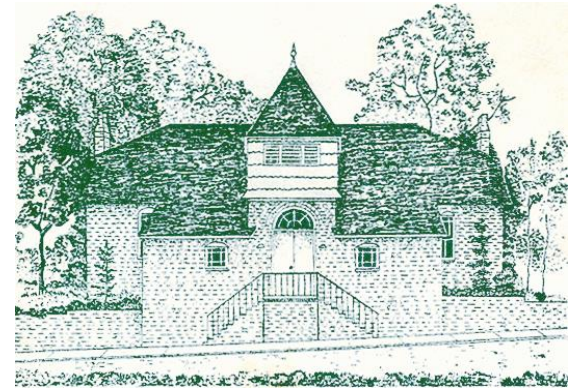




# The Woman's Club Of Glyndon Newsletter



443-386-8372

August 2017

Sandy Allen, President

Wednesday, September 6<sup>th</sup> at Noon—The program for the September meeting will be "150 Years of Emory Grove/Glyndon Past and Present" by Meredith Wells and Ann O'Neill. Hostesses are: Marlene Trainer, Chair, Norma Allman, Pat Eckhardt, Elizabeth Goethe, Alice Kennan, and Carolyn Workman.

## Important Dates

*Sept 19, 2017*

GFWC Maryland  
Federation of Women's  
Club Board of Director  
Meeting  
Suicide Bridge Restaurant  
Hurlock MD

*October 17, 2017*

"Friends Helping Friends"  
at Boscov's

*October 28, 2017*

Bid-Bites-Kal  
Trinity Lutheran Church

*November 2-5, 2017*

The Southeastern Regional  
Fall Conference  
Cincinnati Airport Marriott,  
Hebron Kentucky

*December 13, 2017*

Charity Tea

*Wednesday, March 21, 2018*

Spring Tea - Clubhouse

*Saturday, May 19, 2018*

10th Anniversary Fashion  
Show  
Northminster Church

*June 23-26 2018*

GFWC International  
Convention  
St. Louis Union Station  
Hotel  
St. Louis MO

## Message from the President

### *Our Motto*

I am only one, but I am one:  
I cannot do everything, but I can do something.  
And because I cannot do everything  
I will not refuse to do something that I can do.  
-Edward Everett Hale

As I was looking at the handbook, I noticed our motto. It rang true to me. Our members are always reaching out, helping when and where needed, and supporting each other. As we do each September, we begin our monthly meetings, make blankets, support Reisterstown Elementary School, participate in community projects, organize and participate in fundraising events, and the list goes on. We are doers!!!

Let us make one of our goals this year, as doers, to bring in new members. We will share our good deeds and good times with others, offer friendship, and increase our membership. Let us make this something we can do!!!

As always,  
Sandy



## Programs for 2017-2018

9/6/17 - "150 Years of Emory Grove/ Glyndon Past & Present"

10/4/17 - "Reisterstown Elementary School Project Update & Highlights "

11/1/17 - "Fort McHenry-A Look from the Past"

12/6/17-"Holiday Music FHS"

1/3/18-"Carroll Hospital Center-A State of Art Facility"

2/7/18-"Mission of Mercy-Healing Through Love"

3/7/18-"The CURE Scholars Program- University of Maryland at Baltimore "

4/4/18-Youth Art Awards

5/2/18-Memorial Service, Recognition of New Members & Installation of New Officers

## Book Club News

Meeting 10 am at the home of Gloria Davidson on September 13th. Kathy Elky will facilitate our discussion of "The Women in the Castle" by Jessica Shattuck.



## Ways and Means

Ladies, Our committee has met and we are gearing up for a fun year of fundraisers. This year we hope to do less activities but ones that will still raise the amount of money we need for our outreach programs.

We are beginning with The Friends Helping Friends day on Tuesday, October 17th at Boscov's. The tickets cost \$5 and our club keeps the money and the buyer gets lots of discounts for Boscov's that day.

Our second activity is an evening we've entitled Bids-Bites-Kal at Trinity Lutheran Church from 5-8 pm on Sat., Oct. 28th. *(Please note change of date)* We plan an Italian dinner and Kevin Kallaugher will talk after dinner. Also, there will be a silent auction with lots of wonderful items...food...activities...products...and more! The cost will be \$25 per person and tickets will go on sale at our September meeting. We think this will be a pleasant evening for everyone.

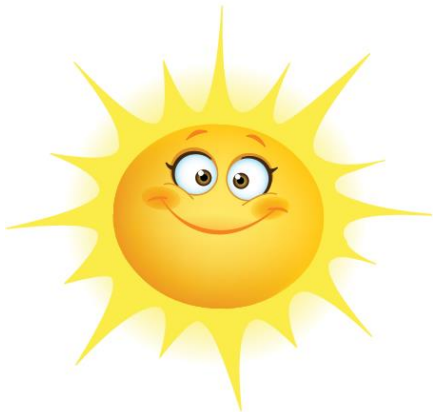
Our next Ways and Means meeting will be on Thurs., Oct. 12 at 10 am at the clubhouse. New members to our committee are always welcome!

Gloria, Patti, Carol and The Gang

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## Sunshine

Carolyn Workman sends cards and makes calls to members that are unable to get out and about. If you know of anyone that would benefit, just give Carolyn a call.



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## 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.

## Membership

A year or so ago, GFWC used the slogan "Rake in New Members". That seems like an appropriate idea for us this fall. Inviting friends to meetings has been our most successful recruitment strategy, so talk about our contributions to the community, the interesting speakers and the camaraderie among our members. Bring a friend!

Unfortunately we had several resignations from long standing members who no longer attend monthly meetings. Many of them expressed their joy of active membership and the friendships gained. From our own experiences it should not be surprising that they have pleasant memories of their years being a part of the Woman's Club of Glyndon

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## Charity Tea

It is that time again when we begin thinking about the Charity Tea. It will be held Wednesday, December 13, 2017, noon to 3 pm. The rain/snow date will be Thursday, December 14, 2017. We will again have table prizes, door prizes, miscellaneous raffle items and the wine basket raffle. The tickets will go on sale at the September meeting. Every year we sell out so get your tickets early. The price will again be \$20. Kathy Wist, 410-833-2756 will be taking the reservations. If you are playing bridge, please let us know that you need tables of 4 so we can accommodate you.

This is our biggest Charity Event where all of the money raised goes to local deserving charities. Hope to see you there.

Mary Lou Hodges and Carolyn Eichler



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## Something to Smile About

Thank You!!!

Jerry Hillyard made a garbage can holder for the clubhouse out of wood. It looks great! Many, many thanks to Jerry, as our garbage cans will no longer be rolling through the neighborhood.

## September Birthdays!

Jodi King 8  
Alice Kennan 12  
Marlene Trainer 14  
Patricia Schunk 17  
Dorothy Griffin 19  
Susan Randolph 20  
Joyce Williams 30



In the end, it's not the years in your life that count.  
It's the life in your years.  
*Abraham Lincoln*

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## Conservation

Baltimore Reuse Directory 2017 is available at senior centers and public libraries. These organizations will take items you no longer need. A good way to recycle as you do your fall cleanup.

Remember to put your cans, glass and used plastic bottles, clean paper and cardboard out for pickup by the county. This effort saves our landfills and makes money for the county, helping us all. Carolyn Workman



## Misc

*"Lexophile"* is a word used to describe those that have a love for words, such as

... You can tune a piano, but you can't tuna fish.

... To write with a broken pencil is pointless.

... With her marriage, she got a new name and a dress.

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## Community Outreach

### Literacy

Could you find time in your schedule in this new season to help at Reisterstown Elementary School? Call me. Sue Shriver

School bells are ringing again at Reisterstown Elementary School! We are collecting requested school supplies to help needy students. School supplies can be dropped off at my house, 805 Holly Hill Court, Reisterstown, or brought to the September 6th Club Meeting. I can be reached at 410-833-4097 for early drop-off. The wonderful participation of our club members in the past few years has been greatly appreciated by the school and the students and their families. Thanks to all who have helped previously and who are able to help this year. Here is a list of requested items:

White Plastic 1" - 3 ring binders  
Zippered Pencil Pouches - 3 ring  
Backpacks - no wheels  
Thermal Lunch Bags  
Plastic School Boxes - Clear, Blue or Pink  
Spiral Notebooks  
Composition Notebooks  
Boxes of Tissues  
Pocket Folders - Paper or Plastic  
Glue Sticks  
Scissors - any tip  
Wood Pencils  
Pencil Sharpeners with Lids  
Erasers - Rectangular or Pencil Toppers  
Crayons - 24 count  
Colored Pencils - 12 count  
Markers - 8 count - Thick  
Black Sharpies  
Highlighters  
Black Dry Erase Markers - low odor

Thanks for all your help,  
Kathy Elky

## Women's Health

If diagnosed with pre hypertension, diabetes or a similar pre-disease, you can turn it around. Making changes to your diet and level of physical activity goes a long way. However, wrinkles and thinning hair seem to be a natural part of aging.

**PRE-HYPERTENSION.** 37% of adults in the US have elevated blood pressure, on or above 120/80 to 139/89. BP in this range may create a higher risk factor for heart disease, as does being overweight or a smoker or having a family history.

**AVOID OVERDIAGNOIS+ OVERTREATMENT.** Have your BP checked by a medical provider 2-3 times in optimal conditions, to see if you are really in the pre range. Avoid caffeine or exercise for at least 30 min. before appt, empty your bladder, sit quietly in a chair (not on exam table with dangling feet) and keep your arm in one position.

Losing just 9lbs can lower systolic number (upper #) by up to 4.5 points in overweight hypertensive adults. Moderate exercise (40 min. 3-4 times a week), adopt the best parts of the DASH diet, and reduce salt intake.

**PRE DIABETES.** The same process works, increase exercise, walking, gardening, and the DASH DIET. You may prevent diabetes by losing 5 to 10% of your body weight. Full-blown diabetes puts you at higher risk for heart attack, stroke and nerve, kidney, eye and foot damage. It may also contribute to Alzheimer's disease.

Always consult your own doctor about lifestyle changes. Kathy Levin

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## Bygone Times Remain Relevant

A man, a miss,  
A car a curve.  
He kissed the miss,  
And missed the curve.

For those who never saw any of the Burma Shave signs, here is a quick lesson in our history of the 1930's and '40's. Before there were interstates, when everyone drove the old 2 lane roads, Burma Shave signs would be posted all over the countryside in farmers' fields. They were small red signs with white letters. Five signs, about 100 feet apart, each containing 1 line of a 4 line couplet... and the obligatory 5th sign advertising Burma Shave, a popular shaving cream.

Don't stick your elbow  
Out so far  
It may go home  
In another car.  
Burma Shave

To Be Continued!

## She's a Grand Old Lady



Our beautiful clubhouse has had a face-lift this summer! The brick facade on the front of our building has been repaired. The wall on the right has been repaired and drain tiles have been installed, while the small wall on the left now has a footer and is securely in place. Numerous other chinks in the mortar have also been filled in.

Our clubhouse is once again ready for another wonderful year!

Very special gratitude to the anonymous donor who provided the funds for this much needed project.

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## For Fun!

No. 46

Literary Work



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