

Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

February 2010 • Vol. 2, No. 3

Dear Federated Ladies of the GFWC Western Maryland Community Club,

If you are a winter sports person, you have got to love this weather. I am so tired of winter coats, gloves, boots, etc., I could scream. I believe my husband has run more gasoline through the snow blower this winter than in our car. It is hard to believe spring is just around the corner. It can't get here fast enough for me. I really have "cabin fever."

Thanks to Debbie, our club reports were completed and I sent them to the proper chairmen on time for judging for this year's GFWC-MD Convention awards. Thanks to all of you who came to the January meeting to sort out the information needed for the reports. We reported in almost all of the categories.

Jo and I visited Rocky Gap State Park this week and, believe it or not, there is a new sign in place at the Handicapped Trail. The sign notes that the Junior Woman's Civic Club of Cumberland dedicated the trail in 1980, and it is now marked with the handicapped wheelchair symbol. Thanks to Delegate Kevin Kelly, the new sign with corrections came to fruition.

Our club will be hosting the Western District Youth Art Contest on Saturday, March 20, from 10:00 a.m. to 12:00 p.m. at LaVale Library. The library does not open until 10:00 a.m., and there is another group coming in as soon as we leave, so we will have to set-up and clean-up quickly. This year, as last, I am asking our in-house artists, Debbie and Shirley, to be our judges for the show. We will provide coffee, tea, cookies and pastries for our guests. Mark your calendar—come and support the show!

We have so much to be proud of at this year's GFWC-MD Convention. Josephine will be elected and installed as President of The GFWC Maryland Federation of Woman's Clubs, and Mary Beth Strickler (Mary Ruddell's daughter) will be elected and installed as GFWC-MD Director of Junior Clubs. Debbie will also be elected and installed as GFWC-MD Corresponding Secretary. What an honor to be able to vote for our own members to be the officers of The Maryland Federation. I hope all of you will make a serious effort to attend Convention to show our support and to see them installed.

Convention will be held at the BWI Airport Marriott from April 17-19th. Bonnie may be a vendor at this year's convention. Please mark your calendars and join us in April to cheer on the new leaders of GFWC Maryland.

Our next meeting will be at 6:30 p.m. on February 24th, at Fratelli's in LaVale. I have reserved the large round table for dinner and our meeting. Hope to see all of you there. Think Spring!

In Federation Fun & Service,
Peg

Shop at amazon.com to Benefit GFWC!

Through the Amazon.com Associates program, GFWC members may direct up to 15% of their total Amazon.com purchase to the Federation. You must use the special GFWC Link to access Amazon.com to let them know you were referred by GFWC. The GFWC link can be found at the following address: www.gfwc.org/gfwc/Amazon_Associates.asp?SnID=130088892

Visit the Member Center at www.gfwc.org for more information.

Club Calendar

February - March

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|------|---|
| 2/2 | GROUNDHOG DAY |
| 2/14 | HAPPY VALENTINE'S DAY! |
| 2/15 | PRESIDENT'S DAY |
| 2/23 | GFWC-MD Board of Directors Meeting in Bowie (postponed from 2/16) |
| 2/24 | WMCC Meeting, 6:30 p.m. at Fratelli's in LaVale |
| 3/14 | JWCC's 33rd Annual Children's Play Festival, Allegany College of MD |
| 3/17 | HAPPY ST. PATRICK'S DAY! |
| 3/20 | Western District Youth Art Contest, 10:00 a.m. at LaVale Library |
| 3/24 | WMCC Meeting, 6:30 p.m. (location to be announced) |

February Is

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- American Heart Month
 - Library Lovers Month
 - National Bird Feeding Month
 - National Cherry Month
 - Responsible Pet Owner's Month
 - Spunky Old Broads Month
 - The 2010 Winter Olympics are February 12-28, 2010



It's In The Bag!

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

We'll be collecting
BOX TOPS for **EDUCATION**

\$2.00 for Operation Smile

\$5.00 to play Bonnie's Bingo

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



got news?

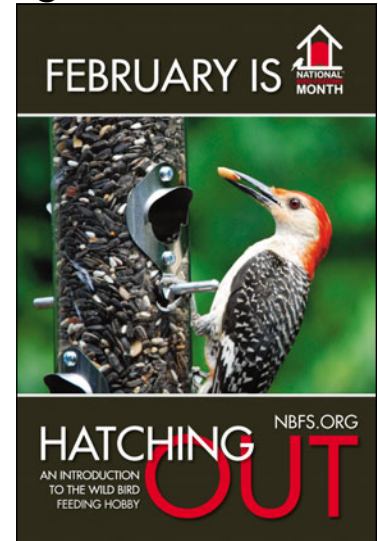
If you have anything you would like to include in the March Newsletter, please e-mail to Debbie Spinnenweber at spinnen@verizon.net

Deadline: March 15, 2010

February is National Bird-Feeding Month

Since February is one of the most difficult months in the U.S. for wild birds, it's only appropriate that it be designated as National Bird-Feeding Month. Individuals are encouraged to provide food, water, and shelter to help wild birds survive. This assistance benefits the environment by supplementing wild birds' natural diet of weed seeds and insects.

About one third of the U.S. population feeds wild birds in their backyards. An entertaining, educational, and inexpensive pastime, backyard bird feeding is enjoyed by children and adults alike. Bird feeding provides a needed break from today's frantic lifestyles. Adults enjoy the relaxation and peacefulness afforded by watching birds.



Top Ten Bird Feeding Tips

Use these ten simple steps to enhance your wild bird feeding experience.

1. Bird feeding is for people who love watching birds—Always place your bird feeders in places where you can readily and frequently see the birds.
2. Start with the basics—Black-oil sunflower in a tubular feeder is a very effective combination for attracting a large number of birds to your yard.
3. Attract more species by adding additional types of feeders and seed—Try Nyjer® in a tube feeder, and mixtures of black-oil sunflower, hulled sunflower, and whole peanuts in hopper and platform feeders.
4. Don't forget about alternative foods and water—Suet, fruits, mealworms, nectar and water may attract species of birds not typically found at traditional offerings.
5. The bird species in your yard change with season of the year—The birds visiting your feeders in summer may be very different than those in winter. Provide the feeders and food best suited to your seasonal suite of birds.
6. Make your yard bird-friendly—Provide birds with habitat, food, water, and nest boxes so birds will use your yard year-round. Bird feeders near larger trees and shrubs often have more bird visits.
7. Keep the birds safe—Reduce window collisions, keep birds safe from outdoor cats, and clean your feeders. Move feeders to within 3 feet of windows, remove hiding places of cats, and keep feeders free of debris and filled only with seeds birds will eat.



8. Use binoculars and a backyard bird guide to learn more about your birds—Learning more about birds by using the tools of the birdwatcher provides you with a greater appreciation for your feathered friends.
9. Take your hobby to the next level—Explore local, state, and national parks and refuges. You will see bird species you can't see in your yard.
10. Enjoy feeding the birds!

Source: www.NBFS.org

GFWC Responds to Haitian Disaster



GFWC UPDATE — Through the end of January, GFWC has collected \$16,454.90, to assist with the recovery, relief, and rebuilding efforts in Haiti.

From generous gifts to small gestures, GFWC clubwomen have a significant history of generosity when natural or man-made 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 and is collecting donations to directly help those affected by this catastrophe. **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.

TO MAKE A DONATION using a VISA or MasterCard, visit www.gfwc.org—or call GFWC at 202-347-3168. Donations may be mailed to: GFWC, 1734 N Street NW, Washington, DC 20036, Attn: Haiti Disaster Relief (make check payable to GFWC and note "GFWC Haiti Disaster Relief" in memo field).

Source: www.GFWC.org

Responsible Pet Owner Month

In February, all pet owners are urged to get their pets spayed and neutered. The U.S. Humane Society estimates that 6 to 8 million cats and dogs end up in animal shelters every year. Here are a few things you can do to help:

- ♥ Make an appointment to have your dog or cat spayed or neutered, if you haven't already. Not only does this help control animal population, it can also protect dogs and cats from various diseases, including cancer.
- ♥ Encourage friends and family members to get their dogs and cats spayed and neutered. Make a list of low-cost spay/neuter clinics in your area and give it to anyone you know who is struggling financially.
- ♥ Train your dog. The #1 reason for dogs ending up in shelters is behavior problems. By training and socializing your dog you can greatly reduce the chances of your dog ever getting lost or ending up in a shelter.
- ♥ Feed your pet a well-balanced and nutritious diet. There are many quality dog and cat food choices on the market. With a little research you can find a lot of information on food, and the food that would be best for your pet.
- ♥ Clean up after your dog when you take them for a walk or to play at the park or beach. It's very irresponsible and unhealthy to not clean up dog waste (aside from being against the law).
- ♥ Groom your dog on a regular basis (although some dogs don't require as much grooming as others). Keep your pet's coat clean with regular trimmings if he requires it, nails trimmed, ears clean and teeth free from plaque and tartar.
- ♥ Give your pet plenty of exercise and feed a proper diet to protect against various diseases. By feeding a nutritious diet you can boost the immune system, which will help keep your pet healthy and vibrant.
- ♥ Let your dog live in the house with you. Dogs are extremely social animals and need contact with their human "pack." Isolating your dog from the household is detrimental to your dog's mental well-being.
- ♥ Make sure your pet has up-to-date identification tags. Check them regularly, as pets (dogs especially) do have a tendency to lose their tags.



Greetings from Indiana Jones!

Source: www.eHow.com

It's Your Party!

Celebrating Birthdays & More

Happy Birthday to...

January 3rd — Renee Adams

January 6th — Peg Gillum

January 21st — Mary Ruddell

February 20th — Shirley McDonald

Happy Anniversary to...

February 9th — Jo & Jim Miller



February is Spunky Old Broads Month

Women over 50 are not expendable. This month, let's celebrate and honor all those wise, strong, vibrant women over 50 we all know and love.

www.spunkyoldbroads.com.



Editor's Note: When doing a Google search for "Spunky Old Broad's Month," the results included the following listing by Amazon.com... PRICELESS!

[Old Broads at Amazon.com](http://OldBroads.atAmazon.com)

Buy **old broads** at Amazon!
Qualified orders over \$25 ship free
Amazon.com

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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

The Power of Cherries

February is American Heart Month AND National Cherry Month. Tart or sweet, choose cherries for a quick snack packed with healthful benefits.

Heart Booster ♥ Adding cherries to your diet may help decrease the severity of conditions such as cardiovascular disease or cancer.

Tasty Choice ♥ Find a cherry to suit your taste. Bing cherries are the big, sweet ones available in the summer. Smaller tart cherries often are baked or dried.

Antioxidant Punch ♥ Tart cherries have significant amounts of vitamins C and E and melatonin.

Perfect Topping ♥ Increase your chances of reaching your daily recommended amount of fruit, plus boost your fiber intake by simply sprinkling dried cherries on oatmeal, yogurt, cereal, or salad.

Energy Bar Substitute ♥ For a change of pace, swap dried cherries for your usual after-workout energy bar. A 1/2-cup serving of dried cherries has 200 calories and about 49 grams of carbohydrates—about the same as an energy bar.

Refreshing Drink ♥ Cherry juice concentrates the antioxidant effects and may help relieve pain and gout. Mix with water or seltzer to chill out this summer.

Snooze Aid ♥ Tart cherries are pumped full of melatonin, which can positively impact sleep patterns. If you eat about a handful, you may sleep better.

Bland Meal Booster ♥ Ordinary foods, such as pancakes, muffins, couscous, risotto, and rice pilaf, can be more healthful and have more zing when you stir in 1/2 cup of dried tart cherries.

Ache Easer ♥ Studies have shown that cherries have anti-inflammatory effects, and this characteristic may help manage or possibly prevent inflammatory diseases, such as arthritis.

Summer Keeper ♥ While Bing cherries stick around for summer, you can carry the taste of cherries through the rest of the year with dried, frozen, and juice. Tart cherries are typically frozen or canned immediately after picking.

Source: www.hearthealthyonline.com



Chocolate-Cherry Heart Smart Cookies

Yield - 30 cookies | Serving size - 1 cookie

DIRECTIONS:

1. Preheat oven to 350°.
2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, rolled oats, baking soda, and salt in a large bowl; stir with a whisk.
3. Melt butter in a small saucepan over low heat. Remove from heat; add brown sugar, stirring until smooth. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended. Add cherries, vanilla, and egg; beat until combined. Fold in chocolate. Drop dough by tablespoonfuls, 2-inches apart, onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes. Cool on pans 3 minutes or until almost firm. Remove cookies from pans; cool on wire racks.

Source: www.myrecipes.com

INGREDIENTS:

- 1.5 oz. all-purpose flour (about 1/3 c.)
- 1.5 oz. whole-wheat flour (about 1/3 c.)
- 1-1/2 c. old-fashioned rolled oats
- 1 tsp. baking soda
- 1/2 tsp. salt
- 6 T. unsalted butter
- 3/4 c. packed light brown sugar
- 1 c. dried cherries
- 1 tsp. vanilla extract
- 1 large egg, lightly beaten
- 3 oz. bittersweet chocolate, coarsely chopped