

# *The Woman's Club of Glyndon Newsletter*

*Nancy Herboldsheimer, President*

*February 2019*

Next Meeting: Wednesday, March 6th at Noon– Program is “Mission of Mercy-Healing through Love.” Hostesses are: Carol Smolinski, Chair, Kathi Howard, Barb Stevenson, Susan Randolph, and Mary Carole Lehukey.

## **Important dates**

May 11  
Spring Luncheon  
“Rosie the Riveter”

## **Message from the President**

Dear Ladies,

Even though I am writing this just before Valentine’s Day, I know my letter will get to you after the day. So it’s in between that I wish you a lovely Valentine’s Day filled with happy times, good memories, and of course, chocolate.

For those unable to attend, our Feb. meeting offered a fascinating talk and slide show from Ann O’Neill about historical Reisterstown. In addition, we had our own fun game show compliments of Susan Randolph and Kathi Howard. Ask them about the double twist!

For more fun and games with Kathi and Susan, remember to bring your cash for our next meeting. Also, please bring in your candy orders. You are going to want those chocolate bunnies in time for Easter. Finally, Kathy Elky is still able to accept book donations for Reisterstown Elementary students.

Yours truly,  
Nancy

Friends  
“Ain’t it fine when things are going  
Topsy and askew  
To discover someone showing  
Good old-fashioned faith in you?...”  
Edgar A. Guest



## **Ways and Means**

Hello Club Members,

The Ways and Means Committee is very proud to announce the following fundraising efforts:

**SCRIP** - Gift Card Program will continue through May.

**FUNRAFFLE GAMES** at the General Meetings to continue in March and April.

**WOCKENFUSS CANDY** Sale - Candies/Nuts on sale and to be ordered by March 9th. Contact Sandy Allen for further information.

**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 February 27th, (every 4th Wednesday) 10:00am at the clubhouse. New members are always welcome to join us at our next meeting.  
Sandi Haertig

**The Glyndon Grill Fundraiser:**

The Grill will give separate checks and will give a 15% discount to our members and friends.....with the idea that we will give that savings in an envelope to the club . The event will be available for lunch and dinner March 13 ,14,and 15. Contact Kathy Levin for more information.

**Birthdays**

**March**

Nora Knipp 3  
Vicki Almond 7  
Pat Eckhardt 14  
Judy Beck 21



**Women's Health**

**Women and Heart Health**

A really unwell feeling could be the first sign of a heart attack. Doctors now urge women to pay attention to lightheaded ness or dizziness. When it comes to heart attack symptoms, women more often have shortness of breath, or nausea and vomiting . Women also more frequently have pain in the neck, jaw throat, abdomen or back . Never ignore .Listen to your sixth sense .

Nearly 1/2 of Americans have a form of heart disease ! Genetics is the only thing we cannot change.

- 1). Chest Pain #1 Warning Sign - chest discomfort, pain, pressure ,burning, occurs 90 % of the time . Pain can be sharp or dull. Pressure like an elephant on your chest
- 2) Dizziness and other pain - nerve fibers in arm and jaw run together with the cardiac nerve fibers to the brain. Breaking out in a cold sweat.
- 3) A change in your ability to exercise , lower tolerance, can no longer walk up set of stairs without stopping midway. Take this seriously.
- 4) Heavy labored breathing especially at rest can be a sign of heart attack, heart failure, or arrhythmia's
- 5) overall feeling of being uncharacteristically unwell or fatigued
- 6) Women who have Had preeclampsia or high blood pressure during pregnancy are at increased risk for heart disease later in life.

Most this info From TODAY show on Heart Health in Women - Feb. 2019  
Kathy Levin

### **Quilters**

Dearest Mrs. Smolinski,

We wanted to thank you from the bottom of our hearts. Micah received one of your blankets when he had to visit the ER a few days ago. He needed an MRI but couldn't tolerate it and then went for a CT but couldn't stop crying. We didn't have his blankie and he couldn't eat or drink. Suddenly, the nurse appeared with one of your blankies and through his tears and crying he took a deep breath and started smiling and laughing! The change of mood was enough to successfully complete the CT.

Thank you so much for sharing your gift and being a generous person!!

Micah has a chronic health condition that has no cure, so what gets us through is hope of God's promise of making things new and no more tears and also the kindness of strangers!! Rev. 21: 1,3,4 "...and he will wipe out every tear from their eyes and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away."

Thank you so much!!,

Love,

Micah

(also Nova (aunt), Raynal (mom), Jimmy (dad), Violet (sister))

### **Book Club**

Book Club will meet at 10:00am on March 13th at the home of Judy Beck. Kathy Levin will facilitate our discussion of "The Ninth Hour" by Alice McDermott. Sue Shriver

### **Inclement Weather Policy**

In case of bad weather, whenever Baltimore County schools are closed, Club meetings are cancelled. If schools open two hours late, the 10:30 a.m. Board of Directors meeting is cancelled; the luncheon and meeting will be held as scheduled.

### **Community Outreach**

Reisterstown Elementary School Partnership

At our February meeting we collected 106 books, both new and used, for the students at the school. We bought a collection of 20 Dr. Seuss books using budgeted funds which will be used for rewards in the PBIS behavior program. The school will celebrate the birthday of Dr. Seuss on March 2. We will be happy to accept any more book donations from club members throughout the next month. A special thanks to Kathy Levin for helping take the books to the school. Thanks also to Barb Stevenson for her suggestion to check out Goodwill and other second-hand stores for used books at a good price. Thanks to all club members for supporting the book drive and the entire Reisterstown School Partnership! The school has benefited so much from your generosity. Kathy Elky