

JULY 2022

A Flowery Welcome

Anyone visiting the Twin Cities Meals on Wheels is certain to know it is a welcoming place where good things happen to nice people, just by seeing the lovely gardens at the door.

The flowers, in a varied array of colors and shapes, shout out “C’mon In.”

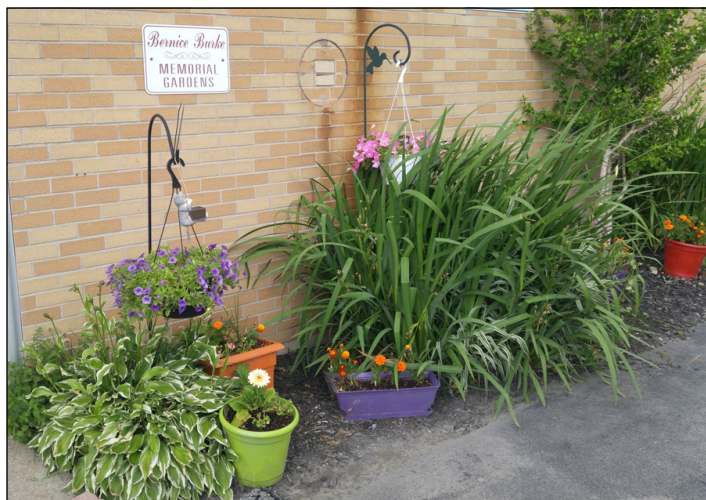
Some plants like the lovely white daisies have been there for years, soaking up the sun, and others are more late-comers, perhaps purchased or donated.

However they arrived is not as important as the message of welcome they send out.

The lovely garden in the photo at right, is a thoughtful tribute to Bernice Burke, long time volunteer.

The hostas, purple penunias and their “friends” give the entrance a cheerful boost.

The daisy plant at right,



now in full bloom, was an original from Pam Hill’s mother — a first rate gift.

So, stop and smell the bouquets before you begin your day’s volunteer work. Everyone is thankful that you’ve come.

TCCO Raffle Ready for July

It’s that time again, your chance to win the TCCO July raffle/fundraiser.

The \$10 ticket gives you chance to win more than once.

It’s fun and an opportunity to help others.

See Pam for tickets.



Wonder What’s Going On?

Sarah Nelson, director of the Chamber of Commerce of the Tonawandas, shows off a booklet that answers that question by listing all the summer and fall events happening in the Twin Cities.

Sarah has donated enough booklets for all the volunteers and clients of Twin Cities Meals on Wheels.

The booklets will be included with a home delivery and available to all volunteers and visitors. Extra copies are available at the office. Help yourself and thanks to the Chamber of Commerce.



Help a Friend, Help TCMOW

Perhaps there’s someone you know who may be missing out on nutritious meals. Someone you can help and at the same time spread the word about the great meals that Twin Cities Meals on Wheels provides to seniors. On top of that, it’s a gift idea.

Here’s how it works:

1. Purchase a gift card ticket for \$25 for a **new client living in the City of Tonawanda or North Tonawanda.**
2. Recipient calls Pam Hill to activate the gift card and set up meals.
3. After the free week, your friend, hopefully, will decide to continue the meal plan.

Twin Cities Meals on Wheels
100 Ridge Road North Tonawanda, NY 14120

TICKET FOR TASTY EATS

This certificate entitles *The Bearer*

Hot & Cold Meals Delivered Daily for One (1) Full Week.

Good for Six (6) Months from Date of Purchase

To Redeem: Call Pam at 716-693-1663

Not redeemable for cash.

Certificate Number: *NU*

Meals on Wheels
We deliver smiles

Pam's Corner

Well here it is July already! So many things are starting to get back to normal after Covid — shopping, restaurants, sports, shows, etc., but we still have lost or had many so many changes.

While it was a lot of work every year, I was still sorry to see how much of Canal Fest will not take place this year. As most of you remember we have participated in the festival for many years. We raised money for the roof with a food booth and have marched in the parade since around 2006.

It was some great free brand recognition and great fun for all. Recently the Canal Fest organization announced that the parade is canceled this year along with several other events.

Since we can't have a parade this year some memories will have to suffice.

Do any of you remember all the different parade themes? We have done so many — pirates was fun. We turned a trailer into a pirate ship and Brie even wore a mermaid costume. We did a sports-theme one with people dressed as Cracker Jacks and other snacks, but the best was our own Ginny Brown who marched in a very toasty plastic bag dressed as pink cotton candy. Speaking of "hot" costumes we had an Elvis portrayed by Steve Ash in all vinyl suit that he had to peel off because he sweat so much.

Jim Davignon dressed as a blind mouse, adding a mouse trap to his tail. I noticed it halfway through the day and had trouble not laughing. There are many more memories of all who marched or stood cheering us on and good music for us to party or sing to.

THANKS TO EVERYONE for all the memories and all the fun we had! Till next month...

Pam

President's Corner

I have some rough news, and I have some good news.

The rough part news is that you are probably aware that the pandemic hit us pretty hard. We couldn't fund raise, we had some volunteers back off because of concerns about being around others, and we lost clients that didn't want any contact with others...even though we took all kinds of caution. And of course that all impacts the bottom line.

The good part is that 2023 will be our 50th year of service to the communities. Not many agencies can sat that.

So PLEASE, talk us up to your family and neighbors. Encourage seniors and others to join us.

And by the way, ask them to donate when we have our annual appeal later in the year. Thanks for all you do.

Karl
Board President

Pam Hill, Coordinator
Barbara Tucker, Newsletter Editor
Dean Hutter, Co-Editor

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Phone: 716-693-1663 Fax: 716-693-1663 Email: info@tcmow.com Website: www.tcmow.com

July's Doings



* **Fourth of July Fireworks, Renaissance Bridge after 9 p.m.**



July 9 & 10, 10 a.m. to 3 p.m.,

North Tonawanda Garden Walk is open to anyone wishing to visit gardens throughout the City of North Tonawanda with a focus on the downtown and Sweeney Estate districts.

July 12 & 19, Zumba at Klimek Veterans Park Band Shell, NT, 6-7 p.m. \$20 NT residents, \$25 non residents.

July 12: Turtle Trek for kids 3 and older, a close up encounter with turtles from Aquarium of Niagara. Call 716 693-5043 to register.

July 17-24 Canal Fest returning minus its community parade and Diaper Derby. Craft Show July 23 and 24, closing with a fireworks display. Midway rides and food. "Chalk-It-Up" Street Art Contest returns along with the car cruise. The SIKA boat race on the 23rd,

July 21: Buffalo Dolls (like the Andrew Sisters) 5:30 p.m. NT Library on Meadow Drive.

July 30: 5 p.m. Woodstock Revival show, Gateway Park.

Thursdays: 5 to 8 p.m., Food trucks on Canal Street in Tonawanda.

July 30: Spend some time after-hours at the Farmer's Market in NT to eat and dance outdoors at a "Bring Your Own" party! Bring your own tables, chairs, snacks, and tableware to the fundraiser for Project Pride of North Tonawanda. \$20 per ticket and you can enjoy square and/or line dancing. Fill your Square and purchase all 8 tickets for a discounted \$150. There will be a prize for best Square theme!

July 31- Aug. 4 — Celebrate the arts of the Tonawandas with music, art, dance, family friendly activities at the First Music & Arts Festival of the Tonawandas presented by the Carnegie Art Center and Gateway Harbor.

Tuesdays - 1 p.m. Veggie Van at NT Senior Center. Cash, EBT, Farmers Market and Fresh Connect checks accepted. All are welcome



Pamela Hill	17
Rosemary Marohn	16
Carol Kromphardt	12
Karl Bauer	10
Pam Psik	2

Each month the names and date are listed for volunteers and staff who are celebrating a birthday during the month.

July 4 Gloria Stanz

July 7 Pamela Hill

July 16 Tim Greinert

July 22 Virginia Brown

Happy Birthday! Enjoy the Day!

These years of service show a commitment to Twin Cities Meals on Wheels by our wonderful and faithful volunteers.

If you know someone who is looking to help the community and has a little time to spare, suggest he or she (or both) stop by TCMOW for a tour.

Thanks to all for your years of service and great volunteer work for our Meals on Wheels.

Congratulations for your continuing energy and devotion to helping others!

Can't Come on Volunteering Day?

To cancel your day to serve or drive, call Pam Hill at home on her cell phone 716-418-5424 the night before so she can get a "sub" for you

July Is Filled with Odd Events

National Blueberry Month

National Hot Dog Month

National Picnic Month

National Pickle Month

Deadhead your flowers Month

July 5: Work Without Your Hands Day

July 9: Bald Is In Day

July 10: Cheer Up the Lonely Day

July 12: Different Colored Eyes Day

July 15: Give Away Something Day

The full Moon in July is called the Buck Moon because the antlers of male deer (bucks) are in full-growth mode at this time. Bucks shed and regrow their antlers each year, producing a larger and more impressive set as the years go by.

July's full Buck Moon will rise on Wednesday, July 13, reaching peak illumination at 2:38 P.M. Eastern Time. It will be below the horizon at that time, so plan to look towards the southeast after sunset to watch it rise into the sky. *(Just a tidbit you might enjoy.)*

July 23 Gorgeous Grandma Day

July 24 Tell an Old Joke Day

July 25 Merry-Go-Round Day

July 27 Take Your Houseplant For a Walk Day

July 31 Mutt Day



There's always room for news from YOU, our volunteers.

TCMOW has a remarkable number of volunteers whose lives are full of fun and activities. So it's hard to believe that none of the you have any news to share.

Surely, there are birthdays, vacations, new grandchildren or their stories and activities, your dog's newly learned trick, your lawn mower that quit in the middle of the yard or you need prayers for yourself or someone you know!

Don't forget to send information on activities in town or at your church or another organization. We're happy to post any event.

Any news tips that you'd like to share, may be emailed to Barbara Tucker, wgtbt@aol.com or drop the news off to Pam at the TCMOW office.

Waiting to hear from YOU!

How Good Is Your Math?

Darqueeze played high school football in Chicago. He was a great running back, but a really poor student.

At graduation, he didn't have enough credits.

But he was a great football star and the students held a rally and demanded the principal give him a diploma anyway. They were so insistent that the principal agreed that if Darqueeze could answer one question correctly he would give him a diploma.

The one question test was held in the auditorium and all the students packed the place.

It was standing room only. The principal was on the stage and told him to come up. Diploma in hand, the principal said: "Darqueeze, if you can answer this one question correctly I'll give you your diploma."

"Darqueeze, how much is three times seven?"

Darqueeze looked up at the ceiling and then down at his shoes, pondering the question.

The other students began chanting, "Graduate him anyway! Graduate him anyway!"

Then Darqueeze held up his hand and the auditorium became silent. He said, "I think I know the answer. Three times seven is twenty-one."

A hush fell over the auditorium and then all the other students began to chant:

"Give him another chance! Give him another chance!"

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Ray & Bubba (Texas mechanical engineers) were standing at the base of a flagpole, looking up.

A woman walked by and asked what they were doing.

'We're supposed to find the height of the flagpole,' said Bubba 'but we don't have a ladder.'

The woman took a wrench from her purse, loosened a few bolts, and laid the pole down. Then she took a tape measure from her pocket, took a measurement and announced,

'Eighteen feet, six inches,' and walked away.

Ray shook his head and laughed.

"Ain't that just like a woman! We ask for the height and she gives us the length!"

Bubba and Ray are currently working for the government.

Little Known and Best Forgotten

* The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes). (Yep, I knew you were going to "do" this one.)

* There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous. (You're not doubting this, are you?)

* There are two words in the English language that have all five vowels in order: "abstemious" and "facetious." (Yes, admit it, you are going to say, a e i o u)

* A cat has 32 muscles in each ear

* A goldfish has a memory span of three seconds. (Some days that's about what my memory span is.)

* A "jiffy" is an actual unit of time for 1/100th of a second.

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My neighbors complained about me groaning too loud having sex in the morning ...if they only knew I'm just trying to put my socks on.

Husbands are the best people to share secrets with. They'll never tell anyone because they aren't even listening.

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Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said;

"Success is when you look back at your life and the memories make you smile."

**Fool me once, shame on you.
Fool me twice, shame on me.
Fool me 350,000 times, you
are a weather man.**

YES! I want to do my part to continue the work of Twin Cities Meals on Wheels. Enclosed is my tax-deductible gift.

Name _____

Address _____

City, State, Zip _____

Phone () _____

E-mail _____

Amount enclosed _____

**Return this slip and your check made out to Twin Cities Meals on Wheels to:
TCMOW, 100 Ridge Road, North Tonawanda, NY 14120 or donate online at www.tcmow.com**