

# Curtain Call Newsletter



June 2023

## President's Corner

Our Second Act, Inc, is celebrating fifteen years of existence. Fifteen years of encouraging and inspiring mature women to be and do their very best. Bringing them together, working together in love, and as we motivate others, we also have the pleasure of fulfilling our desire to give back.

Let us acknowledge how far we have come, congratulate ourselves on how we have coped and risen above and through everything thrown at us and still have the desire to touch the lives of others and help them work through and build their lives stronger too.

Our Second Act ladies, we make amazing things happen for others and I thank you for your confidence in me.

Lord, continue to go before us and guide us as we move forward to fulfil our mission to give, not take, to encourage, not discourage. We ask that our messages are informative, our words healing, and our actions are positive. Let us be positive proof that "Life is lovelier the second time around."

Sincerely,

Barbara Herschbach

## April

Our second quarter was very productive. In April we went to the sight and sound theater in Branson to see Queen Esther. It was a very good play, the scenery was beautiful, the singing was brilliant, the animal's had you looking all over the stage and up in the rafters where the doves were flying it was just amazing. The bus ride to and from was so much fun. As usual we ate, played games, watched movies and grooved to some very good music. Everyone was dancing in their seats



Our April membership meeting was hosted by our Illinois Second Act members. It was located at the Hokkaido Seafood Buffet in Swansea, Illinois. Lunch was delicious and we had a good meeting. We had a productive discussion about an idea that Mildred presented regarding a 15-year Commemorative Add Book.

**May**

Our very own member Jacqueline Stennis and her husband Edgar received the Top Ladies of Distinction, Inc., One Step Beyond Award for individuals who make a difference in the community.



Ed and Jackie work with the Lane Tabernacle major outreach programs: food pantry, Vacation Bible School, Breakfast with Santa, and more. Several board members supported them as they received their awards.



The program was at the Orlando Gardens Event Center where we enjoyed a lovely brunch and listened to good music.

**June**

The membership meeting in June was hosted by our President at her home. We had a delicious potluck dinner that consisted of chicken and fish with a host of sides and desserts and some **good** homemade Sangria and bottles of wine.



2023 was election year for board members with the addition of two new members. The results were disclosed at the meeting. All the previous board members were re-elected with the addition of Mona Lisa Smotherson and Mildred Pettiford. We now have 13 board members. (Photo of OSA Board of Directors on back page) There was an induction ceremony for our new members, and we did not have a lot on our agenda with gave us time to take pictures and fellowship with one another.

**WORDS OF WISDOM**

She is clothed in strength and dignity, and she laughs without fear of the future.

Proverbs 31:25

- Life is not a Life until you Live it! Live it well.
1. Attention. Paying attention to details =Excellence
  2. Potential... is what you are going to do next
  3. Intention ..Live with purpose and design, .  
..... be specific
  4. Retention... Remember and retain it!

## Positive Affirmation

I'm giving you permission to root for yourself and while you're at it root for those around you, too.

## List of 5 Emergency phone numbers

When in sorrow..... call John 14  
 When men fail you.....call Psalms 27  
 When you worry.....call Matthew 6:19-34  
 When your faith needs stirring...Call Hebrews 11  
 When God seems far away.....call Psalms 139

### Alternative Numbers:

For assurance..... call Mark 8:35  
 For reassurance.....call Psalms 145:18

### PLEASE NOTE:

Emergency numbers may be dialed direct.  
 No operator assistance is necessary.  
 All lines to Heaven are open 24 hours a day! Feed your FAITH, and DOUBT will starve to death!

## Healthy Lifestyle

**Tips To BOOST Your Health as You Age**

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

- Get moving – try gardening, biking, or walking.
- Choose healthy foods rich in nutrients.
- Manage stress – try yoga or keep a journal.
- Learn something new – take a class or join a club.
- Go to the doctor regularly.
- Connect with family and friends.

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).

NIH National Institute on Aging

## Water Rich Foods

Watermelon...1 sm wedge = 7oz water  
 Cantaloupe....1 cup = 5oz water  
 Peach 1 large .....= 5oz water  
 Cucumber 1cup\....= 4oz water  
 Tomato 1 large.....= 4oz water  
 Zucchini 1 cup.....= 4oz water  
 Corn 1 ear.....= 3oz water

## Upcoming Events

Trivia night fundraiser at Ferguson Community Center.  
 July 22, 2023

Calling all intrepid quiz masters and possessors of random knowledge!

# TRIVIA Night

**SATURDAY, JULY 22, 2023 ♦ 5:00 PM**  
**FERGUSON COMMUNITY CENTER**  
 1050 Smith Avenue  
 Ferguson, MO 63135  
 Trivia starts at 5:00 p.m.  
 Doors Open at 4:00 p.m.

\*\*\*\*\*  
**Prizes \* Raffle \* Snacks \* Lots of fun!**

**Eight players maximum per team** – Gather your friends and family and come out to compete in a ten-round trivia match – \$20 per person or \$160 for a table. If you do not have enough people for a table, that's okay. We can place you on a team to join with others.

Ten (10) rounds – 10 categories with 10 questions in each round.

Bring your favorite foods to share with your teammates – Water and snacks will be provided.

Bring some cash to – purchase raffle tickets or muligans (get a free answer sticker).

Prizes will be awarded to the 1<sup>st</sup> place team and best-decorated table.

Reserve your spot today! Call:  
 Mildred Pettiford – 314-236-8236  
 Marlene May – 314-987-9825

September 14, 2023  
 SPA Day

Let Us Pamper You

Our Second Act ins.

## Spa Day

A free day of Pampering

Maryland Heights Community Center  
 2300 McKelvey Rd  
 Maryland Heights, MO 64043

**11am - 2pm**  
**Thursday, September 14, 2023**

Join us for a **free** day of mind, body and spirit rejuvenation for women 50 and older.

**YOUR EXPERIENCE WILL BEGIN WITH**  
 Exercise for the mind, Hair, Nail and Skin Care,  
 Health Screening and much more!

Space is limited, sign up today  
**TO REGISTER PLEASE CALL:**  
**314-724-7353 or 314-497-7827**

Our Second Act is a 501 (c)(3) non-profit organization whose mission is to sponsor workshops, seminars, scholarships, social and cultural events that inspire,

## Afternoon of Fabulous Music October 1, 2023



### 3<sup>rd</sup> Quarter Birthdays \*inactive

#### July

- 7/07- Delores Penton\*
- 7/08— Lila Adams \*
- 7/30 – Augustine Porter\*

#### August

- 8/03 – Mardie Foggy
- 8/05 – Deborah Hunt
- 8/18 – Mona Lisa Smotherson
- 8/20 – Tracy Floeh
- 8/23 – Delores Stevenson
- 8/25 – Barbara Herschbach
- 8/29 – Belinda Hutchinson

#### September

- 9/01 – Denise Thimes
- 9/08 – Jacquelyn Harris
- 9/09 – Linda DeBow-Parks
- 9/11 – Audrey Ellermann
- 9/15 – Jacquelyn Stennis

## Our Members in Need of Prayer!

*Each of us need and want prayer, so let us keep each other lifted in prayer all the time. We want to send up special prayers for our members that are going through trying times. Angela Hammond, Dorothy Jefferson, and Augustine Porter.*

*Father, we ask that you show mercy, love and peace to our members and their extended family. Give them the strength, faith, and determination they need to fight through the adverse situations they are facing.*

**Amen.**

## A Little Bit of Humor



**Sis Mathematical**

**Sis Logical**

There were two nuns...Sister Mathematical (SM) and Sister Logical (SL). It was getting dark, and they were still far away from the convent.

**SM:** Have you noticed that a man has been following us for the past 38 and 1/2 minutes? I wonder what he wants.

**SL:** It's logical. He wants to rape us.

**SM:** Oh, no! At this rate he will reach us in 15 minutes at the most! What can we do?

**SL:** The only logical thing to do of course is to walk faster.

**SM:** It's not working.

**SL:** Of course, it's not working. The man did the only logical thing. He started to walk faster too.

**SM:** So, what shall we do? At this rate he will reach us in one minute.

**SL:** The only logical thing we can do is split. You go that way and I'll go this way. He can't follow us both.

So, the man decided to follow Sister Logical. Sister Mathematical arrives at the convent and is

worried about what has happened to Sister Logical.  
The Sister Logical arrives

**SM:** Thank God you're here. Tell me what happened!

**SL:** The only logical thing happened. The man couldn't follow us both, so he followed me

**SM:** Yes, yes! But what happened then?

**SL:** The only logical thing happened. I started running as fast as I could, and he started to run as fast as he could.

**SM:** And?????

**SL:** The only logical thing happened. He reached me.

**SM:** Oh dear! What did you do?

**SL:** The only logical thing to do. I lifted my dress up.

**SM:** Oh, sister! What did the man do?

**SL:** The only logical thing to do. He pulled down his pants.

**SM:** Oh, no! What happened then?

**SL:** Isn't it logical sister? A nun with her dress up can run faster than a man with his pants down.

**And for those of you who thought it would be dirty.... Say two Hail Mary's!!!!**

## Our Second Act, Inc.

*Our Second Act, Inc. is a non-profit 501©3 organization comprised of women 55 and older. The mission is to "improve the social, cultural, educational quality of life for women 55 and older by sponsoring workshops, seminars, social events, and scholarships that impact their lives and assist them in realizing and implementing their goals for their second act". Our focus is to keep women connected, motivated, informed, and educated, with high self- esteem and energy.*

### "Curtain Call"

Is the newsletter of Our Second Act, Inc. and features helpful ideas to encourage our members during their "second act," useful information for seniors, and the "Year in Review" articles written by members who participated in the various programs.



Board of Director June 2023 – June 27



