



Golden Girls News

Jan/Feb 2019

2019 is a very special year for the Golden Girls Organization. 30 years ago a group of 18 softball-playing ladies got together and decided to form Golden Girls. Their foresight is the gift that has kept on giving for 30 years to all of us. Below is the list of names of all those who were members of Golden Girls in 1989; the names in grey boxes are those who are now playing in heaven and the names in **bold** are those who are still members of Golden Girls.- Associate Members are in italic and the others are Active Players today. Those with ****asterisks**** are the original charter members. Those with non-bold and no asterisks are those who joined Golden Girls in 1989 after it was founded.

Rosemarie	Barber	**Margaret	Keys**
Linda W.	Baziluik	Phyllis	Kozan
Pat	Blackmon	Carolyn	Kramer
Donna	Blevins	Mimi	Kramer
Nancy K.	Brazinski	Sharon	Leonard
Marilyn W.	Carney	**Janis	Lewis**
Kaye R.	Casey	Peggy	Light
Betty	de la Cruz	Marsha (Oser)	Lindquist
Veneda "Bennie"	Deitrick	Dolores	Mancuso
Janet	DeMoulin	Betty	McCormick
Christina	Diamond	Catherine I.	Miescier
Marlene	Dunsmore	Patricia	Morgan
Kathryn Lani	Etherton	Patricia	Mozgala
Arlene	Gagnon	Ittylene	Neal
MaryLou	Garvie	**Donna	Packard**
Joan	Giampa	**Katy	Page**
Shirley	Glazener	Kathleen Buckley	Palmer
Edith J.	Goeller	Hazel	Parker
Helen F.	Goetzke	**Beverly	Raudenbush**
Pat	Gross	Nancy	Riddel
Elaine N.	Gunther	**Rita A.	Ritter**
Beth	Hersey	Marcia	Trenter
Janet S.	Hull	**Janet	**
Dot	Jones	Barbara	Williams
Elaine H.	Joy	Helen	Woods
Donna	Kesler		

The Golden Girls Board is collecting ideas on how we can celebrate our anniversary throughout the year. If you have any suggestions, please send them to ggboard@emaildodo.com . Let's make this a year to remember!

Golden Girls Breakfast

The Annual Breakfast will be on March 30 at our usual spot - The Best Western Battlefield Inn at 4090 Sudley Rd in Manassas. You can pay \$10 for your advance registration (before 1 March) or \$15 at the door. If you forgot to check that box on the registration form, you can send me a check. Because it is our 30th Anniversary, there will be some special activities going on that you don't want to miss. **Bettie Pell is collecting donated gift cards for door prizes - if you have any you would like to donate, please let her know at thepells1@comcast.net or 540-878-2044.**

Get those registrations in

Thanks to all who have sent your 2019 registrations in and those who haven't, please get them in so I won't have to send out nagging notes to you. Deadline is 1 March. After that, we will form the league teams which is followed by ordering the shirts and constructing the Directory and filling the goody bags for distribution at the Breakfast. Lots of behind the scenes work going on in a short amount of time.

Golden Girls Invade Costa Rica!

A couple of weeks ago, 40 Golden Girls & Friends were found lounging around, being pampered, and enjoying 80 degree weather in Costa Rica. Departure date was when the DC area was hammered by the big snow storm which caused havoc with many of the flights but eventually everyone was able to



arrive. We were at the Westin Playa Conchal resort in the



northwest portion of Costa Rica - what a wonderful retreat this was. The resort was all inclusive which meant all food and all beverages (yes, all)



were included in our price; there was a main dining building which was fabulous in



its own right plus several "speciality" restaurants that were ours to choose for dinner at no extra cost...we ate like royalty...along

with copious adult refreshments.

Add in a beautiful beach, mammoth swimming pool, and magnificent golf course just to spoil us even more. The accommodations were spacious and surrounded by native plants and trees. The resort property covered over 2400 acres filled with animals



and birds native to the area which were free to roam at will. It was not uncommon to see monkeys, coati-mundis, slothes, iguanas, and multitudes of colorful birds as we explored on foot. In addition, the resort provided shuttles to take you anywhere on the property

that you wanted by simply dialing "0". The service was impeccable and so was the weather. There were several exploratory excursions to choose from including volcanoes (CR has 12 active ones),



Golden Girls on the trip... from left to right:

Sandy Schwartz, Michael Smith, Lynn Smith,
Peg Moyer, Nancy Madden, Marilyn Mallery,
Louise Boone, Gale Whalen, Carol Ferson

coffee, banana, and coco plantations, rivers with crocodiles and other exotics, zip lining and ATVing, horseback riding, bright blue rivers, waterfalls, and the list went on and on. Unfortunately the week ended all too soon - just in time for some to get caught in another storm in some connecting cities. Several of the travelers requested a return visit so keep your eyes open for a return visit in a couple of years.



God's Plan for the Aging

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember its God's will. It is all in your best interest.