



JWCC News

The GFWC Junior Woman's Civic Club
of
Cumberland, Maryland Inc.

February 2010

Working in our communities for 62 years

In This Issue

Free Calendar

Haitian Disaster

This Day in History

GFWC History

Member Update

Quote of the Month

Birthdays

Recipe

Domestic Violence Links

www.ncadv.org

www.ndvh.org

www.loveisrespect.org

Other Useful Links

www.history.com

www.caninecompanions.org

Contact Us

<http://www.gfwc.org> or
sylvan@lavalecenter.com

President's Corner

Happy February! It's heart month and a time to be good to the ones you love as well as yourself.

Reports are in the mail. This is one of my favorite sentences to write at this time of year. Thanks to Jenna, Kim, Patti, Regina, Sandra, and Terry, we were able to document and report on all our club projects within two short meetings. We have really worked reporting into an effective, efficient and painless process. The power of computers and e-mail is a beautiful thing. Some stats for you: from January through December 2009 we engaged in 50 projects; donated 2,799 women hours and \$6,563.19 to our community. WOW!!! Please give yourself a round of applause and thank you for thinking of the needs of others.

Our Salvation Army Kettle generated \$863.32 on November 21 and that was one of the first weeks for bell ringing! Congratulations, girls on ringing the bell.

Mid-Winter Rally, January 30 has been canceled. We will keep you posted on a re-scheduled date.

We'll be collecting Valentine items as well as any small items you would like to donate to the Allegany County Girls Group Home for February. The girls and staff are appreciative of all our efforts. The staff shares that many of these girls never see any mail or gifts from home, nor have they ever received gifts on birthdays/holidays. I can't even imagine what it must feel like to know someone else is thinking of you when no one has ever shown you that kind of support before. Of course, like many agencies, the group home is facing budget cuts and has needed to cancel many of their outside activities due to the lack of funds.



Remember to bring:

- Valentine gifts for Girls' Home
- Gift for Secret Sister
- A friend or two

The Children's Play Festival is right around the corner (March 14) and we'll dedicate our February meeting time to prepare for it. I'm excited to be able to offer the plays this year and I know the children in our community will enjoy them.

Sending many warm thoughts and hugs your way,

Mary Beth S.

Women's Health Calendar

Order a free health calendar. Go to WomensHealth.gov/pub/calendar for the National Women's Health Information Center's 2010 calendar. It lists recommended health tests, reveals surprising symptoms of serious health conditions, and offers important advice on how to read drug labels and get a second opinion.

GFWC Responds to Haitian Disaster

From generous gifts to small gestures, GFWC clubwomen have a significant history of generosity when natural or manmade disasters devastate communities. In an effort to assist the Haitian community in the aftermath of the recent earthquake, GFWC has established a Haitian Disaster Relief effort through the GFWC Disaster Relief Fund.

GFWC is collecting donations to directly help those affected by this catastrophe. In addition to CARE and UNICEF, the GFWC Executive Committee recently approved three additional GFWC International

Affairs Partners, Heifer International, Plan USA, and Save the Children, as intended recipients of the GFWC "Haitian Disaster Relief" effort through the GFWC Disaster Relief Fund.



To ensure monies collected through the GFWC Fund make significant and sustained impact in the relief and rehabilitation effort, the GFWC Executive Committee established guidelines in selecting partners for this specific effort.

We are excited to work with CARE, Heifer International, Plan USA, Save the Children, and UNICEF during this critical time in Haiti's history. Together, we are making a difference.

As the rehabilitation and rebuilding process moves forward in Haiti, GFWC will continue to closely monitor the delicate situation and work with our International Affairs Partners.

The collective impact of GFWC clubwomen working together to assist those in need demonstrates the true power of the Federation. All donations will be acknowledged and recognized. Thank you for making a contribution today.

MAKE A DONATION

Make a donation online using a VISA or MasterCard.

Mark the Dates:

03/14/2010 JWCC's
Children's Play Festival

06/12-15/2010 GFWC Intl
Convention, Omaha, NE

Do you have a great JWCC
photo? If so, we want
them for the newsletter.
Please forward your digital
photo to
kimiller@verizon.net or
bring a copy to a club
meeting and we will scan
and return.

Make a credit card donation with a MasterCard or Visa over the phone. Call GFWC at 202/347-3168 during normal business hours (Monday thru Friday, 9:00 a.m. to 5:00 p.m. ET). Have the following information available: name, address, phone number, credit card type, credit card number, expiration date, security code, and amount of the donation. If you are a GFWC member, please provide your club information.

Mail a check to GFWC. Make the check payable to GFWC, noting "GFWC Haiti Disaster Relief" in the memo field. Please send the check to GFWC, 1734 N ST NW, Washington, DC 20036, USA, Attn.: Haiti Disaster Relief.

(source www.gfwc.org)

This Day in History

1889 – Belle Starr murdered in Oklahoma

1924 – Woodrow Wilson dies

1944 – U.S. troops capture Marshall Islands

1959 - Buddy Holly, Richie Valens, Big Bopper die in plane crash

1994 – Clinton ends trade embargo with Vietnam

2002 – New England Patriots win first Super Bowl

GFWC History

1955: GFWC first established the Community Achievement Program, which recognized clubs that best improved the quality of life in their communities. Now called the Community Improvement Contest, it remains one of GFWC's longest running and most important efforts.

(source www.gfwc.org)

Member Update

No updates this month.

Quote of the Month

"Rest and you rust."

~ Helen Hayes, American actress

Happy Birthday Greetings

Feb 25 – Terry Harvey

Recipe - Ruby Strawberry Punch

February is National Grapefruit Month

(source: www.oceanspray.com)

INGREDIENTS:

2 10-ounce packages frozen deluxe strawberries in syrup, thawed
1 64-ounce bottle Ocean Spray® Ruby Red Grapefruit Juice Drink, chilled
1 10-ounce can frozen strawberry daiquiri mix concentrate, thawed
1 28-ounce bottle club soda, chilled

DIRECTIONS:

Place strawberries with syrup in blender; blend until smooth. Combine strawberries, grapefruit juice drink and daiquiri mix in a large punch bowl; mix well. Pour in club soda just before serving.

Makes 25, 5-ounce servings.

Per Serving: Cal. 80 (4%DV), Fat Cal. 0, Pro. 0g (0%DV), Carb. 21g (7%DV), Fat 0g (0%DV), Chol. 0mg (0%DV), Sod. 28mg (1%DV), Vit. A 0RE (0%DV), Vit. C 28mg (47%DV), Vit. E 0mg (0%DV), Calcium 4mg (0%DV), Iron <1mg (1%DV), Folate <1Ug (0%DV), Zinc 0mg (0%DV), Pot. 32mg (1%DV), Dietary Exchange: Fruit 1.5