



**Rockwell Collins CRAFT
CLUB
June 2005**

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

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

Next Meeting – June 15 – 4:30 p.m., Main Plant Cafeteria

CRAFT PROJECT: Last month's lady bugs turned out quite well. We are considering doing some more bricks in the future. For this month you do not need to bring anything.

SPEAKER: We will have Lenora Watson doing a presentation on the Farmer's Market. She is a very entertaining lady and she will be giving out the produce as prizes.

COMMUNITY SERVICE PROJECT: This past month we collected \$38 cash for Waypoint Shelters. We also had a set of pillows, paper products, Kleenex, baby wipes, bar soaps, skin care and other personal items. This month we will be collecting for Tanager. Here is their list of needs:

Kites, Bubbles, Glue Sticks, Yarn, Washable Crayons/Markers, Scissors (blunt point), Glitter, Modeling Clay, Silly Putty, Playdough, Construction Paper, Poster Board, Sketch Pads, Coloring Books, Personal Journals/Diaries, Word Find Books, Crossword Puzzles, Craft Kits (Bead, Cross Stitch, Latch Hook).

Board Games (can be used): Monopoly/Monopoly Jr., CandyLand, Chutes & Ladders, Scrabble, Life, Sorry, Trouble, Checkers, etc.

Card Games: UNO, SkipBo, Old Maid, Go Fish

DVD or VHS Movies (Rated G, PG, or PG13)

Passes to: Bowling, Movies, The Play Station, Planet X, CR Kernals Games.

As always, thanks for your help.

Remember to keep saving your empty prescription bottles with labels removed for the Free Clinic.

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.

Thank you!

Gloria Waltke and Zona Davison -- Community Service Projects 2003-2004

REPORTS: Please remember that minutes and the treasurer's reports are available upon request.

MESSAGE FROM THE PRESIDENT: Finally some summer-like weather, however, if you are like me, we could do without the violent storms and humidity. As I write this, storms are forecast for this afternoon. But then again, if it didn't rain some, the plants on my deck might not survive at all. Anyway, speaking of plants, we are looking forward to a visit from our Guest for June meeting, Lenora Watson.

She is an interesting speaker and I am sure we will enjoy learning about the Farmer's market and different fruits and vegetables. She will give some of these away.

Don't forget to bring your "Show and Tell" as we not only appreciate the talent that is shared, but there will be a drawing for a prize to one of you. Also an attendance prize.

Remember if you know of anyone who may have an interest in the club, please invite them as a guest to let them "check us out." Several people I have tried to entice claim they don't know anything about doing crafts, sewing, etc. I tell them, they don't have to have the knowledge as our crafts are not that complex and that we mainly enjoy getting together for social time.

See you soon.

Norma

TRIPS: ESTHER MICELI 393-7200 OR THELMA GOETTSCH 396-2700

The trip to the Fennimore Sewing Exposition was great fun, great classes, and very inspirational. Only 15 people went this time. At our meeting next week we will get some reports from our members who were there on what classes they had and what they learned. A trip to Decorah is on the agenda for late summer or early fall.

CLASSES: Kathy and Cary from the Wooden Spool are just operating off their website for now and still actively holding classes. You can always check their website to see what's available for classes. You can call them or call Rita Urbanek if there's anything you're interested in. Rita's number is 377-3101.

Last week we had the brick imprinting class. We mixed up Vinyl Patching Compound and made our bricks. We had the choice of using the natural grey color, or adding a pink tint. While the bricks were wet, we used plastic letters to imprint our message. Each brick takes several days to dry and can be painted also.

The mosaic class was lots of fun. We started with a clear glass bowl and we could do any design with cut pieces of glass. The glass pieces were glued on. The grouting was done at the second night of the class. It was quite a bit of work, but turned out well.

There was also a class that created a little "Sunflower Guy" out of styrofoam, burlap, and a sunflower.

Another class made coasters out of wool felt.

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:

June

NO June Birthdays !

July

Darlene Edgington 07/03

Verna Riis 07/13

Marie Webster 07/17

2003-2004 Officers:

President	Norma Mikkola	377-6471	nmikkola@aol.com
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Classes	Rita Urbanek	377-3101	
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Tour Coordinators	Esther Miceli	393-7200	
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2004

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July

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30	31				1	2
3 Darlene Edgington	4	5	7	8	9	10
11	10	11	12	13 Verna Riis	14	15
16	17 Marie Webster	18	19 <i>RCC Meeting 4:30 Main Plant</i>	20	21	22
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Knit Your Way to Wellness

Some benefits of knitting and other forms of needlework are obvious: sweaters, scarves, hats, and crafty items to give as gifts. Some are not so obvious: All forms of needlework can improve well-being, says Dr. Lorette Meske, a Lakewood, Washington-based physician known as “The Knitting Doctor” on her Internet weblog at mousepotato.typepad.com. That’s because knitting has a lot in common with proven health-promoting practices.

“Some people feel that knitting is a form of meditation,” Meske says. Meditation focuses attention on an object or thought. That’s exactly what you do as you knit. Meditation can reduce your blood pressure and heart rate and help you relax, and it may help improve your immune function. Knitting can also divert your mind during stressful or aggravating situations, such as when you’re traveling by airplane or waiting in the doctor’s office. Simply tuck a small project in your purse or pocket for such times. And it can protect against bad habits: People who are trying to stop smoking need a new activity to busy their hands. Knitting gives them something to clutch besides a cigarette. ERIC METCALF