

RUBY



VIEWS

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APRIL 2017

PRESIDENT'S MESSAGE

SPRING

The dictionary says:

Spring - verb, to jump or move rapidly or suddenly. To move rapidly as from a constrained position or by the action of a spring. To originate or arise. To produce or develop or make known suddenly or unexpectedly.

Spring - noun, a resilient device of bent or coiled metal. Season after Winter. A place where water, oil comes up from the earth. A jump: took a spring. And finally elasticity.

Yes we spring forward for Daylights Savings Time, even though we don't save, we lose an hour. There is Spring Cleaning --- what's wrong with Summer Cleaning, Fall Cleaning and Winter Cleaning?

What other Springing do we do? Spring out of bed, Spring Break, Spring Fever, Spring has sprung.

How do we know it is Spring, well early mornings I can hear the birds singing, flowers and trees are budding out all over. March 20th was the 1st day of Spring but a week later we have had snow so it must be Winter-Spring time.

Happy Spring to you all.

Joyce

Founded under Lamoille maker's Lamoille Club is a of the Federation of Women's Clubs and Nevada Federation of Women's Clubs. Our mission is to promote the social, educational, and economic interests of women in Elko County, Nevada.



in 1918 the name Home-Club, the Women's member General

www.lamoillewomansclub.org

MEETINGS

1ST WEDNESDAY MONTHLY
2ND WED. JAN. & SEPT.
NOON—2PM
NO MEETING JUL. & AUG.
LAMOILLE WOMEN'S CLUB
795 CLUBHOUSE LANE
LAMOILLE, NV 89828

EXECUTIVE BOARDPresident

Joyce Kay

Vice Presidents

Donna Potter 775-738-8353

Nikki Fellows 615-939-2446

Secretary

Ida McBride, 775-738-4295

Treasurer

Charlene Mitchel

Co-Treasurer

Jane Stevens 775-738-4488

AN INSPIRATION



When it rains
look for
RAINBOWS.

When it's dark
look for STARS.





Story Time

So I go to do a night drop at NSB Spring Creek. Get the money in the vault, close the door and try to get the key out. No such luck. UGH call the sheriff and dispatch tells me to call a lock Smith. UGH! I was hoping for an emergency number. She sends an officer. FORTUNATELY I have a phone book and call the bank downtown. The teller says Oh No whoops. And teller me she will speak to her supervisor and call me back.

The Deputy arrives. I explain this is the key I used last June for the Fair. He's thrilled as he wants a contact as he is the Officer in charge of the reserves and wants dates and what they CAN DO FOR US.

Dispatch told him I put the key in the drop box and wanted to know how to get it back. Dispatch could not find a number for any of the banks. I guess they don't use phone books. Hmmm...

I am still in a good mood. We surmise that because the door didn't close all the way the key won't come out. I tell him I will wait for the bank to return my call. We discuss the Fair and they will have a Deputy put us in a patrol car to make the drops. We can draw straws for that duty. LOL.

ANYWAY, have exchanged information on the Reserves for Fair security and have the dates secured. Whew. Saves phone call.

The bank response was that they gave me permission to leave my key.....the supervisor in town today is the branch manager in SC. Repair will come from Reno. Nothing can be done till Monday. They know it is a LWC deposit. We will have a name for our selves if nothing else. And oh yes they have had problems before with this night drop...

Just a great day in Spring Creek.

Pam Osmonson



Room To Learn

Many LWC members have heard a few of us talk about our Retreats to Twin Falls Idaho for the Retreats at the Monastery. Julia Ziegler is the Workshop Instructor for those retreats has made a proposal for the LWC members to bring a workshop to us in Lamoille at the club house. The details follow in bullet form for easy reading.



- July 14, 2017 Lecture / Trunk Show in the evening
- July 15, 2017 All Day Workshop on “Piecing with Curves” Using the Quick Curve Ruler and Patterns from Curve It Up Sampler.
- Price per participant \$100
- 16 MAX: Club Members **First. We will fill class with others on a first come first serve basis**
- **Trunk Show /Lecture** available to the community by Ticket. (Price to be announced later). The Lecture will be “Trouble with the Curve” Handouts will be provided.

For the Lucky 16 Workshops Attendees the \$100 will include:

- **Saturday Workshop 9:30 – 4:30**
- Ticket to the Trunk Show
- Two Meals
- Supply Lists in advance
- **Kits for the Workshop with rulers to use for the workshop. Purchase of tools used will be optional, but there will be enough for everyone to purchase if they wish.**
- Mini Store with rulers and Patterns **for Purchase**
- Mini Store with Miscellaneous Supplies
- Instructor and instruction with great talent and Fun for the day.

The clubhouse can only accommodate 16 machines and two irons. Julia Zeigler is a popular instructor and all her retreats fill up quickly. We are lucky to have this opportunity. If you are interested please contact Charlene Mitchel 775-374-0315 or Pam Osmonson 775-397-2214 to be placed on a list. Once response is received from all the interested club members we will fill the remaining vacancies with other quilters who are interested. That list will be started also at this time. May 1, 2017 you will be contacted for conformation and a \$50 reservation Fee. The remaining \$50 will be due before Thursday the 13th of July. Be prepared to leave your name, phone number and email.

Pam Osmonson





Helpful Hints

Catch colds easily? Try ZINC!

According to USDA researchers this mineral is needed to activate at least 80 different enzymes that rev up your central nervous system, and help put pep in your step. Energy Rx: 12 mg. to 15 mg. of zinc daily could restore your vim and vigor within eight weeks.

Bonus: Switching to a multivitamin that contains the same amount of zinc also helps build healthy, virus-fighting immune cells—cutting the number of colds you catch in half.

Turmeric revs your memory!

Have a pinch of turmeric with breakfast and you'll enjoy sharper memory for six hours straight, research shows. Its antioxidants and anti-inflammatory compounds are proven to have brain-protective effects.

Rosemary keeps your blood pumping!

British research shows that rosemary ups the flow of nourishing blood to every cell, including neurons. No wonder consuming it is shown to improve mental performance.

Boost your happiness with toast and jam!

You can experience a giant surge of happiness just by starting your day with a slice of whole-wheat toast with jam and a bowl of oatmeal (made without milk)! Wheat flour and oatmeal supply your brain with tryptophan, an amino acid that helps make the mood-lifting chemical serotonin. Plus, they're low in protein, which otherwise blocks tryptophan from reaching the brain, where serotonin is produced, report Dutch scientist. Other high tryptophan/low-protein foods include bananas, potatoes and white rice.

Milly

Articles

I did not receive very many articles this month, and as I had no way to fill up pages because only one person sent in a gardening tip, I had to shorten the newsletter. Please send in articles!!! You can send them to Nikki Fellows, Pam Osmonson, and Joyce Kay, all of whom will forward them to me. You can also send them directly to me at abmfellows@gmail.com. It is really nice to have a lot of participants in the newsletter because we get more information that way. Even if your article is just something you find interesting that's going on in the community, please send it in.

Abby Fellows (Editor of the Newsletter)



Gardening Tips

A booster for spring bulbs and plants is Epsom salt. Pour it in a ring around the plant, Or if your houseplants are turning yellow mix 2 TBS. of Epsom salt with a gallon of water and pour it on your plants. (From P Allen Smith's Garden Show or Trowel & Error by Sharon Lovejoy)

Ida McBride

Some birds will begin building their nests this month; place nesting materials in your yard to help them.

Gordon Fellows (My Dad)

To remove the salt deposits that form on clay pots, combine equal parts white vinegar, rubbing alcohol and water in a spray bottle. Apply the mixture to the pot and scrub with a plastic brush. Let the pot dry before you plant anything in it.

Abby Fellows

When planting a garden, just get it started and walk away, Gordon will take care of everything else. :).

Nikki Fellows

The next time you boil or steam vegetables, don't pour the water down the drain, use it to water potted patio plants, and you'll be amazed at how the plants respond to the "vegetable soup."

Abby Fellows

To take care of spider mites on plants, mix 3.5oz of mineral oil to 50oz of water and place in a spray bottle. Spray leaves regularly until spider mites are gone.

Debbie Hunter (My Aunt)

Spruce up your rain gauge by adding a few drops of food coloring to the bottom. During the next rainfall, the water will combine with the dye and the water level will be bright and colorful and easy to read .


Abby Fellows

When planting a flower or vegetable transplant, deposit a handful of compost into each hole. Compost will provide transplants with an extra boost that lasts throughout the growing season.

Nikki Fellows



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<http://www.lamoillewomansclub.org>

Next Meeting/Luncheon—

The April luncheon is on April 5th.

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Advertising

LWC Members

Reporters

<i>Linda Maclaren</i>	<i>Nikki Fellows</i>
<i>Eleanor Collins</i>	<i>Ann Patton</i>
<i>Martha Wallace</i>	<i>Pam Osmonson</i>
<i>Doreen Brinkerhoff</i>	<i>Jan Barngrover</i>

THIS NEWSLETTER IS COMPLETELY SELF-SUPPORTING THANKS TO OUR GENEROUS ADVERTISERS

Important Information

- Please have articles submitted by Monday April 24th. Please send in articles!!!!
- For the May newsletter send in your favorite summer recipe.