

FEBRUARY 2020

# GREYSTONE LADIES CLUB MAGAZINE

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Join us for our Feb. 12th meeting.  
See page 2 for more details.

Feb. 2 - Groundhog Day  
Super Bowl LIV (54) Sunday!

Feb. 14 - Valentine's Day



## FEBRUARY FEATURED PROGRAM

**February 12th.** Celeste Heavenly Boutique is excited to participate in the February 12th fashion show at the Greystone Country Club. This years fashion show will feature both Winter & Spring trending fashion styles for clothing and jewelry. At Celeste, we strive to provide comfortable fashion styles for women of all generations. Our family owned boutique has been in business for a little over 2 years and has enjoyed both getting to know and helping our customers. We want our customers to find the look that makes them feel beautiful on the inside and outside. We look forward to seeing all of the wonderful Greystone ladies at the show!

Celeste is located at 611 Doug Baker Boulevard Suite 114 (near Tazikis-Lee Branch). Celeste now has online shopping available @ celesteheavenlyboutique.com.

## UPCOMING EVENTS

**March 11th.** Beth Alexander from Persnickety's Bows & Wreaths will teach wreath and bow making.

Beth Alexander produces persnickety products pleasing peoples' persnickety personalities!

Beth is a wreath designer, specializing in quality, one of a kind wreaths, swags, bows and more for your home decor for any holiday, event or occasion.

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### GLC Luncheon - February 12, 2020

**9:30 a.m. - 10:00 a.m. Coffee & Social**

**10:00 a.m. Meeting**

**11:15 a.m. Plated, Seated Luncheon (\$25 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 \$25 since the GLC will have paid for your lunch based on your commitment. \$25 includes three course meal, iced tea & coffee, 20% service fee, and 8.5% sales tax.

**To make Luncheon Reservations,  
go to [www.greystoneladiesclub.com](http://www.greystoneladiesclub.com), click on Luncheons, or  
Contact Sierra Earle at 770-990-8965**

**\*Reservations are due by 5:00 p.m., Friday, February 7th.**

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.**

### ~ February Menu ~

**Classic Caesar Salad**  
chopped romaine hearts, garlic  
croutons, Parmesan cheese

**Bolognese Pasta**  
ragu of tomatoes, beef and  
vegetables with fettuccine pasta

**Panna Cotta**  
chilled Italian custard  
with pineapple

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 articles are not necessarily those of the GLC.**



Please visit our website,  
**[greystoneladiesclub.com](http://greystoneladiesclub.com)**  
to see:

- List of Board Members
- GLC Membership Form
- GLC Ad Rate Form

*Look for us on Facebook.*

## What's Love Got to Do With it?

The answer is Everything. As we prepare to celebrate February, the “Love” month, we remember the ones we love – spouse or significant other, children, pets – some of us even “love” material things of value.

Floral shops look forward to this time of year because of all the “love” requests made for flowers. I called two very popular florists and both confirmed that Valentine’s Day is their biggest month for sales.

Restaurants are eager to book our reservations for fine dinners with fine wines. In an effort to pass along the love, our candy is also shared with the children – their first since the end of October.

Gifts and trips that we deferred during Christmas are once again coming to the forefront with love, including cruising on The Love Boat!

Again we ask, “what’s love got to do with it?” Again we say - Everything. While what I listed above is popular by tradition, there is another love that we cherish -- the one that comes from above.



With much love, we welcome our new members to the Greystone Ladies Club. Thank you for joining and we look forward to actively sharing the love through food, fun and fellowship.

*Carole Marks*

## BIRMINGHAM February HAPPENINGS

**Birmingham Winter Beer Festival – February 2.** Birmingham-Jefferson Convention Complex North Exhibition Hall. With an emphasis on beer appreciation, the Birmingham Winter Beer Festival is a place to learn about craft beers.

**The Beach Boys – February 12.** Alabama Theatre.

**Birmingham Home Show – February 14-16.** Legacy Arena at the BJCC. Discover the latest in home improvement, design, landscaping, and more.

**Southern Voices Festival – February 21-22.** Hoover Library. The celebration of writing, music and art attracts a full house each year to see and hear the works of noted Southern writers and artists.

VISIT [BIRMINGHAMAL.ORG](http://BIRMINGHAMAL.ORG) FOR A FULL LIST OF HAPPENINGS AROUND YOU!





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**Cindy Burell**

## **From out of the ashes can come hope, love, and marriage....**

for Cindy Burell, born and raised near Trussville, Alabama, that occurred when a mutual friend introduced this single mom to single dad, Dennis Burell. Reminiscent of a TV sitcom and with 6 children in tow, they became The Burell Bunch when the two families united in wedded bliss 23 years ago! Cindy Burell instantly became full-time super-mom to six children—five sons and one daughter. Over time, the family grew to seven children when they “adopted” another child in need of a loving home. Instead of YOURS, MINE and OURS, their blended family became all OURS!!

Their seven college educated children fill them with pride as a restaurant manager, architect, science teacher, two computer programmers, designer and cinema-photographer, but Cindy and Dennis are most proud of the parents those now-grown children have become and in July they will be blessed with their 11th grandchild.

With everything mothering entailed—physical nurturing and spiritual nourishing, doctoring, chauffeuring, shopping—Cindy found the time and energy for charity, too, and was likely spiritually led when she helped implement a dental clinic at the The Foundry as well as serving on the Board for several years. She had asked God to help her be a blessing for the homeless and downtrodden there, but from the first day, she discovered the blessing was hers. While her children were in college, Cindy committed to reading the Bible in its entirety. That done, she now devotes her mornings to more in-depth study by reading six chapters daily, delving deeper into various aspects of the Bible.

Early retirement became a reality when Dennis sold his business seven years ago. Now, when they are not experiencing sitting the grands or traveling to golfing destinations such as Pebble Beach, Pacific Grove, Palm Springs or Orlando, her favorite place to be is Lake Martin at Hotel Burell, fishing and playing at the home designed by their architect son to accommodate their burgeoning family.

Members of Greystone GCC since 2004, they already felt a part of the community, but in 2015 with the children grown and gone, they made the move to Greystone where Cindy serves as block captain for GLC and where her life is packed with Asbury Methodist Church activities, and where she volunteers on the King's Home Shelby Auxiliary and works two annual fundraising events, including the successful TableScapes spring event. As newly elected President of the Greystone Ladies Golf Association, Cindy is excited about the opportunity to encourage other women to participate in the joys of golfing at Greystone. Cindy is modest about her golfing abilities, but she says that even a bad day of golf is a good day!

If you can slow this upbeat, giving, and always smiling power-house down long enough to chat, ask her about the few years she lived in Bermuda and she can tell you about the water shortage in a place surrounded by water, and of the fun of learning to drive on the other side of the road.

From out of the ashes, love, hope and marriage has bloomed once again in Cindy's family. A year ago, her widowed father met and married her best friend's widowed mother-in-law, GLC member, Kathryn Watts, and now, GLC member, Joice Watts' husband, has become Cindy Burell's “step-brother,” which now makes her best friend Joice, her “sister-in-law.” This brings much happiness to all!!



# Lake Charles: Cajun Mardi Gras, Gumbo And More

by Ann Newell Yungmeyer



From “Feed your Soul” to “Let the Good Times Roll” Louisiana’s fun slogans are certainly fitting in Lake Charles, a vibrant city in the southwestern corner of the state. Known as Festival City, Lake Charles hosts more than 75 fairs and festivals each year, including the second largest Mardi Gras celebration in Louisiana.

New Orleans’ Mardi Gras is more famous, but Lake Charles’ version of the Fat Tuesday festival feels a bit different with a focus on family-friendly events and Cajun traditions.

Along with the pomp and pageantry, zydeco music and dancing, there is the famous chicken run, in which participants chase chickens through the countryside, honoring an old tradition of garnering ingredients for the community pot of gumbo.

Mardi Gras season begins in early January with Twelfth Night parties and various events leading up to the actual Mardi Gras (Fat Tuesday) on Feb 25, 2020, before Ash Wednesday. Lake Charles hosts a variety of celebrations during Mardi Gras weekend including the children’s parade featuring 80 floats and lots of bead throwing, boat and canine parades, a gumbo cook-off and the Royal Gala, where the public is invited to view the royal court costumes of all the krewes.

Among favorite Fat Tuesday events, the Iowa Chicken Run is held in a nearby community, and the grand Krewe of Krewes parade through downtown culminates the Mardi Gras celebration.

You don’t have to attend Mardi Gras to get the lowdown on the longstanding traditions; you can

learn what the pageantry is all about at the Mardi Gras Museum of Imperial Calcasieu, which holds the largest costume display in the South. Open year-round, the museum has exhibits on festival history, how the elaborate costumes are designed and made, and the legendary King Cake.

Other notable festivals in Lake Charles include the Crawfish Festival and The Louisiana Pirate Festival, where pirates sail in on the waterways and “storm the seawall” in a historical reenactment of John Lafitte privateering. Summer brings the Cajun French Music and Food Festival, the Arts and Crabs Fest, and Boudin Wars. Wintertime favorites are Christmas Under the Oaks and Light up the Lake Christmas Festival.

Cajun or Creole? Deeply rooted in Cajun and Creole traditions, Lake Charles is the heartbeat of Calcasieu Parish, which includes the rural towns of Sulphur, Westlake, DeQuincy, Vinton and Iowa. I learned on a recent visit that Cajun and Creole cultural and culinary influences are closely linked, though subtly different. Both cultures exhibit “joie de vivre” (joy of living) and share a love for music and dance. Both combine culinary flavors from Native American, African and European cooking, and many dishes are made with the “holy trinity” (onions, bell



peppers, and celery).

“Creole” is derived from the Portuguese word criolu, meaning homegrown. The distinctive European culinary styles and West Indian influence call for a lot of sauces, fresh herbs and spices. The French Canadian (Cajun) influence comes from French colonists in



eastern Canada who were displaced by war in the late 18th century. They came to Louisiana with great resourcefulness and ability to live off the land. Their cuisine is often more rich and robust and is usually made in one pot.

Good Eats, where the spice is right. Being a gumbo-lover, I sought to try Louisiana's signature dish everywhere I went. By definition, gumbo is an improvised dish, so I found no two that tasted alike; and most surprisingly, none that I sampled was made with okra. Basic ingredients for authentic Louisiana gumbo are the roux (made with flour and oil), seafood, various spices and water. Usually the trinity ingredients are included for flavor, along with sausage and/or chicken. Perhaps gumbo made with okra is a matter of preference, but I plan to keep using it in my home recipe.

Boudin is Southwest Louisiana's most adored specialty, a hybrid sausage made of pork or beef, liver, rice, parsley, onions, and spices. It combines the traditions and flavors of German, Cajun and Creole cuisine. If you drive the designated "Boudin Trail" you can sample many varieties: boudin blanc, crawfish boudin, shrimp boudin, alligator boudin and more. You can watch it being made at LeBleu's Landing, a family-owned Cajun meat market and café.

Check [VisitLakeCharles.org/boudintrail](http://VisitLakeCharles.org/boudintrail) for a map and listing of markets and restaurants along the trail.

Seafood lovers are in heaven in Southwest Louisiana with countless choices of fresh Gulf Coast fish and shell fish. Head for Tia Juanita's Fish Camp for brunch and a delightful menu of Cajun/Mexican fusion. For downhome cooking, try Southern Spice, a cozy restaurant featuring fried catfish, shrimp and grits, and Cajun dishes including Étouffée and jambalaya. The Jack Daniel's Bar & Grill at L'Auberge Casino offers some of the best Louisiana cuisine by award-winning chef Lyle Broussard. Along with Jack Daniels' craft cocktails and grand selection of beers on tap, the menu features oysters, shrimp, gator bites, gumbo, boudin balls, catfish, redfish and barbecue.

Craft beer lovers will find the newest craft brews in town at Crying Eagle Brewing, and rum drinkers will want to visit Bayou Rum Distillery & Louisiana Spirits, the largest private rum distillery in the U.S. Bayou Rum is handcrafted on-site in a traditional copper pot using 100% natural unrefined Louisiana cane sugar and molasses. Distillery tours and tastings are offered.

Whether or not you visit Lake Charles during one of its lively festivals, you'll find countless opportunities to discover Louisiana's rich heritage and culinary highlights, as well as year-round attractions, from casino gambling to nature parks, bayou tours and outdoor adventure.

Getting there: Lake Charles has a small train depot serviced by Amtrak and a small airport serviced by American and United Airlines. <https://www.visitlakecharles.org/>

*Ann Newell Yungmeyer is a freelance writer and enjoyed learning about Cajun traditions near her family's namesake town of Newellton, La.*







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# JANUARY PROGRAM HIGHLIGHTS



*We are so thankful to our neighbors, Jeannie Johnson and Sue Nuby, for serving as our program guests for the Greystone Ladies Club Luncheon.*

*We painted beautiful flowers using instructions from these wonderful teachers!*





# JANUARY PROGRAM HIGHLIGHTS







## MELD FINANCIAL

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### Medicare Planning and Managing Health Care Expenses in Retirement

Do you know when and how to sign up for Medicare, what it covers and what it doesn't?

**Presenter: Patricia L. Burris, CFP®**

Join Us: Tuesday, February 25th, 2020 from 3:00 – 4:30 PM



*Seminar Coming in March*

### Defense Wins Retirement

How to Shift Your Strategy From Growth to Income

**Presenter: Kyle Whittington, CFP®**

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

Join Us: Tuesday, March 10th, 2020 from 6:30 – 8:15 PM

**For more details or to register online, visit our website:**

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### Italian Style Stuffed Pork Chops

2 Boneless Pork Chops

1/4 cup oil packed sun dried tomato halves drained

1/4 cup fresh spinach leaves

salt and pepper to taste

1/4 cup shredded mozzarella cheese

1 1/2 tsp olive oil

1/4 tsp Italian seasoning

1 1/2 tsp chopped parsley

Preheat the oven to 400 degrees F.

Slice a deep pocket into each pork chop, but do not cut all the way through.

Divide the sun dried tomatoes evenly between the pockets in the pork chops, then layer in spinach leaves and cheese.

Use toothpicks to seal each pork chop shut so that the filling will not spill out during the cooking process.

Sprinkle Italian seasoning, salt and pepper over both sides of each pork chop.

Heat olive oil in a large pan over medium high heat. Cook the pork chops for 3-4 minutes on each side or until golden brown. Place the pan of pork chops in the oven.

Bake for 8-10 minutes or until the thermometer registers 145 degrees F.

Remove the pan from the oven and let the pork stand for 3 minutes. Sprinkle with parsley, then serve. Add a side of mashed potatoes and roasted broccoli and you've got a complete meal.



### Chocolate Cake for Two

3 large eggs

6 oz semi-sweet chocolate chips (about 1 cup)

3 Tbl butter, melted, plus 1/2 tsp for coating jars

1/4 cup raspberries (or any berries) for topping

1/4 cup cool whip or whipped cream (or ice cream) for topping

Preheat oven to 350. Grease 2 Mason jars with butter and set on cookie sheet.

In the bowl of a stand mixer (or with a hand mixer) beat eggs for 3-5 minutes, until doubled in size.

In a microwave safe bowl, microwave chocolate and butter in 30 second intervals, stirring in between until the chocolate and butter is melted, mine took 1 minute. Be careful not to over-heat the chocolate.

Add chocolate slowly into the egg mixture and beat for 1 minute, until well combined. Scrape the sides and bottom of the bowl, and beat for another 30 seconds. Pour into prepared jars, batter should come up no more than 3/4 the way of the jar (it will puff up when baking).

Bake for 25 minutes, until top puffs up and the middle isn't giggly anymore. Remove cakes from oven and allow to cool for 20 minutes (or until cooled completely). The cakes will deflate a little.

Top with raspberries and cool whip and serve. These are good served warm or cold.



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# THE NATION GOES RED IN FEBRUARY



## National Wear Red Day® – Friday, February 7, 2020

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

- The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.
- The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.
- While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders.

1 in 3 women die of heart disease and stroke each year. So we encourage you to join movement to end heart disease and stroke in women because it's not just a man's disease. Here's what it means to Go Red:

### **G**ET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol.

### **O**WN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy. It's up to you. No one can do it for you.

### **R**REALIZE YOUR RISK

We think it won't happen to us, but heart disease kills one of three women.

### **E**DUcate YOUR FAMILY

Make healthy food choices for you and your family. Teach your kids the importance of staying active.

### **D**ON'T BE SILENT

Tell every woman you know that heart disease is our No. 1 killer.

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do.

GoRedForWomen.org.





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\*\* The Greystone Ladies Club magazine is a full color piece produced eight times a year. It is hand delivered to over 1,400 homes within the Greystone community, which includes The Crest, The Founders, The Parc, and Greystone Golf & Country Club. This is an inexpensive opportunity to promote your business and services.

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Oct. '19	Sept. 10th
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Feb. '20	Jan. 9th
Mar. '20	Feb. 13th
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*Additional printable pdf form is available on our website: [www.greystoneladiesclub.com](http://www.greystoneladiesclub.com)*



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