The GFWC Junior Woman's Club of Westminster, Inc

The Junior Circle

Volume 27 July 2013

Next Meeting

July 11, 2013 6:30pm

St. Paul's Church Fellowship Hall

Corner of Green and Bond Streets in Westminster

6:30-7 Mock Sale

7pm Business Meeting

The Co-Presidents' Message

Hello Ladies – Summer is in full swing.

The Consignment Committee has been working hard to organize everything. We can't wait to try out the new equipment at the mock sale during the July meeting. Hope to see you there!

The budget committee met early this month. Please take time to review the proposed budget prior to the August meeting.

Committees have started to meet and are working hard; we can't wait to see everything that is accomplished this year!

Did you know that Maryland law changed and you need a smoke detector on every floor of your house?

Help is still needed for someone to step up and lead the gift card fundraising idea. If interested please e-mail Patti Jo.

We wish everyone a happy 4th of July!

~Patti Jo & Julie

August Picnic

Our annual summer picnic meeting will be in August this year. Calling all families to join us for fun and fellowship at the pool party.

Who: Members and families

Where: Kristin Barmoy's house

When: Thursday August 8th, 2013
6 pm swimming
6:30 dinner

What: Bring a swim suit
Bring a food item to share
Bring a friend a potential new member

See the possible food ideas below

Food/side dish/dessert
Tray Chick Fil A nuggets
8-12 pieces fried chicken
Fruit salad
Potato salad
Dessert

Please email Trish with your name and what you are bringing
trishwagman@gmail.com

It was suggested that multiple people could bring fried chicken and Chick Fil A Nuggets.

DATE CHANGE! DATE CHANGE! DATE CHANGE!
The November Barter dinner meeting will be on **Wednesday November 13th, 2013**
Mark your calendars now!
See you there!
Details will follow!
Thanks,
The Family Support

Consignment July Update

Consignment is almost here! Have you sent out the flyer to some friends or family through email? Please spread the word about the consignment sale to friends, colleagues, family, neighbors, anyone! We have 64 consignors to date. We would like to see 150. Please help us by spreading the word!!! You can always tell anyone interested to sign up at https://seller.myconsignmentmanager.com/jwcwkidsconsignmentsale/
Our sale is FREE to register!

At the July meeting, at 6:30pm, we will be demonstrating the MyConsignmentmanager. Feel free to come early to the meeting and check it out! If you signed up to cashier, you will be receiving a more detailed email about training dates.

Have you let Kristin Barmoy know when you will be working on Saturday, August 24? Email her at kbarmoy@aol.com and let her know when you can be there morning (6:30am-12pm) or afternoon (12pm-5:30pm). We also need help on Thursday night and Friday during the day, but **Saturday is our most critical need for adults**. Middle and High School students can also earn service learning hours for volunteering any time over the three days.

Our consignment committee is working hard to make this year's sale a success. They are awesome! But please remember, this sale *funds* our club right now and it's success or failure is dependent on all of us working together. Please do your part by volunteering to work, spreading the word, donating food, consigning yourself, putting up flyers or helping with consignor support. Not sure how you can help? Or help out more? Email Meghan Jothen (jothenfamily@gmail.com) and she can give you some ideas to help our consignment sale be successful this year!

Arts Announcement

The 19th Annual Month of Sundays Concert Series, **which are free**, will be held on the following dates at the Westminster City Park:
July 7 - The Fabulous Hubcaps (Oldies)
July 14 - Problem Child (Classic Rock)
July 21 - Bootleg (Classic Rock, Blues and Country)
July 28 - Dean Crawford and the Dunn's River Bank (Country & Southern Rock)

Music, Food, and Kid's Court. Bring your lawn chairs and blankets. Concerts begin at 6:45pm Food and Beverages available from 6:30 to 8:30pm. Please help our low income and at-risk community served by HSP with donations of money, full-siz personal care items, cleaning supplies, diapers, and paper goods. Alcoholic berverages are prohibited in Westminster City Park. No Pets. Did I say that the concerts are FREE (also free parking)!!! For more information, visit www.hspinc.com Co me out and enjoy the concert!!

Sun Care: Home Life Update

Sunburn doesn't just cause pain and redness. It can also cause long-term effects. Learn the risks and find out how to protect yourself.

Between the beach, the pool, and the weekend cookouts, you may be having too much fun to worry about sunburn - until that telltale stinging and redness set in. Sunburn isn't just painful - it's also bad for your health.

The dangers of sunburn

The sun's rays contain two types of ultraviolet light. Ultraviolet A (UVA) causes tanning, aging skin, and wrinkles. Ultraviolet B (UVB) causes sunburn. Both can cause skin cancer. You can burn on sunny days, cloudy days, and cold days. The white sand on the beach and the white snow of winter both reflect the sun's rays. You can burn whether you're skiing on water or snow. Signs of sunburn are redness and pain. You may also have swelling and blistering. A bad sunburn can lead to heatstroke and dehydration.

Long-term effects

Every time you tan or burn, DNA damage builds up in the deeper levels of your skin. Having 5 or more burns over a lifetime doubles your chances of getting skin cancer.

Other side effects of tanning and burning include premature wrinkles and age (pigment) spots. Over time, the sun can age your skin, making it tough and leathery.

Remember that your eyes can be affected, too. Too much sun can burn your corneas and lead to various eye diseases, including cataracts and age-related macular degeneration. These can cause vision loss.

The truth about sunscreen

Wearing sunscreen doesn't always keep you from burning. No sunscreen can completely protect you from UV rays.

A sunscreen labeled "waterproof" or "water resistant" will not protect you all day. When you swim or sweat, reapply your sunscreen.

The UV index

Your local news may broadcast daily UV index reports. The higher the index, the less time it will take to burn. Here is your risk for overexposure to the damaging UV rays. The number indicates the daily UV index, followed by the degree of risk. The higher the index on a given day, the greater the need to protect yourself.

- 0-2: low
- 3-5: moderate
- 6-8: high
- 8-10: very high
- 11
- sun. If a child under age 1 gets sunburn, call your pediatrician right away. Also seek emergency care if a child of any age has a sunburn with fever, blistering, severe pain, or lethargy.
- **Be aware that water, snow, and sand all reflect UV rays** and increase your chances for sunburn+: extreme

Preventing sunburn

Follow these prevention tips:

- **Use only water-resistant or waterproof sunscreen.** It should protect against both UVA and UVB rays and have an SPF of at least 15. Reapply every 2 hours and after swimming or sweating.
- **Wear protective clothing** when possible. Always include a hat and sunglasses.
- **Limit sun exposure between 10 a.m. and 4 p.m.** This is when UV rays are strongest. If your shadow is shorter than you are, get out of the sun.
- **Keep children in the shade and in protective clothing.** Follow the same sunscreen rules for them that you would for yourself. Don't use sunscreen on children younger than 6 months old. They should be kept out of the.

Treatment

Cool wet compresses, soothing lotions, and cool baths may help relieve minor sunburn pain. Drink plenty of fluids. For serious burns, call your doctor right away. Medication may prevent infection and help with the swelling and pain.

Happy Birthday!

Lisa Close – July 4

Leslie Krebs-White– July 11

Rebecca Wagman – July 13

Julie Mathias – July 24

News from the Editor

The Club Roster is included. The Junior Circle is published monthly for the GFWC Junior Woman's Club of Westminster, Inc. For more information about events and information, please contact Julie Mathias at jul2486@gmail.com or Patti Jo Green at pattiandtrickgreen@verizon.net. For questions concerning the electronic version of the newsletter, please contact Julie Mathias at jul2486@gmail.com.

Articles for the August newsletter are due by July 20, 2013 to Julie Mathias. Articles can be e-mailed to jul2486@gmail.com.