

Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

April 2010 • Vol. 2, No. 3

Dear Federated Ladies of the GFWC Western Maryland Community Club,

I love the month of April. First because our two sons were born in April, and second because everything is turning green and flowers are blooming. Neighbors are out working in their yards and saying, "Hello," after the long, snowy, confined winter months. And the GFWC-MD Convention is in April.

All Rise... the President of The GFWC Maryland Federation of Women's Clubs is in our club! What a honor to have our own Jo Miller installed as President of The Maryland Federation. The installation was beautiful. Debbie was installed as GFWC-MD Corresponding Secretary and, as your club president, I had the honor of presenting her with flowers and the pin of her office. When Jo was to be installed, I also presented her with flowers, then the past Honorary Past-Presidents of The Maryland Federation who were in attendance each offered words of wisdom and encouragement to Jo before she was installed. Babs Condon, GFWC Second Vice-President, did a beautiful job as the installing officer. Jo's husband Jim, her daughter Dawn, granddaughter Jessica, and grandson Joshua were in attendance. What a proud moment for the family. We wish our new State President only good things for her next two years in office. I am looking forward to Jo's visits to other Maryland clubs she has asked me to be her traveling partner and I am honored.

Bonnie, Ellen and I attend the re-dedication of our trail sign at Rocky Gap this month. The sign is now correct, noting that JWCC members sponsored this trail, and the handicapped emblem is now included on the sign. We also walked the trail and saw first-hand the winter damage to trees and the benches. We had the opportunity to meet two of the over 200 Rocky Gap volunteers. They told us if we could provide the wood for the benches, they will rebuild them (the concrete is okay, just the wood is needed). I believe the lumber would cost about \$350.00, so it can become a new conservation project for us.

April is our Anniversary Meeting—our club is eight (8) years old! Please bring a gift for our exchange on Wednesday, April 28th, 6:30 p.m., at City Lights. Also remember to let Dage or I know if you will be attending so we can make reservations. Hope to see you all there and as always, feel free to bring a friend.

In Federation Fun & Service,
Peg

Happy Federation Day—April 24th!

In celebration of its 21st anniversary in 1889, the Sorosis Club of New York City (founded by "Jennie June" Croly) proposed a conference of women's clubs to pursue the cause of federation. Sixty-one clubs attending the conference that was held in New York City on March 20, 1889, with the goal of preparing a constitution for ratification the following year. The General Federation of Women's Clubs was born the following year, when the constitution was ratified on April 24, 1890, with sixty-three delegates from seventeen states attending. The first officially recorded GFWC Federation Day celebration appears to be the one held on April 24, 1940, during the Golden Jubilee Triennial, when a national broadcast was made in the studio of the National Broadcasting Company in Radio City, New York. The celebration of April 24th as Federation Day was added to the GFWC standing rules in 1976.



Source: www.gfwc.org

Club Calendar

April - May

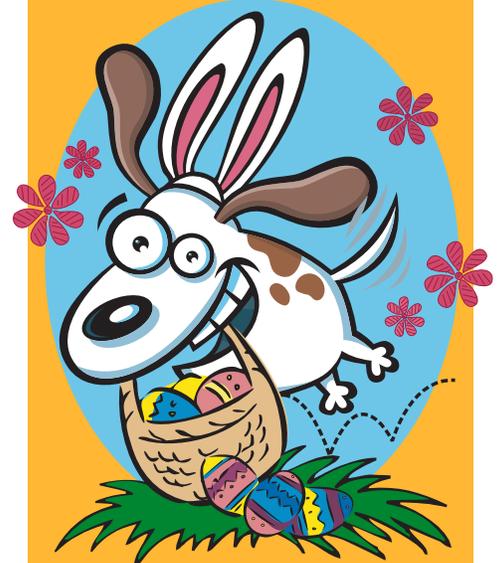
4/1	APRIL FOOL'S DAY
4/2	GOOD FRIDAY
4/4	HAPPY EASTER!
4/15	TAX DAY
4/17-19	GFWC Maryland Convention, BWI Airport Marriott, Baltimore, MD
4/22	EARTH DAY
4/28	WMCC Meeting, 6:30 p.m. at City Lights, Cumberland
4/30	ARBOR DAY
5/9	HAPPY MOTHER'S DAY!
5/15	Western District Annual Meeting, Westminster, MD
5/26	WMCC Meeting, 6:30 p.m. (location to be announced)
5/31	MEMORIAL DAY

March Is

National Child Abuse
Prevention Month

National Garden Month

Fresh Florida Tomatoes Month



It's In The Bag!

Remember to put these items in
YOUR Bag for the April Meeting

\$2.00 for Operation Smile

\$5.00 to play Bonnie's Bingo

\$20.00 Gift for Gift Exchange

And Bring a Friend, so they
won't miss out on all the FUN!

*Friends are the
flowers in the
garden of life.*



got news?

If you have anything you would like to include in the May Newsletter, please e-mail to Debbie Spinnenweber at spinnen@verizon.net

Deadline: May 15, 2010

When You Garden, You Grow!

National Garden Month is celebrated every April by communities, organizations, and individuals nationwide. Gardeners know, and research confirms, that nurturing plants is good for us: attitudes toward health and nutrition improve, kids perform better at school, and community spirit grows. Join the celebration and help to make America a greener, healthier, more livable place!

CELEBRATE NATIONAL GARDEN MONTH

- Design and plant a garden to attract pollinators.
- Plant a cutting garden so you can enjoy freshly cut bouquets all season long.
- Plant herbs for making your own herbal tea (try mints, bee balm, or chamomile).
- Plant a peace garden.
- Plant a kitchen garden near your back door with greens and herbs for convenient harvesting.
- Design and plant a bird-friendly garden.
- Grow a "multicultural" garden.
- Grow a fragrance garden; include aromatic plants such as heliotrope, oriental lilies, nicotiana, and stock.
- Plant a wildflower meadow.
- Get a window box and fill with brightly colored annual flowers.
- Work with a child to grow a giant pumpkin, hibiscus, or other flashy plant for entry in the county fair, or just for fun.
- Plant a rose bush or two, and learn how to keep them healthy and blooming.
- Make a tepee for growing vining beans or flowers such as morning glory.
- Try planting new vegetables or varieties that are new to you - purple kohlrabi, golden beets, or blue potatoes.
- Grow a big, bold, tropical flowering plant, such as bougainvillea, brugmansia, or mandevilla.
- Grow plants that provide natural pigments and try a fabric dyeing project.
- Build a pond in a tub or in the ground.
- Plant a garden to attract native butterflies.
- Plant flowers that bloom at dusk, including moonflower, night-blooming phlox, and evening primrose.
- Garden at your workplace.
- Plant a garden that reflects your family's or the region's cultural heritage.
- Grow healing herbs such as calendula and comfrey, and make your own healing salves and tinctures.



For more info on any of these projects, visit www.nationalgardenmonth.org.

Celebrating Earth Day—April 22nd

Earth Day is a perfect time to reflect about what you are doing to help protect the environment. Following are just a few ways you can celebrate...

1. Plant trees to help reduce greenhouse gas emissions, cleans pollution, secures soil in place to prevent erosion, and provides homes for a lot of biodiversity.
2. Learn more about the environment by reading up on issues such as pollution, endangered species, water shortages, recycling, and climate change.
3. Reduce, reuse and recycle. Support local growers and producers of food and products—since these don't have to travel as far, they reduce greenhouse gas emissions. Use reusable drink containers and recycle all the things you do use.

Remember: Every day is Earth Day. Anything to help our environment is a perfect thing to do on Earth Day and every day.

Source: www.wikihow.com

April is National Child Abuse Prevention Month

It's a sad but true fact, that even after years and years of awareness campaigns, prevention efforts, federal legislation and educational activities, child abuse is still a prevalent and major concern in our country. Statistics reveal that a report of child abuse is made every ten seconds. National attention has been given to this epidemic since 1974 through the passage of the first Federal child protection legislation, the Child Abuse Prevention and Treatment Act (CAPTA). In 1983, April was designated as National Child Abuse Prevention Month.

STATISTICS ABOUT CHILD ABUSE

This is hard information to digest, but educating ourselves about this ongoing problem is the first step in being able to do something about it.

- Almost five children die everyday as a result of child abuse. More than three out of four are under the age of 4.
- It is estimated that between 60-85% of child fatalities due to maltreatment are not recorded as such on death certificates.
- 90% of child sexual abuse victims know the perpetrator in some way; 68% are abused by family members.
- Child abuse occurs at every socioeconomic level, across ethnic and cultural lines, within all religions and at all levels of education.
- About 30% of abused and neglected children will later abuse their own children, continuing the horrible cycle of abuse.
- Abused children are 25% more likely to experience teen pregnancy.

WHAT YOU CAN DO TO HELP

- First and foremost, to report an incident of child abuse, call the National Child Abuse Hotline: 1-800-4-A-CHILD
- Know who to go to in your area to report or get help.
- Find information that can help you and others: Child Welfare Information Gateway (ChildWelfare.gov) has great educational resources and links on their website.
- Know the definitions and signs of different types of maltreatment.



The cycle of child abuse can be broken, one family at a time, one parent at a time, one child at a time.

Source: blissfullydomestic.com

You are cordially invited to attend...

A special event of the Joint Venture Task Force for the Women of Garrett County



The 2nd Women's Lecture Series
Sunday, May 2, 2:00 p.m.
Room 205-207 CE, Garrett College
Judge Susan J. Crawford
will speak on
Women And Leadership

The Continuing Education Building (CE) on the college campus is the one nearest the lake. Please park in the first parking lot off Mosser or Bumble Bee Roads.

Sponsored by GFWC Civic Club of Oakland, Garrett Branch of the American Association of University Women, the Business and Professional Women's Club, the Black Diamond Council of the Girl Scouts, and Garrett County Commission for Women.

It's Your Party!

Celebrating Birthdays & More

Happy Birthday to...

GFWC Western Maryland
Community Club!

Happy Anniversary to...

April 7th — Shirley McDonald



"I Am A GFWC Woman" Debuts on We TV

GFWC has been selected as the winner of We TV's Pledge 24 in 2010/Chic in the City contest. Held December 16, 2009, through January 31, 2010, the contest encouraged individuals to sign-up and pledge 24 hours of volunteer time in 2010.

GFWC asked members to pledge the time they commit to Federation work. GFWC received the most pledges, earning a publicity prize package including a feature/spotlight on the We Volunteer website, WeTV.com, and sixty 30-second spots on We TV during the month of April.

Thank you to all clubwomen who pledged their time and earned free publicity for GFWC and its members. To view GFWC's new public service announcement, visit www.YouTube.com and www.Facebook.com/GFWCMembers.

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PROUD MEMBER OF



The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.

www.gfwc.org

April is Fresh Florida Tomato Month

Once considered toxic, tomatoes were not even eaten in the U.S. until the early 1800s, when an eccentric New Jersey gentleman, Colonel Robert Gibbon Johnson, brought them back from a trip overseas. He announced that an amazing display of courage would take place on September 26, 1820, when he shocked his hometown of Salem by consuming an entire basket of tomatoes in front of a crowd of spectators, expecting him to keel over any second. Obviously, he didn't and tomatoes have since been a staple of the American diet and with good reason.



Starting with the basics, tomatoes contain large amounts of vitamin C, providing 40% of the daily value (DV). They also contain 15% DV of vitamin A, 8% DV of potassium, and 7% of the recommended dietary allowance (RDA) of iron for women and 10% RDA for men.

The red pigment contained in tomatoes is called lycopene, which appears to act as an antioxidant, neutralizing free radicals that can damage cells in the body. Recent studies have revealed that lycopene may have twice the punch of another well-known antioxidant betacarotene. Harvard studies have found that men who consumed 10 servings of tomatoes a week (the equivalent to 10 slices of pizza) can cut the risk of developing prostate cancer by 45%. Italian researchers have found that consuming more than 7 servings of raw tomatoes lowers the risk of developing rectal colon or stomach cancers by 60%. Israeli researchers have found that lycopene is a powerful inhibitor of lung, breast, and endometrial cancer cells. Research has also indicated that the lycopene in tomatoes can help older people stay active longer. New research is beginning to indicate that tomatoes may be even be used to help prevent lung cancer.

Always choose tomatoes with the most brilliant shades of red. These have the highest amounts of betacarotene and lycopene. Raw tomatoes are great for you, but cooking releases even more of the benefits, and lycopene is more fully released by cooking in a bit of oil. Canned tomatoes and tomato sauce are both just as viable and beneficial as fresh tomatoes. **For more information about tomatoes, visit the California Tomato Growers Association at www.ctga.org.**



Fresh Tomato and Garlic Penne

Prep Time - 15 min | Total Time - 25 min | Yield - 2 servings

This quick and easy pasta dish explodes with fresh flavor.

DIRECTIONS:

1. Cook and drain pasta as directed on package.
2. While pasta is cooking, heat oil in 10-inch skillet over medium-high heat. Cook garlic in oil 30 seconds, stirring frequently. Stir in tomatoes. Cook 5 to 8 minutes, stirring frequently, until tomatoes are soft and sauce is slightly thickened. Stir in basil, salt and pepper. Cook 1 minute. Serve sauce over pasta.

Did You Know... Roma—or plum—tomatoes are often preferred for sauces because they have fewer seeds and firmer flesh than regular slicing tomatoes.

Variation... Slice 1 or 2 fully cooked Italian sausages, and cook with garlic for a heartier meal.

Source: www.bettycrocker.com