

The Woman's Club of Glyndon Newsletter

Nancy Herboldsheimer, President

March 2019

Next Meeting: Wednesday, April 3rd at Noon– Program is Youth Art Awards. Hostesses are: Judy Beck, Chair, Judy Ripley, Bobbie Ellis, Karen Solheim, Judy Johnston, Sue Shriver and Debra Barrett.

Important dates

March 26
Youth Art District Winner
Presentation

April 27 – 28
GFWC Maryland Annual Convention
Crown Plaza Hotel,
Annapolis

May 11
Spring Luncheon
"Rosie the Riveter"

June 29 – July 1
GFWC Annual Convention
Austin Texas

Message from the President

Dear Ladies,

I write to you from northern Idaho in a little town called Post Falls where my Dad lives at a senior community. It has been a bit rough as he is suffering quite a bit with the chemo and now also has the flu.

On a brighter note, it is sunny and cold, no snow today. I hope you all are well and set for spring. Nancy

Friends

"Ain't it good when life seems dreary
And your hopes about to end
Just to feel the handclasp cheery
Of a fine old loyal friend. "

Edgar A. Guest

Book club

On April 10th we will meet at the home of Kathy Elky. Carolyn Workman will facilitate our discussion of "Born A Crime" by Trevor Noah.

Time to think about books to recommend for 2019-2020. Please send me suggestions with descriptions and we will compile a list. Thanks Sue

Ways and Means

Hello Club Members,

Thank you for your terrific support in the candy drive and Dining at Glyndon Grill. The Ways and Means Committee is very proud to announce the remaining fundraising efforts:

SCRIP - Gift Card Program will continue through May.

Fun Raffle Games at the General Meetings to continue in April and May.

Spring Luncheon - May 11, 2019 with Actress, Mary Ann Jung and she will be portraying Rosie the Riveter at Trinity Lutheran Fellowship Hall at noon. This event will also include Raffle Baskets and Jewelry/Scarf Boutique.

*PLEASE INVITE AS MANY FRIENDS AND FAMILY (including men!) AS YOU CAN!! We really want this one to be as successful as possible.

The next Ways & Means Committee meeting will be held on March 27th, (every 4th Wednesday) 10:00am at the clubhouse. New members are always welcome to join us at our next meeting. Sandi Haertig

Birthdays

April

Jeanne Morrill 3
Sue Shriver 4
Dorothy Hansen 12
Judy Ripley 14
Marie Maevers 20
Kathy Levin 21
Linda Beaver 26



Recipe Corner

BABY SPINACH SALAD WITH MANDARIN ORANGE AND RED ONIONS

8 ounces baby spinach, about 5 to 6 cups
1 cup mandarin oranges, drained
1/2 cup chopped red onions (Vidalia or other sweet onions may be substituted)
1 tablespoon orange marmalade
2 tablespoons red wine vinegar
1/3 cup extra-virgin olive oil
Salt and pepper

Arrange spinach leaves on a large platter or individual salad plates. Top with mandarin orange sections and chopped onion. Whisk together marmalade and vinegar. Stream oil into dressing while continuing to whisk.

When you are ready to serve, pour the dressing over salad and season with salt and pepper.

*Salad may be prepared in a large bowl if preferred.
Carol Smolinski

Women's Health

GUARD AGAINST SERIOUS COMPLICATION

In addition to an annual flu shot, you should be vaccinated against pneumococcal bacteria. Pneumonia, or lung inflammation, causes 30 to 40 percent of all hospitalizations among older adults .

Viruses and fungi can cause the illness, but a key concern with colds and the flu is secondary bacterial infections, especially from the pneumococcal bacteria. This can occur during recovery from a cold or the flu .It usually happens like this: You start to feel better but then take a turn for the worse and have a new fever and cough.

Two vaccines protect against some strains of the pneumococcal bacteria: thePCV13(Prevnar) is about 75 percent effective at preventing severe pneumococcal infections, and the PPSV23 (Pneumovax) is 50 to 85 percent effective against severe disease . You should get both starting at age 65. PCV13 first and the PPSV23 a year later.

If you have already had the PPSV23 because of another health condition, it is fine to get PCV13 second as long as you WAIT at least A YEAR BETWEEN VACCINES.

Source: Consumer Reports On Health. Kathy Levin

Community Outreach

School Partnership/Reisterstown Elementary School.

We have collected a total of 178 children's books and donated them to the school. These books have been very popular as rewards for the school behavior program, PBIS. They have also been placed in the school lobby in the "Tot Spot" reading area. Not only has this been appreciated by the school, but our club has participated in one of the "7 Grand Initiatives" of the International GFWC, which is to join in collecting 1,000 Dr. Seuss and other children's books. Thanks to one and all for making this project so successful! Kathy Elky

Web Site/Publicity

Check out our Woman's Club of Glyndon on the Maryland Federation website: www.gfwcmd.org. At top click on red box: clubs. Scroll down to Chesapeake District. Click on: The Woman's Club of Glyndon.

Flyers for the May 11th Rosie the Riveter luncheon are at: Black-Eyed Susan, Boxwood Collection, Glyndon Post Office, J&P Pizza, Santoni's, BB&T Bank, Family Diner, Giant, Library, Reisterstown Elementary Faculty Room, and Reisterstown Senior Center.

Email and Flyers have been sent to: HGI, Northwest Chamber of Commerce, RIA, ROG, RETABCO (Retired Teachers Association-Baltimore County), Reisterstown Senior Center, Carroll County Times (on line), www.GFWCMD.org (Maryland Federation club page), Chesapeake District-Janet Morgan, President, and Barbara Weldon, Chesapeake Chatter Editor, Woman's Club of Westminster, Bright View and Oak Crest Village. (Do we have contacts for Carroll Lutheran Village and Charlestown?)

SAVE THE DATE! Lunch with Rosie is riveting!...Saturday, May 11th at 12 noon...with award-winning actress Mary Ann Jung portraying Rosie the Riveter at Trinity Lutheran Church, 109 Main Street, Reisterstown, MD 21136, sponsored by the Woman's Club of Glyndon. Bring your friends and family (including men!) and history buffs! This event will also include Raffle Baskets and Jewelry/Scarf Boutique! Tickets \$30. Call Karen (410-833-1006)

Thanks for sharing any other ideas to get the word out! Elizabeth Goethe (elizabethgoethe@gmail.com)

Member Information

Marlene Trainer new address:
205 St Mark Way
Apt #214
Westminster, MD 21158

Missing from Handbook:
Pat Burd
6 Woodholme Avenue
Pikesville, MD 21208

Sunshine

Please send a card to Dot Hanson. She could use some cheer.