

# SAINT MARTIN'S WOMEN'S CLUB Newsletter since 2001

APRIL 2<sup>ND</sup> 2020

**PRAYER:** Loving Mary, mother of our Redeemer, protect us and keep us.

*IT WAS A MOST UNUSUAL EASTER SEASON THIS YEAR! SADLY, NO CHURCH SERVICES FOR MANY WEEKS NOW. IT WAS POSSIBLE TO VIEW THE MASS VIA TECHNOLOGY.*

<b>Birthdays</b>	<b>Hostesses today</b>	<b>May – Potluck</b>	<b>June</b>
-	Bianca Comana * Susan Succa	Inga Morrison * Sharon Landes	Dory Miller* Gloria Green Marie Conboy

## CALENDAR OF EVENTS:

Women's Club monthly meetings - Canceled until further notice.

April 25<sup>th</sup>, 26<sup>th</sup> BAKE SALE – Canceled

April - Board meeting – Canceled

**ALL ACTIVITIES ARE CLOSED** - Regretfully all WC activities are canceled. Hopefully they will resume on the 1<sup>st</sup> Thursday in September. This April issue will be a little bit business and some this and that.

**GROW LEMONGRASS IN POT** – Remedy to repel mosquitoes, keep you relaxed and ease your headaches.



**Terry Ghianni and family**

## List of foods that help the immune system

Oranges, Greek Yogurt, Green tea, Apples, Ginger tea, Wild salmon, Water, Eggs, Ginseng tea, Whole wheat bread, spinach, broccoli, blueberries, tomatoes, dark chocolate, extra virgin olive oil, garlic.

## CUTTING DOWN ON SINGLE USE PLASTIC.

New California law allows diners to bring their own containers for restaurant leftovers. I.e. At certain restaurants, guests go into a meal knowing they'll take home leftovers. It's the entire premise of *Olive Garden's* "Buy One, Take One". Starting at \$12.99

This participation is voluntary, meaning establishments can still decline to fill customer's container.

First, restaurants must have a written policy for preventing cross contamination available on - site for health inspectors. Isolate the consumer from the serving surface or from the serving surface or sanitize the surface after each sanitize the surface after each filling.

**Accidentally stepped on my husband's foot:**  
"Sorry."

**Accidentally stepped on my dog's paw:**  
"Oh my God, I'm so SORRY!  
Are you ok buddy? I'm SO, SO sorry. I didn't mean to hurt you.  
I LOVE you. You want a treat?  
You're the best boy, yes you are."

## MINUTES OF MARCH 5<sup>th</sup>, 2020 - Marie Conboy, Secretary

The meeting was opened with the Prayer and the Pledge of Alliance to the Flag. The minutes of the last meeting were read and approved. The treasurer's report was given and was approved. Spiritual: Shirley Hightower – Shirley is still recuperating from a fall and is absent. Membership: Connie Nava reported there are 15 for lunch today. Presently we have 24 active members. Receptions: Yolanda Murphy reported there has been no receptions and none planned for the future. Phone Tree: Susan Succa – nothing to report. OLD BUSINESS: Bake Sale is set for April 25<sup>th</sup> and April 26<sup>th</sup>. Dory Miller with Gloria Green are chairs for this fundraiser. NEW BUSINESS: It was under discussion to have some bingo after the business meeting and before lunch is served. The fee was discussed, \$5 a card or? Inga may donate some nice prizes. Mary Margaret of Women of Faith's ministry, joined us and spoke of needing ladies to help knit and/or make lap blankets for parishioner needs. The hostesses for today's Irish corn beef, cabbage, potatoes, carrots and Irish bread were Veronica Rodriguez and Marie Nunley. Birthdays were announced and the birthday song was sung. There was no further business; the meeting was adjourned. Respectfully, Marie Conboy, Secretary.

### TREASURER'S REPORT – Inga Morrison, Treasurer

Balance on March 1<sup>st</sup> 2020 \$1,564.77

Income:

Lunches @ \$5 X13	65.00
Club Dues @ 10 per yr	10.00
Pink church envelopes	<u>8.00</u>
	83.00

Expenses:

Lunch: Veronica Rodriguez 71.00

Balance on April 1<sup>st</sup>, 2020 \$1,576.77

**Just Sharing Links, I Like** – Jonathan Shelton, DMD, MD Alvarado Dental Building, San Diego

A mouth wash for Removing Plaque from the Teeth in Just 2 Minutes.

Maintaining good oral health will improve overall health and the most important part of your dentalcare routine is the type of mouthwash you use. The commercial ones are loaded with chemicals and actually do more harm than good. That's why it's better to use natural, homemade mouthwash. The proper mouthwash will eliminate all the bacteria in your mouth and help you prevent cavities and plaque. How to prepare the best homemade, natural mouthwash which will be inexpensive, composed of natural ingredients and free of chemicals and toxins.

**BOOK OF POSITIVES:** The mouthwash we recommend is composed of baking soda and a few other readily available ingredients. Baking soda does wonders for your oral health. It destroys the bacteria, germs and microbes, cleans the accumulated plaque and prevents bad breath. Here's what you'll need to prepare this amazing mouthwash:

1 tbsp baking soda, ½ c hydrogen peroxide, 1 tsp. salt, ½ cup warm water, 1 c cold water



Newsletter: Patricia Downey Kramm Technical advisor – David Edgar