



Rockwell Collins Craft Club

August 2009

Back to school! Papers, pencils, crayons, and all the other wonderful school supplies that are on the shelves this time of year! I believe we crafty people like this stuff because it reminds us of what we can do with all those colors and textures!

Remember the absolute thrill of a new box of sharp Crayolas?!? Especially if you were lucky enough to be blessed with the box of 64 with the built-in sharpener in the back of the box!! Or how about the paste? Did anyone else have one kid in class who thought it was a snack? Yuck!

With this in mind, we will be using "sticky notes" from the school supply aisle for our craft this month! This is a fun but practical project that you'll want to repeat, so be sure to join us for the meeting on Wednesday, August 19th.



Just for Fun!



Syrup-Pail Students

Reprinted from:



The Magazine That Brings Back the Good Times

THIS PICTURE (at left) shows my brothers and sisters and me preparing to leave for school, around 1932. Notice the syrup pails containing our lunches.

I'm in front, and in the second row are Gordie (holding Doris) and Muriel. In the back row, from left, are Arlie and Ernie (holding Bob).

In those days, if you knew your name and could tie your shoestrings, you were sent to school. I started school when I was 4 years old, and we walked about a mile and a half to school. Then you hurried right back home after school to help with work on the farm.

We lived on a farm, without electricity, along the Lake Michigan shore, near Cedar Grove, Wisconsin. When Dad bought the 80 acres, he was told that he had to take the shoreline sand with the farmland. The Depression hit pretty hard, and we had to sell the land when Dad died. Now that sand is worth many thousands of dollars!

—Leslie Wieberdink

This Month at a Glance

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Interesting Dates in August:

- 5th – Little Orphan Annie comic strip debuts (1924)
- 5th - Neil Armstrong- 1st to walk on the moon- is born (1930)
- 14th - Japan surrenders, ending WWII (1945)
- 24th – The Waffle Iron is patented (1869)
- 31st– HW champion Rocky Marciano dies in a plane crash near Newton, IA (1964)

Today's Reading Assignment: Arithmetic Tests by Kenny Ad

Recipe Goldmine is the home of thousands of free recipes, including our famous restaurant recipes collection.



Recipe Goldmine

Seriously, if you can't find it here, you probably need to invent it!!

Here are some Summertime Goodies to try!

Gazpacho Garden Salad

- 1/2 cup vegetable oil
- 1/3 cup lemon juice
- 2 cloves garlic, finely chopped
- 1 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium green bell pepper, seeded and diced
- 2 medium, firm tomatoes, diced
- 1 medium cucumber, peeled, seeded and diced
- 1/2 cup sliced scallions

In a 1-pint jar with tight-fitting lid, combine oil, lemon juice, garlic, salt and pepper; shake well.

In narrow 1-quart glass container, layer 1/2 each of the green pepper, tomato, cucumber and onion; repeat layering with remaining vegetables. Pour dressing over salad. Chill 4 hours to blend flavors.

Makes 8 servings.

Zucchini Matchstick Salad

- 3 small zucchini
- 2 Red Delicious apples
- 1/2 cup raisins
- 1/2 cup chopped toasted walnuts

Dressing:

- 1/2 cup vanilla yogurt
- Grated rind of 1/2 orange
- 1/2 teaspoon granulated sugar
- 1/4 teaspoon cayenne pepper

Cut the zucchini into matchstick-size strips with a knife or mandolin. Core the apples and dice into 1/2-inch pieces. Place all ingredients in a medium-size bowl and mix well. Let rest 1 or 2 hours before serving.

Yields about 6 servings

Lazy Day Salad

- Fresh fruits
- 1 teaspoon almond extract
- 1/4 cup granulated sugar

Use melons, grapes, cherries, strawberries, bananas (sprinkled with lemon juice), cantaloupe, etc. Cut into bite-size pieces. Mix with sugar and almond extract. Chill well.

Happy Birthday!

August

3rd— Rita Urbanek

11th—Lynn Mitchell

17th-Zona Davison

24th-Jean Strait

26th-Dee Roman

September

6th-Janice Berridge

15th-Thelma Goettsch

29th-Betty Schott

You Know You're Getting Older When...

- Your joints are more accurate than the National Weather Service.
- There's nothing left to learn the hard way.
- Your idea of weight lifting is standing up.
- It takes longer to rest than it did to get tired.

Click here for more great ideas from Recipe



Healthy eyes mean
YEARS of crafting!



August is “National Eye Exam Month!”

(Does Hallmark make a card for that?)

“See” the Importance of Eye Health

August is National **Eye Exam** Month, so what better time to remind ourselves of the importance of vision care? If you haven’t had an eye exam recently, now would be a great time to make an appointment with an eye care professional – either an ophthalmologist or an optometrist. Routine check-ups are vital in preventing **eye disease** and detecting visual impairment. During an eye exam, the doctor performs a series of tests to check for problems such as cataracts and **glaucoma**, as well as to assess whether there is a need for glasses or contacts. With two-thirds of Americans needing vision correction and a number of eye diseases that exhibit no symptoms, it is crucial to have your eyes examined periodically.

How often should I have my eyes checked?

Infants and toddlers should have their eyes checked by a pediatrician during routine medical appointments. Ages 3 through 19 should have eyes screened every one to two years. Eye exams are then recommended at least once during the 20s and twice during the 30s. As you get older, it is advised to have a baseline exam at age 40 and then have exams every two to four years through age 64. Seniors age 65 and older should have a **complete eye exam** every one to two years. More frequent exams may be necessary for people with a higher risk for eye disease including anyone with a family history of eye disease, African Americans over the age of 40, diabetes patients, and anyone with a personal history of eye injury.

How can I **prevent eye disease** and injury?

Don those shades. The ultraviolet rays of the sun may contribute to the formation of cataracts and age-related macular degeneration. When outdoors, wear sunglasses to protect your eyes from the sun’s damaging rays. Look for sunglasses that block at least 98 percent of both UVB and UVA rays. (UVC rays are absorbed in the atmosphere and do not reach the earth.) Contact lenses with UV protection guard the cornea of the eye from the sun’s rays, but sunglasses are still needed to protect the surrounding eye tissue. And while you wouldn’t ordinarily forget your sunglasses on a hot sunny day at the beach, remember they just as important in the winter. Even though the sun’s rays do not feel as intense in the colder months, they are still strong enough to cause eye damage. In addition, snow can reflect up to 80 percent of harmful UV rays.

Wear goggles. Over one million people are afflicted with preventable eye injuries each year. Wearing properly fitted protective eye-wear (look for the “ANSI Z87.1” safety standard rating on the frame or lens) protects eyes from flying fragments, dust particles, sparks, fumes, chemical splashes, and ultraviolet and infrared radiation encountered at work or at **home**. Eye protection is important when doing things such as mowing the lawn, **using power** tools, performing car repairs, and playing certain sports, such as racquetball.

Eat healthy. Eat a well-balanced diet being sure to get the recommended daily allowance of Vitamin A, which is essential to eye health. Vitamin A is found in foods such as carrots, spinach, sweet potatoes, and turnip greens.

Sometimes we take for granted seeing the beauty of a sunrise, a bee pollinating a flower, or the smile of a child. But these things would be sorely missed if vision was impaired or lost. So remember, taking good care of your eyes and getting periodic eye exams not only is advantageous for your eye health, it adds immeasurably to your life.

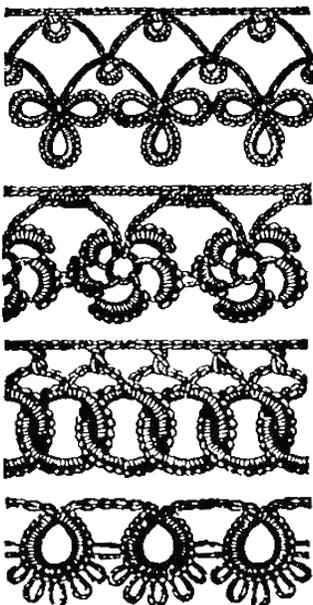
What is Tatting?

About 2000 years ago, fishermen used a large shuttle to weave heavy cord into fishing nets. About 1000 years ago sailors knew many different kinds of knots to use on the sailing ships. The Bolin Knot was used for the anchor; it was a slip stitch. All these cords were handed down to weavers who used a finer thread to make lace. The shuttle was smaller to accommodate this finer thread and the lace they made was sewn onto satin and velvet. Because the royalty wore beautiful garments with lace, lace making was a thriving business in Europe.

Tatting was one of these laces. Children and handmaidens were taught to tat edgings that were quickly bought up by the weavers who would add the tatting edgings onto the garments and charge a large sum of money for the garment.

In England, this lace was called knotting. In France it was called *frivolet*. In America it was called tatting. In 1845 in Cork, Ireland the nuns had developed the art of lace making with crochet, knitting, and tatting. They saw the poor people eating grass so they brought out their beautiful laces, sold them, and gave the money to the poor. Irish immigrants came to America wearing tatting, and then they sold the tatting to make pin money.

TATTING EDGINGS



Today’s Reading Assignment: The Arctic Ocean by I.C. Waters

What's Out There?



Just a quick glance at this site told me I better get a cup of coffee and settle in for a bit! A nice layout, fun project ideas and patterns, and my favorite—instructional videos! I've included a sample—I've made these for my nurse friends and they are a big hit!



Our Free Craft Project Categories

- Bath and Body Crafts
- Bead Crafts
- Candle Making
- Crochet Patterns
- Easter Crafts
- Group Crafts
- Halloween Crafts
- Jewelry Making
- Kids Crafts
- Misc Crafts
- Knitting Patterns
- Paper Crafts
- Gifts in a Jar
- Recycled Crafts
- Scrapbooking
- Holiday Crafts
- Sewing Crafts
- Soap Making Recipes
- Therapy Crafts
- Valentine's Day Crafts
- Wedding Crafts
- Christmas Crafts

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Stethoscope Cover

Materials:

- 34 inch x 8.5 inches of Fabric
- 1 inch square of Velcro or sew-in snap
- 2.5 inches of Elastic

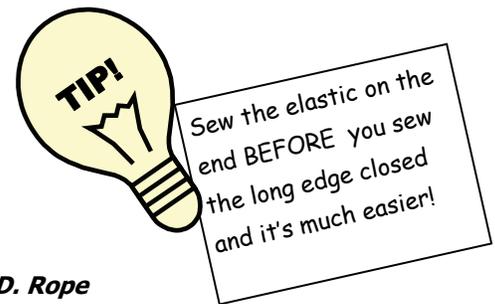
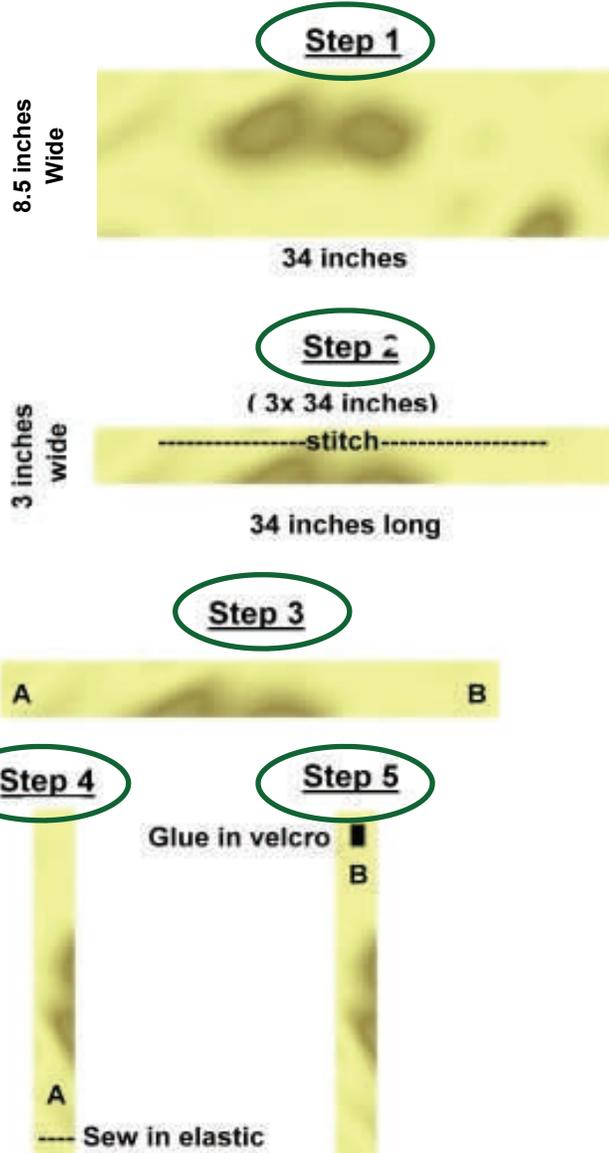
Start by taking your length of fabric. Hem the 2 smaller edges for a neat finish. Fold it in half so that it is inside out (the print is facing inwards).

Following the steps in the image below, sew along the edge to close the strip to form a tube.

Take the elastic and sew it into place at end "A" by sewing it into place around 1/2 inch from the edge.

Using glue or sewing machine secure your Velcro into place by stitching one side of the Velcro to each side of the tube. This will stop the fabric from sliding down the stethoscope. You could also substitute the Velcro for a sew-in snap if you wish.

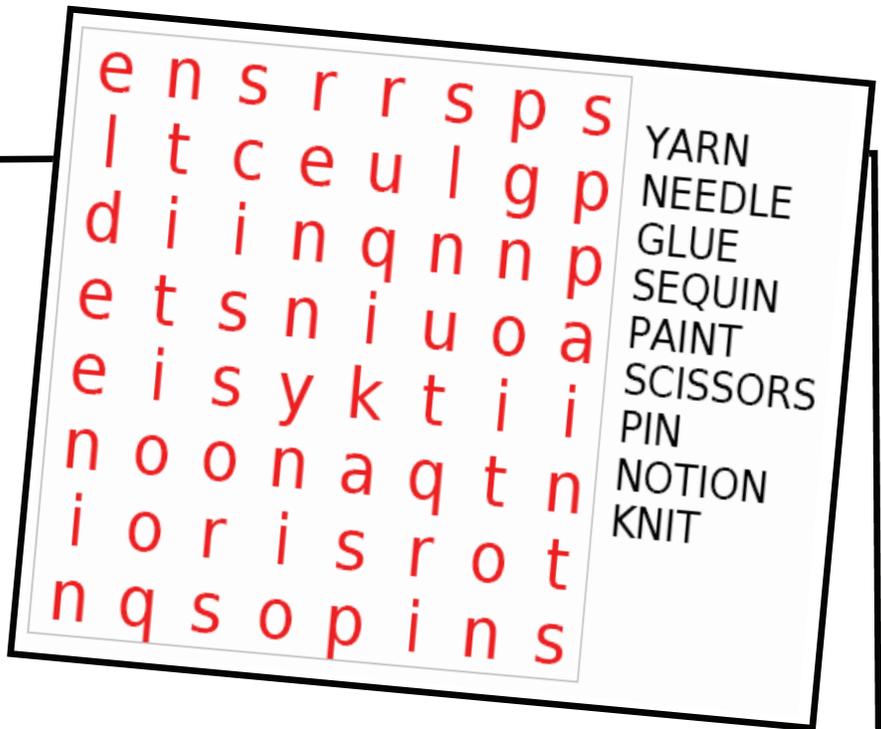
Once you have finished turn it the right way around so that the print is facing out then thread it over your stethoscope with the elastic at the bottom and Velcro or snap at the top.



Today's Reading Assignment: *Bell Ringing* by Paula D. Rope

Supply list:

- * Dry Erase Markers
- * School Boxes
- * Wide Line Paper
- * Colored Pencils/pencils
- * Markers
- * Pocket Folders
- * Highlighters
- * Trapper Keepers
- * Scissors
- * Pencil Pouches
- * Back Packs
- * 3 Ring Binders
- * Tab Dividers
- * Crayons
- * Erasers
- * Calculators
- * Wide Line Spirals
- * Glue/Glue Sticks



We will continue to collect school supplies for area students in need—see idea list above

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Today's Reading Assignment: Weekend Breaks by Gladys Friday