

Newcomers of Catawba Valley

2425 North Center St. #169

Hickory, North Carolina

28601

<https://newcomersofcv.org/>

JULY 2020



President's Column

"Today I will not get stressed over things I cannot control."

Hello Newcomers!

One step forward, two steps back. That's what this COVID-19 is feeling like. NC Governor announced this past Wednesday that he is delaying Phase III, and continuing with Phase II until July 17th. In addition, he wants everyone to wear masks when in public. See <https://files.nc.gov/governor/documents/files/EO-147-FAQ.pdf>

Based on the current NC COVID-19 guidelines, the activities that were ready to begin again in July will wait at least another month. There will be no NCV activities for July.

There really isn't much that can be planned at this time. We are on a wait and see calendar. As always, we will keep you informed.

Thank you for your support and patience during this period. It will take time to get things back to normal, but we will get there.

I hope everyone is enjoying summer and getting out for little fresh air, exercise, and social distancing. Just remember to wear masks in public, especially in large stores with crowds.

A few things you might want to do while you are staying home:

- Take a walk around the block.
- Reorganize or redecorate a room in your house.
- Learn a new hobby using YouTube or DIY Tutorials, like drawing, painting or refinishing that old piece of furniture.
- Go for a drive.
- Play a game with friends or family - online.
- Create a playlist of your favorite music.
- Learn a new language.
- Organize photos.

Whatever you do, or are doing, please take good care of yourselves, stay healthy and be happy!

Don't forget to use our Sponsors if you need services. Hope to be seeing you all at some activities/events soon!

Best regards,
Cathi Montgomery
President, NCV



Special Events Committee

Greetings from the Special Events Committee!

We have ALL seen way too many fun experiences canceled or postponed. But, don't give up on us yet! We are still working on future outings and events and checking out places (albeit on-line) for us to visit! This really will all be over at some point and we'll be ready!!



Due to the continuation of the Governor's Phase II regulations, it has been decided to postpone the Pool Party at Michele and Vince LeGrand's. I know, I know! (Insert big groan here.) Even though I haven't been in NC long, I do know that summer temps continue well into September, and even October, so we may get it in yet. Don't despair and keep that swimsuit handy!

The Catawba County History Museum tour could still be in the works for August or September. At the moment, they will be closed at least until the 18th of July. We would still check out restaurants around the Museum to make reservations for lunch after a tour. We would have to let them know ahead so we can be included in the 50% count if that's still applicable.

Get those masks and hand sanitizer ready and let's go shopping! How about a trip to the Hanes Outlet Mall in Winston-Salem in August or September? It's an open-air shopping center, but the stores are air-conditioned! I know I have plenty of items to look for after this quarantine, so start making your lists now. And, why not get an early start on Christmas shopping? Carpooling would certainly be arranged with masks and hand sanitizer. Watch for the date in the August Newsletter.



COVID-19 has played havoc with the sports schedules, but the Kentucky Derby is on for September 5th. The SEC is working on coming up with inventive solutions to the situation, so watch your email, and the August Newsletter, for further updates.

Remember we had talked about doing a Food Tour in Asheville? Well, maybe we can try for late September or early October. Or, maybe next April. We will have a busy year in 2021!



We are still hopeful that we will be able to do our Leaf Peeping Trolley trip in October. Pencil it in on your calendar for Wednesday, October 21st and we'll supply more details later.

Keep thinking of all the things you have to look forward to!

Amy Chizen, Chair, SEC



Book Club

Book Club is reading **The Women of the Copper Country by Maria Doria Russells**. This book tells the story of 25 year old Annie Clements who spent her life in the copper-mining towns of Calumet Michigan where men risked their lives for meager salaries and had barely enough to put food on the table and clothes on their backs. The women labor in the houses of the elite and send their husbands and sons deep underground each day dreading the fateful call of the company man telling them their loved ones aren't coming home. When Annie decides to stand up for herself and the entire town of Calumet, nearly everyone believes she may have taken on more than she is prepared to handle.



Book Club meets every other month on the 4th Wednesday of the month, except for this November. Our next meeting is July 22, at Women's Resource Center (probably, if not we will Zoom) at 1:30 p.m.

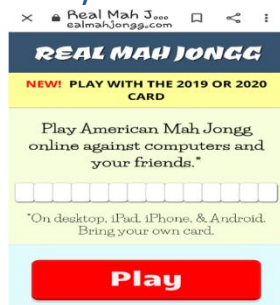
Amy Chizen will facilitate our discussion.

The Book Club Coordinator is Mary Bucy at mebucy@hotmail.com



Mah Jongg

Many members of the Mah Jongg group have continued to play Online Mah Jongg.



<https://realmahjongg.com/>

The photos here are what the opening page and sign in/up page looks like.



Dianne will still stick to our normal schedule: 1:30 p.m. Tuesdays and 10:30 a.m. Fridays - just **not** at Pinecrest but online. When you open the app online, you can search “hickory” in the SEARCH box. Many of us who have signed up for this app have made hickory----- part of our user name, such as hickorybrenda or hickorychris, or hickorydianne...etc!! So it's easy to find a “table” to join in on!! Don't worry if you see the game is in progress. If there are less than 4 names showing, the other player(s) are the computer...and you take that place...JUMP ON IN a game when you can!! If you have questions, contact [Dianne Straley dfwhit@gmail.com](mailto:dfwhit@gmail.com)



We have some very exciting news from one of our member players, Virginia Charlton, She emailed us the following:

“Finally I got the quint I needed to finish my card. It's been the only hand I couldn't get since toward the end of April. It only took me 13430 points on RealMahJongg.

Picture me dancing around my computer!!!”

Virginia

Way to go Virginia!! Those of us who have been playing with you these past months, have heard your laments and there was definitely a collective CHEER when we read your email!!



Members Helping Members

Hello everyone,

My name is **Sandy (Shear) Johnson** and I'm the new coordinator of Members Helping Members. I've been a member of the club for about two years and I've enjoyed it very much. I live in Vale, about half an hour from Hickory. This club has offered many opportunities for me to meet some wonderful people who I became friends with. I served as vice president in 2018 and got married last year so I did not run for another office. I'm taking on the role of Members Helping Members so that I can still be involved with the club. Members Helping Members is a way that we can help each other during **any** particular hard time. I'm not just talking about the Corona 19 virus. I am speaking about any time that someone needs help with a day-to-day activity or a once in a month activity. For example, we're just going to the store for groceries or prescriptions. Please reach out and contact me for whatever you might need. If you need someone to walk your dog or you need a ride to the doctor or if you need a house cleaner . . . anything that you might need help for, we're here for you. Just let me know what you're looking for and when you need someone and myself and other members of the club will do our best to find someone or a company or whatever you need to help you out during your circumstance. You don't have to worry we don't charge for our services sometimes some of the people that end up doing the work may charge but you'll be fully aware of that if that should occur. For the most part if it's one of our members helping another member I don't expect there'll be a charge.

So, let's see what we can do to help each other in times of need. It's hard enough to be alone or sick during this period; we don't want you to have to stress about something that you help with.

My phone number is 828-228-4016. Please feel free to contact me by phone, text or email at ncvalegirl@gmail.com. I look forward to speaking with you and even if it's just



Quarterly Charity

Robin's Nest

Robin's Nest is a nationally accredited Children's Advocacy Center. Child victims of sexual and severe physical abuse are provided child specific services that include compassionate forensic interviews, medical examinations, counseling and advocacy services. Providing these services at a single site helps decrease the trauma these children face, speed the healing process, and increase the likelihood of conviction of offenders.

Wish List

GIFT CARD

\$10 Wal-Mart Gift Cards

\$10 Grocery Store Gift Cards (Fair Value, Food Lion)

\$10 Gas Cards

SNACKS

Juice Boxes

Individual Size Snack Packs - Chips, Cookies, Gummy Snacks,
Applesauce, Crackers, Little Debbie Cakes

GENERAL SUPPLIES

Copy Paper 8 1/2 x 11

Paper Towels & Toilet Tissue

13 Gallon Tall Kitchen Trash Bags

Antibacterial Cleaning Wipes & Spray Cleaner

Air Freshener Spray

Heavy Duty PAPER Plates & Plastic Forks, Knives, Spoons

12oz Disposable Coffee Cups, K-cups for Keurig, Flavored Creamer Cups/Powdered Creamer/Sugar

Lysol

ALFIE'S WISH LIST (Robin's Nest received Alfie through the Canine Companions for Independence Program in February 2020)

Alfie can only accept the following items. *This is a mandate through the Canine Companions program*

Dog Food: Eukanuba Large Breed, Kong toys, Lint rollers, Oatmeal Pet Shampoo, Mango Tango Cleansing wipes for dogs.



Not Your Normal Newsletter

Fourth Edition



The Following Stories, Quips & Funnies are Brought to you by....our MEMBERS

Quarantine Tip from Member, Sheila Cooke



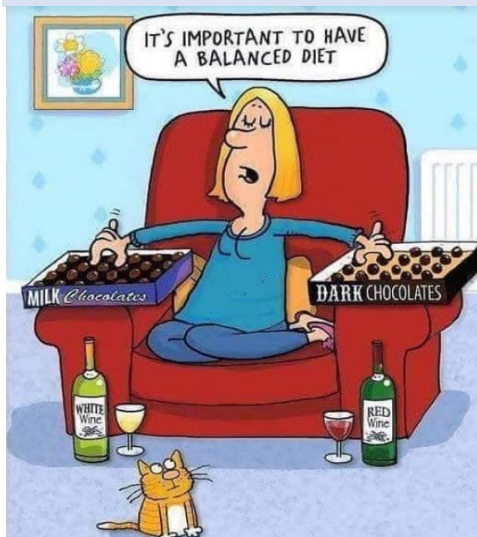
Sheila emailed me this great tip:

IF YOU SIT DIAGONALLY AT A PICNIC TABLE YOU'RE ABOUT SIX FEET AWAY.
IF YOU PUSH TWO PICNIC TABLES TOGETHER BY WIDTH AND SIT FACING EACH OTHER
YOU HAVE TWO TABLES/SEATS BETWEEN YOU.
THIS IS WHERE AND HOW WE'VE BEEN MEETING WITH FAMILY AND FRIENDS.

SHEILA COOKE



A FEW FUNNIES



This quarantine has me realizing why my dog gets so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel. 😂

What if they close grocery stores and we have to hunt for our food?

I don't even know where Little Debbie lives 😬

DUE TO MY ISOLATION. I FINISHED 3 BOOKS YESTERDAY. AND BELIEVE ME. THAT'S A LOT OF COLOURING.

Homeschooling Day 3: they all graduated yesterday

Everyone please be careful tonight, there is DUI checkpoint on the corner of hallway and kitchen.... Be safe

What WE are Doing Paige and Dianne Straley



Paige Straley's home garage is now a temporary hangar as he completes modifications on his Preceptor Pup single-place airplane. Paige has owned this plane 15 years and has made many modifications including replacing the engine a few months ago. The wings have been stored on ceiling racks but had to be mounted so he could do a weight and balance check. Soon Paige will trailer it to an airport for check flights. Then the Straleys will be able to park in their garage again!



UPDATE: Delilah Bragg and Karen Mills "Quarantine Pole"

Just thought I would show you the final result. Delilah dug the two foot deep hole and hauled the cement, so she deserves the most praise! Now looking for another project for this never ending lockdown. [Karen Mills](#)

Margie Dickey: Virtual Graduation with her Granddaughter

We watched our granddaughter's virtual graduation from UCLA tonight. The whole family joined a Zoom meeting with a split screen of the ceremony and the guests. Gillian was so happy that her family could be "with her" for her graduation.

[Margie](#)



What I learned during Quarantine: Karen Osterer



I have learned to paint in watercolor during quarantine. These are some of the recent pics I have done. [Karen Osterer](#)



Carol Hoover and "Letsmakeart.com"



During the safer at home phase I am learning water colors from a fun website.

<https://www.letsmakeart.com/>

Carol Hoover

It may take a village to raise a child, but I swear it's going to take a whole vineyard to homeschool one.

Remember when you were little and all your underwear had the days of the week on them. Those would be helpful right now.

How LONG is this social distancing thing supposed to last? My husband keeps trying to come into the house.

When this virus thing is over with... I still want some of you to stay away from me.

Another Saturday night in the house and I just realized, even the trash goes out more than me.



Carol also shared a nice list of funnies

Michele LeGrand shares "actionforhappiness.org" Monthly Calendar: **Jump Back July**

Michele sent me an email with this site address and a link to the Calendars.

June was JOYFUL JUNE.

<https://www.actionforhappiness.org/jump-back-july>

RESILIENCE CALENDAR: JUMP BACK JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We can't control what happens to us, but we can choose how we respond			1 Be willing to ask for help when you need it today (and always)	2 Make a list of things that you're looking forward to	3 Adopt a growth mindset. Change "I can't" into "I can't... yet"	4 Find an action you can take to overcome a problem or worry
5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy	8 Get the basics right: eat well, exercise and go to bed on time	9 Help someone in need and notice how that gives you a boost too	10 Don't be so hard on yourself. It's ok not to be ok	11 Reach out to someone you trust and share your feelings with them
12 When things go wrong, be compassionate to yourself	13 Challenge negative thoughts. Find an alternative interpretation	14 Set yourself an achievable goal and make it happen	15 Go for a walk to clear your head when you feel overwhelmed	16 When things get tough, say to yourself "this too shall pass"	17 Write your worries down and save them for a specific 'worry time'	18 Let go of the small stuff and focus on the things that matter
19 Notice something positive to come out of a difficult situation	20 Ask yourself: What's the best thing that can happen?	21 If you can't change it, change the way you think about it	22 Make a list of 3 things that you can feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead
26 Get back in touch with a supportive friend and have a chat	27 Write down 3 things you're grateful for (even if today was hard)	28 Catch yourself over-reacting and take a deep breath	29 Think about what you can learn from a recent challenge	30 Ask for help from a loved one or colleague. Be specific	31 Remember that you are not alone. we all struggle at times	

ACTION FOR HAPPINESS

[actionforhappiness.org](https://www.actionforhappiness.org)
 Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



Barb Beck Play Online Bridge and Takes a Covid-19 Class at Lenoir Rhyne

During the quarantine, several friends and I have been playing online bridge on a site called BBO. Carol Parker, Kathy Durand, Betty Stone and I usually play 2 to 3 times a week. Others have joined us from time to time. On Fridays, we do a "Wine Zoom" with other friends and catch up on the latest news. I think this has been keeping us at least somewhat sane!!

I have been taking an online class at Lenoir-Rhyne about the Covid pandemic. Each week touches on a different aspect of the crisis including such topics as economics, mental health issues, and weeding out all the information-and misinformation-that comes our way. I'm so glad I decided to participate in this worthwhile class!

Barb Beck

CALLING ALL "CRAFTY" MEMBERS.....Patsye Thompson

Patsye is a newer member, who joined Newcomers at about the same time as the Virus hit!! She has a huge love and a very artistic ability for all things "crafty".....

As a result of four months of voluntary confinement, Patsye Thompson is at the peak of her bell curve in crafting. She has watched hundreds of hours of "how-to" videos for paper crafts, bookmaking, journaling, and most recently, fashioning gift boxes. If paper crafts interest you, or any type of craft you would like to get

back into, email her at Patsye@mail.com and be a part of a Zoom organizational meeting. We can decide what we want to make and then choose if we want to stay virtual, OR, perhaps meet in a centralized location outside or in a large room. More importantly we can find out who we are, what we have in crafting common, and get ready for the post-vaccine world of 2021. Here is an example of some beautifully decorated "matchbox" treasures she has made.



SOME PHOTOS of the Beauty and the Bounty



From [Adra Kryszczuk](#)....beautiful flowers from her yard.

Adra's lovely flowers inspired me to walk our yard and take a few pics to share....from the Ireland home.....



Scott and I decided to try a driveway garden this year and we went to Tractor Supply and bought 2 troughs! Scott had dismantled our backyard 20ft raised bed and moved it and made a 10ft raised bed. I have planted

about 200 Gladiolas (one of my FAV flowers) in the last few yrs., so we really get a lot of beautiful blooms this time of year. Hydrangeas' are another FAV of mine...they grow so easy here! My newest babies are the white Limelight Hydrangeas we put in this year, and are getting blooms now. My dream garden has color blooming in all 4 seasons. Xoxoxoxo



I would LOVE it if more members would send me photos of their yards and gardens



COVID-19 INFORMATION SOURCES

Please be sure to get all your information about the Covid-19 Virus and what is happening in our State and our area from **FACTUAL and RELIABLE** sources. There have been numerous misleading articles on social media and even sent through emails and texts that are just plain wrong and harmful.

Below are some **websites with accurate and timely information on the corona virus:**

<https://www.cdc.gov/>

<https://www.fda.gov/emergency-preparedness-and-response/counterterrorism-and-emerging-threats/coronavirus-disease-2019-covid-19>

<https://www.nih.gov/health-information/coronavirus>

<https://www.wfae.report/breakingnews/>

<https://www.wbtv.com/news/catawba-county/>

<https://covid19.ncdhhs.gov/>

All these websites have the ability for you to sign up for regular updates.



Staying apart brings us together. Protect your family and neighbors.

Stay home if:



You are sick.



You are at higher risk of serious illness from COVID-19.

If you leave home, know your Ws!



WEAR

a cloth covering over your nose and mouth.



WAIT

6 feet apart. Avoid close contact.



WASH

hands or use hand sanitizer.



#StayStrongNC

Learn more at
nc.gov/covid19.



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

BIRTHDAYS

Birthdays in July

Mike Baretsky	7/2
Rose Arant	7/6
Audrey Rozzelle	7/8
Bob Williams	7/9
John Geiger	7/9
Barbara Womack	7/11
Kitty Clark	7/15
Helen Cobb	7/16
Bernadette Coffey	7/16
Jane Woodward	7/18
Yung Holtzman	7/20
Cindy Donahue	7/21
Marvin Yokum	7/30

Birthdays in August

Suzie Matthews	8/2
Phyllis Kane	8/4
Dennis Chalk	8/6
Bob Wolgemuth	8/6
Cheri Poulos	8/7
Ed Stewart	8/7
Josette Kippenhan	8/10
Linda Meares	8/13
Judy Young	8/15
Jim Earl	8/19
Brenda Ireland	8/19
Patricia Mozgala	8/19
Martha Conrad	8/21
Richard Dickey	8/21
Dawn Remus	8/24
Greg Dostall	8/25
Jon Snellings	8/25
Helen Woodyard	8/25
Bob Remus	8/27
Joanie Taliaferro	8/27
Carol Sawicki	8/29
Chuck Fahrenholz	8/30
Steve Sanders	8/31



New Members

WELCOME

Cheryl Powell....from Plantation, Florida, originally
Cheryl has recently moved from Mooresville to Morganton.



**Your mission, should you choose
to accept it, is to locate a roll of
toilet paper.**

This message will self-flush in
5 seconds. Good luck.



**People are mad about not
being able to go places.**

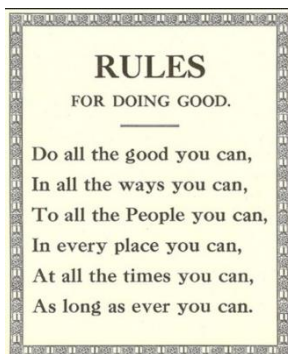
Please. I was grounded about 90%
of the time between 7th and 12th grade.
I trained for this.



I have decided that I no
longer want to be an
adult...if anyone needs
me I will be in my
couch cushion and
bed sheet fort... coloring



**PRETTY WILD
HOW WE USED TO
EAT CAKE AFTER
SOMEONE HAD
BLOWN ON IT...
GOOD TIMES...**



**in an unsettling reversal of my
teenage years, I am now yelling
at my parents for going out**

@BrigidWD



SPONSOR SPOTLIGHT

Select Tech.....they ARE OPEN.....828-328-4801

*Here is another in the series of articles on the sponsors who support Newcomers of Catawba Valley -- a reminder to our members to check the sponsor page **first** when you need a service. You will find Sponsors listed under the 'Sponsors' tab on the Newcomers website.*

Select Tech Inc. has been a sponsor of Newcomers since about MAY 2018. Select Tech provides in-store and onsite services for residential and business customers. Their Mission Statement on their website reads: "To provide the best IT Support in a friendly and professional manner to maximize the value to our customers." Those words are something you can count on as a Select Tech Inc. customer. All of our work is 100% satisfaction guaranteed. At our location we repair over 2000 PCs, mobile devices (iPhone/Android), iPad's, Android tablets and Macs a year. Additionally, we provide IT support to the Veterans Administration's Visual Impairment Services Team (VIST).. It would be our pleasure to speak with you and support any IT related issue you may have.

*When you click on any sponsor's ad, you will automatically be taken to that sponsor's web page, and if you use one of our sponsors, **please** make sure to thank them for sponsoring the Newcomers of Catawba Valley.*

Sponsor Spotlight **HICKORY HOP**

(I realized that I neglected to do a "Sponsor Spotlight" in the June Newsletter!!)

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The Hickory Hop has been a sponsor since about April 2018. The Hickory Hop airport shuttle service offers routes Servicing Asheville, Boone/Blowing Rock, Hickory, and Charlotte Douglas seven days a week. You can get rates and shuttles schedules and make your reservations at <https://www.hickoryhop.com/> and/or call them at 828-327-2340. They reopened as of May 1st and look forward to serving you!!

*When you click on any sponsor's ad, you will automatically be taken to that sponsor's web page, and if you use one of our sponsors, **please** make sure to thank them for sponsoring the Newcomers of Catawba Valley.*

SPONSORS of Newcomers of Catawba Valley



Hickory Community Theatre



Heaven's Best Carpet Cleaning



Trent Jolley, Farm Bureau Insurance



Lake Hickory Adventures



Chad Burel, Edward Jones Investing



Hickory Real Estate Group



Viewmont Healthsmart Pharmacy



Crosswind Café



Catawba County Chamber of Commerce

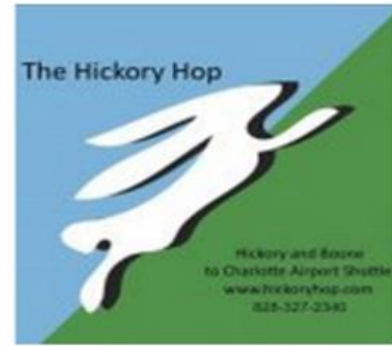
SPONSORS of Newcomers of Catawba Valley con't



Catawba Valley Comm College



Marine Corps League



Hickory Hop



Select Tech Repairs



Granite Falls Brewery



The UPS Store



Linda Meares, Coldwell Banker



Allen Tate Realty - Mortgage



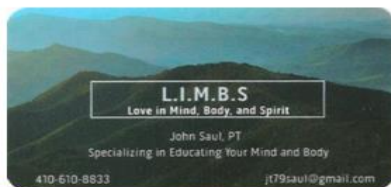
Gary West's Power Wash



Life Enrichment Travel



Auto Fitness Center



LIMBS Physical Therapy



Hickory Heat & Cool



Olde Tavern



Officers, Directors, Activity Chairs and Committees 2020

Officers	Position
Cathi Montgomery	President
Rob Herman	Vice President
Kathy Rozea	Treasurer
Chris Beckom	Secretary
Delilah Bragg	Past President
Directors	
	Amy Chizen
	Nancy Geiger
	Adra Kryszczuk
	Addie McSherley
Activity	Chair
Book Club	Mary Bucy, Donna McDermott
Bowling	Vince LeGrand
Bridge	Gloria Berg
Canasta and Games Day	* * * * * Position Available * * * * *
Canasta and Games Night	Zig and Adra Kryszczuk, Addie and Lonny McSherley
Charity Coordinator	Nancy Geiger
Coffee & Conversation	Sheri Binning
Dominoes	* * * * * Position Available * * * * *
Events Committee	Amy Chizen (chair), Chris Beckom, Dottie Demarest, Mary Ellen Glover, Shari Kidd, Jon Kiser, Kevin McCutcheon, Audrey Rozzelle, Sharon Snellings and Paige Straley.
Items of Interest	Bob Jones
Hospitality	Sharon Snellings, Carol Sawicki, Judy Dostall
Lunch out	Chuck Bethany, Francine Gissy
MahJongg	Dianne Straley
Membership	Rob Herman
Members Helping Members	Sandi Johnson
Newsletter Editor	Brenda Ireland
Programs	Dianne Straley
Publicity	Amy Chizen
Rummikub	Michele LeGrand
Samba Day	* * * * * Position Available * * * * *
Samba and Games Night	Paige and Dianne Straley, Audrey Rozzelle
Shooting Practice	Vince LeGrand
Sponsors	Brenda Ireland
Team Cuisine	Chris and John Almeida, Jon Kiser and Rob Herman
Webmaster Team	Adra Kryszczuk (site and calendar), Greg Gervasio (site advisor)

.....and LAST but NOT Least.....GROWING OLD IS INEVITABLE.....GROWING UP IS OPTIONAL!!!

