



# Another Serving

*“Meals and More...”*

Newsletter for Volunteers and Staff of Twin Cities Meals on Wheels, Inc.  
100 Ridge Road North Tonawanda, New York 14120  
*Serving the Twin Cities since 1973*

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**Board of Director for 2020** – Karl Bauer- President, James Burke – Vice President, Curt Gaume – Treasurer - Eileen Britton – Secretary. **Board Members:** Rodney Brown, Virginia Brown, Carol Butch, John Grobe, Dean Hutter, Gary Rockenbrock, Rick Henderson, June Jordan, Publicity Chair - Barb Tucker Community Liaison: Evelyn Zupo

## March 2021 Important Dates

Daylight Savings Time

Sun. March 14th

St. Patrick's Day Wed. March 17<sup>th</sup>

First Day of Spring Sat. March 20th

Palm Sunday / Passover March 28th

### EMERGENCY CLOSINGS TC MoW

When the weather is inclement our closings will be announced on:

- WGRZ --TV-2
- WIVB -- TV-4
- WKBW -- TV-7

If our name is NOT there, we WILL be open! The

Coordinator will personally phone all kitchen workers, drivers, and servers who are scheduled for that day to notify them that we are CLOSED.

- Kitchen workers will be notified by 7:00am.
- Drivers +Servers notified by 7:00 am.

**Also** - You should be looking specifically for “Twin Cities Meals on Wheels”. There is sometimes confusion with Niagara County Meals on Wheels, Erie County Meals on



Wheels, and Western New York Meals on Wheels. We are none of those.

Also, look for closings under the name North Tonawanda Meals on Wheels (some stations have yet to up- date our name.

### Coordinator's Corner...

Since it is my choice what or who I write about this month I choice to remark on one of our special volunteers. He has been a volunteer for about seven years. He delivers a regular route on Fridays and fills in when his partner can't be there by volunteering his wife Mary Ann. She is a good sport about this also. He currently serves on our board and last but not least he compiles all those wonderful jokes that we all enjoy each month! I am of course

talking about Dean Hutter. I don't think I have remembered to thank him recently for all he has done for us so if you see him please do for me. We just have so many great people don't we? So thank you Dean!! Although I don't say it often enough I really do appreciate all of you!!

In closing it's getting here closer and closer - Spring is in the air!!!

Pam

### **Independent Health Gift Program**

Hello All:

My daughter, Karen, has been notified that TCMOW will again be a recipient of the Independent Health Associates Helping the Community Program. This year we are assigned to receive funds collected from employees in October. Previously this program was know as DressDown Friday.

Thanks to the generosity of Independent Health employees

With Kindness,  
Eileen Britton



### **Can't Come on Volunteering Day??**

To cancel your day to serve or drive, please contact Pam at home on her CELL PHONE 418-5424 the night before so she can get a "sub" for you.

+++++

**TCCO NEWS**  
**Twin City**  
**community**  
**Outreach...**

We read 20 scholarship applications & a final decision was made on 4 NT students to receive \$250.00 each.

We were able to "give" 6 snowblowers (so far) to folks that needed them - they were given to TCCO by BUD'S SNOWBLOWING in hopes they would help a few families.

We have no idea (I believe NOT) if we will be doing a meat raffle this year. (TBD)



### **News of our volunteers**

**Volunteers are always needed —**  
**Bring a friend to see what you do at TC MoW**  
You are encouraged to "Bring a Friend" on the day you come to help at TC MoW.

Your friend would be with YOU as you

- do your tasks as a kitchen helper
- drive to deliver meals
- take meals into the homes of meal recipients

"Bring a Friend" can be at any time. No advance notice required. This may generate interest in future volunteering at NT MoW.



### **HAPPY BIRTHDAY-**

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

Roberta Becker	3/01
Ed Pitz	3/03
Anita Zebulske	3/10
John Leous	3/10
Pearl Szukala	3/11
Nick Csizmar	3/13
Joan Buckingham	3/17

Linda Wingrove	3/18
John Grobe	3/22
Richard Dunning	3/22
James Burke	3/24
Jeanette Callari	3/26

If your birthday was incorrect or omitted, please give the information to Pam so we can correct it.

### Volunteering Anniversaries

We applaud TC MoW celebrating an anniversary of their volunteering this month. The number of years of service at TC MoW is indicated after each name.



Eileen Britton	17
Patricia Hutter	15
Patricia Slater	16
Marti Metzger	15
Diane Kandefer	13
Gary Rockenbrock	13
John Grobe	13
Nick Csizmar	11
Margaret Smith	9
James Burke	9
Dana Caccamise	3
Jay Winkopp	1
Ed Pitz	1

Thank you for your years of service. Please report volunteering anniversaries' errors to Pam.

### WD-40...

*Before you read to the end, does anybody know what the main ingredient of WD-40 is?*

*Don't lie and don't cheat. WD-40. Who knew? I had a neighbor who had bought a new pickup. I got up very early one Sunday morning and saw that someone had spray painted red all around the sides of this beige truck (for some unknown reason).*

*I went over, woke him up, and told him the bad*

*news. He was very upset and was trying to figure out what to do probably nothing until Monday morning, since nothing was open. Another neighbor came out and told him to get his WD-40 and clean it off. It removed the unwanted paint beautifully and did not harm his paint job that was on the truck. I'm impressed!*

*WD-40 who knew? 'Water Displacement #40' The product began from a search for a rust preventative solvent and degreaser to protect missile parts. WD-40 was created in 1953 by three technicians at the San Diego Rocket Chemical Company. Its name comes from the project that was to find a 'water displacement' compound.. They were successful with the fortieth formulation, thus WD-40. The Convair Company bought it in bulk to protect their atlas missile parts.*

*Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you. When you read the 'shower door' part, try it. It's the first thing that has ever cleaned that spotty shower door. If yours is plastic, it works just as well as glass. It's a miracle! Then try it on your stove top ... Viola! It's now shinier than it's ever been. You'll be amazed.*

*Here are some other uses:*

- 1. Protects silver from tarnishing.*
- 2. Removes road tar and grime from cars.*
- 3. Cleans and lubricates guitar strings.*
- 4. Gives floors that 'just-waxed' sheen without making them slippery.*
- 5. Keeps flies off cows.*
- 6. Restores and cleans chalkboards.*
- 7. Removes lipstick stains.*
- 8. Loosens stubborn zippers.*
- 9. Untangles jewelry chains.*
- 10. Removes stains from stainless steel sinks.*
- 11. Removes dirt and grime from the barbecue grill.*
- 12. Keeps ceramic/terra cotta garden pots from oxidizing.*
- 13. Removes tomato stains from clothing.*
- 14. Keeps glass shower doors free of water spots.*
- 15. Camouflages scratches in ceramic and marble floors.*
- 16. Keeps scissors working smoothly.*

17. Lubricates noisy door hinges on vehicles and doors in homes.
18. It removes black scuff marks from the kitchen floor! Use WD-40 for those nasty tar and scuff marks on flooring. It doesn't seem to harm the finish and you won't have to scrub nearly as hard to get them off. Just remember to open some windows if you have a lot of marks.
19. Bug guts will eat away the finish on your car if not removed quickly! Use WD-40!
20. Gives a children's playground gym slide a shine for a super fast slide.
21. Lubricates gear shift and mower deck lever for ease of handling on riding mowers.
22. Rids kids rocking chairs and swings of squeaky noises.
23. Lubricates tracks in sticking home windows and makes them easier to open.
24. Spraying an umbrella stem makes it easier to open and close.
25. Restores and cleans padded leather dashboards in vehicles, as well as vinyl bumpers.
26. Restores and cleans roof racks on vehicles.
27. Lubricates and stops squeaks in electric fans
28. Lubricates wheel sprockets on tricycles, wagons, and bicycles for easy handling.
29. Lubricates fan belts on washers and dryers and keeps them running smoothly.
30. Keeps rust from forming on saws and saw blades, and other tools.
31. Removes splattered grease on stove.
32. Keeps bathroom mirror from fogging.
33. Lubricates prosthetic limbs.
34. **Keeps pigeons off the balcony (they hate the smell).**
35. Removes all traces of duct tape.
36. Folks even spray it on their arms, hands, and knees to relieve arthritis pain.
37. Florida 's favorite use is: 'cleans and removes love bugs from grills and bumpers.'
38. The favorite use in the state of New York, WD-40 protects the Statue of Liberty from the elements.
39. WD-40 attracts fish. Spray a little on live bait or lures and you will be catching the big one in no time. Also, it's a lot cheaper than the chemical

attractants that are made for just that purpose.

Keep in mind though, using some chemical laced baits or lures for fishing are not allowed in some states.

40. Use it for fire ant bites. It takes the sting away immediately and stops the itch.
41. WD-40 is great for removing crayon from walls. Spray on the mark and wipe with a clean rag.
42. Also, if you've discovered that your teenage daughter has washed and dried a tube of lipstick with a load of laundry, saturate the lipstick spots with WD-40 and rewash. Presto! The lipstick is gone!
43. If you sprayed WD-40 on the distributor cap, it would displace the moisture and allow the car to start.

P. S. The basic ingredient is FISH OIL.

**Editors note, I was sent this information from 2 people, not sure if it's true. Read on...**

I hope everyone can send this on as it is really important for everyone to know!

1. Let's say it's 7:25 pm and you're going home (alone of course) after an unusually hard day on the job. 2. You're really tired, upset and frustrated. 3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five km from the hospital nearest your home. 4. Unfortunately you don't know if you'll be able to make it that far. 5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself. 6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE? Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. 7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath

should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. 8 . Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital. 9. . Tell as many other people as possible about this. It could save their lives! 10. . A cardiologist says: "If everyone who gets this email & kindly sends it to 10 people, you can bet that we'll save at least one life. 11. Rather than sending jokes, please contribute by forwarding this email which can save a person's life.... 12. If this message comes around to you ..... more than once.... please don't get irritated.... We all need to be happy that we have many friends who care about us and we are being reminded of how to tackle. Heart attacks.... when we are alone.

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## LAUGH TIME



### *THE HAIRCUT...*

A young boy had just received his driver's permit and asked his father if they could discuss his use of the car. His father said he would make a deal with his son. "You bring your grades up from a C to a B average, study your Bible a little, get your hair cut and we'll talk about the car."

The boy thought about that for a moment, decided he'd settle for the offer and they agreed on it. After about six weeks his father said,

"Son, I've been real proud. You brought your grades up and I've observed that you have been studying your Bible, but I'm real disappointed you didn't get your hair cut."

The young man paused a moment then said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair. And there's even a strong argument that Jesus had long hair."

To this his father replied, "Did you also notice that they all walked everywhere they went?"

### ***Power Outage...***

We had an electrical power outage in our zip code this morning.

My PC, my laptop, the TV, the DVD, the iPad AND my new surround sound music system were all shut down. No power, remember?

Then I discovered that my iPhone battery was dead, and to top it off it was raining outside, so I couldn't go play golf. It was Sunday, and my favorite bar was closed.

So I went into the kitchen to make some coffee and then I remembered that this also needs power, so I sat there and talked with my wife for a few hours.

She seems like a really nice person.

### ***And not to offend anyone who's Irish, but this is the season for Irish jokes.***

At the height of the gulf wars, the expertise of Red Adair (that well known fire fighter) was called upon to go out to the gulf and put out the oil rig fires.

On his way his plane landed in Ireland for an overnight stop so Red took advantage to visit the local bar for a pint of the black stuff. On entering the bar two old Irish boys witnessed him walk in and one said to the other. 'Isn't that Red Adair?'

The other replied, 'No'.

The older boy then said, 'I'm sure it is and I'm so sure that I will bet you a pint if I am wrong'.

The doubting one said, 'Ok' and they both went over to Red and the one said, 'Are you Red Adair?'

To which Red said he was.

The doubting Irishman said, 'Are you still dancing with Ginger Rogers?'

Father Murphy walks into a pub in Donegal, and asks the first man he meets, 'Do you want to go to heaven?' The man said, 'I do, Father.'

The priest said, 'Then stand over there against the wall.'

Then the priest asked the second man, 'Do you want to go to heaven?' 'Certainly, Father,' the man replied. 'Then stand over there against the wall,' said the priest.

Then Father Murphy walked up to O'Toole and asked, 'Do you want to go to heaven?' O'Toole said, 'No, I don't Father.' The priest said, 'I don't believe this. You mean to tell me that when you die you don't want to go to heaven?'

O'Toole said, 'Oh, when I die, yes. I thought you were getting a group together to go right now.'

Paddy was in New York. He was patiently waiting and watching the traffic cop on a busy street crossing. The cop stopped the flow of traffic and shouted, 'Okay, pedestrians.' Then he'd allow the traffic to pass.

He'd done this several times, and Paddy still stood on the sidewalk.

After the cop had shouted, 'Pedestrians!' for the tenth time, Paddy went over to him and said, 'Is it not about time ye let the Catholics across?'

### ***And finally in defense of womanhood -***

Walking into the bar, Mike said to Charlie the bartender, 'Pour me a stiff one - just had another fight with the little woman.'

'Oh yeah?' said Charlie, 'And how did this one end?'

'When it was over,' Mike replied, 'She came to me on her hands and knees.'

'Really,' said Charles, 'Now that's a switch! What did she say?'

She said, 'Come out from under the bed, you little chicken.'

### The Explanation (From an email)

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise.

SO THERE!!

I have more friends I should send this to, but right now I can't remember their names. So, please forward this to your friends; they may be my friends, too.

### **God Bless the Parents Who Drugged Us...**

The other day, someone at a store in our town read that a Methamphetamine lab had been found in an old farmhouse in the adjoining county and he asked me a rhetorical question. "Why didn't we have a drug problem when you and I were growing up?" I replied I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me. I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity.

I was drug out to pull weeds in mom's garden and flower beds and cocklebur's out of dad's fields.

I was drug to the homes of family, friends and neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood; and, if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins and they affect my behavior in everything I do, say, or think. They are stronger than cocaine, crack, or heroin; and, if today's children had this kind of drug problem, America would be a better place.

+++++++

A married couple in their early 60s was celebrating their 40th wedding anniversary in a quiet, romantic little restaurant. Suddenly, a tiny yet beautiful fairy appeared on their table. She said, 'For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish.' The wife answered, 'Oh, I want to travel around the world with my darling husband'. The fairy waved her magic wand and - poof! - Two tickets for the Queen Mary II appeared in her hands.

The husband thought for a moment: 'Well, this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me'.

The wife, and the fairy, were deeply disappointed, but a wish is a wish. So the fairy waved her magic wand and poof!...the husband became 92 years old.

The moral of this story: Men who are ungrateful bums should remember fairies are female.....

### *The Next Virus...*

We're still battling 🦠 COVID-19 🦠, and the next thing is here already 🦠 😞 🦠

The \*NILE Virus, type C\*

Virologists have identified a new Nile virus - type C.

It appears to target those who were born between 1940 & 1970

Symptoms:

1. Causes you to send the same message twice.
2. Causes you to send a blank message
3. Causes you to send a message to the wrong person.
4. Causes you to send it back to the person who sent it to you.
5. Causes you to forget to attach the attachment.
6. Causes you to hit SEND before you've finished.
7. Causes you to hit DELETE instead of SEND.
8. Causes you to SEND when you should DELETE.

It is called the \*C-NILE\* virus!

And if you can't admit to doing the above, you've obviously caught the mutated strain —

The \*D-NILE\* virus.

**James received a bill** for his surgery and was astonished to see a \$900.00 charge for the anesthesiologist.

He called the office to demand an explanation. "Is this some kind of mistake?" he asked when he got the doctor on the phone.

"No, not at all." The doctor said calmly.

"Well," said James, irritated. "that's awfully costly just for knocking someone out!"

"Not really," replied the doctor. "I knocked you out for free. The \$900.00 is for bringing you back!"

**My vampire girlfriend** doesn't give me any space. She's always breathing down my neck.

**Ware A Mask –  
Keep Social  
Distance –  
Stay Safe!!**

**E-MAIL may be used for sending 'goodies' to our newsletter**

- Volunteer News / Volunteer "Tales"
- Jokes / Wisdom
- Recipes

**another-serving@yahoo.com**

(DON'T send jokes to our "Verizon" address)

Thank you,

Dean Hutter-Editor, and

Karl Bauer- Asst. Editor