

**This Month
at a Glance**

Rockwell Collins Craft Club

June 2009

W

hoever came up with the phrase “lazy days of summer” must have been out of touch ! With all of the ball games, picnics, vacations, festivals and fairs...who has the time to be lazy?


This month’s Community Service choice is Camp Courageous. See more information about it on page 2.

And we are happy to report that with our \$55 donation, Arlys was able to purchase the following for Aid to Women:

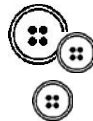
- Hamburger Helper ~ Canned chicken ~ tomato paste
- canned ham ~ bread - white & wheat ~ spaghetti
- pancake syrup ~ pancake mix ~ spaghetti sauce
- Also a bag of assorted toiletries that was donated



Our craft at this month's meeting will involve buttons... **bring along your button jar!**

 I love it when we do projects where everyone brings and shares their supplies... kind of like a Craft Potluck, don't you think?

We will have the materials you need...but you may want to be sure to pack a hand needle and some thread to sew your buttons on to your project.



**Cedar Rapids
Freedom Festival —
in our 25th year of
Celebrating
America in the
Heartland
June 18 - July 4**

Juneteenth Day

Juneteenth Day celebrates and symbolizes the end of slavery in the United States.

President Abraham Lincoln issued the Emancipation Proclamation on September 22, 1862. But, it was not until June 19, 1865 that all slaves were finally freed.

That concluding event was when General Gordon Granger rode into Galveston, Texas with his troops and issued Order Number 3 which finally freed the last of the slaves.

The formal end of slavery was marked by the passing of the 13th amendment of the constitution.

**Next Meeting:
Wed June 17 4:30
Main Plant Cafeteria**

Craft Clubbers
Birthdays!
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Who's In The
Spotlight?
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It's "National
Dairy Month!"
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What's Out There For
Crafters?
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Interesting Dates in June:

- 1st** - Ed Sullivan's final show (1971)
- 10th** - Judy Garland is born. (1922)
- 14th** - The U.S. Army is formed. (1775)
- 18th** - National Go Fishing Day
- 22nd** - Doughnuts are created. (1847)

...I'm a Dad, I know everything ...

<http://www.collinsclubs.com/craftclub/>

In the Spotlight...



Meet Kay Landuyt!

What is your role in the world of Rockwell Collins?

I am the Manager of Customer Owned Property Administration. I have been with Rockwell Collins for 10 years. On June 19 I will start a new chapter in my life called retirement. I am looking forward to it as a time to be all that I can be and a time to do whatever I want to do.

Although, my husband already has a "honey do" list, and jokes that I will get a load of mulch for our flower beds for a retirement present!

What are some interesting things you'd like us to know?

I married my best friend, Larry Robinson 10 years ago. I met Larry when I was on the board of a local scuba club. Prior to getting married, I worked for Square D Groupe Schneider in Columbia, Missouri and Cedar Rapids, Iowa for 30 plus years. It has been great coming back to Iowa and being near my family.

...cont. on page 4



Camp Courageous

A year-round respite and recreational facility for individuals with disabilities

...because we're more alike than we are different

For more information and others ways to help, see the last page of the newsletter

Camp Courageous of Iowa is a year-round respite care and recreational facility for individuals of all ages with disabilities. The camp was established in 1972 with the first 211 campers attending in the summer of 1974. Today, Camp Courageous serves well over 5,100 campers in a year-round program.

All people, regardless of ability level, have the right to opportunities found in the world around them. Individuals with disabilities, as well as their families, should experience year-round recreational and respite care activities in a camp setting. Camp Courageous of Iowa provides this needed service to all. The camp provides opportunities for social and personal growth within a supportive environment. Campers learn to try a variety of creative and challenging activities and experience success. Campers develop enhanced self-esteem which carries over to work, home, or school environments.

Camp Courageous was founded in 1972 when forty acres of land was donated for the sole purpose of establishing a camp for the disabled. In 1973 five buildings were built from donated labor and materials. By 1974 the camp was ready for its first campers, which totaled 211. Today the camp is open year-round and has over 150 acres of land with 16 buildings. Annually, Camp Courageous serves over 5,000 campers ranging in age from 1 to 105.

Camp Courageous was built and continues to operate on donations, without government assistance, without formal sponsorship, and without paid fund-raisers. What this means is that everything that is given to the camp goes directly to benefit the campers. Find out how you can help.



June Birthdays

WHAT?!?

No June Birthdays??

You Know You're Getting Older When...

- You look forward to a dull evening.
- Your children begin to look middle aged.
- Your favorite part of the newspaper is "20 Years Ago Today."
- Your arms are almost too short to read the newspaper!



July Birthdays

3rd—Darlene Edgington

30th—Judy Kennedy

... Do you think money grows on trees? ...

<http://www.collinsclubs.com/craftclub/>

May is "National Dairy Month!"

(Does Hallmark make a card for that?)



How empty our lives would be without cows.

No milk for our cereal; no cheese for our pizza; no ice cream for our banana splits.

As we mark national Dairy Month the Wisconsin Milk Marketing Board reminds us we have many reasons to be thankful for these beautiful bovines.

Did you know, for example, that it takes 10 pounds of milk to make one pound of cheese? that Wisconsin produces 25 percent of U.S. cheese - nearly 2.5 billion pounds? or that each Wisconsin cow produces 19,546 pounds, or 2,273 gallons, of milk a year?

Here's some more cow trivia: the average dairy cow weighs around 1,400 pounds, about the weight of a small sailboat, and there are more dairy cows in Wisconsin (1.25 million) than people living in the Dallas metropolitan area.

Of course, ice cream and frozen custard are wonderful ways to celebrate our relationship with our cud-chewing friends, but if you're looking for other delicious dairy recipes, check out EatLocalDairy.com.



Iced Coffee with Milk

Makes 2 servings

- 2 cups low-fat milk*
- 2 cups freshly brewed coffee, cooled
- sugar substitute, to taste

Stir together 1 cup of milk and 1 cup of coffee. Pour into an ice cube tray and freeze overnight until frozen solid.

Pour remaining milk and coffee into 2 tall glasses.

Sweeten to taste with sugar substitute and add half of the prepared milk ice cubes** to each glass.

*Or, substitute with low-fat chocolate milk to create an iced mocha coffee.

**Size and amount of ice cubes may vary depending on ice cube tray.



What's Out There?

This month's feature resources have been a big hit so far! How will we ever find the time to do all the projects we love!?

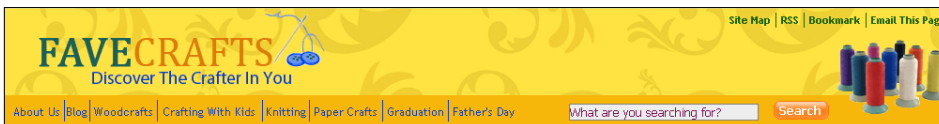
Pickle Dish is the site where our Mrs. Bobbins cartoons come from each month. The Q & A Forum is not very active, but there are a lot of interesting ideas there.

<http://pickledish.kcstar.com/>

Favecrafts is new to me, but receives a big "Thimble-Thumb" up!!

Literally, any craft project you may be interested in is listed here! You can find new ideas, and probably that *old* idea that you want but can't find!

The craft project on page 5 was found on this site. <http://www.Favecrafts.com/>



Welcome to FaveCrafts.com where we have 1000's of free craft projects, home decor ideas and DIY tips. We add new projects and tips every day. Some of our readers' favorites include Christmas Crafts, Free Knitting Patterns, Free Crochet Patterns and Crafting with Kids. You will find step-by-step instructions, videos and patterns to make it quick and easy. FaveCrafts is your source of projects for families, group leaders, educators, kids and adults.

We understand the joy of 'crafting and holidays'. So, we have projects to celebrate every holiday including Valentine's Day, Easter, Weddings, Mother's Day, Father's Day, Halloween and Thanksgiving. And, we feature Christmas Crafts every day of the year!

We enjoy reader submissions and our free e-mail newsletter, Quick and Crafty, will teach you how to craft, no matter what your skill level. Every issue of Quick and Crafty features gorgeous craft photos, inspiring projects, new reader tips and questions, fun quizzes and so much more. Subscribe to Quick and Crafty today and learn a new craft, pick up a time saving tip or finish an easy DIY project. Every issue of Quick and Crafty covers crafts including crochet, scrapbooking, kid's crafts, sewing, quilting, knitting... and so much more!

... *When ask dad where I could find a helping hand, he said, " At the end of your own arm".* ...

<http://www.collinsclubs.com/craftclub/>

Reminders:

Because of the continuing shortages at area food banks, we will collect money, food, household and personal care items for local food banks again this month.

Flood victims and others are still in the rebuilding and recovery phase of their devastating losses.

We will continue to collect not only non-perishable food items, but other items such as laundry soap, paper towels, shampoo, etc. Thank you!

Arlys Huff and Joyce Smith -
Community Service Projects
Coordinators

Kay Landuyt...cont.

I enjoy scuba diving, traveling, golfing, biking, theatre and reading murder mysteries. I have ridden RAGBRAI 5 times. We did a transatlantic cruise in April. I volunteer at Prairiewoods in the office and updating facebook.

What are your favorite crafting activities? Or, what would you like to learn?

My favorite crafting activity is crocheting. With the exception of washcloths, I typically never make anything twice. I enjoy trying everything once. Never know until you try it if you will like it. Therefore, I am willing to learn anything!

REMEMBER TO BRING BUTTONS
FOR OUR CRAFT PROJECT THIS
MONTH!



Mrs. Bobbins asks Mr. Bobbins to bring her the rotary cutter.

2008-2009 Officers

Club President

Esther Miceli

393-7200

Vice President

Shari Burns

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Secretary/Historian

Jean Strait

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Treasurer

Dee Roman

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Membership/Address Changes

Patti Little

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Newsletter/Address Changes

Riquie Knipfel

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Thelma Goettsch 396-2700

Community Service Projects

Arlys Huff 854-6263

Joyce Smith 377-3143

... You make a better door than a window!

<http://www.collinsclubs.com/craftclub/>



This is one of many of the projects on this month's feature web site www.Favecrafts.com

Add a pretty crochet edge to any plain and boring T-shirt with this free easy crochet pattern. This is a great look for the warmer months.

Wouldn't this be a quick fun way to dress up a plain t-shirt? Think of the possibilities... what about a gun trim made from red, white and blue variegated crochet cotton?

I can't wait to see one of these at the meetings!

Materials:

- DMC Traditions (Art.145) Crochet Cotton, 1 ball 5800 Sky Blue.
- Crochet hook size B (2.25 mm)
- 1 blue t-shirt
- Sewing pins
- Sewing needle
- Sewing thread to match Traditions color

One size fits all

Stitch Gauge

1 pinwheel = 1"

3 rows of edging = 1"

Instructions:

This pattern consists of crocheting an edging and then sewing it to the hem and sleeves of a purchased t-shirt.

Before beginning, wash and dry the t-shirt.

Edging

Ch a multiple of 6 for each inch of edging needed + 2.

1st row: Sc in 2nd ch from hook and in ea ch across, ch1, turn.

2nd row: Sc in 1st st, *skip 2 sc [tr, ch 1] 4 times in next st, tr in same st, skip 2 sts, sl st in next st, rep from * across to last st, sc in last st, ch 1, turn.

3rd row: Sc in 1st st, *[sc, ch 3, sc] in next ch 1 sp, sc in tr, rep from * twice, [sc, ch 3, sc] in next ch 1 sp, sc dec in next 2 tr, rep from * across, ending with sc in last st. Fasten off.

Assembly

With t-shirt right side out, pin row 1 of trim along existing stitches at bottom hem. Sew into place with sewing thread and needle. Remove pins. Repeat for each sleeve edging.

Abbreviations

ch = Chain

cont = Continue

pat st = Pattern Stitch

rep = Repeat

sc = Single Crochet

sc dec = Sc Decrease

sl st = Slip Stitch

sp = Space

st = Stitch

tr = Triple Crochet



Camp Courageous Needs List

Last update:
May 1, 2009

The most recent version of the needs list can be found at www.campcourageous.org

All items included in this list are needed. Items that are commonly needed appear in bold text. Items in red are urgently needed items that will have to be purchased if not donated soon.

PROGRAM AREA

Ice cream makers - hand-crank
Canoe paddles
Pool pants/pool diapers
Rescue Tubes
Small rhythm instruments
"Little Swimmer" Diapers (L & XL)
Water jugs - 3 and 5 gallon
Portable Digital TV for storm shelter
AA, AAA, and 9V Batteries
Campbell soup UPC codes (from label)
Green plastic patio chairs
Bouncy balls - large with handle
Parachutes/utility cord
Relaxation compact discs
Stereo A/V Receiver (100-150W)
Small Outdoor Lockable Storage Units
Dress-up clothes/Costumes
Holiday Gifts for campers (ages 5-100)
Table-top piano keyboard
Large refrigerator boxes
Discs of all kinds for Disc Golf
(Also know as Frisbee Golf)

Ballrooms
Tepee
Bubble Machine
Belts
Battery Tester
Cow Bells
Disco balls
Snowshoes
Pom Poms
Dry bags
Inner tubes
Kick boards
Koosh balls
Lava lamps
Portable stereo
Puppets
DVD player
Baby food jars

HOUSEKEEPING

Laundry Detergent (liquid or powder)
Medium sized bath towels
Bleach
Antibacterial Liquid Soap (1 gal. jug)
Pillow cases (white)
Fitted White Sheets for twin beds
Fabric softener sheets-any brand
Lysol disinfectant spray (or similar brand)
Laundry markers (Sharpies)
Toilet Paper & Paper Towels
Beach Towels

Endowment Opportunities...

Camp Courageous is blessed to be located in a beautiful location and to have such wonderful facilities. But the real key to the success of Camp Courageous in the hearts and minds of thousands of campers, along with their families and friends, is the staff of dedicated individuals. These exceptional individuals are willing to give of themselves, the above and beyond, to make sure a camper's stay at Camp Courageous will be the highlight of their year. A large brass plaque will appear above each position's office door recognizing the donor. The names of those participating will also appear in each Courier, and the names will appear on the Foundation Board in the lodge.

Here are some positions to consider:

Executive Director	Ronald & Winifred Fleming Endowment
Program Director	\$750,000
Nursing Director	\$750,000
Maintenance Director	\$750,000
Dietary Director	\$750,000
I.T. Director	\$750,000
Assistant Program Director	\$500,000
Respite/Volunteer Director	\$500,000
Aquatic Director	\$500,000
Nature Director	\$500,000
Travel Director	\$500,000
Admin. Assistant (2 available)	\$500,000
Assist. Nursing Director	\$500,000
Assist. Maintenance Director	\$500,000
Program Specialists (15 available)	\$250,000
Counselor (40 available)	\$100,000

DIETARY SERVICE

Food Items of All Kinds
Fresh Fruits & Vegetables (all types)
Garden Vegetables
Vegetarian Products
Orange/Tomato juice
Commercial Can Opener (\$500)
Conveyor Toaster (\$900)
Turkey-any kind, cooked roast, sandwich
Canned goods-all kinds
Cake mixes (cookie, bars, cakes)
Diabetic items of all kinds
Gluten/Dairy-free items
Sugar-free pancake syrup
Easy Thicket - 25 lbs. (\$80)
Jelly
Coffee/Tea
Bread
Beef Roast
Frozen Items:
chicken/fish patties, breasts, nuggets
Tuna, canned
Salad dressings
Jell-O (assorted)
Pork Roast
Dairy Products:
milk, cottage cheese, sour cream

CAMPER CARE ITEMS

Sunscreen - factor 30 or greater
Ear plugs (wax/silicone)
New Egg Crate Mattresses
Alarm clocks (cabin duty)
Wet Wipes
Air Fresheners
Instant ice packs
Periwash
Small Kleenex Pkgs

TRAIN

Leaf blower (gas-used to clear tracks)
Set of Drill Bits
C-clamps 4", 6", 8"
3/8" air wrench
Any railroad memorabilia including pictures, signs, lights...

OUTDOOR LIVING

Pots & pans with lids - large
Cooking Equipment
Tents - Eureka deluxe rugged
outfitter 4 -season timberline
Tonka toaster/ple irons
All-season sleeping bags
Unbreakable Coffee Cups
Campfire popcorn poppers
Pot holders - large
Spoons & forks-large
Pudgie Pie Makers
Landsat Compasses/Orienteering Compasses
Potato peelers
Backpacks
Spatulas
Plates
Bowls
Tongs
Campfire griddles
Pie Irons

ARTS & CRAFTS

New White T-shirts (All Adult & Youth sizes)
Tempera Paint (all colors, powder & liquid)
Sharp scissors - all kinds
Construction Paper
Hot Glue Sticks
Plaster of Paris
Spools
Baseball bats/caps
Leather
Glitter
Markers
Streamers
Borax
Colored sand
Cornstarch
Crepe paper
Food coloring
Feathers
Buttons
Craft Foam
Poster board
Finger paint
Paper punches
Pipe Cleaners
Tissue Paper
Watercolor paints
Googly Eyes
Sculpey Clay
Glue Dots
School Glue (white)
Charcoal (for drawing)
Toaster Oven

DIETARY MISC.

Foil wrap & plastic wrap 18"
Zip-lock sandwich & gallon freezer bags
14 or 18" floor fans
Bleach
Dish soap
Metal Teaspoons

MEDICAL SUPPLIES

A&D Replacement Pads & Batteries
Tympanic Thermometer Probe Covers
Large Gloves- vinyl
Duoderm Products
Drug Reference books
Biohazard sharps container
Band Aids X-large, knuckle, latex-free
Soda pop (7up)
Whistles
Bandage Scissors
Post-it notes
Liquid Band Aid
Adult O₂ Masks
Ziplock bags-gallon
Black sharpies
Penlights
Tweezers
Finger splints
Q-Tips

PHARMACY SUPPLIES

Analgesics (Midol, Naproxen, Tylenol, X Strength)
Antihistamines (Sudafed-non-drowsy)
Glucagon (diabetic emergency)
1/2" Blue Masking Tape
2 oz. Hand Sanitizer
Biscodyl suppositories
Card paper (100-110#) for med cards
Ketodiastix
Cough Lozenges
Tussin
Biofreeze
Imodium
Benadryl
Dramamine
Anti fungal Agents
Miralax/Citrucel
Ink pad for stampers

TRAVEL PROGRAM

(7) Fishing vest-style life jackets
G, PG, PG-13 Movies on DVD
Travel board/card games
Playstation equipment/games (E/T rated)
Portable DVD Player

NATURE CENTER

Guinea pig feed
Hay & Straw
Dry erase board markers
Gift certificates to Petco/other pet store
Heated water buckets (5)
8" x 10" digital picture frame (or larger)
SD Memory Cards 512MB or higher
Deer feed (cracked corn)
Digital SLR Camera
Small animal litter
Heat lamps
Wild bird feed
Garden Trellace
Gardening supplies
Animal Track Molds
Bird feeders
Googly eyes
Suet
Parakeet feed
Rabbit Pellets
Chicken feed
Plaster of Paris

PAPER PRODUCTS

The camp can always use:
PAPER TOWELS, plates, cups, napkins, and letter-sized (8.5"x11") paper

MAINTENANCE

33 gal. garbage bags
Hand Soap - 1 gal. jugs
Smoke & CO2 Detectors
T8 & T12 Fluorescent Light Bulbs (24 watt)
Prolifix 100e or 120e Thermostats (\$299 ea)
Black Hills Spruce Trees
Dewalt 18 volt batteries
13 watt Compact Fluorescent Bulbs
STIHL Backpack Blower (SP380 or similar)
Rotary Hammer Drill
4' Fluorescent 4 bulb fixtures-troffer style for suspended ceilings
3/8" drive standard socket set (yellow & deep)
25 gal. Glidden Dover white semigloss paint
6' fiberglass step ladder
4 gal. water base polyurethane semi-gloss
Dewalt toolkit DC4PAKA
9 volt & AA Batteries
White receptacles and plates
White Switches and plates
Colored electrical tape
White bath & kitchen caulk
Black Dirt
Brown Wire Nuts
8' railroad ties

OFFICE AREA

Paper-white or bright colored
Letter, Legal, or Ledger sizes
Laser Printer Cartridges
for HP 1200, 2300, 4300, 6MP, 3005X
42¢, 26¢, 17¢, & 1¢ Stamps
Macintosh G4/G5/Intel Computers
Macintosh Xserve-Intel (Database Server)
Gift cards to office supply stores
Clear shipping tape (high performance)
Compressed air canisters
Markers - Sharpie fine point
DVD-R/RW, CD-R/RW media
Packing Tape Dispenser
Igloo Ice Chest w/rollers
Manila Files/Folders
Calculator Paper
Bubble wrap
Labels Avery #5160
"Copy" stamp
Colored Paper

Camper Train Project



Tom & Nan Riley donated a train to the camp that is ready to thrill thousands of campers. Work continues on the track system and train depot. You can help by contributing \$1,000 towards the purchase of the needed materials. A plaque will be displayed in the depot showing the names of all \$1,000 contributors. Send your donation to:

Charlie Becker, Camp Courageous of Iowa, PO Box 418, Monticello IA 52310-0418.

YOUR NAME:			
DATE OF BIRTH:			
ADDRESS:			
CITY:	STATE:	ZIP CODE:	
WORKING ON PLAQUE:			