

The Woman's Club of Glyndon Newsletter

Sandi Haertig, President

January 2021



Paddling through the Pandemic

Still, not much has changed since last newsletter. As we all know, even more restrictions have been put in place for the public and it's best we follow along and stay at home as safe as can be.

NO meeting in February. We will make a decision on **March's** meeting by the next newsletter and will communicate the update via email and the next newsletter.

The committee (including Patti Schunk, Kathi Howard, Darlene Schultz, Barb Stevenson, Susan Randolph, Jane Hillyard and Sandi Haertig) will determine the possibility of returning to the clubhouse for meetings while utilizing CDC guidelines and other resources when they deem it safe to meet and discuss. In the meantime we will continue communicating our news and activities through newsletters and emails and continue to have fundraisers that are safe. Thank you for your support and patience as we get through this together. Sandi Haertig

Message from the President – Sandi Haertig

2020.... 2021, I went online to get some inspiration for the New Year ahead and came across these quotes. I thought I'd share a few that struck me to be insightful.... hope they inspire you too!

“The object of a New Year is not that we should have a new year. It is that we should have a new soul...” —Gilbert K. Chesterton

“Your present circumstances don't determine where you can go. They merely determine where you start.” —Nido Qubein

“Life is about change, sometimes it's painful, sometimes it's beautiful, but most of the time it's both.” —Kristin Kreuk

“What the new year brings to you will depend a great deal on what you bring to the new year.” —Vern McLellan

“I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You’re doing things you’ve never done before, and more importantly, you’re doing something.” —Neil Gaiman

“On New Year’s Eve, the whole world celebrates the fact that a date changes. Let us celebrate the dates on which we change the world.” —Akilnathan Logeswaran

“You can get excited about the future. The past won’t mind.” —Hillary DePiano

“Celebrate endings—for they precede new beginnings.” —Jonathan Lockwood Huie

“Many years ago, I made a New Year’s resolution to never make New Year’s resolutions. Heck, it’s been the only resolution I’ve ever kept!”—D.S. Mixell

Happy New Year! I wish for all of you and your families, good health and much happiness. - Sandi Haertig

Charity Tea – Mary Lou Hodges & Barb Stevens



The Drive- by Charity Tea was a great success in spite of COVID-19. Nothing keeps WCOG from helping our community and those in need! The grand total made for our charities is \$3,640.00.

This amount is even better than last year! Thank you for your generosity and enthusiasm for this project. A special thank you goes out to everyone who baked, prepared other goodies, crafted, organized and project managed, came up with great ideas, generously donated, painted, packed and tied bows and bells, made phone calls, directed traffic, and prayed! And thank you, Jerry Hillyard, for designing the clever invitation.

The Committee will be meeting soon via email to decide on where to make donations this year.

Ways and Means – Carol Parker and Patti Schunk

Ways and Means

It's a New Year and it may be your LUCKY year! We will draw the three happy money winners on Feb. 3. We have received money and tickets from many of our members but hope to have even more returned to Patti. There are a few more tickets to be sold if you need extras for any of your friends and neighbors. Call Carol (410-833-1703) and she will deliver them to you.



Remember:

ON FEBRUARY 3 AT 10 AM THERE WILL BE 3 WINNERS. YOU COULD BE ONE OF THE LUCKY WINNERS AND BE \$300 OR \$200 OR \$100 RICHER!

We thank you for your support of this Ways and Means project. Patti and Carol

Birthdays

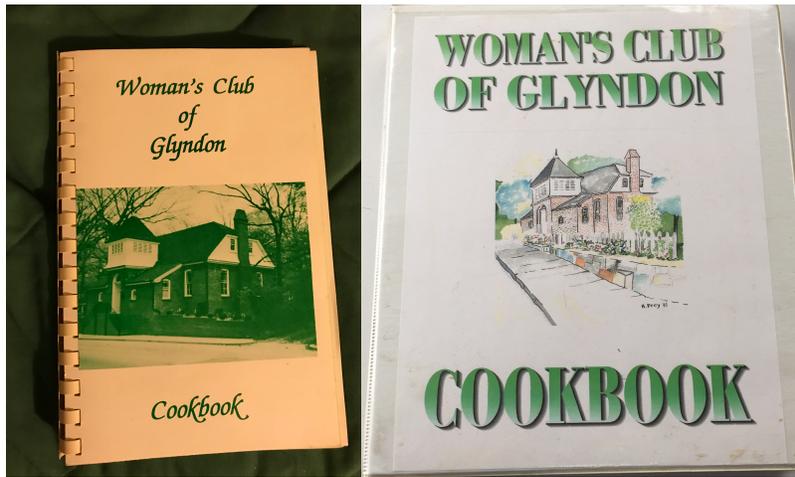
February Birthdays!

Carol Parker 5

Karen Solheim 9

Nancy Herboldsheimer 17

Tidbits from our History – Lynne Maher



One of the fundraising activities employed by our club was compiling and selling a cookbook. The most recent project was in 2003 when Alice Kennan was chair of the committee. The profit was earmarked for Operation Smile and the revenue was sufficient to provide an operation for a child with a facial deformity. The cookbook published prior to that was in 1988. It is interesting to note that both covers featured the clubhouse. In 1988 it was a photograph and in 2003 it was a drawing by Helen Frey. While paging through the 1988 book, I found entries from some present members- Pat Eckhardt, Carolyn Eichler, Kathy Levin and Carole Smolinski. A soup recipe from Carole seems perfect for a winter meal. Enjoy!

Bermuda Soup

2 chorizo or linquica sausages, sliced (2 large pepperoni sticks may be used)
½ lb. red kidney beans
3 or 4 medium potatoes, cut
1 can tomatoes (or 3 or 4 fresh tomatoes), sliced
1 can tomato paste
1 onion, cut
2 celery stalks, sliced
Salt, pepper to taste

Wash and boil kidney beans for 20 minutes. Drain. Brown sausage, onions and celery in small amount of margarine in large soup pot. Add tomatoes, tomato paste, beans and enough water to almost fill 5 qt pot. Add salt and pepper and a dash of chili powder, if desired. Stir and simmer for 2 hours and 15 minutes. Add potatoes and simmer for 30-40 minutes. Soup is done when dark red and fairly thick.

Book Club – Sue Shriver

Everything is on hold for the moment. Maybe the light at the end of the tunnel is here with the vaccine being administered. Looking forward to the day when we can meet again. When we can Laugh and share our insights about the books and of course other things. In the meantime, I hope you are enjoying our book selections and lots of other books.

WATER CONSERVATION AROUND THE HOME



10 TIPS

1. You flush an average of 20 gallons of water a day down the toilet. If you don't have a high-efficiency toilet, try filling your tank with something that will displace some of that water, such as a brick.
2. Typically 15-40 percent of indoor water use comes from doing laundry. Save water by making sure to adjust the settings on your machine to the proper size load.
3. When considering top-load vs. front-load washers, front loading machines generally use less water.
4. Water your lawn or garden early in the morning or the late evening, so that the water lasts and is not immediately evaporated by the sun.
5. With a low-flow showerhead you can save 15 gallons of water during a 10-minute shower.
6. An average of 10,000 gallons of water is wasted every year due to household leaks. One of the most effective ways to cut your water footprint is to repair leaky faucets and toilets.
7. Dishwashing accounts for less than 2 percent of indoor water use, but using a machine is actually more water efficient than handwashing, especially if you run full loads.
8. Teach your whole household to turn off the faucet while brushing teeth or shaving.
9. Instead of running frozen foods under hot water from the faucet, build in time to let them defrost in the refrigerator.

10. Don't forget about water conservation outside as well. Equip all hoses with shut-off nozzles, which can prevent hose leaks.
Thought these suggestions were helpful and easily doable.
Happy conserving!

Community Notices

From Reisterstown Improvement Association

Baltimore County is asking to hear from citizens. They are undertaking a review of the County's waste collection and disposal practices in order to make recommendations for innovative changes and improved waste diversion strategies. A work group appointed by the County Executive is examining a range of best practices that can be important for addressing climate change, sustainability and improved services.

The work group wants to be sure to get the thoughts and opinions of residents. Here is a link, www.baltimorecountymd.gov/wastesurvey, for a survey they are asking all county residents to complete.

Maryland has started receiving vaccine and giving them to those in Phase 1A which includes health care workers, first responders, and residents and staff in long-term care facilities. While we now know there is a light at the end of the pandemic tunnel. It will take time before a high enough percentage of people receive their vaccine so follow the recommendations. Wear a Mask...Wash your Hands ... Stay 6 feet apart.

Woman's Health - Kathy Levin Surprising Causes of Back Pain



- Oversized Bags

When you carry a heavy bag, duffel, purse or computer - the working shoulder elevates and puts the spine out of alignment .

Another danger ' Bag jerk ' occurs when a heavy bag abruptly falls off the shoulder, causing a jerk to the body. The Resulting neck, shoulder and back strain can be comparable to a sports injury. The best evidence that women's handbags have gotten too big comes from the American chiropractic Association. It now advises women to limit the weight of their handbags to 10% of their body weight.

-Casual slip-ons give almost no support. The thin soles are a common cause of heel and arch problems. The Lack of heel support forces people to take shorter steps and to scrunch up their toes to keep their shoes on ,both of which can lead to pain in the knees hips and lower back . Walking In flip-flops is worse for you than walking barefoot.

- Too Much Sitting

Sitting has been called the new smoking because it has been linked to type two diabetes, cancer and heart disease. It's also hard on the back because it exerts more pressure on the spine than standing. People who slouch when they sit or hunch forward when watching TV or working on the computer experience even more pressure. At least twice an hour get up and walk around for a few minutes.

-Chewing Gum

Too much Jaw action stresses the jaw joint which stresses the muscles throughout your back leading to tension and pain. You may grind your teeth or clench your jaw a lot. Give up chewing gum altogether. Also helpful: Wearing a mouth guard when sleeping reduces pressure on the jaw from clenching. If over the counter mouth guard doesn't fit, a dentist can customize one for you. -

-Constipation

A common cause of back pain. A lack of regular bowel movements causes buildup of inflammatory wastes that irritate the large intestine, which in turn irritates muscles in the back.

When you notice that you have a problem, drink a big glass of cold water. It will stimulate the urge to go. Also important, regular exercise and plenty of beans, fruits, vegetables and other high fiber foods. Inadequate fluid intake is another common cause of constipation.

From; Women's Health Advisor and Bottom Line Health

Blast From the Past

Several years ago we went to "Ride the Duck" in the Inner Harbor. The picture was put on a key tag and I ran across it when I was cleaning out a drawer. Here we are:



First row: Gloria Davidson, Lynne Maher, Helen Frey, Dianne Glover
Standing Row: Sally Thompson, Kathy Shay, Mary Carole Lehukey, Carolyn Eichler, John Eichler, Linda Schutz, Virginia Smart, unknown?

Does anyone remember when this was or who the unknown person could be?