



**Rockwell Collins CRAFT
CLUB
June 2007**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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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 20 – 4:30 p.m., Main Plant Cafeteria

CRAFT PROJECT: We will be making cards for Gems of Hope. You do not need to bring anything for this project, but you may want a pen & paper to write down any of the sayings on the cards that you like. All the cards we make will be given out by Gems of Hope. This is not something you will take home with you. But if you like the idea, you can make your own with the ideas you get from this.

SPEAKERS: Our speaker will be from Gems Of Hope, a group that makes cards and jewelry for cancer patients.

BOOK BAGS: HACAP has a need for simple book bags made of fabric. To make a bag you need a piece of fabric measuring 30 x 15 inches. Lighter weight and heavier weight fabrics will work. If you would just like to donate some fabric or something that would work well for bag handles, please bring it to this month's meeting with you. Thanks to those of you that have already made some bags and turned them in. They were great !

COMMUNITY SERVICE PROJECT: We collected food, supplies and money for Waypoint last month. This month our collection will go to Gems of Hope so they can buy more supplies.

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 – from HyVee in Marion, 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: Please remember that minutes and the treasurer's reports are available upon request.

MESSAGE FROM THE PRESIDENT: Well, school's out and before we know it June will be over already. A little more rain would be nice, but I'm afraid if we wish too hard, we'll get too much! Fennimore was great, as usual. I'll talk about the classes I went to at this month's meeting, and those of you that were also there can share what you attended also. Now if only I could find the time to do all the things I learned. I did control myself on the shopping from the vendors this year. We haven't been doing much Show & Tell lately, so bring something if you've got it. See you all on Wednesday.

Shari Burns

HGTV: I'm sure a lot of you are avid HGTV fans. If you've never watched "Creative Juice", give it a try. It's on at 6:30 a.m. They have lots of good crafts on that show. Some are a bit odd, but I've seen lots of good ones.

AMERICAN FLAG: Today is Flag Day, so I am listing some flag tips here for you. I continue to see flags hung incorrectly, whether it's in someone's porch window or on a wall in a business.

Proper Display

- The flag should be displayed from sunrise to sunset. If the flag is displayed at night it should be illuminated.
- Never allow the flag to touch the ground or the floor.
- **When displayed on a wall or window the blue field should be in the upper left corner.**
- The flag should be raised quickly and lowered ceremoniously.
- The flag is often flown at half-staff to show respect for someone who has died. When flown at half-staff, the flag should be raised to the top for an instant and then lowered to the half-staff position. The flag should also be raised to the top before it is lowered at the end of the day.

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. We do not have any trips planned currently.

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	July
Trudy Albaugh 06/01	Darlene Edgington 07/03 Verna Riis 07/13

2006-2007 Officers:

President	Shari Burns	366-4774H / 295-8711W	sburns1@rockwellcollins.com
Vice President	Esther Miceli	393-7200	
Secretary/Historian	Jean Strait	363-1688	jean82400@aol.com
Treasurer	Dee Roman	365-4512H / 295-8310W	diroman@rockwellcollins.com
Membership/Address Chgs	Kate Leith	295-4298W / 366-1467H	kmlaith@rockwellcollins.com
Classes	Darlene Ozburn	377-1974	
	Arlys Huff	854-6263	
Newsletter/Address Chgs	Shari Burns	366-4774H / 295-8711W	sburns1@rockwellcollins.com
Tour Coordinators	Esther Miceli	393-7200	
	Thelma Goettsch	396-2700	
Community Service Projects	Arlys Huff	854-6263	
	Joyce Smith	377-3143	

June

2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tracy Albaugh	2 Fennimore Trip
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July

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1	2	3 Darlene Edgington	4	5	6	7
8	9	10	11	12	13 Verna Riis	14
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22	23	24	25	26	27	28
29	30	31				

QUOTES:

An attitude of thankfulness can also increase your joy by increasing your sense of abundant blessing.

Often the most lovely things cost very little or nothing at all.

* * * * *

Peroxide uses

This is what Oxi clean is... 3% peroxide

This was written by Becky Ransey of Indiana

"I would like to tell you of the benefits of that plain little old bottle of 3% peroxide you can get for under \$1.00 at any drug store. My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide, or they would lose thousands of dollars."

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe)

No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash. (Small print says mouth wash and gargle right on the bottle)

2. Let your toothbrushes soak in a cup of "Peroxide" to keep them free of germs.

3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.

4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

5. I had fungus on my feet for years - until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.

6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine, but was healed by soaking in peroxide.

7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.

8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue.

9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, faddish, or dirty blonde. It also lightens gradually so it's not a drastic change.

11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.

12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. I use peroxide to clean my mirrors with, and there is no smearing which is why I love it so much for this. I could go on and on. It is a little brown bottle no home should be without!

With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner.