

**VOLUME V-8, AUGUST 2020**

**From the Editor:**

Now we are into August, still being careful not to catch COVID19. I hope you are all wearing masks and social distancing. It is very disturbing to see so many young people not heeding these safety warnings.

Some RH events on pages 2-3 are still listed as happenings. Be sure to check with the event hostess before making your travel plans.

Thanks to you ladies who sent me items to include in this issue. A few chapters even had recent outings. Check those out on the photo pages. If you sent me something and it has not yet been posted, be patient. It will appear in a future issue. If you have a game, a photo, contest idea, riddle, clean joke, etc. – send them to me for a future issue.

Please keep all RHers and their families in your prayers during this pandemic. Pray that we stay well and can gather together soon. Pray that any who have caught the virus are healed. Pray that any who have passed from the virus will rest in eternal peace. Pray that those who have lost jobs will have all their needs met.

Where possible share what you have with those who do not have but need.

*Sending virtual hug*



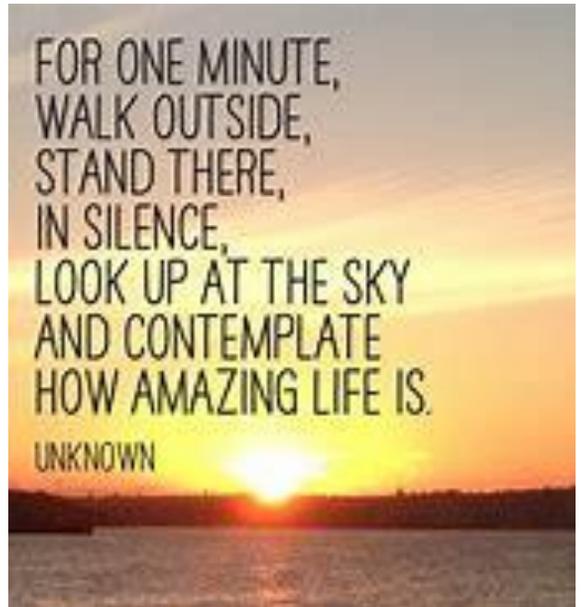
*Judy Litke*  
moonrockB@aol.com

**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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*We won't be separated forever.  
So until then, lets stay strong.  
Together. ♡*

**DEADLINE** For September  
Newsletter Articles: **Aug 26, 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".

**Aug 9, 2020:** "Pretty in Paris" luncheon hosted by The Belles of Scarlett, in Charlotte, NC

**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 \*~~  
**rescheduled for May 6-9, 2021**

**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~~ **New dates are Sep 9-11, 2021** For info contact: Christine Towers [primetimebelle@aol.com](mailto:primetimebelle@aol.com)

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

**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~~ **rescheduled for Oct 1-3, 2021** (Any questions contact [chark@itctel.com](mailto:chark@itctel.com) or call 605-360-2771

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

**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~~ **CANCELED, will be recheduled in 2021**

**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~~ \* **CANCELED**

**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](mailto:joann@purpleology.com) for details

*Upcoming Red Hat Events (Continued)*

**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 (updated info available upon request to moonrockB@aol.com)

**NEW** Nov 13-15, 2020: 17<sup>th</sup> Annual Red Hat Ozark Mountain Christmas 2020, Theme is Hippie Holiday, in Branson, MO

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

**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) \*

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**Aging:**

- The older we get the fewer things seem worth waiting in line for. (Mostly because we forgot why we were waiting in line in the first place.)

- Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true. I love to hear them say: “You don’t look that old.”

**Red Hatters Invited  
Events Open to Anyone**

**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**)

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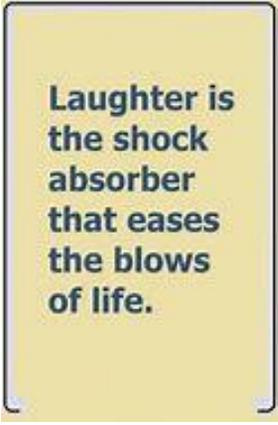
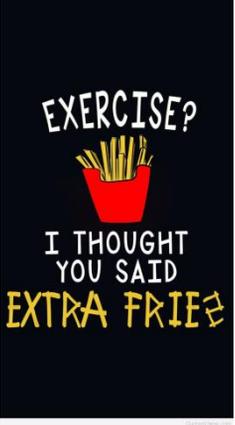
**Very Interesting!**

Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

**BECAUSE**

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

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## 5 Ways to Tell if You're Dehydrated – and What to Do About It:

Staying hydrated, especially in hot summer months, is very important. The CDC found in studies that only about 30% of total water consumed by adults was from plain water, while the rest was from sodas, juices or foods. Here are 5 ways to know you need to drink something – water is always best:

**1. You Are Thirsty:** Typically, by the time you feel thirsty, you are already dehydrated. Thirst and dry mouth are usually signs of mild or moderate dehydration. It is important to get some water after you feel thirst so dehydration does not get worse.

**2. You Haven't Gone to the Bathroom:** What is the color of your urine? A hydrated person has urine that is pale yellow; the more dehydrated you are, the darker the color your urine is – from golden yellow to almost brown.

**3. You Feel Tired:** Water keeps your body working smoothly and your mind sharp. Dehydration makes your body work harder to do daily tasks, resulting in fatigue. Before turning to caffeine, like coffee or tea, which are diuretics that can dehydrate you more, sip on some water to get your energy levels back up.

**4. You're Head Hurts:** Not drinking enough water can bring on a headache and/or make you irritable. Studies have found that dehydration can disrupt cognition and mood, leading to these uncomfortable side effects.

**5. You Feel Dizzy or Confused:** Dehydration can also lead to disorientation and dizziness. Forgetfulness can also accompany these symptoms. If you have been out in the sun or have gone a while without drinking water, it's important to hydrate as soon as possible. Seek medical attention if symptoms become severe.

## Tips on Staying Hydrated:

- Carry a bottle of water with you everywhere.
- Add some fruit to your water or place water and fruit in an infuser.
- Fruits and vegetables have water too, from watermelons to brown rice (yes, 1/2 cup cooked brown rice has 2.5 oz. water).

## Others Effects of Dehydration:

- Reduce oxygen to your brain.
- Dry mouth can cause bad breath and unpleasant tastes, which can cause cavities.
- Skin becomes less elastic. Skin that is chronically dehydrated is more prone to wrinkles (though drinking a ton of water does not prevent wrinkles).
- Less water means lower blood volume, which challenges your heart and makes it work harder to get blood and oxygen to your organs and muscles.
- Your muscles become more fatigued faster; muscle fatigue can result in muscle cramps. Water helps remove waste from your muscles as they contract and lubricate your joints. The waste from your bloodstream is filtered through the kidneys and excreted, so being severely dehydrated can build up toxins in your kidneys and, in extreme cases, cause them to stop working.

## How Much Water Do You Need to Drink?

- Most women need 91 ounces of liquid a day (from food and drink). Your urine color will show whether you are drinking enough.
- During exercise, drink 7-10 ounces every 10-20 minutes.

## 5 Ways to Get Your Fill:

1. sip iced tea or coffee;
2. jazz up your ice cubes with fresh fruit, spices or extracts;
3. raise a glass of beer;
4. munch on cucumber slices;
5. eat some soup



## CHEF RUBY

# Simple & Tasty Recipes for Hydrating

Source: *EatingWell Magazine, July/August 2011*

## Summer Tomato, Onion & Cucumber Salad

Fresh wedges of tomato, thinly sliced onion and sliced cucumber dressed simply with vinegar and oil makes the most simple salad possible -- think of it as the Southern counterpart to the classic Italian tomato-and-mozzarella salad. It is best enjoyed at the height of summer, when tomatoes and cucumbers are fresh from the garden.

## Watermelon Sorbet

### Ingredients:

- 1/2 cup sugar
- 3/4 cup water
- 6 cups watermelon chunks (4 lb. watermelon)  
seeded
- 2 Tbsps. Lime juice



### Directions:

1. Combine sugar and water in a medium saucepan. Bring to a boil over medium-high heat, stirring to dissolve the sugar. Reduce heat to low and simmer for 5 minutes. Remove from heat and let cool to room temperature (about 45 minutes). Cover and refrigerate until chilled (about 1 hour).
2. Place watermelon and lime juice in a food processor; process until smooth. Set a sieve over a large bowl and press the puree through to remove tiny seeds. Whisk in the sugar syrup.
3. Pour the watermelon mixture into a shallow metal pan and freeze until ice crystals form around the edges (about 30 minutes). Stir the crystals into the center of the pan and return to the freezer; repeat every 20 minutes until all the liquid is frozen.
4. Serve immediately or transfer to a storage container and let harden in the freezer for 1 to 1 1/2 hours. Serve in chilled dishes.



**CHEF RUBY**

## Simple & Tasty Recipes for Hydrating

### Strawberry Bruschetta

#### Ingredients:

- 4 thick slices whole wheat bread
- 6 Tbsps. Light brown sugar
- 1 tsp. grated lemon zest
- 2 tsps. Lemon juice
- 3 cups sliced or diced hulled strawberries
- 4 Tbsps. Mascarpone (Italian cream cheese)

#### Directions:

1. Toast bread in a toaster or toaster oven.
2. Meanwhile heat a large skillet over high heat. Add sugar, lemon zest and lemon juice and cook, stirring until the sugar melts and the mixture begins to bubble (30 seconds to 1 minute). Add strawberries and stir until juices begin to exude and the berries are heated through (30 seconds to 1 minute more).
3. Spread 1 Tbsp. mascarpone on each piece of toast. Top with the warm berries.

**Tip:** Prepare the sauce (Step 2), cover and refrigerate for up to 2 days or freeze for up to 1 month. To reheat, microwave on High for about 1 minute (defrost first, if necessary)



# CHEF RUBY

## Tasty Recipe for Hydrating

### Strawberry Pandowdy

#### Ingredients:

- 3/4 cup white whole-wheat flour (see note)
- 1 tsp. sugar
- 1/4 tsp. salt
- 3 Tbsps. cold butter, cut into small pieces
- 2 to 3 Tbsps. Ice water

#### Filling:

- 6 cups hulled strawberries (about 2 lbs.), fresh or frozen, halved if large, or any combination of mixed berries
- 1/3 cup sugar
- 3 Tbsps. white whole wheat flour
- 1/2 tsps. ground cinnamon

#### Directions:

1. To prepare topping: Combine 3/4 cup flour, 1 teaspoon sugar and 1/4 teaspoon salt in a food processor and pulse to blend. Add pieces of butter one at a time, pulsing after each addition, until the mixture resembles crumbly sand. Add water, 1 tablespoon at a time, pulsing until the mixture begins to form a ball.

NOTE: If you do not have a food processor: combine flour, sugar and salt in a bowl. Add butter pieces and, with your fingers, quickly rub them into the dry ingredients until smaller but still visible. Stir in water, 1 tablespoon at a time, until the mixture begins to form a ball.

Transfer the dough to a piece of plastic wrap, shape into a square or round disk (depending on the shape of your baking dish), tightly wrap and refrigerate for at least 30 minutes.

2. Preheat oven to 400 degrees F.



**CHEF RUBY**

## Tasty Recipe for Hydrating

### Strawberry Pandowdy

Directions continued:

3. To prepare filling: Toss berries with 1/3 cup sugar, 3 tablespoons flour and cinnamon in a large bowl. (If using frozen fruit, let stand for about 30 minutes, stirring occasionally, to thaw the fruit before transferring to the baking dish.) Transfer to an 8- or 9-inch shallow glass or ceramic baking dish.
4. Roll out the chilled dough on a lightly floured surface with a lightly floured rolling pin until it's roughly the size of your baking dish. Fold the dough in half over the rolling pin to help you transfer the dough to the fruit. Place the dough over the fruit and tuck any overhanging dough into the edges of the dish. Make 8 to 10 small slits in the dough to vent steam. Place the baking dish on a baking sheet to catch any drips.
5. Bake for 30 minutes. Remove from the oven and, with the tip of a knife, cut the crust into 2-inch squares. Use a small spatula or spoon to press the squares of crust into the fruit until they're about halfway submerged. This is called "dowdying."
6. Reduce oven temperature to 350 degrees , return the pandowdy to the oven, and bake until browned and bubbly, 30 to 40 minutes more. Let cool for about 20 minutes before serving.



# PHOTO OPS

## Annapolis Red Hat Queens Celebrate

-- submitted by chapter member Gloria Criss --

These photos were taken at the 3rd Annual get together at the home of Queen Roselee Harrison. Queen Mother Patsy Carter and chapter members say "Hi to all our readers. Stay safe and be Blessed."



# MORE PHOTO OPS

## Scarlet Sophisticates (from VA) Met Up During Easter

-- submitted by Queen Lise Thom --

Yes, Easter has come and gone – yet another event under quarantine and social distancing and ...

Queen Lise went to each member's home for Easter for a little chat and some dancing with the bear. Girls just want to have fun!!!



*Continued on next page*

# MORE PHOTO OPS

Scarlet Sophisticates (from VA) *(Continued)*

-- submitted by Queen Lise Thom --



# MORE PHOTO OPS

## Red Hat Dancers (from MD) Break Out!

-- submitted by Queen Beverly Goines --

On July 2<sup>nd</sup>, several Red Hat Dancers ventured out to enjoy a picnic. Following the state guidelines for gatherings, we did our best to be as safe as possible. Everyone brought their own lunch to a well-maintained park near Arundel Mills. It was a hot day but the pavilion gave us both shade and a nice breeze. We played Red Hat Bingo, ladies brought their own markers and a game of Giant Jenga. Sherry Martzall was celebrating her birthday; it was so cool that she picked a block that said to sing Happy Birthday. We were up to 30 levels when the blocks fell over as someone was breaking up ice at the table next to the tower of blocks. We had time to catch up on each other's lives and shared lots of laughter and virtual hugs.

I'm not encouraging ladies to get out and about but, if you are inclined, you can find a way.



*Continued on next page*

# MORE PHOTO OPS

Red Hat Dancers (from MD) Break Out! (Continued)

-- submitted by Queen Beverly Goines --



Continued on next page

# MORE PHOTO OPS

Red Hat Dancers (from MD) Break Out! (Continued)

-- submitted by Queen Beverly Goines --





## Bling Masks for Sale from Paulette Brown

### Contact

Paulette Brown  
Red Hat Whimsy,  
E-mail: [redhatwhimsy@yahoo.com](mailto:redhatwhimsy@yahoo.com)  
Phone: 202-294-8377

**Facebook:** Red Hat Whimsy by Paulette Brown

TO ORDER any items on this page: Contact Paulette via e-mail or 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



**Masks** (left and below): Available in red, yellow, coral, mint and orange. Cost is \$12.00 per mask plus shipping.

**Bling Headband** (below): Currently available in black only. Cost is \$12.00 plus shipping



Items on this page are available at Royal Splendor

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

Phone: 866-212-9983



Got masks? Want to get a bag to hold them? Why not order two – one for clean masks and one for dirty masks.



Royal Splendor's Ravishing Rose Collection has jackets and shirts. Go to their web site to see what's available and the prices.



**Amelia Fascinator**

**\$16.99**



**Luna Fascinator**

**\$14.99**



**\$22.99**

***Exclusive to Royal Splendor - Protect yourself in style!***

Designed by Her Majesty of Bling

In response to so many of our wonderful customers asking for Red Hat face masks, we designed these exclusive masks and we wanted to give back to our *first responders by donating a portion of each sale to make masks. Thank you for your support in this effort!*

In keeping with the recommendations of the CDC we have constructed our face mask with the highest quality material available.

**\*MADE IN THE USA**

**\*3-Layers of protection & pocket**

\*Slit opening for disposable filter (4 coffee filters included to test)

\*100% Poplin cotton within the breathable area

\*97% & 3% Spandex ear loops makes for the perfect snug fit.

\*Soft & Comfortable feel against your face

\*One size fits most adults. Mask body size - 6"H x 7"W

\*Non-refundable or returnable due to the nature of the product

Machine or hand wash often or after each use. Hang to dry

Please note, masks help reduce exposure to dust, allergens, germs, and bodily fluids; however, masks are not a respirator and will not eliminate the risk of contracting disease or infection. Our masks are not a respirator and will not eliminate the risk of contracting a disease or infection.

Available in red, purple, lavender and pink

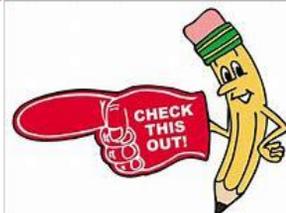


**Crisy  
Necklace Set** **\$29.99**



**BETTY ROSE  
BUN STICK** **\$4.99**

Be sure to check out Royal Splendor's collections of jewelry, hats/fascinators, fabulous ball caps, accessories and more...



**Check out the new collection of jar openers.** They'd make great gifts for anyone.



Items on this page are available at Royal Splendor

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

Phone: 866-212-9983

### Check Out the Antionette Collection



Scoop  
or  
V-Neck

**Antionette  
Short Sleeve  
Classic Shirt**

Starting @  
\$26.99



**Antionette  
Crystal Jacket**

Starting @  
\$54.99

Also available in 3/4 sleeve



**Antionette  
Denim Jacket**

Starting @  
\$59.99



**Antionette  
Denim Pants**

Starting @  
\$49.99



Happy Birthday Items are available at The Red Hat Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114



**Red Hat Mask Bag** **\$14.99**



**Red Hat Society Logo Jar Opener** **\$2.99**



*SunShine Gals Classic Short Sleeve Shirt* *Starting at \$26.99*

Also available in Basic Tee (\$22.99), and 3/4 Sleeve (\$28.99)



*SunShine Gals Mask Set* **\$24.99**



Happy Birthday Items are available at The Red Hat Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114



**Red Hat Society  
Ambassador Mask Set**

**\$24.99**  
Set of 2



**Red Hat Society  
Mask Set**

**\$24.99**  
Set of 2



**SunShine CowGals  
Mask Set**

**\$24.99**  
Set of 2



**Power of Fun  
Mask Set**

**\$24.99**  
Set of 2

# More. Just for Fun

## The Summer Shoe Pledge

Please raise your big toes and repeat after me....

- I promise to always wear sandals that fit. My toes will not touch the ground, nor will my heels spill over the backs. And the sides and tops of my feet will not pudge out between the straps.
- I will go polish-free or vow to keep the polish, fresh, intact and chip-free.
- I will not cheat and just touch up my big toe.
- I will sand down any mounds of skin before they turn hard and yellow.
- I will shave the hairs off my big toe.
- I will not wear pantyhose even if my misinformed girlfriend, coworker, mother or sister tells me the toe seam really will stay under my toes if I tuck it there.
- If a strap breaks I will not duck-tape, pin, glue or tuck it back into place, hoping by some miracle it will stay put. I will get my shoe fixed or toss it.
- I will not live in corn denial; rather, I will lean on my good friend Dr. Scholl's if my feet need him.
- I will resist the urge to buy jelly shoes at Payless for the low, low price of \$4.99, even if my feet are small enough to fit into the kids' sizes. This is out of concern for my safety and the safety of others. No one can walk properly when standing in a pool of sweat, and I would hate to take someone down with me when I fall and break my ankle.
- I will take my toe ring off towards the end of the day if my toe swells and begins to look like a Vienna sausage.
- I will be brutally honest with my girlfriend/sister/coworker when she asks me if her feet are too ugly to wear sandals. Someone has to tell her that her toes are as long as my fingers and no sandal makes creepy feet look good.

-- submitted by Brenda Johnson, Queen B, Red Hot Chocolates, Washington, DC --

## The Lighter (and heavier) Side of the Pandemic:

I hope they give us two weeks notice before sending us back out into the real world. I think we'll all need the time to become ourselves again. And by "ourselves" I mean lose 10 pounds, cut our hair and get used to not drinking at 9:00 a.m.

New monthly budget: Gas \$0 Entertainment \$0 Clothes \$0 Groceries \$2,799.

Breaking News: Wearing a mask inside your home **is now highly** recommended. Not so much to stop COVID-19, but to stop eating.

Low maintenance chicks are having their moment right now. We don't have nails to fill and paint, roots to dye, eyelashes to re-mink, and are thrilled not to have to get dressed every day. I have been training for this moment my entire life!

When this quarantine is over, let's not tell some people.

I stepped on my scale this morning. It said: "Please practice social distancing. Only one person at a time on scale."

Not to brag, but I haven't been late to anything in over ten weeks.

It may take a village to raise a child but I swear its going to take a vineyard to homeschool one.

I wanted zombies and anarchy. Instead, we got working from home and toilet paper shortages. Worst Apocalypse ever!

-- submitted by Beth Wiggans, Queen of Happy Hatters, Bowie, MD --

# Quarantine Happenings & Activities



**From Kween Kathy Willis, Valley Island Vixens, Hawaii**

“I just finished the Space Puzzle, 1000 pieces. It took me a month.

“The Vixen Travelers had a pool party on July 15th. We still are not accepting tourists so the pool at Lavender Linda's condo was vacant. We practiced social distancing, brought our own lunches and drinks. It was so nice to get out with my Red Hat Sisters. Look for a photo in a future issue.”

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## **How are you? How do you keep busy during the pandemic?**

Take some a selfie of yourself wearing a mask, doing a craft, a puzzle, housework, dress up in your Red Hat regalia and snap a photo. Might as well get some use out of an outfit!

People must still be making bread because I still can't find yeast on the grocery shelves. If you are baking or cooking or if you make one of this issue's recipes, snap a photo and tell how the food tasted. Have a virtual tea party and snap some photos. Take a photo of a cloud and tell us what YOU see.

Be creative. There are lots of things we can do to amuse ourselves other than watching TV.

Send your photos to [moonrockB@aol.com](mailto:moonrockB@aol.com)

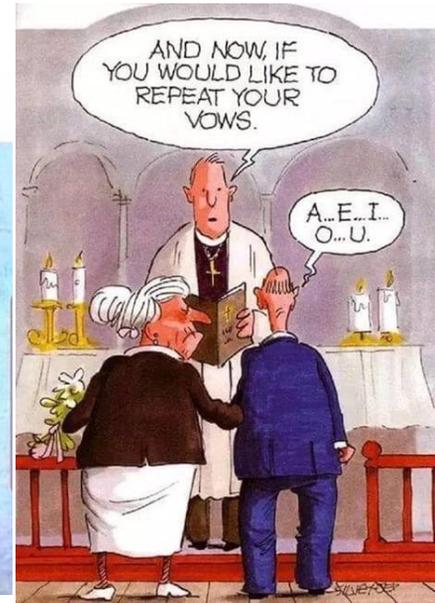
Looking forward to seeing some smiles next month!

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

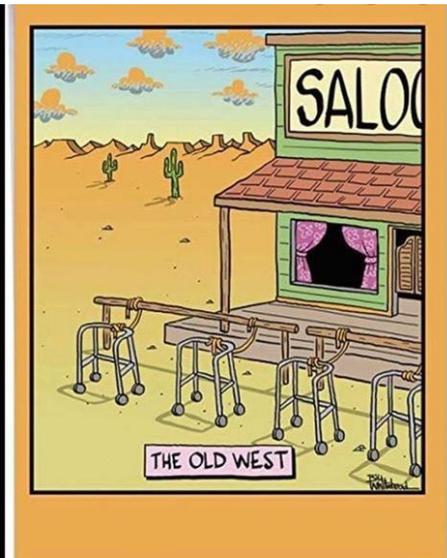
-- submitted by Beverly Goines, B&B QC (MD) --



When you're over 40 and they say just put a BandAid where it hurts...



As you get older, you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow, that's the fastest I've moved in years!"



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

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

## COVID19 Commentary:

- It's been a great blessing to be at home with the wife these last few months. We've caught up on everything I've done wrong in the last 20 years.

- I'm stuck between a rock and someone I would like to hit with it.

- So let me get this straight. There's no cure for a virus that can be KILLED by sanitizer and hand soap?

- I see a big baby boom coming our way in 9 months. They will be called the C-19 Babies and the #1 baby names will be "Charmin & Scott".

- I am done with my 90-day trial of 2020. How do I cancel my membership?

- How long is this social distancing thing supposed to last? My husband keeps trying to come into the house.

- When does Season 2 of 2020 start? I do not like Season 1.

- Day 7 of Social Distancing: Struck up a conversation with a spider today. Seems nice. He's a web designer.

- When this virus thing is over with, I still want some of you to stay away from me.

- If these last few weeks have taught us anything, it's that stupidity travels faster than any virus on the planet.

- Just wait a second – so what you are telling me is that my chance of surviving all this is directly linked to the Common Sense of others?

- People are scared of getting fined for congregating in crowds. As if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.

- If you believe all this will end and we will get back to normal once we reopen everything... raise your hand. Now slap yourself with it.

- Having some states lock down and some states not lock down is like having a peeing section in a swimming pool.

- Remember when you were little and all your underwear had the days of the week on them? Those would be helpful right now.

- The spread of COVID19 is based on two factors:  
1. How dense the population is  
2. How dense the population is

- People start coughing and worry they have the coronavirus. I cough and just pray I don't pee myself....

- Remember all those times when you wished the weekend would last forever? Well, wish granted. Happy now?

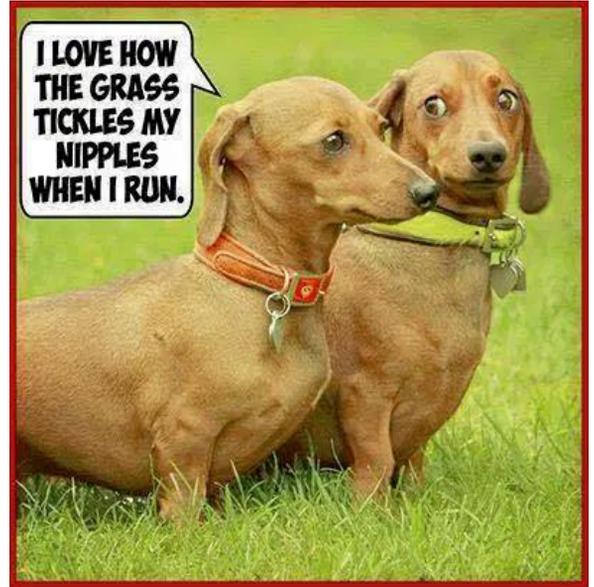
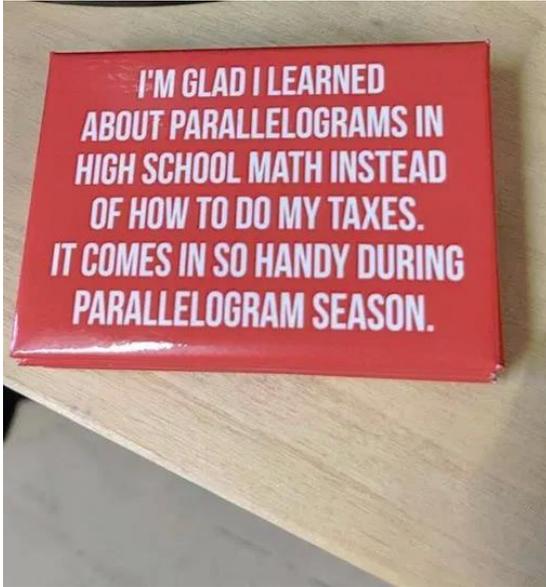
- Did a BIG load of pajamas so I would have enough clean work clothes for this week.

- Anyone else getting a tan from the light in the fridge?

- I think I'm finally being grounded for everything I did not get caught for when I was a teenager.

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

-- submitted by Kate Eustice --



**You drop something when you were younger, you just pick it up.**

**When you're older and you drop something, you stare at it for a bit contemplating if you actually need it anymore.**

**WHEN YOU'RE DEAD, YOU DON'T KNOW YOU'RE DEAD. THE PAIN IS ONLY FELT BY OTHERS.**

**THE SAME THING HAPPENS WHEN YOU'RE STUPID.**

**Our wireless doorbells sitting on their chargers....**



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

-- submitted by Linda Murphy --

"Has anybody seen my son?"



Apart from being exhausted,  
financially unstable,  
nearing a mental breakdown  
and being fat,  
everything is great.  
Thanks.

The emotional support dog after I  
get done telling it my problems.



I'm afraid if  
I start working out,  
I'll be too sexy.

AIR & SPACE  
MUSEUM.

Be honest, if people heard  
what you are thinking half of  
the time, you would either be  
in jail or a mental hospital.

Me: Alexa what's the  
weather this weekend?

Alexa: Doesn't matter  
you ain't going  
anywhere.

# Just for Fun

## Quiz for Seniors:

1. What is the longest single word palindrome in the English language?
2. Which place means "City of Lions"?
3. What actor played the title role in the 1986 film "Crocodile Dundee"?
4. Which 1964 film features the song "A Spoonful of Sugar"?
5. Which pair of Disney dogs shared a plate of spaghetti in a 1955 Disney film?
6. Palaeontology (also spelled paleontology) is the study of what?
7. What was the name of the first space shuttle, which flew in 1977?
8. The "Green Jacket" is presented to the winner of which sporting event?
9. What is the real first name of Sigourney Weaver?
10. "In which organ of the human body is insulin produced?"
11. Which 1960s television series starred Larry Hagman as astronaut Tony Nelson?
12. Crabs, lobsters and shrimps are all members of which class of creature?
13. Which American author wrote the 1937 novel "Of Mice and Men"?
14. Which sport is overseen by a referee called a gyogi?
15. Where is Ayer's Rock (aka Uluru) located?

\*\*\*\*\*

**TONGUE  
TWISTERS**

فرزرا نگش  
بولیس



Betty Botter bought a bit of butter.  
The butter Betty Botter bought was a bit bitter  
And made her batter bitter.  
But a bit of better butter makes better batter.  
So Betty Botter bought a bit of better butter  
Making Betty Botter's bitter batter better

**Paraprosdokians** are figures of speech in which the latter part of a sentence is unexpected.

1. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they look sexy.
2. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
3. A clear conscience is the sign of a bad memory.
4. I used to be indecisive. Now I'm not so sure.
5. Nostalgia isn't what it used to be. Nor is there any future in it.
6. Change is inevitable, except from a vending machine.
7. Going to church doesn't make you a Christian any more than standing in your garage makes you a car.
8. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.
9. I am not arguing with you, I am explaining why you are wrong.

-- submitted by Elna Swofford, Queen,  
Duchesses of Bedford --

\*\*\*\*\*

**Answers to Quiz for Seniors:**  
1. racecar; 2. Singapore; 3. Paul Hogan;  
4. "Mary Poppins"; 5. Lady and the Tramp;  
6. fossils; 7. Enterprise (NOTE: it is now a part of the Intrepid Sea, Air & Space Museum, which is located on the Hudson River in New York city); 8. the US Masters Golf Tournament; 9. Susan; 10. pancreas;  
11. "I Dream of Jeanie"; 12. Crustacean;  
13. John Steinbeck; 14. Sumo Wrestling;  
15. Australia

# More. Just for Fun



Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have

done and do not try to blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT senior citizens who took:

The melody out of music,

The pride out of appearance,

The courtesy out of driving,

The romance out of love,

The commitment out of marriage,

The responsibility out of parenthood,

The togetherness out of the family,

The learning out of education

The Golden Rule from rulers,

The nativity scene out of cities,

The civility out of behavior,

The "refinement" out of language,

The dedication out of employment,

The prudence out of spending,

The ambition out of achievement or

God out of government and school.

And we certainly are **NOT** the ones who eliminated **patience** and **tolerance** from personal relationships and interactions with others!

And, we **DO** understand the meaning of Patriotism, and remember those who have fought and died for our country.

## YES, I'M A SENIOR CITIZEN!

I'm the life of the party.....Even if it lasts until 8 p.m. I'm very good at opening childproof caps.....With a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time, because I can't hear a thing you're saying.

I'm sure everything I can't find is in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg. I'm beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life! Now if I could only remember who sent this to me, I wouldn't send it back to them. Or, maybe I should send it to all my friends anyway. They won't remember, even if they did send it.

Spread the laughter Share the cheer  
Let's be happy  
While we're here!

Don't you just love Maxine!!!

(received from a friend via e-mail)

# Judy's Breast Cancer Journal

## Part 6 – Radiation Finished



I finished the 15<sup>th</sup> round of radiation treatments on July 8. I saw the radiation oncologist immediately after the final treatment. At that point, the skin under my left underarm and under my left breast were dark red and extremely sore. The dr. informed me that my skin would turn deeper red over the next two weeks and I was to continue generously applying Aquaphor over the burned areas. The pain after about the 8<sup>th</sup> treatment was like a bad sunburn. By the last treatment, it was like a severe sunburn. Aquaphor helps keep the skin moist. Tylenol was to help with pain but it did not.

Before radiation began, I had bought some XL cotton shirts with buttons to wear when applying the Aquaphor. It is almost the consistency of Vaseline but it is not oily and does not stain the clothes. I went braless and wore those shirts everyday when I was home. I'm still wearing them because I still use the Aquaphor until all the peeling is done.

By July 17 the skin under my underarm was almost black. My breast had turned a deep pink; under my breast was a dark brown rim at least 3 inches wide; my nipple looked like the color of a Hershey kiss.

Peeling of the burned areas, including a portion over my breastbone, began around 14 days after the last treatment. There are still some small spots that have yet to peel. The burning feeling is totally gone now. I visit the radiation oncologist on August 13 for a one-month checkup.

Unless the oncology team changes their minds at some point, I won't need chemo. I don't know what the next step is. Hopefully it is just monitoring every three months for a year by the blood, radiation and breast doctors.

As for those hormone drugs, I've been on the second one (Examestine), along with Effexor, for 4 weeks part-time and 4 weeks full-time. The side effects are increasing. The worst are hot flashes that last not for seconds but for 10-15 minutes all day and night; insomnia has kept me from even taking a nap for more than 30 seconds. I am lucky to get 4 to 5 hours of sleep per night but my wake up time is slowly creeping later and later into the morning – as late as 10 AM; night sweats and nausea joined those side effects earlier this week. I am seriously thinking about not taking these drugs. Not only are the side effects, for me, very harsh, the lasting effects on my body are harsh.

Effects on the body are loss of bone density leading to osteoporosis; chance of heart attack or stroke, stress on the liver that can later cause liver failure. I plan to discuss this with my primary care physician next week and with the oncologist hematologist when I see him or his PA in Oct.

This has been the toughest journey of my life so far. Compared to other women, my cancer has not been that big a deal. As I mentioned in a previous newsletter, you hear that you have the BIG "C" and it really throws you for a loop. It is a path I pray I never have to travel again.

I thank those who have been following my journey. My apologies for all the details but perhaps there are some RHers who are about to or are already on the path I am on.

I did want to mention that I am in an excellent cancer support group. We are currently zooming once a week. There are men and women, with various types of cancers, but our experiences with

# Judy's Breast Cancer Journal

## Part 6 – Radiation Finished



the diagnosis of our cancers, the shock we must overcome, the interruption of treatment by the pandemic, our surgeries, treatments and the drugs and side effects are all closely related.

At one of our sessions a few weeks ago, our moderator/counselor highly recommended a book to those of us who have or had breast cancer. It is “Dr. Susan Love’s Breast Book”, by Dr. Susan Love, MD. Dr. Love has updated the book as new treatments have been developed and as new information comes to the forefront. The book is now in its sixth edition. The New York Times called it “The Bible for women with breast cancer.”

I ordered it from amazon.com. It is in paperback, is 1½ inches thick and is chock full of information. I sure do wish I had known about this book before my diagnosis. The section headings are:

Part One: The Healthy Breast and Common Problems

Part Two: What Causes Breast Cancer and How Do We Prevent It?

Part Three: Finding Breast Cancer

Part Four: Decisions

Part Five: Treatment in the Age of Personalized Medicine

Part Six: After Treatment

Part Seven: Recurrence of Breast Cancer

Appendix A: Resources

Appendix B: Pathology Checklist

I am so glad to have it. I have been reading Part Five and will soon begin reading the later chapters. It has a wealth of good information and will save you a lot of internet research if you find later on that you have breast cancer and must make so many decisions about your care and recovery.

If breast cancer runs in your family, I highly recommend you add this book to your personal library.

Get your mammograms regularly. It could save your life!

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### Ringing the Bell!

After my last radiation treatment, I visited the radiation oncologist, then got dressed. Before I left the cancer center to go home, I was greeted at the end of the hall by all the nurses and radiation technicians that had seen to my care for 4 weeks of radiation. I was presented with a certificate and got to ring the bell!! Whew-hoo!!!

