

Metro Women's Club

Just Between Friends

NEWSLETTER

November 2020
metrowomensclub.org

Extend the Hand of
Friendship

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For more information
regarding
Metro Women's Club
please call:
Pat Goodyear

New Membership
Director

THE PRESIDENT'S CORNER

Hello Ladies!

Can you believe November is just about here? Granted, this year has been a very challenging one, however, hopefully we can all find something to give thanks for in our lives. I know I am very grateful that all members of my family have stayed well during this pandemic

As we explore the future events safely for our Club, hang in there. This won't last forever! Outside activities are obviously now over, and any event we have, masks will be required since we'll be inside. It's just too risky any other way, and we need to keep everyone safe on our watch!

FYI: I no longer have the landline. Call me on my cell. Thank you.

Stay safe and warm!
-Chris

FANTASY DINING OUT - WOW!!!

You ladies have done such an extra ordinary job supporting our Fantasy Dining Out fund raising efforts. Please turn to page 5 to get all the information from our Committee's report.

SPRING SOCIAL AND GAME DAY CHAIRPERSON NEEDED FOR 2021

We are still looking for a Spring Social & Game Day Committee Chairperson(s)! March 2021, which is when we normally would have it, is replaced by Silent Auction for next year only. **We are hoping to have it the fall of 2021 so you would have plenty of time to prepare with your volunteers.** You will be guided and helped though this event. It's one of our main fundraisers! Please consider! If interested, please contact Christ Sagenbrecht.

REMINDER - DINE & DONATE (Baker's Community Rewards Program)

This is another wonderful way to support our charity!!

Our charity, Police Athletics for Community Engagement, is officially registered with Baker's now.

If you are already signed up with your Bakers card:

1. Sign onto the link <http://www.bakersplus.com>
2. At the bottom of the page click on Community Rewards.
3. Authenticate your info
4. Under Donation summary click Change charity.
5. Type in either Police Athletics for Community Engagement or VH614.

If not registered:

1. Go to link <http://www.bakersplus.com>
2. Create account which requires basic information, email and number on Bakers card (if you don't have a card, they are available at the Customer Service counter).
3. Click on Community Rewards.
4. Designate charity by Police Athletics for Community Engagement or VH614

- Sarah Chula and Jerri Cone, Dine & Donate Chairpersons

CARDS

If any of our members need a card of Cheer, Get Well, Congratulations or Sympathy sent, please contact Linda Nelson so a card can be sent out to them.

SODA CAN TABS

Please save your soda and beer can tabs. The tabs go to The Ronald McDonald House which supports families with children that are hospitalized. Margi Vice is our contact and you may give your saved tabs to her. Thank you.

CALENDAR OF EVENTS

November 2020

SOCIAL NOON LUNCHEON - 2nd TUESDAY, NOVEMBER 10th , 11:30AM SOCIAL, 12:00 LUNCHEON

Our luncheon is on hold for November. Our Board Members will re-evaluate having our annual December Christmas Luncheon at Oak Hills Country Club by mid November. We all hope the epidemic will flatten, so we can celebrate the Holiday Season together. Information will be in our December Newsletter regarding our Christmas Luncheon.

BOARD MEETING - 3rd TUESDAY, NOVEMBER 17th, 10:00 AM

At: Garden Café at Rockbrook, 11040 Oak Street, 402-393-0252

Those that should attend: All Board Members, all Committee Chairpersons, all Socials and Special Event Chairpersons and all Special Interest Activities Chairpersons are expected to attend the Board Meeting or send their reports with someone. You may also call or email your information prior to the Board Meeting to Marcelene Lewis, our Newsletter Editor. **All** information needed for the Newsletter, **must** be submitted at or before the Board Meeting in order for the Newsletter to go to print. Thank you, Ladies.

BIRTHDAY BASH - 3rd TUESDAY, NOVEMBER 17th, 11:45 AM

At: Garden Café at Rockbrook, 11040 Oak Street, 402-393-0252

We have decided to start Birthday Bash again!! All members are welcome to come, not just the Birthday Gals. His will be immediately following our Boards Meeting. **We will have a private room that seats 80 people**, so we will have room to spread out. The owner has put in a **new ventilation system in that room**. Also, **we will have our own entrance on the West side of the building** so not necessary to go through the main entrance. If you would like to attend call LouAnn Norton or Rosemary Bliss since our sign-up sheet is not being circulated at our luncheons.

GADABOUTS - 4th TUESDAY, NOVEMBER 24th,

No Gadabouts are scheduled for November and December due to Thanksgiving and Christmas. Hope to see all of you Gads in January. Questions? Contact Doris Helfrich.

MORE INFORMATION

CRITICAL NEEDS FOR FOSTER CARE PROGRAM

Unfortunately, there are children in the Omaha Metro area that are placed into Foster Care. When these children are taken from their homes they have no luggage, totes or back packs to put their belongings into - other than "black garbage bags". St Francis Services, 3311 North 93rd Street and Child Saving Institute at 4545 Dodge Street is requesting donations of luggage, totes etc. You can drop off these items at either location for the children that are placed into Foster Care. It's already traumatizing to be taken from your home without your belongs being placed into a garbage bag. They need your help. Any questions, please contact Shirley Raleigh.

THE FUNNY SIDE

1. Why do they call it the novel coronavirus? It's a long story....
2. You know what they're saying about 2020. It went viral faster than anyone thought it would.
3. What's the best way to avoid touching your face? A glass of wine in each hand.
4. If coronavirus isn't about beer, why do I keep seeing cases of it.
5. I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.
6. What did the man say to the bartender? I'll have a corona, hold the virus.
7. Yeah, I have plans tonight. I'll probably hit the living room around 8 or 9.
8. Anyone else's car getting three weeks to the gallon?
9. Finland just closed its borders. You know what that means. No one will be crossing the finish line.
10. Why didn't the sick guy get the joke? It flu over his head.
11. My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.

THE PERSONALS

November 2020

NEW MEMBERS (139 members)

Cherry Prochaska (past member)

THINKING ABOUT YOU

Roberta Courter - Thinking of You, surgery, both knees.

Toni Ogaz - Friendship, moved to Des Moines.

Lois Lentz - Best Wishes, test results were good.

CHANGES / CORRECTION (DIRECTORY)

Karen Burns - new address

Nancy Epstein - new address

Shirley Raleigh - new address

Cherry Prochaska - new address

Connie Stilwell - phone change

Chris Sagenbrecht - No land line, use cell

Margaret Bartek - Directory correction,

SPECIAL INTEREST GROUPS

NIGHT BUNCO

1st Wednesday, November 4th, 6:30 PM

Hostess: **ON HOLD**

Results:

Most Wins:

Most Buncos:

Most Losses:

Door Prize:

If you are interested in being a sub please call Diane Dobrinska

DAY BUNCO

3rd Wednesday, November 18th, 9:30 AM

Hostess: **ON HOLD**

Results:

Most Wins:

Most Buncos:

Most Losses:

Door Prize:

If interested in being a sub in this group, please call Diane Dobrinska

GOLF

Golf has ended for the winter. If you are interested in joining for next Spring call

Pat Bird

BRIDGE

2nd Wednesday, November 11th,

11:00AM **ON HOLD**

Boys Town Cafeteria & Visitor Center

13603 Flanagan Drive

\$1.00 to play, Lunch & Tip

To play or questions call:

Anna Nelson or **Carol Fox**

Results:

High:

2nd:

3rd:

Low:

Questions or to add your name to the sub list, contact Anna Nelson

ROUND ROBIN MARATHON BRIDGE

1st Tuesday, November 3rd, 11:30AM

Red Lobster, Oakview

2707 South 140th Street (Oakview Dr)

ON HOLD

Results:

1st:

2nd:

3rd:

Celeste Giery

BOOK CLUB - YES

3rd Friday, November 20th, 9:30 AM

Garden Café, 11040 Oak Street,

Book : *The Giver of Stars*

Author: Jojo Moyes

Everyone welcome with masks

Questions: **Juanita Hammen**

STITCH & CHAT

Last Wednesday, November 25th,

1:00 PM - 3:00 PM

Hostess: **ON HOLD**

Hopefully life will be back to almost normal but lets be cautious. We'll see all of you..

Any question, call

Pat Bond or **Dolores Hughes**

CINEMA CHICKS - ON HOLD

2nd Thursday, November 12th

Call to get your name put on the list for notification.

MAH JONGG - ON HOLD

Mah Jongg is on hold until groups are less susceptible to the coronavirus.

Contact Betty Delavan if you are interested in joining or wish to learn how to play.

Questions or to join call **Betty Delavan**

DINING INN - YES

THE LUNCH BUNCH - A Gourmet Dinning Club

1st Wednesday, November 4th, 12:00 Noon

Hostess: **Rosemary Bliss**

NOON DELIGHTS - A Gourmet Dinning Club

1st Monday, November 2nd, 12:00 Noon

Hostess: **Cindy Popp,**

Questions or to sign-up to become a sub, contact Pat Goodyear.

BIRTHDAY GALS

Yvonne Durr	November 1	Susan Nelson	November 18	Eve Fiatho	November 26
Carol Fox	November 4	Celeste Giery	November 23	Lara Hohnstein	November 30
Chris Sagenbrecht	November 14	Janice Wallish	November 24	Deborah Merritt Jones	November 30
Cheryl Richards	November 17	Happy Birthday Ladies			

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>DST ends</i>	2 12:00 Noon Delights - YES	3 11:30AM Round Robin ROBIN ON HOLD	4 12:00 PM Lunch Bunch - YES 6:30 PM Evening Bunco BUNCO ON HOLD	5	6	7
8	9	10 11:30 AM Social Noon Luncheon - NO	11 11:00 AM Bridge BRIDGE ON HOLD	12 Cinema Chicks CINEMA ON HOLD	13	14
15	16	17 10:00 AM Board Meeting - YES 11:45 AM Birthday Bash - YES	18 9:30 AM Morning Bunco BUNCO ON HOLD	19	20 9:30 AM Book Club - YES	21
22	23	24 Gadabouts - NO	25 1:00 Stitch & Chat STITCH ON HOLD	26 <i>Thanksgiving</i>	27	28
29	30					

Metro Women's Club
7560 Dutch Hall Road
Omaha, NE 68122-5014

*Here is your
Metro Women's Club
Newsletter*

Fantasy Dining Out – A unique charity giving opportunity.

THANK YOU, METRO WOMEN CLUB MEMBERS!

The Fantasy Dining Out committee is absolutely blown away by your generous responses. So far, we have received over **\$4,215.00** for our charity P.A.C.E. (Police for Community Engagement). Such fun to read your menu choices and who you selected to invite.

One family honored a family member who would have been 78, a couple celebrated her October birthday virtually in Bergen, Norway as they missed getting to travel there. Pictures were included and they chose a lovely Atlantic Cod from their own Norway menu. One of your fellow members invited family twice to enjoy burgers and beer as part of the major presidential election year and used the slogan “Donate early, donate often”. It was a humorous way to mimic the phrase “Vote early, vote often” that is being bandied about.

Some of the top favorite menu choices have been Nanna’s Famous Bruschetta, Lobster Bisque Soup, Chicken Marsala, and Zesty Crème Brûlée with Caramelized Oranges. When two of your lovely Metro Women Club ladies enjoyed a virtual lunch together the waiter agreed to prepare separate checks. They also enjoyed wine with their meal as did others. Red Riding Hood Cabernet was a popular choice. Another group of six dined on Appetizers, Caesar Salad, Chicken marsala with rice, Bread with Irish Butter and Raspberry Cheesecake (while they wrote their Fantasy Dining Out checks) Yum yum! Your generosity and creativity have been phenomenal. P.A.C.E. will appreciate your donations.

“My guests and I had a most delicious meal and much enlivening and enlightening conversation! We ordered Strawberry Spinach salad, Heavenly Chicken Marsala, Raspberry Cheesecake and water melted from the polar ice cap, no lemon. Our waiter was very pleasant and attentive so received a generous tip. All three of these ladies spoke earnestly of their causes and how honored they felt to be included in this Fantasy Dining Out experience. They also applauded the Metro Women’s choice of P.A.C.E. for our charity this year.”

- Anna Nelson

Cathay Williams (September 1844 – 1893) was an African-American soldier who in 1866 enlisted in the United States Army under the pseudonym William Cathay. She was the first Black woman to enlist, and the only documented woman to serve in the United States Army posing as a man. Mary Edwards Walker, M.D., (November 26, 1832 – February 21, 1919) commonly referred to as Dr. Mary Walker, was an American abolitionist, prohibitionist, prisoner of war and surgeon. She received the Medal of Honor following the Civil War and is the first and only woman to ever receive this medal. Victoria Woodhull (September 23, 1838 – June 9, 1927) was politically active in the early 1870s when she was nominated as the first woman candidate for the United States presidency. Woodhull was the candidate in 1872 from the Equal Rights Party, supporting women's suffrage and equal rights; her running mate was abolitionist leader Frederick Douglass.

- Anna’s guests:

Our committee loved everyone’s donations. Thank You. It is never too late to donate to a great charity P.A.C.E. (Police for Community Engagement). Thanks again to all who have donated so far.

Jean Cully, Karen Saunders, Margi Vice

Fantasy Dining Out Committee

The Book Shelf:

We have a wonderful book club in Metro but we know there are many more members who like to read. So this monthly article will provide brief book reviews and recommendations from various members. If you would like to write a review or a brief article contact Sharon Price.

Almost Sisters by Joshilyn Jackson

I’ve always said that I don’t care what the story is as long as it is well written. In the case of *Almost Sisters*, I was delighted to read both a well written and an interesting story. I was immediately grabbed by Jackson’s insights and grace written with humor and empathy. Her well-developed likeable characters are all flawed with their own personal stories that come together in a small Southern town.

Leia, a single comic book author from the North, learns of her unexpected biracial pregnancy at the same time as she is called to come to the aid of her ninety year old grandmother in Birchville, Alabama, the town founded by her family. Birchie, her grandmother, and her long time friend Wattie have not only been hiding Birchie’s progressive dementia but even more bigger and longer family history. Think of secrets in the attic. Add an unwanted visit by Leia’s stepsister Rachel with her own issues and her teenage daughter who discovers Leia’s “baby daddy”.

The story goes beyond interesting personal story to explore tradition, family secrets, race in the new South, and family relationships. I will definitely be looking for more books written by Joshilyn Jackson.

- Shared by Sharon Price

I asked one of my friends who has crossed 70 & is heading to 80 what sort of changes she is feeling in herself? She sent me the following very interesting lines, which I would like to share with you

#1 After loving my parents, my siblings, my spouse, my children, my friends, now I have started loving myself.

#2 I just realized that I am not "Atlas". The world does not rest on my shoulders.

#3 I now stopped bargaining with vegetables & fruits vendors. A few pennies more is not going to burn a hole in my pocket but it might help the poor fellow save for his daughter's school fees.

#4 I pay my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than me

#5 I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down the memory lane & relive the past.

#6 I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.

#7 I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You"

#8 I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

#9 I walk away from people who don't value me. They might not know my worth, but I do.

#10 I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.

#11 I am learning not to be embarrassed by my emotions. It's my emotions that make me human.

#12 I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships I will never be alone.

#13 I have learned to live each day as if it's the last. After all, it might be the last.

#14 I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself.

Happiness is a choice. You can be happy at any time, just choose to be. Why do we have to wait to be 60 or 70 or 80, why can't we practice this at any stage and age....

I stole this, I don't know who to credit it to, but thank you!

- Anna Nelson

With the Covid-19 restrictions limiting a person's activities I have really been able to enjoy one of my favorite hobbies...reading. My reading this summer has not all been dominated by scientific/medical themes but these books are ones I have read and found very worthwhile. Enjoy!

Spillover by David Quammen: *non-fiction*. How viruses "spillover" from reservoir hosts to humans. This is a masterpiece of science reporting that tracks the animal origins of emerging human diseases. Very detailed, quite scientific with LONG words. A reader will need a dictionary to find the meaning.(Confession...I did!) But also very readable with some humor thrown in.

The Next Pandemic by Ali Kahn *non-fiction*. Kahn is a former director of the Office of Public Health Preparedness and Response (PHPR) at the Centers for Disease Control and Prevention and currently head of the epidemiology department at UNMC. He lays out his theories on when, where, and how the next major disease outbreak will arrive. Very similar in scope to **Spillover** it is a more recent book on viruses and how they are identified and tracked.

Biohazard The Chilling True Story of the Largest Covert Biological Weapons Program in the World, Told From the Inside by the Man Who Ran It by Ken Alibek: *non-fiction*, published in 1999 could be a prophecy of nine-eleven...and maybe more. Chilling indeed.

Arrowsmith by Sinclair Lewis: *fact-based fiction*. The story of a young doctor in the early 1900s whose interest is primarily research. Set in the Midwest this book follows the doctor's career and pioneering research on vaccine development and the importance of vaccine testing. Lewis was awarded the Pulitzer Prize but refused to attend the ceremony to receive it. Later he was awarded the Nobel Prize and did go to accept it. He wrote this book in collaboration with Paul de Kruif who received 25% of the royalties (hence the scientific accuracy) but was not at the awarding of the Nobel Prize. In the first half of the book I found myself put off by the doctor's egocentrism. However, I was glad I persisted and finished the book.

The Ghost Map: The Story of London's Most Terrifying Epidemic – and How it Changed Science, Cities, and the Modern World by Steven Johnson: *non-fiction*. How the London cholera epidemic was traced and stopped. Very interesting look at the conditions existing in London and early efforts to find the source of an epidemic. On August 28, 1854 after cleaning up her sick infant's diarrhea, working-class Londoner Sarah Lewis innocently tossed the bucket of soiled water into the cesspool of her squalid apartment building. When the deadliest outbreak of cholera in the city's history subsequently broke out, Dr. John Snow fought the belief that foul air caused disease to prove that the epidemic was being caused by contaminated water in one of the local public water pumps. Reads like a mystery.

The Year of Wonders by Geraldine Brooks: *historical fiction*. This gripping historical novel is based on the true story of Eyam, the "Plague Village," in the rugged mountain spine of England. In 1666, a tainted bolt of cloth from London carries bubonic infection to this isolated settlement of shepherds and lead miners. A visionary young preacher convinces the villagers to seal themselves off in a deadly quarantine to prevent the spread of disease. The story is told through the eyes of eighteen-year-old Anna Frith, the vicar's maid, as she confronts the loss of her family, the disintegration of her community, and the lure of a dangerous and illicit love. As the death toll rises and people turn from prayers and herbal cures to sorcery and murderous witch-hunting, Anna emerges as an unlikely and courageous heroine in the village's desperate fight to save itself. Well written and a fast read.

- Anna Nelson