



JWCC News

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

February 2012

Working in our communities for 65 years

In This Issue

Meeting Agenda

May Flower Project

ALS Awareness

This Day in History

GFWC History

Quote of the Month

Birthdays

Recipe

Minutes of April Mtg

Domestic Violence Links

www.ncadv.org

www.ndvh.org

www.loveisrespect.org

Other Useful Links

www.history.com

www.earthday.net

President's Corner

Spring has sprung and another year for the JWCC is coming to a close. We have had a very productive year with a few projects still on the horizon. Our May meeting will be our "spring planting" session. Remember to bring your bedding and house plants along with any planters you may have or wish to purchase. Joyce will be bringing the potting soil. We will be sharing these with the Women's Crisis Center. Joyce made a wonderful suggestion that any member could bring a guest such as a girlfriend, niece, daughter, or granddaughter along to help with the planting. Children could have the option of planting a flower for someone special for Mother's Day. Great suggestion Joyce! Regina will be bringing small birdhouses to paint for additional decorating options. Bring a smock or old shirt, along with garden gloves, to prevent any unwanted messes!

We will be drawing the winning tickets for the Calendar Raffle. If anyone has tickets and/or money and not planning to be at the meeting please make arrangements to have them delivered to the meeting. Our June Dinner plans have been made. We will be celebrating at the Brick House Café. I had a dinner meeting there with the nurse practitioners. They have a wonderful menu with nicely prepared items. I reserved a large room upstairs that will accommodate our meeting quite nicely.

The Western District meeting will be May 19 in Westminster. Please let Sandra know if you plan to attend so reservations can be made by Friday. This will be the last meeting for Joyce as District Junior President.

Diana, Sandra and I attended the ACM Foundation reception April 17. The culinary café prepared the food which was delicious. A few scholarship recipients shared their stories and career plans. It was great experiencing this event knowing that we take part in its success.



Contact Us

<http://www.gfwc.org> or
terry@terryharvey.net

Remember to bring:

- Flower pot supplies and gardening tools/gloves
- Calendar raffle tickets
- Meeting place ideas for next year
- Fundraiser ideas for next year

Also, bring your ideas for a meeting place for next year. I can't wait to "dig in the dirt"!

With love and friendship, Terry

Agenda - General Meeting (bring this to our meeting)

GFWC/JWCC of Cumberland, Inc.
Wednesday, May 2, 2012

- I. Call to Order
- II. Flag Salute
- III. Minutes of the Previous Meeting
- IV. Treasurer's Report
- V. Unfinished Business
 - ✓ Annual Convention
 - ✓ June Dinner- Brick House Cafe
 - ✓ March of Dimes Walk
 - ✓ Final report on Plays
- VI. New Business
 - ✓ Calendar Raffle
 - ✓ Flower planting and Bird House painting
 - ✓ Meeting place for next year
 - ✓ Fundraiser ideas for next year
- VII. Correspondence
- VIII. Junior Pledge
- IX. Adjourn

May Project - Flowers for Family Crisis

Joyce Race will be bringing plenty of newspapers and plastic gloves for doing the plants. Remember, ladies, bring your trowels and gloves if you have them!

Members are asked to bring flower pots, potting soil and plants/flowers.

Members will get dirty filling pots for families at the Family Crisis Center. Wear your comfortable, gardening clothes for this project!

Mark the Dates:

May 19 – Western District
Mtg, Westminster, MD

June 14-17 – GFWC Intl
Convention, Charlotte, NC

ALS Awareness Month

Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. The progressive degeneration of the motor neurons in ALS eventually lead to their death. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed.

ALS was first described in 1869 by French neurologist Jean-Martin Charcot, but it wasn't until 1939 that Lou Gehrig brought national and international attention to the



Create a world
without ALS.

disease when he abruptly retired from baseball after being diagnosed with ALS. Most commonly, the disease strikes people between the ages of 40 and 70, and as many as 30,000 Americans have the disease at any given time. ALS has cut short the lives of other such notable and courageous individuals as Hall of Fame pitcher Jim "Catfish" Hunter, Senator Jacob Javits, actors Michael Zaslow and David Niven, creator of Sesame Street Jon Stone, television producer Scott Brazil, boxing champion Ezzard Charles, NBA Hall of Fame basketball player George Yardley, pro football player Glenn Montgomery, golfer Jeff Julian, golf caddie Bruce Edwards, British soccer player Jimmy Johnstone, musician Lead Belly (Huddie Ledbetter), photographer Eddie Adams, entertainer Dennis Day, jazz musician Charles Mingus, composer Dimitri Shostakovich, former vice president of the United States Henry A. Wallace and U.S. Army General Maxwell Taylor.

At the onset of ALS the symptoms may be so slight that they are frequently overlooked. With regard to the appearance of symptoms and the progression of the illness, the course of the disease may include the following:

- muscle weakness in one or more of the following: hands, arms, legs or the muscles of speech, swallowing or breathing
- twitching (fasciculation) and cramping of muscles, especially those in the hands and feet
- impairment of the use of the arms and legs
- "thick speech" and difficulty in projecting the voice
- in more advanced stages, shortness of breath, difficulty in breathing and swallowing

The initial symptoms of ALS can be quite varied in different people. One

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.

person may experience tripping over carpet edges, another person may have trouble lifting and a third person's early symptom may be slurred speech. The rate at which ALS progresses can be quite variable from one person to another. Although the mean survival time with ALS is three to five years, many people live five, ten or more years. In a small number of people, ALS is known to remit or halt its progression, though there is no scientific understanding as to how and why this happens. Symptoms can begin in the muscles of speech, swallowing or in the hands, arms, legs or feet. Not all people with ALS experience the same symptoms or the same sequences or patterns of progression. But, progressive muscle weakness and paralysis are universally experienced.

Muscle weakness is a hallmark initial sign in ALS, occurring in approximately 60% of patients. Early symptoms vary with each individual, but usually include tripping, dropping things, abnormal fatigue of the arms and/or legs, slurred speech, muscle cramps and twitches and/or uncontrollable periods of laughing or crying.

The hands and feet may be affected first, causing difficulty in lifting, walking or using the hands for the activities of daily living such as dressing, washing and buttoning clothes.

As the weakening and paralysis continue to spread to the muscles of the trunk of the body the disease, eventually affects speech, swallowing, chewing and breathing. When the breathing muscles become affected, ultimately, the patient will need permanent ventilatory support in order to survive.

(source: www.alsa.org)

This Day in History

1918 – GM buys Chevrolet

1933 – Loch Ness Monster sighted

1957 – Joseph McCarthy died

2011 – Osama Bin Laden killed by U.S. forces

GFWC History

1997: GFWC renewed its commitment to libraries with the Libraries 2000 project. Over a five year period, GFWC clubwomen raised and donated \$13.5 million to public libraries and public school libraries across the nation.

(source www.gfwc.org)

Member Update

Congratulations to our own JWCC member - Sandra Mattocks. Sandra was elected the GFWC Maryland Junior Director-Elect at the Junior Day meeting held on Saturday, April 14, 2012.

Kudos to our member Joyce Race. Joyce won first place in the short story and poetry contest at the MFWC Convention. She also won first place in the digital photography contest. Her picture will be forwarded to GFWC National for entry. Winners on the national level will be announced at the GFWC International Convention in Charlotte, North Carolina. Good luck, Joyce!

Quote of the Month

"Simple, sincere people seldom speak much of their piety. It shows itself in acts rather than in words, and has more influence than homilies or protestations."

~Louisa May Alcott

Member Birthdays

May 19 – Patti Cuthbertson

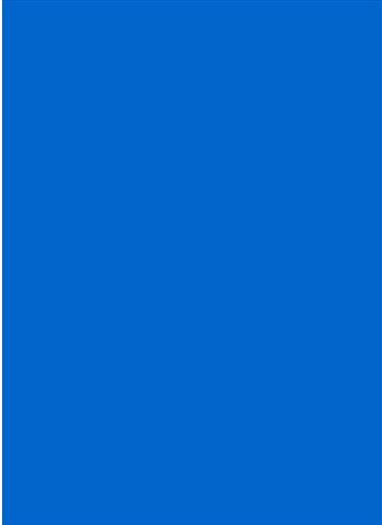
Recipe - Kiwi Month

(source: Guy Fieri, Food Network, www.foodnetwork.com)

Chug a Lug Kiwi Berry Cooler

Ingredients

- 2 kiwis, peeled, 1 muddled, 1 cut into small pieces for garnish
- 1 cup fresh strawberry, 1/2 cup muddled, 1/2 cup cut into small pieces for garnish
- 1/2 cup blackberries

- 
- 4 cups ice
 - 1 1/2 cups white wine (recommended: Pinot Grigio or Sauvignon Blanc)
 - 3 ounces orange-flavored liqueur (recommended: Cointreau)
 - 1-ounce fresh lemon juice
 - 3 ounces simple syrup (plus more depending on sugar level of berries)

Directions

In a large mixing glass muddle 1 kiwi, 1/2 cup muddled strawberries and 1/2 cup blackberries. Fill halfway with ice, wine, orange-flavored liqueur, lemon juice and simple syrup. Shake and pour into 2 nice big wine glasses filled with ice. Garnish with kiwi and strawberries slices.

JWCC MEMBERSHIP MEETING MINUTES

APRIL 4, 2012

The April meeting was a Progressive Dinner held at Joyce's and Kim's Houses. There were 12 members present.

A motion was made and seconded to dispense with the reading of the prior month's minutes. Motion passed.

The plays were discussed. Everyone agreed they were a success. However, attendance was down from previous years. The plays are very time consuming. The membership has to decide if the time is worth the profits realized from the plays. If not we must decide on other fundraisers.

The plays brought in \$1,546.00. Less the amount for change it is \$1,146.00. We will still need to pay the college for use of the facility. The cost of the plays may be as much as \$615.00.

The Treasury Report was given and the ending balance is \$2,836.00.

A discussion was held about whether the scholarships to ACM have been funded from the account held at the college. We are not certain if banks are paying enough interest to fully fund the scholarships from the existing account at the college. If additional funds are needed to cover the scholarships, we will need to take the funds from the club Treasury. Sandra will have a discussion with the scholarship office at the college.

The upcoming Calendar Raffle is a fundraiser for Make a Wish Foundation. All members will be asked to sell 10 tickets. The winners will be drawn at the May meeting. Sandra, Joyce and Mary Beth will attend the April Convention at BWI Airport hotel.

Ditty bags will be brought to the convention by each Club and a contest will be held to determine the most creative

Ditty Bag. Discussion was held and it was decided that there is not sufficient time to do justice to the project. Therefore, we will not participate.

Terry announced the results of the Nominating Committee for New Officers. The following were announced:

President – Joyce Race

Vice President – Beth Dawson

Treasurer – Sandra Mattocks

Secretary – Deborah Harris

Recording Secretary – Diana Miller

The membership had a silent vote for the Club Woman of the Year.

A discussion was held on a new meeting place. Some of the suggestions were: VFW, Haystack Club, Outdoor Club, and meeting each month at a different member's home. Further discussion is needed on this subject.

The membership will discuss fundraiser ideas at the June meeting.

The March of Dimes Walk will be held April 21, 2012 at Canal Place. A sign-up sheet was distributed. The following club members will assist the March of Dimes with registration:

Debbie Harris

Sandra Mattocks

Joyce Race

Terry Harvey

Regina volunteered to be Coordinator for the Innsbrook Wrapping Paper Fundraiser for next fall.

The Pin Wheel Project in honor of Preventing Child Abuse will be funded by the club at the March of Dimes Walk. A centerpiece made of pin wheels will be made and placed on the Registration Table. A motion was made and seconded to purchase the pin wheels. The motion passed.

The membership will make a \$100 donation to the March of Dimes. Our club member, Sandra Mattocks will walk in the event. Her employer, ATK, will match the \$100 donation. The membership will plant flowers for the Family Crisis Center at the May meeting. Members are to bring in flowers and planters and planting tools. Joyce will provide the potting soil.

The June meeting will be held at the Brick House Café on Virginia Avenue.

A motion was made and approved to fund the USO Project for Military Children. The club will purchase 5 DVD and Book sets at \$10 per set. A motion was made and seconded to pay \$50 for the project. Motion passed.

Federation Day is April 24, 2012. Members will ring bells at their home in honor of Federation Day.