

OCTOBER 2019

# GREYSTONE LADIES CLUB MAGAZINE

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Join us for our Oct. 9th meeting.  
See page 2 for more details.

Oct. 14 - Columbus Day

Oct. 31 - Halloween

Mark your calendars for our  
Nov. 14th meeting.



# OCTOBER FEATURED PROGRAM

**October 9th GLC Meeting. URBAN HOME: Design trends and how we can transform a room through the “Design in a Day” program.**

Urban Home Market opened its doors with hopes of providing local residents with furnishings, lighting and accessories meeting a wide variety of styles and tastes, combined with impeccable customer service. We trend forward with our inventory, so you will always see the most current looks. Our goal is to make the, sometimes intimidating, task of designing your home as easy and enjoyable as possible. We always have designers on the floor to assist you with your choices. All of our designers have 20+ years of experience.



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## UPCOMING FALL EVENTS

**November 13th.** The Opera Comes To Greystone. Birmingham’s Opera Guild will entertain us with an excerpt of opera favorites.

**December 11th -** Christmas Social

**January 8th -** Lunch & Paint, join us in making your very own watercolor painting.

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## GLC Luncheon - October 9th, 2019

**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, October 4th.**

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. ————**

### – October Menu –

**Butternut Squash Puree**  
*Basil Pesto & Pomegranate Molasses*

**Pan-Seared Salmon**  
*Petite Green Beans, New Potatoes, Brown Butter, Lemon, Parsley*

**Southern Pecan Tartlet with Whipped Cream**

*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.**



## *Greetings to the Ladies of Greystone!*

Although I could not find one thermostat to agree with me, I am boldly waving goodbye summer 🖐️ and hello fall. As we make the transition from one season to another, we bid farewell to our shorts and flip flops and extend a great big WELCOME to apple cider and pumpkin spice.

Fall is a season of many wonderful flavors. We heap cinnamon into our cider, pumpkin spice into our lattes and cumin into our tasty homemade chili.

In October, our children look forward to 'trunk or treat' festivities being offered by many churches and stores. Many dress up in costumes and visit neighbors in search of goodies. Enjoy but be watchful!

As a reminder:

- Like us on Facebook 👍
- Join the Greystone Ladies Club for \$40.00 per year
- Consider advertising in our magazine

Many thanks to the record number of new members who joined at our September meeting! Keep it going.

**Questions?** Email us at [greystoneladiesclub@gmail.com](mailto:greystoneladiesclub@gmail.com)

*Carole Marks*

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.*



**Mary Sue Ludwig**

## **Who Knew Mary Sue....**

**...way back when?** Twenty-seven years ago, as a young, active mom, Mary Sue Ludwig moved from the city of Mountain Brook waa-a-a-ay out to the country to the NEW Camelot...Greystone. From points far and near people were moving into this neighborhood she now called home, but many do not realize that with this move, Mary Sue soon went from being an active mom to being a community activist. Not only did her life change, but the causes she fought for impacted the lives of her neighbors!

A few improvements as a result of her actions include elimination of double fire dues, the formation of the Greystone Homeowners Association, a traffic light installed at 119 and Greystone Way, an expanded number of polling place locations and keeping the 280 corridor free from undesirable businesses.

Way back when, in 1993, with only about 50 occupied homes, no available entertainment in the area, no Golf Club, no nearby restaurants, Mary Sue was instrumental in founding the Greystone Ladies Club and became it's first President. The neighborhood ladies formed Bridge groups, book groups, garden clubs, held covered dish dinners, made trips to Southern Living kitchens, the Birmingham Museum, even out of town trips to the Atlanta Decorators' Show House; toured Eufaula's old Southern homes, overnights at a B&B, had Halloween parades and generally, had a lot of fun with neighbors getting to know each other.

Born and raised in Atlanta, Mary Sue met Jim when she was only 16. He was from Pennsylvania and became a permanent yankee transplant when he came south to attend Georgia Tech. When he met Mary Sue, there was no going back! They found their way to Birmingham in 1970 where they raised their daughter, Linda. They have been blessed with two grandchildren, one who has now made Mary Sue and Jim proud great-grandparents.

The Ludwig's have traveled extensively and Mary Sue declares to have a bit of gypsy in her soul. If you run into her in the neighborhood or at the Ladies Club, know that she is a huge Bridge fan, but with a wide repertoire of interests including politics, reading, needlework, cooking, entertaining, crafts, pretty clothes, Bible Study, community service, her church, and gardening, there will be much to chat about!! She is also a member of Greystone in-the-Gates Garden Club and can fill you in on some fun facts about the early years of the Greystone Golf Tournament!

Greystone has certainly evolved from those "pioneer" days. With miles of beautiful homes and lawns, a spectacular Country Club, two golf courses and a Ladies Club that still hosts fun, entertaining events, it's a blessing to reside here. Thanks a great deal to Mary Sue, it can surely be said, "We've come a long way, baby!" Along her trail of achievements—too many to mention here—Mary Sue was dubbed the Mayor of Greystone, and now Greystone, Hoover and Shelby County-at-large are fortunate that "Mayor" Mary Sue Ludwig resides within these boundaries, too!



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The runways have spoken, and the 70's, 80's, and 90s are back. Capes, dusters, furs, and overskirts are some of the strongest outerwear silhouettes for the Fall 2019 season. If you're on the fence about off-the-shoulder silhouettes, the asymmetric neckline is a nice compromise. Neon colors, animal prints and clashing prints were trends you'd half-expect to fizzle out after a season, but it's remained a big story on and off the runways.

**ISHI?** brought these fashion forward trends to the runway for the Greystone Ladies Club.

Be sure to visit **ISHI?** in the Galleria and **ISHI? LUXE** (Mountain Brook) for your fall, formal, and fun attire. Stylists are available in each location.

**ISHI?** - Galleria (205) 982-5200

**ISHI? LUXE** - Mountain Brook (205) 874-9920



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# FASHION SHOW BY ISHI?



# FASHION SHOW BY ISHI?



*Dr. Iyishia Jones is a Greystone resident. She is a Fashion Designer and owner of **ISHI?** **She is.**, a luxury fashion brand and women's clothing boutiques.*



*The **ISHI?** and **ISHI? LUXE** have stores and showrooms in Hoover, Homewood, Montgomery, and Mountain brook with seasonal stores in New Orleans, LA and Santa Rosa Beach, FL.*

*Each of the 5 locations has stylists and wardrobe consultants to help clients attain their perfect look.*

# SEPTEMBER PROGRAM HIGHLIGHTS



# SEPTEMBER PROGRAM HIGHLIGHTS





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**Presenters:** Jamie Cornehson, CFA® & Kyle Whittington, CFP®  
**Location:** Greystone Golf & Country Club - Founder's Clubhouse  
**Join Us:** Tuesday, October 8th, 2019 from 6:30 – 8:15 PM

*A light supper will be provided. Reservations required:*  
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*Coming in November*

**Do You Know If You Can Retire?**  
**Learn How to Plan for Retirement**

**Presenter:** Will Connor  
**Location:** Greystone Golf & Country Club - Founder's Clubhouse  
**Join Us:** Tuesday, November 5th, 2019 from 6:30 – 8:15 PM

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# JACK-O-LANTERN CARVING IDEAS & ROASTED PUMPKIN SEEDS

Carving a pumpkin originated in Ireland and became Jack-O-Lantern in America. The lit ember inside is to ward off evil spirits. Whether it is your first attempt or hundredth, there are many imaginative ways to create something special. One reason pumpkin carving is so popular is that it's FUN to do, especially with your children or grandchildren.

Classic Jack, Toothy Grin, Pumpkin Family, Scream-Worthy Carvings, Spooky Sights, Creepy Crawlers, Fright Night are just a few fun ideas. It is the most important decoration to have on Halloween. The traditional carving requires minimal work. Painting a pumpkin has become more popular each year. Spooky carvings with teeth require toothpicks and angrier eyes can make for a frightful face. Halloween is also during football season so one's favorite team is always a hit. One may also transform a carved pumpkin with a working pumpkin wine tap for a fun Halloween party idea (Get instructions here [www.instructables.com/id/Pumpkin-Wine-Cooler/](http://www.instructables.com/id/Pumpkin-Wine-Cooler/)).



## Roasting fresh pumpkin seeds is so easy!

- Rinse seeds in colander to remove excess pulp and let dry
- Preheat oven to 350
- Combine 3/4 cup raw pumpkin seeds, 1 Tbls Olive oil, 1/2 tsp Kosher salt, 1/4 tsp garlic powder, 1/4 tsp paprika (optional), and 1/4 tsp black pepper
- Place on a lightly greased baking sheet; cook for 15 minutes, stirring every 5 minutes for even toasting

Great simple recipe for all to enjoy!



*"Your neighborhood is our neighborhood!"*



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## BIRMINGHAM *October* HAPPENINGS

**Greek Food Festival – October 3-5.** Holy Trinity-Holy Cross Greek Orthodox Cathedral. Begun in 1972, this widely popular festival embraces the Greek zest for living through food, music, dance and a market of souvenirs.

**2019 Birmingham Oktoberfest – October 5.** Railroad Park. Put on your lederhosen and join us for Birmingham's biggest German-themed party, Birmingham Oktoberfest 2019! Enjoy a variety of deliciously cold beers, German food, live music, and Oktoberfest-themed games and activities at Railroad Park.

**Bluff Park Art Show – October 5.** Bluff Park Community Center. Some of the finest artists in the country show at this annual event in the Bluff Park neighborhood of Birmingham.

**The 10th Annual Cahaba River Fish Fry Competition & Festival – October 6.** Railroad Park. Each year the Cahaba River Society hosts a catfish cook-off and festival that's not only good for the planet, but also the palate! This event has become another staple in Birmingham's dynamic food scene as culinary masters, old and new, battle it out for the top catfish cooking prizes.

**Breakin' Bread Food, Wine & Beer Festival – October 20.** Pepper Place. Come and enjoy a day filled with unlimited food sampling along with craft beer and wine, a makers' market comprising of craftsmen from Pepper Place Market, a kid's zone with special activities for children, live musical entertainment and more!

**Christmas Village Festival – October 30 - November 3.** Birmingham-Jefferson Convention Complex Exhibition Halls. Mothers and daughters, sisters, and friends begin their holiday shopping by meeting in Birmingham the first weekend in November to enjoy an amazing variety of gift ideas- all under one roof.

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



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## Roasted Butternut Squash & Apple Soup

- |  |   |
|--|---|
| 1 TBS olive oil  | 2 tsp kosher salt                         |
| 4 lbs. butternut squash, halved lengthwise, seeded             | 1/2 tsp fresh ground black pepper         |
| 4 shallots, peeled   | 2 14oz. cans reduced-sodium chicken broth |
| 5 cloves garlic, peeled  | 1/2 cup dry white wine                    |
| 2 tart apples (such as Granny Smith) cored, peeled and chopped | 1/4 cup half-and-half                     |
| 6 springs fresh thyme  | 1/4 tsp grated nutmeg                     |
| 1 bay leaf   | 1 TBS minced chives (optional)            |



Preheat oven to 375°F. Brush olive oil over cut side of squash, and on shallots. Place squash, cut side down, on a baking sheet with a rim. Tuck garlic cloves inside hollowed-out portion of squash. Place shallots on baking sheet. Bake 30 minutes or until squash is soft.

Remove from oven. When squash is cool enough to handle, scoop out flesh and place in a large stockpot with roasted garlic cloves and shallots. Add apple, thyme, bay leaf, salt, pepper, chicken broth and wine. Stir well to combine. Bring to a boil, reduce heat and simmer for 15 minutes. Remove from heat. Remove thyme sprigs and bay leaf; discard.

Puree soup with an immersion blender or food processor or blender, taking care not to let the hot mixture splash. Return to stockpot. Add half-and-half and nutmeg, and stir into soup. Ladle into bowls and top with chives if desired.

Cook's Note: I usually end up putting in a cup more or so of broth so it isn't too thick. Also, when serving I top it with some seasoned croutons for crunch.



## Caramel Brownies

- 10 TBS margarine or butter
- 2 cup light brown sugar
- 2 eggs
- 2 tsp vanilla
- 2 cup sifted flour
- 2 tsp baking powder
- 1 tsp salt
- 1 cup chopped nuts

Preheat oven to 350°F. Grease a 9" x 13" baking pan. In a large pot, melt butter. Add sugar and eggs. Beat well with a fork. Add vanilla.

Combine dry ingredients. Add dry ingredients to pot. Stir just until combined. Add nuts. Spread into pan. Bake 30 to 35 minutes. Cool. Cut into squares.



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## *Autumn flies by in a flash, here are few fun things to do:*

- ◆ two-hand touch tag football
- ◆ rent a cabin in the mountains
- ◆ make rice krispie treats
- ◆ bake an apple pie
- ◆ make a big batch of chili
- ◆ carve out your own pumpkin
- ◆ celebrate Oktoberfest with beer and sausages

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# BREAST CANCER AWARENESS



October is National Breast Cancer Awareness Month. Breast cancer is the most common type of non-skin cancer in women in the United States, accounting for 15 percent of all new cases. And it is second to lung cancer as a cause of cancer death in American women. About 1 in 8 women born today in the United States will get breast cancer at some point.

Being female and older in age are the main risk factors for breast cancer. Other risk factors include estrogen (made in the body), dense breast tissue, age at menstruation and first birth, taking hormones for symptoms of menopause, smoking, obesity, and not getting enough exercise.

Hereditary breast cancer makes up 5 percent to 10 percent of all breast cancer diagnoses. Women who have certain gene mutations, such as mutations in the BRCA1 or BRCA2 genes, have an increased risk of developing breast cancer and ovarian cancer.



Breast cancer can't be prevented, but the good news is that most women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

For more information and to find out how you can help, visit <https://www.nationalbreastcancer.org>.

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