



**Rockwell Collins CRAFT
CLUB
October 2007**

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	31			

Next Meeting – October 17 - 4:30 p.m., Main Plant Cafeteria

PIZZA & BINGO: No craft project this month, as we'll be eating pizza and playing bingo. Please call Jean Strait if you haven't made your reservation yet. 363-1688.

OFFICERS: For those of you that weren't at last month's meeting, we had no new volunteers to run for any offices. All the current officers were reelected.

ATTENTION RETIREES: Retirees that meet at Kenwood Park Methodist Church—please note change in upcoming speakers. Tuesday, October 16--Entertainment is Ron Semler, Elvis tribute artist. The speaker about Rockwell Retirees health insurance will be November 13th.

SEWING GUILD GARAGE SALE: This will take place at Esther's house, 3620 Center Point Rd. N.E. Dates and times are Thursday October 18th, 5-8pm, Friday October 19th 9-5, and Saturday October 20th is 9-Noon. Sewing fabric and related items. Lots to choose from, reasonable prices. Call Esther at 393-7200 (home) or 721-4171 (cell) with any questions.

COMMUNITY SERVICE PROJECT: Our charity for this month will be our soldiers that are currently on active duty. We will collect money to buy the specific things they need and mailing them to a specific soldier for distribution.

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!

Arllys 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: I think fall is finally here. Had to turn the furnace on last night. I do love this weather, but hate to even think about winter coming again! It's hard to believe it's time for pizza & bingo again. Also time to start working on those Christmas gifts. Rockwell Craft Fair is coming up in a few week also, so if you're participating in that, I'm sure you're plenty busy. I am enclosing the Registration Form for the new year. Please turn yours in with your check to Kate Leith as soon as possible.

Shari Burns

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.

Saturday, December 1 we will go to **Galena** for Christmas shopping and great restaurants, stopping at the monastery for caramels and in Dubuque for a tour of the Christmas lights in the park.

Esther is also trying to arrange a December trip to East Peoria to view a HUGE Christmas light display.

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:

October		November	
Sue Viall	10/02	Norma Mikkola	11/10
Darlene Ozburn	10/09	Pat Reed	11/13
Marlene Simon	10/16	Beverly Welch	11/16
Gloria Waltke	10/18	Pat Little	11/19
Suzanne Baxa	10/20	Marlene Tumilty	11/19
Michelle Bell	10/23	Darlene Ealy	11/21
		Vicky Lydon	11/23
		Christine Bohl	11/24
		Arlys Huff	11/25
		Waunita Emken	11/27
		Evelyn Neal	11/30

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	kmlleith@rockwellcollins.com
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	

October

2006

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	1	2 Sue Viall	3	4	5	6
7	8	9 Darlene Ozburn	10	11	12	13
14	15	16 Marlene Simon	17 <i>RCC Meeting 4:30 Main Plant</i>	18 Gloria Waltke	19	20 Suzanne Baxa
21	22	23 Michelle Bell	24	25	26	27
28	29	30	31 			

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 Norma Mikkola
11	12	13 Pat Reed	14	15	16 Beverly Welch	17
18	19 Pat Little Marlene Tumilty	20	21 <i>RCC Meeting 4:30 Main Plant Darlene Ealy</i>	22 	23 Vicki Lydon	24 Christine Bohl
25 Arllys Huff	26	27 Waunita Emken	28	29	30 Evelyn Neal	

Bananas

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey.. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"