

Altrusa Tiffinette

Tues., Oct. 4

6pm- Board meeting
7pm meeting at
Commission on
Aging

Wed., Oct. 12

SCYC - crafts at
3:30pm

Thurs., Oct. 13

Grandparents' Day
at Noble- 11am -
1:10

Tues., Oct. '8

noon meeting
at Allen Eiry

Thurs., Oct 20

SCYC for games
at 6:30pm

Friday, Oct. 21

4:30- 6:30 pm-
"Altrusa and
Librarians Make a
Difference"-Tiffin
library

President's Letter

Ladies,

It certainly feels like fall, but I guess we have to have some cold weather before Indian summer comes. It will be cool for the Chicago trip this year.

Thanks to Gloria and Mary Lou - and their helpers - for arranging the trip.

September was a busy month for our service activities. Some of our members helped the Findlay Club prepare apple dumplings for their fall fundraiser. It is nice to have the interclub cooperation.

Karen Knaur and Nancy Frederick led a project to re-organize the library at the Seneca County Youth Center. The staff and residents are so appreciative of all we do at the Center. There is a wish list of items needed at the Center for their craft projects. Anything you can donate will be helpful.



At the close of the September 6 meeting, we assembled "Books and Buddies" and coloring page and crayon bags for the children in the Emergency Room and outpatient areas of Tiffin Mercy Hospital. We also took bags to the newly opened Urgent Care Center.

Twelve members and Emeritus Member, Opal Sendelbach, attended the noon meeting on September 20. Roll call included volunteer hours since last report on August 16. Please remember to separate hours into the three categories: hours as Altrusans; hours for other organizations; and hours for family, friends or neighbors. This is helpful when we complete the club activity report at the end of the year. For those who could not attend the meeting, please email your hours to Nancy Frederick, or remember to tell her at the next meeting.

The April, 2013 Conference committee will meet before the next meeting, seems like a long way off, but the time will pass quickly and our club has a lot to accomplish to put on a nice conference. There will be something for everyone to do to help with this event.

As always, thanks for all you do for our Altrusa organization.

Joyce



ALTRUSA INTERNATIONAL, of TIFFIN, OHIO Business Meeting September 6, 2011

President Joyce Lather brought the meeting to order with 15 members present. Kathleen Howard brought two guests, Christian Waldsmith and her daughter Mallory. Meeting was held at the Commission on Aging. We said the Pledge of Allegiance and the Altrusa Grace. Minutes were approved as presented. Karen Knaur gave a bill of \$77.00 to the operating treasurer for an ink cartridge, approved.

Committee Reports:

Communication: A note was read from Governor Kathy Schrein thanking us for our prayers, support and contribution to the American Cancer in her name. She is at #19 of her radiation treatment out of 35. She also reminded us to be sure & have yearly mammograms. A notice was received asking for help to work at the Hospice Add a Bow Tree from Thanksgiving thru December 23. Nancy Steinmetz will get available dates for us to choose from. Trees will be at the IGA and Tiffin Hardware.

An article was in the paper for a card shower for Catherine Hunker's 85th birthday. Everyone was encouraged to send her a birthday card. Cathy Hammer sent a letter for help to transport GED student s. We will give \$500.00 for transportation for GED students.

Community Service: Amanda Fitch, mother we helped last year at Thanksgiving & Christmas has asked for help again to secure baby items. She is expecting in December. It was decided to wait until closer to delivery time & see what she needs. She has received a crib from Salvation Army.

Fund Raising: The bus trip is ready and all the money is in. There will be a raffle, bingo and a movie on the bus. Karen Simonds will be checking on bingo cards and Sandy Yarbough will get the tickets for the raffle.

Membership: The next meeting will be our first noon meeting at the Allen Eiry Center. Karen Knaur made business cards, this is a way to promote our club and hand them out to prospective members.

Sunshine: Get well card sent to Rayella Engle. Anyone needing a card should contact Jan Anspaugh, 419-618-1542., who is leaving for Florida soon.

Literacy: Working to set up an event with school librarians and possibly having an author of a children's book present when we present checks for school libraries. We may also use this as our 'Make a Difference Day' project in October.

-Kathleen Howard talked about what International wants to do with combining all clubs, district and international sites. We will wait until more information comes out before we decide if we want to participate in this combined effort.

-Karen Knaur talked about public schools having to ask for financial help to continue their work/study program for student's grades 10-12. Funding has been cut by the Board of Education. This is for kids who will not be going to college; they work half days and go to school half days. We will tabled until the next meeting, Wend Stallard will check on the budget.

Harvest of Hope will be on November 6th. Our club will be in charge of the bake sale table. Everyone is encouraged to participate.

-Initiation for Donna McCanahay will be at next meeting.

-Happy dollars & pin fines were collected. Benediction was said. Meeting adjourned. Refreshments were served by Harriett White & Joyce Lather to celebrate Elva Aller's 90th birthday. We assembled bags with buddies and books, crayons and books to go to the hospital.

Reminders:

Please respond to Elva. Card to Kate Hunker.

Secretary Nancy Frederick

ALTRUSA INTERNATIONAL, of TIFFIN, OHIO Regular Meeting September 20, 2011

First noon meeting was held at Allen Eiry Senior Center with 12 members present. President, Joyce Lather, called meeting to order with Pledge of Allegiance & Altrusa Grace. Roll call was taken with volunteer hours reported. Secretary's report was approved and treasurers report given.

-Wendy Stallard spoke about having a speaker to explain the Scudder fund, \$11,319.48, to the club members. Should we be using the monies now to help with scholarships, the community needs and leaving \$5,000.00 in reserve?

-The Hospice Festivals of Trees will be held on November 18th. Mary Lou Harrison offered to provide an auction item in Altrusa's name.

-Karen Knaur asked us to continue saving toilet paper cardboard rolls for the SCYC. She sent out pictures, via Internet, that Sarah, activities director at the youth center, sent on the projects using the rolls. Also a signup sheet was sent around for the Thursday night activities at the youth center. She also suggested that we send books and buddies to the Patchworks House and for CASA.

-Our group is in charge of serving lunch for Habitat on October 1st. A signup sheet was sent around.

-Sandy Yarbough spoke about 'Make a Difference Day' on October 21st. We will be meeting at the library in the Kalnow room. Ten librarians from Seneca County schools have been invited to attend & receive the \$200.00 check for their schools.

-Mary Lou Harrison is checking on grandparent's day for the schools.

Committee Reports:

Communications: Rayella Engle is having chemo treatment, remember her with cards and prayers.

Fund Raising: Gloria Fraley said the bus trip to Chicago is ready. Next year she is going to get two buses and make accommodations for couples. Brochures were passed out to promote new members.

Membership: At our next meeting we will vote on and install one new member, Christian Waldsmith, & reinstate Donna McConahay.

Sunshine Jan Anspaugh is leaving for Florida. Contact her at 419-618-1542.

2013 conference Committee will be on Mon., Oct. 3 at Gloria Fraley's house. **Board mtg at 6:00 on Oct 4th** before business meeting.

Pin fines and happy dollars were collected. Benediction was said. Meeting adjourned.

Nancy Frederick, Secretary

Who knew?- unusual remedies

Disclaimer: Remedies may or may not do as explained. Gloria thought they were interesting and wanted to share them with you,

Did you know that drinking two glasses of Gatorade can relieve headache pain almost immediately-without the unpleasant side effects caused by traditional pain relievers?

Did you know that Colgate Toothpaste makes an excellent salve for burns?

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 tablespoon horseradish in 1 cup of olive oil. Let

the mixture sit for 30 minutes, then apply it as a massage oil for instant relief for aching muscles

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-even though the product was never advertised for this use.

Honey remedy for skin blemishes... Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works

overnight.
Listerine therapy for toenail fungus: Get rid of unsightly toenail fungus by soaking your toes in Listerine Mouthwash. The powerful antiseptic leaves your toenails looking healthy again.
WARDS OFF MOSQUITO'S TOO!! DOUSE A SOFT CLOTH AND APPLY TO SURROUNDING WINDOW/DOOR FRAMES!

Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear Nail Polish to the threads of the screws before tightening them.

Cleaning liquid that doubles as bug killer... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover: Just pour a drop of Elmer's Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.
Hunt's Tomato Paste boil cure... Cover the boil with Hunt's Tomato Paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine, a powerful antiseptic.

Vinegar to heal bruises... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Quaker Oats for fast pain relief... it's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

From Gloria

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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. Please send them in 12 pt. Arial. Do not use all caps or funky type, please!

Thank you to Joyce, Kathleen, Karen S., Mary Lou, Gloria and Harriett for their contributions to this month's newsletter.

Checkout our website at www.tiffinaltrusa.com

Grandparents Day

Noble School will be having Grandparents Day on Thursday, October 13. Lunch hours are from 11:00 until 1:10.

The PTO is asking for volunteers to eat lunch with children who do not have a grandparent to attend this special event with them. The PTO will furnish lunch for the volunteers.

We will have a sign up sheet at the October 4 meeting, so be checking your schedule to see if you can do this for the two hours or a part of the time.

Photos from Conference, Veteran's Home visit & Chicago trip





Gentle Thoughts for Today

Birds of a feather flock together...and then crap on your car.
 A penny saved is a government oversight.
 The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.
 The easiest way to find something lost around the house is to buy a replacement ..
 He who hesitates is probably right.
 Did you ever notice: The Roman Numerals for forty (40) are XL.'

If you can smile when things go wrong, you have someone in mind to blame.
 The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs...'

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.
 Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to your

Why we need "Vitamin F"

Why do we have a variety of friends who are all different in character ?
 Some of them can be considered marginal even ?
 How do we get on with them all ?
 More than likely, each one helps to bring out a "different" part of us...
 With one of them we are probably a polite, good girl.
 We joke with another friend.
 We sit down and talk about serious matters with one of them.
 With with another we giggle at every silly thing.
 We may have my tea with one
 And dance with another.
 We listen to one friend's problems and give her advice
 Then we listen to another advising us.

They are all like pieces of a jigsaw,
 When completed they form a treasure box.
 A treasure of friends!
 They are friends who understand us better than ourselves, who support us through good days and bad days.
 They are like colourful anti-depressants that we take on different days.

Real Age doctors tell us that friends are good for our health.
 Dr. Oz calls them Vitamins F (for Friends) and counts the benefits of friends to our well being.

Research shows that people in strong social circles have less risk of depression and terminal strokes. If you take Vitamin F constantly you can be up to 30 years younger than your real age.

The warmth of friendship stops stress and even in your tense moments it decreases the chance of a cardiac arrest or stroke by 50 %.

In summary we should value our friends and keep in touch with them.
 We should try to see the funny side of things and laugh together, not forgetting to take in our fill of all the floating vitamin F !!!!

-submitted by Mary Lou

youth, think of Algebra.
 You know you are getting old when everything either dries up or leaks.

One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.
 Lord, Keep your arm around my shoulder and your hand over my mouth

AMEN!

-submitted by Mary Lou