

**MOUNTAIN WOMEN**  
**MINUTES OF JANUARY 10, 2020**  
*wintergreenmountainwomen.com*

President Marti Szczur called the meeting to order. The program preceded the business meeting. Three board members of the Nelson County Community Fund (Peggy Whitehead, Carolyn Frahm and Sue Klett) discussed the mission of NCCF and how it has made a difference in Nelson County.

The business meeting followed. Marti thanked The Springs neighborhood for refreshments and program. She reminded members to sign in and pay their dues - \$3/meeting or \$30/year.

Attendance by neighborhood:

Blackrock:	5
Devils Knob:	6
Laurel Springs:	5
The Springs:	2

There were two new-ish members. Shari Hughes is from the Tidewater area and has had a condo since 2005. She is now on Timber Ridge Ln. Carolyn Velletri is part-time and active with the Nature Foundation.

### **President's Report**

- Steering Committee met Thursday, 1/9.
- Several terms expire March 2020: Marti/President, Joyce Claman/VP, Barbara Porter/Treasurer, Jo Ann Armstrong/Communicating Secretary, Joyce Tate/Neighborhood chair for The Springs. Carolyn Frahm offered to be Neighborhood chair for The Springs.
- Discussed ideas for future programs, including patient advocacy, Wintergreen Aging in Place update, Hope's Legacy (local horse rescue group), VA Wildlife center, Nelson County canine squad.
- Discussed viability of subcommittees suffering from low interest/lack of participation. Perhaps scheduling is an issue – asking groups to provide list of meeting dates and programs to be included with Mountain Women meeting minutes.
- Martha Gray, with help from Vera Jones, will take on Handcraft. Many thanks to Cindy Coy for leading this group since 2018.

## Treasurer's Report

- Beginning balance from Oct: \$598.19
- Cost of sparkling wine for holiday lunch: \$25.06
- Ending balance for Nov: \$573.13
- December meeting was cancelled due to weather so no dues were collected and no room rent paid.
- Barbara reminded members that the Nature Foundation room costs \$75 each time so dues are important.
- Members can pay \$30 for the fiscal year (Apr-Mar). Checks should be made out to "Mountain Women".

## Subcommittee Reports

- Garden Club: Meets on the third Friday of the month. Bev Holloway created handouts with the 2020 schedule of activities which Jo Ann Armstrong distributed at the meeting (schedule included below). Contact Bev Holloway at [plains3545@gmail.com](mailto:plains3545@gmail.com) for information about the group.
- Book Club: Meets on the Monday following the Mountain Women meeting on Friday. This group shares recommendations about books and articles rather than reading a particular book. The January meeting will be at Cathy Cooper's home, 33 Crab Orchard, at 1 pm. Contact Jo Ann Armstrong at [pharmsj@icloud.com](mailto:pharmsj@icloud.com) for information about the group.
- Handcraft: Meets at 10 am on the last Friday of the month. Bring any handcrafts to work on, or just come for the company. The January meeting will be on 1/24 at Vera Jones' home, 193 Ravens Roost Ln. Contact Martha Gray at [marthagray48@gmail.com](mailto:marthagray48@gmail.com) for information about this group.
- Epicurious: Meets quarterly on the Thursday before the Mountain Women meeting. Events in 2020 will have a seasonal theme. Barbara Porter will email a list of possible activities and those interested in participating should respond with their top three choices. Contact Barbara Porter at [ports1999@aol.com](mailto:ports1999@aol.com) for information about this group.

## Announcements

Martha Gray reported that Fill The Closet is particularly short on feminine hygiene products (tampons and pads) and as always they need other personal toiletries such as toothpaste, toothbrushes, soap, deodorant, shampoo, razors. (Martha has provided examples of products/sources available online and those are included below.) Sports equipment is out of reach for some children; the schools will identify kids with needs and share that info in the future. FTC will again be collecting snacks for SOL test days. Cases can be ordered online and shipped directly to the school. Donations of cash or goods can also be left at Stoney Creek Auto. For more information, contact Martha Gray at [marthagray48@gmail.com](mailto:marthagray48@gmail.com).

Vera Jones and Maria Spence reported that Maria's sister works with pre-K kids who need mittens to wear during recess. Mittens can be knit or crocheted; Vera Jones has a simple knitting pattern and will help anyone interested. The Handcraft meeting this month is a good place to brush up on the basics and help keep a child warm on the playground this winter. Maria Spence noted that there are now 4-5 yoga classes offered weekly at the Wintergarden. Tues/Thurs classes are taught by the tennis pro and are a bit more rigorous. Wed, Sat and Sun classes are more gentle. Reservations are recommended for the weekend classes.

The next Mountain Women meeting will be Friday, February 14 and hosted by Laurel Springs.

The business meeting was adjourned.

**Hosting Schedule:**

**Laurel Springs** (Judy Dewitt) – February

**Devils Knob** (Carolyn Felling/Sallie Singletary) – March

**Blackrock** (Martha Gray/Sue Carlson) – April

**The Springs** (Carolyn Frahm) – May

**Laurel Springs** (Judy Dewitt) – June

July – music students and all neighborhoods hosting lunch

**Devils Knob** (Carolyn Felling/Sallie Singletary) – August

**Blackrock** (Martha Gray/Sue Carlson) – September

**The Springs** (Carolyn Frahm) – October

**November** – pre-holiday luncheon

**Laurel Springs** (Judy Dewitt) – December

## January Birthdays

Katie Ryan	1/1
Anne Marie Goss	1/2
Mary Burke	1/6
Carol Cheatham	1/6
Marjorie ChurchBourne	1/9
Jewel Easler	1/9
Rosanne Foley	1/10
Sallie Singletary	1/12
Ann Galione	1/13
Joyce Smith	1/15
Kathy Ely	1/20
Phebe Wescott	1/20
Helen Eisenhart	1/22
Margaret Prinstein	1/23
Jill Schildkamp	1/25
Joann McCabe	1/28
Barbara Porter	1/29

## **Mountain Women Garden Club Schedule 2020**

April 17 – Planting at Milmont – Bev Holloway

May 15 – Pippin Hill Gardens and lunch at Pippin Hill – Jo Ann Armstrong

June 19 – Tour of Edith Carrier Gardens at JMU – Nancy Schwiesow

August 21 – Tour of David Hockstein's gardens at Wtg – Nancy Schwiesow

September 18 – Tour of Quarry Gardens of Schuyler – Joyce Claman and  
Joyce Tate

October 20 – Fall Craft and Luncheon at Bev Holloway's – Bev Holloway

November 20 – Planning meeting – Bev Holloway or volunteer

Questions and suggestions, please contact Bev Holloway at 434-218-7192  
or [plains3545@gmail.com](mailto:plains3545@gmail.com)

(We will coordinate a lunch place for most events for those interested)

## Fill The Closet

Shipping address for sending orders directly to the school:

Nelson County Middle School

Attention: School Nurse

6925 Thomas Nelson Hwy

Lovingsston, VA 22949

Examples of feminine hygiene products and sources available online:

Cleanitsupply.com

case of 500 Tampax brand regular absorbency tampons, cardboard applicators - \$67.99

Case of 216 Always ultra thin pads with wings - \$45.67

Amazon

Solimo brand box of 4 packs of 36 (144 total) regular/super/super plus absorbency tampons - \$18.99

Tampax box of 112 multipack regular/super/super plus absorbency tampons - \$27.88

Always pack of 132 ultra thin regular pads - \$15.42

ULINE (online)

Case of 500 Tampax regular absorbency tampons, cardboard applicators - \$84.00

Case of 250 maxithin pads - \$45.00

Walmart (online)

Case of 288 Equate maxipads- \$18.59

Case of 174 Always ultra thin super pads with wings - \$27.81

Case of 200 Tampax super/regular/light tampons plastic applicators - \$36.48

**MOUNTAIN WOMEN**  
**MINUTES OF FEBRUARY 14, 2020**  
*wintergreenmountainwomen.com*

President Marti Szczur thanked Judy DeWitt and Laurel Springs neighborhood for refreshments and program.

Attendance by neighborhood:

Blackrock: 6  
Devils Knob: 7  
Laurel Springs: 7  
The Springs: 4

There were no new members.

**President's Report (Marti Szczur)**

- Next Steering Committee terms begin April 1, 2020.
- Terri Brooks will take over as President, and Mary Carlson as Treasurer. Carolyn Frahm will become the Neighborhood chair for the The Springs. If anyone is interested in VP or Communicating Secretary position, contact Marti; otherwise Joyce Claman and Jo Ann Armstrong will extend their terms.

**Treasurer's Report (Barbara Porter)**

- Beginning balance from Dec: \$573.13  
January dues collected: \$105.75  
Expenses (room, supplies): \$105.52  
Ending balance for Jan: \$573.36
- Members can pay \$30 for the fiscal year (Apr-Mar). Checks should be made out to "Wintergreen Mountain Women" and can be brought to the April meeting or mailed to Barbara at RR1 Box 595, Roseland 22967. If paying cash for yearly dues, please attach a note with your name so Barbara can keep track.

**Subcommittee Reports**

- Garden Club: Meets on the third Friday of the month. Jo Ann Armstrong made available cards with the 2020 planned events; the first

will be April 17 and will be pot planting at Milmont. Contact Bev Holloway at [plains3545@gmail.com](mailto:plains3545@gmail.com) for information about the group.

- Book Club: Meets on the Monday following the Mountain Women meeting on Friday. This group shares recommendations about books and articles rather than reading a particular book. The February meeting will be on 2/17 at Sue Carlson's home, 115 Tyro Lane, 1:30 pm; RSVP to Sue at [scarlson703@verizon.net](mailto:scarlson703@verizon.net). Contact Jo Ann Armstrong at [pharmsj@icloud.com](mailto:pharmsj@icloud.com) for information about the group.
- Handcraft: Meetings have been changed to the fourth Thursday of the month. Bring any handcrafts to work on, or just come for the company. The February meeting will be on 2/27 at Sallie Singletary's home, 1046 Devils Knob Loop at 10 am. Contact Martha Gray at [marthagray48@gmail.com](mailto:marthagray48@gmail.com) for information about this group.
- Epicurious: Meets quarterly with 2020 events having a seasonal theme and on dates corresponding to the Zodiac sign for each season. The first event will be on Thursday, 3/12 and will feature carb-free cooking. Contact Barbara Porter at [ports1999@aol.com](mailto:ports1999@aol.com) to RSVP or for information about this group.

### **Announcements**

- Martha Gray reported that the next Fill The Closet initiative will be providing snacks for the Middle School during SOL testing in April. Walmart has good prices on cases of breakfast/granola bars. FTC is always in need of feminine hygiene products (tampons and pads), toothpaste, toothbrushes, soap, deodorant, shampoo, razors. Donations of cash or goods can be left at Stoney Creek Auto or supplies can be sent directly to the school:

*Nelson County Middle School*

*Attention: School Nurse*

*6925 Thomas Nelson Hwy*

*Lovington, VA 22949*

For more information, contact Martha Gray at [marthagray48@gmail.com](mailto:marthagray48@gmail.com).



- Sue Carlson reported that the Free Book Bus is still in need of new or gently used books, preschool through high school. Donations can be left with Sue.
- Arleen Stone reported that old issues of National Geographic can be donated to the Waynesboro Public Library.
- Mountain Homesteaders support Tye River Elementary as a community outreach program. Information about the program is available on the website [wintergreenmha.org](http://wintergreenmha.org) as well as a link for donating.

The next Mountain Women meeting will be Friday, March 13 and hosted by Devils Knob. The program will be an update on the 'Here to Stay at Wintergreen' initiative.

The business meeting was adjourned. The program followed and was a presentation about skin care by Coral Collins, Wintergreen Spa Manager, and Valerie Imbert, lead esthetician at the Spa.

### **Hosting Schedule:**

**Devils Knob** (Carolyn Felling) – March

**Blackrock** (Martha Gray) – April

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**Laurel Springs** (Judy Dewitt) – June

**July** – music students and all neighborhoods hosting lunch

**Devils Knob** (Carolyn Felling) – August

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**Laurel Springs** (Judy Dewitt) – December

### **February Birthdays**

Marcella Whitson 2/10

Amanda Barnes 2/11

Andrea Eggleston 2/14

Wilma Gormley 2/15

Mari Olga Kelley 2/16

Tina Kuklenski-Miller 2/16

Nanci Taylor 2/17

Susan Thomas 2/18

Carolyn Wood	2/21
Susan Montgomery	2/27

## **Mountain Women Garden Club Schedule 2020**

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Sept 18 – Tour of Quarry Gardens of Schuyler – Joyce Claman/Joyce Tate

Oct 20 – Fall Craft and Luncheon at Bev Holloway's – Bev Holloway

Nov 20 – Planning meeting – Bev Holloway or volunteer

Questions and suggestions, please contact Bev Holloway at 434-218-7192  
or [plains3545@gmail.com](mailto:plains3545@gmail.com)

(We will coordinate a lunch place for most events for those interested)

## Mountain Women Virtual Meeting March 2020

*The lights flicker. Marti Szczur walks to front of room and hammers soup ladle on the podium.*

**MARTI:** Good morning (or whatever time), Mountain Women. Go fetch a cup of coffee (or wine) and cinnamon roll (or cheese/crackers) before the meeting begins.

*Remote sounds of clinking cups/glasses and munching.*

**MARTI:** I now call this cybernetic monthly Mountain Women meeting to order. Are the minutes being recorded?

**SALLIE:** *Virtual thumbs up*

**MARTI:** Well, the only good news about no physical meeting is no room charge and no dues to pay. Hope everyone is adjusting to the new normal of postponed travel plans, no March Madness to watch, cancellation of group activities, and 24/7 news updates. Luckily, breathing outdoor fresh air, engaging in long message/phone conversations with family/friends, reading good books, healthy walks, and dog/cat/horse hugging are still entertaining activities to pursue.

President's Report: The MW Steering Committee calendar year runs from April to March. As President of MW, I want to announce that my term ends at the end of this month, as does Barbara Porter's (Treasurer), Joyce Tate's (The Springs Neighborhood Chair) and Judy DeWitt's (Laurel Springs Neighborhood Chair.) Kudos to each of you for your excellent service.

*Virtual applause*

The candidates for new Steering Committee membership are Terri Brooks, volunteering to take on role of President, Mary Carlson for Treasurer position, and Carolyn Frahm for The Springs Neighborhood Chair. In order to confirm these nominations, I'll assume a "Yes" from you, unless I receive a bunch of "Nah" email votes in the next few days. (In that case, I'll suggest you fulfill the open position, as an alternative J.)

Despite begs, pleas, and promises of fun-filled Steering Committee meetings, no one has come forward to take on officer roles of Communication Secretary or Vice President. Jo Ann Armstrong and Joyce Claman have graciously agreed to extend their respective terms for another 2-year term or until someone volunteers to take these roles on.

Sallie Singletary (Recording Secretary), Carolyn Felling (Devil Knob Neighborhood Chair) and Martha Gray (Blackrock Neighborhood Chair) remain in their roles for the next year.

We are still in need of a new Laurel Springs Neighborhood Chair. If this is your neighborhood, please consider taking on this position. (*Pathetic pleading eyes scan the room for Laurel Spring members.*) You can even team with a neighbor and co-chair together ... always easier with two! Please contact me or Terri Brooks with a “yes, I’m in.”

**Treasurer’s Report:** Barbara Porter has provided me with the Treasurer’s Report for the Fiscal Year ending on March 31, 2020. I have forwarded the details to Terri Brooks and Mary Carlson.

In summary,

- We started the Fiscal Year (April 2019) with \$1,022.09.
- Barbara Porter set up a bank account for the Mountain Women at the UVA Community Credit Union. This was “fantabulous,” as we no longer have to work on a totally cash-only basis. Hooray to Barbara!
- Because of healthy budget at start of Fiscal Year, the MW approved a motion to donate \$50 each to six Wintergreen-centric nonprofit organizations (WTG Nature Foundation, WTG Music, WTG Fire Dept., WTG Rescue Squad, Friends of Wintergreen, and WTG Adaptive Sports)
- Repetitive expenses included room rental, which is \$75 whenever we use the Trillium House, and this year we paid out \$450. Other minor expenses are refreshment supplies and some costs for our annual July Music lunch and Holiday luncheon.
- Dues (\$3 per month or \$30 yearly) is our source of income, and in the last year, we collected \$577.75. AND, we made \$0.32 in interest.
- At the end of this fiscal year (March 2020), our balance is \$665.48.

**Group Meetings:** With the current unknowns about the Coronavirus impact, MW Sub-group Leaders will communicate directly with their members about status of their upcoming meetings.

Are there any announcements?

*Pause and glance around the room. Virtual silence.*

**EMAIL from the Here To Stay at Wintergreen (HTSW) Board** says “We want you to know that HTSW is working behind the scenes to finalize our last steps to become a fully organized entity. However, in this time of emergency and restrictions like social distancing, we are **HERE TO HELP** in some necessary and important ways to anyone in the Wintergreen community. We can... Pick up and deliver groceries, medications, mail, and other essential items. Pick up and deliver pre-ordered foods from local restaurants. Be available for a friendly chat if you are feeling lonesome. Keep you informed about additional services that might be of help during this difficult time, as well as the latest announcements about our organization. HTSW will be supported in these efforts by a cadre of enthusiastic residents calling themselves happy2helpWTG, who have stepped up at this time of unprecedented emergency. We welcome their assistance. Please email your request or any other questions you might have to [atwintergreen@gmail.com](mailto:atwintergreen@gmail.com) and someone will be in touch as soon as possible.”

**MARTI:** Alas, it is looking unlikely that we will meet in April, but if we do, the date is April 10th. And Devil’s Knob will be on the hook for refreshments again. Watch for an email update closer to the scheduled date.

Everyone be safe and maintain an ample supply of wine ... and, of course, soap, sanitizers, and toilet paper (for some unknown reason???) Oh, and chocolate.

I declare the MW meeting adjourned.

*Marti leaves front of room, stopping at kitchen to return soup ladle and wash her hands, before grabbing a fresh cinnamon roll (to be shared with Roxie Dog.)*

**Wintergreen Mountain Women Steering Committee Meeting  
Minutes  
April 3, 2020**

SC members in attendance: Jo Ann Armstrong, Terri Brooks, Mary Carlson, Joyce Claman, Carolyn Felling, Martha Gray, Sallie Singletary, Marti Szczur

Marti welcomed new Steering Committee members Terri Brooks, Mary Carlson and Carolyn Frahm.

The Laurel Springs chair is still open. Joyce Claman offered to co-chair if a volunteer is found.

The board unanimously voted in the slate of officers for 2020-2021.

- President – Terri Brooks
- Vice President – Joyce Claman
- Treasurer – Mary Carlson
- Communicating Secretary – Jo Ann Armstrong
- Recording Secretary – Sallie Singletary
- Blackrock Chair – Martha Gray
- Devils Knob Chair – Carolyn Felling
- Laurel Springs Chair – Joyce Claman (co-chair slot is open)
- The Springs Chair – Carolyn Frahm

Marti turned the meeting over to new President Terri Brooks.

Terri and the board gave many thanks to outgoing members Marti Szczur, Joyce Tate, Judy DeWitt and Barbara Porter.

## Treasurer/Budget

- Mary Carlson, Barbara Porter and Mari reviewed financial summary prepared by Barbara. Motion to accept this as audit was carried.
- Mary, Barbara and Terri met with Credit Union representative and MW mailing address and signature cards have been changed.
- Mary will check with Barbara on a budget for this year once they are able to meet in person to review budgets from previous years.
- Mary will send the minutes of this meeting to the Credit Union.

Marti has already reserved the Trillium House room for October and December. Joyce will reserve the Chestnut Springs Pavilion for May-September.

Terri will contact Erin in late May about the Music Festival and whether Academy musicians will perform for us in July. If they do, Terri has the plans/lists from previous years to use as a starting point for planning the luncheon to follow the musician's performance.

There will not be a meeting in April. Instead, information and suggestions for activities and pastimes should be sent to Jo Ann Armstrong and she will send an email on the regular meeting day (4/10).

There was discussion about how the various MW groups could continue while still self-isolating.

- Book Club – Jo Ann reported that BC had a successful meeting on 4/2 via Zoom. It will continue to meet once a month.
- Garden Club – Suggestion that members could show off their spring flowers and plants via video.
- Handcraft – Martha will share information about making face masks, with patterns and links to YouTube videos. She reported that Curtis Sheets had been in touch with a woman in Nelson County that is making and donating masks but those fabric masks could be problematic for Wintergreen Fire/Rescue because it would be difficult for them to be sanitized between uses.



The WPOA weekly COVID update stated that there has been a case at Wintergreen but no details were given.

Mary reported that there is a balance of \$660 in the treasury, no expenses are incurred while there are no meetings, so members can hold off paying yearly dues until further notice.

Terri adjourned the meeting.

## Message from Our President, Terri Brooks April 10, 2020

Welcome to the new year of Mountain Women of Wintergreen. Oh, how I wish that I could be greeting you in person as I would be in normal times. But as we all know, we are living through anything but normal. So, let's make the best of it by staying safe staying at home, and by keeping in touch with one another by all of the electronic means available to us.

Last week, Marti convened a Steering Committee via Zoom. After she introduced the new members, we voted to accept the slate of members. She then turned the meeting over to me. The other new members are Mary Carlson, Treasurer, and Carolyn Frahm, The Springs Neighborhood Chair. We are sharing with you the Minutes of that meeting.

We would like two more volunteers to join us on the Steering Committee.

- Laurel Springs Neighborhood is seeking a new Chair. You would be receiving lots of support as Joyce Claman who has served in this role previously would be pleased to serve as Co-Chair with you for a few months. How much fun could that be?!
- Jo Ann Armstrong has served as our brilliant Communications Secretary for the past few years. She did not sign on to do this forever but has cheerfully accepted an extended term until we can identify her successor. Knowing Jo Ann as I do, she will be a wonderful mentor to whomever of you answers this call to volunteer. What a gift that would be, such a treat for two of you to be working together!

Please get in touch with Joyce ([grappagirl@verizon.net](mailto:grappagirl@verizon.net)) or Jo Ann ([pharmsj@icloud.com](mailto:pharmsj@icloud.com)) or me ([terriannbrooks@aol.com](mailto:terriannbrooks@aol.com)) should you be considering either of these opportunities. You may have questions; we have answers.

As I suggested above, let's not feel isolated. Reach out to any of us on the Steering Committee and to your neighbors and friends.

Warmest wishes and virtual hugs,

Terri

Websites for Entertainment, Education, Ways to Achieve Peace Outside  
& Local Food Pickup & Delivery and \*Face Masks (Updated)

Entertainment Websites (Compiled by Sallie Singletary):

Met Opera Free Streaming: <https://www.metopera.org>

15 Broadway Plays and Musicals You Can Watch on Stage from Home: <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

National Theatre on YouTube and NT Collection: <https://www.nationaltheatre.org.uk/nt-at-home>

Educational Website:

450 Ivy League courses you can take online right now for free: <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>

Ways to Achieve Peace Outside Website:

Peace Out(side) – The Nature Foundation at Wintergreen: <https://www.twnf.org/nature-activities-antidote-to-isolation/>

Local Food Pickup & Delivery Website

New at Rockfish Valley Community Center: Local Food: <https://www.rockfishcc.org/local-food-pickup/>

How Not to Wear a Face Mask

New York Times article with graphics: <https://www.nytimes.com/2020/04/08/well/live/coronavirus-face-mask-mistakes.html>

\*Face Masks (Updated & Compiled by Martha Gray):  
Request from Curtis Sheets: For any of you who are making face masks to donate to first responders, Chief Curtis Sheets said, they “especially like

the ones which have two different prints for the two sides of the mask. If for some reason the mask fell off that would allow you to be sure you're putting it back on correctly. You sure wouldn't want to put it on backwards and have the contaminated side right next to your mouth.”

Also, Chief Sheets said their inventory of disposable gowns is getting low, and provided a link to instructions for making them. They are made of Tyvek.

<https://www.thermaxxjackets.com/products/thermaxx-gear/diy-thermaxx-gown-how-to-guide/>

News sources are full of patterns for DIY face masks, and the debate about which materials to use continues. Here are a few guidelines and patterns from reliable sources.

First, the caveats:

“The U.S. Surgeon General has stated that wearing face masks should not supersede social distancing.”

“Until now, the CDC has considered homemade face masks to be used as a last resort in hospitals and medical facilities. Masks made from cotton and elastic certainly won't harm civilians at home or when going out, as long as you're also following other protocols to stay safe.”

Materials:

Polypropylene - from reusable grocery bags; it is porous enough to breath through but blocks more germs than some cottons; it can be washed with soap and water.

Tightly Woven Cloth- such as quilting fabric; it should be folded two or three times to maximize effectiveness; it can be bleached and laundered on high temperatures.

Auto Shop Towels - one hospital site recommended this material as a liner; it can be washed and reused, is denser and less absorbent than an ordinary paper towel; not for use alone as a face mask.

Elastic hair bands - to fit around your ears; more comfortable and washable than rubber bands.

Elastic - to make comfortable ties.

Masks must fit securely on the face leaving no gaps for ambient air potentially carrying virus particles to invade the space under the mask.

Links below show several patterns, including two from US medical facilities:

UT at Austin Dell Medical School: You Want to Help, Community Organizations Need It: DIY Masks

<https://austincovid.openproposals.dellmed.utexas.edu/#/needs/5e77d48ba698163bbf3074ff/propo>

Popular Science: Make your own face mask—no sewing machine required

<https://www.popsci.com/story/diy/make-diy-face-masks/>

Kaiser Permanente: How to Make a Cloth Face Mask

<https://www.youtube.com/watch?v=4aMCFnK5bHk&feature=youtu.be>

One Minute No Sew Mask

[https://youtu.be/IOe\\_8z8k01U](https://youtu.be/IOe_8z8k01U)

New York Times: How to Sew a Face Mask

<https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html>

Washington Post: Which DIY mask pattern should you use? Even experts can't pick one to recommend

[https://www.washingtonpost.com/lifestyle/wellness/masks-diy-coronavirus/2020/04/01/20830f5e-7420-11ea-85cb-8670579b863d\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/masks-diy-coronavirus/2020/04/01/20830f5e-7420-11ea-85cb-8670579b863d_story.html)

Plus:

\*Jo Ann Fabric and Crafts Store is giving away - free - 1 face mask kit per customer per day. It uses cotton fabric and interfacing as a filter. They are located at:

1774 Rio Hill Center

Charlottesville, VA 22901

\*Be advised when searching face masks on Jo Ann Fabrics' website I found supplies to make them, no kits.

Caveat: Critics have called it a scam to attract customers and that some of the fabrics are not safe for use in this pandemic.

Thank you for your help during these challenging times.