

# Altrusa Tiffinette

## Upcoming events

**Tues.,  
August 4**

**3:30** - Seneca  
County Youth  
Center for crafts

**6:15** - Board mtg.  
at Autumnwood  
Care Center  
**6:15 - 7:00** -  
members to play  
bingo with nursing  
home residents

**7:00** - Meeting at  
Autumnwood

**Tues.,  
August 18**

**7:00** social  
meeting at Gloria  
Fraley's house,  
237 N.  
Washington St.  
with dessert bar

**Thurs.,  
August 20**

**6:30** - Seneca  
County Youth  
Center for games

## President's Message

I hope you all had a fun and safe 4<sup>th</sup> of July. Yes, the year is more than half over already and the children will be headed back to school before we know it. I was always told the older you get the faster time goes. I thought to myself how can that be? It is the same number of days in a year each year, except for leap year of course, but how true it is.

This will be our third year I think (talk about time flying by) having our family picnic at the Vogel Home. Barb and Dean Sr. have welcomed us to their home for a few years now. If you have never gone, you really need to. Their home sits back a lane so peaceful, scenic and quiet with a beautiful pond and lots of farm animals. You might even find a llama or peacock wandering around. It is just a beautiful place to kick back and relax. I took my granddaughter last year and she had such a great time playing with the other children and did not want to leave, but was asleep before we even hit the end of the driveway.

I am so pleased with our committee chairs and members they have come up with some wonderful ideas and plans for this year. I can tell they put a lot of thought in their plans. I am just afraid we may have more plans than money, but we will do our best.

We will be having our bus trip to Chicago again in September so remember to sell those tickets. Also, in July Dawn Riedel held a Saturday the 25<sup>th</sup> in her gift shop A Christmas in July with a portion of the profits going to our club. We helped that day and also baked some Christmas Cookies for the occasion.

First Call for Help asked us for school supplies and we purchased some items and took them to Barb's house the day of the picnic.

We will again be giving out our scholarships in August, so if you know of anyone in the Seneca County area be sure to give them an application and turn in to Joyce Lather, our Scholarship Chair.

Keep thinking of people you know who you think would be good prospective members, invite them to a meeting. Altrusa is a worthwhile and rewarding organization. When I look back on the almost 11 years I have been a member, I am amazed at all we have done and the friendships I have gained.

We are just getting our new biennium started and I only see good things in the future and a lot of fun on the side. Keep up the good work and remember "Today's Dreams Are Tomorrow's Successes."

In Service and Friendship,

*Carol*



# July a month for friends, service and fundraising

**Top right:** Harriet White discusses technology with the Knairs. **Below left:** At the picnic Altrusans and their guests get to know each other. **Below right:** Barb Vogel's grandson selects his picnic fare. **Bottom left:** Vicki Zeigler helps Ruffing residents with their bingo game. **Bottom right:** Elva Aller plays bingo with nursing home resident.





**Left:** Carol Hammer and Nancy Frederick concentrate on paper work at recent Christmas in July fundraiser. **Below left:** Nancy Steinmetz greets shoppers at Christmas in July event. **Below right:** Sitting beside handcrafted gifts, Opal Sendelbach mans the welcome table at the recent fundraiser. **Bottom right:** Clipart reminds us of our collection of school supplies for First Call for Help's annual project.



## Sign-up for Seneca County Youth Center visits

Help fill in the gaps.

1<sup>st</sup> Tuesday of each month at 3:30 pm & the 3<sup>rd</sup> Thursday of the month at 6:30 pm

Tuesday, August 4, 2009	3:30 pm	_____
Karen Knaur	Nancy Frederick	_____
Thursday, August 20, 2009	6:30 pm	_____
Sandy Yarbrough	_____	_____
<hr/>		
Tuesday, September 1, 2009	3:30 pm	_____
Harriett White	Karen Knaur	_____
Thursday, September 17, 2009	6:30 pm	_____
Joyce Lather	_____	_____
<hr/>		
Tuesday, October 5, 2009	3:30 pm	_____
Karen Knaur	Nancy Frederick	_____
Thursday, October 20, 2009	6:30 pm	_____
Carol Hammer	_____	_____

Call or email Karen Knaur, if you want to help with this service project. The first of the month we're doing crafts and the 3rd Thursday, play games.

### Contact info...

Tiffin Altrusa President **Carol Hammer**,  
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The *Altrusa Tiffinette* is published at the beginning of each month. Articles, minutes, inspirational pieces, story ideas, recipes and even jokes are welcome. These are due by the second meeting of each month.

**For Sale**  
**Altrusa sweatshirt**  
**large**  
**See Opal Sendelbach**

*Altrusa's Annual*



## Girlfriends' Shopping Weekend in Chicago

**Saturday, September 26**

Leave 8 am from Westgate near Old Fort Bank

Return Sun., Sept. 27 around 9:00 pm

We're staying at the Goldcoast Hilton Doubletree with the Magnificent Mile just 2 blocks away or Navy Pier just 4 blocks away Each room has 2 queen-sized beds sleeping 4 people



Cost **\$125** per person due by **August 22<sup>nd</sup>**

Make checks payable to **Tiffin Altrusa**

For details, call Dawn Riedel 419-448-8560, cell 419-618-0259 or Nancy Frederick 419-443-0887 or Karen Simonds 419-448-8837

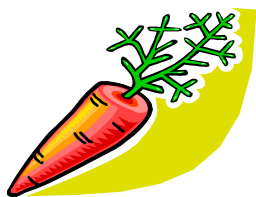
# Are you a carrot, egg or coffee?

A carrot, an egg, and a cup of coffee... You will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the



carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, 'Tell me what you see.' 'Carrots, eggs, and coffee,' she replied. Her mother brought her closer and asked her to feel the carrots. She did and noted



that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, 'What does it mean, mother?'

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently.

The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

Which are you?' she asked her daughter. 'When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?'

Think of this: Which am I? Am I the

carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to

make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a



forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling.

Live your life so at the end, you're the one who is smiling and everyone around you is crying.

May we all be COFFEE!

*Provided by fellow Altrusan, Mary Lou Harrison*

## Amish peanut butter spread

In a medium saucepan..... bring 2cups brown sugar..... 1/2 c light Karo syrup... and 1c hot water to a boil. Stir while it is heating to boil. Once it starts boiling, remove from heat and let cool COMPLETELY. In a medium size mixing bowl have 1 1/4 pounds (20oz) of your favorite brand of creamy peanut butter and 2c marshmallow cream. Scoop the cooled brown sugar mixture in with the peanut butter and marshmallow cream. Mix with hand mixer until well blended. (Found by Mary Lou's sister, Julie, during their visit to Amish country at Mrs. Yoder's)

# Altrusa International, Inc. of Tiffin, Ohio

JULY 7, 2009 Ruffing Care Center

## Business Meeting

President Hammer called the meeting to order at 7:00 pm, after the conclusion of the Resident's Bingo Games.

### Present were

Aller, Anspaugh, Frederick, Hammer, Harrison, Heil, Howard, Knaur, Lather, Sendelbach, Simonds, Steinmetz, White, Yarborough and Ziegler. Volunteer hours were given by those in attendance also.

Minutes of June 16 were approved.

Auditing the Operating and Foundation was presented by Howard and Frederick and done on June 10, 2009.

Website is being updated weekly with Hospice Bereavement Luncheon to be added. June 18<sup>th</sup> our club served 27 kids and hope to continue with this project in coming years.

### **Committee Reports**

**Community Service** Vicki reminded us to bring school supplies for 1<sup>st</sup> Call for Help to Vogel's Picnic on July 19. A motion was made by Vicki to pay \$120.00 for the Noble Summer School Reading Program (2 @\$60.00 each) per request and seconded by Mary Lou Harrison. Motion carried.

**Fundraisers** requested Christmas cookies and Altrusans to help on July 25<sup>th</sup> at Something Special Street of Shops. A sign-up was passed around.

**Sunshine** Opal sent Veterans cards for the 4<sup>th</sup> of July over to Sandusky's Soldiers & Sailors Home.

**Programs** Nancy Steinmetz reported almost all the programs are in place for the coming club year.

**Membership** Nancy Frederick stated some of the ideas to attract new members were Wine & Cheese, Special Programs and meetings. Members suggested we continue to do one-on-one contacts.

**Club Communications** For more accurate accounting, Elva asked that *everybody* reply to her when she sends out an email asking for a count of an event, even if the response is a "no."

**Scholarship** : Joyce reported she still needs more responses.

**Special Events**: Joyce Lather, Harriett White, and Mary Heil will be on this committee.

**International Relations** Elva and Harriett are working on plans for the Oct.20<sup>th</sup> meeting.

**Public Relations** Mary Lou turned in some articles to be kept for reference.

**Newsletter** Editor Karen Knaur completed the first newsletter with everyone feeling it was a great issue and looking forward to using it in a District award.

**Strategic Planning**: Simonds and White hope to present information in August.

**Literacy**: Sandy reported the September 15<sup>th</sup> meeting will be held at Noble School with a program on the Reading, plus Jane Tomaszewski from Tiffin-Seneca Public Library's Friends of the Library will be speaking.

**Mercy Hospital** is very excited about the club providing books for newborns and they will need between 35-40 books in September. More information will be provided on this project later.

**Seneca County Youth Center** Knaur noted new volunteer hours will be **1<sup>st</sup> Tuesday from 3:30 pm-5:30 pm** and the **3<sup>rd</sup> Thursday from 6:30 pm-8:00 pm**. A sign-up form with dates was passed around for volunteers.

*Hearing no further business the meeting adjourned. Respectfully submitted by Harriett White, secretary*

# Spotlight on Literacy Chair: Sandy Yarbrough

I was born April 1, 1958 to Alfred and Patricia Yarbrough in Pontiac, Michigan.

I became an Altrusa on November 20, 2007. Harriet White was my sponsor. After attending several meetings I was impressed with how much the group did for the betterment of the community and decided to join. I love the fellowship and the wonderful spirit of community that the group has.

As an Altrusan I would love to see a fantastic Literacy program in place so that anyone in the community has the opportunity to learn to read and receive a GED.

I am classified as an Accountant. I have been employed at CF Professional Inc. for the past 15 years. I love to bike ride, travel, teach Sunday school, and, of course, shop. My personal interests and hobbies include reading (all the time), jigsaw puzzles, crocheting, word

puzzles, and spoiling my great nephews. I have a terribly spoiled cat named Penny who runs the house.

My most embarrassing moment would have to be one Sunday morning during the sermon I snuck across the aisle to tell a parent about a project the kids were working on and when I backed up to sit down again I sat on the lap of one of most elderly gentlemen in our congregation. I screamed, he laughed and needless to say everyone was amused. As the pastor pointed out Love thy Neighbor took on a whole new meaning that Sunday.

