



Rockwell Collins Craft Club May 2017 Newsletter

Here's a close-up picture of our newest Lilac bush. My Mom loved lilacs and my sister-in-law got us this to plant in her memory. I have never seen one like it before, with both purple and white on each petal. It goes by two different names. Sensation or Yankee Doodle. Isn't it beautiful?

- ☀ Happy Syttende Mai !!! Our meeting this month will be on May 17th, which is Norwegian Independence Day. Have some Lutefisk and Sandbakkels to celebrate.
- ☀ We had a great project last month with the paintable umbrellas with flowers inside. As usual, we had a good variety of techniques among our creative group. Everything from stenciling to spraypaint and also regular craft paint. Some solid colors, stripes, and polka dots. And also some with ribbon trim.
- ☀ Work on the new cafeteria continues with no Completion Date to be had. So for now, we will continue to meet at the church, which is a very nice place for us, and we are most grateful.
- ☀ **Our meeting location & time:** We will be meeting at 4:30 at Jean Strait's church. **Kenwood Park United Methodist Church, 175 34th Street NE.** Park in the parking lot that is on 34th Street and come in that door. We will meet on the lower level in the large room. There is an elevator if you have trouble with stairs.
- ☀ This month we will be having the ladies from *Gems of Hope* join us for cardmaking for their wonderful charity. They asked us if they could come back again, so they must think we do good work.
- ☀ Our charity for this month is still *Meals on Wheels*.

This Month at a Glance

Next Meeting: Wed May 17 at 4:30 Kenwood Park Methodist Church 175-34th St. NE
<i>Birthday List</i> Page 1
<i>Gems of Hope</i> Page 2
<i>Good Thoughts</i> Page 3
<i>Quotes, humor and list</i> <i>of officers</i> Page 4



Happy Birthday!
May
1st — Shari Burns
June
Nobody !



Most of us are familiar with the work of Gems of Hope, but for those that are not, here's a little information about them.

What is Gems of Hope?

Gems of Hope Inc. is a nonprofit organization that offers gifts of jewelry mounted on inspirational cards to cancer patients. The patients are invited, along with family and friends, to attend workshops to create these works of art for others.

Our Mission

We are bringing hope to cancer patients and their families. To learn more, watch the video at gemsofhope.com

Our Vision

To provide cancer patients and their families support and resources to inspire hope, creating the outlook that hope is always present in a cancer diagnosis.

Our Story



Gems of Hope was inspired by Tory, a 9-year-old living in Cedar Rapids, Iowa. While her mother was in treatment for cancer, Tory wrote daily notes of encouragement, leaving them where her mother would see them. The pair also attended art therapy classes together. Tory's mother recognized that the love behind the notes and the opportunity to create art, as well as the information she found in her reading, were valuable components in her recovery. She joined two friends also affected by cancer in founding a non-profit organization that would extend these components to others.

Gems of Hope promotes what medical research now supports: developing one's spirituality can encourage feelings of optimism and hope and, thus, healing. Gems of Hope was founded to share hope with others.

Gems of Hope, Inc. was founded in July of 2005 to share hope with others.

66 Positive things you should be saying to your child (or other important people in your life.)

1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. I love the way you tell stories.
33. What you did was awesome.
34. I admire you.
35. That's a great question.
36. Your friends are lucky to have you.
37. I trust you.
38. That was a really good choice.
39. Seeing you happy makes me happy.
40. Being your parent is my favorite job.
41. I learn new things from you every day.
42. You make me better.
43. You are a good boy/girl.
44. Thank you for being you.
45. I'm so glad you're here.
46. You look great.
47. I understand you.
48. Watching you grow up is the best.
49. That was really brave.
50. I forgive you.
51. I appreciate you.
52. We all make mistakes.
53. Yes, me too.
54. You are very good at that!
55. You can try again tomorrow.
56. Nobody is perfect.
57. I love how you said that.
58. Not everyone will like you, and that's OK.
59. You did that so well.
60. I'm listening.
61. That's a very fair point.
62. You are beautiful inside and out.
63. I love you.
64. I could never stop loving you.
65. You are enough.
66. You make my heart full.

Take your time; don't live too fast. Troubles come, but they will pass.



Fear is not a fact, it's just a feeling.

2016-2017 Officers:

Club President

Shari Burns
295-8711 W

shari.burns@rockwellcollins.com

Secretary/Historian

Sydney Porter
263-2956

sydney.porter@rockwellcollins.com

Membership/Address Changes

Mary Lagerquist
gmetlager@gmail.com
393-0789

Tour Coordinator

Esther Miceli 393-7200

Vice President

Pam Long
739-0234

Pamela.long@rockwellcollins.com

Treasurer

Marj Pepin
849-1146

Newsletter/Address Changes

Shari Burns
295-8711 W
270-0404

shari.burns@rockwellcollins.com

Community Service Projects

Arlys Huff 854-6263