

### Volume VIII-2: February 2023

### From the Editor:

How is 2023 going for you so far? Have you gone to some RH events? Are you planning a Gal-entine's Day? Send me some pix for the newsletter. A

There are some yummy recipes in this issue and you just gotta chuckle at Maxine in Just for Fun.

I really would like to hear from readers about the articles included each month. Is anyone reading them, or shall I not include them?

There are some new events posted. Be sure to check those out. If you or your chapter is hosting an event, send the flyer to me at moonrockB@aol.com so I can e-mail it to the queens and co-queens on my e-address list. They will pass it on to their chapter ladies.

Thank you to all Red Hatters who take the time to send a card or note of encouragement to our RH ladies who need a card shower. If a supporting member of the RHS in your chapter is ill or lost a loved one, send me a request for a card shower. I can e-mail those to our RH queens to pass to their chapter ladies.

Thank you to those Red Hatters who contribute regularly, or occasionally, to this newsletter I appreciate you very much.

Sending virtual hugs, Judy Litke, moonrockB@aol.com

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

The Red Hatters 1st Wednesday of the month lunch will be on **Feb 1** at the Nautilus Diner, 1709 Transportation Blvd, Crofton, MD

For additional information: Contact Ann Mercanti, 240-481-9516, annmercant@aol.com

## Thoughts and Prayers

\*\*\*\*\*

Continue to keep warm thoughts and prayers for our RH sisters in the US who are going through challenges caused by changing weather.

\*\*\*\*\*



Janice Hyatt, of the Virtuous Crowns, would like to thank all Red Hat sisters (near and far) for their expressions of encouragement during her

time of illness. Whether you sent a card, called or just prayed; It truly made it easier for her to get through this difficult time. She is on the mend and looking forward to when she is well enough to join in on the Hatter Fun!

**DEADLINE** For March Newsletter Articles: **Feb 26, 2023** 

# \* For Supporting Members Only

**NOTE:** Send an e-mail to **moonrockB@aol.com** if you need a copy of any announcements on this page.

## **One-Day Events**

**Feb 10, 2023:** Friday RH Breakfast Group, Hibachi Grill, 7911 Eastern Ave, Baltimore, MD 21224 (Contact Queen Mary Crowell, 443-519-7143)

**Feb 11, 2023:** Virginia Crowns 18<sup>th</sup> Anniversary Celebration, in Ashland, VA

Mar 11, 2023: Meet & Greet in Brunswick, OH (Save the Date)

**Mar 25, 2023:** "A Tisket, A Tasket, A Red and Purple Basket", hosted by Queen Bitsy Plesz, in Grafton, OH

**Apr 22, 2023:** Celebrating RHS 25 Years, Bingo & a meal, hosted by the Red Hot Flashes, in Burlington, IA

**Apr 22, 2023**: RHS 25<sup>th</sup> Birthday Celebration: Through "Our" Looking Glass, hosted by the Belles of Scarlett, in Charlotte, NC \*

**Apr 22, 2023:** Celebrating RHS 25 Years, Bingo & a meal, hosted by the Red Hot Flashes, in Burlington, IA

**Apr 22, 2023**: RHS 25<sup>th</sup> Birthday Celebration: Through "Our" Looking Glass, hosted by the Belles of Scarlett, in Charlotte, NC \*

**Jun 17, 2023:** "Puttin' on the Ritz", Dublin, OH – Save the Date (no other details known at this time)

Jul 15, 2023: Afternoon of Elegance, hosted by Sue's Rowdy Red Hatters, in Wright-Patterson AFB, OH \*

**Aug 5, 2023:** Brats & Craft Festival Hoot in Columbia, OH

**Aug 26, 2023:** "Un-Birthday Party", Dublin, OH – Save the Date (no other details known at this time)

**Sep 16, 2023:** Red Hat Flaming Glamingo's Luncheon in Ringgold, GA (Deadline Aug 19; contact Pat Akins at 423-304-1137)

Oct 7, 2023: "Halloween Party", Cincinnati, OH – Save the Date (no other details known at this time)

**Nov 7, 2023:** Annual Christmas Party in Springfield, OH (contact Monica, szmom2@msn.com

**Dec 9, 2023:** Crowns & Capes – Queen/VQ Christmas Party, Columbus, OH (contact Mary Ann, howie1731@aol.com)

\*\*\*\*\*\*

## **Multi-Day Events**

**Feb 24, 2023:** Elegant Ladies in Red, Lake Charles, LA

Feb 24-26, 2023: Red Hat Broadway Bash. Baltimore, MD, Baltimore, MD (see pages 5-6 for individual event prices)

## **Multi-Day Events**

(continued)

Mar 18-25, 2023: RHS 25<sup>th</sup>
Anniversary Doo Wop Cruise, from port of Los
Angeles to Cabo San Lucas, Mazatlán and
Puerto Vallarta, Mexico \* SOLD OUT

Mar 24-26, 2023: Annual Spring Tea, hosted by the Dazzlin! Derbi Citi Royalties 'Divas', Extravaganza in Louisville, KY

**Apr 17-21, 2023:** Red Hat Society Virginia Crowns Trip to Savannah GA, from VA to GA and return

**Apr 22, 2023:** Bingo, hosted by the Red Hot Flashes, in Burlington, IA

**Apr 27-30, 2023:** Wisconsin Hatvention, THEME: Boots & Bling Blue Jean Ball, hosted by in Wisconsin Dells, WI. Website located at https://wisconsinhatvention.wixsite.com/bootsa ndbling2023

May 23-25, 2023: Red Hats at the Beach, "The Greatest Show on Earth", in Cape May, NJ

May 24-26, 2023: Red Hat Girlfriends Giggle Weekend, in Twin Towns, Queensland Australia

**Jun 2-3, 2023:** 25<sup>th</sup> Anniversary of the RHS, in Saskatoon, SK

**Jun 6-8, 2023**: 3<sup>rd</sup> Annual Retreat Event, Clearwater Beach, FL (contact Sharona Oglesbee, 937-869-4848

**Jun 23-25, 2023:** Party on Mount Olympus, hosted by Pretty Magnificent Sisters, in Kansas City, MO \*

**Jul 21-23, 2023:** 8<sup>th</sup> Annual Red Hat Event, hosted by Queen Joyce Hunter and the Jazzy Divas of J-Ville, in Jacksonville, FL \*

Aug 11-13, 2023: Ladies in Red Chapter 2023 St. Louis FUNvention, Theme is "Melting Pot (A Mish Mash Celebration), in Bridgeton, MO \*

**Aug 24-27, 2023:** Las Vegas Red Hat FUNvention!, Theme: Wild, Wild, West, Hosted by the Sunflower Sisters Chapter, The Orleans Hotel & Casino, Las Vegas, NV

https://www.facebook.com/groups/lvfunvention/

Aug 24-27, 2023: Florida Fun Fest, Celebrating 25 Years of Red Hatting, hosted by the Queens Council in Florida, and the West Coast Queens Council, in Orlando, FL

**Sep 15-17, 2023:** "Happy Fall Y'All – Haunted Hill Edition", hosted by the Ozark Scarlet Grannies RH Chapter, in Mountain View, AR

**Sep 22-24, 2023:** Royals Through the Ages in Branson, MO (Contact Debbie Glaser, dsglaswer58@yahoo.com)

**Sep 22-24, 2023**: 2023 Virginia FUNvention Celebration, hosted by the Mad Hatters of Stafford (contact Tracy, Tracy@VAFUNvention.com)

Sep 29-Oct 1, 2023: Happy Fall Y'All

- Haunted Hill Edition, hosted by the Ozark
Scarlet Grannies, in Mountain View,
AR \*

**Sep 29-Oct 1, 2023:** Red Hat Mountain Rendezvous 2, Guntersville, AL \*

## **Multi-Day Events**

(continued)

Nov 3-5, 2023: 20<sup>th</sup> Annual Christmas in the Ozarks "Country Christmas", in Branson, MO \*

Nov 9-12, 2023: Christmas in the Smokies, "A Blast from the Past", hosted by the Sassy Sweethearts of See-More, in Pigeon Forge, TN

Nov 10-12, 2023: Let's Pretend 2, hosted by the Fabulous Floozies, in Myrtle Beach, SC \*

**Nov 3-11, 2024**: Western Australia Red Hatters 21st Anniversary, in Freemantle, Perth Australia

Dec 27, 2023-Jan 3, 2024: RHS
Participation in Rome New Year's
Parade, Rome Italy, hosted by HatQuarters –
details coming soon

\*\*\*\*\*\*



Rome, Italy Dec 27, 2023-Jan 3, 2024

Join the Red hat Society as we head off to Rome to end our 25<sup>th</sup> year celebration and welcome 2024 & our next 25 years of Hatting!

Red Hatters will march in Rome's New Year's Day Parade. Look for details coming soon on the RHS website, social media and in your email inbox.

Be sure to start working NOW on getting a passport or renewing your current one if it is set to expire within 6 months of Dec 2023.



### **In Memoriam**

### Eileen Marie Porach

Eileen Marie Porach, age 73, of Perry Hall, MD, passed away on November 16, 2022. She was the beloved wife of Kenneth George Porach; devoted mother of Kenneth A. Porach and his



wife Margaret, and David S. Porach and his wife Jessica; loving grandmother of Mason D. Porach and his wife Taren, Logan S. Porach, and Reagan M. Porach; dear sister of Janet Campbell, Marjorie Langhorne, Dennis Gilpin, Gary Gilpin, Ed Gilpin the late Reed Gilpin, Wayne Gilpin, Carole Langeberg, Dorothy Walk, Doug Gilpin, and Ethel Jordan. Also survived by many loving nieces and nephews.

Eileen became a member of the Sassy Classy Divas, of Baltimore, MD in 2005. She loved to attend Red Hat events with her Red Hat Sisters. And she served on the planning team for Baltimore's annual Red Hat conventions.

Eileen's family thanks all Red Hatters who prayed for her or sent her cards, notes or flowers during her several-year long struggle with cancer.







The 2023 shows are now on Wednesday nights at Sunset Restaurant, 625 Greenway Rd SE, Glen Burnie, MD, 21061.

## Feb 15 & Feb 22: Murder with a Heart

A Do or Die Valentine's themed show. Is the perfect match made with the head or the heart? Two matchmakers battle (to the death?) to find the answer. This is only the second time this mystery has been performed.

The Feb 15 show is already SOLD OUT. The next show is Feb 22. Book now!

TO MAKE A RESERVATION: Go to https://doordiemystery.com/event/ or call Do or Die Mysteries at 410-422-3810.

## The evening's schedule for Wednesday Mysteries

6:00-6:30pm Check In/Orders Taken/Dinner Served. *Please arrive no later than 6:30.* Show follows Dinner Show is generally over by 9:30pm

### Menu, pricing and gratuities for Monday Night Mysteries

\$69.50 includes dinner, show, tax, and nonalcoholic beverages. Gratuity on meal

is included in the ticket price. Small additional gratuities are appreciated, but absolutely not expected or required. Alcoholic beverages and gratuity on cocktails not included in ticket price.

Dinner includes salad, entree and chef's choice of dessert. Entree items will change seasonally. Each <u>shows's menu</u> will be listed on the homepage of the website at https://doordiemystery.com/event/

Please inform of us dietary restrictions at least **72 hours in advance**. We do our best to accommodate everyone's needs.

All ticket sales are final. We do not issue refunds or exchanges.

Plenty of on-site free parking.

### **REMAINING 2023 Shows:**

### Mar 15 and Mar 22: Dead Center

It's murder at the Front and Center Training Center for Training Centers. Will someone kill to keep the first ever Tuck Muckenfuss Swish award from being presented? John Kelso hates this show. Too bad. Suck it up, Buttercup.

### Apr 12 & Apr 19: Dead Write

Murder interrupts a monthly meeting of mystery writers. Can they solve a real-life murder before the murderer claims another victim.





### May 10 & 17: Mum's the Word

A Mother's Day themed murder mystery. It's murder at the MUM (Mother's Understanding Motherhood) party celebrating their IPO. Lauren Engler thinks this is the darkest comedy Ceej has ever written.

#### Jun 14: A Pinch of Death

What could be spicier than murder at a spice factory? This is the first Do or Die show that Amanda Gunther wrote.

### **Jul 12: Expiration Date**

A psychic predicts her own death...looks like a lose/lose proposition. Oddly, almost everyone in the cast has done this show, but nobody remembers when or where.

### Aug 16 & Aug 23: Drop Dead, Gorgeous!

Georgianna "Gorgeous" Traylor, a retired supermodel, has a killer new product line that someone is dying to see. We think this is the most performed show in the Do or Die repertoire.

### Sep 13 & Sep 20: Art of Murder

Tristan Breton, AKA Dr. Art, is trying to bring back the Danger Art Movement with hilarious and deadly consequences. Warning: this show may be cursed. We tried to put it up in January during "the Covid years" and, inevitably, there was a wave of some version of Covid, and the show canceled. We're hoping moving it to September will break the curse.

## Oct 11 & Oct 18: Legend of Creepy Hollow

Throwing a party on the site where a brutal

murder occurred, on the anniversary of the murder, is a recipe for disaster. We've actually done this one in the not-too-distant past, but Usual Suspects say it's their favorite Halloween show. Plus, brand new cast member Morgan Czsnowski bribed us to put it in rotation, so she gets the chance to play Lizzie.

#### Oct 28 & Oct 29: Poe's Last Stanza

Do or Die's annual salute to the author of the modern detective story. This year it will be presented on Friday and Saturday Night. We're excited to see this return to the Fireside Room at Sunset, where it all started in 2014. On the downside, the Fireside room has very limited seating, so get your tickets early.

### Nov 15 & Nov 22: Turkey Shoot

A world premiere Thanksgiving themed murder mystery show. We return to the wild west town of Drunken Gulch and find that murder is alive and well in this deadly little town. Cliff Hanger may not be Matt Wetzel's favorite role, but most of the cast had trouble keeping a straight face when he played the role.

### Dec 1, Dec 2, Dec 15 & Dec 16: Murder on 34th Street December

It's another Do or Die world premiere! Welcome to 34th street at the North Pole, home to the sanitorium that is a haven for Christmas characters with PTCD (Post traumatic Christmas Disorder). For the most part, Nurse Cratchett keeps them in line. Give or take the occasional murder. This production will take place on Friday and Saturday nights.





Toby's Dinner Theatre

Dec 31: Death is a Cabaret, Old Chum We're so excited! Not only is this another world premiere, its a New Year's Eve extravaganza. The evening starts with dinner and a murder mystery set in the 1940s. After the show, we'll have a piano bar until our midnight champagne toast. The link for this show will not go live on the website until after

See you at a crime scene soon! Don't forget to like us on Facebook and check out our Facebook Fan Page at https://www.facebook.com/profile.php?id=100 043320326707.

the Jan 1, to avoid confusion.

We are also on TikTok, Instagram and Twitter, but, at this point, we're not bright enough to tell you how to get there.

\*\*\*\*\*



Plan a get-together of your Red Hat sisters and have fun, laughter, good food, and sisterhood. Be sure to pose for some pix and send them to moonrockB@aol.com

Toby's Dinner Theatre is located at 5900 Symphony Woods Road, Columbia, MD 21044. Telephone number is 410-730-8311 or 1-800-88-TOBYS

Plenty of free parking. Toby's Dinner Theatre offers 8 shows weekly with both evening and matinee performances. Box Office hours are 10:00 a.m. to 9:00 p.m., daily. Senior citizen and children discounts are available. For groups of at least 15 or more please contact group sales, 410-730-8311. https://tobysdinnertheatre.com/box-office/group-sales/

### **Upcoming Shows**

Jan 20-Mar 19, 2023: Something Rotten

Mar 24-Jun 11, 2023: Grease

Jun 16-Aug 20, 2023: Jimmy Buffet's

Escape to Margaritaville

**Aug 25- Nov 5, 2023:** Sister Act

Nov 10, 2023-Jan 7, 2024: Miracle on 34th

Street, The Musical

Jan 12-Mar 10, 2024: A Chorus Line



### **UCLA Loneliness Scale**

-- from Freedom Home Care Newsletter --

Loneliness increases with age, and it is connected with a surprising number of health effects such as high blood pressure, heart disease, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even mortality. When it comes to loneliness, we all feel it in different ways. Some people feel lonely when they are by themselves for a short period of time. Others feel lonely after an extended period without anyone near them. When or how we feel lonely is up to each individual, but the University of California (UCLA) has developed a scale to discover a person's level of loneliness. The UCLA Loneliness Scale is designed to help someone understand how he or she feels about loneliness and social isolation.

The UCLA Loneliness test will measure how lonely someone may be feeling, and what kind of help he/she may need. The higher the score, the lonelier the person is. Here are examples of a few questions contained in the test:

- How often do you feel you lack companionship?
- How often do you feel alone?
- · How often do you feel isolated from others?
- · How often do you feel close to people?

There are no right or wrong answers. The questions are just to figure out feelings, and they vary based on how lonely you may feel. There are ways to overcome loneliness. A few tips are:

- Volunteer
- Stay busy
- · Call up a friend or family member
- Adopt a pet
- Exercise with a friend

Most people feel lonely sometimes, for many different reasons. If loneliness is affecting a loved one, there are things that may help. Support is also available if it has become difficult to deal with stress, anxiety, or depression.

Take the UCLA Loneliness Scale at: https://psytests.org/interpersonal/uclaen.html

There are 20 questions, and it will only take you 2-3 minutes to complete.

#### Sources:

- 1.Russell D, Peplau LA, Cutrona CE. The revised UCLA Loneliness Scale: concurrent and discriminant validity evidence. *Journal of personality and social psychology*. 1980 Sep;39(3):472.
- 2.The Centers for Disease Control and Prevention. Loneliness and Social Isolation Linked to Serious Health Conditions. Retrieved 2022/11/22.

https://www.cdc.gov/aging/publications/features/lonely-older-adults.html



## The 5 Most Common Regrets of the Dying—and What We Can Learn From Them

-- excerpt from article by Bonnie Ware --

Bronnie Ware, a former palliative care nurse and bestselling author, shares the five most common regrets of the dying—and her advice on how to live a life full of happiness and joy.

Life has sped up. A never-ending stream of stimuli is vying for your attention every minute of the day. Some of it is fabulous and some of it is time-wasting. So how do you decipher how to spend your time? The answer: you face the fact that you are actually going to die one day and that your time is sacred. The more awareness you can bring to this, the more it will support you to live well, by being true to the life that makes the most sense to your heart, not the life dictated by society or others.

To understand the sacredness of your time and to realize the power that lies in the decisions you make, it helps to learn from those who have gone before you, from those who have not made the right <u>decisions</u> and have spent their deathbed days in the anguish and pain of regret. By looking at the most common regrets of the dying, as shared with me during my years as a palliative career, you might find yourself at a turning point, one where you can recognize the power of your choice from this moment onwards.

### Regrets of the Dying:

## 1. I Wish I'd Lived a Life True to Myself, Not the Life Others Expected of Me

As a child, it was natural to mirror your primary caregivers. It was how you learned. There was no real choice but to adapt to whatever their beliefs and lifestyles were. Your parents or caregivers may have made plenty of mistakes or done a lot of things right, but either way,

they were living from their own life experiences and reactions, doing their best as who they were at the time.

Then the individual calling becomes more prominent, your heart awakens, and you realize that your own beliefs and preferences may not actually be aligned to those you have been raised with. And so begins the healing of realizing you are not living a life true to yourself, but rather the life that is expected of you.

Dying people realized they had not found enough courage to live true to their own heart's voice and it left them in depths of grief for a life not lived honestly to themselves.

Life is calling you now to find that courage and step into your own joy. Realize the sacredness of your time.

#### 2. I Wish I Hadn't Worked so Hard

There is nothing wrong with loving your work, and it's brilliant if you do. But whether you do or don't, it is easy to get caught up in never switching off from it properly. This is even more true in a society whose very lifeblood is supported by technology.

Dying people learnt too late that there needed to be more in their lives than work. When it was taken away from them, there was nothing left: no identity to support them, no stimulus to inspire them, no joy.

They realized they needed more work life balance in their lives, and a commitment to other areas of their lives. Most admitted it was fear that had kept them glued to their career: fear of lack with money, fear of judgment from work peers, and fear of failure. By creating space and honoring other areas of life, you can bring more efficiency to your working life anyway. And of course, you then bring more joy.



## 3. I Wish I'd Had the Courage to Express My Feelings

When children are sad, they cry. When they're angry, they vent. When they're scared, they say so. When they're happy, they dance. Expressing your feelings was once a natural part of who you were. As you mature you learn how to be less scared, for example. You learn life skills to help you navigate through various emotions and see things from different perspectives.

A lot of these skills support you. But some of them hinder your natural expressions, until over time, you think it is normal to never be vulnerable or express yourself honestly. Of course, this feels

even more normal since most of those around you are doing the same.

It can take immense courage to express yourself, whether that is by being vulnerable and sharing your love or being strong and sticking up for yourself. But it is absolutely vital to do so if you are going to live your fullest life – the one that makes the most sense to your heart, and the one that will ensure you don't join the ranks of dying people living their last days with the heart-wrenching anguish of regret.

By facing your fear and expressing yourself one piece at a time, you can develop the habit of speaking honestly with emotional maturity. You can set yourself free and inspire others to do the same.

## 4. I Wish I Had Stayed in Touch With My Friends

In a world where it is almost impossible to lose contact with friends, thanks to the likes of social media, this regret may seem irrelevant. You can send someone a text to say you're thinking of them, comment on their Facebook feed or Instagram photo, or chat via

Messenger. But how long is it since you've really connected with these people in real life? How long since you've laughed together, cried together, eaten together or just hung out?

Real life connection is the essence of wellbeing. It is natural that some friends may fall away as your lifestyles and tastes change. New friends can come into your life through various channels like work, technology, sport, or shared interests such as book clubs or meet-up groups.

Dying people regretted not staying in touch with their old friends, though, because during their last weeks they wanted to reminisce, laugh about the old days, feel understood, and remember they once belonged in an easier world.

Text messages and brief contact is better than none. But making the effort for real-life time together is some of the best medicine you can give yourself for a regret-free life.

5. I Wish I Had Allowed Myself to Be Happier Happiness is a choice – it doesn't come from being lucky. It is not a denial of the hard times. Without the contrast you can never know how strong you really are, what you can rise to, or what your potential truly is. The hard times have their purpose, to help you discover all that. But how long you choose to stay focused on the hard times and their associated stories is your own choice.

You can choose happiness in many ways. Choose to find the blessings rather than allowing others to dictate your sense of worth. Don't stay stuck in old stories. And always find things to be grateful for, regardless of your circumstances.



Every time you take ownership of your focus and steer it towards something that leaves you feeling a little better, you are opening your heart and life up to more happiness. Life is not a penance. It is a precious gift of time. The realization that dying people had around this and seeing how they had allowed other people to determine their worthiness for happiness, brought incredible insights to them, and heart-wrenching regret. It is your life. Choose your own focus. Every single decision you can make and every single snippet of courage you can find, to ensure you are living true to your own heart,

takes you further away from the anguish and

courageous you are, the more the world also benefits. After all, we are all in this together.

heartbreak of regret. And the more

\*\*\*\*\*\*

#### Clutter:

Do you have lots of "stuff" in your house? Do you continue to collect more each year? Most adult children today do not want our "stuff". Beany babies, Precious Moments, Snow Babies, Pipe Collections....they just don't want any of it. And that wonderful coin collection you spent years collecting? They'd sooner sell it and move on. Clothes, dishes, magazines? When did you last use the hordes of stuff you have collected? Do you own it or does it own you? Try these eight simple tips of decluttering your home, garage and yes, your car..



## **Eight Simple Ways to Declutter Your Spaces**

- -- by Melissa Locker, <u>AARP</u>, Updated January 12, 2023 --
- 1. Start by removing trash.
- **2.** Begin by choosing one small area to organize like a drawer.
- **3.** Sort items into three piles: Keep, donate and toss.
- **4.** Find a specific home for everything you intend to keep for example, a hook for your keys.
- **5.** Group similar items together, instead of storing them in multiple places, so you always know where to find them.
- **6.** If you buy something new, pledge to get rid of something else to limit items in your home.
- **7.** If you're holding on to items to pass to the next generation, ask your heirs if they want the items. Be prepared for them to say no and be gracious.
- **8.** Don't try to do everything all at once. Schedule limited amounts of time to work on decluttering and organizing on a regular basis.

\*\*\*\*\*

"I am stronger emotionally, and I am more willing to let go of things I clung to in the past. I want to focus on creating life experiences and new memories, instead of holding on to old things that no longer serve me."

— Beverly LaZar



## 3 Ways to Stay Safe from On-Line Banking Scams

#### 1. Create Unique Passwords:

Never use the same or similar passwords across multiple websites. Consider using a password manager that will manage all your passwords.

#### 2. Use Two-Factor Authentication:

You get a one-time code via text, phone or email whenever you log into your on-line account. It's an additional way for your bank to confirm your identity and keep crooks out of your account.

### 3. Confirm Official Website and App:

Type the web address into your browser. Clicking on links can send you to an impostor's site. You could also use bank's app by downloading it from a trusted source, like a reputable app store or your bank's website and keep it updated.

#### \*\*\*\*\*

### 3 Ways to Avoid Smishing

Smishing is when scammers send text messages to your mobile device to gain access to your personal information. Here are ways to spot and avoid this scam.

The text will often include a link that will send you to a malicious form or web site.

If you get a text message from an organization or company about an issue with your account, and there is a genuine concern, don't reply

### 3 Ways to Avoid Smishing (continued)

Smishing is when scammers send text messages to your mobile device to gain access to your personal information. Here are ways to spot and avoid this scam.

The text will often include a link that will send you to a malicious form or web site.

If you get a text message from an organization or company about an issue with your account, and there is a genuine concern, don't reply via text message. Instead contact them directly using a phone number or web site you know is legitimate. Don't reply even if the message says you can text STOP to avoid more messages. That tells the scammer your number is active and can be sold to other scammers.

If you think the text is spam, forward it to 7726, which is the spam reporting service run by the mobile industry.

Consider using tools that filter or block unwanted messages. Your mobile device might have built-in spam protection. Check the settings on its messaging app.

### -- These tips are from AARP Fraud Watch --





### **Chinese Almond Cookies**

### Ingredients:

1 1/2 cup All-purpose flour1 cup Almond meal/flour1 teaspoon baking powder1 teaspoon baking soda1/4 teaspoon Kosher salt1/2 cup sugar

1/2 cup neutral-flavored oil Almonds, roasted unsalted 1 Egg yolk, large

#### **Directions:**

- 1. Center a rack in the oven and preheat the oven to 350°F (180°C). For a convection oven, reduce cooking temperature by 25°F (15°C).
- 2. Combine all the dry ingredients in a stand mixer. With your mixer on low medium speed (with the beater attachment), mix all together.
- 3. Slowly add oil and mix until a cohesive dough forms.
- 4. The dough should be just enough to hold its shape when you try to roll it into a ball. If they look more like crumbs, add **2-3 teaspoon (10-15 ml)** vegetable oil at a time.
- 5. Weigh the dough to make 1-inch (2.5 cm) cookie (0.4 oz, 10 g) or 1 1/2-inch (3.8 cm) cookie (0.7 oz, 20 g). Roll the dough into a ball with your palms. Place it on a baking sheet lined with parchment paper and repeat until all the dough is used up. You can make a 10-gram ball using a teaspoon measuring spoon.
- 6. [optional] If you want to put a piece of almond on the cookie, hold the cookie ball on your palm and gently press the almond into the dough.
- 7. Beat the egg yolk in a small bowl. Using a pastry brush, lightly glaze the top of the cookie balls with the egg yolk.
- 8. Bake at 350°F (180°C) for 15-20 minutes, or until the cookies become slightly golden. Let them cool on a wire rack and store in an airtight container.

NOTE: Store leftovers in an airtight container and store on the countertop for 4-5 days or in the freezer for a month.



### Ravioli Lasagna

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

### Ingredients:

- 1 Maika'i Arrabbiata Sauce
- 2 packages Frozen Maika'i Butternut Squash Ravioli
- 1 1/2 cup Shredded Mozzarella Cheese
- 1/2 cup Parmesan cheese
- 1/2 Maika'i Organic Spinach (bag)



### **Directions:**

- 1. Preheat the oven to 400 degrees. Spray 7x11 baking dish with cooking spray.
- 2. Spread 1/4 of a jar of arrabbiata sauce evenly across the bottom of the prepared baking dish. Add 1 package of ravioli in an even layer over the sauce. Top with 1/4 of the jar of arrabbiata sauce. Layer a half portion of the frozen spinach over the sauce. Sprinkle 3/4 cup of mozzarella cheese and 1/4 cup of parmesan cheese over the spinach. Then, add another layer of sauce, ravioli, sauce, spinach, mozzarella and parmesan cheese.
- 3. Spray a piece of aluminum foil with cooking spray. Cover the dish with aluminum foil, sprayed side down. Bake the lasagna for 30 minutes. Uncover and bake for an additional 15 minutes, or until cheese is melted and the sauce is bubbly. Remove from oven and let sit for 5 minutes. Garnish with basil, if desired. Serve warm.



### **Sweet & Tangy Orange Chicken**

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

### Ingredients:

2 pounds Boneless Skinless Chicken Breasts or Thighs

1 egg

1/2 cup cornstarch

1/2 cup flour

1 Maika'i Orange Chicken Sauce

1 tablespoon oil



### **Directions:**

- 1. Put chopped chicken pieces into a large bowl and season with salt and pepper.
- 2. In a shallow medium-sized bowl, beat the egg, salt, pepper and a tablespoon of oil together and set aside.
- 3. In another shallow medium-sized bowl, stir together the cornstarch, flour, salt and pepper.
- 4. Heat oil in a wok to 375 degrees.
- 5. Dip chicken pieces into egg mixture then into cornstarch and flour mixture. Shake off any excess cornstarch and flour.
- 6. Add chicken to wok in small batches and fry until golden brown (about 3-4 minutes).
- 7. Remove chicken from oil with a slotted spoon and drain on paper towels.
- 8. Transfer cooked chicken into a large bowl and pour orange chicken sauce onto chicken. Mix gently to coat the chicken evenly.

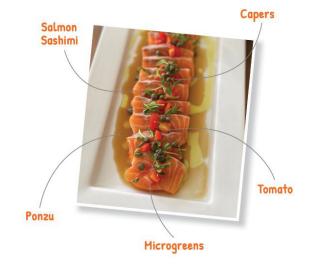


### Salmon Carpaccio

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

### Ingredients:

- 1 package Salmon Sashimi
- 1 capers (small jar)
- 3 tablespoons Chopped Tomato
- 1 package Microgreens
- 3 tablespoons Ponzu



### **Directions:**

- 1. Arrange salmon sashimi on a large plate.
- 2. Spoon ponzu over the salmon evenly.
- 3. Top with capers, chopped tomato and microgreens.
- 4. Finish the dish with extra virgin olive oil, salt and black pepper.

A classic Japanese condiment, Ponzu Sauce is a citrus-based sauce with a tart-tangy flavor similar to a vinaigrette. It contains a mix of ponzu (citrus juice of sudachi, yuzu, and kabosu and vinegar), soy sauce, sugar or mirin, and dashi.



### **Rustic Lobster Pie**

-- Submitted by Kathy@kathyskorner.net --

### Ingredients:

6 (5-6 oz) lobster tails

8 ounces salted butter

1-1/2 cups butter crackers, crushed

3 Tablespoons parsley, chopped

2 cloves garlic, minced

1 small shallot, minced

1/4 cup sherry

2 lemons, sliced into wedges

#### **Directions:**

1. Bring a large pot of water to a boil. Drop in the lobster tails and cook for 6 to 8 minutes. Remove and cool down in an ice bath or by running cold water over the tails in the sink.

OR

Rinse lobster tails and pat dry. Remove meat from shell, place on top of shell. Brush tails with melted butter and bake in oven for 10 minutes at 450°F. (I prefer this method)

- 2. Once cool, remove the meat from the shells and chop roughly. Add to a medium-sized casserole or oval baker.
- 3. Melt the butter in a large skillet over medium low heat. Pour half into a bowl with the crushed crackers or seasoned panko and parsley. Mix thoroughly to combine and set aside.
- 4. Increase the heat to medium and add the garlic and shallot to the remaining butter. Cook for about 30 seconds to a minute or until fragrant but not brown. Add the sherry and cook for a minute or two until mostly reduced.
- 5. Pour the butter garlic mixture over the lobster. Top with all of the breadcrumbs. Bake at 375°F for 15 minutes or until golden brown on top. Serve immediately with lemon wedges.

#### **Cook's Notes:**

If you only have unsalted butter, just add a pinch of salt to both the cracker crumbs and the butter garlic mixture.



### **Instant Pot Black Eyed Pea Soup**

-- by Kathy@kathyskorner.net --

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 onion diced
- 1 rib celery diced
- 2 carrots diced
- 1 clove garlic finely chopped
- 1 1/2 cups ham cubed, or leftover ham bone or hock (see notes)
  - 1 lb. dried black eyed peas soaked overnight in water, rinsed, and drained
  - 6 cups chicken stock/broth or vegetable broth
  - 1 tablespoon smoked paprika
  - 1 bay leaf
  - 1 tablespoon fresh thyme (from about 2 sprigs)
  - 15 oz. canned fire roasted diced tomatoes
  - 2 cups roughly chopped kale or collard greens, packed kosher to taste
  - black pepper to taste

### **Directions:**

- 1. Turn your Instant Pot/pressure cooker to the "saute" setting. Saute the onion, celery, and carrots in the olive oil (1 tablespoon) for 2-3 minutes, or until softened.
- 2. Add the minced garlic (1 clove) and cubed ham (1 1/2 cups); saute for 2-3 more minutes. (If using a ham bone or hock, just add the garlic, then add the ham bone in the next step).

(continued on next page)

Page 1 of 3



### **Instant Pot Black Eyed Pea Soup**

-- by Kathy@kathyskorner.net --

### Directions: (continued)

- 3. Add the pre-soaked, drained, and rinsed black eyed peas, chicken stock (6 cups), smoked paprika (1 tablespoon), bay leaf, fresh thyme (1 tablespoon). Stir together.
- 4. Set Instant Pot/pressure cooker to manual/high pressure for 10 minutes. Allow to naturally depressurize for 20 minutes, then quick release the pressure.
- 5. If you used a ham bone/hock, remove it at this time. Take the meat off the bone, chop it up, and add it back to the pot. Discard the bone.
- 6. Stir in the 2 cups packed kale (or collard greens) and canned diced tomatoes to the soup and season with salt and pepper to taste. The residual heat of the soup should cook the greens through, but you can always set the pot to "saute" to simmer it for a few minutes if you need to.

#### Notes:

Soaking the beans: I recommend soaking the peas covered by at least 2 inches of water in a container with 1 tablespoon kosher salt overnight in your fridge before making this soup. Drain and rinse well before cooking. This will help break down the indigestible carbohydrates in the peas and flavor them as well.

I made this recipe in my 6 qt. Instant pot. It should work the same in an 8 qt., but you may need to cut the ingredients in half for a 3 qt. mini.

See additional notes on next page for how to make this in the crockpot or stovetop and how to make it vegan/vegetarian.



### **Instant Pot Black Eyed Pea Soup**

-- by Kathy@kathyskorner.net --

Directions: (continued)

#### Additional Notes:

Slow Cooker Instructions: If using a slow cooker, add all ingredients except for tomatoes, greens, salt, and pepper. Cook on low for 8 hours or high for 4 hours. Add the tomatoes and greens and season with salt and pepper when it's done, allowing the residual heat of the soup to cook the greens through.

Stovetop Instructions: If using the stovetop, sauté the onions, carrots, and celery as instructed in olive oil in a large pot. Add the garlic and ham as instructed. Add remaining ingredients except for tomatoes, greens, salt, and pepper, bring to a boil, cover, and simmer on low for 2-3 hours, or until black eyed peas are tender. Add the tomatoes and greens, season with salt and pepper, and continue simmering until greens are cooked through.

Make it vegetarian/vegan: Omit the ham and make sure to use vegetable stock. Add more smoked paprika for a deeper smoky flavor, as well as more salt.



## Items Available at The Red Hat Society Store

https://redhatsocietystore.com/

Phone: 866-544-2114

### 25th Anniversary Collection







Luggage Tag: \$7.99



## 25<sup>th</sup> Anniversary Shirts Available in Red, Purple, Lavender and Pink

Types:

V-Neck, 3/4 sleeve: \$34.99-40.99

Tunic: 44.99-\$50.99

Basic T-Shirt: \$26.99-\$34.99

Short-Sleeve Scoop Neck: \$29.99-\$34.99

Short-Sleeve V-Neck: \$29.99-\$34.99 Crystal Cardigan: \$58.99-\$64.99 Crystal Denim Jacket: \$59.99-\$89.99

Sweatshirt: \$36.99-\$44.00

## Check out all 25<sup>th</sup> anniversary items at:

https://royalsplendor.com/collections/RHS25thAnniversaryLogo



### -- Submitted by Linda Murphy, Queen Mum, Twilight Red Hatters, Rosedale, MD -

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.

Happiness is not having to set the alarm clock.

When I get a headache, I take two aspirin and keep away from children just like the bottle says.

Just once, I want the prompt for username and password to say, "Close enough."

Becoming an adult is the dumbest thing I've ever done.

"Your call is very important to us. Please enjoy this 40-minute flute solo".

Does anyone else have a plastic bag full of plastic bags, or is it just me?

I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.

Today's 3-year-olds can switch on laptops and open their favorite apps. When I was 3, I ate mud.

Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.

So, you drive across town to a gym to walk on a treadmill?

I decided to stop calling the bathroom "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time. If God wanted me to touch my toes, he would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

Now, I'm wondering . . . did I send this to you, did you send it to me, or have I only sent one copy?

The Commandments for Seniors......

You don't need anger management. You need people to stop pissing you off.

Your people skills are just fine. It's your tolerance for idiots that needs work.

"On time" is, when you get there.

Even duct tape can't fix stupid – but it sure does muffle the sound.

It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free... and three sizes smaller.

Lately, you've noticed people your age are so much older than you.

"One for the road" means peeing before you leave the house.

**22** 



-- Submitted by Yvonne Danel, Queen of the Open Road, Bodacious Sassy Scarlet Sisters, Severn, MD --

#### It's What You Scatter:

I was at the corner grocery store buying some early potatoes. I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily apprising a basket of freshly picked green peas.

I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes. Pondering the peas, I couldn't help overhearing the conversation between Mr. Miller (the store owner) and the ragged boy next to me.

"Hello Barry; how are you today?"

"H'lo Mr. Miller. Fine, thank ya. Jus' admiring' them peas. They sure look good."

"They are fine, Barry. How's your Ma?"

"Fine. Gittin' stronger alla' time."

"Good. Anything I can help you with?"

"No Sir. Jus' admirin' them peas."

"Would you like to take some home?" asked Mr. Miller.

"No Sir. Got nuthin' to pay for 'em with."

"Well, what have you to trade me for some of those peas?"

"All I got's my prize marble here."

"Is that right? Let me see it," said Miller.

"Here 'tis. She's a dandy."

"I can see that. Hmm mmm, only thing is this one is blue, and I sort of go for red. Do you have a red one like this at home?" the store owner asked.

"Not zackley, but almost."

"Tell you what. Take this sack of peas home with you and next trip this way, let me look at that red marble" Mr. Miller told the boy.

"Sure will. Thanks Mr. Miller."

Mrs. Miller, who had been standing nearby, came over to help me, With a smile she said,

"There are two other boys like him in our community; all three are in very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes, or whatever. When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble or an orange one, when they come on their next trip to the store."

I left the store smiling to myself, impressed with this man. A short time later I moved to Colorado, but I never forgot the story of this man, the boys, and their bartering for marbles. Several years went by, each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Mr. Miller had died. They were having his visitation that evening and knowing my friends wanted to go, I agreed to accompany them. Upon arrival at the mortuary, we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could.

Ahead of us in line were three young men. One was in an army uniform and the other two wore nice haircuts, dark suits and white shirts...all very professional looking. They approached Mrs. Miller, standing composed and smiling by her husband's casket. Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket. Her misty blue eyes followed them as, one by one, each young man stopped briefly and placed his own warm hand over the cold pale hand in the



-- Submitted by Yvonne Danel, Queen of the Open Road, Bodacious Sassy Scarlet Sisters, Severn, MD --

It's What You Scatter: (continued) casket. Each left the mortuary awkwardly, wiping his eyes. Our turn came to meet Mrs. Miller. I told her who I was and reminded her of the story from those many years ago and what she had told me about her husband's bartering for marbles. With her eyes glistening, she took my hand and led me to the casket.

"Those three young men who just left were the boys I told you about. They just told me how they appreciated the things Jim 'traded' them. Now at last, when Jim could not change his mind about color or size...they came to pay their debt."

"We've never had a great deal of the wealth of this world," she confided, "but right now, Jim would consider himself the richest man in Idaho."

With loving gentleness, she lifted the lifeless fingers of her deceased husband. Resting underneath were three exquisitely shiny red marbles.

The Moral: We will not be remembered by our words, but by our kind deeds. Life is not measured by the breaths we take, but by the moments that take our breath.

Today I wish you a day of ordinary miracles – a fresh pot of coffee you didn't make yourself... An unexpected phone call from an old friend... Green stoplights on your way to work... The fastest line at the grocery store... A good sing-along song on the radio... Your keys found right where you left them.

Give this to a friend. It's not what you gather, but what you scatter, that tells what kind of life you have lived!

\*\*\*\*\*

It helps if you imagine auto correct as a tiny little elf in your phone who's trying so hard to be helpful but is in fact quite drunk.

sun-gazing con

I tried the Japanese method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away. So far I have thrown out all of the vegetables, my bra, the electric bill, the scale, a mirror and my treadmill.



### -- Submitted by Rose Moerschel, VQ Frolicking Friends of Fallston, Fawn Grove, PA--

#### EMBARRASSING MEDICAL EXAMS

1. A man comes into the ER and yells . . . 'My wife's going to have her baby in the cab.' I grabbed my stuff, rushed out to the cab, lifted the lady's dress and began to take off her underwear.

Suddenly I noticed that there were several cabs and I was in the wrong one. Submitted by Dr. Mark MacDonald,

San Francisco

- 2. At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall.
- 'Big breaths,' I instructed.

'Yes, they used to be,' Replied the patient. Submitted by Dr. Richard Byrnes, Seattle, WA

3. One day I had to be the bearer of bad news when I told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, I heard her reporting to the rest of the family that he had died of a 'massive internal fart.'

Submitted by Dr. Susan Steinberg

4. During a patient's two-week follow-up appointment with his cardiologist, he informed me -- his doctor, that he was having trouble with one of his medications.

'Which one?' I asked.

'The patch.'

'The Nurse told me to put on a new one every six hours and now I'm running out of places to put it!'

I had him quickly undress and discovered what I hoped I wouldn't see.

Yes, the man had over fifty patches on his body!

Now, the instructions include removal of the old patch before applying a new one. Submitted by Dr. Rebecca St. Clair, Norfolk, VA

5. While acquainting myself with a new elderly patient, I asked, 'How long have you been bedridden?'

After a look of complete confusion she answered,

'Why, not for about twenty years - when my husband was alive.' Submitted by Dr. Steven Swanson, Corvallis, OR

6. I was performing rounds at the hospital one morning and while checking up on a man I asked . . . 'So, how's your breakfast this morning?'

'It's very good except for the Kentucky Jelly. I can't seem to get used to the taste,' Bob replied.

I then asked to see the jelly and Bob produced a foil packet labeled 'KY Jelly.' Submitted by Dr. Leonard Kransdorf, Detroit

7. A nurse was on duty in the Emergency Room when a young woman with purple hair styled into a punk rocker Mohawk, sporting a variety of tattoos, and wearing strange clothing, entered. It was quickly determined that the patient had acute appendicitis, so she was scheduled for immediate surgery.

When she was completely disrobed on the operating table, the staff noticed that her



## -- Submitted by Rose Moerschel, VQ Frolicking Friends of Fallston, Fawn Grove, PA--

## EMBARRASSING MEDICAL EXAMS continued:

pubic hair had been dyed green and above it there was a Tattoo that read . . .' Keep off the grass.'

Once the surgery was completed, the surgeon wrote a short note on the patient's dressing, Which said, 'Sorry . . . Had to mow the lawn.' Submitted by RN no name, AND FINALLY!!

8. As a new, young MD doing his residency in OB, I was quite embarrassed when performing female pelvic exams. To cover my embarrassment, I had unconsciously formed a habit of whistling softly. The middle-aged lady upon whom I was performing this exam suddenly burst out laughing, further embarrassing me. I looked up from my work and sheepishly said 'I'm sorry. Was I tickling you?'

She replied with tears running down her cheeks from laughing so hard. 'No doctor but the song you were whistling was, 'I wish I was an Oscar Meyer Wiener.'

Dr. Wouldn't submit his name.....

1 MORE: Baby's First Doctor Visit This made me laugh out loud. I hope it will give you a smile!

A woman and a baby were in the doctor's examining room, waiting for the doctor to come in for the baby's first exam. The doctor arrived, and examined the baby, checked his weight, and being a little concerned, asked if the baby was breast-fed or bottle-fed.

'Breast-fed,' she replied.

'Well, strip down to your waist,' the doctor ordered.

She did. He pinched her nipples, pressed, kneaded, and rubbed both breasts for a while in a very professional and detailed examination.

Motioning to her to get dressed, the doctor said.

'No wonder this baby is underweight. You don't have any milk.'

'I know,' she said, 'I'm his Grandma, but I'm glad I came.'

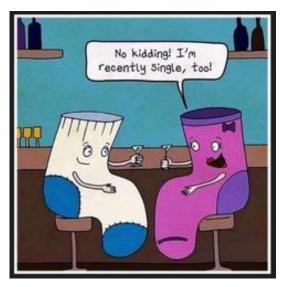
\*\*\*\*\*































A thousand words can be generated by just this one picture. This is Tesla's roadside assistance vehicle filling up at the gas pump.









All throughout dinner my wife's best friend's four-year-old daughter stared at me as I sat opposite her.

The girl could hardly eat her food for staring. I checked my shirt for spots, felt my face for food, and patted my hair in place, but nothing stopped her from staring at me.

Finally I asked her, "Why are you staring at me?"

Everyone at the table had noticed her behavior, and the table went quiet, waiting for her response.

Finally,....the little girl said.....
"I'm just waiting to see how you drink like a fish."



The diet fork









Follow me for more recipes





### Man Arrested For Training Dog To Throw Bricks At People Ringing His Doorbell

ASIAN NEWS | May 28, 2021 09.11 PM

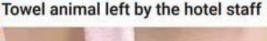


The trouble with quotes on the internet is that it's difficult to determine whether or not they are genuine. - Abraham Lincoln

MOM: IF A STRANGER CAME UP TO YOU AND SAID "I'M YOUR MOM'S FRIEND, SHE TOLD ME TO PICK YOÙ UP." WHAT WOULD YOU SAY?

KID: I'D SAY "YOU'RE LYING, MY MOM HAS NO FRIENDS.

MOM: NOT WHERE I WAS GOING, BUT OK.





My teacher pointed me with his ruler and said: "At the end of this ruler there's an idiot!"

I got detention after asking which end.

The distance it takes for me to forget a number between 1 and 10



Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

Hundred bucks says there's a coyote under





when u leave ur dog w/ grandparents











Apparently you can reheat pizza by turning your toaster on its side... your welcome





I DON'T "MEAN TO BRAG, BUT MY BANK JUST SENT, ME AN EMAIL SAYING THAT I'M CUTSTANDING

I pretended to be asleep and then I fell asleep. Now I'm going to pretend I'm skinny.

### CURES FOR EVERY SICKNESS I HAD AS A KID



















Birthdays are good for yor health.

Studies show that people who have more birthdays live longer.



"No one is perfect - that's why pencils have erasers."





I WISH I COULD DROP
MY BODY OFF
AT THE GYM
& PICK IT BACK UP
WHEN IT'S READY.









@ AUNTY ACID 2020

aunty acid



EVERY restaurant & retail store (if they haven't already closed down) should post this outside.

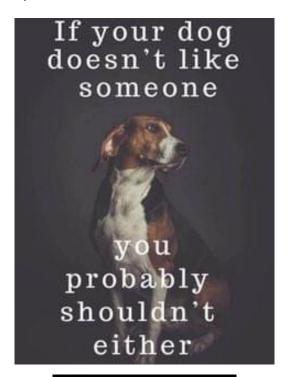




## Finaly makes sense, what these jeans are actually for!







GETTING OLDER IS JUST ONE BODY PART AFTER ANOTHER SAYING, 'HA HA, YOU THINK THAT'S BAD? WATCH THIS.'

If you think you are smarter than the previous generation...50 years ago the owners manual of a car showed you how to adjust the valves. Today it warns you not to drink the contents of the battery.

## Just for Fun

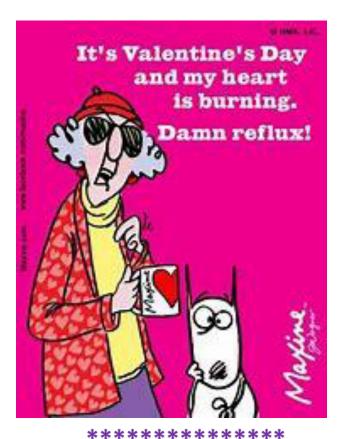
#### **Trivia for Seniors:**

- 1. Who did Mark Chapman shoot and kill in New York on Dec 8<sup>th</sup>, 1980?
- 2. Rhapsody, Symphony, Challenger and Pegasus are all varieties of which fruit?
- 3. In New York, how is The Great White Way otherwise known?
- 4. Written in 1805, what is the title of Beethoven's only opera?
- 5. Which world leader resigned on Christmas Day 1991?
- 6. The invention of what in 1867 made Alfred Nobel famous?
- 7. What is the last event in the decathlon?
- 8. Which American author wrote the novels "The Call of the Wild" and "White Fang"?
- 9. In which 1956 film did Paul Newman play a boxer called Rocky Barbella?
- 10. Which species of snake has varieties called rock, Indian, ball and reticulated?
- 11. If a dish is cooked Florentine, what is it cooked with?
- 12. What part of the human body can be affected by glaucoma?
- 13. In Chinese theory what is the opposite of yin?
- 14. What is the name of the first artificial satellite to orbit the earth?
- 15. In which European city was Archduke Fran Ferdinand assassinated in 1914, the event which sparked the First World War?
- 16. To which actor was Elizabeth Taylor married from 1952 to 1957?

\*\*\*\*\*\*

### Readers Digest: Riddles to Stump You

- 1. What has a bottom at the top?
- 2. If you drop a yellow hat in the Red Sea, what does it become?
- 3. What color is the wind?
- 4. What tastes better than it smells?



Corny Jokes:

Q. When is the best outfit for February 2nd?

A. A tu-tu.

Q. Can February march?

A. No, but April may.

Q. What was in 2020s calendar? January, February, Lockdown, December.

Answers to Readers Digest Riddles: 1. Your legs; 2. Wet; 3. Blew; 4. Your tongue

1. John Lennon; 2. Cherry; 3. Broadway; 4. Fidelio; 5. Mikhail Gorbachev; 6. Dynamite; 7. 1500 meters; 8. Jack London; 9. "Somebody Up there Likes Me"; 10. Python; 11. Spinach; 12. The eyes; 13. Yang; 14. Sputnik I; 15. Sarajevo; 16. Michael Wilding

Answers to Trivia:

### **More Just for Fun**

### Music, Music, Music:

Can you name the singers who made each of these songs famous?

- 1. I'm So Excited \_\_\_\_\_
- 2. You Send Me
- 3. I Walk the Line
- 4. Grease (You're the One that I Want)
- 5. Take These Chains from My Heart
- 6. Heart of Glass \_\_\_\_\_
- 7. I Will Survive
- 8. That Old Black Magic
- 9. Boogie Woogie Bugle Boy
- 10. Paper Doll \_\_\_\_\_
- 11. The Devil Went Down to Georgia
- 12. Somewhere Over the Rainbow
- 13. Somewhere Over the Rainbow

Need a little help? Look in the green block to the right.

### Clues to Music, Music, Music:

Andrew Sisters
Blondie
Johnny Cash
Ray Charles
Sam Cooke
Charlie Daniels Band
Judy Garland
Gloria Gaynor
Iz Kamakawiwo'ole
Glenn Miller
Mills Brothers
Olivia Newton John &
John Travolta
Pointer Sisters

### Valentine Riddles:

- 1. I can be stolen or given away and you'll live, but you can't live without me. What am I?
- 2. What travels around the world for Valentine's Day, but just stays in one corner?
- 3. What did the paper clip say to the magnet?
- 4. What do you call Valentine's Day in a fish tank?

Answers to More Riddles: 1. your heart; 2. a stamp; 3. I find you very attractive; 4. Guppy love

Kamakawiwo'ole

Answers to Music, Music, Music; 1. Pointer Sisters; 2. Sam Cooke; 3. Johnny Cash; 4. Olivia Newton John & John Travolta; 5. Ray Charles; 6. Blondie; 7. Gloria Gaynor; 8. Glenn Miller; 9. Andrew Sisters; 10. Mills Brothers; 11. Charlie Daniels Band; 12 & 13. Judy Garland, Iz