



**Rockwell Collins CRAFT  
CLUB  
August 2008**

<http://www.collinsclubs.com/craftclub/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	<b>20</b>	21	22	23
24	25	26	27	28	29	30

**Next Meeting – August 20 - 4:30 p.m., Main Plant Cafeteria**

**CRAFT PROJECT:** This month we will be making a black cat fall/Halloween pin. Bring sewing scissors, thread, and a needle with a larger eye.

**COMMUNITY SERVICE PROJECT:** We will continue to collect school supplies and money for more school supplies.

Future charities – If you have an idea for a group that could use our support, please mention it to Arlys or Joyce.

**POCKETS:** Dee Roman sends THANKS to all who contributed denim jean pockets for her project. She now has enough.

**CLOTHES FOR GEESE:** Yes, you read that correctly. Darlene Ozburn is looking for patterns for clothes for yard geese.

**NOTE ON Rx BOTTLES:** Remember to keep saving your empty prescription bottles with labels removed for the Free Clinic. They ask that the bottles also be washed. Please remember that they CANNOT take non-Rx bottles or even the pre-packaged bottles from the drug company—only the usual pharmacy ones that are usually green or brown.

TIP – DeSolv It, in a spray bottle cleans the goo from the labels off the bottles.

Thank you!

Arlys Huff and Joyce Smith -- Community Service Projects 2006-2007

**REPORTS:** Remember, reports are always available, official ones will be several times a year.

**MESSAGE FROM THE PRESIDENT:** This month is a little calmer at our house, but add a friend in a car accident and a daughter with a broken leg to the liver transplant we did last month! I'm beginning to think our job is to drive back and forth to the hospitals and keep people updated. This summer we planted a lot of seeds that I had bought on our trip to Seed Savers this last year. They are all doing great! I would like to hear from others on how their Seed Savers purchases have done.

My husband and I actually got to take 2 days off to go to the State Fair this week. It rained the second day, so the temperature was nice and cool, instead of the usual high heat and humidity. As usual, we ate our way from one end of the fair to the other. The frozen cheesecake on a stick, dipped in melted chocolate, is still my favorite!

I would like to thank Darlene Ozburn for helping us out with this month's craft project. She did a really great job on it and I think you'll enjoy it.

I hope to see you on Wednesday.

Shari Burns

**TRIPS: ESTHER MICELI 393-7200 or 721-4171 OR THELMA GOETTSCH 396-2700**

Keep in mind that anyone can join us on our trips. They do NOT have to be a member of the club.

**Spillville trip was cancelled due to the flooding. Will let you know if they reschedule it.**

**MISCELLANEOUS:**

**MITTENS:** Any hats or mittens you have finished please bring to any of the meetings. These may be turned in to any officer.

**BIRTHDAYS:**

August

Rita Urbanek	08/03
Lynn Mitchell	08/11
Lura Winterowd	08/18
Jean Strait	08/24
Dee Roman	08/26

September

Janice Berridge	09/06
Thelma Goettsch	09/15
Betty Schott	09/29

**2007-2008 Officers:**

President	Shari Burns	366-4774H / 295-8711W	<a href="mailto:sburns1@rockwellcollins.com">sburns1@rockwellcollins.com</a>
Vice President	Esther Miceli	393-7200	
Secretary/Historian	Jean Strait	363-1688	<a href="mailto:jean82400@aol.com">jean82400@aol.com</a>
Treasurer	Dee Roman	365-4512H / 295-8310W	<a href="mailto:diroman@rockwellcollins.com">diroman@rockwellcollins.com</a>
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Newsletter/Address Chgs	Shari Burns	366-4774H / 295-8711W	<a href="mailto:sburns1@rockwellcollins.com">sburns1@rockwellcollins.com</a>
Tour Coordinators	Esther Miceli	393-7200	
	Thelma Goettsch	396-2700	
Community Service Projects	Arlys Huff	854-6263	
	Joyce Smith	377-3143	

# August

# 2008

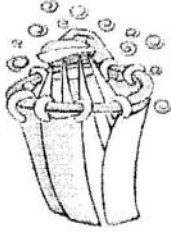
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10	11 Lynn Mitchell	12	13	14	15	16
17	18 Lura Winterowd	19	20 <b>RCC Meeting 4:30 Main Plant</b>	21	22	23
24 Jean Strait	25	26 Dee Roman	27	28	29	30

# September

# 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Janice Berridge
7	8	9	10	11	12	13
14	15 Thelma Goetsch	16	17 <b>RCC Meeting 4:30 Main Plant</b>	18	19	20
21	22	23	24	25	26	27
28	29 Betty Schott	30				

A couple of years ago we had a class where we made different soap products. The teacher that held this class no longer lives in Iowa, so you'll have to buy your own supplies. Here's the directions for the shower gel:



## Make Your Own Shower Gel

Simple and inexpensive shower gel is easy to make and a great quick gift idea.

### Shower Gel Base:

**seventh GENERATION™ Natural Dish Liquid (free and clear of perfumes and dyes)**  
Purchase at Hy-Vee and Pioneer Co-op. It sells for about \$4.00 for a 25 oz. bottle.

**Ingredients of the base are:** vegetable derived cleaning agents (coconut-based surfactants), preservative (less than 0.05%) and water.

This product does NOT contain Lauryl Sulfate which is the chemical that makes you itchy. It is also vegetable based, not petroleum based (better for our pocket books). My students and I have been using this base for years and it is wonderful for your skin and as a shampoo.

### Fragrance Oils and Essential Oils:

**Fragrance Oils: (F/O)** a synthetic fragrance. The ones you want to use are safe to use on your skin. When looking to purchase fragrance oils, make sure it says it's safe for soap making. DO NOT use candle fragrance, it will burn you.

**Where to purchase:** Michael's, Joann's, Hobby Lobby, Hearthstone Gifts and Supplies (Marion). Bath and Body Works

[www.wholesalesuppliesplus.com](http://www.wholesalesuppliesplus.com) is the vendor that I use for what you are using today and a great website for anyone to purchase.

**Essential Oils: (E/O)** Squeeeeeeeeeezed from a plant (seriously). Lavender, lemongrass, orange, lemon, etc. are some common ones. Look for the cheaper ones. They work great in this kind of project. The more expensive essential oils are highly concentrated and often used directly on skin and for medicinal purposes.

Where to purchase: Hy-Vee in the organic area, some salons that host spa treatments will carry Essential Oils and any organics store.

### Bottles:

8 oz bottles are hard to find, but 4 oz. are available at Target, Wal-Mart and Sally Beauty Supply for about \$1. I have plenty of extra and will sell the various 8oz. bottles at wholesale (\$1.00 each)

## Shower Gel Instructions:

1. Pick out an 8 ounce plastic bottle. There are a few choices.
2. Add 20 drops TOTAL of essential/fragrance oil into your container. (1% of total liquid)  
Be creative with your scents. You can mix essential oils and fragrance oils together.
3. Add unscented liquid base. Cap tightly.
4. Gently roll back and forth to mix ingredients (with the lid on!).
5. Name your shower gel with a tag and waterproof pen.