



# CATHOLIC DAUGHTERS OF THE AMERICAS

PRINCE GALLITZIN COURT #2625  
JUDY WOOD, REGENT  
814-942-8666 JUDY@CDA2625.COM

VOLUME 1 ~ ISSUE 4 ~ JULY 2010

## Newsletter Details

### What to include:

1) All pertinent information about the topic, including: the topic, author's full name (tag line), date/time, location of event, committee member's full names (we have several with the same first names,) and description of the event. Identify who (in the order they appear,) what, where, when, why for all images.

2) Although I don't have a degree in English, nor any formal writing experience, I will attempt to correct typos, misspellings, and/or the use of capitalization. I do not plan on writing or re-writing any article; it will appear as you submit it. However, if I see something which should be altered, to improve the clarity of the article, as Editor, I will do my best to do such.

### When Articles are Due:

Articles are due the third Saturday of the publication month, as shown below:

- Due October 16, 2010 for publication October 17-31
- Due March 19, 2011 for publication March 20-31
- Due June 18, 2011 for publication June 19-30
- Due September 17, 2011 for publication September 17-30

### Submit Articles to:

- 1) Email: [jrfrom@aol.com](mailto:jrfrom@aol.com) or [pattie@cda2625.com](mailto:pattie@cda2625.com)
  - a. Attached documents and digital images are best.
  - b. A second choice would be to write the article within the body of the email.
  - c. If you don't have an email address and want one, a [yourname@cda2625.com](mailto:yourname@cda2625.com) email address can be obtained for you.

2) As a last resort, and only if you do not have access to a computer, an alternate method is to submit your written article in person or by regular mail to: Pattie Fromknecht; 203 31st Street; Altoona, PA 16602.

**CDA National Membership Theme is:**

**"God's Active Angels."**

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In  
Unity  
and  
Charity

## REGENT'S ADDRESS

Hello fellow members of Court Prince Gallitzin #2625.

The election of officers starts us off on a new two-year cycle. Your officers are ready to serve your Court to the best of their ability.

I am very proud to say that our Court has been very busy since the last Newsletter.

We have enjoyed working with C.R.O.S.S (Children Remembering Our Sacred Savior); Ladies Night Out; the tour of the Chapel House, St. Michaels, and Schwab Estates; and, the Curve baseball game on Family Faith Day.

Thank you for the work done by Jenn Crum in organizing our attendance at the C.R.O.S.S activities and Curve baseball game; to Dianne Hite for arranging seating for us at the Ladies Night Out; and, a special thanks to Fr. Carl Spishak for taking us on the enjoyable tour of the life of Fr. Demetrius Gallitzin, for whom our Court is named.

I was very impressed with the instillation service. Those involved did a great job, and another special thanks to Fr. Grimme, our Spiritual Advisor.

Obviously this is a message of thanks to the hard working and devoted Catholic Daughters. In case you didn't know, the Gift Card Committee, under the instruction of Pattie Fromknecht and Mary Stoy, has been giving a lot of time to our current fund raiser of shopping with gift cards! They meet at least four times a month to organize orders, and get the gift cards ready for us. With a little more participation from Court members, we will make this a successful and easy way to provide our Court with operating expenses and be able to financially benefit our Altoona Parishes.

I am not done thanking yet! I thank Pat Gildea, State Parliamentarian, for the helpful in-service on Roberts's Rules of Order. If I could only learn! I also thank Margaret Novak, our District Deputy for the unending assistance she has given our Court. She has guided us all the way, attempting to make us into a well organized and functioning Court.

I thank every member of our Court! Your work reminds me of the women in Biblical times. Mary and her friends gathering at the well, singing and working together, sharing their lives and responsibilities toward others ...

in Unity and Charity.

*Judy*



Those attending the tour standing on the foundation of the original Chapel House: Karen Castagnola, Annette Ajay, Vicky Montanero, Dianne Hite, Jen Brezzler, Donna Daley, Regina Friedenberger, and tour guide Fr. Carl Spishak.



The Tomb of Demetrius Gallitzin: Donna Daley, Vicky Montanero, Dianne Hite and Karen Castagnola are about to enter the tomb.



## Chaplain's Address

### Summer Christianity

During the summer, we get active with many different sorts of occupations. We go on vacations, visit friends and relatives, go on picnics, work in our yards or gardens, and possibly complain about the heat. But we should not forget our faith and its practices. Getting to church is very important. Sometimes due to schedule changes, we may have to attend a different time of Mass (earlier or later or on a different day). In some places, like Altoona, we may even go to a different parish whose Mass schedule suits our schedule. If we happen to be away from our home town, we should look ahead and try to locate a church and time of Masses in the place to which we are going. But don't forget the home parish still depends on our support, so try to make up for any Sunday collection you may miss. When visiting other parishes or parishes away from home, participate according to the customs of the place you are at.

Besides church attendance, we are Catholic Christians, twenty-four hours a day, seven days a week. Practice the virtues that have us reflecting our Love of Neighbor. Look for opportunities to do good or to be kind and helpful. As Catholic Daughters, besides attending meetings during the summer, take part in any committee or project that you have selected.

On a more personal note, I enjoyed the "Faith Day" at the Curve, sharing a box with the Catholic Daughters. Too bad our presence didn't help for a win that day. I look forward to the celebration of our first anniversary in August. Hard to believe it is one year already. May God continue to bless our efforts and may we inspire other women to join our ranks.

## Gavel Raps.-

By: Patricia Gildea, State Parliamentarian and Membership & Extension

### When is a Motion Made?

- ♥ At any time a new item of business is proposed, mentioned, or suggested.
- ♥ Regent will always ask the member to put the idea "in the form of a motion" (I move to or that...)

### How a Motion Made ~ Eight Essential Steps?

#### The Member:

- ♥ 1) Rises and addresses the Chair, "Worthy Regent"
- ♥ 2) Receives recognition from the Regent, "Yes, Mary (their name)"
- ♥ 3) Introduces/States the motion, "Worthy Regent, I move to (or that) ..."  
(Add what you want to do or have done; no other format/wording should be used.)
- ♥ 4) Another member "Seconds" the motion.

#### Then, the Chair/Regent:

- ♥ 5) States the motion.
- ♥ 6) Asks for discussion, both pros and cons.
- ♥ 7) Takes the vote: Regent says, "All those in favor say Aye" and then, "All those opposed, say "No."
- ♥ 8) Announces the result of the vote: Either "the Ayes have it and the motion carries"; or, "The Nos have it, and the motion is lost." A counted vote may be necessary at times. A vote that is tied, is lost.



# Circle of Love

## LEADERSHIP

Chair: Officers of the Court

## QUALITY OF LIFE

Chair: Beth Sanders, 942-1765

## NATIONAL / CHARITABLE PROJECTS

Chair: Margaret Novak, 735-3386  
First Vice State Regent and District Deputy for Prince Gallitzin #2625

## YOUTH / EDUCATION

Chair: Jennifer Crum; 946-5289

## Happy Summer!

The Catholic Daughters of the Americas Prince Gallitzin Court #2625 had their second tour of the Cathedral of the Blessed Sacrament on Sunday, April 18, 2010, following the Noon Mass. The tour was conducted by Monsignor Robert C. Mazur, from 1:30 pm until 2:30 pm with a small social following afterwards. We invited five Religious Education Groups - Kindergarten through 11th Grade from the following parishes: Saint Mark's, Holy Rosary, Saint Therese the Child of Jesus, Our Lady of Mount Carmel, and Our Lady of Lourdes. All Catholic Daughters of the Americas Prince Gallitzin Court #2625 members and their families were invited to attend the Mass and the tour, for a rewarding religious experience! The refreshments were provided by the members of the Youth and Education Circle of Love group. We enjoyed seeing everybody at the Mass and the tour of the Cathedral of the Blessed Sacrament for some great fellowship. We presented Monsignor Robert C. Mazur with a gift of a book on Prince Gallitzin.

We also continued to support Altoona Catholic Youth Ministries - C.R.O.S.S. (Children Remembering Our Sacred Savior) program at Saint Mary Immaculate Conception (Altoona) Parish and Saint Rose of Lima Parish in the month of April. We will be continuing to help the C.R.O.S.S. and St. Rose of Lima Youth Group programs next school year 2010-2011! Thank you to all that helped in the two youth group programs. If you would like to help us at C.R.O.S.S. or St. Rose of Lima Youth Group next school year please contact Jennifer Crum.

On Saturday, June 26, 2010 was a beautiful day for Family Faith Day at the Blair County Ballpark sponsored by the Altoona-Johnstown Diocese. The Curve passed out the second edition of their posters and kids, 14 years and under, had the chance to run the bases. We had Mass at the Blair County Ballpark at 4:00 pm with Bishop Joseph V. Adamec presiding. The game was at 7:00 pm with the Bowie Baysox vs. Altoona Curve. The Altoona-Johnstown Diocese had games and crafts for the children to play and do. We had 43 family and friends come in our group to the game that day! It was a great time spending with family and friends! A few of our members walked in the parade on the field. Thank You to all that came out to the Blair County Ballpark for the game and Mass!

On Friday July 2, 2010 Judy, Diana, Nancy, and Darlene worked the Carnival at the Lily Pond Child Development Center at Our Lady of Lourdes Parking Lot after the 6th annual July 4th parade.

The Youth and Education Circle of Love group will meet on Saturday, August 7, 2010 at 1:00 pm at Chili's in Altoona. New members are welcome to join and / or to attend. If you have any questions, please contact Jennifer Crum.



# Circle of Love

Continued

## LEGISLATION / OPERATION MORNING STAR

Chair/Submitted by: Karen Castagnola, 944-3452

In January 2010 Morality in Media published a paper entitled "Harm to children from online exposure to hardcore adult pornography". The paper includes information from psychologists, law enforcement agents, educators, social workers and others. The report is available at [www.moralityinmedia.org](http://www.moralityinmedia.org)<sup>1</sup> Morality in Media also has a variety of resources especially for parents.

## SPIRITUAL ENHANCEMENT

Chair/Submitted by: Pattie Fromknecht

This short story, by an unknown author, spoke to me in a rather simple, yet very profound way ...  
I'm hoping it will have a similar impact on others.

A holy man was having a conversation with the Lord one day and said,  
"Lord, I would like to know what Heaven and Hell are like."

The Lord led the holy man to two doors.

He opened one of the doors and the holy man looked in.  
In the middle of the room was a large round table.  
In the middle of the table was a large pot of stew, which smelled delicious.  
It made the holy man's mouth water.

The people sitting around the table, were thin and sickly.  
They appeared to be famished.  
They were holding spoons, with very long handles, that were strapped to their arms.  
Each one found it possible to reach into the pot of stew and take a spoonful.  
But because the handle was longer than their arms,  
they could not get the spoons back into their mouths.  
The holy man shuddered at the sight of their misery and suffering.

The Lord said, "You have seen Hell."

They went to the next room and opened the door.

It was exactly the same as the first one.

There was the large round table with the large pot of stew, which made the holy man's mouth water.  
The people were equipped with the same long-handled spoons,  
but here, the people were well nourished and plump, laughing and talking.

The holy man said, "I don't understand."

"It is simple," said the Lord. "It requires but one skill."

"You see," continued the Lord, "they have learned to feed each other.  
The greedy think only of themselves."

When Jesus died on the cross, he was thinking of you.



# *Introducing CDA Court #2625*

## *Gift Card Rebate Program* *An Easy and Profitable Fundraiser!*

May 2, 2010, after a few planning and preparation months, our Court placed its first Gift Card Rebate Program order!

At the close of our first quarter, April - June 2010, an overall profit of \$1,027.36 has been raised!

Four orders, a total of 20 unique patrons, \$1,027.36 in profit!

It can't get any easier ... although, with your help ... the profits can grow, and grow, and grow!

Please, purchase gift cards at our monthly meetings and/or place your orders regularly.

### *How our Gift Card Rebate Program Works ...*

- ♥ Three members of our Court invested a total of \$3,010.00 to our Gift Card Rebate Program. Thank you! These loans made it possible for our Gift Card Rebate Program to purchase gift cards at a discounted rate from local retailers such as Martin's Food/Pharmacy, Weis Markets, King's, and The Dream; all of whom have minimum ordering requirements and to have additional retailers: Giant Eagle, Walmart, Lands' End, Hoss's, and Sheetz available for Direct Sale purchase.
- ♥ At our monthly meeting, you can purchase gift cards for the items we stock: Giant Eagle (\$25 or \$100), Martin's Food/Pharmacy (\$25 or \$100), Weis Markets (\$25 or \$100), Sheetz (\$25), King's (\$10), Hoss's/Marzoni's (\$10 or \$25), The Dream (\$10), Lands' End (redeemable at Sears, Kmart, and land-send.com \$25), and Walmart (\$25).
- ♥ You can also submit a paid Order Form order, for items we do not stock, twice a month.
- ♥ Twice a month we combine the individual Order Form orders and Direct Sale purchases from our monthly meeting, into one primary order; our schedule is on the front of the Order Form.
- ♥ After our deposit is made, our vendors are called with the number of gift cards we are ordering from them; we verify the net due (cost less the rebate) and the day we will be there to pick them up.
- ♥ A few days later, we visit our local vendors to pick up and pay for our order. As an example, if five people ordered a combined total of eight \$25.00 Jethro's gift cards, with a 15% rebate, when we picked up the eight gift cards at Jethro's, we would give them a check for \$170.00 (\$200.00 cost less \$30.00 rebate.) The profit is realized immediately! When you use the gift card, it is for the full face-value, in this case \$25.00. We also purchase gift cards from our primary vendor, Great Lakes Scrip Center, who electronically transfers the net due (the cost plus shipping minus the rebate) from our checking account after we call in our order and then ships our gift cards to us.
- ♥ During the ordering week, once all the orders are received, we fill the individual orders for pick up at our monthly meeting or if the order is placed at or after the meeting, you can pick it up at Saint Rose of Lima's Rectory. All the pick up dates, times, and locations are shown on the Order Form. Our group of eight dedicated volunteers are also willing and able to assist anyone in making other drop off or pick up arrangements. Their names and phone numbers are on the next page of this newsletter
- ♥ According to the quarterly schedule on the Participation Agreement and how you chose to apply your rebates, disbursements of the rebates earned are made.



## *The Order Form has been Updated.*

The updated Order Form is dated July 30, 2010. Please, discard any Order Forms with a different date.

Added to the Order Form: Six Flags Theme Park \$30.00 with an 8% rebate

Rebate Change: Chili's rebate is now 9%.

Removed from the Order Form: 675 Minute Phone Card; BP Gas; and Kmart and Sears (order Lands' End instead!)

Many patrons regularly use Lands' End Gift Cards at Kmart and Sears to purchase appliances, bedding, clothing, shoes, cosmetics, tools, electronics, games, toys, prescriptions, toiletries ... Kmart also sells gift cards such as: TGI Friday's, Outback, Olive Garden, Red Lobster, Chili's, Applebee's, Cracker Barrel, iTunes, Barnes and Noble, Phone Cards, the Marriott ... and many more ... all with the great rebate of 16%! That's a \$16.00 rebate for every \$100.00 purchase! However, you cannot purchase Visa/MC/American Express gift cards at Kmart with a gift card.

## *Placing / Receiving Gift Cards*

An Order Form and the Participation Agreement are included at the end of this newsletter.

To place your Order Form order, complete the Order Form, include your check or money order and Participation Agreement (if you haven't already completed one,) and mail it to: Catholic Daughters; c/o Mary Stoy; 331 58th Street; Altoona, PA 16602

You can also contact the following people, members of the CDA #2625 Gift Card Rebate Program Committee, to help you place and/or receive your order. Order Forms and Participation Agreements are emailed to every Catholic Daughter in Court Prince Gallitzin #2625:

Regina Friedenberger, 943-7625

Sally Lockard, 944-2785

Judy Wood, 942-8666

Dianne Hite, 946-7676

Beth Sanders, 942-1765

Pattie Fromknecht, 949-9130

Mary Kowalski, 944-8938

Mary Stoy, 946-3449

*We encourage everyone to purchase gift cards on a regular basis!*

*It's easy ... It's profitable ... It's doable!*

### *Important Facts:*

1. We only accept checks or money orders made payable to: CDA #2625 Gift Cards. Cash is not accepted.
2. If you are placing an order or purchasing at the meeting for friends/family (which will reflect your Participation Agreement) have them pay you and then you should write one check for the full order/purchase to CDA #2625 Gift Cards. We cannot accept checks or money orders from people who do not have a signed Participation Agreement on file.
3. In order to place your Order Form order or purchase at the meeting, you need to have a completed Participation Agreement on file or attached with your purchase/Order Form order. If you haven't completed a Participation Agreement, you will need to include it with your first purchase.

### *Retailers: Existing, New, and Those Offering Bonus Rebates:*

You can visit [www.glscrip.com/](http://www.glscrip.com/) for a complete list of available retailers and retailers offering any bonus rebates. If you find a retailer who isn't listed on our Order Form, please use the "Other" line at the end of the retailers list (after the last Wal-Mart / Sam's Club) on the back of the Order Form. Add the retailers name, rebate, value, and then the quantity you want to order and the total dollar amount.

**Such as: (Retailer) Other: Best Western; (Rebate) 14%; (Value) \$25.00; (Quantity) 3; (Total) \$75.00.**

| Retailer                   | Rebate     | Value       | Qty      | Total          | Office |
|----------------------------|------------|-------------|----------|----------------|--------|
| Wal-Mart / Sam's Club      | 2%         | \$100       |          |                |        |
| <b>Other: Best Western</b> | <b>14%</b> | <b>\$25</b> | <b>3</b> | <b>\$75.00</b> |        |



## *CDA #2625 Gift Card Rebate Program Second Quarter Statistics and Disbursements*

### Statistics: Four Primary Orders ~ May 2, 1010 through June 30, 2010

Total Unique Patrons: 25  
     Catholic Daughters Patrons: 18  
     Sponsored Patrons: 6  
     Average Patrons per Order: 12

Total Gross Sales: \$12,861.84  
     Average Patron Purchase per Order: \$286.20

Total Gross Profit: \$1,027.36  
     Average Profit per Order: \$256.84

Total Expense: \$54.00  
     Average Expense per Order: \$13.50

### Statistics: Top Twelve of All 34 Patronized Retailers

| Top 12 Retailers    | Sales              | Top 12 Retailers     | Profit            | Top 12 Retailers    | Cards      |
|---------------------|--------------------|----------------------|-------------------|---------------------|------------|
| Giant Eagle         | \$2,375.00         | Lands' End           | \$316.00          | Giant Eagle         | 35         |
| Lands' End          | \$1,850.00         | Hoss's/Marzoni's     | \$120.00          | King's              | 29         |
| Weis                | \$1,425.00         | Giant Eagle          | \$95.00           | Lands' End          | 29         |
| Martin's Food       | \$1,300.00         | Weis                 | \$71.25           | Martin's Food       | 25         |
| Hoss's/Marzoni's    | \$1,200.00         | Martin's Food        | \$65.00           | Weis                | 24         |
| Walmart/Sam's       | \$1,150.00         | King's               | \$58.00           | Sheetz              | 22         |
| Sheetz              | \$925.00           | Pro Nails            | \$44.00           | Walmart/Sam's       | 22         |
| King's              | \$290.00           | Sheetz               | \$27.75           | Hoss's/Marzoni's    | 21         |
| Pro Nails           | \$220.00           | The Dream            | \$27.00           | The Dream           | 18         |
| Kohl's              | \$200.00           | Vocelli Pizza        | \$25.00           | Pro Nails           | 11         |
| Walgreens           | \$200.00           | Walmart/Sam's        | \$23.00           | Meadows             | 9          |
| The Dream           | \$180.00           | Meadows              | \$18.00           | Walgreens           | 8          |
| Other 13 to 34      | \$1,546.84         | Other 13 to 34       | \$137.36          | Other 13 to 34      | 63         |
| <b>Gross Sales:</b> | <b>\$12,861.84</b> | <b>Gross Profit:</b> | <b>\$1,027.36</b> | <b>Gross Cards:</b> | <b>316</b> |

### Disbursements to be made by August 15, 2010: Four Orders ~ May 2, 2010 through June 30, 2010

|   |                   |
|---|-------------------|
| CDA Court Prince Gallitzin #2625            | \$564.43          |
| CDA Court Our Lady of the Alleghenies #1755 | \$7.50            |
| CDA PA State Court                          | \$2.00            |
| Total Cash Rebates                          | \$402.06          |
| Retained Administrative Expense             | \$51.37           |
| <b>Total Disbursed Gross Profit:</b>        | <b>\$1,027.36</b> |



# Barbeque and Other Sauce / Spread Recipes

## Barbequed Pork Ribs

Submitted by: Pattie Fromknecht (Mother's Recipe Box)  
Court #2625 ~ pattie@cda2625.com

### Ingredients:

1 14 ounce bottle of Ketchup  
1 14 ounce bottle of Water  
1 Tablespoon Vinegar  
1 Tablespoon Worcester Sauce  
3 Tablespoons Brown Sugar  
3 Pounds Pork Ribs

### Method:

- ♥ Mix all ingredients, except the Pork Ribs, together thoroughly.
- ♥ Brown ribs in frying pan.
- ♥ Bake uncovered in a 350° oven for about one hour.
- ♥ Drain any excess grease.
- ♥ Pour on the prepared Barbeque Sauce.
- ♥ Basting often, bake uncovered for an additional hour or until the meat pulls from the bones.

## Cinnamon Butter

Heloise's Tip of the Week ~ Erie Times News ~ 10-11-06

Submitted by: Pattie Fromknecht (Mother's Recipe Box)  
Court #2625 ~ pattie@cda2625.com

"Clip this Cinnamon Butter recipe and put it away for safekeeping – it's a reader favorite and one that is delicious and easy to make. It can be spread on toast, bagels, waffles, pancakes, baked sweet potatoes, or any other food you'd use a sweet-flavored butter on."

### Ingredients:

1/2 Pound Butter or Margarine (not diet)  
3 Tablespoons Cinnamon  
1/2 Pound Powdered Sugar

### Method:

- ♥ Combine all ingredients.
- ♥ Mix well, using an electric mixer.
- ♥ Place in a labeled, airtight container.
- ♥ Store in the refrigerator.

## One Step Cheese Sauce

Submitted by: Pattie Fromknecht (Mother's Recipe Box)  
Court #2625 ~ pattie@cda2625.com

### Ingredients:

1/2 Cup Hellmann's Real Mayonnaise  
1/2 Cup Milk  
1/2 Cup Shredded Cheddar **or**  
American Cheese **or**  
Grated Parmesan **or**  
Crumbled Blue Cheese

### Method:

- ♥ Stir together all ingredients in a small saucepan.
- ♥ Heat over medium low heat for about five minutes or until heated.
- ♥ Serve over hot vegetables or fish.
- ♥ Try cheddar or American on asparagus; blue cheese on flounder; or parmesan on zucchini.
- ♥ Makes about 1 cup.



## CONTACT NATIONAL CDA

Catholic Daughters of the Americas  
National Office  
10 West 71st Street  
New York NY 10023  
212-877-3041  
E-mail:  
[CDofNatl@aol.com](mailto:CDofNatl@aol.com)

National Executive Director  
Peggy O'Brien  
212-877-3041  
E-mail: [CDofANatl@aol.com](mailto:CDofANatl@aol.com)

## CONTACT PA STATE BOARD

Laraine McGinnis,  
State Regent  
[lam1719@verizon.net](mailto:lam1719@verizon.net)

Margaret Novak,  
First Vice Regent  
[cda@frontiernet.net](mailto:cda@frontiernet.net)

Margaret (Peggy) Guckin,  
Second Vice Regent  
[mmg721@aol.com](mailto:mmg721@aol.com)

Margaret (Peg) Rafferty,  
Recording Secretary  
[peggy.rafferty@hanson.biz](mailto:peggy.rafferty@hanson.biz)

Shirley Hall, Treasurer  
[shirleyhall901@gmail.com](mailto:shirleyhall901@gmail.com)

Rev. William Feeney, Chaplain  
119 West Chestnut St  
Washington PA 15301  
724-225-1425  
[wp.feeney@verizon.net](mailto:wp.feeney@verizon.net)

## CONTACT US LOCALLY

Judy Wood, Regent  
5239 Colclessor Avenue  
Altoona PA 16601  
814-942-8666  
Email: [judy@cda2625.com](mailto:judy@cda2625.com)

Dianne Hite, Vice Regent  
135 Hope Lane  
Altoona PA 16601  
814-946-7676  
[hitepd@atlanticbb.net](mailto:hitepd@atlanticbb.net)

Jenn Adams  
Recording Secretary  
4903 Walnut Avenue  
Altoona PA 16601  
814-937-0935  
[jennhofer@yahoo.com](mailto:jennhofer@yahoo.com)

Jennifer Brezler,  
Financial Secretary  
141 N. Hawthorne Drive  
Altoona PA 16602  
814-943-1884  
[jae163@hotmail.com](mailto:jae163@hotmail.com)

Nancy Collins, Treasurer  
853-37th Street  
Altoona PA 16601  
814-941-2860  
[nankelcollins@verizon.net](mailto:nankelcollins@verizon.net)

Father Timothy Grimme, Chaplin  
2301 Fifth Street  
Altoona PA 16601-3863  
814-942-4479  
[frdtimgrimme@aol.com](mailto:frdtimgrimme@aol.com)

Pattie Fromknecht,  
Editor: Web Designer / Newsletter Publisher  
203 31st Street  
Altoona PA 16602 ... 814-949-9130  
Email: [pattie@cda2625.com](mailto:pattie@cda2625.com)



## COURT PRINCE GALLITZIN # 2625

**MEMBERSHIP MEETINGS ARE HELD THE SECOND MONDAY OF THE MONTH,  
IN THE SAINT ROSE OF LIMA SOCIAL HALL, 5519 SIXTH AVENUE, ALTOONA, PA,  
BEGINNING AT 7:00 PM, WITH A SOCIAL FOLLOWING THE MEETING.**

**IF YOU ARE INTERESTED AND WOULD LIKE TO LEARN MORE,  
COME IN AND BE WELCOME ... JOIN US AT ANY OF OUR SCHEDULED MEETINGS!**

August 9, 2010  
September 13, 2010  
October 11, 2010  
November 8, 2010  
December 13, 2010

No Meeting in January  
No Meeting in February  
March 14, 2011  
April 11, 2011  
May 9, 2011

June 13, 2011  
July 11, 2011  
August 8, 2011  
September 12, 2011  
October 10, 2011

November 14, 2011  
December 12, 2011



## Mission Statement ~ The Catholic Daughters of the Americas<sup>2</sup>

The purposes of the organization are to participate in the religious, charitable and educational Apostolates of the Church. Catholic Daughters of the Americas engages in creative and spiritual programs which provide its members with the opportunity to develop their God-given talents in meaningful ways that positively influence the welfare of the Church and all people throughout the world.

Catholic Daughters of the Americas strives to embrace the principal of faith through love in the promotion of justice, equality and the advancement of human rights and human dignity for all.

### INTERNET ADDRESSES AND FOOTNOTED REFERENCES

Catholic Daughters of the Americas Home Page

<http://www.catholicdaughters.org/>

Catholic Daughters of the Americas State Court Home Page

<http://www.cdapa.org/>

Prince Gallitzin Court #2625 Home Page

<http://www.cda2625.com/>

Altoona-Johnstown Diocese Home Page

<http://www.ajdiocese.org/>

United States Catholic Conference of Bishops

<http://www.usccb.org/>

The Vatican

[http://www.vatican.va/phome\\_en.htm](http://www.vatican.va/phome_en.htm)

Women of the World Clip Art Page 6 Courtesy of

<http://www.sugardoodle.net/sdclipart/?cat=143#>

Great Lakes Scrip Center (GLSC) Pages 6-8

<http://www.glscip.com>

<sup>1</sup>Morality in Media

<http://www.moralityinmedia.org>

<sup>2</sup>Mission Statement ~ the Catholic Daughters of the Americas

<http://www.catholicdaughters.org/mission.shtml>

## Newsletter

### October 2010 Issue: When ~ Where ~ Who ~ What

- Deadline for submissions: October 15, 2010 (Always the third Saturday of the publication month.)
- Submit articles and/or digital images by email to: [jrfrom@aol.com](mailto:jrfrom@aol.com) or [pattie@cda2625.com](mailto:pattie@cda2625.com) or, as a last resort, either in person or mail the written article and/or photograph to Pattie Fromknecht, 203 31st Street, Altoona, PA 16602. (Email is preferred and digital images should be in their original, unmodified format; include the date, location, and full name and title [if applicable] for everyone in the image.)
- Who can/should submit: Any Catholic Daughters of the Americas; please include your full name, home phone number, and your Court's full name and number.
- What to submit:
  - Chairs for the Circle of Love should include a summary of events held / reports made since the last edition of this Newsletter.
  - Local, State, and National news of interest (relevant to CDA) from any Court.
  - Gavel Raps: Parliamentarian Practice and Procedure as endorsed/practiced by CDA.
  - Favorite Recipe: October, Holiday Favorites: Cookies, Breads, Vegetables, Meats, ...
    - If it isn't your own original recipe, but a published recipe, please include the source; remember to include your full name, your Court, and a way to contact you.
    - You can submit more than one recipe, providing there is space, I will publish as many as I am able to.

