Yet my house is 56 minutes walk from my local pub.. The difference is staggering!!



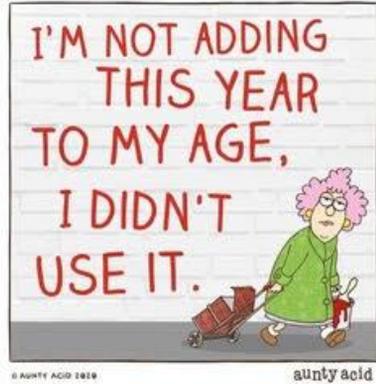
Nothing Better to Do So You Might As Well Read These Too!

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

Me after washing my hands for 20 seconds 126 times in one day



If 2020 was a tattoo



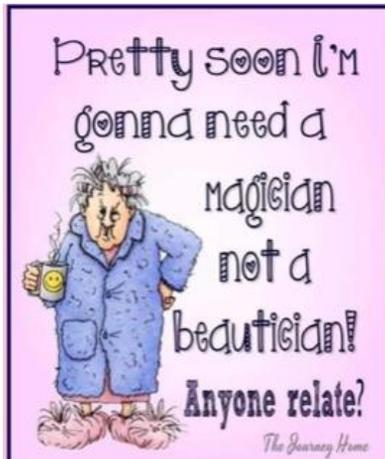
Good boy staying safe and taking pawcautions... 🐾



Dear Lord,
Please don't let Brussel Sprouts be a part of the cure of Covid-19 Virus.



I would never have believed that a few weeks of uncut hair would weigh 20 pounds but that's what the scale says 🤪



PLEASE TAKE OUT YOUR CLOTHES FROM CLOSET REGULARLY, AIR THEM AND ALLOW TO STAND IN SUNLIGHT. RECENT STUDIES SHOWS THAT IF CLOTHES ARE KEPT IN CLOSETS OVER LOCKDOWN THEY SHRINK. 😊

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

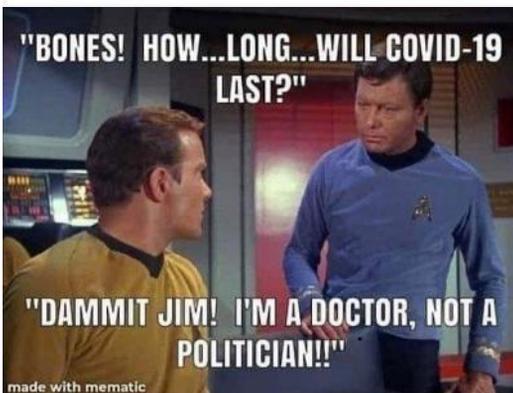
-- submitted by Jacquie Maly, Maui, HI --

Day 12 of Coronavirus quarantine... I found a new hobby "toilet paper art."



Meanwhile in Canada
@MeanwhileInCana

If you are ever feeling like you are not leading a meaningful life, remember it is someone's job to put a nutritional value label on a bag of ice.



Breaking News: Wearing a mask 🤒 inside your home is now highly recommended. Not so much to prevent Covid-19 but to stop eating.

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

A NEW VIRUS ---- that is all we need right now!!

I thought you would want to know about this virus. It appears to target those who were born prior to 1968. This lock down seems to be increasing the chances of being affected!

Virus Symptoms

- 1 Causes you to send the same e-mail twice. . . *(Done that)*
- 2 Causes you to send a blank e-mail. . . *(That too)*
- 3 Causes you to send an e-mail to the wrong person. . . *(Yup)*
- 4 Causes you to send it back to the person who sent it to you. . . *(Ah-ha)*
- 5 Causes you to forget to attach the attachment. . . *(For sure)*
- 6 Causes you to hit SEND before you've finished. . . *(Oh no, not again)*
- 7 Causes you to hit DELETE instead of SEND. . . *(Hate that)*
- 8 Causes you to hit SEND when you should DELETE. . . *(Heck, now what?)*

This virus is called the C-NILE virus!

A lot of us have already been inflicted with this deadly disease and unfortunately as we age it gets worse.

And if you can't admit to doing any of the above, you've obviously caught the other strain – the deadly, dastardlyD-Nile virus

When I woke up this morning
I asked myself, "What is life about?"
I found the answer in my room...

The fan said, "Be cool."

The roof said, "Aim high."

The window said, "See the world!"

The clock said, "Every minute is precious."

The mirror said, "Reflect before you act."

The calendar said, "Be up to date."

The door said, "Push hard for your goals."

The floor said, "Kneel down and pray

When the quarantine ends and you have to put on your work clothes again..





What's in a Logo?



Do you see the white arrow between the "E" and "x"?



The 2nd and 3rd "T's" are two people sharing (or fighting over) a tortilla and a bowl of salsa.



The world's most famous bike race.... The "R" in "Tour" is a cyclist. The yellow circle is the front wheel of a bicycle; the "O" is the back wheel.



The arrow means Amazon has everything from A to Z.

Don't forget: You have until Dec 31, 2020 to renew or enroll as a virtual member at a reduced rate at www.redhatsociety.com.



Look for the dancing bear above the "ble". Toblerone chocolate bars originated in Berne, Switzerland, whose symbols is the bear



See the "31" embedded in the "BR"? Thirty-one-derful flavors!



PITTSBURGH ZOO

See the gorilla and lioness (in white) facing each other! Awesome!



The smiley half-face is also a "g".

Just for Fun

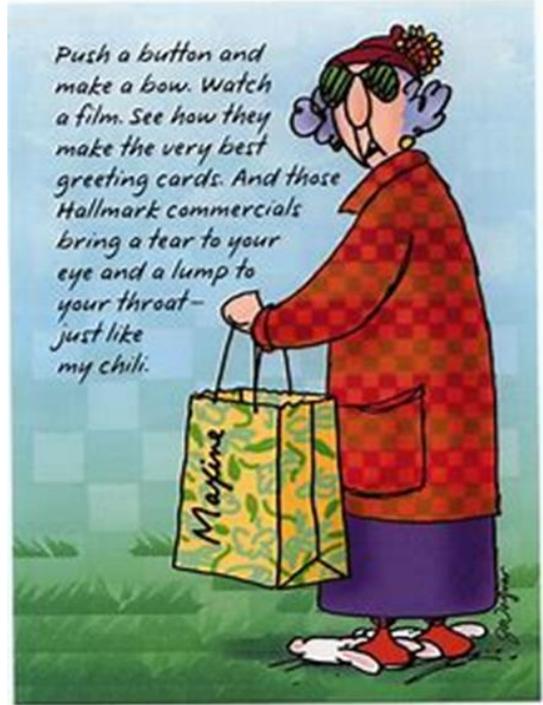
Holiday Trivia:

1. What did the other reindeer not let Rudolph do because of his shiny red nose?
2. How many ghosts show up in *A Christmas Carol*?
3. The movie *Miracle on 34th Street* is based on which real-life department store.
4. What are the two other most popular names for Santa Claus?
5. Elvis is not going to have a white Christmas; he's going to have a ____.
6. In *Home Alone*, where are the McCallisters going on vacation when they leave Kevin behind?
7. In the classic Christmas movie, *How the Grinch Stole Christmas*, the Grinch was described with three words. What are they?
8. In the movie *It's a Wonderful Life*, what happened every time a bell rang?
9. Which Hollywood actor played six different roles in *The Polar Express*?
10. In Charles Dickens' *A Christmas Carol*, what was the first name of Scrooge?
11. From which country did eggnog come?
12. What did Frosty the Snowman do when a magic hat was placed on his head?
13. In the movie *A Christmas Story*, what is Ralphie's little brother's name?
14. Which song contains the lyric "everyone dancing merrily in the new old-fashioned way"?
15. In the song "Winter Wonderland", what do we call the snowman?



Say this 3 times as fast as you can:

Eleven benevolent elephants



"There is a coin shortage. America is officially out of common cents...."

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

Thank you to everyone who sent in photos, memes, jokes and/or articles for this newsletter. I truly appreciate your help. Judy

Answers to Holiday Trivia: 1. Join in any reindeer games; 2. Four (Jacob Marley, Ghosts of Christmas past, present and future); 3. Macy's; 4. Kris Kringle and Saint Nick; 5. Blue Christmas; 6. Paris; 7. Stink, stank, stunk; 8. An angel got his wings; 9. Tom Hanks; 10. Ebenezer; 11. England; 12. He began to dance around; 13. Randy; 14. "Rocking Around the Christmas Tree"; 15. Parson Brown

More Just for Fun



Adult Fairy Tale

Once upon a time there lived a King who had the most beautiful daughter. But there was a problem. Everything the princess touched

would melt. No matter what: Metal, Wood, Stone. Anything she touched would melt.

Because of this, men were afraid of her. Nobody would dare marry her. The King despaired. What could he do to help his daughter? He consulted his wizards and magicians. One wizard told the King, "If your daughter touches one thing that does not melt in her hands, she will be cured."

The King was overjoyed and came up with a plan. The next day, he held a competition. Any man who could bring his daughter an object that would not melt would marry her and inherit the King's wealth. **THREE YOUNG PRINCES TOOK UP THE CHALLENGE.**

The first brought a sword of the finest steel. But alas, when the Princess touched it, it melted. The prince went away sadly.

The second prince brought diamonds. He thought diamonds are the hardest substance in the world and would not melt. But alas, once the Princess touched them, they melted. He too was sent away disappointed.

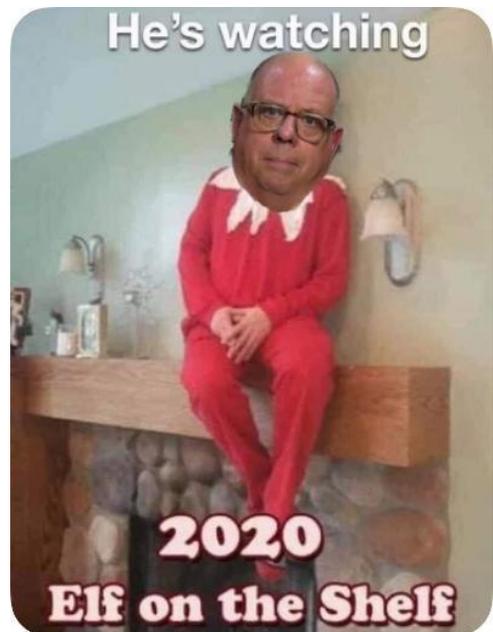
The third prince approached. He told the Princess, "Put your hand in my pocket and feel what is in there." The Princess did as she was told, though she turned red. She felt something very hard. She held it in her hand. And it did not melt!!!

(continued in right column)

The King was overjoyed. Everybody in the kingdom was overjoyed. And the Prince married the Princess and they both lived happily ever after.

Question: What was in the Prince's pants????

Turn to the top of page 35 to see....



A meme of Governor Larry Hogan from Maryland....He is upset that that our COVID19 numbers are rising and vowed to fine violators. -- submitted by Beverly Goines, B&B Queens Council, Bowie, MD --

Quotes from Famous People:

Behind every great man is a woman rolling her eyes. -- Jim Carry --

Take Care of all your memories, for you cannot relive them. --- Bob Dylan --

More Just for Fun

Adult Fairy Tale – Didn't Melt!!!



M&Ms of course! They melt in your mouth, not in your hand.

What on earth were you thinking?

Potatoes ... Too Cute!

Well, a Girl Potato and a Boy Potato had eyes for each other,

And finally they got married, and had a little sweet Potato, which they Called "Yam".

Of course, they wanted the best for Yam.

When it was time, they told her about the facts of life.

They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed, and get a bad name for herself like "Hot Potato", and end up with a bunch of tater tots.

Yam said not to worry, no Spud would get her into the sack and make a rotten potato out of her!

But on the other hand she wouldn't stay home and become a Couch Potato either.

She would get plenty of exercise so as not to be skinny like her shoestring cousins.

When she went off to Europe, Mr. and Mrs. Potato told Yam to watch out for the hard-boiled guys from Ireland and the greasy guys from France called the French fries. And when she went out West, They told her to watch out for the Indians so she wouldn't get scalloped.

Yam said she would stay on the straight and narrow and wouldn't associate with those high-class Yukon Golds, or the ones from the other side of the tracks who advertise their trade on all the trucks that say, "Frito Lay".

Mr. and Mrs. Potato sent Yam to Idaho P.U. (that's Potato University) so that when she graduated she'd really be in the Chips.

But in spite of all they did for her, one-day Yam came home and announced she was going to marry Tom Brokaw.

Tom Brokaw!

Mr. and Mrs. Potato were very upset. They told Yam she couldn't possibly marry Tom Brokaw because he's just ...

Are you ready for this?

Are you sure?

*

*

OK!

Here it is!

(see top of next page)

More Just for Fun

A COMMENTATER

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

Should children witness childbirth:

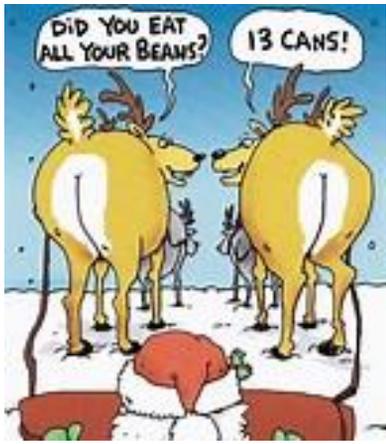
Here's your answer.

Due to a power outage, only one paramedic responded to the call. The house was very dark so the paramedic asked Kathleen, a 3-yr old girl to hold a flashlight high over her mommy so he could see while he helped deliver the baby. Very diligently, Kathleen did as she was asked. Heidi pushed and pushed and after a little while, Connor was born.

The paramedic lifted him by his little feet and spanked him on his bottom. Connor began to cry.

The paramedic then thanked Kathleen for her help and asked the wide-eyed 3-yr old what she thought about what she had just witnessed.. Kathleen quickly responded, 'He shouldn't have crawled in there in the first place.....smack his butt again!'

If you don't laugh at this one, there's no hope for you.







Can't Wait For Next Year!