

March 2023

It's That Time Again: Time to Help Kids By Your Phone Call

This year, the Variety Club telethon set for Saturday March 4 and Sunday March 5 has a very special connection with Twin Cities Meals on Wheels.

Bill Simon, who delivers for TCMOW on Thursday Route 4 is this year's co-chairman of the event. The telethon raises funds for Oishei Children's Hospital along with 10 other children's charities.

Congratulations are in order for Bill for his hard work and dedication to such a worthy cause. Children in the area who are in need of medical attention would be lost without the outstanding Oishei Children's Hospital.

In case you aren't aware of all the hospital is known for, here's a few facts and reasons to help out.

John R. Oishei Children's Hospital, named after the John R. Oishei Foundation, which donated \$10 million for the development of the hospital, opened on Nov. 10, 2017, providing pediatric specialties and subspecialties to infants, children, teens, and young adults and maternity services for expectant mothers.

Located at the Buffalo Niagara Medical Campus, the hospital has 185 inpatient beds, serving patients in Western New York and parts of Southern Ontario.

The hospital is one of the only freestanding children's hospitals in New York State. In addition, it is a teaching hospital affiliated with the State University at Buffalo and is affiliated with the Kaleida Health System.

The hospital contains an ACS verified level 1 pediatric



trauma center, one of the few in the region, and boasts a rooftop helipad to transport critically ill patients to and from the hospital.

The hospital's history is a fascinating one: Started in the final decades of the 19th century when children's wards and children's hospitals were unheard of and sick children were forced to be exposed to the cries of pain and misery of suffering and dying adults.

If you like to read amazing history stories, go online to Oishei Children's Hospital and read how the hospital came to be.

This year's Telethon is a worthy cause and will air from 6 to 11 p.m. on WGRZ TV Channel 2 and on Sunday March 5 from 10 a.m. to 8 p.m. on WBBZ .

Variety Club, the children's charity of Buffalo & WNY is entering its 61st year of the annual Variety Kids Telethon! That's more than 60 years of serving and helping the kids who need help the most, thanks to amazing donors.

With everyone's continued support the Variety Club is able to provide children in our hometown with the care they need.

Welcome

The Twin Cities Meals on Wheels welcomed three new well known members to the Board of Directors.

Bob Pecoraro, known not only as the former NT Common Council president but as a decorated U.S. Air Force Colonel, retired, active in many veterans' groups.

Joyce Santiago, former head of the Chamber of Commerce, who is currently administrative assistant to the NT mayor.

Rae Proefrock is best known for her boundless energy and total commitment to restoration of the Herschell Carousel Factory Museum along with classic kiddie rides, making it a must-see tourist stop.

Adopt-A-Day Continues to Seek Donors

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, has slowed down as the holidays approach. Many have already generously **Adopted-A-Day** that is special to them and shared the joy of that day with clients of Twin Cities Meals on Wheels with a dessert of their choice. 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 Newsletters shared with the community
- * Knowledge that clients receive a special treat!



February (and snow) are over

Well, we are going through an eventful time period here at meals. Some of the things going on include:

1. We have sent out advertising cards- a first for us.
2. People Inc volunteers are back in the kitchen for the first time since Covid!
3. We have several new volunteers who will be filling in for some of our snowbirds.
4. Our flooring was replaced in the cooler- it was in bad shape and the health department was not happy with it. The **best part** is that it was all donated by SMART Sheet Metal workers!

But, and yes there is a but, no matter how much things move forward some things never change!!

Yes, I am complaining about the recent snow again! Come on now, the weatherman says we have had more than a normal year's amount of the miserable stuff and yet it keeps coming along with ice, sleet and freezing rain!

Well at least the dog was happy, she loved the stuff. Just show her a nice white smooth area of snow and she will have it covered with doggy footprints in a matter of minutes. She likes to stand facing into the wind ears blowing back while I am huddled up in my heated jacket saying "come on let's go, let's go!"

Well this February has ended and there is a tiny bit of light shining, thanks to an event Saturday, March 4 from 6-11 p.m. on WGRZ TV Channel 2 and also from 10 a.m. to 8 p.m. Sunday March 5 on WBBZ — it's the Variety Club Telethon,

We are excited because this year Bill Simon who delivers for us on Thursday Route 4 is this year's co-chairman of the event raising funds for Oishei Children's Hospital along with 10 other children's charities. Please watch and contribute if you can, it's a very worthy cause- it's all for the KIDS. Bill also delivers for Ken-Ton and volunteers for other charitable events along with his wife Cindy.

So, my friends, there is an end of the rotten tunnel in February with a look ahead to a soon-to-be spring starting in March.

So until next month.....*Pam*

NOTES FROM THE OFFICE

Good news, board vice president Denise Sawatsky has a wealth of ideas on increasing funding for TCMOW.

- Last month, we heard that Denise is in the process of planning a **garage sale** and asking that if you have any items to donate, start getting them together now. Keep the sale in mind if you are interested in volunteering and are planning your spring/summer weekends.
- The board also heard about another spectacular "Evelyn Zupo Special" raffle.
- A grant pending from Foundation 214 as well as the Elks Club.
- An open house on May 20 as well as displays at the North Tonawanda and Tonawanda libraries in celebration of TCMOW's 50th anniversary.

As wonderful as these ideas are, TCMOW continues to need YOUR support, donations, volunteer help at fundraising events and help in spreading the word!



Around Town

* **Meat Raffle** at National Hose Fire Co., 44 William St., Tonawanda, Saturday, March 25. Doors open at 7 p.m., first spin at 7:30 p.m. The event is open to the public. You are welcome to bring in your own food. Beverages will be available. For information, contact or stop by the Tonawanda Senior Center.

* Gateway Harbor Tonawanda **Green Beer Sunday** will take place on March 5 starting with a parade at noon from Broad to Main streets and into Gateway Harbor Park in Tonawanda. Irish Music by the The Restless Soles will run from 12:30 to 4 p.m. Irish food, soft drinks and Irish beer will be available to purchase.

* **Spaghetti Dinner** Lion's Club Fundraiser, 1 to 5:30 p.m. March 19 at the Eldredge Club, 17 Broad St., Tonawanda Tickets are \$10 presale or \$12 at the door. For tickets contact Amy at 716-479-4492.

* City of **Tonawanda's 120th Birthday** will be celebrated March 23 with a birthday party at the Ronald Pillozzi Pavilion in Niawanda Park. If you would like to be a part of this celebration, sharing an old familiar Tonawanda tradition by story, by song, etc. let us know. Contact or stop by the Tonawanda Senior Center on Main Street.

* **Veteran's Day Concert** by the Tonawanda American Legion Band, Sunday, March 26 at 7:30 p.m. at Cardinal O'Hara Performing Arts Center at 39 O'Hara Road, Town of Tonawanda. \$13 advance tickets may be purchased at the Tonawanda Senior Center or \$15 are at the door.

* **Easter Egg Hunt** at Veteran's Park at 10 a.m. Saturday, April 1 for children ages 10 and under and egg hunters must be City of Tonawanda residents. If you have grandkids or neighbors, share this information with them.

* **St. Patrick's Day Dinner Dance** Wednesday, March 15 at the North Tonawanda Senior Center. Doors open at 5 p.m., dinner at 6 p.m. Music from 7:30 to 9:30 p.m. \$18 for members \$20 for non-members. Corned beef, potatoes, carrots, cabbage, salad, rolls and cheesecake. Music by the Hasting Duo.

Pam Hill, Coordinator

Board of Directors

James Burke - President
Denise Sawatsky - Vice President

Rick Henderson, Secretary
Curt Gaume, Treasurer

Board Members

Karl Bauer, Eileen Britton, Carol Butch, John Grobe, Robert Pecoraro,
Rae Proefrock, Gary Rockenbrock, Joyce Santiago, Barbara Tucker

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



| | | | |
|----------------|----|------------------|----|
| Eileen Britton | 19 | Marti Metzger | 17 |
| James Burke | 13 | Gary Rockenbrock | 15 |
| Nick Csizmar | 12 | Patricia Slater | 18 |
| John Grobe | 15 | Margaret Smith | 11 |
| Diane Kandfer | 15 | Dana Caccamise | 5 |

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!

More Local News

Vietnam War Era veterans and surviving spouses will be recognized at the 50th Anniversary Commemorative Pins presentation ceremony at 1:30 p.m. March 20 at the Town of Wheatfield Community Center, 2790 Church Road, Wheatfield.

RSVP IS REQUIRED TO RECEIVE A PIN: Call 716-852-3501

March 2023 is the 50th anniversary of the Vietnam Veterans Prisoner of War (POW's) who came home from the prisons of North Vietnam. The Vietnam Veterans of America, Niagara County Chapter 268 will be honor General George E. "Bud" Day and Master Sergeant John T. Anderson, whose last state side address was Niagara Falls, N.Y. before being captured by the North Vietnam Army.

Honors will take place at the Niagara County Court House, 175 Hawley St., Lockport, at 4 p.m. Thursday, March 2. Honoring General Day and Master Sergeant Anderson will be on display at the court house through March.

Homeless Care Kits have been given to the NT Police Department. The kits, provided by St. Martin Lutheran Church contain toiletries, warming blankets, gloves, snacks, and more. As the Tonawandas continue working together to connect long-term services for our homeless, these kits are a great way to provide for their temporary needs. If anyone is interested in volunteering with our Twin City Homeless Task Force, call Karen Carman at 716-957-8099.



TCMOW has a remarkable number of super involved volunteers whose lives are full of fun and activities.

We're waiting to hear.

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

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.



| | |
|-----------------|-------|
| Roberta Becker | 03/01 |
| James Burke | 03/24 |
| Nick Csizmar | 03/13 |
| John Grobe | 03/22 |
| Pearl Szukala | 03/11 |
| Linda Wingrove | 03/18 |
| Anita Zebulske | 03/10 |
| Richard Dunning | 03/22 |

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

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



Our Tuesday Route 1 crew has a new addition to their family!

Dale and Tracy Selbert are traveling to Virginia to meet their very first grandchild. Raelynn Gonnella who was born on February 2, and weighed 8 lbs. and 1 oz. Congratulations to the whole family.

Making Folks Aware of TCMOW, Bag by Bag

• Board vice president Denise Sawatsky and treasurer Curt Gaume met with Julie, the manager of Market in the Square in North Tonawanda, to finalize the plans to have a roundup fund-raising campaign with Market in the Square in March.

Rick Henderson made arrangements with the printer to have a half-page bag-stuffer, the same as our postcard mailed to the Tonawandas, to be placed in the shopping bags of each customer who shops at the store. Volunteers will make arrangements early next week to take the stuffers along with TCMOW large poster displays to Market in the Square.

More Places to Go, Things to Do

• The Rotary of Tonawanda is hosting an unused paint collection March 25 from 9 a.m. to 1 p.m. at the Tonawanda Bike Hub on Young Street. Unused paint should not be dumped into the sewers or thrown into the trash. The club will use donations to fund native tree, shrub and flower plantings to help sustain pollinators and wildlife within our watershed along the Niagara River, Ellicott, Tonawanda and Two Mile creeks. Unused bicycles will be collected and then refurbished and donated to new Americans.

• North Tonawanda History Museum will host its spring Used Book Sale from noon to 4 p.m. March 4, 6 and 11. The book sale features thousands of books in many different genres. Paperbacks are .50 each or 3 for \$1. Hardcover books are \$1 each or 3 for \$2.

Purchase one of the large bags and fill it for \$5. For more information call the Museum at 716-213-0555.

• A Sensory Friendly inclusive Easter Egg Hunt will take place from 2 to 3 p.m. April 1 at Pine Woods Park, North Tonawanda. The event features an outdoor sensory egg hunt, opportunity to meet the Easter Bunny and Elmo, visit Remy, therapy dog-in-training from the North Tonawanda Police Department, along with crafts and activities. REGISTRATION REQUIRED. For more information, email Michelle Bernas at mbernas@northtonawanda.org

Share a Laugh



St. Patrick's Day Jokes

What's Irish and stays out all night?

Patty O'furniture!

What do you get when two leprechauns have a conversation?

A lot of small talk.

Where would you find a leprechaun baseball team?

In a Little League!

When is an Irish Potato not an Irish potato?

When it's a FRENCH Fry!

What does a leprechaun call a happy man wearing green?

A Jolly Green Giant!

Why do people wear shamrocks on St. Patrick's Day?

Because regular rocks are too heavy!

Irish Definition of Medical Terms:

Colic-A sheep dog

Coma-A punctuation mark

Dilate-To live long

Sorry to pick on the Irish, but St. Patrick's Day is almost here.

And that's how the fight started...

Saturday morning I got up early, quietly dressed, made my lunch, and slipped quietly into the garage.

I hooked the boat up to the van and proceeded to back out into a torrential downpour. The wind was blowing 50 mph, so I pulled back into the garage, turned on the radio, and discovered that the weather would be bad all day.

I went back into the house, quietly undressed, and slipped back into bed.

I cuddled up to my wife's back: now with a different anticipation, and whispered, "The weather out there is terrible."

My loving wife of 5 years replied, "And, can you believe my stupid husband is out fishing in that?"

.....

Ever wonder about those people who spend \$2 apiece on those little bottles of Evian water?

Try spelling Evian backwards: NAIVE

Sayings Long Gone

Would you believe the email spell checker did not recognize the word, Murgatroyd?

The other day a not so elderly lady said something to her son about driving a Jalopy and he looked at her quizzically and said, "What the heck is a Jalopy?" He never heard of the word jalopy or a rattle trap?

Well, I hope you are Hunky Dory after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included "Don't touch that dial," "Carbon copy," "You sound like a broken record" and "Hung out to dry."

"We'd put on our best bib and tucker to straighten up and fly right."

Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy Moley! We were in like Flynn and living the life of Riley and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Where have all those phrases gone? Long gone: Pshaw, the milkman did it. Hey! It's your nickel. Knee high to a grasshopper.

.....
That's All Folks!

The three hardest things to say are:

I was wrong

I need help

Worcestershire Sauce

.....

Sitting by the window of her convent, Sister Barbara opened a letter from home one evening. Inside the letter was a \$100 bill her parents had sent. Sister Barbara smiled at the gesture. As she read the letter by the window, she noticed a shabbily dressed stranger leaning against the lamp post below.

Quickly, she wrote, "Don't despair. Sister Barbara," on a piece of paper, wrapped the \$100 bill in it, got the man's attention and tossed it out the window to him. The stranger picked it up, and with a puzzled expression and a tip of his hat, went off down the street. The next day, Sister Barbara was told that a man was at the door, insisting on seeing her. She went down, and found the stranger waiting.

Without a word, he handed her a huge wad of \$100 bills. "What's this?" she asked. "That's the \$8,000 you have coming Sister," he replied. "Don't Despair paid 80-to-1."

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**