

VOLUME VI-3, MARCH 2021

From the Editor:

Happy March! Spring is about to be sprung! Isn't it nice that warmer weather and longer days are coming! Red Hat gatherings are on the horizon. Can't wait!

Some RHers have been fortunate enough to get both doses of their COVID shots. I, as many of you must wait until my category comes up (65-74).

I've been getting so many memes that I can't keep them all straight. Some in this issue may be duplicates so, if they are, enjoy them again.

Only two RHers met my Feb challenge – to answer three questions about this past year. It's not too late. Send me your thoughts (see pages 9 & 10 for ideas).

Those of you meeting on Zoom – are you playing any games via Zoom? Some of our readers would like to know what games to play so please share with me so I can pass it on. Zoom is GREAT!

Kudos to those ladies who helped me fill this issue. April's issue is already under construction so help me fill it with your recipes, jokes, articles, games, etc.

Until we meet in person again, keep on haddin' but do it virtually and safely!

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



When Do We
"Spring Forward" In
2021? The **second
Sunday in March**
is when Daylight

Saving Time begins in most areas of the U.S., so in 2021 we'll "spring forward" one hour on Sunday, March 14, 2021, at 2 a.m. Be sure to set your clocks ahead one hour before bed on Saturday night!

Which States Don't Observe DST?

Most areas of the United States observe daylight saving time (DST), the exceptions being Arizona (except for the Navajo, who do observe daylight saving time on tribal lands), Hawaii, and the overseas territories of American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the United States Virgin Islands.

DEADLINE For April Newsletter
Articles: **March 26, 2021**

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".

NEW **Apr 24, 2021:** EMQC Birthday Party, Hilton St. Louis Airport, Theme: Derby Day & Reverse colors (red bottom with purple hat); cost is \$40; payment due Apr 10, 2021

Apr 28, 2021: The Red Hat "Roaring '20s Birthday Bash, hosted by the Lehigh Valley Queen's Council of the Red Hat Society, Bethlehem, PA (**NOTE:** event has been postponed from Apr 22 to Apr 28)

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 (Event is full; Wait List) *

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

NEW **Jun 12, 2021:** Ladies in Red 5th Anniversary Celebration; Marriott St. Louis AP, 2021 Theme: Fashionistas (red bottom with purple hat) Chapter Memoers Fashion Show Using Birthday Gifts; \$40 payment due by Jun 1, 2021

Upcoming Red Hat Events (Continued)

NEW **Jul 9-11, 2021:** 19th Annual Branson Red Hatters Original Fling 2021, Theme: Boots & Bling, in Branson, MO

NEW **Jul 17, 2021:** "Pretty in Paris" Luncheon,, hosted by the Belles of Scarlett, Charlotte, NC

NEW **Aug 14, 2021:** Theme: All Hail the Queen – New Queen Coronation (Regalia – purple bottom and red hat); \$40 payment due by Aug 3, 2021

NEW **Aug 27-29, 2021:** Virginia FUNvention REBOOT, theme will be "Back to the Future", hosted by the Mad Hatters of Stafford *

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 28, 2021: The Red Hat Witches Ball, hosted by the Lehigh Valley Queen's Council of the Red Hat Society, Bethlehem, PA

NEW **Nov 5-7, 2021:** Ladies in Red St. Louis FUNvention, Crowne Plaza, Theme: Amateur Night at the Apollo (Regalia), \$250 payment deadline Oct 25, 2021 (payment plan available) (see additional info on page 3)

Continued on next page

Upcoming Red Hat Events (Continued)

*** 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".

NEW Jan 7-9, 2022: "Let's Paint the Town Red", hosted by the Southern Bellas Travelers Rest, SC, in Myrtle Beach, SC *

Feb 25-27, 2022: "Red Hat Land Cruise, with "stops" in New Orleans for Mardi Gras; Under the Sea for lunch; and a Captain's Ball, Baltimore, MD *

NEW Apr 26, 2022: "Victorian Birthday Party", hosted by South Central Queens Council, Wichita, KS (no details yet)

NEW Sep 9-11, 2022: "Biennial Red hat Convention, hosted by South Central Queens Council, Wichita, KS (no details yet)

NEW Sep 24-Oct 1, 2022: Trip to Dubai, hosted by The Classy Ruby Red Hat Ladies, cost of \$1892 includes round trip airfare, hotel, breakfast daily, airport transportation, and 3 excursions. For additional info and registration info, contact Queen Juanita Brooks (302-632-3355); Vice Queen Norma Branker (302-387-1660); or Bonnie Harden (804-839-4443)



Details:

Nov 5-7, 2021: Ladies in Red St. Louis FUNvention Crowne Plaza, cost of \$250 includes 5 meals, entertainment, free play shops (to be announced), souvenir t-shirt, and awesome gifts! The hotel does provide free shuttle service from the airport and free parking.

Room is NOT included in registration cost. Make your own reservations. Use code "JOY" to get the discounted rate. (NOTE: The charges after taxes will be about \$130 per night, based on double occupancy.

No refunds after Aug 31, 2021.

For additional details, contact Lady Joy – Jo Ann Brown – Queen/Ambassador, ladiesinred630953@gmail.com



Save the Date -Red Hat Society On-Line Events *



Come and join your Hatquarters Team for the monthly Zooms! Each month, RHS will be discussing upcoming events, Lifestyle Speaker Series, updates on the company, and so much more! They also want to hear from our Members! So be ready to share! Think of it as a Girls Day In!



Zoom with Hatquarters

Meeting ID: 853 0037 1300

Passcode: RHS2021

MARCH 3, 2021

10 AM PST 12 PM CST 1 PM EST



RHS Celebrates Mother's Day UK

Post your Mom's picture to share.

MARCH 14, 2021

10 AM PST 12 PM CST 1 PM EST



RHS Celebrates St. Patrick's Day

OPEN ALL DAY!

Green boas look great with red, purple, pink and lavender! Show your St. Paddy's Day outfit!

MARCH 17, 2021

10 AM PST 12 PM CST 1 PM EST



RHS Lifestyle Speaker Series – To be determined

MARCH 24, 2021

10 AM PST 12 PM CST 1 PM EST

NOTE: You must pre-register for each Lifestyle Speaker session so the link will be forwarded to you.

* **NOTE:** You must be a paid supporting member of the RHS to receive the e-mails announcing these events or to access info on the RHS web site.



In Memoriam

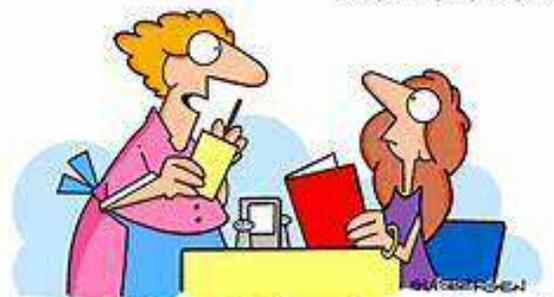
A Little Poem for Seniors: So true, it hurts!

By - Unknown

Another year has passed
 And we're a little older.
 Last summer felt hotter
 And winter seems much colder.
 There was a time not long ago
 When life was quite a blast.
 Now I fully understand
 About "Living in the Past."
 We used to go to weddings,
 Football games and lunches.
 Now we go to funeral homes
 And after-funeral brunches.
 We used to go out dining,
 And couldn't get our fill.
 Now we ask for doggie bags,
 Come home and take a pill.
 We used to often travel
 To places near and far.
 Now we get sore asses
 From riding in the car.
 We used to go to nightclubs
 And drink a little booze.
 Now we stay home at night
 And watch the evening news.
 That, my friend is how life is,
 And now my tale is told.
 So enjoy each day and live it up...
 Before you're too damned old!

-- submitted by Beverly Kott, Queen
Scarlett Hatters --

© Randy Glasbergen / glasbergen.com



"Welcome to the PMS Diner. Our special today is Hershey Bar lasagna. That comes with M&M soup and mashed Snickers with hot fudge gravy."

Marva Williams: Our Red Hat sister, Marva Williams of The Smooth and Sultry Red Hatters has passed. Marva was a regular attendant of the Baltimore Convention at Best Western. She also attended some of the International Conventions.

Marva passed on Monday, Feb 22, 2021, from complications of COVID-19. Her husband, Samuel had passed only a few days prior from the same disease. Please keep their son, Samuel Jr in your prayers.

You may send your cards and words of encouragement to:

Samuel Williams Jr and Family
5562 Channing Rd
Baltimore, MD 21229

Hatters Matter and Stay safe and Blessed

Queen Sheila Maddox

Loving Thoughts

Losing a loved one is never easy. It's a hard pill to swallow, a nightmare you just want to wake up from. Life is short so if you love someone tell them because you never know what tomorrow holds. Sending Love to all my Red Hat sisters wherever you are. Wear your hats proudly and keep smiling.

Delores Hawkins
Annapolis Red Hat Queens

NOTE: Please keep Delores & her family in your prayers. Her beloved nephew passed on just after she submitted "Loving Thoughts".

Truths About Diet Sodas You Need to Know: *by Danielle L'Ecuyer, healthprep.com*

Diet sodas are a calorie and sugar-free drink that has long been marketed as a means to losing weight. It has been said to prevent sugar-related diseases such as diabetes. There are no calories in diet soda, but there are also no significant health benefits associated with the drink. In fact, it has been discovered through a variety of studies, that diet soda can have numerous health risks associated with it.

Diabetes is infamously associated with sugar and obesity. Specifically, diabetes is a chronic condition that is associated with unusually high levels of sugar, or glucose, in the bloodstream. Insulin produced by the pancreas helps to lower blood glucose, however, an insufficient production of insulin or the body cannot use insulin properly, results in the development of diabetes. It was believed that a calorie conscious and sugar-free soda would help prevent the development of diabetes in some individuals, however, this theory is not true. A study that included over 6,000 participants from the ages of forty-five to eighty-five, showed that consuming one diet soda every day increased their risk by sixty-seven percent of developing Type II diabetes, rather than helping to prevent it while still enjoying the bubbly beverage. Women were especially prone to developing Type II diabetes if they consumed diet sodas on a regular basis, as their risk increased by more than six percent.

The predominant reason diet soda became incredibly popular decades ago was due to the idea that diet soda could greatly help an individual shed a few pounds. Statistically, this any significant amount of weight when they switched from regular to diet soda. In fact, it can

even put some individuals at risk of gaining weight due to the number of artificial sweeteners in it, as these sweeteners can increase a person's appetite, resulting in them eating more. This is in comparison to the effects sugar has on someone's appetite, which it does not affect at all.

Another study conducted showed that diet soda drinkers had a seventy percent increase in their waistline compared to those who did not consume diet soda on a regular basis. Within the same study, those who drank two or more diet sodas daily experienced a five-hundred percent increase in their waistline. Experts say that artificial sweeteners confusing the body is a factor, however, the psychological factor is just as equally as important. Those who assume diet sodas are in fact a healthier choice than regular soda are generally not going to make the right food choices when it comes to eating healthy or to lose weight.

There are a variety of ways that diet soda can cause the body to have a negative reaction. When mixed with hard liquor or other kinds of alcohol, diet soda and alcohol can cause an individual to become intoxicated much more quickly compared to other beverages. Studies have proven that cocktails mixed with diet soda contained a greater alcohol concentration. Experts explain that the bloodstream absorbs artificial sweeteners, which are found in diet soda, faster than regular sugar. The body can also become confused when a person consumes too many artificial sweeteners due to the intense flavor that comes with it. As a result, individuals can become desensitized to the taste of naturally sweet foods, such as fruit. Artificial sweeteners can also trigger insulin, which makes the body store fat, resulting in weight gain, as previously mentioned.

Truths About Diet Sodas You Need to Know: (continued)

Artificial sweeteners can also trigger insulin, which makes the body store fat, resulting in weight gain, as previously mentioned.

Finally, diet soda can lead to tooth decay and other oral health problems. Remember how our parents always reminded us that drinking too much soda or eating too much candy would rot our teeth out of our heads? Well, there is some truth to that myth when it comes to diet soda. When a person drinks too much diet soda, they risk having major oral health problems. A dentistry journal did research against the effects of cocaine and methamphetamine, and discovered that diet soda has the same level of erosion on teeth. The study concluded that diet soda is incredibly damaging to the teeth due to the citric acid found within the sugary drink, which destroys tooth enamel and causes erosion.

It is okay to indulge once in a while, but just remember that too much diet soda can greatly hinder your health rather than benefit it!

So is it better to just drink regular soda?

by Cleveland Clinic

<https://health.clevelandclinic.org>

Not so fast. There is abundant data that tells us that sugar (even when it's "real") is not necessarily a sweeter alternative, at least when health is concerned.

If you crave caffeine (in moderation), you are likely better off with plain coffee or tea. If you're looking for flavor in a drink, try freezing

raspberries, cucumber, mint, lemon or lime in ice cubes to add a hint of sweetness. You can even use fruit in soda water to recreate soda's bubbly appeal.

Quitting a habit is never easy, but experts recommend that kicking soda all the way out of your diet can have profound effects on both your weight and your health.

NOTE: If you don't believe either of these articles, just ask your doctors, including your dentist.

Seven Steps to Reduce Pandemic Fatigue:

by UCLA Health

After months of dealing with the fallout from COVID-19, many people have pandemic fatigue. It's a very real feeling of exhaustion stemming from the effects of the novel coronavirus on your life — from stay-at-home orders, to the fear of getting ill, to losing jobs. It's perfectly normal to feel burned out right now. It's also important to stay the course and slow the spread of coronavirus. Read on to learn what you can do to feel better while staying safe.

What Is Pandemic Fatigue?

Wrestling with intense emotions day after day drains your energy, causing pandemic fatigue. The fatigue can stem from a number of emotions you've experienced during the pandemic, including:

- Fear
- Anxiety
- Loneliness
- Hopelessness

Seven Steps to Reduce Pandemic

Fatigue: (continued)

Signs of Pandemic Fatigue

The hallmark sign of pandemic fatigue is a sense of inner weariness. You may also feel:

- Helpless
- Sad
- Worried
- Frustrated
- Irritable

You may notice that you:

- Eat or sleep more or less than usual
- Have trouble focusing (brain fog)
- Feel edgy or nervous
- Snap at or argue with others
- Lack motivation
- Are unable to stop racing thoughts
- Withdraw from others

Healthy Ways to Cope

Adapting to the increased uncertainty of the pandemic is challenging. To reduce the toll it takes, it's essential to pay attention to your emotional and physical needs. Take these steps to renew your energy and feel more in control:

#1: Take care of your body

When you're wrapped up in what's going on in the world and at home, it's easy to forget to take care of yourself. Make sure you're getting enough sleep (at least seven hours a night) and maintaining a nutritious diet. Though it may be difficult to drum up the motivation, exercising every day is important too. Doing these things will boost your energy, lift your mood and strengthen your immune system.

#2: Limit your news intake

It's good to stay up to date on the latest coronavirus information. But too much news can overload you with negative emotions and zap your energy. Take a break from the news for a day or two and see if you feel better. You can also limit your news consumption to once a day for an hour or less. And be sure to choose an accurate source of information, such as UCLA Health or your local news.

#3: Lower your stress

Focusing on activities that are calming or bring you joy can lower your stress level — whether that's cooking a fancy meal or bird watching or practicing meditation for 15 minutes a day. Anything that offers you stress relief can be helpful. Activities to consider include:

- Breathing exercises
- Yoga
- Nature walks
- Reading
- Watching a comedy

#4: Connect with others

Humans are social creatures by nature. Being alone and feeling isolated can be stressful. So it's crucial to connect with others during the pandemic. Although you should limit your physical contact with people outside your household, there are other ways to connect socially. You can:

- Make phone calls
- Arrange video meetings
- Chat on social media
- Write letters
- Take a live class online
- Attend online religious services

#5: Accept your feelings

Challenging situations stir up a mix of emotions. Stuffing feelings down and ignoring

Seven Steps to Reduce Pandemic

Fatigue: (continued)

them doesn't make them go away. Instead, acknowledge and name your feelings. Allow yourself to have them. Then refocus your mind and energy on things you can do to feel better. If your feelings are overwhelming or all-consuming — and getting in the way of your daily activities — reach out to a health care provider. Protecting your emotional health is just as important as caring for yourself physically.

#6: Try positive self-talk

Sometimes fear and anxiety can make our minds leap to the worst scenario, even if it's most unlikely. You might become plagued with "what if" thoughts. Try catching those negative thoughts and replacing them with more realistic statements. For example, replace thoughts about acquiring COVID-19 with what you're doing to stay safe.

#7: Create new traditions

Usher more joy into your days by creating new traditions. You'll have something fun to look forward to and you might even decide to keep it up once the pandemic has passed. For instance, you might set aside Sunday nights for self-care. Do anything that makes you feel good physically, mentally, or emotionally. You might focus on a hobby such as playing guitar or scrapbooking or do something for your body such as giving yourself a facial or going for a long run. To socialize, you might make Friday your family movie night or picnic in the backyard every Saturday. You can also organize a video call with friends as a mid-week check-in. Be creative and come up with ideas that work best for you.

Last Month's Newsletter Challenge:

Share how you have been coping with stress caused by COVID19....

Dottie Cadden, Sassy & Classy Red Hatters, Brooklyn Park, MD

I used to go outside and play
with friends from near and far,
I'd go out in my dress up clothes
and drove people in my car.

We talked a lot, we laughed and joked
The stories that we told,
It made us happy and most of all
We forgot, we'd gotten old.

And then the dreaded Covid came
and stuck us in our house.
We cleaned inside, and gardened some
But told, DO NOT GO OUT.

The days they came, the days they went
Aggravation's at it's peak
Now I'm lucky if I comb my hair
Or change my clothes all week.

Occasionally I'll go out to lunch
With some friends that call and ask
But you can't tell really who they are
Because they're covered in their mask.

I sit at home and think how much
I miss those good old days
Never take for granted the friends you have
They are our blessings in so many ways.



Red Hatters Coping with Stress of COVID19

Shirley Kienholz, Minnesota Red Hat Queens Council:

1. How I have coped since March 2020:

I live in a senior apartment building so we are all on lockdown most of the time. My meds and groceries are delivered but once a month I venture out and go to Target and Dollar Tree about once a month.

2. Things I miss most:

Eating a leisurely lunch or dinner in a restaurant; Red Hat events & get-togethers with chapter members; our Queens Council usually meets 3 to 4 times per year. We have birthday and Christmas parties but we could not celebrate these in 2020. Our Party room is closed now so I miss social gatherings and cards and bingo. I miss new TV shows. Can't visit my neighbors because of lockdown. I have gotten used to wearing masks just to go down the hall or to the mailbox. Now I would feel naked without one!

3. What I have learned about myself during this time:

I have been able to continue the strenuous exercise routine in my apartment. We had been doing them as a group regularly in our party room. I made some new jewelry but I made so much I had to stop because I have no way to sell the jewelry. It is difficult when people we know get COVID19 or die from it. It is such a terrible thing.

Judy Litke, B&B Queens Council:

1. How I have coped since March 2020:

Watched lots of TV, Christian DVDs, put together jigsaw puzzles, read some books, prepared monthly newsletters, and did lots of Zooming.

This year was stressful – not only because COVID19 disrupted everyone's' lives but also more health issues crept into mine. I learned how to Zoom into meetings and how to set them up for my own meetings with people. It's been a blessing to be able to see people on my computer in front of me and give virtual hugs to them. I've been participating in two cancer support groups since last June; participated in quite a few health-related webinars; had a few telehealth doctor visits. I Zoom when I can!

2. Things I miss most:

I miss not being able to go anywhere I want to go, whenever I want to go. I miss going to luncheons and Red Hat weekends and conventions. I miss hugging friends; attending church services and meetings in person. I miss going to the mall to walk and WalMart to shop. Haven't set foot in a WalMart since mid-March 2020. I hate having to wear a mask and I am so glad I am retired so I don't have to work 8 hours with a mask on.

3. What I have learned about myself during this time:

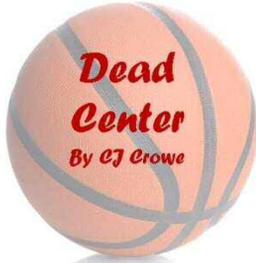
I can be patient when I need to be. I'm so tired of cookie-cutter Hallmark movies. So thankful the new season of "When Calls the Heart" began last week. It'll be a short season but something new to watch.

I have learned that I will never, EVER do another round, 1000-piece puzzle. I started one in January. I hope to finish it by December 2021!

Friends are precious. It's been good to check up with them once in awhile.



Do or Die Mysteries



Mar 8, 2021: Dead Center
Location: Hellas Restaurant
8498 Veteran's Highway
Millersville, MD

Cost: \$60.50 includes dinner and interactive murder mystery

Call (443) 422-3810 and leave a message or go to web site at

<https://doordiemystery.com/events/dead-center-at-hellas-restaurant-030821/>

About the Show: Welcome to the Front and Center Training Center for Training Center's first Annual Tuck Muckenfuss Swish Award Ceremony. It rocked the sports world ten years ago, when Tuck Muckenfuss dropped dead on the basketball court. The death was ruled natural - a result of a previously undiagnosed heart problem. His mother, Ima Muckenfuss has always felt there was more to it, but could never get anyone to listen.

Tuck left his vast fortune to his mother, who started the Front and Center Training Center for Training Centers. The Swish Award should be a happy occasion, but an unwelcome guest and festering secrets from the past turn the event deadly.

12th Annual Dazzling Black Hat Diva Weekend in Cary, NC, Aug 2021: If you are interested in this event, send me an e-mail and I will pass the information to you.
moonrockB@aol.com

Healthy Coping Strategies

- Exercise, physical activity, or leisure
- Relaxation techniques
- Sufficient sleep
- Proper diet and nutrition
- Humor
- Diversion or distraction
- Cognitive reframing
- Hobbies
- Emotional outlets
- Finding someone to talk to



Wonderful English from Around the World I Five Minutes:

Submitted by Adele Rugg, Maui, HI

Cocktail Lounge, Norway: Ladies are requested not to have children in the Bar.

Doctor's Office, Rome: Specialist in women and other diseases.

Dry Cleaners, Bangkok: Drop your trousers here for the best results.

On the main road to Mombasa, leaving Nairobi: Take notice: When this sign is under water, this road is impassable.

On a poster at Kencom: Are you an adult that cannot read? If so, we can help.

In a City restaurant: Open seven days a week and weekends.

In a Cemetery: Persons are prohibited from picking flowers from any but their own graves

(continued on page 16)



CHEF RUBY

Spinach & Bacon Omelet

Serves 1

INGREDIENTS:

- 1 egg plus 2 egg whites
- 2 slices reduced-sodium turkey bacon, cooked and crumbled
- 1 cup baby spinach
- Cooking spray
- 1/2 diced tomato
- 1 slice whole grain toast

DIRECTIONS:

Whisk together eggs, add bacon and spinach. Coat a skillet with cooking spray; cook egg mixture and top with diced tomato. Serve on top of whole grain toast.

Nutrition Information

Calories: 224; Total fat: 7 g; Saturated fat: 2 g; Sodium: 325 mg; Cholesterol: 194 mg; Total carbohydrates: 14 g; Fiber: 3 g; Sugars: 3 g; Protein: 23 g



CHEF RUBY

Texas Sheet Cake

INGREDIENTS:

- 2 cups flour
- 2 cups sugar
- 1/2 cup (1 stick) butter or margarine
- 4 tablespoons cocoa
- 1/2 cup buttermilk
- 1/2 cup Crisco shortening
- 1 cup water
- 2 eggs
- 1 teaspoon cinnamon powder
- 1 teaspoon baking soda
- 1 teaspoon vanilla

Frosting:

- 1/4 cup milk
- 1/2 cup butter or margarine, melted
- 1 cup confectioner's sugar
- 2 tablespoons cocoa

DIRECTIONS:

1. Sift together flour and sugar. Set aside.
2. In a sauce pan over medium heat, combine butter (or margarine), cocoa, buttermilk, Crisco and water until thoroughly blended.
3. Add flour/sugar mixture and beat well.
4. Add eggs, cinnamon, baking soda and vanilla and continue to mix until you get a smooth consistency.
5. Pour mixture into a lightly greased 18 x 12 x 1/2 inch sheet baking pan and bake at 400 degrees for about 20 minutes.

Making the Frosting:

6. In a saucepan over low to medium heat, combine butter, cocoa and milk to make a semi thick paste.
7. Add the confectioner's sugar, mixing well.
8. Frost cake while still warm for a nice glaze.



CHEF RUBY

Slow-Cooker “Corned Beef” & Cabbage

-- *EatingWell.com* --

INGREDIENTS:

- 2 & 1/2 pounds boneless beef chuck roast, trimmed and cut into 1-inch cubes
- 2 tablespoons ground pickling spice
- 1 teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 4 cups low-sodium chicken broth
- 4 large carrots, cut into 1-inch pieces (1 pound)
- 1 pound baby potatoes, halved or quartered if large
- 1/2 small head green cabbage (1 pound), cored and cut into 1-inch pieces
- 2 to 3 teaspoons malt vinegar
- 8 tablespoons chopped fresh parsley, divided
- 8 teaspoons whole-grain mustard, divided

DIRECTIONS:

1. Toss beef with pickling spice and salt in a medium bowl until well coated. Heat oil in a large skillet over medium-high heat. Add the beef and onion; cook, stirring occasionally, until the meat is browned on all sides, 6 to 10 minutes. Add broth and bring to a simmer, stirring and scraping up any browned bits from the bottom of the pan, 4 to 5 minutes. Transfer to a 5-quart (or larger) slow cooker.
2. Stir carrots and potatoes into the beef. Cook on High for 3 hours or Low for 6 hours.
3. Nestle cabbage among the beef and vegetables, cover and cook until the beef and vegetables are tender, about 1 hour on High or 2 hours on Low. Stir in vinegar to taste. Garnish each serving with 1 tablespoon parsley and 1 teaspoon mustard.

Nutrition Facts

Serving Size: 1 1/4 cups

Per Serving: 445 calories; protein 54g; carbohydrates 19.3g; dietary fiber 3.9g; sugars 5.6g; fat 15.4g; saturated fat 4.7g; cholesterol 147.4mg; vitamin a iu 6334.3IU; vitamin c 45.8mg; folate 42.4mcg; calcium 84.8mg; iron 5.5mg; magnesium 53.8mg; potassium 1058.4mg; sodium 559.4mg; thiamin 0.2mg. Exchanges: 7 lean-protein, 1 1/2 vegetable, 1 fat, 1/2 starch

PHOTO OPS

Red Hatters Go to Tea

On February 4 RHers from three different chapters attended a Royal Tea at Kate Pearl Tea Room in Westminster, MD. This is the same location as Gypsy's in years past. The service included appetizer, fruit beverage, soup, salad, scones with clotted cream, fresh fruit, tea sandwiches and savories, assorted sweets and sorbet. They did provide us with take home containers. Of course there were pots of hot tea for each of us and a huge selection to choose from. The service was excellent and we were never rushed. We found that they have remained open during the pandemic by doing a good carry out business. They now have restricted hours under current guidelines. Other than the tea service, you can purchase tea blends to take home and the gift shop is open. It was a pleasant afternoon and fun to get dressed up and enjoy spending time together.



Dottie Cadden, Susi Parrish, Beverly Goines and Elizabeth Heagy.

MORE PHOTO OPS

Red Hat Dancers Celebrate Birthdays

To celebrate February birthdays Red Hat Dancers and friends gathered at the Olive Garden at Arundel Mills in Hanover, MD. Happy Birthday to Linda Pressman and Beverly Goines.



Wonderful English from Around the World I Five Minutes: (continued from page 8)

Tokyo hotel's rules and regulations: Guests are requested not to smoke, or do other disgusting behaviors, in bed.

On the Menu of a Swiss Restaurant: Our wines leave you nothing to hope for.

In a Tokyo Bar: Special cocktails for the ladies with nuts.

Hotel Yugoslavia: The flattening of underwear with pleasure is the job of the chambermaid.

Hotel, Japan: You are invited to take advantage of the chambermaid.

In the lobby of a Moscow Hotel, across from a Russian Orthodox Monastery: You are welcome to visit the cemetery, where famous Russian and Soviet composers, artists and writers are buried daily, except Thursday.

A sign posted in Germany's Black Forest: It is strictly forbidden on our Black Forrest Camping Site, that people of different sex, for instance, men and women, live together in one tent, unless they are married with each other for this purpose.

Riddle: What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

(See page 35 for answer.)

Items from Royal Splendor

www.royalsplendor.com

Phone: 866-212-9983



The Royal Collection

Basic T-Shirt, starting at \$22.99

3/4 Sleeve Scoop Classic, starting at \$29.99

3/4 Sleeve V-Neck Classic, starting at \$29.99

Tank Shirt, starting at \$22.99

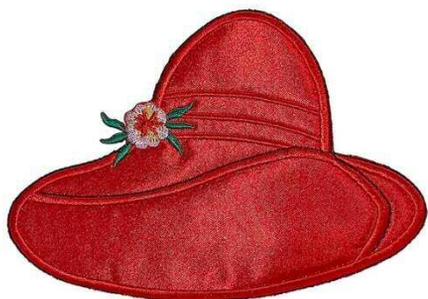
Crystal Classic Cardigan, starting at \$59.99

Denim Jacket, \$59.99

Hooded Jacket, starting at \$44.99

Apron, \$18.99

(Some shirts are available as Vice Queen also; shirts available in purple, red, lavender & pink)



Red Hat Applique - \$5.99

- * Accented with a lovely flower
- * Embroidered details
- * Satin finish
- * Iron on

Size: 3.75"H x 5.25"W

Colors: Red & Purple



Ravishing Rose Face Mask - \$12.99

- * 3 layers of protection & pocket
- * Slit opening for disposable filter
- * 100% Poplin cotton within breathable area
- * 97% & 3% Spandex ear loops make for the perfect snug fit
- * Soft & comfortable feel against your face
- * One size fits most adults. Mask body size is 6"H x 7"W
- * Non-refundable or returnable due to the nature of the product.
- * Machine or hand wash after each use. Hang to dry.

Classified

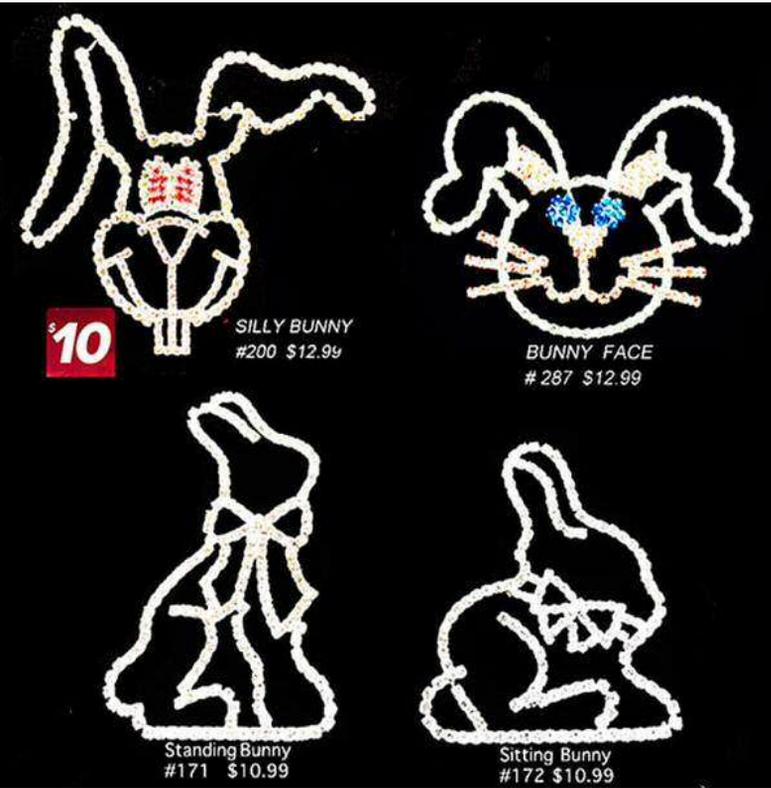
4112 Help Wanted
Executives

Items Available Red Hat Regalia

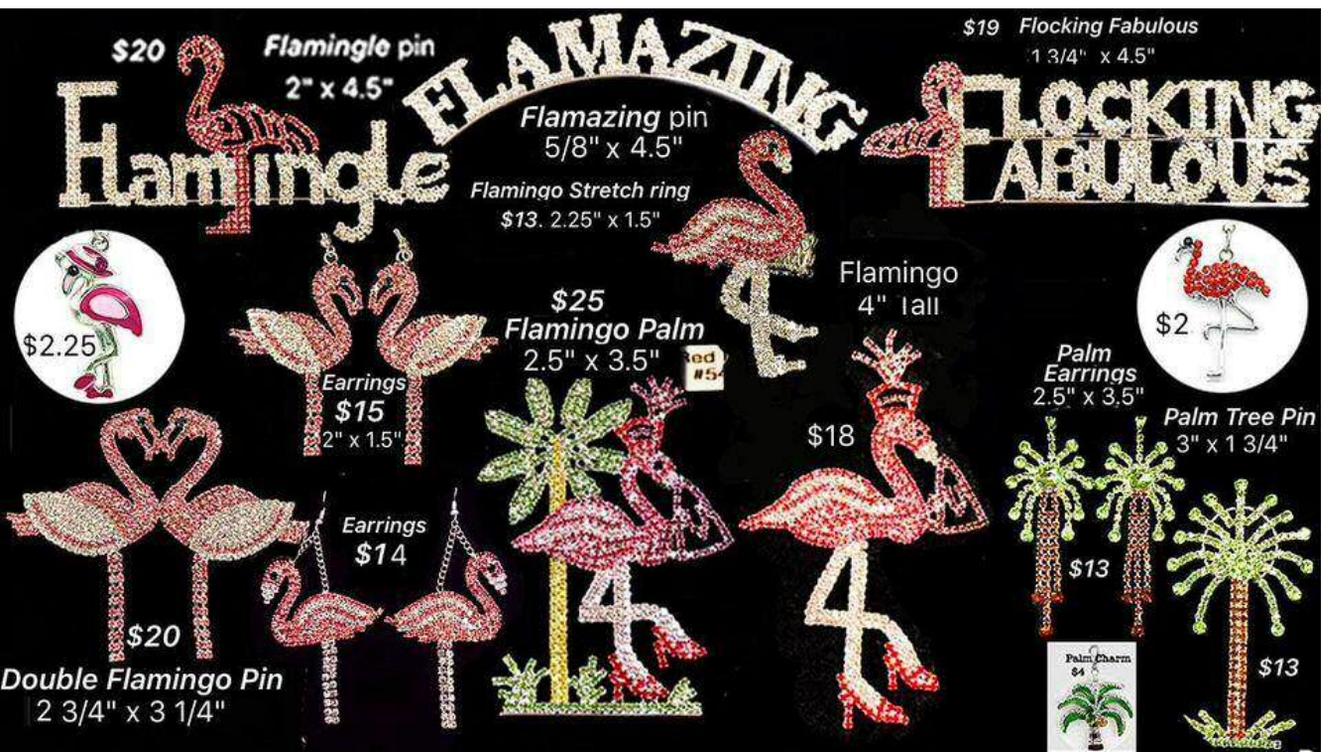
<https://www.facebook.com/groups/1395418484045715>

Contact Diane & Doug Wieboldt

redhatregalia@gmail.com



Easter pins





Items Available at The Red Hat Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114

Car Coasters:

Set of 2 Neoprene car coasters that absorb moisture in your cup holders while adding personality to your car/van/truck/boat/etc. Each set measures 2.5" and cost is \$4.99/set



Coasters:

Set of 4 coasters that measure 4" x .1". Cost is \$7.99/set



Red Hat Society Birthday Girl Basic T-Shirt \$24.99

Celebrate your birthday in bling!

Finished in the USA

6.1oz , 100% Cotton preshrunk

S - 3X Ladies cut, 4X - 5X Unisex cut and runs large

Size chart available, please review

Machine wash inside out, low tumble to dry or hang

Available in pink or red.

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

-- Submitted by Barbara Peterson, Queen Blingsalot, Sweet Elite Tarts,
Stewartstown, PA --

Bob and the Bee:

Bob ran out of gas, and a bee flew in his car window ... "are you out of gas?" asked the bee. "Yes" said Bob. "Gimme a minute" said the bee, and flew away. Minutes later the bee returned with the entire hive of bees who all flew into his petrol tank. Moments later they emerged. "Try it now" said a passing bee. Bob tried and the car started. Bob said "wow, what did you put in the tank?" ... wait for it... wait for it ...

(see top of next page for the bees response)

Another Walk Down Memory Lane:

"What was your favorite fast food when you were growing up?"

"We didn't have fast food when I was growing up," I informed him, "All the food was slow."

"C'mon, seriously. Where did you eat?"

"It was a place called 'home,' I explained!

"Mom cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate, I was allowed to sit there until I did like it."

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

Here are some other things I would have told him about my childhood if I figured his system could have handled it:

Some parents actually NEVER owned their own house, wore Levis, set foot on a golf course, traveled out of the country or had a credit card.

(continued in right column)

My parents never drove me to school. I had a bicycle that weighed probably 50 pounds, and only had one speed, (slow) .

We didn't have a television in our house until I was 10. It was, of course, black and white, and the station went off the air at 11, after playing the national anthem and a poem about God. It came back on the air at about 6 AM. And there was usually a locally produced news and farm show on, featuring local people

I never had a telephone in my room. The only phone was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.

Pizzas were not delivered to our home... But milk was & so was bread .

All newspapers were delivered by boys and all boys delivered newspapers -- my brother delivered a newspaper, six days a week. He had to get up at 5 AM every morning .

Movie stars kissed with their mouths shut. At least, they did in the movies! There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or most anything offensive .

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren. Just don't blame me if they bust their gut laughing.

Growing up isn't what it used to be, is it ?

(continued on next page)

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

-- Submitted by Barbara Peterson, Queen Blingsalot, Sweet Elite Tarts,
Stewartstown, PA --

Some Good Puns:

Acupuncture is a jab well done.

Dijon vu - the same mustard as before

Practice safe eating - always use condiments

Shotgun wedding - a case of wife or death

A man needs a mistress just to break the monogamy.

A hangover is the wrath of grapes.

Dancing cheek-to-cheek is really a form of floor play.

Does the name Pavlov ring a bell?

Condoms should be used on every conceivable occasion

Reading while sunbathing makes you well red.

When two egotists meet, it's an i for an i.

A bicycle can't stand on its own because it is two tired.

What's the definition of a will? It's a dead give away.

Time flies like an arrow. Fruit flies like a banana.

In democracy your vote counts. In feudalism your count votes.

She was engaged to a boyfriend with a wooden leg but broke it off.

A chicken crossing the road is poultry in motion.

If you don't pay your exorcist, you get repossessed.

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

The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it.

Local area network in Australia - the LAN down under.

Every calendar's days are numbered.

A lot of money is tainted - taint yours and taint mine.

A boiled egg in the morning is hard to beat.

He had a photographic memory that was never developed.

A dwarf fortune-teller who escapes from prison is a small medium at large.

Once you've seen one shopping center, you've seen a mall.

Bakers trade bread recipes on a knead-to-know basis.

Santa's helpers are subordinate clauses.

Those who jump off a bridge in Paris are in Seine.

A man's home is his castle, in a manor of speaking .

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

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



Wife texts husband on a cold winter morning:
"Windows frozen, won't open."
Husband texts back: "Gently pour some lukewarm water over it and then gently tap edges with hammer."
Wife texts back 10 minutes later: "Computer really messed up now."



My grandma talking to my mom about her new hearing aid, "it's the most expensive one you can buy, it cost me \$4,000"
My mom: "What kind is it"
My grandma: "it's 4:15pm"

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

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

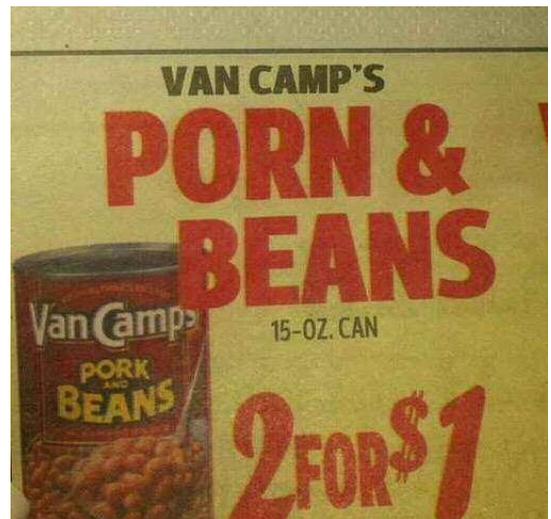
They Had Only One Job To Do



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

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

They Had Only One Job To Do



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

-- Submitted by *Jacquie Maly, Maui, HI* --



People in quarantine have way too much time on their hands.

I never thought the comment, "I wouldn't touch him/her with a 6' pole" would become national policy, but here we are.

If you wear your jeans 5 days in a row, they become all baggy and it looks like you're losing weight. Follow me for more quarantine life pro tips.



And another day in quarantine, somebody was feeling creative or maybe just losing their mind



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

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

Why Teachers Drink!

The following questions were in last year's GED examination (*These are genuine answers*).

Q. What is a turbine?

A. Something an Arab or Sheik wears on his head. Once an Arab boy reaches puberty, he removes his diaper and wraps it around his head.

Q. How is dew formed.

A. The sun shines down on the leaves and makes them perspire.

Q. What guarantees may a mortgage company insist on

A. If you are buying a house they will insist that you are well endowed.

Q. In a democratic society, how important are elections?

A. Very important. Sex can only happen when a male gets an election.

Q. What are steroids?

A. Things for keeping carpets still on the stairs . (Shoot yourself now , there is little hope)

Q. What happens to your body as you age

A. When you get old, so do your bowels and you get intercontinental.

Q. What happens to a boy when he reaches puberty?

A. He says goodbye to his boyhood and looks forward to his adultery. (So true)

Q. Name a major disease associated with cigarettes.

A. Premature death.

Q. What is artificial insemination?

A. When the farmer does it to the bull instead of the cow.

Q. How can you delay milk turning sour?

A. Keep it in the cow. (Simple, but brilliant)

Q. How are the main 20 parts of the body categorized (e.g. The abdomen)?

A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A,E,I,O,U (WTF!)

Q. What is the fibula?

A.. A small lie.

Q. What does "varicose" mean?

A.. Nearby.

Q. What is the most common form of birth control?

A.. Most people prevent contraception by wearing a condominium. (That would work)

Q. Give the meaning of the term "Caesarean section".

A.. The caesarean section is a district in Rome.

Q. What is a seizure?

A.. A Roman Emperor. ⚡ (Julius Seizure, I came, I saw, I had a fit)

Q. What is a terminal illness?

A. When you are sick at the airport. (Irrefutable)

Q. What does the word 'benign' mean?

A.. Benign is what you will be after you be eight (brilliant)

Q. Name the four seasons

A. Salt, pepper, mustard and vinegar

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

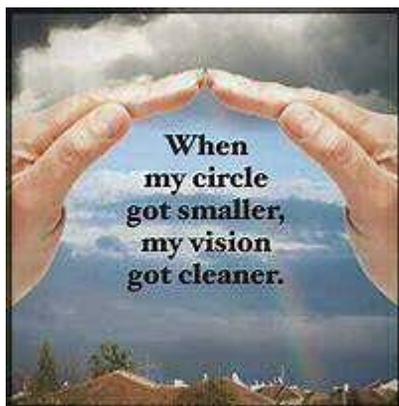
From Rose Moerschel, Frolicking Friends of Fallston:

An elderly couple was flying to Hawaii for a two-week vacation to celebrate their 50th anniversary. Suddenly, over the public address system, the captain announces, "Ladies and gentlemen, I am afraid I have some very bad news. Our engines have ceased functioning and we will attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach. However, the odds are that we may never be rescued and will have to live on the island for the rest of our lives."

Thanks to the skill of the flight crew, the plane lands safely on the island.

An hour later, the husband turns to his wife and asks, "Honey, did we pay the car bill this month?" "No, sweetheart," she responds. Still shaken from the crash landing, he then asks, "Did we pay our credit card bill yet?" "Oh no! I'm sorry. I forgot to send the check," she says. "One last thing, did you remember to pay the medical bill for the hospital visit last month?" he asks. "Oh, forgive me, sweetheart," begged the wife. "I didn't send that one, either."

The husband grabs her and gives her the biggest hug in 50 years. She pulls away and asks him, "What was the hug for?" The husband answers, "They'll find us!"



From Adele Rugg, Queen Diva Dell-Lucious, Kihel, Maui, HI:

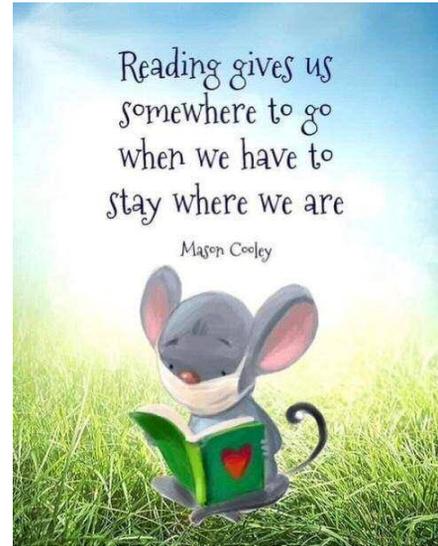


So I'm getting older and I'm not as well balanced as I once was and my Doctor recommended I put a bar in my shower. I have to say, I'm really quite happy with it.

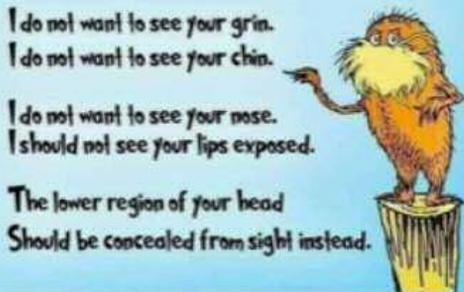
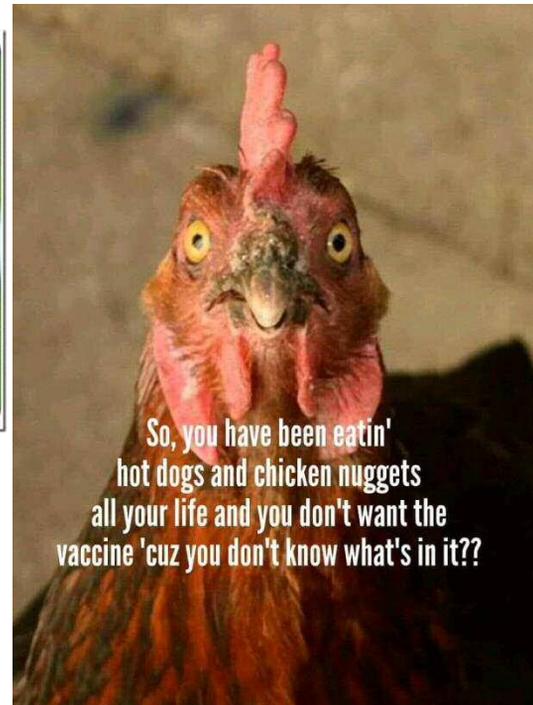


Nothing Better to Do So You Might As Well Read These Too!

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



Travel plans in 2020 be like:



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

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

Apparently, it's only appropriate to say "Look at you! You got so big!" to children. Adults tend to get offended.

Two things to make your day better:

- Do not watch the news.
- Stay off the bathroom scales.



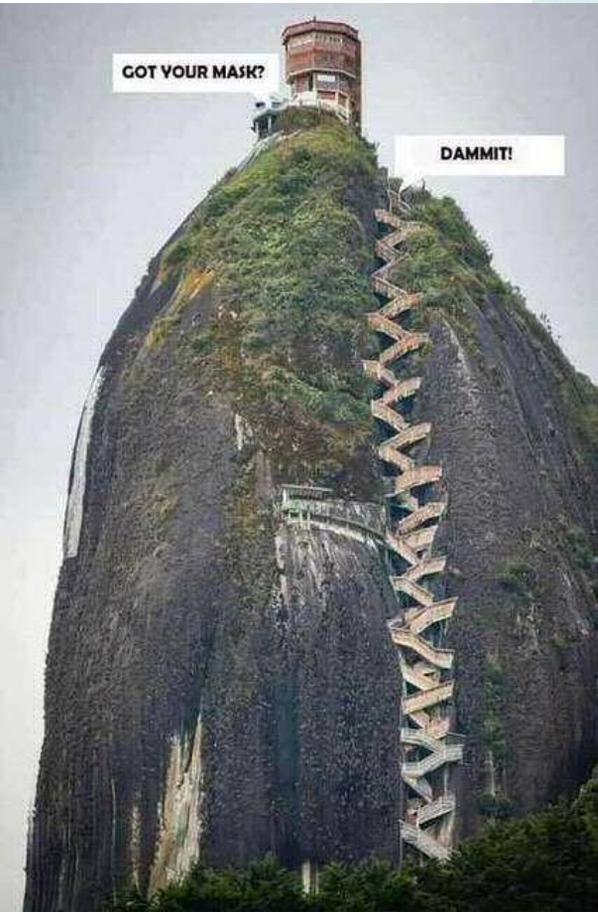
Walt Disney World



Here's Debbie.

Debbie is 31 years old and has been home schooling her kids for the past 4 hours.

Great job Debbie, keep it up!



"I told him as an expert in the field I strongly recommend wearing it, but he just kept bringing up his 'rights.'"

BREAKING NEWS... swimming pools to re-open from the 4th July, but due to continued social distancing regulations there will be no water in lanes 1, 3 and 5.....

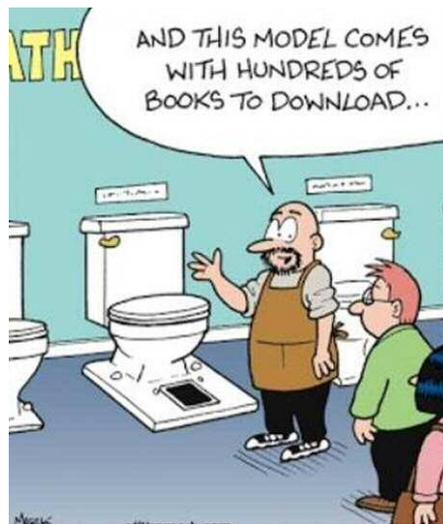
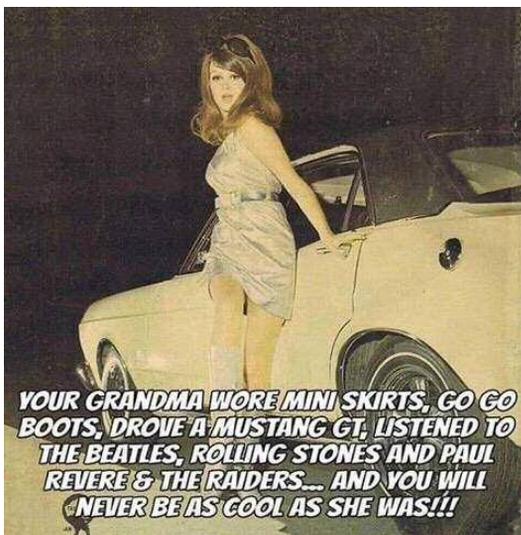
New corporate problems



"OK, which one of you just called me an asshole?"

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

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



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

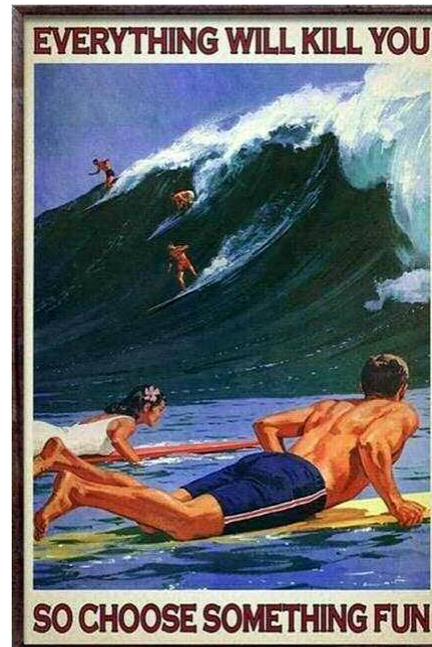
-- Submitted by Adele Rugg, Queen Diva Dell-Lucious, Kihel, Maui, HI --



"All the other women in the office are suing you for sexual harassment. Since you haven't sexually harassed me, I'm suing you for discrimination."



There's nothing like a fart-noise ring tone to make getting calls in an elevator way more fun!



When you're in your highchair, I expect at least 50% of all food to be dropped while still warm and NOT covered in baby slobber. Got it, pinkie???

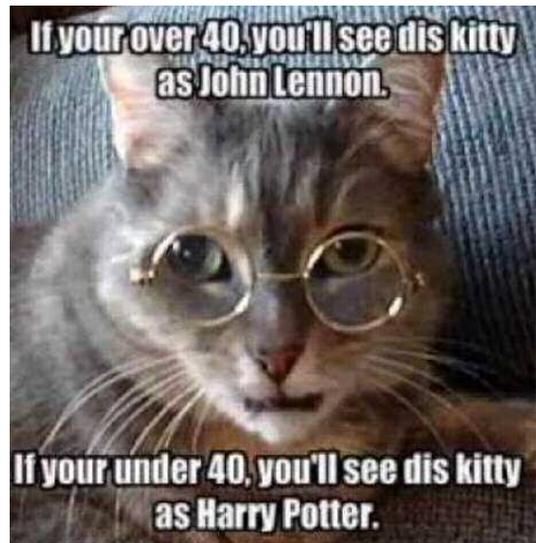


Only **Wednesday?**
I'm not feeling the whole

bright-eyed, bushy tail thing!



Noise Cancelling Toilet



If your over 40, you'll see dis kitty as John Lennon.

If your under 40, you'll see dis kitty as Harry Potter.

Just for Fun

Trivia for Seniors:

1. How is La Giaconda known in English?
2. According to the saying if to err is human, what is to forgive?
3. Which US President resigned in 1974, becoming the only President to do so?
4. In which Charles Dickens novel of 1861 do the characters Pip, Stella and Miss Havisham appear?
5. How many chambers does the human heart have?
6. What is the name of the cross-eyed lion in the television series :Daktari”?
7. How is the actress, born Caryn Johnson on Nov 1, 1955 in Chelsea, New York City, now known?
8. Which dinosaur’s name means “Tyrant lizard”?
9. How many arms does a starfish have?
10. Which swimming stroke is named after an insect?
11. “Down the Rabbit Hole” is the opening chapter of which 1865 children’s novel?
12. In music, what term means louder and louder?
13. Of which country is Amman the capital?
14. Which WWII US general was known as “Old Blood and Guts”?
15. When translated, what dinosaur name means “three-horned face”?



An Irishman goes to the doctor who, after examining him, says “You have some problems with your heart, but if you take these tablets, I think it will be okay. “So the doctor gives the man the tablets and the patient asks, “Do I have to take them every day?” No,” replies the doctor, “take one on the Monday, skip the Tuesday, take one on the Wednesday, skip the Thursday and go on like that.

“Two weeks later the doctor is walking down the street, and he sees the patient’s wife. “Hello Mrs. Murphy,” he says, “how’s your husband?” “Oh he died of a heart attack,” says Mrs. Murphy. “I’m very sorry to hear that,” says the doctor, “I thought if he took those tablets he would be all right.” “Oh the tablets were fine,” says Mrs. Murphy, “*It was all the bloody skipping that killed him!*”

- Answers to Trivia:**
1. Mona Lisa; 2. Divine; 3. Richard Nixon;
 4. Great Expectations; 5. Four; 6. Clarence;
 7. Whoopi Goldberg; 8. Tyrannosaurus;
 9. Five; 10. Butterfly stroke; 11. Alice's
 - Adventures in Wonderland; 12. Crescendo;
 13. Jordan; 14. George Patton;
 15. Triceratops

Answer to Riddle on page 16: Noon

More Just for Fun

March Word Search

-- submitted by Dottie Cadden, Sassy & Classy Red
Hatters, Brooklyn Park, MD --

R S W D L O G F O T O P I E N
I E H I B E D D N O P A G R Y
D Z V A S D P E L H Q A B A A
C G X O M H E R I C B E E I D
O P G T L R M G E B A L E N S
R M K K G C O F A C T V R B K
N I R I S H F C F M H Z J O C
E M I R R M D A K B W A N W I
D S E V E N T E E N T H U R R
B S M R A H C B E L Z E E N T
E I L M Q H Z T Z D R L A E A
E M A G I C A L L Y A U Q J P
F H C M H R Z U A N X R O O T
Z C H B T A B S D W C U A F S
H C T A G M I D H U I T S P V

Beer
Four Leaf Clover
Ireland
Magically
Pot of Gold
Shamrock

Charms
Green
Irish
March
Rainbow
St Patricks Day

Corned Beef
Ham and Cabbage
Leprechaun
Parade
Seventeenth
Wish