

Altrusa Tiffinette

Upcoming events

Tues., Nov. 3

3:30 - SCYC for crafts

6:30 - Board mtg. at Autumnwood Nursing home; bingo for residents

7:00 - Meeting at Autumnwood Nursing home

Weds, Nov. 4

6:00 - Bingo at American Red Cross in mall

Sun., Nov. 8

8:00am- Harvest of Hope bake sale

Tues., Nov. 17

7:00 meeting at Commission on Aging, 10 Riverside Dr.

Thurs., Nov. 19

6:30 - SCYC for games

President's Message

October has been a very busy month. Our club had a lot going on.

We provided and served lunch to the Habitat for Humanity workers on October 3rd. These volunteer workers give a lot of their time to build homes for residents who otherwise would never be able to afford a home of their own. Maybe some time we could get together some Saturday and help. We could be good gofers or something I am sure. There are so many things we can do as hands on projects.

October 6th was craft day at Seneca Co Youth Center and Nancy Frederick and Karen Knaur went out and made book marks with plastic canvas and ribbon. These gals come up with some cute ideas and the teens there really enjoy the crafts. This same day was our meeting night at Ruffing Nursing Home playing Bingo with the residents and then our business meeting.

On the 15th Harriett and I went to the Seneca County Youth Center and played games with some of the children.

The 20th was our meeting which we held at the Hospice Care office and was a wonderful night planned by our International Committee Harriett and Elva. We had several International students there from Spain, Japan, China and Turkey. We spent the night starting with a potluck and we all tried our hands making an International dish. We had quite a variety of food. I think the students really enjoyed the home cooking. I noticed they all ate well as did we. After we ate, each of the students gave a short talk about their country. Charles, one of the students from China, told me he has a slide show he would love to present at some time for us. I am hoping we can make a night for him to do this. I think that would be fun.

The 24th was Make a Difference Day and thank you to Sandy Yarborough for overseeing this day. Several of the members went to Ruffing Nursing Home and spent time with the residents spending time entertaining and visiting with them.

Hope you all had a great October and looking forward to November.

Carol



Know the Difference between Cold and H1N1 Flu Symptoms

Is it a cold

or

is it the flu?

- Fever** Fever is rare with a cold.
- Coughing** A hacking, productive (mucus-producing) cough is often present with a cold.
- Aches** Slight body aches and pains can be part of a cold.
- Stuffy Nose** is commonly present with a cold; typically resolves spontaneously within a week.
- Chills** Chills are uncommon with colds.
- Tiredness** is fairly mild with colds.
- Sneezing** is commonly present with a cold.
- Sudden Symptoms** Cold symptoms tend to develop over a few days.
- Headache** is fairly uncommon with a cold
- Sore Throat** is commonly present with a cold.
- Chest Discomfort** is mild to moderate with a cold.

- Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 - 4 days is associated with flu.
- A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
- Severe aches and pains are common with flu.
- Stuffy nose is not commonly present with flu.
- 60% of people who have flu experience chills.
- Tiredness is moderate to severe with the flu.
- Sneezing is not common with the flu.
- Flu has rapid onset within 3-6 hrs., hits hard; includes sudden symptoms like high fever, aches, pains.
- A headache is very common with the flu, present in 80% of flu cases.
- Sore throat is not commonly present with flu.
- Chest discomfort is often severe with the flu.


Info to follow to prevent H1N1 (Swine flu) infection.

Dr. Vinay Goyal is an MBBS,DRM,DNB (Intensivist and Thyroid specialist), having clinical experience of over 20 years. He has worked in institutions like Hinduja Hospital, Bombay Hospital, Saifee Hospital, Tata Memorial, etc. Presently, he is heading our Nuclear Medicine Department and Thyroid clinic at Riddhivinayak Cardiac and Critical Centre, Malad (W).The following message given by him makes a lot of sense.

The only portals of entry are the nostrils and mouth/ throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

- 1. Frequent hand-washing** (well highlighted in all official communications). *(continued on page 3)*



Noble Elementary Volunteer Sign Up

Name _____

Address _____

Phone # _____

or call with the info to Patty Smith. 419.447.1566
(Work) 419.447. 0252 (Home)

I can volunteer in the following area(s): (check all that apply)

<input type="checkbox"/> early morning	<input type="checkbox"/> Monday (8:00 - 8:25)
<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday
<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday

This early morning time could be listening to readers, helping with math facts, helping students finish homework, extra practice time, greeting in the hallway, etc...

The Donkey Story

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do.

Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

MORAL Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping-stone. We can get out of the deepest wells by not stopping,

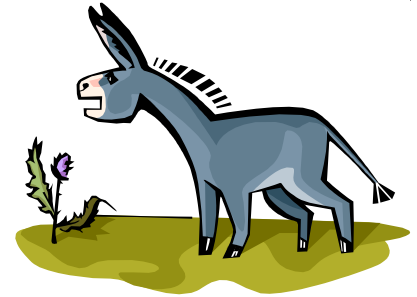
never giving up! Shake it off and take a step up.

Remember the five simple rules to be happy:

Free your heart from hatred - Forgive.
Free your mind from worries - Most never happen.
Live simply and appreciate what you have.
Give more.
Expect less

NOW

Enough of that crap. The donkey later came back, and bit the farmer in the ass. The gash from the bite got infected and the farmer eventually died in agony from septic shock.



MORAL FROM TODAY'S LESSON:

When you do something wrong and try to cover your ass, it always comes back to bite you.

Special thanks to Mary Lou!

Contact info...

Tiffin Altrusa President **Carol Hammer**,
(419) 443-1311 or
mscshammer@hotmail.com

Altrusa Tiffinette Newsletter Editor Karen
Knauer, (419) 435-419-3131 or
LoisLa0303@aol.com

Special thanks to contributors: Nancy Steinmetz, Harriet White, Mary Lou Harrison, Karen Simonds and Carol Hammer

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!

Checkout our website at

<http://www.tiffinaltrusa.com>

Know the Difference between Cold and H1N1 Flu Symptoms

2. **"Hands-off-the-face" approach.** Resist all temptations to touch any part of face

3. **Gargle twice a day with warm salt water** (use Listerine if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

4. Similar to 3 above, **clean your nostrils at least once every day with warm salt water.** Not everybody may be good at using a Neti pot, but blowing the nose hard once a day and swabbing both nostrils with cotton swabs dipped in warm salt water is very effective in bringing down viral population.

5. **Boost your natural immunity with foods that are rich in Vitamin C.** If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

6. **Drink as much of warm liquids (tea, coffee, etc) as you can.** Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

The only way to stop the spread of the epidemic is to spread the awareness!

Sign-up for Seneca County Youth Center visits

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

Tuesday, November 3, 2009

3:30 pm

Karen Knaur

Joyce Lather

Thursday, November 19, 2009

6:30 pm

Tuesday, December 1, 2009

3:30 pm

Karen Knaur

Nancy Frederick

Thursday, December 17, 2009

6:30 pm

Tuesday, January 5, 2009

3:30 pm

Karen Knaur

Nancy Frederick

Thursday, January 21, 2009

6:30 pm

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.

A Keeper

Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, work shirt and a hat; and Mom in a house dress, lawn mower in one hand, and dish-towel in the other. It was the time for fixing things: a curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, re-heating leftovers, renewing; I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.

But when my mother died, and I was standing in that clear morning light in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any more.

Sometimes, what we care about most gets all used up and goes away...never to return. So... While we have it, it's best we love it... And care for it.... And fix it

when it's broken... And heal it when it's sick.



This is true: For marriage... And old cars... And children with bad report cards... Dogs and cats with bad hips... And aging parents... And grandparents. We keep them because they are worth it, because we are worth it. Some things we keep, like a best friend that moved away or a classmate we grew up with.

There are just some things that make life important, like people we know who are special... And so, we keep them close!

I received this from someone who thinks I am a 'keeper,' so I've sent it to the people I think of in the same way... Now it's your turn to send this to those people that are 'keepers' in your life. Good friends are like stars... You don't always see them, but you know they are always there!

Submitted by Mary Lou

Altrusa International Inc. of Tiffin, OH - October 2, 2009 Business Meeting at Ruffing Care Center

President Carol Hammer called the meeting to order at 7:00 p.m. Roll call- 12 presents and 11 absent. Volunteer Hours totaled 297. Minutes for September 16, 2009 were approved. Treasurer reports not presented.

President Hammer asked if anyone would share their pictures from the Chicago trip to let her know for the next newsletter.

COMMUNITY REPORTS

Habitat for Humanity luncheon was served by Hammer and Steinmetz on October 3. 12 noon is the correct time an suggestion of no treats would be good. Other members brought the food in for the lunch.

Soldiers' Home visit in Sandusky went great on September 16th! Kim Lewallen coordinator felt it went better than ever and all 7 veterans joined in with the visit. Another date will be set and there will be a need for homemade cookies to take them. Knaur, White and Fraley went for this one.

Literacy report was given by Karen Knaur for chairman Vicki Ziegler. Noble School program was excellent. Sign up sheets were passed for those who volunteer for the Grandparents Luncheon and Book Sale set-up at the Library on November 10-11 at 7-9pm. SCYC volunteers on October 15 will be Hammer and White.

Communications Elva reported she is very discouraged at the responses for meetings. You are to let HER know by email or phone if you are not coming or coming. PLEASE.

Special Events Joyce Lather is now the chairman.

Fundraising No report was available for the Chicago trip but comments about the event were as followed. Poor taste of video with members asking to have it turned off and was refused by Dawn. Maybe October instead of September would be better (Christmas Savings comes out early October), Hotel was very nice and the area for shopping was very good.

Community Council Gloria noted two projects we might be interested in doing with the council. One is the new socks which can be brought to the October 20th meeting. Gloria made the motion, seconded by Mary Lou. Carried. Salvation Army is asking if we can adopt 1 week of manning the Kettles. It was tabled till Gloria looks into the dates available, inside or outside and times.

Newsletter Editor Knaur emailed all members the October issue prior to this meeting. She needs bio's from 3 members and also articles from other committees. Fillers are nice, but not "churchy" ones.

International Relations October 20th we will be entertaining (3) students from Heidelberg (China and Japan) and (4) students from our High Schools (2) Spain—(1) Brazil—(1) from Turkey plus Bridget Tschanen advisor. Time-7:00 pm at Hospice Offices. Members are being asked to provide the foods. It can be from those countries or others such as Germany, Italy and so on. A food list will be emailed to you all. Dove Pins were given to those attending for November 1 PEACE RESOLUTION. Other members will get theirs at the October meeting. Read what it is in your Yearbook.

Box of Love is with Tami and will be given out at the October 20th meeting. **50/50 Raffle** Harriett held it; MaryLou won the \$6.00 Meeting was adjourned at 8:30 pm Submitted by Harriett White, Secretary

Altrusa International Inc. of Tiffin, OH - October 20, 2009 at Hospice Community Care Center

President Carol Hammer welcomed the exchange students from Heidelberg University and area high schools along with Bridget Tschanen, Advisor. Julie Arnold of Heidelberg was unable to attend with the students.

The young adults represented Japan, China, Spain, Brazil and Turkey. Seventeen members of the Altrusa Club prepared dishes for the "Around the World -East meets West" occasion. Tables were decorated with Tour Books of the countries represented and the International Flag stand borrowed from the Tiffin Lions Club by Nancy Steinmetz.

A variety of foreign foods were made by the Altrusa members including: German Potato Salad, Cabbage Rolls, Italian Lasagna, Swedish Meatballs, Texas Chili, Chinese Fried Rice and Egg rolls, Mexican Fruit Cake, German Chocolate Cake, American Apple Pie, Cabbage and sauerkraut, Tacos and Greek Moussaka .

Each guest told a little about their homeland and their sponsoring families. International Relations chairpersons Harriett White and Elva Aller organized the event and will recommend to the committee next year to plan another event to represent our International Altrusa ties.

Dates noted :

October 15 - 6:30 p.m. to 7:30 p.m. Seneca County Youth Center visit by White and Hammer.

October 25 9:00 a.m. to 11:00 a.m. MAKE A DIFFERENCE DAY at Ruffing Nursing Home.

Literacy project at Noble School on October 20th was attended by Harriett White, Gloria Fraley, Nancy Steinmetz, Mary Lou Harrison, and Rayella Engle. Respectfully submitted by Harriett White, Secretary



Top right: Altrusans pose with exchange student guests. Middle left: Three of the exchange students get to know each other. Middle right: Altrusa President Carol Hammer addresses International Day guests. Bottom left: Elva Aller, co-chair of International Day celebration serves a guest. Bottom right: Exchange student delivers a speech.



Tiffin Altrusa celebrates International Peace Day

Left: International Day co-chair, Harriett White introduces students. **Below left:** Exchange student introduces himself. **Below right:** Mary Lou Harrison listens to a student tell about her exchange experience. **Bottom right:** Guests enjoy international cuisine.



Altrusa spends Make a Difference Day playing bingo at Ruffing Care Center



Top Right: Service chair Vickie Zeigler assists a Ruffing resident playing bingo. **Middle left:** Kathleen Howard helps residents keep track of their bingo cards. **Middle Right:** Vickie's niece Hannah helps out with project. **Bottom left:** Sandy Yarbrough chats with one of the nursing home residents. **Bottom right:** Mary Lou Harrison spots an entry on the bingo card.



Spotlight on Nancy Steinmetz



Hi, my name is Nancy Steinmetz and I'm married to Paul since November 23, 1963. We have three adopted children: two girls and one boy. Our oldest Jamie was born in 1961 and she was 3 1/2 when we adopted her. Our second daughter Amie was born in 1966 was only 5 days old when we brought her home. Then our baby boy Kevin was

born in 1969 and he like his sister Amie was only 5 days old. We feel so blessed and grateful that we have them in our lives.

I worked at the Tiffin Developmental Center for 30 years and I truly loved it. I am still very active. I'm guardian for one of the men who was on one of my modules

and we have a great relationship.

I joined Altrusa in 2003 with Dawn Reidel as my sponsor. What a great and fun group of women we have in our club. It's nice to know that we can celebrate the good happenings in our life and the sad times. We are there for each other through thick and thin.



Wonderful English from around the world

Hard to understand communication can be a roadblocks to understanding around the world. Here are afew amusing communications snafus:

Cocktail lounge, Norway: Ladies are requested not to have children in the bar.

Doctors office ,Rome: Specialist in women and other diseases.

Dry cleaners, Bangkok: Drop your trousers here for the best result

In a Nairobi restaurant: Customers who find our waitresses rude ought to see the manager.

On the main road to Mombassa, leaving Nairobi: Take notice: when this sign is under water, this road is impassable.

On a poster at Kencom: Are you an adult that cannot read? If so, we can help.

In a city restaurant: Open seven days a week and weekends.

In a cemetery: Persons are prohibited from picking flowers from any but their own graves.

Tokyo hotel's rules and regulations: Guests are requested not to smoke or do other disgusting behaviors in bed.

On the menu of a Swiss restaurant: Our wines leave you nothing to hope for.

In the lobby of a Moscow hotel across from a Russian Orthodox monastery: You are welcome to visit the cemetery where famous Russian and soviet composers, artists and writers are buried daily except Thursday.

A sign posted in Germany's Black Forest. It is strictly forbidden on our black forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for this purpose.

Hotel, Zurich: Because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose.

Advertisement for donkey rides Thailand: Would you like to ride on your own ass?

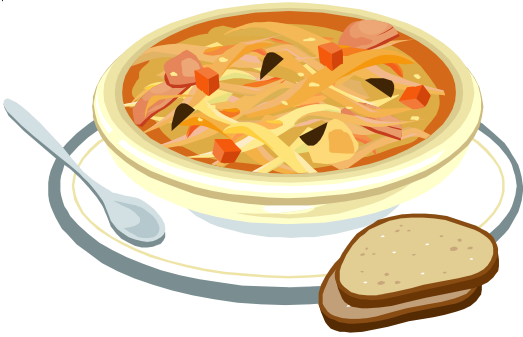
Airline ticket office, Copenhagen: We take your bags and send them in all directions.

A laundry in Rome: Ladies, leave your clothes here and spend the afternoon having a good time.

From Mary Lou

5th Annual Harvest of Hope

Sunday, November 8



11:30 am to 3:30 pm
Meadowbrook Park Ballroom
Bascom, Ohio

Free delivery to the surrounding area for large auction items compliments of Duke Trucking, LLC & Kelbley Transportation, LLC

11:30 am starts with a Buffet lunch of hobo stew, sandwiches, sides, & desserts

2:00 pm Live auction hosted by Jerry Anderson from Toledo 11 and Vic Smith, Jr., Republic, Ohio

Following items will be offered at auction:

- Henry Golden boy rifle — collector's edition 22lr/.22mag/.17hmr
- Rock Run Bulk Foods & Services, Inc. party package (includes meat and/or shrimp tray, cheese tray, and vegetable tray for 50 people)
- Rock Run sweet treats candy trays (OSU & Michigan candy trays, 12")
- DeWalt miter box saw, model dw 715
- 3 month membership to Body Works
- 7 cu. ft. chest freezer
- 275 sq. ft. carpet cleaning by Miller Steam Extraction
- afghan - handmade
- cordless pivoting hand vac
- oak bathroom medicine cabinets (set of 3 with mirrors & lights)
- "Pamper Me" combo pack (massage, facial, & manicure)
- OSU jacket & OSU gift basket
- purse
- cordless driver kit with 100 bits
- wall safe
- backyard BBQ for 8 people (BBQ chicken & ribs, baked beans, cold sides, rolls, & dessert) prepared at your home by TJ Willies using your equipment.
- Fisher-Price power wheels jeep
- 4 Mud Hen tickets
- power drill
- candle basket & tea gift pack
- 24" porcelain collectible doll
- tailgate party basket
- Precious Moments figurines ("You will always be mine," "Take heed when you stand," "We are God's workmanship," and "I'm sending you a Merry Christmas")
- Optimus electronic keyboard md-1150
- over the range stainless steel microwave



All proceeds donated to **F.A.C.T.**—financial assistance for cancer treatment
Cash, check, and credit cards are acceptable forms of payment