

APRIL 2019

GREYSTONE LADIES CLUB MAGAZINE



April 10th Meeting
See page 2 for more details.

April 1 - April Fool's Day
April 15 - Tax Day
April 20 - Passover
April 21 - Easter
April 22 - Earth Day

Mark your calendars for our May 8th
GLC meeting.



APRIL FEATURED PROGRAM

Program Chair: *Suzy Sanders*

April 10th GLC Meeting. Healthy Eating With an Emphasis on NON GMO. Vicki Lynn Rayford served as the Director of Catering and Special Events at Virginia Wesleyan University, the culmination of a career in the culinary arts. Vicki graduated Summa cum Laude from Johnson and Wales University, College of Culinary Arts in Norfolk, Virginia. She currently volunteers with “Cooks on a Mission” at Mountain Brook Baptist Church (Birmingham) that benefits ministries to abused and trafficked women. Vicki is married to Drexel and together they have three adult children.



Vicki Rayford

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UPCOMING EVENTS

May 8th GLC Meeting. Yoga and Hormone Therapy Benefits. Kaye is the founder of the Yoga and Therapy Center and owner of Sharp Integrated Physical Therapy and Health Consulting where she specializes in Manual Therapy, Trigger Point Dry Needling, Therapeutic Yoga, and Women’s Health Coaching. Her unique combination of hands on care and Physi-Yoga (Physical Therapy+Yoga) comes from over 20 years of patient care experience. Kaye has been voted in the top 3 Physical Therapists in Birmingham 2 years in a row and has a passion for helping individuals to progress toward better health and freedom from disease through alignment yoga and physical therapy.



Kaye Sharp
MS, PT, WHNC

GLC Luncheon - April 10th, 2019

9:30 a.m. - 10:00 a.m. Coffee & Social
10:00 a.m. Meeting
11:15 a.m. Lunch (\$20.56 reservation*)

Space is limited to 100 so make your reservation today! Please note that if you call or reserve your lunch online without payment, a space will be reserved for you. If for some reason you are unable to attend, you will be billed \$20.56 since the GLC will have paid for your lunch based on your commitment.

**To make Luncheon Reservations,
go to www.greystoneladiesclub.com, click on Luncheons, or
Contact Sierra Earle at 770-990-8965**

***Reservations are due by 5:00 p.m., Friday, April 5th.**

Our monthly luncheons are open to all Greystone residents in Founders, Legacy, The Crest, and members of the Greystone Golf and Country Club. Make your reservations early! All you have to do is make a reservation and pay by 5:00 pm on the Friday before the luncheon. After the deadline, all reservation requests will be put on a waiting list. When making reservations, please indicate whether your lunch will be charged to your GG&CC account or if you are dropping a check at the GG&CC Founders’ lobby mailbox. The mailbox is just inside the front door of the clubhouse. All checks should be made payable to the Greystone Ladies Club and please clearly mark the envelope “GLC Luncheon”. Cancellations may be made and payment refunded up until the reservation deadline by calling or emailing Sierra Earle. After the deadline, refunds will only be given if there is a waiting list.

WE WELCOME NEW MEMBERS.

– April Menu –

- Farmer’s Market Soup
- Salad Bar
- Fried Chicken
- Mashed Potatoes
- Green Beans

The Greystone Ladies Club was established in 1992 by a group of neighbors wanting to bring all Greystone ladies together for goodwill, educational and charitable purposes.. The Greystone Ladies Club is open to all residents “inside the gates” or the Greystone Community (Founders, Legacy and the Crest) and members of the Greystone Golf and Country Club.

***The opinions expressed in the guest’s articles are not necessarily those of the GLC.**



April is finally here! Warmer weather is such a welcome change along with the opportunity to play in the dirt... 😊 ... I mean... work in the yard!! April is the best time to plant most of your vegetable seeds after the last frost. I prefer to plant flowers! 🌸

It's also a great time of year to visit the Birmingham Zoo and other outdoor venues. I hope you are enjoying spring and will join us for the April Greystone Ladies Club Luncheon.

All the best,
Myrtis House
Myrtis House



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APRIL FOOLS' How Did It Start?

On this day in 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other. Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery.

Some historians speculate that April Fool's Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1st and continued to celebrate it during the last week of March through April 1st became the butt of jokes and hoaxes.

These pranks included having paper fish placed on their backs and being referred to as poisson d'avril (April fish), said to symbolize a young, "easily hooked" fish and a gullible person.

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

Courtesy of History.com



Happy Easter!

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A Houseful Of Good Works!!

Many of you know her as Myrtis Ashley, president of the Greystone Ladies Club, but after a six-month whirlwind romance with successful businessman, Larry House, she became his lawful wedded, blissful wife, Mrs. Larry House!!

Myrtis's early adult years were not so blissful when she barely survived a violent assault. The armed robbery, attempted rape and murder so impacted her life that her projected career path took a turn from journalism to one of service and good works. God had spared her life and she made a promise to Him that she would devote her life to doing His work. When she volunteered at the Rape Crisis Center, the fulfillment of helping others compelled her to work with other non-profit organizations over the years, such as the March of Dimes, the American Cancer Society, and Hospice. Through the years, she was blessed to work with support groups for cancer patients, crime victims, and parents of special needs children—all coping with extreme challenges. The strength, perseverance and compassion she witnessed along the way enriched her own life more than she could have ever imagined.



Myrtis House

The little girl from the small, northeast Texas town of Gary, earned a journalism scholarship after helping create a school magazine along with the other 18 students in her tiny class. They named the magazine The Loblolly, after the prevalent loblolly pine of northeast Texas. While their little magazine was making a name for itself, the experience Myrtis gained in interviewing, writing, photography and film developing in the days before digital photography garnered her that scholarship. Though she did not pursue a journalism career, all that expertise served her well in her quest to serve others in later years.

As a result of a most devastating event, Myrtis eventually became Director of the Hospice Foundation. Though she credits the wonderful people she has met for the fundamental values she possesses, it's evident that what she has learned has enabled her to give much more back to others.

Still a newly-wed, Myrtis is enjoying being a bride, housewife, traveling partner with her husband, Larry, mother and grandmother, and her position as President of The Greystone Ladies Club. Greystone Ladies Club and Larry House are fortunate to have Myrtis House in their realm!

Her life may have veered in directions she never planned, however, Myrtis asserts that God's plan is always much better than our own!

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greystoneladiesclub.com
to see:

- List of Board Members
- GLC Membership Form

Look for us on **Facebook**.



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GLC WINE TASTING



The Greystone ladies club enjoyed an evening of winetasting for the membership and to welcome new members. The event was put together by Nicole Saia and held at Greystone country club, Founders club. The club is planning two additional “girls night out” events. More details to follow in your Greystone ladies club magazine!!



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Prescription for Low Back Pain: Focus on Strength, Stability and Stretching

80% of the American population at some point experience low back pain. Many individuals with low back pain would benefit from a supervised one on one conditioning program.

Lumbar strain involves muscles and ligaments that have been stressed beyond their physiologic limits resulting in injury and causing low back pain (LBP). LBP may significantly limit one's ability to move, perform daily activities and maintain or improve muscle strength. A lumbar strain may lead to further deterioration of the spine because of arthritic changes. The arthritic changes are the body attempting to stabilize the spine. Pain in the spine is usually caused by spinal instability. The instability may be caused by trauma or degenerative changes.

Exercise counteracts the effects of spinal instability. The exercise does not have to be done in a large range of motion. The goal of the exercise training program is to increase muscle recruitment and strengthen the body's core, low back and abdominals and their extremities. Increased muscle recruitment will increase spinal stability. The training should be done in progressive patterns that will enhance strength and the ability to perform functional activities.

Exercise planning should focus on the three S's: Strength, Stability and Stretching.



Strength. The strength program must include improving core, low back and abdominal strength. The goal is to make you stronger from the inside out. To be comprehensive the strength portion should include strengthening of the leg, hip and butt. In other words, get stronger from the bottom up. A stronger butt means a stronger back.

Stability. Spinal stability training should be incorporated into every exercise program for the client with low back pain. Stability training is functional and will enhance the client's ability to perform their activities of daily living. There are three progressive levels of spinal stability training. Stability training begins with activities that are done with the spine fully supported and progresses to functional activities that are done with little or no support given to the spine. The stability training develops endurance, strength and power in the trunk musculature. Often balance is incorporated into spinal stabilization training.

Stretching. This can also be termed as flexibility or mobility improvement. For many, chronic low back pain exists due to muscle tightness which requires an easily taught stretching program to elongate and relax the muscles of the low back and trunk. As we age the tighter our muscles become. Stretching should be emphasized and not neglected if you have chronic low back pain.

Low back pain requires work, but consistent work will get you results. Your results will yield less pain with an improved quality of life.

BIRMINGHAM *April* HAPPENINGS

IMAX Theatre at McWane Science Center - Oceans: Our Blue Planet. Dolphins leap for joy through the surf as we begin our journey into the blue. Our first stop is the coral reefs, where we meet fascinating characters like the ingenious tuskfish that uses a tool to open its food. Diving deeper, we encounter unfamiliar creatures of the abyss and volcanoes of methane erupting from the ocean floor. 205-714-8300. www.mcwane.org.

The Market at Pepper Place. The outdoor market has three areas of tents with farmers, makers and food vendors, live music and Chef Demos at 9am. Located outside in the "big parking lot" off of 2nd Ave. So., on 29th Street South and in the Martin Biscuit Building parking lot. Free admission. 7am. www.pepperplacemarket.com. Saturdays beginning the 13th.

Birmingham Museum of Art Exhibition - Ways of Seeing Fashion. What is fashion? The dictionary defines it as a popular trend, especially in styles of dress and ornament. But, what is it really and what does it mean to us? Everyone deals with fashion in some way everyday. Even people who say they don't care about fashion choose what they wear and how they wear it. Whether they know it or not, these choices say a lot. Free General Admission. Birmingham Museum of Art. 10am. 205-254-2565. www.artsbma.org. Beginning the 13th.

Vulcan Park and Museum's Drink and Drop Adult Egg Drop. Science-minded teams and individuals can try their hand at the classic elementary student competition by building a contraption to keep an egg safe after falling from Vulcan's 124-foot pedestal. The goal is to keep your egg from landing sunny side up! 5:30pm. 205-933-1409, ext 111. www.visitvulcan.com. April 4.

Alabama Auto Show. Vehicles from manufacturers all over the world covering two levels of the BJCC. Manufacturer's reps, product specialists, and your local Birmingham Automobile Dealers Association will be on hand to assist in product education, feature comparisons, safety standards and other consumer points of interest on hundreds of makes and models. \$8, children 14 and under free. 10am. 800-745-3000. www.alabamaautoshow.com. April 4, 5, 6, 7.

Virginia Samford Theatre *Man of La Mancha*. Powerful, brutal, hilarious, and heartbreaking, *Man of La Mancha* celebrates the perseverance of a dying old man who refuses to relinquish his ideals or his passion. Virginia Samford Theatre. 7:30pm. 205-251-1206. www.virginiasamfordtheatre.org. April 4, 5, 6, 7.

Honda Indy Grand Prix of Alabama presented by AmFirst. In its 10th year, the Honda Indy Grand Prix of Alabama presented by America's First is a signature event in the INDYCAR circuit. The 2.38-mile road course, with 17 flowing turns and 80 feet of elevation change, challenge drivers and engineers unlike any other track in the circuit. Come out and enjoy stunt shows, wine tastings, Bud's Best Ferris Wheel and more! \$15/ Three-Day general admission \$69. \$15. Barber Motorsports Park. 9am. 877-332-7804. www.barberracingevents.com. April 5, 6, 7.

Cajun Cook Off. While the food is the life of the party, there will also be a number of entertaining activities for the whole family. Live zydeco music by the Swamp Poppas, a performance by Girls Inc. program participants, a silent auction and a Kids Zone while taste-testing of an array of Cajun favorites including gumbo, jambalaya, bread pudding, po'boys, shrimp & grits and more. \$25, free for kids 12 and under! Railroad Park. 11am-2pm. 205-599-5683. www.bhamcajuncookoff.com. April 6.

Day Out With Thomas™. An opportunity for children and their families to experience a train ride with Thomas the Tank Engine™ and to meet Sir Topham Hatt™, the Controller of the Railway. Be sure to stop by the Thomas & Friends Imagination Station with Thomas-themed activities including temporary tattoos. Children can splash around in the bubble station, play an exciting game of mini golf, and much more. Provides a day of memorable, family fun! Heart of Dixie Railroad Museum. 9am. 866-468-7630. www.hodrrm.org. April 6.

7th Annual CahabaQue. BBQ lovers far and wide, join us for our 7th Annual meat smoking competition! Proceeds will benefit Breast Cancer Research Foundation of Alabama. \$20. Cahaba Brewing Company. 1pm. 205-996-5463. www.cahababrewing.com/cahabaque. April 6.

Joan Baez. Six decades after becoming a regular on the coffee house scene that was emerging around Club 47 in Cambridge, Massachusetts, Joan Baez determined that "2018 will be my last year of formal extended touring." Tickets from \$53. Alys Robinson Stephens Performing Arts Center. 7pm. 205-974-2787. www.allysstephens.org. April 10.

Spring Plant Sale. The Friends of Birmingham Botanical Gardens Spring Plant Sale features more than 100,000 plants, most of which have been nurtured by volunteers at The Gardens. This sale offers a wonderful opportunity to learn from experts and find distinctive plants that can be hard to find in ordinary garden centers. Free Admission. Brookwood Village. 9am. www.bbgardens.org. April 12, 13, 14.

Magic City Art Connection. The 36th annual show and Birmingham's largest arts festival will transform Linn Park with its blast of fresh artistic talent, sights, sounds, tastes, and aromas. #MagicCityArt spotlights 200 artists both locally and nationally and mixes in music, dance, kid's art experiences, sculpture installations, plus food, special tastings & more. Adult \$10 (entry all 3 days), student \$5, Kids 15 & under free. Corks & Chefs: A Taste of Birmingham admission charged. Linn Park. 10am. www.magiccityart.com. April 26, 27, 27, 28.

St. Elias Lebanese Food and Cultural Festival. St. Elias has been a pillar of the Lebanese community in Birmingham since 1910. As the parish grew, so did its impact, including the creation of its food and cultural festival in 1999. For the last 20 years, the festival has provided delicious food and a fun, family friendly environment. Free admission. St. Elias Maronite Church. 10am. 205-515-9587. April 26.

**There is a lot going on in and around Birmingham this month.
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Coming in May

Estate Planning with Lynn Campisi

Presenter: Lynn Campisi J.D., LL.M.

Location: Greystone Golf & Country Club - Founder's Clubhouse

Join Us: Tuesday, May 14th, 2019 from 6:00 - 7:45 PM

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MARCH PROGRAM HIGHLIGHTS



Many thanks to Darlene Real Higginbotham for producing our fabulous fashion show and to our beautiful models. Thanks to Celeste Boutique and Nations Outfitters for providing the latest in Spring fashions.







10 Most Expensive Restaurants in the U.S.

Everyone likes to eat out from time to time. However, there are a handful of restaurants in the U.S. reserved for those willing to shell out hundreds on a meal. For most of us, a dinner at one of the following restaurants is a once in a lifetime experience. These are the most expensive restaurants in the United States.

Average cost dinner for 2:

- 10 Victoria & Albert's (Lake Buena Vista, FL) \$550
- 9 Guy Savoy (Las Vegas, NV) \$550
- 8 Saison (San Francisco, CA) \$570
- 7 Joël Robuchon (Las Vegas, NV) \$640
- 6 Alinea (Chicago, IL) \$700
- 5 The Restaurant at Meadowood (St. Helena, CA) \$750
- 4 The French Laundry (Yountville, CA) \$800
- 3 Per Se (New York, NY) \$850
- 2 Urasawa (Beverly Hills, CA) \$1,100
- 1 Masa (New York, NY) \$1,300



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Orange Glazed Ham

- 1 fully cooked bone-in ham (6 to 8 pounds)
- 1 tablespoon ground mustard
- 1 teaspoon ground allspice
- 3/4 cup orange marmalade

Place ham on a rack in a shallow roasting pan. Score the surface of the ham, making diamond shapes 1/2 in. deep. Combine mustard and allspice; rub over ham.

Bake, uncovered, at 325° until a thermometer reads 140°, 2 to 2-1/4 hours. Spread top of ham with marmalade during the last hour of baking, basting occasionally.



Strawberries & Cream Torte

- 2 large eggs, separated
- 1/4 cup butter, softened
- 1/2 cup plus 1/2 teaspoon sugar, divided
- 1/2 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup 2% milk

ASSEMBLY:

- 2 cups heavy whipping cream
- 1 pint fresh strawberries, hulled and sliced
- 1/2 teaspoon sugar
- Additional fresh strawberries

Place egg whites in a large bowl; let stand at room temperature 30 minutes. Preheat oven to 350°. Line bottoms of two greased 8-in. round baking pans with parchment paper; grease paper.

In a large bowl, cream butter and 1/2 cup sugar until light and fluffy. Add egg yolks, beating well. Beat in vanilla.

In another bowl, whisk flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition. Transfer to prepared pans.

With clean beaters, beat egg whites on medium speed until foamy. Add remaining sugar, beating on high until sugar is dissolved. Continue beating until soft peaks form. Spread over batter in pans.

Bake 12-15 minutes or until a toothpick inserted in center comes out clean. Cool completely in pans on wire racks. (Cake layers will be thin.)

In a large bowl, beat cream until stiff peaks form. Loosen edges of cakes from pans with a knife. Carefully remove one cake to a serving plate, meringue side up.

Arrange sliced strawberries over top; sprinkle with sugar. Gently spread with half of the whipped cream. Top with remaining cake layer, meringue side up; spread with remaining whipped cream. Top with whole strawberries. Refrigerate until serving.



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Greystone Real Estate Home Sales Report



This information has been deemed reliable but cannot be guaranteed for its accuracy.
Verification of information should be obtained through independent resources.
Information supplied by Carolyn Ramey 205-447-2537

Your neighborhood expert.

Sold Date	Property Address	Beds	Baths	Garage	List Price	Sale Price	Year Built	CDOM
01/09/19	1057 Royal Mile	6	5.5	4	\$989,900	\$905,000	2004	1007
01/11/19	1456 Legacy Dr	7	5.5	4	\$815,000	\$797,400	2002	173
01/18/19	2037 King Stables Rd	5	3.5	3	\$569,000	\$540,000	1992	18
01/18/19	1009 Royal Mile	6	4.5	4	\$729,900	\$680,000	2003	127
01/24/19	1041 Linkside Dr	3	3	2	\$354,900	\$342,500	1993	22
01/29/19	2033 Shandwick Terr	4	3.5	3	\$420,000	\$340,000	1994	487
02/27/19	912 Linkside Way	3	3	2	\$353,900	\$348,000	1993	166
02/15/19	1240 Braemer Ct	4	3	2	\$409,000	\$367,000	2005	299
02/26/19	8234 Castlehill Rd	4	4.5	3	\$699,900	\$600,000	1996	123
02/13/19	704 Guardbridge Ct	5	4.5	3	\$700,000	\$645,000	2006	174

Now is the best time to sell... Call me to get started!

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CARING FOR YOUR *Carats*

1. Dumbbells and diamonds aren't meant to be: We know you want to show off your ring where ever you go, but your hands can really take a beating at the gym. Those rough workouts, especially if you're using weights, can be just as strenuous on your diamond as you.

2. Diamonds don't need SPF: We are all about some skin care and suggest having spf at all times, but your diamond won't get burnt we promise! Take off your jewelry when applying lotions, body oils, and

sunscreens. The added oils from these can cause the diamond or stone to appear greasy, dirty, and dull.

3. Take your jewelry to your local Diamonds Direct or any local jeweler to get them cleaned and rinsed of any dirt, lotions and oils. This will help them keep their brilliance and sparkle!



DIAMONDS DIRECT

Your love. Our passion.



Spring

Stone Hollow Farmstead CSA

In spite of the recent freezing temps we experienced in early March, Spring is most definitely right around the corner. Those early harbingers of daffodils and hyacinths aren't the only signs we're seeing. The Harpersville, AL-based Stone Hollow Farmstead Community Supported Agriculture (CSA) starts up this month too! CSA shares feature not only tender salad greens and young onions but carrots and peas. Cow's milk, rainbow hen eggs and duck eggs are also available.

Perhaps our favorite sign of spring are the baby goats that have been arriving at the farm. With these goats comes the advent of what is known as First Flow Cheese. This highly-sought-after goat cheese has a delicate grassy but mellow flavor that is extremely covetable and, as you can imagine by the name, in limited supply.

If you have not already enrolled in the Stone Hollow Farmstead CSA, it is not too late. Simply go to www.stonehollowfarmstead.com and click on 'SHOP 2019 SHF CSA SHARES'. There are pick-up spots all over town but the Greystone site is conveniently located at Saint Vincent's 119 Health & Wellness. Not sure what to do with all your spring produce? Be sure to check out the fantastic recipes and tips that arrive each week in the Tuesday Table blog from Stone Hollow Farmstead. Here you'll meet the farmers and producers behind the CSA goods and discover new ways to enjoy your basket.



Farm Stand

by Stone Hollow Farmstead

grocer & gifts

Birmingham

pepper place

205.803.3585

Harpersville

hwy 280 & hwy 25

205.677.2585

CSA

community supported agriculture

by Stone Hollow Farmstead

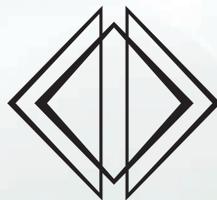
10 weeks of farm fresh produce

For Offerings & Pick-up Locations

Visit

stonehollowfarmstead.com

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Our passion.**



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