

VOLUME VI-5, MAY 2021



**MONTHLY 1st Wednesday Lunch
in Maryland**

Our monthly Red Hat lunch, on the 1st Wednesday each month, resumes on May 5, 2021, at 12:00 noon, at Nautilus Diner, 1709 Transportation Drive, Crofton, MD 21114.

Outside food is NOT permitted. YOU MUST ALREADY HAVE A RESERVATION WITH BETH WIGGANS to attend because seating is now FULL. Walk-ins will not be seated with the Red Hatters group.

The following COVID-19 protocols/restrictions and requirements will be observed when attending this lunch:

- No more than 6 people per table. Tables will be spaced apart for social distancing.
- Mask must be worn properly at all times unless you are actually eating or drinking. Mask must cover your lips and nose.
- Social distancing must be observed at all times.
- Preregistration for this event is now closed.

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

From the Editor:

What joy that Red Hatters are now gathering, even if is on a smaller scale. It's been a long time since my hats have gone out in public.

I have some helpful tips for those who want to be extra safe at gatherings (**see page 4**). Remember the COVID19 variants are alive and well. Just because we got vaccinated does not mean we cannot catch a variant. It just means, if we catch a variant, it will most likely be a mild case instead of a deadly one. No guarantees though so do what you can to keep yourself safer.

A few major events are coming up in May so, if you are attending, please send some photos. Not all our readers are on Facebook and those who are on FB may not be subscribing to the pages on which you post. Share some joy with your Red Hat sisters!

If you become aware of some events that are not included on pages 2 and 3, please pass me the details so our readers can be informed.

Have fun gathering again. Please do it safely.

Judy Litke
moonrockB@aol.com

Words of Wisdom: Life is too short to worry about what others say or think about you. So have some fun, and give them something to talk about!

DEADLINE For June Newsletter
Articles: **May 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".

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

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

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

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

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

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

Upcoming Red Hat Events (Continued)

Sep 9-11, 2021: 2021 Florida Sunshine State Extravaganza, hosted by Christine Towers, FQM, in Kissimmee, FL. For info contact: Christine Towers, primetimebelle@aol.com

NEW **Sep 17-19, 2021:** Red Hat Weekend, in WV, contact Cookie Hayes (cookiehayes@comcast.net) for information and registration (live band Fri & Sat nights, international dress night, dinners buffet style)

NEW **Sep 24-26, 2021:** Diamonds and Pearls Event, in Scott, LA * (Contact Elrita Bob, 1818 North Avenue I, Crowley, LA 70526)

Sep 30-Oct 3, 2021: 2021 Georgia Red Hat Jubilee, "Puttin' On the Glitz", hosted by the Georgia Red Hat Jubilee Council, in Stone Mountain, GA *

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)

NEW **Oct 15-17, 2021:** Paint the Town Red, Act 6, Once Upon a Time – "The Fairy Tale Dream Theme", hosted by The Regally Honored Sisters with Hattitude, in Laughlin, NV

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

Nov 5-7, 2021: Ladies in Red St. Louis FUNvention, Theme: Amateur Night at the Apollo (Regalia), in Bridgeton, MO. **NOTE:** \$250 payment deadline Oct 25, 2021 (payment plan available)

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.

Jan 7-9, 2022: "Let's Paint the Town Red", hosted by the Southern Bellas formerly the Foothills Red Hatters, 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 *

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



May 19-22, 2022: RHS 2021 International Convention, Flamingo Fling, Palm Desert, CA *

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

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)



A Note from B&B (of the B&B Queens Council):

Greetings Red Hatters! Here's wishing you a Happy Red Hat Birthday! Founded in 1998, the RHS reached 23 years old on Apr 25. When we joined who would have ever thought of all the fun and friendship that would follow? Going to events outside of our chapters has truly resulted in amazing times. Meeting ladies from all over the USA and abroad, and often staying in touch by email, or even visiting with them if you happen to be in their area. Using the RHS website enables you to connect with sisters you don't even know and meet up for coffee or a lunch. We are beginning to hear of events going on as planned but with modifications for restrictions due to the virus that is still lurking out there. So go enjoy those events if you choose but continue to be aware and stay safe. Our latest understanding is that lunches at Crofton on first Wednesdays are back, Virginia FUNVention is a go in August and the Feb 2022 Baltimore event is expected to happen. We will be planning a B&B Queens Council gathering in the very near future so stay tuned.

Beverly & Berlyn



Ambassador Queen Margaret Forney, North Carolina, is celebrating her 75th birthday on May 7. If you would like to send her a card, mail to:

Ambassador Queen Margaret Forney
1201 Plaza Street NW
Lenoir, NC 28645



In Memoriam



Marva Williams:

Marva Charlean Williams (nee Thompson) was born Apr 21, 1939 in Springfield, IL. She graduated from Clairton High School, in Clairton, PA in 1959. In 1961 she married her childhood soulmate, Samuel Williams, and became a

homemaker and later, a mother of two sons.

Marva was: an active member and choir member of New Covenant United Methodist Church; a lead Volunteer/Mentor I the Girl Scouts' Beyond Bars program for over 25 years; a member of the National Association of Letter Carriers Postal Auxiliary Committee; a Baltimore Ravens fan; and a member of the Red Hat Society.

She fell asleep on Feb 22, 2021, just more than 24 hours after her beloved husband Samuel passed on Feb 21, 2021. Marva was 81 years old.

NOTE FROM EDITOR: If you would like to read the full obituary, send me an e-mail at moonrockB@aol.com and I will e-mail it to you.

SPECIAL NOTICE

If you are celebrating a birthday that you would like recognized, if someone is sick and needs cards or notes of encouragement, if a Red

Hatter has passed away, please e-mail details to moonrockB@aol.com for inclusion in the next newsletter

Tips to Stay Safe as We Navigate Through COVID19:

Being vaccinated for COVID19 does not mean that you will not catch the virus. As people choose not to get the shots, they can be spreaders of the COVID19 variants. Per CDC, those vaccinated can catch a variant virus. Keep yourself as safe as possible and follow a few common sense procedures/

As we begin dining out with our friends, here are some tips to help you stay safe:

- First and foremost, if you are feeling sick or have a fever, stay home.
- Take Clorox wipes or Handi-Wipes in a plastic baggie to wipe down your table area, any part of the chair you touch, and the bathroom door on the way out. Put used wipes in the baggie to keep from spreading germs.
- Take your own hand sanitizer. Instead of passing your bottle to others, squeeze some in their hands.
- Wear a mask that is comfortable to wear, rather than one that is fashionable but uncomfortable.
- When indoors, wear the mask over your mouth AND nose. Remove it only to eat and drink.
- Pull up the menu on your cell phone or Ipad and know what you want to order ahead of time instead of touching the menus.
- Don't table hop. Wave to your friends from your seat. Keep socially distanced as much as possible.
- Avoid hugging. You can wait a few months longer. You can "I ❤️ you" with your hands or carry a sign.

Are Rice Cakes a Healthy Snack?

By Jessica Ball, M.S., RD

Rice cakes are low in calories and sodium, with a modest amount of a few nutrients. They have 14 grams of carbs per two cakes, making them low carb. Plain rice cakes are gluten-free, nut-free and soy-free. Depending on the toppings, these can be a healthy snack to beat midday hunger.

To make the most of your rice cakes, add toppings packed with protein, fiber and healthy fats.

Rice Cake Nutrition

Here is the nutrition information for two standard-sized brown rice cakes:

70 calories
1.5g protein
0.6g fat
14.4g carbohydrates
0.5g fiber
45mg sodium
53mg potassium (2% of RDA)
25mg magnesium (8% of RDA)
67mg phosphorus (10% of RDA)

Healthy Rice Cake Snacks

To make the most of your rice cakes, add toppings packed with protein, fiber and healthy fats.

- Peanut Butter & Sliced Banana
- Peanut Butter & Honey or Jelly
- Guacamole or Sliced Avocados with a Pinch of Salt
- Slice of Cheese and/or Slice of Turkey
- Cream Cheese & Smoked Salmon

- Hummus & Cucumbers
- Pizza Sauce, Cheese & Pizza Toppings
- Brie Cheese & Apple Slices
- Cream Cheese & Strawberries (or any kind of berries)
- Refried Beans & Salsa

Is Brown Rice Healthy?

By Johane M. Filemon, M.S., RDN

Is eating brown rice a better choice than white rice? Maybe not always. Here we break down the nutritional differences and talk about the importance of more than just nutrients when it comes to what's on your plate.

Nutrition of white rice vs. brown rice

Brown rice is a whole grain that still has the hull, the bran layer and the germ still intact, allowing it to have high levels of fiber. White rice, on the other hand, does not have any of the aforementioned, which makes it less nutrient-dense.

1 cup of cooked long-grain enriched white rice has:

205 calories
4g protein
1g fiber
45g carbohydrate
0.5g fat

1 cup of cooked long-grain brown rice has:

248 calories
6g protein
3g fiber
52g carbohydrate
2g fat

Brown Rice vs. White Rice (continued from page 5)

There are also some vitamin and mineral differences, with brown rice edging out white rice in B vitamins and phosphorus. Brown rice is slightly higher in calories and carbs, but also has more protein and fiber. It's worth noting that 1 cup of cooked rice is actually two grain servings, per the US Dept. of Agriculture. You might be eating a little bit more or a little bit less depending on your hunger levels.

There is nothing wrong with preferring brown rice over white or vice versa. Some may like the heartier texture of brown rice while others may prefer the smoother texture of white. Those who did not grow up eating rice regularly may actually prefer brown over white. Brown rice does also take longer to cook so for busy weeknights, you may reach for white rice.

Ten Easy Ways to Reduce Your Food

Waste: By Rachael Moeller Gorman

Did you know that 40% of all food produced in the US ends up being tossed, according to the National Resources Defense Council (NRDC)? A family of four chucks \$1800 worth of food a year. Try these simple strategies to stop throwing away food from your home.

1. If you don't think you waste a lot of food, or you don't have a feel for how much you toss: Every time you toss out something stale, rotted or cooked and uneaten, jot it down.
2. If you tend to do one big grocery run and overbuy ingredients: Shop several times per week to get only ingredients needed for dinner or use online grocers with same-day delivery.

3. If you love trying new recipes: Stick to a specific type of cuisine-Thai, Mexican, Indian-for several meals a week, since they tend to use the same ingredients. For recipes that call for a small amount of meat, cheese or produce, check the grocery store salad bar, rather than purchase a larger package of an item.
4. If you often forget leftovers in the fridge: Pack leftovers in single-serving containers for lunches the night you make the meal or bring it home from dining out. If you freeze them, be sure to label and date leftovers and put them on your list of planned meals for the next week or two.
5. If you frequently succumb to bargains (hello BOGO): Only go for a sale item if it is nonperishable or freezable, and something you would normally buy anyway.
6. If you are a "good provider" who wants people to feel well-fed, but then make too much food: Freeze leftovers right away in individual lunch-size portions or send them home with the guests.
7. If you chuck foods because you can't remember when you put them in the fridge or freezer: Get into the habit of labeling everything. Have a sharpie and a roll of masking tape handy.
8. If your kids/grandkids don't eat all their food: Give them smaller portions.
9. If you often buy things on the fly: Make a weekly meal plan. Use the shopping lists and tools at eatingwell.com. Stick to the shopping list! Don't impulse buy.
10. If shopping at bulk stores makes you load up: Be strategic. Stuff that can stick around a long time (boxed broth, kosher salt, steel-cut oatmeal) gets a green light, but that giant sack of grapefruit? Maybe not. Or try splitting purchases with another family.



Do or Die Mysteries

A Nancy Crew
Mystery, by C.J.
Crowe

May 10, 2021



Come out for a fine dinner with murder on the side.

Our venue, Hellas Restaurant, is located at 8498 Veteran's Highway in Millersville, Maryland 21108. Entree Options: Crab Cake, Jumbo Fried Shrimp, Chicken Souvlaki, Gyro Platter, Whiskey Steak Kebabs or Lasagna.

Cost: \$60.50 per person includes dinner, show, tax and nonalcoholic beverages. Gratuity on meal is included in the ticket price. Gratuities on alcoholic beverages purchased are appreciated. Cocktails are available.

6:30 PM Check in
7:00 Orders taken/dinner served
Show follows dinner
9:30 Show ends

See the events page or contact CJ Crowe to reserve tickets.

<https://doordiemystery.com/events/a-nancy-crew-mystery-at-hellas-restaurant-051021/>

COVID-19 RESTRICTIONS: Wear a mask during times you are not eating or drinking. Observe social distancing.

Shows will be added in the event of a sell-out.



Recent Scams:

- You receive an e-mail telling you a sad story about a friend or relative in trouble and how you can help solve by sending money. First thing to do is check to ensure that your friend or relative is OK. Chances are that person's email account was hacked and copied and what you received is a scam, so just hit the delete button.
- You receive a FRIEND REQUEST on Facebook (FB) from someone you already have as a "friend". Check your friends list; if that person is already a friend, delete that e-mail. Somebody's FB account has been hacked and the hacker is testing to see who replies.
- You get a FB post, often disguised as an innocent game, such as name a state, a color, or change your name to something cutesy from a list of choices. It may just be that the original sender intended others to "Share" the message on and on and on. It is most likely a scam to collect information from FB accounts that become known when the post is shared. Just ignore these posts.
- Never respond to threatening calls that seem legit, especially when they ask you to purchase gift cards for payment.
- The back brace people are back in full force, claiming they are from Social Security. It's a scam to get your Social Security Number. Don't bite. Hang up.



CHEF RUBY

Lemon & Blueberry Drop Scones

Equipment Needed: 2 mixing bowls, large wooden or metal spoon, measuring cups, measuring spoons, spatula, two cookie sheets line with parchment paper

INGREDIENTS:

2 cups all purpose flour
1/3 cup sugar
2 teaspoons baking powder
1 teaspoon grated lemon zest
1/2 teaspoon baking soda
1/4 teaspoon salt

1 cup lemon yogurt (or two 6 oz. cups)
1 large egg, room temperature
1/4 cup butter, melted
1 cup fresh or frozen blueberries

GLAZE:

1/2 cup confectioners' sugar
1 tablespoon lemon juice
1/2 teaspoon grated lemon zest

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. In a large bowl, combine the first 6 ingredients. In another bowl, combine the yogurt, egg and butter. Stir in the dry ingredients just until moistened. Fold in the blueberries.
3. Drop by heaping tablespoonfuls, two inches apart, onto a greased baking sheet or one lined with parchment paper. Bake at 400 degrees for 15-18 minutes or until lightly browned.
4. Combine glaze ingredients in a small mixing bowl; drizzle over warm scones.



CHEF RUBY

Pulehu Chicken Thighs

*a Foodland Recipe submitted by Adele Rugg, Queen Diva
Dell-Lucious, Kihel, Maui, HI --*

INGREDIENTS:

- 1 pound boneless skinless chicken thighs
- 1 tablespoon of your favorite salt seasoning
(recommendation: ono seasoning)
- 1 tablespoon sesame oil
- 1 tablespoon shoyu
- Juice of half a lemon



DIRECTIONS:

1. Combine ingredients and marinate for 20 minutes or overnight.
2. Grill the chicken pieces until done and the internal temperature is 165 degrees F.
3. Add a drizzle of sesame oil and a squeeze of lemon.
4. Serve with your favorite sides like rice, ume, kim chee or potato salad.



CHEF RUBY

Roasted Cauliflower Pasta

*a Foodland Recipe submitted by Adele Rugg, Queen Diva
Dell-Lucious, Kihel, Maui, HI --*

INGREDIENTS:

- 1 small head of cauliflower (cut into florets)
- 3 tablespoons capers
- 6 tablespoons olive oil (reserve 2 tablespoons for caper and lemon mixture)
- 1/4 teaspoon salt (additional 1 tablespoon for pasta water)
- 1 pound Italian sausage (remove casings)
- 1/2 pound pasta (recommendation: maika'i fusilli)
- zest of 1 lemon
- juice of one lemon
- freshly ground pepper to taste



DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Spread the cauliflower florets on a rimmed baking pan lined with parchment paper.
3. Toss cauliflower with 1/4 cup olive oil, 2 tablespoons capers, 1/4 teaspoon salt and freshly ground black pepper to taste. Roast, tossing every 10 minutes until nicely browned (about 30 minutes). Remove from oven and set aside.
4. Finely chop the remaining 1 tablespoon of capers and place in a small bowl. Add zest of 1 lemon and 1 tablespoon olive oil. Set aside.
5. Heat 1 tablespoon olive oil in a large skillet and add the sausage, breaking it into small pieces and cooking until nicely browned and crisp, about 10 minutes. Remove the sausage from the pan, leaving the fat behind. Shut off the stove.

(continued on next page)



CHEF RUBY

Roasted Cauliflower Pasta (continued)

DIRECTIONS: (continued)

6. Bring a large pot of water to a boil, then add 1 tablespoon salt and 1/2 pound pasta. Cook until al dente (start checking it at 2 mins shorter than instructions on package). Drain the pasta, reserving one cup of the cooking liquid.

7. Add the pasta to the skillet and heat on low. Add the lemon juice and half of the reserved pasta water. Stir until the pasta is well coated, adding more water if needed to make a light sauce. Stir in the chopped caper and lemon zest mixture, then add the cooked sausage and cauliflower to heat through, adding any remaining pasta water if desired.

8. Place in a bowl and serve.

TIPS:

- Use a good quality olive oil
- Garnish with Parmesan cheese, toasted pine nuts and flat leaf parsley,



PHOTO OPS

The **Scarlett Hatters** of Joppa, MD are back with 4 – 5 events a month, including monthly Poker and Bunco games.

Here we are checking out a new Restaurant, “BRUNO’s”.



Rosemarie Vaccaro, Millie Wagaman, MaryCarol Bruff, Nancy Sause, VQ Vicky, Dottie Bishoff, Barbara Ledford, & Q. Bev Kott, with Manager Jeff who donned a RED HAT to join us.



For more “Did you Know”, go to page _____

MORE PHOTOS

Red Hat Dancers Go to Tea

-- submitted by Beverly Goines, Red Hat Dancers, MD --

On April 17 the Red Hat Dancers and a guest held their annual tea at Kate Pearl Tea Room in Westminster, MD. We treated ourselves to their Royal Tea which included, appetizers, soup, salad, scones with clotted cream, tea sandwiches, fresh fruit, desserts, sparkling rose lemonade, sorbet and, of course, tea of your choice. It was nice to have a separate room to ourselves and enjoy an afternoon of being together for fun and laughter. Several of our members could not attend due to family or health issues and they were greatly missed. I'm happy to report that none of them were COVID related issues. I think by looking at the photos you will be able to tell which lady was our guest.



Items from Royal Splendor

www.royalsplendor.com

Phone: 866-212-9983



Rockin the Night Glitter Powder
Available in Pink, Purple & Lavender
\$3.49 each (0.2 oz. bottle)



Flamingo Love
Compact Mirror
\$2.99 each

Choose Style A,
B, C or D



Tazz Rose Set, \$2.99
Poka Dot Mini Bows, \$2.00, Pack of 4
Kasandra Craft Rose Set,

Americana Collection



Americana Firecracker
Beaded Earrings, \$14.99
Size: 3" L



Americana United We Stand
Lapel Pin, \$1.49
Size: 1"h x .75"w



Americana Wallet, \$8.99
Classic zip around wallet to
hold cash & credit cards;
Center zipper coin holder
creates a divider
Size: 7.5" x 4" x 1"



Americana Sandals Earrings,
\$12.99
Size: 1.75" x .825"
Length: 2.5"



Americana Lips Earrings,
\$12.99
Size: 2.25" x 1"
Ball Size: .5"



Americana Top Hat, \$12.99
One size fits most



Americana Fireworks
Jar Opener, \$3.49
Coasters, \$7.99, set of 4
Car Coasters, \$4.99, set of 2



Americana Cowgirl Hat
\$18.99
Made of straw material
Brim 2.75"
One size fits most



Americana Scrunchie
Bracelet, \$4.99



Items Available at The Red Hat Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114



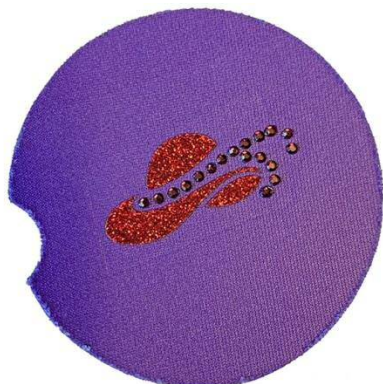
Her Royalness
Rhinestone Jar Opener,
\$7.49



RHS Logo Rhinestone
Jar Opener, \$7.49



Sunny Flamingo Jar
Opener, \$3.99 each



RHS Logo Car Coaster,
Set of 2, 2.5 inches
\$7.99



Believe in the Hat Car
Coaster, Set of 2, 2.5
inches, \$4.99



Sunny Flamingo Iron on
Patch, 3 inch diameter,
\$4.99 each



Sunny Flamingo Collection:

(available in pink, lavender, red and purple)

Basic T-Shirt, from \$24.99

Short Sleeve Classic V, from \$26.99

3/4 Sleeve Classic Shirt, from \$29.99

Sweatshirt, from \$26.99

Denim Crystal Jacket, from \$53.99

Crystal Cardigan (sold out)



Items Available at The Red Hat Society Store

<https://redhatsocietystore.com/>

Phone: 866-544-2114



Americana Fireworks Collection:

Basic T-Shirt, from \$24.99 (purple or lavender)

3/4 Sleeve Classic Scoop, from \$32.99 (purple, red, lavender, or pink)

3/4 Sleeve Classic V Neck, from \$32.99 (purple, red, lavender, or pink)

Tank Shirt, from \$26.99 (purple, red, lavender, or pink)



ON SALE NOW!

Glee Club Collection:

(available in purple, red, lavender, or pink)

Basic T-Shirt, from \$12.99 (purple or lavender)

Short Sleeve Classic, from \$16.99

Short Sleeve Classic V-Neck, from \$16.99

3/4 Sleeve Classic Scoop, from \$24.99

3/4 Sleeve Classic V Neck, from \$24.99

Classified

4112 Help Wanted
Executives

Items Available Red Hat Regalia

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

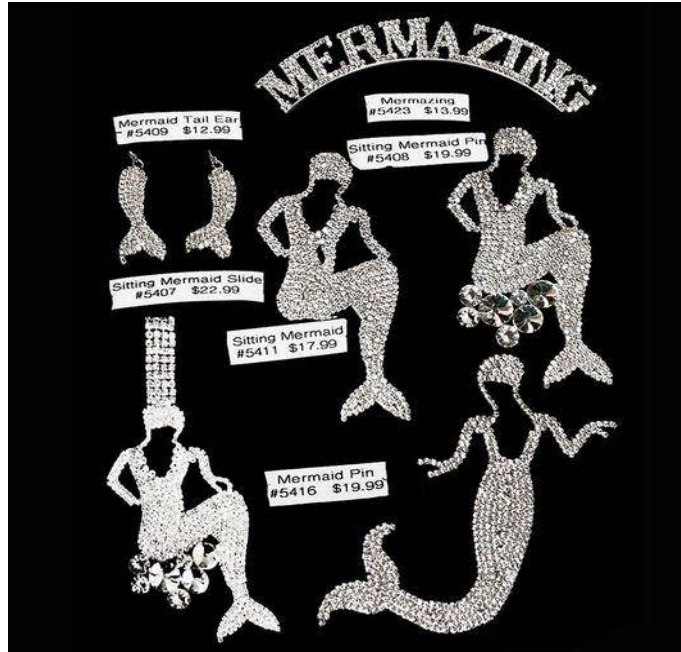
Contact Diane & Doug Wieboldt

redhatregalia@gmail.com

Days of the Week Masks

Set of 7 Masks

~~\$22~~ **\$18**



Angel Wing Pin - \$8

SOLD OUT -PREPAID PREORDERS BEING TAKEN.

Delivery between 30-60 days.

So many losses have been suffered over the past year and this **Angel Wing pin** is perfect to honor their memory.

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



Words to heal the soul

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.

But now that I am older,
I've set my body free;
There's the comfort of elastic
Where once my waist would be.

Inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But used to wear a seven.

And how about those pantyhose-
They're sized by weight, you see,
So how come when I put them on
The crotch is at my knee?

I need to wear these glasses
As the print's been getting smaller;
And it wasn't very long ago
I know that I was taller.

Though my hair has turned to gray
and my skin no longer fits,
On the inside, I'm the same old me,
It's the outside's changed a bit.

~ Maya Angelou

How old is Grandpa?



Stay with this to see the answer at the end. It may blow you away.

The grandson asked his grandfather what he thought about the shootings at schools, the computer age, and just things in general.

The grandfather replied, "Well, let me think a minute, I was born before:

- Television
- Polio shots
- Frozen foods
- Xerox
- Contact lenses
- Frisbees and
- The pill

There were no:

- Credit cards
- Laser beams or
- Ball point pens

Man had not yet invented:

- Pantyhose
- Air conditioners
- Dishwashers
- Clothes dryers
- And the clothes were hung out to dry in the fresh air and
- Space travel was only in Flash Gordon books.

Your grandmother and I got married first, ... and then lived together.

Every family had a father and a mother. Until I was 25, I called every woman older than me, "mam". And after I turned 25, I still called a policemen and every man with a title, "Sir".

We were before gay-rights, computer-dating, dual careers, daycare centers, and group therapy.

Our lives were governed by the Bible, good judgment, and common sense. We were taught to know the difference between right and wrong and to stand up and take responsibility for our actions.

Serving our country was a privilege; living in this country was a bigger privilege. We thought fast food was eating half a biscuit while running to catch the school bus.

Having a meaningful relationship meant getting along with your cousins.

Draft dodgers were those who closed front doors as the evening breeze started.

Time-sharing meant time the family spent together in the evenings and weekends – not purchasing condominiums.

How old is Grandpa? (continued)



We never heard of FM radios, tape decks, CDs, electric typewriters, yogurt, or guys wearing earrings.

We listened to Big Bands, Jack Benny, and the President's speeches on our radios. And I don't ever remember any kid blowing his brains out listening to Tommy Dorsey.

If you saw anything with "Made in Japan" on it, it was junk.

The term "making out" referred to how you did on your school exam.

Pizza Hut, McDonald's and instant coffee were unheard of.

We had 5 & 10 cent stores where you could actually buy things for 5 and 10 cents. Ice cream cones, phone calls, rides on a streetcar, and a Pepsi were all a nickel. And if you didn't want to splurge, you could spend your nickel on enough stamps to mail 1 letter and 2 postcards.

You could buy a new Ford Coupe for \$600, ... but who could afford on? Too bad, because gas was 11 cents a gallon.

In my day:

- "grass" was mowed
- "Coke" was a cold drink,
- "Pot" was something your mother cooked in and



- "Rock music" was your grandmother's lullaby.
- "Aids" were helpers in the Principal's office
- "Chip" meant a piece of wood
- "Hardware" was found in a hardware store and
- "Software" wasn't even a word.

And we were the last generation to actually believe that a lady needed a husband to have a baby. How old do you think I am?

I bet you have this old man in mind ... you are in for a shock!

Read on to see – pretty scary if you think about it and pretty sad at the same time.

Are you ready???



This man would be 70 years old today, born in 1947.

Gives you something to think about. Pass this on to the old ones. The younger generation would not understand.

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



@KKNOWLEDGE

DID YOU KNOW?

THERE IS A STRESS HORMONE CALLED **CORTISOL** THAT IS CONCENTRATED IN TEARS. YOU LITERALLY **CRY** OUT YOUR STRESS.



@KKNOWLEDGE

DID YOU KNOW?

HUGS THAT LAST OVER 20 SECONDS RELEASES **CHEMICALS** IN YOUR BODY CALLED "**OXYTOCIN**" THAT MAKES YOU TRUST SOMEONE MORE.



@KKNOWLEDGE

DID YOU KNOW?

IF THE **HUMAN EYE** WAS A **DIGITAL CAMERA**, IT WOULD HAVE **576 MEGAPIXELS**.



@KKNOWLEDGE

DID YOU KNOW?

Humans are **born** with **two fears**: **falling** and **loud noises**. Every other **fear** is **learned**.



@KKNOWLEDGE

DID YOU KNOW?

THE **WORLD'S QUIETEST ROOM** IS **-9 DECIBELS**, QUIET ENOUGH TO HEAR YOUR **BLOOD FLOWING**.



@KKNOWLEDGE

DID YOU KNOW?

CROCODILES HAVE **NO LIPS** AND CAN **HOLD THEIR BREATH** FOR AN **HOUR**.

KEEP
CALM
AND
READ FOR
PLEASURE

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



DID YOU KNOW?

BANANA IS A **HAPPY FRUIT**. EATING JUST ONE CAN **HELP YOU RELIEVE IRRITABLE EMOTIONS, ANGER OR DEPRESSION**.



DID YOU KNOW?

AN **OCTOPUS** ACTUALLY HAS **6 ARMS** AND **2 LEGS**, NOT 8 LEGS.



DID YOU KNOW?

THERE ARE **EXACTLY** 46,783,66 5,034,756,288,456,012,645 **MOVE POSSIBILITIES** IN A GAME OF **CHESS**.



DID YOU KNOW?

THE **WORLD'S OLDEST KNOWN CREATURE, A MOLLUSC**, WAS 507 YEAR OLD UNTIL **SCIENTISTS** KILLED IT BY **MISTAKE**.



DID YOU KNOW?

HUMAN THIGH BONES ARE STRONGER THAN **CONCRETE**.



DID YOU KNOW?

ELEPHANT CAN **SMELL WATER** FROM **3 MILES AWAY**.



DID YOU KNOW?

A '**LYCHNOBITE**' IS SOMEONE WHO **SLEEPS ALL DAY** AND **WORKS AT NIGHT**.



DID YOU KNOW?

YOU CAN **SURVIVE ENTIRELY** ON A DIET OF **POTATOES** AND **BUTTER**, WHICH PROVIDE ALL THE **NECESSARY NUTRIENTS** THE **HUMAN BODY** NEEDS.



DID YOU KNOW?

THE **BOWHEAD WHALE** CAN LIVE FOR LONGER THAN **TWO CENTURIES**, MAKING IT THE **OLDEST MAMMAL**.

CAN YOU IMAGINE THE NUN SITTING AT HER DESK GRADING THESE PAPERS, ALL THE WHILE TRYING TO KEEP A STRAIGHT FACE AND MAINTAIN HER COMPOSURE! PAY SPECIAL ATTENTION TO THE WORDING AND SPELLING. IF YOU KNOW THE BIBLE EVEN A LITTLE, YOU'LL FIND THIS HILARIOUS! IT COMES FROM A CATHOLIC ELEMENTARY SCHOOL TEST.

KIDS WERE ASKED QUESTIONS ABOUT THE OLD AND NEW TESTAMENTS. THE FOLLOWING 25 STATEMENTS ABOUT THE BIBLE WERE WRITTEN BY CHILDREN. THEY HAVE NOT BEEN RETOUCHEDED OR CORRECTED. INCORRECT SPELLING HAS BEEN LEFT IN.

1. IN THE FIRST BOOK OF THE BIBLE, GUINNESSIS. GOD GOT TIRED OF CREATING THE WORLD SO HE TOOK THE SABBATH OFF.

2. ADAM AND EVE WERE CREATED FROM AN APPLE TREE. NOAH'S WIFE WAS JOAN OF ARK.. NOAH BUILT AND ARK AND THE ANIMALS CAME ON IN PEARS.

3. LOTS WIFE WAS A PILLAR OF SALT DURING THE DAY, BUT A BALL OF FIRE DURING THE NIGHT.

4. THE JEWS WERE A PROUD PEOPLE AND THROUGHOUT HISTORY THEY HAD TROUBLE WITH UNSYMPATHETIC GENITALS.

5. SAMPSON WAS A STRONG MAN WHO LET HIMSELF BE LED ASTRAY BY A JEZEBEL LIKE DELILAH.

6. SAMSON SLAYED THE PHILISTINES WITH THE AXE OF THE APOSTLES.

7. MOSES LED THE JEWS TO THE RED SEA WHERE THEY MADE UNLEAVENED BREAD, WHICH IS BREAD WITHOUT ANY INGREDIENTS.

8. THE EGYPTIANS WERE ALL DROWNED IN THE DESSERT. AFTERWARDS, MOSES WENT UP TO MOUNT CYANIDE TO GET THE TEN COMMANDMENTS.

9. THE FIRST COMMANDMENTS WAS WHEN EVE TOLD ADAM TO EAT THE APPLE.

10. THE SEVENTH COMMANDMENT IS THOU SHALT NOT ADMIT ADULTERY.

11. MOSES DIED BEFORE HE EVER REACHED CANADA THEN JOSHUA LED THE HEBREWS IN THE BATTLE OF GERITOL.

12. THE GREATEST MIRICLE IN THE BIBLE IS WHEN JOSHUA TOLD HIS SON TO STAND STILL AND HE OBEYED HIM.

13. DAVID WAS A HEBREW KING WHO WAS SKILLED AT PLAYING THE LIAR. HE FOUGHT THE FINKELSTEINS, A RACE OF PEOPLE WHO LIVED IN BIBLICAL TIMES.

14. SOLOMON, ONE OF DAVIDS SONS, HAD 300 WIVES AND 700 PORCUPINES.

15. WHEN MARY HEARD SHE WAS THE MOTHER OF JESUS, SHE SANG THE MAGNA CARTA.

16. WHEN THE THREE WISE GUYS FROM THE EAST SIDE ARRIVED THEY FOUND JESUS IN THE MANAGER.

(continued on page 25, right column)

Have I gotten To THAT Age???

I found this timely because today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today?" I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat?" I just say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs?"

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know why I look this way. I've travelled a long way and a lot of the roads were not paved.

You know you are getting old when everything either dries up, sags or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always have: Love to share, Cash to spare, Tires with air, And friends who care.

Nun Grading Papers (contd from pg. 24)

17. JESUS WAS BORN BECAUSE MARY HAD AN IMMACULATE CONTRAPTION.

18. ST. JOHN THE BLACKSMITH DUMPED WATER ON HIS HEAD.

19. JESUS ENUNCIATED THE GOLDEN RULE, WHICH SAYS TO DO UNTO OTHERS BEFORE THEY DO ONE TO YOU. HE ALSO EXPLAINED A MAN DOTH NOT LIVE BY SWEAT ALONE.

20. IT WAS A MIRICLE WHEN JESUS ROSE FROM THE DEAD AND MANAGED TO GET THE TOMBSTONE OFF THE ENTRANCE.

21. THE PEOPLE WHO FOLLOWED THE LORD WERE CALLED THE 12 DECIBELS.

22. THE EPISTELS WERE THE WIVES OF THE APOSTLES.

An old physician, Doctor Gordon Geezer, became very bored in retirement and decided to reopen a medical clinic.

He put a sign up outside that said: "Dr. Geezer's clinic. Get your treatment for \$500 - if not cured, get back \$1,000."

Doctor Digger Young, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: 'Aaagh! -- This is Gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory, I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't -- that is Gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500"

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak --- I can hardly see anything!"

Dr. Geezer: "Well, I don't have any medicine for that so, "Here's your \$1000 back" (giving him a \$10 bill).

Dr. Young: "But this is only \$10!"

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"

Remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to tick us off.

Nun Grading Papers (contd from pg. 25)

23. ONE OF THE OPPOSSUMS WAS ST. MATTHEW WHO WAS ALSO A TAXIMAN

24.. ST. PAUL CAVORTED TO CHRISTIANITY, HE PREACHED HOLY ACRIMONY, WHICH IS ANOTHER NAME FOR MARRAIGE.

25. CHRISTIANS HAVE ONLY ONE SPOUSE. THIS IS CALLED MONOTONY.

- In the reception area of my doctor's office, a woman rolled an elderly man in a wheelchair into the room. As she went to the receptionist's desk, the man sat there, alone and silent. Just as I was thinking I should make small talk with him, a little boy slipped off his mother's lap and walked over to the wheelchair. Placing his hand on the man's, he said, "I know how you feel. My Mom makes me ride in the stroller too."

- As I was nursing my baby, my cousin's six-year-old daughter, Krissy, came into the room. Never having seen anyone breast feed before, she was intrigued and full of all kinds of questions about what I was doing. After mulling over my answers, she remarked, "My mom has some of those, but I don't think she knows how to use them."

- Out bicycling one day with my eight-year-old granddaughter, Carolyn, I got a little wistful. "In ten years," I said, "you'll want to be with your friends and you won't go walking, biking, and swimming with me like you do now. Carolyn shrugged. "In ten years, you'll be too old to do all those things anyway."

- Working as a pediatric nurse, I had the difficult assignment of giving immunization shots to children. One day, I entered the examining room to give four-year-old Lizzie her injection. "No, no, no!" she screamed. "Lizzie," scolded her mother, "that's not polite behavior." With that, the girl yelled even louder, "No, thank you! No, thank you!"

- On the way back from a Cub Scout meeting, my grandson innocently said to my son, "Dad, I know babies come from mommies' tummies, but how do they get there in the first place?" After my son hemmed and hawed

awhile, my grandson finally spoke up in disgust, "You don't have to make up something, Dad. It's okay if you don't know the answer."

- Just before I was deployed to Iraq, I sat my eight-year-old son down and broke the news to him. "I'm going to be away for a long time," I told him. "I'm going to Iraq." "Why?" he asked. "Don't you know there's a war going on over there?"

- Paul Newman founded the *Hole in the Wall Gang Camp* for children stricken with cancer, AIDS, and blood diseases. One afternoon, he and his wife, Joanne Woodward, stopped by to have lunch with the kids. A counselor at a nearby table, suspecting the young patients wouldn't know Newman was a famous movie star, explained, "That's the man who made this camp possible. Maybe you've seen his picture on his salad dressing bottle?" Blank stares. "Well, you've probably seen his face on his lemonade carton." An eight-year-old girl perked up. "How long was he missing?"

And my personal favorite...

- God's Problem Now! His wife's graveside service was just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance. The little, old man looked at the pastor and calmly said, "Well, she's there."



Just for Fun

Trivia for Seniors:

1. Which city is served by the airport coded CDG?
2. The Davis Cup is associated with which sport?
3. Trypanophobia is the fear of what?
4. A hendecagon has how many sides?
5. Which element has the highest melting point?
6. What was the name of the first dog in space?
7. Which mythical dog turned everything he touched into gold?
8. Bastille Day is celebrated on Jul 14th in which country?
9. In which country is Ayres Rock?
10. How many pockets are there on a snooker table?
11. What is the Japanese Parliament called?
12. What is the largest fresh water lake in North America?
13. Chronomentrophobia is the fear of what?
14. Who was the author of the James Bond books?
15. The role of Eliza Doolittle in the movie **My Fair Lady** was played by what actress?

Riddles:

1. A single mother had a baby but was she was so poor the baby did not have food, clothes, or shoes. What else didn't the baby have?
2. If Teresa's daughter is my daughter's mother, what am I to Teresa (Grandmother, mother, daughter, granddaughter, or Teresa)?
3. A horse owner buys a horse for \$60, then sells it for \$70. She buys the horse back for \$80, and then sells the horse for \$90. How much money did she make or lose or did she break even?
4. Where does a mermaid keep her money?



Famous Mothers & Daughters:

Here are the daughters' names. Can you name their mothers?

1. Jaime Lee Curtis' mom is _____
2. Carrie Fisher's mom is _____
3. Mariska Hargitay's mom is _____
4. Liza Minnelli's mom is _____
5. Willow Smith's mom is _____

Answers to Riddles:
 1. a father; 2. Daughter; 3. \$20 profit; 3. in the Riverbank

Mothers & Daughters: 1. Janet Lee; 2. Debbie Reynolds; 3. Jayne Mansfield; 4. Judy Garland; 5. Jada Pinkett Smith

Answers to Trivia:
 1. Paris (Charles de Gaulle Airport); 2. Tennis; 3. Injections; 4. 11; 5. Carbon; 6. Laitka was a Russian dog launched into outer space on Sputnik 2 on 3 Nov 1957; 7. Midas; 8. France; 9. Australia; 10. Six; 11. Diet; 12. Superior; 13. Clocks; 14. Ian Fleming; 15. Audrey Hepburn

More Just for Fun

-- Submitted by Berlyn Wheeler, Queen of the Chesapeake Bay Babes, Edgewater, MD --

WORD SEARCH

MOTHER'S DAY

Can you find all the words hidden in the grid? Read backwards or forwards, up or down, or diagonally. The words will always be in a straight line. Cross them off the list as you find them.

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

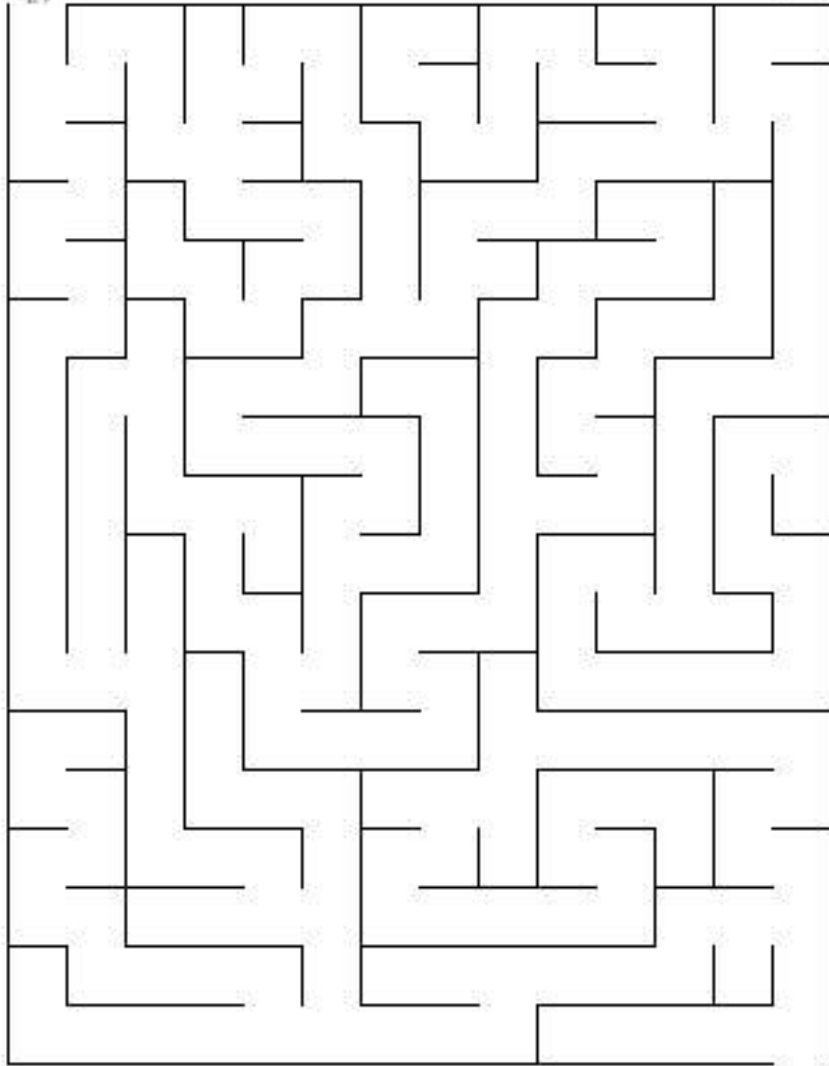
- | | | | |
|--------------|------------|------------|------------|
| AFFECTIONATE | CHOCOLATES | KINDNESS | PICNIC |
| APPRECIATE | COFFEE | LOVE | POTPLANT |
| BABY | DAUGHTER | MATRIARCH | RESTAURANT |
| BREAKFAST | DINNER | MOM | SON |
| CAKE | FAMILY | MOMMY | SUPPORT |
| CELEBRATE | FLOWERS | MOTHER | TENDER |
| CHAMPAGNE | GIFT | OFFSPRING | TREAT |
| CHERISH | HELP | PARTNER | WARM |
| CHILDREN | HUSBAND | PHOTOGRAPH | WINE |

More Just for Fun

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