



CENTRAL N.Y.



THE SIX NATIONS CHAPTER

FEATURED MEMBER OF THE MONTH



-RICH & BETTY GAY -

NEXT MEETING DATE & LOCATION

JULY 25TH

**SCHNEIBLES INN
6273 LAKE SHORE RD.
VERONA, NY 13162**

WWW.SIXNATIONSPOCI.ORG

JUNE 2010

MAY MEETING MINUTES... PAGE 3
FEATURED MEMBER... PAGE 4
PEROXIDE CURES WHAT?!... PAGE 5
CHAPTER OFFICERS & SPONSORS...PAGE 6

CHAPTER NEWS...

CRUISE NIGHTS!! (please let me know any additions)

MONDAYS

Bob Barkers New Court Rd.

*SKAN-ELLUS DRIVE IN 5:30-9:00 INTERSECTION OF RT 175 & RT 20 DJ
SPINNING OLDIES*

TUESDAYS

*Parking lot across from Evans Chevy Baldwinsville Sno top BEHIND THE
ICE CEAM SHOP ACROSS FROM THE DUCK POND IN MANLIUS*

WEDNESDAYS

*Hoffman's Hot house Northern Lights Plaza
Washington Park Cener of Liverpool Gander Mountain Cicero*

THURSDAYS

*Regional Market Park st Syracuse
SYLVAN BEACH VILLAGE*

FRIDAYS

*Bella Domoni E. Taft Rd Nsyr
PETRO STOPPING CENTERS 5-9
NYS THURWAY EXIT 41 WATERLOO ,NYMUSIC, FOOD & MORE!*

SATURDAY

*Bailey's Ice cream stand Rt. 11 Nedrow 2-4 free ice cream w/car Paradise
Plaza Erie Blvd east 2-6
SWEET INSPIRATIONS FULTON
WENDYS on ERIE BLVD EVENINGS*

MAY MEETING MINUTES...

Minutes for May 16 by Cindy Galuppo

The May meeting was held at Spaghetti Warehouse. In attendance were: Steve @ Natalie Eymmer, Perry @ Cindy Galuppo, Rich @ Betty Guy, Jean @ Joe Britt, Bob @ Barb Conniff, Tim @ Estree Nichols, Clay Theisen, Jo Skeers, Morrow Grago, Sue Senn, Elaine @ Jim Rielly, Jim @ Jimmy Patterson, Rita @ John Downing. Minutes for April were approved by, Jim Reilly and Jimmy Patterson. Old Business: Club members received shirts that were ordered. John passed out envelopes with applications to promote new memberships. Shirts can still be ordered from Joe Britt. Everybody got emailed newsletter. Send Bios to Jimmy for web club web site. Joe reimbursed Perry for car show. June Car Show: We lost two cones at last years' show. We need to be careful this doesn't happen again, cones are expensive. We are gathering, door prizes; goodie bag stuffers and Silent Auction items. Direct Auto will be donating for our show. Jimmy @ Cindy will be taking photos of cars as they enter, Tim will be helping with the organization. These 8X10 photos will be sold for 19.95, the shirts are costing us 6.50 per shirt.. Pics will be paid for at show and we will get addresses for mailing. We also need to get info on cars make model, color and plate number with name of owner. We can give plaques to those whom donate for the show. Joe passed out shirt samples that will be sold at show for 15.00, shirts for staff with logo selling for 6.50. Save your shirts for future shows. We will be ordering 35 "Gone but not forgotten" shirts to be sold at show. We will have coffee and donuts 8:00 A.M. the day of the show while we set up. Natalie has coffee maker; Barb will bring coffee@ donuts. Judging: Rita is setting up the three judging classes and Joe has judging sheets. New Business: Perry will call Sacred Heart to get info on future shows and parades. He will also get date on Jamesville Parade. Baileys Ice Cream in Nedrow will be offering free ice cream if you bring your car on Saturdays from 2:00-4:00. For the Nationals' let Natalie know if you want to reserve a spot in the CarGill Building 422-0229 henryfrankltd@verizon.net Everyone at the meeting filled out Birthday info for the club, if you are at the meeting that month you will get a card. Jim mentioned Smoke Signals magazine has made improvements. We had a unanimous vote for the Christmas Party to be held at Pier 57 at 5:00. A special Thank you goes to Jim and Elaine for donating a nice gift basket for our auction. Meeting was adjourned by Bob Conniff and John Downing.

FEATURED MEMBER- RICH & BETTY GAY...



Rich & Betty are long time valued club members they never hesitate to lend a hand when needed. Rich is the club historian, and his always helpful wife Betty who does a great job as our club shopper.

PEROXIDE CURES WHAT?!

BY FARMER'S ALMANAC STAFF...

Hydrogen peroxide – known to most of us from the dark brown bottles in our bathroom, medicine cabinets – is a naturally occurring substance made up of two parts hydrogen and two parts oxygen. Found in rainwater and snow, hydrogen peroxide is a natural disinfectant that helps to keep lakes and streams healthy and clean. Because it is an unstable compound, hydrogen peroxide eventually casts off one of its oxygen molecules, breaking down into plain water, or H₂O. In nature, hydrogen peroxide is usually found diluted in water, and is both harmless and beneficial. In its purest form, created in labs, though, it becomes a volatile substance that is even used by NASA as a component in rocket fuel! The peroxide we buy in stores is only about 3% H₂O₂, diluted in water. The brown bottles keep the light from breaking it down into [pure water](#). While many of us grew up cleaning out our cuts and scrapes with hydrogen peroxide, for the last several years, medical professionals, including those at the Mayo Clinic, have cautioned against its use. Though hydrogen peroxide is effective at killing off harmful bacteria, it can also kill the healthy new cells our bodies produce during [healing](#). That doesn't mean you need to toss those brown bottles in the trash, though. Hydrogen peroxide still has many handy uses:

- **Revive your plants:** As hydrogen peroxide breaks down, it releases oxygen that can help a plant's root development, reverse root rot, and even deter pests. Mix 1 oz. hydrogen peroxide into 1 quart of water for regular watering and misting.
- **Starting seeds:** Soak seeds overnight in a solution of 1 oz. hydrogen peroxide and 1 pint of water.
- **Deodorizer:** As hydrogen peroxide oxidizes (breaks down) it can also help to break down natural [odors](#), such as fish or rotten food, more quickly. Mix it with baking soda and place it in areas, such as refrigerators or dishwashing machines, where odors have accumulated. To remove skunk spray odor from skin, fur, or fabric, mix peroxide and baking soda into a tick paste, and add a small amount of hand soap. Reapply and scrub off this mixture until the smell is gone.
- **Emetic:** If your dog or cat swallows something harmful, like chocolate, you can induce vomiting by having them drink a small amount of hydrogen peroxide.
- **Kitchen [cleaner](#):** Keep a spray bottle of hydrogen peroxide in the kitchen to clean and disinfect counter tops, cutting boards, utensils, and appliances.
- **Facial [cleanser](#):** Hydrogen peroxide can reduce facial oils and even treat [mild acne](#). Rub a peroxide-soaked cotton ball over the face after washing with normal soap. Be careful to keep the peroxide out of your eyes and eyebrows.
- **[Fruit and vegetable](#) cleaner:** Spray fruits and vegetables with hydrogen peroxide. Let them stand for a few minutes, then rinse and dry, to battle e-coli and other bacterial invaders.
- **Toothpaste:** Make natural toothpaste from baking soda and hydrogen peroxide. Add peroxide to the baking soda until it sticks together as a paste, then brush as normal. Peroxide dissolves plaque, promotes healthy gums, whitens teeth, and can eliminate bad breath.

- **Oral rinse:** To treat canker sores, injured gums, and other mouth wounds, rinse with hydrogen peroxide twice daily.

- **Laundry and [stain removal](#):** Add one cup of peroxide to your laundry instead of bleach. For tough organic stains, such as blood or grass, pour peroxide directly onto the stain before it sets in, then wash as normal. Be careful, though, Peroxide can bleach out colors.

- **Remove ear wax:** Use an eyedropper to place a few drops of hydrogen peroxide into your ear canal twice a day two days. On the third day, gently squirt warm water into your ear canal, using a rubber-bulb syringe, to flush out the wax. If the wax remains, repeat the process over another three-day period.

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