



JWCC News

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

May 2010

Working in our communities for 62 years

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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

Spring has officially sprung with its high and low temperatures and pollen galore! I love to see new growth – trees, plants, flowers and grass -- yet am awfully glad when it's all finished!

April 17 marked our MFWC Junior Day and celebration of all the accomplishments of junior clubwomen throughout our state. Our club was the recipient of state awards in the following areas: Helping Hands, Focus on Women's Health, United Nations Program, Citizenship in Action Program, Membership, and the recipient of the GFWC Junior Special Project: Advocates for Children. Congratulations and thank you to all! A special thanks to Kim, Sandra, Patti, Joyce, Debbie, Peg, and Jo who were able to attend convention and participate in MFWC Junior Fellowship. There were 51 attendees on Junior Day with special guest, GFWC Director of Junior Clubs Missi McCoy and GFWC Second Vice President Babs Condon.

We celebrated club accomplishments, completed a service project with fleece and coffee cup donations, shared information about the impact of peer pressure on young people, celebrated the talent of young Maryland artists and installed new officers for the 2010-2012 administration. It was a fun-filled day! Jo Miller was installed as MFWC President during Sunday night's banquet along with Debbie Spinnenweber as MFWC Corresponding Secretary and myself as MFWC Director of Junior Clubs. JWCC is proud of its leadership!



April 17th also brought the March for Babies at Rocky Gap. A special thank you to Marilyn, Regina and Debbie Harris who braved the cold weather and wind to help register walkers. Regina shared that while attendance was down at the event, the March of Dimes was

Remember to bring:

- Flowers/plants, pots, gardening gloves and tools
- Gift for Secret Sister
- A friend or two

hopeful that they generated more donations. We'll keep you abreast as more information arrives.

April 24th marked Federation Day. I hope you remembered to ring your bell to honor the day!!

May 5 we will be meeting to celebrate women and Mother's Day as we plant flowers and plants for the women at the Family Crisis Resource Center. Please bring flowers, plants, and containers with you. You may also wish to bring gardening gloves. We will supply the potting soil.

May 15 will mark our Western District meeting in Westminster, Maryland and will offer us an opportunity to celebrate the end of another successful club year with our Western Maryland clubs. It will also be the installation for Joyce Race as Western District President. If you are able to attend, we would love for you to join our caravan. District meetings are a great way to get to know other clubwomen and to share some extra time with your JWCC friends!

Looking forward to seeing you all on May 5. Stay well!

Hugs,

Mary Beth S.

Children's Play Festival 2011

Remember to rate your top three play choices and we'll vote on them at the May meeting. Play date: Sunday, March 13, 2011

Thatsnotcool.com

The speaker at Junior Day at our MFWC Convention last month provided a wealth of information about the problem of textual harassment among teens and young adults. Her message was clear: Your cell phone, IM, and social networks are all a digital extension of who you are. When someone you're with pressures you or disrespects you in those places, that's not cool.

The Family Violence Prevention Fund (FVPF) www.endabuse.org believes that everyone has the right to live free from violence. For three decades, their model programs have created safer, more prosperous communities for women, children, and families around the world.

Mark the Dates:

05/15/10 Western District Meeting, Westminster

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

Thatsnotcool.com is attempting to raise awareness about digital dating abuse and stop it before it gets worse. Sponsored and co-created by the Family Violence Prevention Fund, the Office on Violence Against Women and the Ad Council, the site is designed to address new and complicated problems between teens who are dating or hooking up—problems like constant and controlling texting, pressuring for nude pictures, and breaking into someone's e-mail or social networking page.

Thatsnotcool.com provides a series of questions teens can ask themselves if they feel they may be harassed by a girlfriend/boyfriend:

- is overly jealous or possessive?
- puts you down or criticizes you?
- threatens or scares you?
- hits, slaps, pushes, or kicks you?
- controls where you go, what you wear, or what you do?
- tries to stop you from seeing or talking to friends and family?
- tries to force you to have sex?



The site provides “call out cards” which teens can send to friends or to a dating partner if they feel they are victims of “textual” harassment. These can be sent from cell phones or social networking sites. An example is featured here.

If a teen feels they are being “textually”, physically or emotionally harassed and don’t know what to do about it, they can call the National Teen Dating Abuse Helpline which is available 24 hours a day, 365 days a year. All calls and chats are anonymous and confidential. Call 1-866-331-9474.

Asthma Awareness Month - May

Asthma is the most common long-term disease of children, but adults have asthma, too. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs. You can control your asthma by knowing the warning signs of an attack, staying away from things that trigger an attack, and following the advice of your health-care provider. When you control your asthma, you won't have symptoms like wheezing or coughing; you'll sleep better; you won't miss work or school; you can take part in all physical activities; and you won't have to go to the hospital.

An asthma attack can occur when you are exposed to things in the environment, such as house dust mites and tobacco smoke. These are called asthma triggers.

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.

Environmental Tobacco Smoke (Secondhand Smoke)

Environmental tobacco smoke is often called secondhand smoke because the smoke created by a smoker is breathed in by a second person nearby. Parents, friends, and relatives of children with asthma should try to stop smoking and should never smoke around a person with asthma. They should only smoke outdoors and not in the family home or car. They should not allow others to smoke in the home, and they should make sure their child's school is smoke-free.



Dust Mites

Dust mites are in almost everybody's homes, but they don't cause everybody to have asthma attacks. If you have asthma, dust mites may be a trigger for an attack. To help prevent asthma attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Don't use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom.

Outdoor Air Pollution

Pollution caused by industrial emissions and automobile exhaust can cause an asthma attack. Pay attention to air quality forecasts on radio, television, and Internet and plan your activities for when air pollution levels will be low if air pollution aggravates your asthma.

Cockroach Allergen

Cockroaches and their droppings may trigger an asthma attack. Get rid of cockroaches in your home and keep them from coming back by taking away their food and water. Cockroaches are usually found where food is eaten and crumbs are left behind. Remove as many water and food sources as you can because cockroaches need food and water to survive. At least every 2 to 3 days, vacuum or sweep areas that might attract cockroaches. You can also use roach traps or gels to decrease the number of cockroaches in your home.

Pets

Furry pets may trigger an asthma attack. When a furry pet is suspected of causing asthma attacks, the simplest solution is to find the pet another home. If pet owners are too attached to their pets or are unable to locate a safe, new home for the pet, they should keep the pet out of the bedroom of the person with asthma.

Pets should be bathed weekly and kept outside as much as possible. People with asthma are not allergic to their pet's fur, so trimming your pet's fur will not help your asthma. If you have a furry pet, vacuum often to clean up anything that could cause an asthma attack. If your floors have a hard surface, such as wood or tile, and are not carpeted, damp mop them every week.

Mold

Inhaling or breathing in mold can cause an asthma attack. Get rid of mold in all parts of your home to help control your asthma attacks. Keep the humidity level in your home between 35% and 50%. In hot, humid climates, you may need to use an air conditioner or a dehumidifier or both. Fix water leaks, which allow mold to grow behind walls and under floors.

To learn more about how you can control your asthma, visit CDC's asthma site. *(source www.cdc.gov)*

This Day in History

1821 – Napoleon dies in exile

1862 – Battle of Williamsburg, VA begins

1904 – Cy Young pitches perfect game

1955 – Allies end occupation of West Germany

1961 – First American, Cmdr Alan Shepard Jr, launched into space

1979 – Peaches and Herb top the pop charts with "Reunited"

GFWC History

1965: GFWC was awarded a stamp by the United States Post Office in honor of its 75th anniversary.

(source www.gfwc.org)

Member Update

Jenna Chesky was named Teacher of the Year for Washington Middle School. Congratulations Jenna!

Update on Kevin Wagman (husband of Tricia Wagman, Past Junior Director):

Kevin has completed his acute rehab and is now gone to a subacute rehab to continue his therapy. The goal is to get as much therapy as he can to improve his strength, endurance and independence so the next step will be home. Kevin moved to the Brightwood Center in Lutherville last Thursday afternoon. The Brightwood Center is in the genesis healthcare system. Kevin got settled in and has a private room. He will be evaluated by the PT, OT and speech therapists and set goals and a treatment plan for him.

It is located at 515 Brightfield Road Lutherville-Timonium, MD 21093. We appreciate your thoughts and prayers as we transition to this new place.

The Wagman Family

Quote of the Month

"A smile is the light in the window of your face that tells people you're at home."

~*Author Unknown*

Happy Birthday Greetings

No April birthdays

Recipe - Spinach and Strawberry Salad

May is Salad Month

(source: *Paula Deen*, www.foodnetwork.com)

Ingredients

1 (10 to 12-ounce) package baby spinach, washed and dried
1/3 cup sliced almonds, toasted
1 pint strawberries, hulled and quartered
1 medium cucumber, peeled, seeded, and finely diced

Dressing:

1/2 lemon, juiced
2 tablespoons white wine vinegar
1/3 cup sugar
1 tablespoon vegetable oil
1 teaspoon poppy seeds

Directions

In a large salad bowl, add the spinach, almonds, strawberries, and cucumber

and toss together.

For the dressing:

In a small glass bowl or jar with a tight-fitting lid, combine the lemon juice,
vinegar, sugar, oil, and poppy seeds. Whisk together in the glass bowl
or
shake if using a jar.

Dress the salad right before serving.

Photos from April's Progressive Dinner

