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All The Buzz

From the President...

School. I always associate September with the beginning of school. I know the school year continues to start earlier and earlier it seems, but as I was growing up, our first day of school was always after Labor Day. While I was a very shy girl (still am), and not the greatest of students, I did enjoy school. I particularly enjoyed being exposed to books. I loved to go to the library and learn about books called “biographies” and “fiction”. I loved the feel of the book in my hand and the simple pleasure of feeling the paper as I turned a page. Books have always been a part of my life.....books and literacy is what drew me to Altrusa!

On September 8, we celebrate International Literacy Day. That got me thinking about all of the wonderful things we have done to promote literacy: our partnership with Dolly Parton’s Imagination Library®, providing books to the Partners In Hope event in December, providing books to programs in Mexico, and our little lending libraries just to name a few.

In addition to the work we do within Altrusa, many of you extend your literacy outreach by serving as tutors and/or story-time readers in the schools and after school programs. You help individuals study for their GEDs or learn English as a second language! (see pages 4 & 5 to learn of more ways we’re all involved!)

As school begins and the children of Miami County begin their work in the classroom I want to thank all of you for your dedication to helping promote literacy in the community and beyond. There just may be a future Altrusan in one or more of those classrooms!

~Mindy

Dates of Interest:

Sept 3: Labor Day

Sept 3: No Board Meeting or Dinner/ Business Meeting

Sept 8: UN International Literacy Day

Sept 9: Rosh Hashana begins

Sept 9: Grandparents Day

Sept 17: Lunch/ Program Meeting

Sept 21: UN International Day of World Piece

Sept 22: Fall begins

Member News:



Member's Birthdays:

- September 9: Barb Minnich
- September 10: Sandra Ehrlich
- September 12: Amy Dawson
- September 14: Myrle Briggs
- September 25: Peggy Wolke

September Board Meeting

There will be no Board Meeting this month.

September Dinner Meeting

There will be no Dinner/Business Meeting this month.

September Lunch Program:

The Lunch/Program Meeting for this month will be held:

Date: Monday, September 17

Time: 12:00PM

Location: Riverside School

Program: This month's lunch program will feature Joyce Struewing, YWCA on the subject, Brain and Balance. Join us as we learn important information on our body.

Altrusa Grace:
 For this food before us
 spread,
 For our steps in safety led,
 For thy favor on our way,
 Lord, accept our thanks
 today.



Thoughts go out to:

Thoughts:

- ☒ Thoughts continue with **Rosemary Critchley** in her treatments
- ☒ Thoughts go out to **Linda Roth** following hip replacement

Thank you:

- ☒ District Five Governor, **Karyn Evans**, for her visit to our Club in August
- August dinner committee for hosting a fun “School Lunch” theme
- ☒ Foundations Board officers: President: **Janet Rhodes**; Secretary: **Jane Hoover**; Treasurer: **Susan Swinehart** and Bookkeeper: **Janice Harshman**
- ☒ Service Committee for organizing and delivering the First Responder Baskets

Celebrating with:

- ☒ **Roberta Jacobs** as newly installed First Vice President of the Club
- ☒ **Roberta Jacobs** and a new job with Upper Valley Career Center, Adult Division
- ☒ Grandparents and Grandchildren, Teachers and Students, Weddings and Safe Travels

Continuing service project:

While collecting books keep in mind books for the lending libraries: gently used books ranging birth through adult.

Altrusa Benediction:

May we go forth with high ideals to greet our fellow man, be true to all Altrusa aims until we meet again.

Special notes to our membership:

Attendance Records: Please remember regular attendance is recommended at one meeting a month. **If you will not be able to attend a meeting, please contact both Club Secretaries, Deanna Riley and Amy Dawson with an excused absence** for the following reasons: Personal illness or serious family illness; employment responsibilities; other community services or extended travel. **Notification to both Deanna and Amy will assist in keeping accurate records for the club and ultimately the District.**

International Literacy Day: September 8, 2018

The following Miami County Altrusans celebrate this day through year-long community commitments to literacy:

Myrle Briggs	read, donate books and magazines to Food Pantry
Ann Baird	donate funds to several literacy groups
Sandy Ehrlich	past tutor many years - Troy Literacy, donate books/materials to Lincoln Community Center, serve on committee for Partners in Hope book table at Christmas event, donate books to same event
Ginny Beamish	read to and with kindergartners at Kyle every Tuesday
Jane Hoover	involved at Newton Schools with K-1st and 2nd grades Reading program - HOSTS helping one student succeed
Janie Eberly	Troy Literacy Council - Board President, tutor literacy - Safehaven in Piqua
Babs Wesbecher	worked with Covington second graders with reading activities, donate to Dolly Parton Imagination Library
Mindy Phelps	I supply a first grade class with books, games, and school supplies. I also serve on the Altrusa Board.
Roberta Jacobs	I read to children (approximately 8 children) on a regular basis. I send books to a local nursing home. I will be working with GED Program at Upper Valley Career Center
Tami Ganley	books to new babies, promote reading with various school/children programs through office, help with Lending Libraries as part of club
Amy Dawson	help with Dolly Parton Imagination Library and Partners in Hope, I serve on the Altrusa Board
Deanna Riley	work with Friends of the Library book sale twice a year, volunteer at the VanCleve library weekly, provide supplies for school students

Janet Rhodes	librarian at Van Cleve, various reading programs
Tracey Smith	help with little libraries and supply books for others
Judy Nickras	belong to Book Club, manage a little library, read lots, always have
Barb Minnich	tutor for Riverside, member of the Friends of the Library, work Friends of the Library book sales, donate books to Friends of the Library, Vice-President of Troy Literacy Council, help in book room at the Partners in Hope Christmas event
Sondra Christian	My husband and I are members of the Friends of the Library, I have given books to Partners in Hope Christmas project, I have delivered books to physicians and dental offices and exchange the books in the lending library in Casstown and I donate books or our church new visitor welcome packets.
Mary Davis	tutor two adults for Troy Literacy council, member of the Friends of the Library and help with book sales, volunteer with Garden Tribe (teaching elementary students about gardening vegetables), K-1 Sunday School teacher, volunteer with Ohio State University Help Line to direct people with plant problems to web sites that may help them diagnose and alleviate their plant problems, help with Miami County Master Gardener Fair Booth again to promote plant literacy.
Laura Girolamo	board member of the Friends of the Library, volunteer at Friends of the Library book sales, sort books for the Friends of the Library
Linda Roth	member of the Friends of the Library, Friends of the Library co chair, donate books for Partners in Hope and Little Libraries, chair of Library Partnership Committee, co chair for the Bee for Literacy
Deb Kappers	participate with Partners in Hope for Christmas books, monitor the Lincoln Center Little Library, purchase youth books for Garden Manor
Peggy Wolke	volunteer at Bruckner working with school age children, spend a morning a week at Hook Elementary working on reading with first graders

October Service Project—Days For Girls:

Altrusa International has chosen Days for Girls as the international service project for the year. District Five is hoping for 100% participation from their clubs and we're happy to oblige!

Days For Girls is a non-profit organization that *"...increases access to menstrual care and education by developing global partnerships, cultivating social enterprises, mobilizing volunteers, and innovating sustainable solutions that shatter stigmas and limitations for women and girls. Together, we're creating a world with dignity, health, and opportunity for all. Our movement has reached more than one million girls—and counting! With your help, we can reach Every Girl. Everywhere. Period."*

How are we helping? **We're asking all of our members to bring washcloths (darker colors please) to the October meetings. Bring as many new washcloths as you wish. In addition, we are looking for the small travel soaps that you may find in hotels if you happen to have any. We will be collecting these items at both the dinner and lunch program meetings.** The service committee will be taking these items to the Altrusa group in Montgomery County who is actually making the kits.

Thank you in advance for helping us with this worthy service project. Want to learn more about Days for Girls? Go to: www.daysforgirls.org.



Website + Facebook:

Visit and Like our Club's Facebook page:

https://www.facebook.com/altrusaoftroy/?ref=page_internal



We have a new website! Check it out:

www.altrusaoftroyohio.org

Thanks to the great students at the Upper Valley Career Center who helped create a wonderful representation of our club!



Around About Town and Beyond:

Mark your calendars for the following events and activities:

- **Year Round:** Virtual Farmer's Market: www.miamicounty.locallygrown.net. Support local producers year round
- 📅 **September 3:** The Troy Civic Band: 7:00PM, Treasure Island Park
- **Now — September 29:** Farmer's Market, South Cherry Street, Downtown Troy, Every Saturday: 9:00AM-12:00PM
- **Now—September 30:** *Art's Alive at the Hayner Center Invitational Art Exhibit*, Troy Hayner Cultural Center.
- 📅 **September 28:** Troy Main Street: *Troy Streets Alive! Final Friday Summer Send-Off*: 5:00-8:30PM, Downtown Troy.

September Health Moment:

There are numerous health awareness issues for each month of the year. A few of those for this month include:

- Childhood Cancer Awareness Month
- Healthy Aging Month
- National Atrial Fibrillation Awareness Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- Prostate Cancer Awareness Month
- World Alzheimer's Month

Please take a moment to review the information at the respective websites.



September Food for Thought:

Here's a tough one: A poll shows that it's likely you spend 56 hours a week planted like a geranium. And women may be worse than men. Thanks to electronic, computerized lives, we burn 1500 to 2400 fewer calories per day than we did just 50 years ago. In fact, we're so sedentary that 30 minutes a day at the gym may not do enough to counteract the effects of long hours of sitting. That's one reason so many people still struggle with weight, blood sugar and cholesterol woes despite regular workout routines. One solution: Frequent ministints of standing, fidgeting or puttering to fire up the engine.

Source: Women's Health

Mark Your Calendars:

- 📅 **October 21:** The next Snooty Fox Bus Tour is set for October 21, 2018. Spread the word and contact Teresa Bowers for reservations and further information.
- **April 26—28, 2019:** District Five Confernece, Howard Johnson, Lima (hosted by Sidney)

Little Library Monitoring Schedule:

For September the following are assigned to check/fill our little libraries.

If you need books, please contact Linda Roth

Laura	Peggy Wolke
Dr Pope’s Office	Deanna Riley
Casstown	Susan Harbaugh
Lincoln Center	Deb Kappers & Judy Nickras
Pleasant Hill	Mary Beth Anthony

Little Library Spotting:

During your travels, keep your eyes open for a little library along the way. If you see one, snap a picture and send it to us for inclusion in an upcoming newsletter. Just let us know where you saw it! Send a picture and the library location to Mindy Phelps for inclusion in an upcoming issue of the newsletter!



Tracking Your Volunteer Hours

Please use the following chart to record and submit your hours:

Troy Altrusa Club
Monthly Service Hour Report

Club Member _____ Month _____ 20____

Number of Hours Only:

Altrusa Meetings: _____

Altrusa (Other than Meetings): _____

Other Service Hours (outside of Altrusa): _____

Please submit your monthly report to Ann Baird by:
Ann Baird via email: ms.ann.baird@gmail.com

September Recipe: DARK SWEET CHERRY SMOOTHIE BOWL

Source: Domex Superfresh Growers, Chelan Fresh, Rainier Fruit, THE COSTCO CONNECTION, JULY 2018

SMOOTHIE:

- 2 cups pitted Northwest cherries
- 2 frozen bananas, sliced
- 1 cup almond milk
- 1 tablespoon honey, optional
- 4 tablespoons almond butter

TOPPINGS:

- Pitted cherries
- Coconut flakes
- Slivered almonds
- Chia seeds
- Blueberries
- Honey



Place smoothie ingredients in a blender. Puree until smooth. Divide between 2 bowls. Sprinkle with toppings as desired. Makes 2 servings.

Health Tip: Cherries are a great source of potassium! One cup of cherries contains 260 mg of potassium, which is often lost in sweat during a workout. Cherries provide a natural source of replenishment.

Altrusa International of Troy, Ohio

P. O. Box 918
Troy, Ohio 45373

We're On the Web!

www.altrusaoftroyohio.org



Altrusa Communications Committee:

Mindy Phelps, Editor

MelindaPhelps@windstream.net

9794 W Covington-Gettysburg Rd.

Covington, OH 45318

Tami Baird Ganley, Chairwomen

Ganleyfh@aol.com

2018-2019 Board of Directors

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9794 W Covington-Gettysburg Rd—Covington

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