

August 2023

Fourth of July: More than Fireworks for TCMOW!



In the photo above left, Karl Bauer, enter, gets read to congratulate Brian Thore on his winnings. In the photo at right, folks enjoyed the band Stealin' who presented a fun and enthusiastic program, joined by a young girl who played the tambourine

To most folks, the Fourth of July means picnics, boating family get-togethers and fireworks.

However, at Old Many River Restaurant on Niagara Street in Tonawanda, it was a way to not only keep its myriad of customers happy with great food and rooftop seating, but also to help with funding for Twin Cities Meals on Wheels.

Old Man River chose July 4 as the day to set aside some proceeds for TCMOW. In addition, Brian Thore won \$200 from the 50/50

raffle. Pam Hill reported that everyone “had a good time!”

The band Stealin’ entertained prior to the fireworks. And to top it off the food was great! Our thanks to Gary Rockenbrock who set up the event.

The band was a hit with everyone, including the young girl who played along with them. She was dancing and clapping at which point the band asked her if she wanted to help them by playing the tambourine. She was a hit.

More Community Help Is Always Welcome

Twin Cities Meals on Wheels continues to receive help from community organizations who realize how much we mean to the health and welfare of those who call on us.

The latest donation is a \$1,000 check from the Erie Niagara Sunrise Exchange Club.

Pam Hill received the check at a breakfast meeting of the club and had an opportunity to explain what TCMOW does and how much it helps those in need in the City of Tonawanda and North Tonawanda.

The Exchange Club, that meets weekly at the Olympic Restaurant



in Kenmore, presented checks to 25 local agencies who give aid to young and old in need of assistance.

Other organizations that have recently helped include the 214 Foundation whose funding allowed the purchase of new compressors, the Elks Club that presented a donation and a great dinner, Jesse Gooch, owner of Painters Plus whose donation from his “Goochfest” bash helped purchase food.

If you are a member of, or know a member of, an organization that would contribute to TCMOW, let Pam Hill or any board member know.

For instance, Eileen Britton’s daughter works for a company that is generous to non-profits and Denise Sawatzky is constantly seeking grants and ideas from the newest board member, Rae Proefrock.

So, start your search today. You’ll never know an answer until you ask a question!

Pam's Corner

Well, I hope all of you are having a great summer! We certainly have had some warm weather haven't we? Although I must say I have not gotten as much done outside this year because of that heat, have you?

Here at Meals we have had a whole bunch of projects that are now completed. We had the walk-ins refurbished with new motors and compressors. With the new floor in the cooler and everything back together they look and work like new again. By the time that this comes out we should have a new refrigerator in the kitchen and we will have ordered the new shelving for the walk-ins.

Our garage sale made a decent amount of money in spite of the rain and then we had a rain date and made some more. Rick from Monday came in and updated our invoices so they now show the dates of service. So far most of the clients like this improvement.

I hope everyone likes the improvements that the board has been making, they have been working hard at this. It is not fun to write all those grants and set all this up, so if you see a board member make sure you tell them how much you appreciate their efforts.

We hope that all these things will benefit us moving forward into the future. And while you are at it if you happen to see Barb Tucker make sure you tell her thank you for your monthly newsletter and for putting up with me as I am always late with my column.

Well see you all next month — Pam

(Editor' note: Waiting for Pam's column is no problem. I'm worn out just thinking of all she handles every. Thanks, Pam for all you do!)

ADOPT-A-DAY PROGRAM

The **Adopt-A-Day** project, a continuing effort to find new ways to attract the community to Twin Cities Meals on Wheels while also bringing in donations, slowed down as summer started.

The idea of Adopt-a-Day is to honor someone, perhaps a parent, sibling, friend on a special day by scheduling a dessert of your choice on that day. Clients receive the yummy dessert along with a note saying who it honors. Many have already generously shared the joy of a special day with clients of Twin Cities Meals on Wheels. The cost for the "adoption" is \$99.

In return for the "adoption," the host receives:



Recognition in the monthly Adopt-A-Day on our Website
'Thank you on our Facebook page and in our Newsletters



* Knowledge that clients receive a special treat, thanks to you.

To sign up or for information, email Carol Butch at c.butchette@gmail.com

Pam Hill, Coordinator

Board of Directors

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Rae Proefrock, Gary Rockenbrock, Joyce Santiago, Barbara Tucker

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Around Town

• **August 1:** Bring your own chair to Clinton Park Gazebo in Tonawanda and enjoy the 716 Mixers and on **August 15**, Meet the Bacons. Fun takes place from 6 to 8 p.m.

• **August 3:** Enjoy Kathy Carr & Friends at the Easy Listening Concert Series from 7 to 8:30 p.m. at Raymond Klimek Veterans Park on River Road. On **August 10**, JJ Swing will feature a nine-piece band and on **August 17**, the popular Frankfurters.

• **August 4:** Stand-Up Comedy at the Hub on Canal Street in Tonawanda, followed on **August 18** with the Lake Plains Players presenting "State of the Art Cabaret." Both fun events start at 7 p.m.

• **August 5:** Support our wonderful Carrousel Museum by coming to the Meat Raffle at Gratwick Hose on Ward Road. Tickets for this super event are \$20 or \$140 per table of eight. This exciting night also includes a basket raffle, 50/50 and a door prize. Doors open at 6 p.m., first draw 7 p.m. Call the Museum at 716-693-1885 for tickets or information.

• **August 5 & 6:** Thunder on the Niagara returns this summer at Gratwick Park, North Tonawanda featuring fast, loud hydroplane racing!

August 5: Be sure to stop by the Oliver Street Art Festival between 11 a.m. and 5 p.m. taking place between Robinson and Schenck streets along Oliver.

August 6: Eighth Annual Ted Reinhardt Western NY Drumming Festival from noon to 4 p.m. at Old Man River Restaurant, Tonawanda.

• **August 10:** Enjoy Country Night with Rick Zachary at the Thursdays on the Water concert series from 5 to 10 p.m. at Gratwick Park. **August 17** will feature Southern Rock Night.

• **August 16:** The Friends of the NT Library will host a Summer Vendor Sale that day. Lots of vendors on hand, so stop by.

• **August 19, 20:** Carnegie Art Spree, 10 a.m. to 4 p.m.. A weekend juried arts festival spanning downtown NT and Tonawanda. Artisan goods, amazing art show. For more information, go to carnegieartspree.org. New, wonderful event for families!

• **August 26:** Beyond Recovery fundraiser 1 to 4 p.m. at Raymond Klimek Veterans Park. Music, vendors, basket raffles.



Kay Vance	40
Carol North	17
Colleen Corrigan	15
Curt Gaume	9
John Newman	5
Bill Simon	2

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

Congratulations for your continuing and amazing energy as well as your devotion to helping others!

If you know a friend, relative or neighbor, perhaps someone recently retired and looking for something to do, encourage them to call Pam Hill at 716-693-1663 and become a volunteer.

Twin Cities Meals on Wheels Needs Volunteers!



Help Us Out — Call Pam at 716-693-1663

Do you have 2 or 3 hours to spare mornings each week and would you like a chance to meet new friends? Volunteering is a great way to make a huge impact in a short amount of time. Whether in the kitchen or delivering meals, you help bring nutritious food and a friendly visit to 8 to 10 seniors and people with disabilities in the Twin Cities.

For information, click on the link: <http://www.tcmow.com>

You can join TCMOW’s remarkable number of super involved volunteers whose lives are full of fun and activities.

Do you have any news tips that you’d like to share?

If so, email your story to Barbara Tucker, wgtbt@aol.com or drop the news off to Pam at the TCMOW office.

We’d love to hear from you!

More Good News on the ‘Funding Front’

Denise Sawatzky presented an update on the proceeds from the May 20, 50th anniversary garage sale and anniversary celebration.

She reported to the Board the projected total is \$2,951.70. Especially remarkable considering the weather did not cooperate. However, Denise, Eileen Britton and the committee were also a force not to be reckoned with, so a second sale added to the total.

The grand total should increase when we receive funds from Kohl’s and Independent Health for Eileen’s daughter’s time.

Also thanks to the guys who sold hot dogs under the tents to all, including folks who were at a nearby soccer game.



Letty Hollister	08/12	<i>Each month the names and birthday date are listed for volunteers and staff who are celebrating their birthdays during the month.</i>
Diane Kandefer	08/19	
Pam Psik	08/19	
Renee Lorenz	08/21	
John Newman	08/24	
Alan Mazzuchelli	08/28	

Wish them a Happy Birthday (or sing a little song!)



More Places to Go, Things to Do

- **August 19:** Corn Fest presented by Market in the Square, 11 a.m. to 7 p.m., will feature a farmer’s market, corn contest, delicious food, beer & wine tent, entertainment and kid activities.
- **August 25:** Movie Night on the Niagara at the Miller Bandshell in Niawanda Park in Tonawanda will feature an outdoor showing of “Minions — The Rise of Gru.” Activities begin at 6:30 p.m., followed by the movie about 8:15 or dusk. Popcorn and other snacks available.
- **August 27:** Don’t miss Porchfest from 1 to 6 p.m., with concerts taking place on porches throughout Tonawanda. For more information, follow on Facebook at Tonawanda City Porchfest.

Fun August Dates to Remember

- August 1: Universal Birthday for Shelter Dogs.
- August 2: National Coloring Book Day. Download great coloring pages from the Smithsonian.
- August 6: American Family Day and National Friendship Day.
- August 12: Garage Sale Day.
- Aug. 20: National Chocolate Pecan Pie Day. (Yummy)
- August 22: Be an Angel Day. Be gentle. Be kind. Take care.
- August 25: National Park Service Founders Day. Find out more about your favorite park.
- August 29: According to Hoyle Day and More Herbs, Less Salt Day. (I’m certain these go together... somehow.)
- August 31: Eat Outside Day. (Anyone up for a picnic? I’ll bring the pie!)

By the way, if you have a favorite recipe, send it along to: Barbara Tucker, wgtbt@aol.com.

Thinking about a monthly recipe column.

Share a Laugh



Trivia Test for Those Who Know Everything...

1. What is another name for the vegetable known in some parts of the world as a courgette?
2. What does the Latin phrase "Ars longa, vita brevis" mean?
3. Which 20th century novel begins with the line, "When he was nearly thirteen, my brother Jem got his arm badly broken at the elbow"?
4. What is a pudu?
5. Which 1983 movie featured the character Tony Montana?
6. What is Carmine?
(Answers at end of the page.)

An Idea for Today's World

I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one.

So, I'm wearing my garage door opener. I also made a cover for my hearing aid and now I have what they call blue teeth, (I think.)

Smart Thinking

The Sheriff pulled up next to the guy unloading garbage out of his pick-up into the ditch.

The Sheriff asked, "Why are you dumping garbage in the ditch? Don't you see that sign right over your head?"

"Yep," he replied. "That's why I'm dumpin' it here, 'cause it says: 'Fine For Dumping Garbage.'"

Just Wondering

You can say what all you want about the South, but have you ever heard anybody retiring to the North?

Why do "tug" boats push their barges?

Why do we sing "Take me out to the ball game" when we are already there?

Why are they called "stands" when they are made for sitting?

Seen One,

A woman has twins and gives them up for adoption. One of them goes to a family in Egypt and is named "Ahmal." The other goes to a family in Spain; they name him "Juan." Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, "They're twins! If you've seen Juan, you've seen Ahmal."

A pun is a short quip followed by a long groan. ~Author Unknown

Questions Asked of Third-Graders

* What is the right age to get married?

Twenty-three is the best age because you know the person FOREVER by then.

- Camille

No age is good to get married at. You got to be a fool to get married.

- Freddie

* How can a stranger tell if two people are married?

You might have to guess, based on whether they seem to be yelling at the same kids.

- Derrick

* What do you think your mom and dad have in common?

Both don't want any more kids."

- Lori

What do most people do on a date?

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date.

- Martin

When is it OK to kiss someone?

When they're rich.

- Pam

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Trivia Answers:

1. Zucchini

4. Small South American Deer

2. Art is long, life is short

5. "Scarface" - Al Pacino

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**