

July, 2023

Volume 13, Issue 7

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Dates of Interest:

July 4: Independence
Day

July 17: Club Social

Altrusa International of Troy, Ohio



From the President...

We kicked off our Altrusa “New Year” with good food, good conversation, and some laughter as we scavenged through our handbags and made discoveries about each other as we passed around some candy. I hope all that attended found something to celebrate. There will be another time to get together, strictly for social time, on July 17 at Marian’s Pizza in Troy.

July is the month for different kind of celebration. That occasion is the Birthday of our Country. Everyone has their favorite traditions for that holiday. For some it is a family gathering featuring a certain food, or a rousing round of a game. Maybe it is a favorite red, white, and blue decoration, or an article of clothing. It could be attending fireworks display or (carefully) creating your own! Certainly, there will be a few flags flown at home or in the parade. Many words have been written for the occasion, but I’d like to share this one from **Erma Bombeck**:

“You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy and the flies die from happiness. You may think you have overeaten, but it is patriotism.”

Enjoy and be safe!

~Sandy

Member News:



Member's Birthdays:

July 4:

Our Country

July Board Meeting

There will be no Board Meeting for this month.

July Business Meeting

There will be no Business Meeting for this month.

July Program Meeting

There will be no Program Meeting for this month.

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.



Thank you:

- Thank you to the members and their family and friends who assisted with the Troy Strawberry Festival Souvenir Booth. A big thank you to **Teresa Bowers** for organizing all the efforts.

Club Social:

- **July 17—6:30pm @ Marion's Pizza in Troy**
Join us as we have a social time with our fellow members.

July Service Project:

- There will be no active service project this month.

Altrusa Benediction:

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

Appreciation and Farewell:

- We bid a bittersweet farewell to longtime club members: **Deb Kappers, Mary Beth Anthony and Barb Minnich**. We express sincere appreciation to each of these ladies for their many years of dedicated service to the club and our community. We wish them all the best as they begin new chapters and opportunities.

Continuing Service Projects:

- The Family Abuse Shelter is in their newer facility. They could still use adult puzzle books (seek/find, Sudoku, etc). Contact **Susan Harbaugh** with any questions.
- While collecting books keep in mind books for the lending libraries: gently used books ranging birth through adult and ladies' and men's magazines.

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, **Glenna Rinehart and Janie Eberly** 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 Glenna and Janie 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!**

Facebook:

Visit and Like our Club's Facebook page:

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



July Health Moment:

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

- * **Cord Blood Awareness Month**
- * **Group B Strep Awareness Month**
- * **Healthy Vision Month**
- * **Juvenile Arthritis Awareness Month**
- * **National Cleft & Craniofacial Awareness Month**
- * **Sarcoma Awareness Month**
- * **UV Safety Month**

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

July Food for Thought:

If you hate to stretch before a workout, you're in good company—it's boring. But as you get older, musculoskeletal imbalances become progressively worse. Our dominant daily position is sitting, and that hunched-over-the-desk posture creates imbalances resulting in a rounded-shoulder, slump-backed slouch more typical of much older people. Compounding it are strong chest muscles pulling everything forward—and belly fat adding to the imbalance. Best prevention? Stretch! Every 20 minutes, stand for 20 seconds and shake things out. Every 2 hours, do a few genuine stretches even though it's boring.

SOURCE: *Your Best Body at 40+*

Little Library Monitoring Schedule:

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

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

Laura	Mindy Phelps
Dr Pope's Office	Glenna Reinhart
Casstown	Susan Harbaugh
Lincoln Center	Faye McNerney
Pleasant Hill	Jane Hoover

NOTICE: The Troy ASTRA Club will do some rehab on the little libraries in the Spring!

Little Library Spotting:

This little library was spotted online.
What a cute strawberry theme!

Spot a little library or something similar?
Send us a picture so we can include it in
the next newsletter. Please send via
email to **Mindy Phelps**:
melindaphelps@windstream.net.



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—August 20, 2023: Troy Hayner Cultural Center, *Made in Troy, curated by Judy Deeter.*

July 7, 2023: Troy Main Street, First Friday: *Family Fun on the Boardwalk*, 5:30-8:00PM, Downtown Troy.

July 22, 2023: Troy Main Street, *Plein Air Event*, 10:00AM-4:00PM, Downtown Troy.

NOW — Summer, 2023: Troy Main Street *Sculptures on the Square*, Downtown Troy.

NOW-September 30, 2023: Cherry Street Farmer's Market, Saturdays from 9:00AM-12:00PM, Downtown Troy.

Mark Your Calendars + Club Yearbook:

- **July 17, 2023:** Club social evening (6:30PM @ Marion's Pizza—Troy).
- **October 15, 2023:** Remaining Snooty Fox Bus Tour— Limited to one bus so seats will go quickly. Spread the word on this premium shopping opportunity and contact **Teresa Bowers** with any questions of request for reservations.

—2024—

- **July 16, 2024**—Community Night @ Moeller Brew Barn benefitting Altrusa Club

July Recipe: *DUNGENESS CRAB CAKES*

SOURCE: Costco Connection: June 2023

Recipe from: Pat Nyswonger (savorthebest.com)



Ingredients:

- 1 whole egg
- 1/3 cup mayonnaise
- 2 Tbsp. chives or scallions, finely chopped
- 2 Tbsp. red bell pepper, finely diced
- 2 Tbsp. celery, finely diced
- 1 Tbsp. fresh dill, finely chopped
- 1 tsp. Old Bay seasoning
- Juice of 1/2 lemon
- 1-1/2 cups panko breadcrumbs, divided
- 1 lb. fresh Dungeness crab meat, picked over
- 1 Tbsp olive oil

Directions:

Preheat oven to 375 degrees. Line a baking tray with parchment paper.

Whisk the egg in a medium bowl. Blend the mayonnaise, chives, bell pepper, celery, dill, seasoning and lemon juice. Stir in 1/2 cup of breadcrumbs. Gently fold in the crabmeat. Divide the mixture into 6 equal portions. Shape each into a small patty about 3 inches in diameter and 3/4 inch thick. Place crab cakes on a plate; refrigerate 30 minutes.

Meanwhile, put the remaining breadcrumbs in a bowl and toss with the olive oil. Spread out the crumbs on the lined baking sheet. Oven-toast them just until golden, about 3 to 4 minutes.

Transfer the breadcrumbs to a shallow plate. Place the crab cakes in the breadcrumbs and press down gently to coat each side.

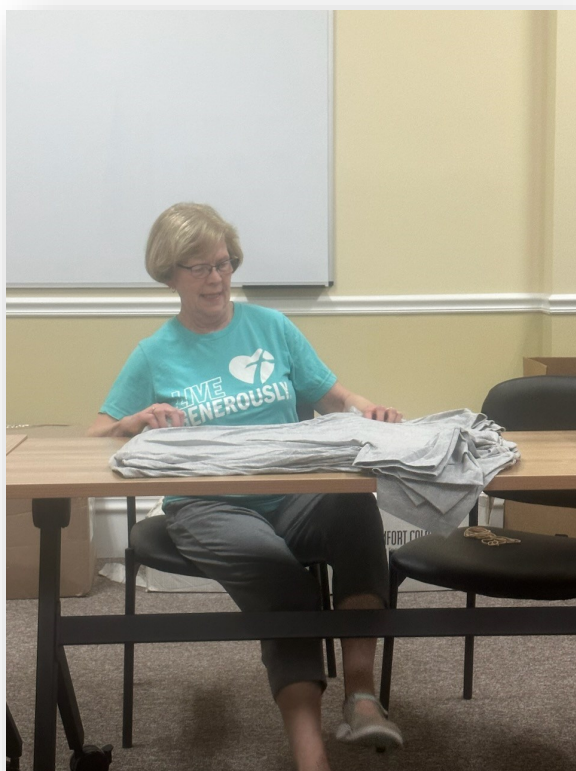
Transfer the crab cakes to the lined baking sheet. Bake on the middle oven rack for 20 minutes, until golden and heated through. Transfer to a serving plate. Makes 6 servings.

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

Altrusans in Action:



Getting ready for the Troy Strawberry Festival—rolling t-shirts for the souvenir booth!

Altrusans in Action:



**Congratulations to Melissa
for being recognized for
volunteering at Lincoln
Community Center!**



**Manning the souvenir booth at the
Troy Strawberry Festival!**

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2023-2024 Board of Directors

President: Sandy Ehrlich

2650 Fieldbrook Court—Troy

1st Vice President: Ginny Beamish

2nd Vice President: Linda Roth

Secretary (Biz Meetings): Glenna Rinehart

Secretary (Noon Meetings): Janie Eberly

Treasurer: Tracey Smith

Board of Directors 2022—2024

Jane Hoover, Peggy Wolke

Board of Directors 2023—2025

Faye McNerney, Melissa Weismann

Past President: Roberta Jacobs

Foundation Board

Janice Harshman

Barb Minnich

Judy Nickras

***positions of board members TBD as of
May 31, 2023.*