



Rockwell Collins Craft Club

December 2012

Christmas is just about here. Isn't it amazing how SLOWLY this time of year goes if you're a kid and how it flies by with not enough time to get everything done when you're an adult? I am doing well at simplifying my gift wrapping this year. I have been making fabric gift bags for several years now and this year I'm also using empty Christmas tins to put gifts in.

- ☀ Last month's project of coffee filter wreaths went pretty well, but most people did not finish theirs during the meeting. If anybody has a completed and / or decorated one, bring it in to share. I think I'll try a pastel painted one for spring time..
- ☀ This month's project will be decorating glass blocks for Christmas. We will have strings of lights, tinsel, garland, and ribbon for you to get creative with. If you have any sparkly or Christmas items you might want to use in yours, please bring them along.
- ☀ Our charity project for this month will be to bring food items or money for the local food banks.
- ☀ Jean Strait's church helps our Kenwood school all year round. They have been given an offer from Hy Vee. For every \$200.00 in receipts that is turned in to the school it will be given one dollar. Doesn't seem like much but there is no out of the pocket expense and Kenwood school can use every penny given them. So please save your HyVee receipts and give them to Jean.
- ☀ If you haven't turned in your new year's membership form, give it to Patti Little.
- ☀ And last, but not least, try to find some time to RELAX and ENJOY the Christmas Holiday time.

This Month at a Glance

Next Meeting:
Wednesday
December 19
at 4:30 Main Plant
Cafeteria

Your Brain on Crafts
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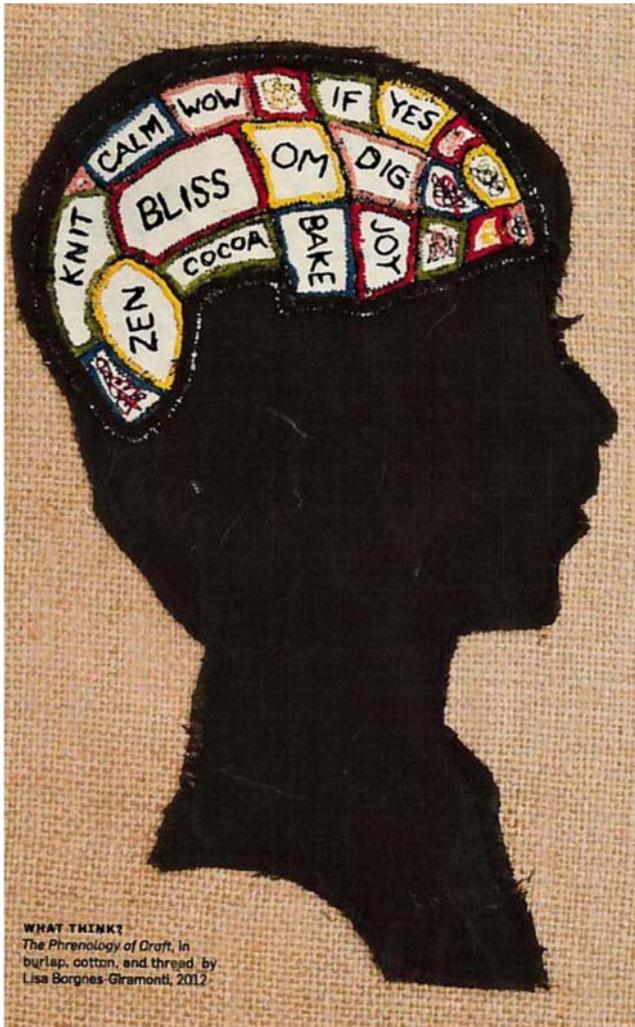
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This is your Brain on Crafts



There was an article in Martha Stewart's magazine this month about how crafting affects your brain. It was an excellent article and explained how crafting, gardening and cooking can "decrease your heart rate and blood pressure and even improve sleep. Your breathing takes on a regular pattern, which shuts down the body's anxiety-producing fight-or-flight response." When the midbrain is engaged by the repetitive movement involved in many crafts, the temporal lobe is unable to focus on worry or stress. The cortex-which controls conscious thought-becomes quiet and peaceful. In the United Kingdom there is a group called Stitchlinks that promotes the connection between knitting and well-being. They organize knitting groups for people dealing with depression and other health issues. They said "When concentrating on a pattern, you're required to be so present in the moment that you can't worry about the future. Even physical pain fades into the background." During World War I soldiers were taught to knit to ease their shell shock.

Another benefit is that when your midbrain is absorbed in the craft project, the rest of your brain often comes up with solutions to other things you have been thinking about.

The good news is that you don't even have to finish a project to get all these benefits! So if you've been feeling guilty about unfinished projects, you can stop. What matters is not so much the quality of the end result as the hours you spend getting there. You have not been wasting your time.



Best holiday party recipe ever . . .

We've all had the Little Smokies in BBQ sauce and Little Smokies wrapped in bacon, but this recipe beats those hands down. I think it's the addition of the brown sugar that does the trick.

People will be eating them before you can get them all on a plate.



Bacon-Wrapped Little Smokies

1# bacon

14-16 oz beef smokies

3/4 cup brown sugar

Cut bacon strips into thirds.

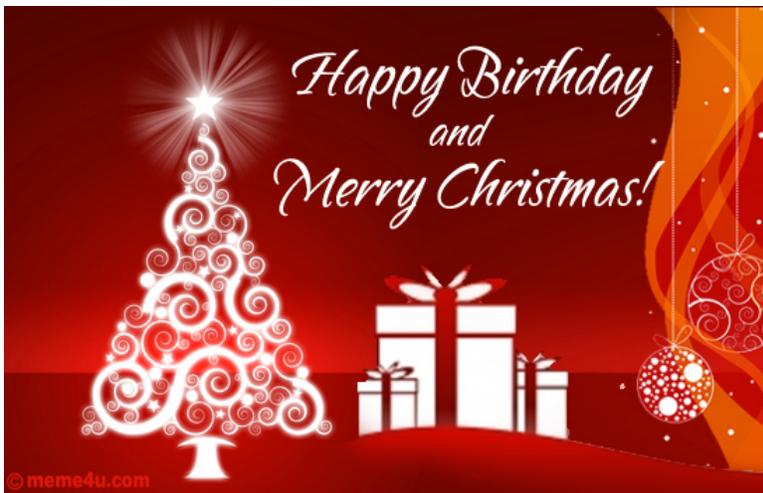
Wrap around smokies and attach with toothpick.

Put on baking sheet, sprinkle with brown sugar (3/4 cup).

Bake @325 for about 40 minutes until the brown sugar starts to bubble.

Crispy and delicious !!!!

Christmas is weird. What other time of the year do you sit in front of a dead tree and eat candy out of your socks?



Happy Birthday!
December
22nd—Joyce Smith
January
10th—Crystal Wessley
14th—Nancy Lacy



Man cannot live by chocolate alone . . . but woman can!



2012-2013 Officers

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