

Volume VI-7, October 2021

**From the Editor:**

Hi everyone. I am finally getting back into the swing of things. Rotator cuff surgery was in mid-Jun. I am still in physical therapy and have at least two more months to go. It's been a painful experience. Thank you and a huge hug to each of you who sent me cards or e-mails for recovery. Each one was very uplifting.

Thanks to our regular contributors who sent me things to include in the newsletter. Look for them in upcoming months.

There are lots of new events being advertised on pages 2 & 3. If you are interested in any and don't have the information, let me know and I will send you what I have.

Fall is here and that means Thanksgiving and December celebrations are not far behind. If you have some delicious holiday recipes or instructions & photos for a craft, please send them to me. We sure do have some crafty Red Hatters!

Keep on hattin!

Judy Litke  
 moonrockB@aol.com

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**MONTHLY 1<sup>st</sup> Wednesday Lunch  
 in Maryland**

Join Red Hatters on the 1st Wednesday, Oct 6, 2021, at 12:00 noon, at Nautilus Diner, 1709 Transportation Drive, Crofton, MD 21114.

Wear something Halloween-y, decorate a face mask or just come in red & purple. Be spooky and have fun!!

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

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**U.S. Postal Service Announces  
 Proposed Temporary Rate  
 Adjustments for 2021 Peak Holiday  
 Season**

Expect to pay more postage on parcels from Oct 3 through Dec 26, 2021. Increases range from 75 cents to \$5.00, depending of package size and weight. Learn more about "peak-season pricing" at

<https://about.usps.com/newsroom/national-releases/2021/0810-usps-announces-proposed-temporary-rate-adjustments-for-2021-peak-holiday-season.htm>

**DEADLINE** For Nov Newsletter  
 Articles: **Oct 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.

**Oct 1-3, 2021:** South Dakota Red Hat State Convention, hosted by the Chatty Hatters of Estelline, in Brookings, SD. Any questions -- contact me at [chark@itctel.com](mailto:chark@itctel.com) or call (605) 360-2771).

**Oct 2, 2021:** Red Hat High School Class Reunion, Fairfield, OH \*

**Oct 8-10, 2021:** Iowa Red Hat State Convention, Theme is Divas 'N' Diamonds, hosted by the Red Hat Flashes, in Burlington, IA

**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 23-24, 2021:** Mini-Convention, hosted by the Queens Council of Upstate New York, in Cilfton Park, NY

**Oct 28, 2021:** **CANCELED** 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)

**Nov 13, 2021:** Friendsgiving Red Hat Luncheon, hosted by B&B Queens Council, in Baltimore, MD \*

## *Upcoming Red Hat Events (Continued)*

**Dec 11, 2021:** Scarlet Sophisticates' Holiday Party, Springfield, VA

**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 \*

**Mar 12, 2022:** 10<sup>th</sup> Anniversary of the B-Uniq Sophisticated Ladies, in Bessemer, AL

**Apr 1-3, 2022:** “Walking Around the World – a Red Hat Funvention”, hosted by Tennessee Chapters of Red Hatters, in Burns, TN \*

**Apr 23, 2022:** “Walking Like an Egyptian”, hosted by The Belles of Scarlett, Charlotte, NC \*

**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 \*

**May 27-29, 2022 (travel home on May 30):** 10<sup>th</sup> Annual Hoe-Down – Celebrating a Decade of Fun, hosted by Miss Kitty's Social Club 9an official RHS chapter), in Old Colorado City, CO

**Jun 9-12, 2022:** 2022 Wisconsin Hatvention, “Shake, Rattle & Red Hats” – a 50s, 60s & 70s Extravaganza, hosted by Multi-State registered Red Hat Society Members \* (get more info on website at <https://wisconsinhatvention.wixsite.com/1950redhats>)

## Upcoming Red Hat Events (Continued)

### \* For Supporting Members Only

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**Jul 11-14, 2022:** “Celebrate! Perfectly Purple with a Dash of Red, hosted by The Red Hat Gals, at Grand Hotel, Mackinac Island, MI; \* For recent photos and more information, go to the website at

<https://redhatgals.weebly.com/>

**NOTE:** This event is full and so is the wait list. Try to register in Feb or Mar 2022 to determine if cancellations were made.

**Aug 26-28, 2022:** “2022 Virginia FUNvention: Magical, Mystical, Fantasy Weekend!”, in Richmond, VA \*

**Aug 26-28, 2022:** “2022 Virginia FUNvention: Magical, Mystical, Fantasy Weekend!”, in Richmond, VA \*

**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)

**Oct 14\*16, 2022:** Red Hat Mountain Rendezvous, hosted by the Southern Sassy Sisters, in Gunterville, AL

**Oct 28-30, 2022:** Wisconsin PJ Gathering – Mark Your Calendars, details coming soon. E-mail questions to [gingerzsnap@gmail.com](mailto:gingerzsnap@gmail.com).

## Red Hatters Invited Events Open to Anyone

**Sep 25-Oct 5, 2022:** Cruise – Classic Danube, arranged by Dame Jean Marie, anyone may go on this trip.

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### In Memoriam



We bid a fond farewell to Douglas (Doug) Wieboldt, who passed away at the age of 70 years on Sep 4, 2021. Doug was kind of an honorary Red Hatter, as he traveled with his loving wife of 30 years, Diane, to be a vendor at many of the Red Hat conventions around the country. He was Diane's biggest helper at the events. On behalf of all our readers, we offer our condolences and love to Diane during this difficult time.

Doug's obituary can be found at <https://www.dignitymemorial.com/obituaries/ormond-beach-fl/douglas-wieboldt-10342215>

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## Do or Die Mysteries

Oct 4 & Oct 11, 2021: Legend of Creepy Hollow

Oct 18 & 25: Poe's Last Stanza

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

Tickets are available by going to <https://doordiemystery.com/>

or by calling the box office at (443) 422-3810. If you call the box office, and don't receive an answer, please leave a message. Covid has left us a little short staffed.

**COVID-19 RESTRICTIONS:** You don't need to wear a mask to the dinner show! Seating is still limited so get your ticket today.

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

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## BIG ESCAPE ROOMS

CAN YOU ESCAPE?

Looking for something challenging to do as a Red Hat chapter? Why not try the Big Escape Rooms in Silver Spring, MD.

Currently there are four different rooms with different difficulty levels:

Basketball: Beginner level  
Clown: Medium level  
Pharoah: High level  
Outbreak: Very high

Read about the rooms and book your tickets. It is all available to you at

<https://www.bigescaperooms.com/silverspring/>

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"Don't walk behind me;  
I may not lead.  
Don't walk in front of me;  
I may not follow.  
Just walk beside me  
and be my friend."





DOWNTON ABBEY  
THE EXHIBITION

EXPERIENCE THE HISTORY • THE FASHION • THE HOUSE



NOW OPEN IN ATLANTA  
FOR A LIMITED ENGAGEMENT

LOCATED AT PERIMETER POINTE IN SANDY SPRINGS  
1155 MOUNT VERNON HWY NE, ATLANTA, GA 30338

Visit the Crawley family and enter the world of  
Downton Abbey at *Downton Abbey: The Exhibition*.

"You'll find there's never a dull moment in this house."  
- *The Dowager Countess, Violet*

Based on the beloved television show, be transported to post-Edwardian England, where the characters and the iconic house come to life. You'll be immersed in the fascinating social history, culture, and some of the most memorable moments and sets from the show's six-season run like Mrs. Patmore's kitchen, the servant's quarters and the dining room. Don't miss *Downton Abbey: The Exhibition*!

**Purchase Tickets at:**

[https://ci.ovationtix.com/36410/production/1075848?\\_ga=2.161819515.61094419.1.1633012157-975761226.1633012157](https://ci.ovationtix.com/36410/production/1075848?_ga=2.161819515.61094419.1.1633012157-975761226.1633012157)

**Dates:** Through January 17, 2022

## Food to Fight Inflammation:

By Brierley Horton, M.S., R.D.

Sometimes inflammation is a good thing—it's a defense mechanism. For instance, inflammation helps heal a cut. But then there's the type of inflammation that is a slow, ongoing simmer in the background of your body. That's called chronic inflammation and over time it will take a toll on your health and ups your risk of developing some major diseases like heart disease, diabetes, cancer, autoimmune conditions, arthritis, depression, and Alzheimer's and Parkinson's.

Try these 10 ways to reduce inflammation:

### 1. Try Turmeric:

Turmeric contains curcumin, which reduces the production of a protein that makes your immune system work overtime. Turmeric's anti-inflammatory potential is a good reason to sprinkle it liberally on roasted veggies or sip those trendy golden lattes.

### 2. Eat Your Greens:

Green leafy vegetables are rich in magnesium, a mineral that about half of us don't consume enough of. There's a lot of evidence that people with high inflammatory markers often have low magnesium levels. Plus, people who have conditions associated with inflammation, like heart disease and diabetes, also tend to have low magnesium levels. Eat arugula, chard, collard greens, kale, lettuce, spinach and watercress.

### 3. Eat Your Reds, Blues and Purples, Too

Women who regularly consume roughly 40 mg per day of anthocyanins—the compound that

gives produce its deep red and purple hues—have 18 percent lower levels of C-reactive protein, a measure of inflammatory activity, compared to those who eat minimal amounts of them, U.K. researchers found. You can get that daily dose of anthocyanins from 1/3 cup of blackberries, 18 red grapes or 1 cup of shredded red cabbage.

### 4. Grab a Handful of Nuts

People who noshed at least five 1-ounce servings of peanuts, almonds, walnuts or cashews each week had lower levels of inflammatory biomarkers compared to those who didn't eat them regularly, found a study in the *American Journal of Clinical Nutrition*. Nuts' anti-inflammatory effects are due to their combo of fiber, antioxidants, and omega-3 and omega-6 fatty acids.

### 5. Get More Exercise

Obesity—or even just an expanding waistline—is a major cause of inflammation. A study published in *Medicine & Science in Sport & Exercise* found that the least sedentary people had the lowest inflammation, even if they didn't lose weight. While they got about 2 1/2 hours of -moderate-to-vigorous activity per day, it included regular life activities like yard work and household chores. (Yes, running around your house scooping up Legos counts!) Even a small increase in activity tames the flames compared to being totally couch-bound.

### 6. Keep Stress at Bay

A study in the journal *Brain, Behavior, and Immunity* found that people who have a strong

## **Food to Fight Inflammation:** (continued)

emotional reaction to stressful tasks (you bite your nails when you have to make a presentation at work or get tense when someone presses your buttons) experience a greater increase in circulating interleukin-6 (a marker of inflammation) during times of stress than those who take stressful tasks in stride. While stress harms your body in many ways, Christopher P. Cannon, M.D., a professor at Harvard Medical School, puts it like this: "Stress increases blood pressure and heart rate, making your blood vessels work harder. Essentially, you're pounding on them more often and creating damage. If that damage happens over and over, inflammation persists."

### **7. Up Your Yoga Game**

Women who had regularly practiced 75 to 90 minutes of Hatha yoga twice-weekly for at least two years had markedly lower levels of interleukin-6 and C-reactive protein (CRP), two key inflammatory markers, compared to those who were new to yoga or practiced less frequently, according to a study in the journal *Psychosomatic Medicine*. "A central tenet of yoga is that practicing can reduce stress responses," explains Janice Kiecolt-Glaser, Ph.D., study co-author and professor of psychiatry and psychology at the Institute for Behavioral Medicine Research at Ohio State University College of Medicine. Researchers think that yoga's benefit is that it minimizes stress-related physiological changes.

### **8. Get Enough Sleep**

It may be more than just a lack of sleep that causes inflammation. How you *behave* when

you're tired may be what's stoking the flames. In a study from The Ohio State University, inflammation shot up when sleep-deprived couples started squabbling. When faced with a conflict, partners' inflammatory markers jumped 6 percent for every hour of sleep they lost below seven hours. Inadequate rest may make you more sensitive to stress, which in turn causes inflammation. The good news: Using healthy conflict-resolution strategies protected both partners.

### **9. Enjoy a Massage**

A massage isn't just a treat—it can be part of staying healthy. Receiving a 45-minute Swedish massage can greatly lower levels of two key inflammation-promoting hormones, according to a study in *The Journal of Alternative and Complementary Medicine*. "Massage may decrease inflammatory substances by [appropriately] increasing the amount of disease-fighting white blood cells in the body," says Mark Hyman Rapaport, M.D., co-author of the study. "It may also lower stress hormones. Either way, these results can be seen after just one massage."

### **10. Drink Green Tea**

Green tea is full of potent antioxidants that help quell inflammation. In fact, researchers from Texas Tech University Health Sciences Center in Lubbock found that green tea can inhibit oxidative stress and the potential inflammation that may result from it. "After 24 weeks, people who consumed 500 mg of green tea polyphenols daily -- that's about 4 to 6 cups of tea -- halved their oxidative stress levels," says Leslie Shen, Ph.D., the study's lead author.



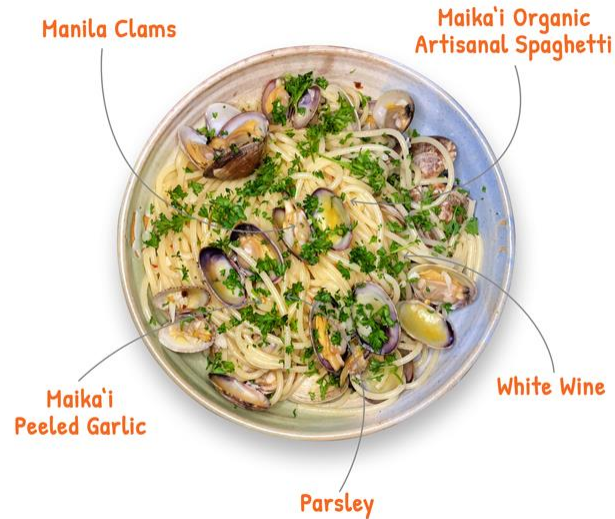
Chef Ruby

## Spaghetti Alle Vongole

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

### Ingredients:

- 1 tray fresh manila clams
- 1 pkg maika'i organic artisanal spaghetti
- 3 cloves garlic, finely chopped
- 3/4 cup white wine
- 2 tablespoons Italian parsley, finely chopped
- 2 tablespoons extra virgin olive oil
- 2 teaspoons salt



### Directions:

1. Soak clams in a bowl of fresh water for about 20 minutes. This filters any sand and saltwater out of the clam shells.
2. While the clams are soaking, boil water for Maika'i Organic Artisanal Spaghetti. Add a pinch of salt and olive oil to the water.
3. Once the water begins to boil, add noodles and cook for about 7 minutes or until noodles are al dente.
4. On medium heat, add olive oil and garlic cloves in a non-stick pan.
5. When the garlic begins to brown, turn up the heat to medium.  
Optional: Add chili flakes for added heat and stir.
6. Drain the clams and add to the pan.
7. Add the white wine to the pan.
8. Cover and steam clams until they start to open.
9. Place open clams in a bowl and discard any unopened ones.
10. Remove al dente noodles from boiling water and transfer into the pan. Mix in sauce.
11. Transfer clams into the pan. Add parsley and mix.
12. Place in a bowl and serve.





Chef Ruby

## Quick & Easy Taco Bell Peppers

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

### Ingredients:

- 3 bell peppers (any color)
- 1 pound ground pork, beef, turkey, chicken,  
or "veggie meat"
- 1 white onion (diced)
- 1 can (15 ounces) seasoned black beans  
(drained but not rinsed)
- 1 package spice taco seasoning
- salt & pepper, to taste



### Directions:

1. Preheat oven to 400F.
2. Wash bell peppers and cut in half lengthwise, cutting out ribs and removing seeds. Lay peppers onto an oiled baking dish.
3. In a skillet, heat a tablespoon of vegetable oil on medium-high heat. Add diced onions to the pan and sauté for 2 minutes. Add the ground meat and continue to cook until the meat is browned. Mix taco seasoning with  $\frac{1}{2}$  cup of water in a small dish and add to the meat mixture. Taste and season with salt and pepper if needed.
4. Add the beans and stir until combined. Remove from heat and spoon the mixture into the prepared bell pepper halves.
5. Add  $\frac{1}{2}$  cup water to the bottom of the baking dish and cover with foil.
6. Bake for 55-60 minutes.
7. Garnish with your favorite toppings like Mexican cheese, cilantro and avocado.

# PHOTO OPS

Virginia FUNvention  
Aug 27-29, 2021, Fredericksburg, VA

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

On Aug 27 Dottie Cadden and Susi Parrish of Classy and Sassy Red Hatters and Kate Eustice and yours truly of Red Hat Dancers filled the entire van with all our costumes and sock monkeys and headed to Fredericksburg, VA. Friday night dinner theme was your favorite decade; we even dressed our sock monkeys to match our decade of choice. One of our lively table mates (from Myrtle Beach) told us her son burned the bra she carried as part of her costume. Saturday morning ladies dressed to represent their state and ours (MD) was well represented.

We ran into several other chapters who are part of B&B Queens Council of Maryland. As always, The Ramblin' Rosies of Severn, MD had outstanding costumes for the "Back to the Future" theme.

The Red Hat Traveling Glee Club belted out some traditional red hat songs. Considering how little time they had to practice, they were impressive.

This is the first time I've felt comfortable traveling to an away weekend in almost two years. That being said, it was nice to be with ladies I knew from other events and catch up with them. Events with my red hat sisters are always something I look forward to.





# PHOTO OPS

Virginia FUNvention (Continued)  
Aug 27-29, 2021, Fredericksburg, VA

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





# PHOTO OPS

## Red Hat Dancers – Bunco Afternoon

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

Red Hat Dancers of Maryland enjoyed an afternoon of Bunco for their September gathering. Ladies brought their own lunch and, as hostess, I provided beverages, lemon bars and mocha brownies. I'm sure my neighbors heard the laughter as we all tried to remember to play this mindless game. Everyone went away a winner as a good time was had by all.





# PHOTO OPS

Annapolis Red Hat Outings, Aug 2021

*-- submitted by Delores Hawkins, Annapolis Red Hat Queens,  
Annapolis, MD*

The Annapolis Red Hat Queens attended a Red Hat event at the Best Western in Baltimore, MD in Aug 2021 and also dined at the Annapolis Seafood Palace that month (bottom photo).



Annapolis Red Hat Queens Celebrated everyone's Birthday at the Annapolis Seafood Palace in the month of August and fixed 70 lunches for the homeless September 9th. We are still active. Look for more news soon.

# MORE PHOTO OPS

Red Hatters Dining Out  
Severna Park, MD Sep 27, 2021

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

September 27, 2021, the Charm City Diva's and Chesapeake Bay Babes had lunch at Brian Boru Irish Restaurant in Severna Park, MD. Good food and excellent service.





**Items from Royal Splendor**

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

Phone: 866-212-9983



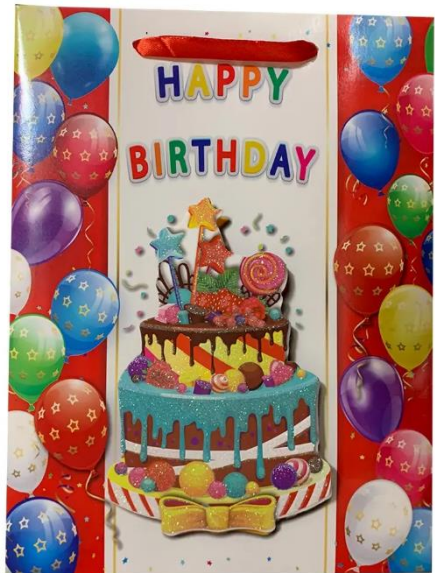
Purple Pheasant Long Tank Dress,  
\$42.99-\$46.99



Butterfly Jungle 2 Fashion Top,  
\$36.99-\$40.99



Funky Lipstick Case,  
\$2.99 each  
Colors: Blue, Copper, Purple,  
Red, Dark Blue, Fuchsia



Deliala 3D Birthday Gift Bags, \$1.99 each  
Size: 7L" x 3W" x 9"H  
Colors: Blue, Pink, Red Purple



## Items Available Red Hat Regalia

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

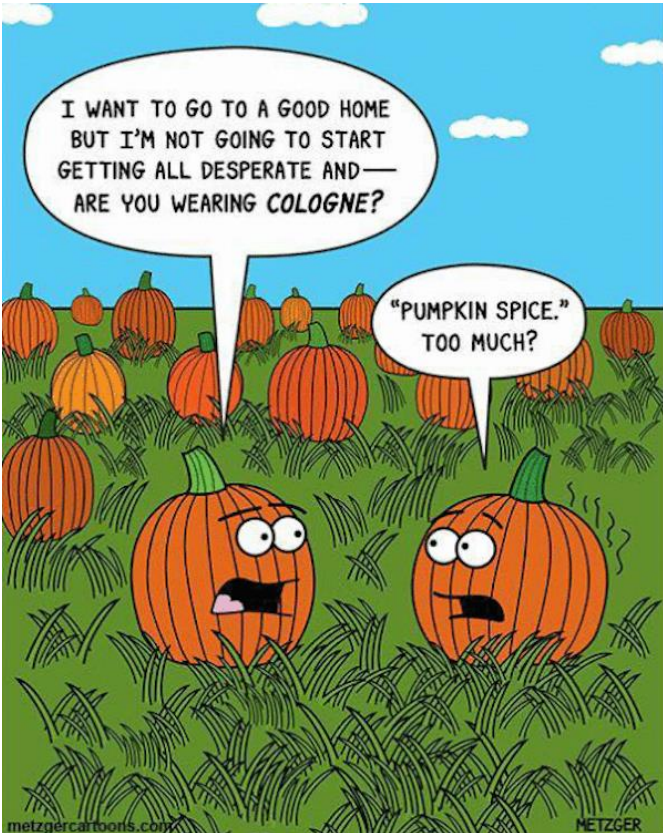
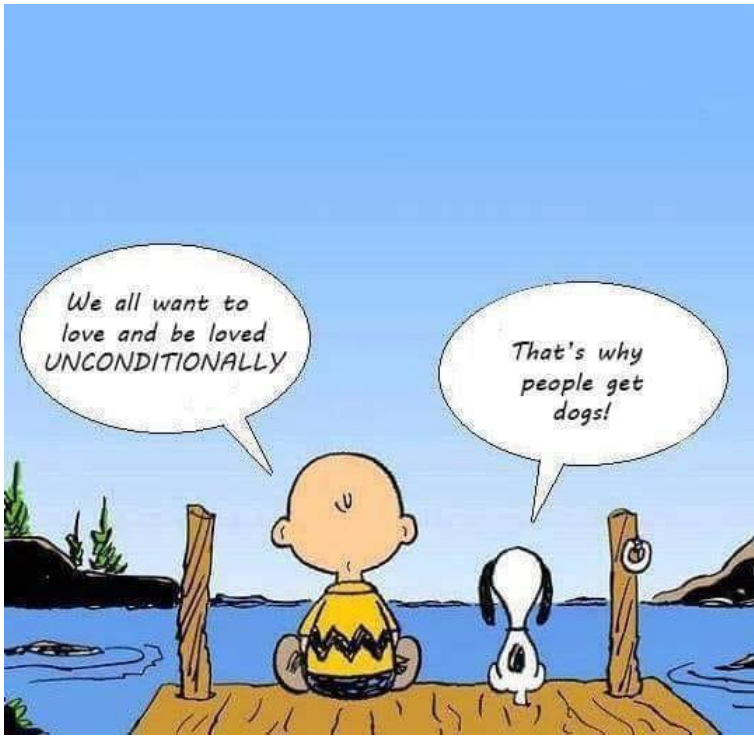
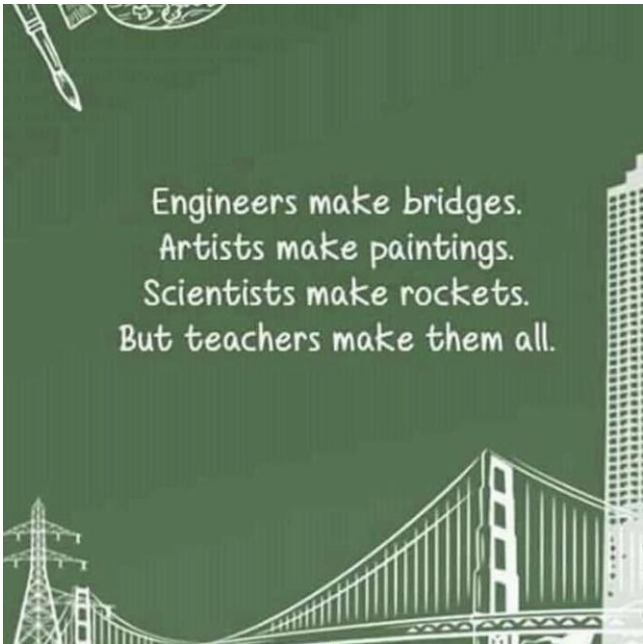
Contact Diane Wieboldt  
redhatregalia@gmail.com



Diane is having a moving sale, so check out her Facebook page for items she posts – many of which are just one or two left.



**KEEP  
CALM  
AND  
READ FOR  
PLEASURE**





**KEEP CALM AND READ FOR PLEASURE**

**Lockdown can only go 4-ways. You'll come out a monk, a hunk, a chunk or a drunk. Choose wisely!**



Pumpkins of a certain age.

My wife said when I pass she would go the extra mile to give me the burial I deserve...



# Just for Fun

## Trivia for Seniors:

1. Pb is the chemical symbol for which element?
2. What is the only number to be spelled the same way in French and English?
3. Which sport was featured in the 1984 film, "The Natural", starring Robert Redford?
4. In the human body what are produced by the lachrymal glands?
5. In horoscopes which star sign falls between Oct 21 and Nov 20?
6. What two-word ovine expression is used to describe a disreputable member of a family?
7. In which 1953 film did Doris Day sing "The Deadwood Stage"?
8. Who, on Jun 16<sup>th</sup>, 1963, became the first woman in space?
9. According to the proverb, who catches the worm?
10. In which country is the city of Mecca?
11. Which Academy Award winning 1962 film was based on the book "The Seven Pillars of Wisdom"?
12. In Roman numerals, what value has M?
13. Which father and daughter costarred in the 1973 film "Paper Moon"?
14. What is the world's smallest primate?
15. In which U.S. city was Martin Luther King assassinated?

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## Riddles:

1. If there are three apples and you took away two, how many do YOU have?
2. Where do you find an ocean with no water?
3. What gets bigger the more you take away?
4. What word becomes shorter when you add two letters to it?
5. What goes up but doesn't come back down?

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## Jokes:

1. Why do scuba divers fall backward off the boat? Because if they fell forward, they'd still be in the boat.
2. How to find out if you are old or not: Fall down in front of a group of people. If they laugh, you're young. If they panic, you're old.

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**Answers to Riddles:** 1. Two, because YOU took two; 2. on a map; 3. a hole; 4. short; 5. your age

**Answers to Trivia:** 1. Lead; 2. Six; 3. Baseball; 4. Tears; 5. Scorpio; 6. Black sheep; 7. Calamity Jane; 8. Valentina Tereshkova (Russia); 9. the early bird; 10. Saudi Arabia; 11. Lawrence of Arabia; 12. 1000; 13. Ryan and Tatum O'Neal; 14. Mouse lemur; 15. Memphis, TN



# Just for Fun

## Pumpkin Patch MAZE

Start



Finish

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