

VOLUME V-4, APRIL 2020

From the Editor:

What a difference a month makes. Social distancing, self-quarantine, self-isolation...who would have thought we would be living this way in 2020. We are all trying to adjust to a new normal that keeps changing. Included in this issue is "The Stages of Grief" to help you understand your anxiety, anger and/or other feelings.

RH Events are listed on pages 2-4; I'm not sure which ones are still "a go" so be sure to contact the hostesses of those events before showing up. If you are hosting one of the events that has been canceled, please let me know so I can correct if for the May issue. I don't know about your state but Maryland is fairly much shut down until the end of April and possibly longer.

RHers who love social media can keep in touch with other RHers using a variety of tools. Reading a book, working on a jigsaw puzzle, playing scrabble and other games are also an option to lift our boredom. What are you doing to keep yourself busy and to keep your anxiety at a manageable level? Let me know. I have been asking my daughter for over a year to help me clean out cabinets to get rid of stuff. Today she is ready. Only problem is, where do I put the stuff I will donate? Charitable boutiques are all closed.

I ask that RHers stop forwarding e-mails about the pandemic. There is nothing new in these e-mails that hasn't already been said on the Internet and on TV. You only increase the anxiety level of those who can't listen anymore.

Instead, look for funny jokes or some word games to forward to your friends. That will be constructive and take their minds off the pandemic.

In normal times, we take each other for granted. As the song says, "love the ones you're with". Draw closer to each other during this world-wide crisis. Stay safe. Be loved. Hugs to all from a safe distance.

Judy Litke

moonrockB@aol.com



As restaurants and entertainment venues have been shuttered in many states, some RH events have been

canceled. On pages 2-4, some events show "Canceled". Few have alerted me to cancelations so be sure to check with the points of contact before arriving for an event.

None of us know how long we will be living with social distancing and staying within our own state borders. Those of you planning events through June, I ask you to reconsider planning and announcing it. You no sooner send out the announcement, then you find you must cancel it. Save yourself the time it takes to plan it because when you cancel it, you will have more work to do (return checks, contact those who might have signed up, etc.).

DEADLINE For May Newsletter
 Articles: **April 26, 2020**

MONTHLY 1st Wednesday Lunch in Maryland

All Red Hatters: The 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

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.

Apr 2-5, 2020: 2020 Las Vegas Red Hat FUNvention, "Blast from the Past, Celebrating the 50s, 60s & 70s", hosted by the Sunflower Sisters, in Las Vegas, NV

Apr 10-20, 2020: RHS Birthday Cruise, hosted by RHS, Vancouver, British Columbia to Honolulu, HI

~~**Apr 18, 2020:** "Pretty in Paris" luncheon hosted by The Belles of Scarlett, in Charlotte, NC (rescheduled for Aug 9, 2020; those who signed up should have or will receive a call from Queen Lee Mangum)~~

Apr 18, 2020: "Flamazing Party, Flamingo Fling that is!", hosted by the Queens of Central Florida, in Orlando, FL

Apr 22, 2020: 22nd Birthday of the Red Hat Society, Celebrating in Victorian Style, hosted by the So. Central Kansas Queens' Council, Wichita, KS *

Apr 25, 2020: Red Hat Birthday Bash Roaring 20s, hosted by the Minnesota Queens Council, in St. Paul, MN

Apr 25, 2020: Nat'l Red Hat Society Day Celebration, hosted by the Red Dazzling Diamonds, in Richmond, VA

~~**Apr 25, 2020:** Happy Birthday RHS 22nd Birthday, Reverse Your Colors, hosted by Queen Margaret Forney, in Gastonia, NC~~
CANCELED

~~**Apr 30, 2020:** Red Hat "Roaring 20s" Birthday Bash, hosted by The Lehigh Valley Queens' Council of the RHS, in Bethlehem, PA *~~
CANCELED DUE TO COVID 19 CORONAVIRUS

May 2, 2020: "Take Me Out to the Ball Game" Luncheon, Region 2 Queens Council Gathering, in Kings Mountain, NC * (Send e-mail to moonrockB@aol.com if you want the announcement)

May 2-3, 2020: Red Hatters and Shear Madness!, hosted by the Ravishing Reds, Hudson, WI

May 2-3, 2020: "Come One Come All to the Mini Convention", hosted by The Queens Council of Upstate NY & The Spindle City Divas, in Clifton Park, NY (**NOTE:** early registration for the special raffle has been extended from Feb 29 to Mar 15, so get those registration form in quickly.)

May 13-14, 2020: Bus Trip from Clinton, MD to NY City and Atlantic City, hosted by Too Many Divas Chapter

May 16, 2020: 2nd Annual Brunch & Bingo, hosted by Divine Divas of South Carolina, in Greenville, SC

May 26-28, 2020: 11th Annual Red Hats at the Beach, "Devils & Divas Halloween Bash, Wildwood, NJ (Contact Teri, Senior Excursions, 888-358-9880)

Upcoming Red Hat Events (Continued)

Jun 12-13, 2020: ~~North Carolina State Queens Council Event, Red Hatters on the Run (a circus event), in Durham, NC~~ **CANCELED; will be rescheduled in 2021**

Jun 13, 2020: Under the Sea, hosted by the Sparkling Ruby Reds and the Crazy Red Hatters of Greenville, SC, in Greenville, SC

Jun 20, 2020: Annual Hoot Day & Flea Market, in Orlando, FL

Jul 6-9, 2020: "Celebrate! Vision 2020", at the Grand Hotel, Mackinac Island, MI (held every two years) * **There have been some cancelations so space is now available.**

Jul 18, 2020: 16th Annual Spring Fling, hosted by Joy Lucas & The Dazzling Diamonds, Raleigh, MS

Aug 9, 2020: "Pretty in Paris" luncheon hosted by The Belles of Scarlett, in Charlotte, NC (rescheduled from Apr 18)

Aug 10-14, 2020: Red Hatters/Powerful Woman in Red presents Bus trip to Tunica-Casino Capital of the South and Memphis-Home of the Blues, departs Park Forest, IL

Aug 13-16, 2020: RHS 2020 International Convention, Flamingo Fling, Palm Desert, CA *

Aug 28-30, 2020: Virginia FUNvention 2020, theme will be "Back to the Future", hosted by the Mad Hatters of Stafford *

Sep 10-13, 2020: 2020 Florida Sunshine State Extravaganza, hosted by Christine Towers, FQM, in Kissimmee, FL *

Sep 11-13, 2020: Darlin's of the Wild West, hosted by The Elegant Dames, Portland, OR *

Sep 11-13, 2020: Winnipeg FUNvention, hosted by the Red Hat Divalicious chapter, in Winnipeg, Manitoba, Canada

Sep 18-20, 2020: Lil Bit Country Lil Bit Rock B Roll, hosted by Julie's Jewels, Erlanger, KY

 **Sep 18-20, 2020:** Visions of Christmas Funvention 2020, hosted by the Frontier Floozies, in Cheyenne, WY

Sep 25-27, 2020: Chicagoland Red Hat Queens 2020 FunVention, Burr Ridge, IL *

Sep 25-27, 2020: South Dakota Red Hat State Convention, hosted by the Chatty Hatters of Estelline, in Brookings, SD

Oct 2-4, 2020: ~~Red Hat Run-A-Way, Theme: Denim & Diamonds, hosted by The Elegant Society Sisters, in Allentown, PA~~ * **CANCELED**

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 9-11, 2020: 2020 Iowa Convention, hosted by The Red Hot Flashes, in Burlington, IA

Oct 15-18, 2020: Wisconsin Pajama Gathering, in Wisconsin Dells/Baraboo, WI (RHers may invite female family members or female friends to join them)

Oct 16-18, 2020: 2020 North Carolina State Red Hat FunVention, hosted by the NC Region 6 Red Hatters of Fayetteville, NC, in Fayetteville, NC *

Upcoming Red Hat Events (Continued)

Oct 29-Nov 9, 2020: 11-night "Trick or Treat" cruise from Baltimore, MD with stops in Labadee, San Juan, St. Kitts, St. Thomas, and Antigua, hosted by the Star Sisters. Contact Queen Joann at joann@purpleology.com for details

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, hosted by Sisters of Service, in University City, MO (updated info available upon request to moonrockB@aol.com)

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

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



Dog Quote

For me a house or an apartment becomes a home when you add one set of four legs, a happy tail, and that indescribable measure of love that we call a dog.
~ Roger Caras ~

-- submitted by Yvonne Danel --

**Red Hatters Invited
Events Open to Anyone**

May 11-16, 2020: Red Hat Cruise (open to all who love to cruise the Caribbean), hosted by The Red Hat Sock Monkey Mamas, Charleston SC departure/return

NEW Jun 27 & Jun 28, 2020: Cody Ray Slaughter in concert with music by The Spin-Outs, in Middle River, MD (Contact Darlene for tix at 443-922-7829 or Donna at 443-922-5096; 7 PM on Jun 27 and 3 PM on Jun 28)

Aug 3-7, 2020: Bus Trip from Catonsville, MD to the Ark Encounter an Creation Museum, Williamstown, KY



The Chic Chickies of Baltimore Has a New Queen!

Hear Ye! Hear Ye! On Mar 10, 2020 Sheila Maddox, Founding Queen Mother of the Chic Chickies of Baltimore, MD, announced that Arlene Freeman is the new reigning queen. Arlene has been a member of the Red Hat Society since May 2011. She is one of the original six Chic Chickies. Please congratulate Queen Arlene Freeman as the new queen. (Ladyphila19@gmail.com)



The new Queen Arlene

We bid farewell to Queen Sheila as she awaits moving in the future and we wish her well. She will continue Red Hatting, just in a different location.

Red Hat Traditions and Symbols

Queen/Ambassador BJ from DE offers these reminders for what we may have forgotten:



The Red Hat: The Red Hat symbolizes so many things for us -- confidence, self-acceptance, joy, pride. We should wear one at all times

The Red Feather: Represents a Red Hat Hug



Wax Lips: Represents finding the child within us

The Beads: Symbolize the spirit of dressing up



The Official Cake: The Ding Dong it is the official cake of the RHS Chocolate reminds us to indulge in the pleasures of life

The Kazoo: The official musical instrument



The Candy: Nestle Treasures because of their red and purple wrappers

The Official RHS Theme Song: I'm In Love With a Red Hat Girl, by Mike Harline

The Official Sport: Shopping

Jokes:

1. Pharmacist to customer: "Sir, please understand; to buy an anti-depression pill you need a proper prescription. Simply showing your marriage certificate and wife's picture is not enough!"
2. A man was granted two wishes by God. He asked for the best drink & the best woman ever. Next moment he got a mineral water & Mother Teresa.
3. There are 3 kinds of men in this world. Some remain single and make wonders happen. Some have girlfriends and see wonders happen. The rest get married and wonder what happened!
4. Bookseller conducting a market survey asked a woman - "Which book has helped you most in your life?" The woman replied, "My husband's check book!!"
5. A prospective husband in a book store "Do you have a book called 'Husband - the Master of the House?'" Sales girl: "Sir, fiction and comics are on the 1st floor!"
6. Someone asked an old man: "Even after 70 years, you still call your wife darling, honey, luv. What's the secret?" Old man: "I forgot her name and I'm scared to ask her."

-- submitted by Queen & Ambassador BJ Young, The Pirates of the RHS Delaware Bay --

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it! This is so true.

Don't you just love to hear "You don't look that old."

Get Your Annual Checkups

In last month's issue, I mentioned the importance of getting your annual mammograms, even if cancer does not run in your family. I shared my own experience in last month's newsletter and Part 2 appears as the last page of this April issue. I invited any or our readers to share their experience with cancer or any other illness. I received the following from one Red Hatter who wished to remain anonymous. Some words have been deleted.

"Even though I have been getting regular mammograms for years My last one in December did not come back normal. I received a letter saying to come back in, which I did, only to be told there was a spot on the right side that caused some concern. I too had a biopsy which, fortunately, turned out to be a benign cyst. Unfortunately, my story didn't end there.

"I ... started to experience spotting every couple months I finished menopause 10 years ago. My doctor ordered tests. The uterine sonogram and scans showed the lining, which should be 4-5mm, was 19mm. I was then sent to another doctor who did a uterine biopsy. I went on vacation and tried not to think of the possible outcome. While on vacation, I received a phone message from the doctor to call her immediately. I knew it was bad. Stage 1 uterine cancer. It was tough to hear. A friend was with me at the time of the call and she was the first to know. I set up an appointment the following week with the oncologist-surgeon to discuss the situation. Like you, it was caught early and a complete hysterectomy should take care of it.

"Surgery is scheduled. I can only tell people this way, in writing. When I try to tell anyone face to face, I can't take the "I'm so sorry" and the look that comes with it. I have only told my mom, dad, one of my aunts and three friends who don't live in this area. When I saw the surgeon I

had a trip planned to visit my aunt first and I really wanted to put off any treatment until after that. Like you, I wanted to take that trip, though I would have canceled if needed. She was very supportive and said to take the trip mostly because she couldn't do the surgery until the scheduled date. Though the prognosis is good and I probably won't need chemo or radiation, depending on surrounding tissue biopsy outcomes, telling people you have cancer is tough. Telling yourself it will be fine according to the doctor is tough. I have days where I am good and other times I just break down into tears....Stay strong and thanks for sharing your story."

If you read this story in its entirety, you can see how important those checkups are. Don't delay. If you feel something in your breast or see spotting, contact your primary care physician to get guidance on what to do and where to go next. Don't wait for COVID19 to be over before you seek medical testing. It might turn out to be nothing in the end or it can save your life.

Again, I invite our readers to send me your personal experiences in receiving bad news about your health, not limited just to cancer. How did you, or are you, handling it? You can remain anonymous if you prefer. Tell your story to help educate other readers. Your experience might just save a life.

Thank you for taking the time to read this very important article.

Your **gynecologic** health provider is focused on maintaining your health and addressing your unique needs throughout your lifespan, and an annual visit ensures you will be screened appropriately, and more proactively manage health concerns for a better quality of life. If you don't have a gynecologist, consider looking for one. Your primary care physician can help identify one for you.

Greetings from a Hawaii Chapter

Aloha 'oukou....Aloha to all!

Just thinking....What can we do to offset the imbalance that this COVID-19 virus has unleashed in our world? We are isolated, with little knowledge of what will come and feeling helpless.

The power of group prayer or collective energy can bring about such great results.

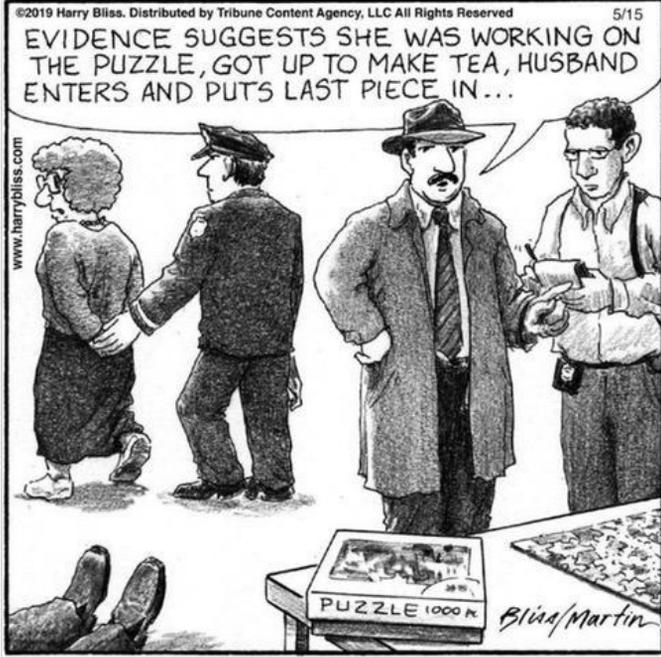
How about sending out **ALOHA** in whatever form that feels right! No matter what time zone you are in, at **6:00 pm** your time, please pause for a moment. Send a healing thought, recite your favorite poem or saying, 'oli (chant), pray, dance or sing. *IMAGINE*, by John Lennon is a good one. So is your favorite hymn or mantra. Whatever promotes peace and positive vibes.

Realistically there will be so many of us in our respective time zones sending waves of powerful energy out to the world.

Please share with your circle of friends who may appreciate this. Let's bathe the world in Aloha....Mahalo!

With aloha,
Leila Nagamine
Na Huapala chapter, O'ahu Hawai'i

NEVER BE AFRAID TO TRY SOMETHING NEW. REMEMBER, AMATEURS BUILT THE ARK; PROFESSIONALS BUILT THE TITANIC.



Snuggle where and when you can; these are tough times.

Toilet Paper Shortage? Anxiety?

Can you ever remember a time when toilet paper was nowhere to be found? There's always a run on the white stuff just before a major storm but it is usually restocked quickly.

A friend recently sent this "joke" to me. Please do not be offended. I needed the laughter at the time and I roared....

"There's a photo going around about CBD Toilet Paper. Maybe people need to buy some and calm their asses down!"

I found the photo (see below). It really exists. I suppose it too is out of stock.



The paper tubes go over the water pipes to keep the paper warm. How do you get the rolls on the pipes? What happens if the pipe springs a leak?



Toilet wipes



-- Judy Litke, Editor --

P.S. – While I was looking for the CBD toilet paper I found a few other interesting images that I did not know existed....



The original patent from 1891 for a toilet paper roll shows the correct rolling direction, in case you ever doubted.



When two people live in a home, this could be a bone of contention! How about you? Are you putting the roll on correctly? Oh wait, out of toilet paper.

Eating, Eating and More Eating....

The more we watch TV, the more anxious many of us have become. I don't know about you, but watching TV makes me look for something to snack on.

If you get the urge to snack, get up and cook something healthy. You will use all your senses and you will feel better for eating something healthier than a bag of salty chips, a huge candy bar or some other things that taste very good but raise our blood pressure, cholesterol and help us pack on the pounds.

Some healthy recipes appear on the next pages. If you have a recipe for healthy eating, send it to me at moonrockB@aol.com.

The Stages of Grief....

When we think of grief, we think of losing a loved one. Did you know that you probably have gone through these stages many times throughout your life and you are probably experiencing them right now? **Helpguide.org** defines grief as "a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness." Other examples of when you might experience grief are:

- Bad health occurrences or injury (no longer the perfect specimen of health, you have limitations placed on you by doctors)
- Loss of a home (fire, tornado, earthquake are things that can destroy a home and life as you know it. You feel like you have no control and life is quite grim at the moment.)
- Loss of a job (no longer have an income to support your needs; loss of self-esteem and purpose)

The Stages of Grief (continued)

- Loss of a close friendship or termination of a family relationship (loss of love, emotional sharing)

There are others too. This pandemic has most likely triggered the grief process for many of us. Here are the stages:

Stage 1: Shock

When something traumatic happens, you might feel disbelief or denial. Shock blocks the pain and enables the body to work through disbelief or denial.

Physical symptoms might be pacing, wringing hands, pacing or roaming around the house, shaking your head as if to say no.

Stage 2: Recoil

This is when you finally accept the loss and try coming to terms with it. Most people eventually accept the loss and stop fighting against it, often experiencing deep sadness and loneliness. Some try bargaining with God or someone else.

Some signs might be lamenting, panic or anxiety, feelings of loss, guilt and/or anger, faith crises, depression, loneliness, or resigned to accept the loss.

Physical symptoms might be headaches, backaches, upset stomachs or other ailments that just occurred after the loss.

Stage 3: Rebuilding

This is when grieving people accept the loss and are ready to move on – adjusting to life as necessary to have a new normal.

Physical symptoms might be less anxiety, some joy, and looking forward to tomorrow and the next day.

Intermingling the Stages: People often go back and forth between the stages, even after reaching Stage 3. The goal is to press on to reach your new normal.

(continued on next page)

The Stages of Grief As It Relates to the Pandemic

Stage 1: Shock

Things we are shocked about:

- Where's all the toilet paper, paper towels and sanitizers? How can people be such greed hogs?
- We can't visit, touch or hug anyone.
- Doctor and/or physical therapy appointments are either canceled or there is a new way to do things
- Our favorite places to eat are closed unless they resort to selling take-out to long lines of cars.
- We know first responders are on the front lines, but who would have thought those who work in grocery stores are on the front lines too?
- Who will catch it? How many will die?
- In the 21st century, how can we be living during something that happened in the dark ages (most recently the 1918 flu)?

Feelings we might have: disbelief for sure. Some younger people might have been in denial at the beginning but hopefully they are well informed now.

Stage 2: Recoil

As we see the numbers increase, we realize this really is happening. We must comply with social distancing, self isolation, etc. if we want to have a fair chance of avoiding the virus.

Panic may set in about what happens when you run out of food and supplies and that much sought-after toilet paper. **Anger** may result from you not being able to go where you want to go, do what you want to do. Events you have longed to attend are being canceled.

Loneliness may set in for those living alone. Some might blame God for this pandemic and suffer a **faith crisis**. Eventually we must **resign ourselves** to the fact that our governor and other leaders are doing what is best for us and we must comply. We hope to survive and

look forward to the time when a vaccine will be identified so we will be safe from COVID19 in future years.

Stage 3: Rebuilding

We attempt to rebuild our new norm for a day or so and then more restrictions are placed on us. We must incorporate those into our lives in order to stay safe, thus having to recreate a new norm. We used to stop into a grocery store or quick market whenever we needed something. Now we limit the amount of trips to once a week or even wait longer than that.

Our doctors are now "seeing" us via telephone.

If we are feeling sick, our first call is to our primary care physician (if we have one). S/he will determine whether we are to be tested for the virus or whether we take a pill, drink plenty of fluids and just stay home.

Intermingling the Stages:

We might jump back to shock, thinking about some of the things already identified in the left column or even having additional questions.

We might jump back to recoil, getting angry that more weeks are being piled to our isolation time. More events are being canceled.... Some have increased anxiety as numbers of infections and deaths increase. Anger creeps in if someone we loved died during the pandemic. We can't even give them a proper funeral.

BOTTOM LINE: We are all in this together, not just as Americans, but citizens of the world. Reach out and contact someone instead of being sad about not being able to hug them. Donate money to food banks that are helping those who can't get groceries because they lack funds or transportation. **DO NOT FALL PREY TO SCAMS.** Look for humor. Laughter is always the best medicine and we sure do need some at this stressful time in our lives.

-- Judy Litke, Editor --



CHEF RUBY

Noodle Pudding

-- submitted by Barbara Bryce, Red N Pink Roses Are We --

This recipe is very easy and not very expensive. It is served instead of potatoes, rice, or spaghetti. It is fairly fattening and that's why it's very delicious.

INGREDIENTS:

- 12 to 16 oz. wide egg noodles
- One and a half sticks of butter
- 2 eggs
- One 8 oz. sour cream (not reduced fat)
- optional salt, about one tablespoon

DIRECTIONS:

1. Cook noodles about 2-3 minutes less than package says. Stir every so often. Drain.
2. In the meantime, melt butter at low temperature in a baking pan (not metal). Do not let it brown.
3. Stir sour cream until smooth. Beat the eggs. Add sour cream and eggs to noodles. Add noodles to butter and mix well.
4. Pour into a baking pan. Bake at 350 degrees until brown and crispy -- about an hour, depending on your oven. Enjoy.

TIP: If you want to reheat it the next day, and you want it to be crispy, heat it in the oven. If you don't care if it's crispy, you can heat it in the microwave on a microwavable plate.



CHEF RUBY

Old Fashioned Baked Macaroni and Cheese

-- submitted by Queen & Ambassador BJ Young,
The Pirates of the RHS Delaware Bay --

This classic Baked Macaroni and Cheese dish comes together quickly and is sure to be a family favorite thanks to its cheesy flavor.

Prep: 15 mins

Cook: 25 mins

Yields: 4 Servings

INGREDIENTS:

- 8 oz. (1/2 pkg) Mueller's Elbows
- 1/4 cup butter or margarine
- 3 tbsp all-purpose flour
- 1/8 tsp salt (optional)
- 1/8 tsp dry mustard
- 1/8 tsp black pepper
- 2 cups milk
- 2 cups shredded sharp cheddar cheese

DIRECTIONS:

1. Preheat oven to 350°F.
2. Cook pasta for 3 minutes and drain well.
3. In medium saucepan, melt butter. Stir in flour, mustard, salt, and pepper.
4. Gradually add milk and cook until mixture is smooth and bubbly, stirring constantly.
5. Cook over medium heat until mixture boils, stirring constantly.
6. Turn heat to low and simmer 1 minute, stirring constantly.
7. Gradually mix in cheese and stir until cheese is melted.
8. Add pasta; mix lightly. Pour into 2-quart casserole.
9. Top with croutons. Bake uncovered for 25 minutes or until internal temperature reaches 165-175 degrees.

TIPS: Stir bacon, diced ham, or other add-ins into the mixture before transferring it to the casserole dish for a twist on a classic.



CHEF RUBY

Turkey Cranberry Tea Sandwiches

*-- submitted by Queen & Ambassador BJ Young,
The Pirates of the RHS Delaware Bay --*

Makes 12 tea sandwiches

INGREDIENTS:

8 slices whole wheat bread, frozen
16 pieces of very thinly sliced turkey
1 package Neuchâtel Cheese (low-fat cream cheese, at room temperature)
3 Tbsp orange marmalade
1/4 cup dried cranberries, finely chopped
pinch of salt and pepper

DIRECTIONS:

1. In a medium bowl, mix cream cheese, marmalade, cranberries, salt and pepper together.
2. Remove bread from freezer and place the slices on a large work surface.
3. Spread cream cheese mixture on each of 8 bread pieces evenly, making sure to cover the entire front surface of each piece.
4. Place 4 slices of turkey on each of 4 pieces of bread. Top with the other 4 slices of bread; press down slightly, and cut off crusts using serrated knife.
5. Cut each crustless sandwich into 3 equal pieces lengthwise and enjoy!



Total Time: 1 hr 15 mins

Serves: 16

INGREDIENTS:

- 1 3/4 cups all-purpose white flour
- 1 cup white granulated sugar
- 3/4 cup unsweetened Dutch-process cocoa powder
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 cup buttermilk
- 1 cup packed light brown sugar
- 2 large eggs, lightly beaten
- 1/4 cup canola oil
- 2 teaspoons pure vanilla extract
- 1 cup hot strong black coffee



Icing:

- 1 cup confectioners sugar
- 1/2 teaspoon pure vanilla extract
- 1 to 2 tablespoons buttermilk or low-fat milk

DIRECTIONS:

1. Preheat oven to 350 degrees F. Lightly oil a 12-cup Bundt pan or coat it with nonstick cooking spray. Dust the pan with flour, invert and shake out the excess.
2. In a large mixing bowl, whisk together flour, white sugar, cocoa powder, baking soda, baking powder and salt. Add buttermilk, brown sugar, eggs, oil and vanilla; beat with an electric mixer on medium speed for 2 minutes. Whisk in hot coffee until completely incorporated. (The batter will be quite thin.)
3. Pour the batter into the prepared pan. Bake for 45 to 55 minutes, or until a cake tester inserted in the center comes out clean. Cool the cake in the pan on a rack for 10 minutes; remove from the pan and let cool completely.
4. To make icing: In a small bowl, whisk together confectioners' sugar, vanilla and enough of the buttermilk or milk to make a thick but pourable icing. Set the cake on a serving plate and drizzle the icing over the top.

NUTRITION FACTS:

Serving Size: 1 slice

Per Serving: 240 calories; 5 g total fat; 0.9 g saturated fat; 24 mg cholesterol; 362 mg sodium. 142 mg potassium; 47.6 g carbohydrates; 1.9 g fiber; 34 g sugar; 3.7 g protein; 43 IU vitamin a iu; 45 mcg folate; 71 mg calcium; 1 mg iron; 28 mg magnesium

PHOTO OPS

Red Hat Dancers of Maryland Celebrate St. Pat's Day

-- submitted by Beverly Goines --

On March 14 The Red Hat Dancers celebrated St. Patrick's Day at Old Town Bowie Grill. We first enjoyed Shamrock pops for dessert. Most of us ordered their Shepherd's Pie, which was excellent. Our server was a bubbly and a happy young lady who was amused by our outfits.



MORE PHOTO OPS

The Scarlett Hatters of Rumsey Island, MD **Cancelations**

-- submitted by Queen Bev Kott--

Due to the serious nature of the pending coronavirus, The Scarlett Hatters of Rumsey Island have canceled all Red Hat Events until further notice.



Pictured are JVQ Vicky Mitchell, Barbara Ledford, Echo Griffin, and Queen Bev Kott



Pictured are Pat Kozlowski, Nancy Wasmus, Mary Carol Bruff, Pam Quinn, Karen Gray, Nancy Sauce, JVQ Vicky Mitchell, and Dee Koslowski

MORE PHOTO OPS

Become a Member of The Pirates of the RHS Delaware Bay

*-- submitted by Queen & Ambassador BJ Young,
The Pirates of the RHS Delaware Bay --*

The Pirates of the RHS Delaware Bay Chapter is located in Lewes Delaware. We have members who come from Sussex, Kent, and New Castle County, DE, plus Maryland. We do not meet in one place but all over.

Pirates of the Delaware Bay: We meet as the wind blows (no scheduled meetings), we go on Adventures from April til October all over the State dressed in Pirate. We include our Mates as guests. They too must dress in Pirate to join us in the adventures.

To be a Pirate you must be a supporting member of the Red Hat Society. At the present time there are 36 Pirates.

Feel free to call me any time with Questions 302-945-1936 or bjy324@verizon.net
Queen BJ Young RHS Ambassador-Delaware





Items for Sale from Paulette Brown

Contact

Paulette Brown
Red Hat Whimsy
redhatwhimsy@yahoo.com

Facebook: Red Hat Whimsy by Paulette Brown

TO ORDER shirts: Make checks payable to Paulette Brown. State which shirt you want and what size. Include name, address, city, state, zipcode and phone number.

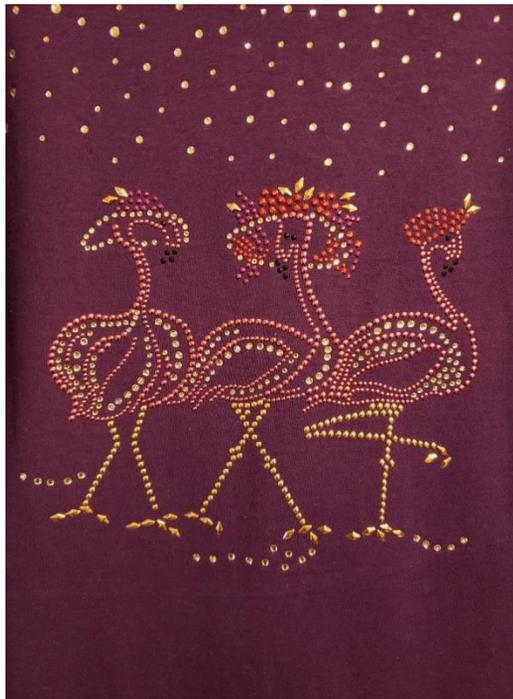
MAIL TO: Paulette Brown, 4920 5th Street NW, Washington, DC 20011



T-Shirts for Flamingo-Themed Events

Cost for short sleeve:
\$30.00 plus shipping

Sizes available: S – 3X



(Larger view of shirt on the left)



Jewel embellished leggings. Dripping in clear rhinestones, designed with loads of sparkle for all your Red Hat events or special occasions. Sizes S - 3x-4x. \$35.00.

Reminder : The Annual International Red Hat Society Convention is Aug 13-16, 2020 in Palm Desert, CA. The theme is: Flamingo Fling, Palm Desert, CA *



Items on this page are available at Royal Splendor

www.royalsplendor.com

Phone: 866-212-9983



The Red Hat Society will be 22 years old in April 2020. These items highlight the event.



Red Hat Society Birthday

APRIL 10 - 20, 2020

Canada & Hawaii Cruise

powered by Royal Splendor Travel

Itinerary

APRIL 10, 2020	VANCOUVER, BRITISH COLUMBIA
APRIL 11, 2020	VICTORIA, BRITISH COLUMBIA
APRIL 12, 2020	AT SEA
APRIL 13, 2020	AT SEA
APRIL 14, 2020	AT SEA
APRIL 15, 2020	AT SEA
APRIL 16, 2020	AT SEA
APRIL 17, 2020	LAHAINA, MAUI, HAWAII
APRIL 18, 2020	HILO, HAWAII
APRIL 19, 2020	KAILUA KONA, HAWAII
APRIL 20, 2020	HONOLULU, OAHU, HAWAII

Accommodations

CABINS STARTING AT \$1019**

**Cabin prices do not include Taxes, Fees, Port Expenses & RST Activity Fee: \$292.62pp, which will be added in addition to their base cabin price.

Prices are listed per person, non-air cruise-only and based on double occupancy. Prices subject to change at any time.

2020

ROYAL SPLENDOR TRAVEL

Pre Tour

VANCOUVER, BC FINEST PRE-TOUR EXPERIENCE

OPTIONAL - PRIVATE TOUR

APRIL 7 - 10, 2020

- BOYCHART GARDENS & HIGH TEA
- HARBOR SUNSET DINNER CRUISE
- GRAND CITY TOUR
- STANLEY PARK
- GRANITE FALLS
- WHALE WATCHING CRUISE

Post Tour

HONOLULU, HAWAII

OPTIONAL - PRIVATE TOUR

APRIL 20 - 23, 2020

- EXPERIENCE THE HAWAIIAN CULTURE WITH NANCY AS SHE SHARES HER CHILDHOOD MEMORIES.
- OUTRIGGER CANOE CLUB PRIVATE SUNSET DINNER WITH ENTERTAINMENT
- ALOHA STADIUM - THE ULTIMATE TRINKET SHOPPING
- POLYNESIAN CULTURAL CENTER
- BREATHTAKING ISLAND TOUR
- PEARL HARBOR

British Columbia and Hawaii

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CELEBRITY ECLIPSE SHIP
CANADA & HAWAII CRUISE
APRIL 10 - 20, 2020



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Button Pins



Birthday Girl pin available with a purple or lavender hat
Size is 3" diameter, pin back
Cost \$1.49 each



Power of Fun
Size is 3" diameter, pin back
Made in USA;
Cost \$1.49 each



Flamingo Fling 2020
Size is 3" diameter, pin back
Made in USA;
Cost \$1.49 each



Red Hat Society
Size is 2.25" diameter, pin back
Made in USA;
Cost \$1.29 each



Items on this page are available at Royal Splendor

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More Iron on Patches

Each are 3" in diameter

Each cost \$4.99





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More Iron on Patches

Each are 3" in diameter

Each cost \$4.99



Just for Fun

Quiz for Seniors:

1. Which song ends with the line, "God speed your love to me"?
2. On the 14th of which month of the year do the French celebrate Bastille Day?
3. What three surnames did JFK's first lady have during her lifetime?
4. In the story of Snow White which of the seven dwarfs was beardless?
5. Which animal falls asleep in a teapot in the 1865 "Alice's Adventures in Wonderland"?
6. Which Australian landmark is nicknamed "The Coat Hanger"? (hint: it's a bridge)
7. In which year did the Titanic sink?
8. In the 1960s television series, "The Man from Uncle", which actor played Napoleon Solo?
9. In the phonetic alphabet (e.g., Alpha, Bravo, Charlie, ...), what word represents the letter X?
10. In the nursery rhyme, where did the cow jump?
11. What major event took place on Jun 6, 1944?
12. Born in Dec 1901, what nationality was film star Marlene Dietrich?
13. In the film "All the Presidents Men", Robert Redford and Dustin Hoffman played journalists investigating which 1972 break-in?
14. Which poet did Elizabeth Barrett marry on Sep 12, 1846?
15. The deathcap is the most poisonous type of what?



-- submitted by Kate Eustice --

Remember when ...

- No one ever asked where the car keys were because they were always in the car, in the ignition and the doors were never locked.
- Lying on your back in the grass with your friends and saying things like, "That cloud looks like a ..."? Come to think of it, you can still do that (exercise social distancing).
- Summers filled with bike rides, hula hoops, pogo sticks, going to the pool, and eating Kool-Aid powder with sugar

-- submitted by Yvonne Danel --

- Answers to Quiz for Seniors:**
1. Unchained Melody (it was used in the movie Ghost); 2. July; 3. Bouvier, Kennedy, Onassis; 4. Dopey; 5. Dormouse; 6. Sydney Harbour Bridge; 7. 1912; 8. Robert Vaughn; 9. X-ray; 10. Over the moon; 11. D-Day landings; 12. German; 13. The Watergate complex; 14. Robert Browning; 15. Mushroom

More Just for Fun



April Foolery!

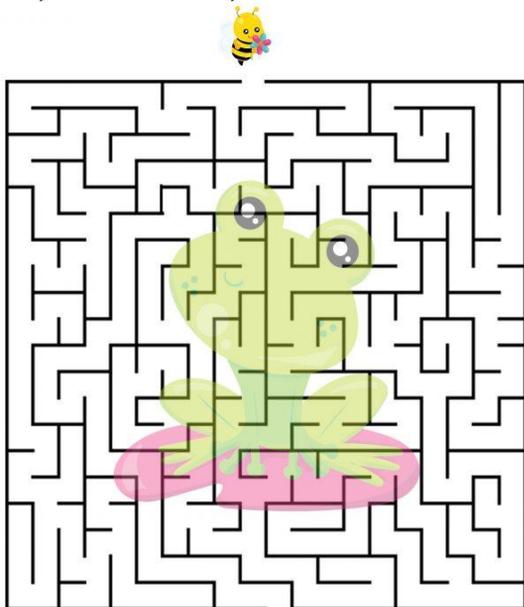
Unscramble the letters below to make 5 words related to April Fool's Day. Then unscramble the letters in the red squares to answer the question at left.

AKPRN
 KEJSO
 NUF
 KITCR
 EJERTS

In which country did April Fool's Day originate?

©Surfing the Net with Kids, April 1, 2000
 Puzzle by HeadWorks www.headworks.com

Complete the Maze! Help the bee reach his duck friend.



Aprilway Oolstaf!

Printables4Me.com

ANSWERS: Prank; Jokes; Fun; Trick; Jester. The country is France.

Something To Do While Staying at Home:

Complete a jigsaw puzzle, take a photo of the completed puzzle and send to moonrockB@aol.com along with the following info:

- your name and your chapter name
- how many people worked on the puzzle
- how many pieces in the puzzle
- how long it took to finish it

Answer to Maze: No way, Jose. April Fool's.

Judy's Breast Cancer Journal

Part 2 – The Waiting

If you read the March 2020 Newsletter all the way through, you saw Part 1 of my journal on dealing with breast cancer.

By the time Mar 1 came, COVID19 had reached one county in MD. My pre-op appointment with my primary care physician (PCP) was set for Mar 12. By then, I had not been sleeping and was eating all the wrong foods. The PCP prescribed Xanax for extreme anxiety and Cymbalta for sleep. Cymbalta has dangerous side effects so I have not taken those. I have taken the Xanax every 2 to 4 days. They too have side effects and can be habit forming.

I'll spare you a lot of details of the roller coaster I was on between Mar 12 to Mar 25. The surgeon's office called on Mar 25 to cancel my surgery. Shock, panic, extreme anxiety, disappointment and anger were some of my feelings. I cried for three days and still have some crying moments.

I did not ask God why I got cancer but I did ask why no surgery yet. The stages of grief came to me. As a trained Stephen Minister, I work with women, one-on-one, who are going through any kinds of crises. I am so thankful for the training I received six years ago on caring for people who experience grief. It has helped me over the last two days to get hold of myself and try to pull myself out of despair and depression. I'm still working on that. I'm in Stage 2 of the grief process (Recoil). I have passed through Stage 1 (Shock), accepting that this pandemic has messed up so many lives and much of the world, as we knew it, has stopped turning.

The surgeon's office has turned my file over to oncology and I was told I would receive a call to set me up with some type of pill that

may slow down the cancer as it continues to grow. I did not get a call on Thurs or Fri last week but, then, I was in no shape to speak with anyone. Even as I write this on Mar 28, I find it difficult to deal with. So close.... How long will it be? Will we all be back to near normal in two or three months? Will we have to wait until a vaccine is developed before we can resume life as we used to know and live it? If the delay drags on for months, I expect the entire process of diagnosis will have to begin again to determine if I have moved above Stage 0 and how much, if any, has the cancer spread. I can only hope and pray that a small window opens for me to have surgery before the next season of flu and COVID19 begin to occur in Sep or Oct, as some scientists predict.

On a positive note, I got a call from the spine surgeon's office and was able to move my spine appointment to Mar 30. He has agreed to do the procedure to eliminate my lower back pain. It was to have waited until I recovered from cancer surgery. Might as well get that done and out of the way. It will be one less worry.

Please pray for me, for all those whose surgeries have been delayed, and for sick and healthy alike, that coronavirus moves on out of here soon. I pray that each of you and your loved ones stay safe.

Hugs – Judy Litke

Patient: "I get a terrible pain in my eye when I drink a cup of coffee."

Doctor: "Try taking the spoon out."



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Laughter is the best medicine sometimes.