From the President...

Luck! With March being the month of leprechauns, I think many people associate the month with being “lucky”. I didn’t know a lot about the holiday so I found these few fun facts that I thought I would share:

Saint Patrick himself would have to deal with pinching on his feast day. His color was “Saint Patrick’s blue,” a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

New York City’s Saint Patrick’s Day Parade is one of the world’s largest parades. Since 1762, 250,000 marchers have traipsed up Fifth Avenue on foot – the parade still doesn’t allow floats, cars, or other modern trappings.

Chicago has a spectacle all its own. The city has been celebrating Saint Patrick by dumping green dye into the Chicago River since 1962. It takes 40 tons of dye to get the river to a suitably festive shade!

From 1999 to 2007, the Irish village of Dripsey proudly touted that it hosted the Shortest Saint Patrick’s Day Parade in the World. The route ran for 26 yards between two pubs. Today, Hot Springs, Arkansas claims the title for brevity – its brief parade runs for 98 feet.

How did the shamrock become associated with Saint Patrick? According to Irish legend, the saint used the three-leaved plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

Corned beef and cabbage, a traditional Saint Patrick’s Day staple, doesn’t have anything to do with the grain corn. Instead, it’s a nod to the large grains of salt that were historically used to cure meats, which were also known as “corns.”

Don’t be fooled by any holiday decorations showing lady leprechauns. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys.

You can’t attend a Saint Patrick’s Day event without hearing a cry of “Erin go Bragh.” What’s the phrase mean? It’s a corruption of the Irish Éirinn go Brách, which means roughly “Ireland Forever.”

Hope you enjoyed these fun facts. May the luck of the Irish be with each and every one of you! ~Mindy

SOURCE: MentalFloss.com
Member News:

Member’s Birthdays:
March 14: Ginny Beamish
March 19: Laura Girolamo

March Board Meeting
The Board Meeting for this month will be held at 5:45PM on Monday, March 2, 2020 at the Troy Hayner Cultural Center.

March Dinner Meeting
The Dinner/Business Meeting for this month will be held at 6:30PM on Monday, March 2, 2020 at the Troy Hayner Cultural Center. The Dinner Committee for this month will be: Judy Nickras (Chair), Janice Harshman, Sandy Ehrlich and Roberta Jacobs.

March Lunch Program:
There will be no Lunch/Program Meeting for this month. We will look forward to a great Bee event!
**Thoughts go out to:**

- **Mindy and Chuck Phelps** with the second shoulder surgery, rehab and healing.
- **Jane and Ray Hoover** as they continue to deal with medical issues.
- **Susan and Ron Harbaugh** and family.
- **Faye’s daughter, Megan** as she begins her mission work with Samaritan Purse abroad.
- Extended family and friends dealing with health issues.

**Celebrations:**

- New grandbaby for **Roberta Jacobs**.
- Sisters’ celebration trip for **Tracey Smith**.
- Three generations home together in Troy with **Janice and Scott Harshman**.

**In Memory:**

On February 6, **Joan Kirk** (89) passed away in Springfield. Joan was a Mobile Meals driver for over 40 years and a lovely lady!

**March Service Project:**

The Annual Bee will be our service project for this month.

**Continuing Service Projects:**

- While collecting books keep in mind books for the lending libraries: gently used books ranging birth through adult.
**JUNE Service Project—Troy Strawberry Festival:**

**TROY STRAWBERRY FESTIVAL - SOUVENIR TABLE 2020**

<table>
<thead>
<tr>
<th>SET-UP BEFORE 3PM</th>
<th>FRIDAY 2-3 PEOPLE EACH SHIFT</th>
<th>SATURDAY 2-3 PEOPLE EACH SHIFT</th>
<th>SUNDAY 2-3 PEOPLE EACH SHIFT</th>
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<td>MAN BOOTH 10AM-1PM</td>
<td>MAN BOOTH 10AM-1PM</td>
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<td>Janet Rhoades 1</td>
<td>Babs Wesbecher 1</td>
<td>Sandy Erhlich 1</td>
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<td>2</td>
<td>Sandy Ehrlich 2</td>
<td>Tom Wesbecher 2</td>
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<tr>
<td>3</td>
<td>Laura Girolamo 3</td>
<td>Myrtle Briggs 3</td>
<td>if necessary Teresa Bowers</td>
</tr>
<tr>
<td>MAN BOOTH 6-9PM</td>
<td>1 Teresa Bowers 1</td>
<td>Judy Nickras 1</td>
<td>Tracey Smith 1</td>
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<td></td>
<td>Babs Wesbecher 2</td>
<td>Peggy Wolke 2</td>
<td>Bill Smith 2</td>
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<td>Tom Wesbecher 3</td>
<td>Ann Baird 3</td>
<td>Alex Vondenhuevel 3</td>
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<td>MAN BOOTH 4-7PM</td>
<td>1 Deanna Riley 1</td>
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<td></td>
<td>Mary Davis 2</td>
<td>Peggy Wolke 2</td>
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<td></td>
<td>Jane Hoover 3</td>
<td>Teresa Bowers 3</td>
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<tr>
<td>MAN BOOTH 7-9PM</td>
<td>1 Tami Ganley 1</td>
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<td></td>
<td>Faye &amp; Jim McNemey 2</td>
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<td>Susan Swinehart 3</td>
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* Please arrive 10-15 minutes prior to your shift
* bring your spouse, a friend, or a possible new member

Please consider working a shift! This is an easy way to provide some community service and get our name and mission out to the public.

TSF will provide tables, chairs, and seed money.

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* bring your spouse, a friend, or a possible new member

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2019—2020 Meeting Schedule:

- August 5—Hayner
- September—No Meeting
- October 7—Hayner
- November 4—Hayner
- December 9—Hayner (Christmas Celebration)
- January 13—Hayner (note this isn’t the first Monday)
- February 3—Hayner
- March 2—Hayner
- April 6—Hayner
- May 4—Hayner
- June 1—Picnic—First Place

Attendance Reminder:

Please remember that regular attendance is recommended at one meeting a month. If you will not be able to attend a meeting, please contact both Club Secretaries, Erin Scott 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 Erin and Amy will assist in keeping accurate records for the club and ultimately the District. Failure to regularly attend meetings adversely affects our standing with District so please make every effort to attend and get the most out of your club membership!

Website + Facebook:

Visit and Like our Club’s Facebook page:
https://www.facebook.com/altrusaftroy/?ref=page_internal

We have a new website! Check it out:
www.altrusaftroyohio.org

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

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

- Brain Injury Awareness Month
- Child Life Month
- Colorectal Cancer Awareness Month
- Kidney Month
- MS Education and Awareness Month
- Nutrition Month

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

March Food for Thought:

Power thoughts:

* Curiosity leads to creativity.
* Trust your positive instincts.
* Faith is always stronger than failure.
* When the going gets tough — laugh.
* Don’t miss the best things in life.
* Fix the problem, not the blame.
* When it looks like you’ve exhausted all possibilities, you haven’t.
* Share the credit.
* Never let a problem become an excuse.
* Always look at what you have left, not at what you have lost.
* You will never win if you never begin.
* Success without conflict is unrealistic.
* Treasure time like gold.

SOURCE: Power Thoughts
**Little Library Monitoring Schedule:**

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

Need books? Can’t do the maintenance for your month? Call — Judy Nickras

<table>
<thead>
<tr>
<th>Location</th>
<th>Assignee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laura</td>
<td>Jane Hoover</td>
</tr>
<tr>
<td>Dr Pope’s Office</td>
<td>Janet Rhodes</td>
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<tr>
<td>Casstown</td>
<td>Sondra Christian</td>
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<tr>
<td>Lincoln Center</td>
<td>Deb Kappers</td>
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<tr>
<td>Pleasant Hill</td>
<td>Mary Beth Anthony</td>
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<tr>
<td>Food Pantry</td>
<td>Myrle Briggs</td>
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</tbody>
</table>

**Little Library Spotting:**

While out and about, keep your eyes open for a little library. See one? Take a picture and send it to us along with where you saw it so we can share it with the membership!

This one was found through an Internet search!
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.

**Now — March 29, 2020:** Young Masters: Troy Area Schools K-12 Art Exhibit. Troy Hayner Cultural Center.

Mark Your Calendars:

- **Snooty Fox Bus Tour**—Spring Snooty Fox Bus Tour will be held on April 19, 2020 — contact Teresa Bowers for reservations or further information.
- **Quad City Birthday Dinner:** March 31, 2020, Lima, Ohio
- **District Five Conference (2020):** May 1-3, 2020, Holiday Inn, Youngstown, OH
- **District Five Conference (2021):** April 23-25, 2021, Battle Creek, MI
- **International Convention (2021):** Quebec City, Quebec, Canada

Members Projects:

Members’ Projects have been historically utilized to support the Operating Funds of the Club. Some Members’ Projects sponsored by individual members and not advertised as a Club Project have included: Pecan nut sales, Stainless Steel Knives sales, Wrapping paper sales, Jewelry sales including Premier Designs, Longaberger Basket sales, Tours including some of the Snooty Fox Bus Tours and the former Indy 500 Race Day Tours and the former Craft Bazaar.
March Recipe:
IRISH SODA BREAD MUFFINS
SOURCE: L. Ballsieper, Deep River, CT
February/March 2020 TASTEOFHOME.COM

Ingredients:
2-1/4 cups all-purpose flour
1/2 cup plus 1 Tbsp. sugar, divided
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. baking soda
1 tsp. caraway seeds
1 large egg, room temperature
1 cup buttermilk
1/4 cup butter, melted
1/4 cup canola oil
3/4 cup dried currants or raisins

Directions:
Combine flour, 1/2 cup sugar, baking powder, salt, baking soda and caraway seeds. In a bowl, whisk egg, buttermilk, butter and oil. Stir into dry ingredients just until moistened. Fold in currants.

Fill greased muffin cups three-fourths full. Sprinkle with remaining sugar. Bake at 400 degrees until a toothpick inserted in center comes out clean, 13—15 minutes. Cool for 5 minutes before removing.
Altrusans in Action!

As a part of our on-going support of the International Service Project — Days for Girls, Troy Club collected approximately 125 washcloths and 100 bars of travel soap.

These items will be taken to Days for Girls Team Dayton who will assemble kits and ship them out.

As this is an on-going project, please continue to collect dark colored washcloths and travel soaps for future use.

Thanks to all who participated!
## Tracking Your Volunteer Hours

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

<table>
<thead>
<tr>
<th>Troy Altrusa Club</th>
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<tbody>
<tr>
<td>Monthly Service Hour Report</td>
<td></td>
</tr>
<tr>
<td>Club Member_________________________     Month____________________ 20___</td>
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</tr>
</tbody>
</table>

**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:**

Mail—Ann Baird, 65 Colony Park Drive, Troy, OH 45373 or via email:
ms.ann.baird@gmail.com
Altrusa International of Troy, Ohio

P. O. Box 918
Troy, Ohio 45373

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Ganleyfh@aol.com
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2019-2020 Board of Directors

President: Mindy Phelps
9794 W Covington-Gettysburg Rd—Covington
President-Elect: Roberta Jacobs
1st Vice President: Sandy Ehrlich
2nd Vice President: Laura Girolamo
Secretary (Biz Meetings): Erin Scott
Secretary (Noon Meetings): Amy Dawson
Treasurer: Peggy Wolke

Mobile Meals Board
Judy Nickras
Ann Baird
Susan Harbaugh
Babs Wesbecher

Board of Directors 2018-20
Sondra Christian

Board of Directors 2019-21
Linda Roth
Deanna Riley

Foundation Board
Mary Beth Anthony—President
Mary Davis—Treasurer
Jane Hoover—Secretary