

# Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

January 2011 • Vol. 3, No. 2

## January is International Creativity Month

...and January 31st is "Inspire Your Heart with Art Day"



This vintage "Happy New Year" greeting was originally published by Currier and Ives in 1876. The firm Currier and Ives described itself as "Publishers of Cheap and Popular Prints." At least 7,500 lithographs were published in the firm's 72 years of operation. Artists produced two to three new images every week for 64 years (1834-1895), producing more than a million prints by hand-colored lithography.

For the original drawings, Currier & Ives employed or used the work of many celebrated artists of the day including J.F. Butterworth, George Inness, Thomas Nast, C.H. Moore, and Eastman Johnson. The stars of the firm were Arthur Fitzwilliam Tait, who specialized in sporting scenes; Louis Maurer, who executed genre scenes; George H. Durrie, who supplied winter scenes; **and Fanny Palmer, who liked to do picturesque panoramas of the American landscape, and who was the first woman in the United States to make her living as a full-time artist.**

Currier and Ives was the most prolific and successful company of lithographers in the U.S. Its lithographs represented every phase of American life, and included the themes of hunting, fishing, whaling, city life, rural scenes, historical scenes, clipper ships, yachts, steamships, the Mississippi River, Hudson River scenes, railroads, politics, comedy, gold mining, winter scenes, commentary on life, portraits, and still lifes. Currier & Ives prints were among the household decorations considered appropriate for a proper home by Catharine Esther Beecher and Harriet Beecher Stowe, authors of *American Woman's Home* (1869): "The great value of pictures for the home would be, after all, in their sentiment. They should express the sincere ideas and tastes of the household and not the tyrannical dicta of some art critic or neighbor."

Source: [en.wikipedia.org](http://en.wikipedia.org), [www.tssphoto.com](http://www.tssphoto.com)

## Club Calendar

January - February

- 1/1 HAPPY NEW YEAR!
- 1/4 WMCC REPORTING WORKSHOP – 6:30 p.m. at General Graphics
- 1/17 MARTIN LUTHER KING, JR. DAY
- 1/26 WMCC Meeting & REPORTING WORKSHOP – 6:30 p.m. at German Life
- 1/29 MD Juniors' Mid-Winter Rally, Westminster, MD
- 1/31 REPORTS must be Postmarked
- 2/2 GROUNDHOG DAY
- 2/14 VALENTINE'S DAY
- 2/15 GFWC-MD Board of Directors Meeting, Linthicum, MD
- 2/21 PRESIDENT'S DAY
- 2/23 WMCC Meeting (location to be announced)

## January Is

Birth Defects Month

International Creativity Month

Shape Up U.S. Month



## GFWC Domestic Violence Awareness & Prevention Reception

Save the Date: Thursday, January 27, 2011

GFWC will celebrate the official launch of the GFWC Domestic Violence Awareness and Prevention Fund and GFWC Success for Survivors Scholarship with a reception on Thursday, January 27, 2011, from 4-5:30 p.m., at GFWC Headquarters.

Visit [www.GFWC.org](http://www.GFWC.org) for detailed information.



Source: [www.GFWC.org](http://www.GFWC.org)

## It's In The Bag!

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

\$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!

YAY  
Reports!



## got news?

If you have anything you would like to include in the February Newsletter, please e-mail to Debbie Spinnenweber at [spinnen@verizon.net](mailto:spinnen@verizon.net)

Deadline: February 15, 2011

January is Birth Defects Prevention Month...

## What are Birth Defects and How Do They Happen



Birth defects are problems that happen while a baby is growing during pregnancy. These problems can cause physical or mental disabilities, and in some cases, death. There are thousands of different birth defects. About 120,000 babies in the United States are born each year with a birth defect. The most common birth defects are heart defects, cleft lip and cleft palate, Down syndrome and spina bifida. While there's been lots of research, we still don't know the causes of some birth defects.

If a woman drinks alcohol during pregnancy, her baby may have a birth defect. Some illegal drugs and some prescription drugs can cause birth defects, too. Also,

if a woman gets certain infections during pregnancy, such as cytomegalovirus or a sexually transmitted infection, her baby may develop a birth defect. Some birth defects are caused by genetic factors. The baby could get something from his mother, his father, or both parents that can cause a defect. Certain birth defects affect a baby's body chemistry. These are called metabolic disorders. Phenylketonuria (PKU) is an example.

There are several steps a new mother can take before and during pregnancy to help prevent birth defects. One important thing is for her to have a medical checkup, or preconception visit, before getting pregnant.

Source: [www.marchofdimes.com](http://www.marchofdimes.com)

## How Safe is YOUR Neighborhood?

Check it out at... [www.felonspy.com/search.html](http://www.felonspy.com/search.html)

This is a great tool and it is easy to use. Just type in a street name at the top of the form and your whole neighborhood map will pop up. Every place you see a red balloon or thumb tack is the home of a convicted felon. Just place your mouse over an icon, and not only will the name come up, but also the crime they were convicted of. Share this info with your friends... Safety first.



Source: [www.felonspy.com](http://www.felonspy.com)

## Protect Yourself From E-mail Scams

If you receive an e-mail that requests money, even from an address you recognize, it's probably a scam. Unfortunately, fraudulent e-mails are becoming more prevalent. If something looks suspicious, it probably is. If you receive an e-mail or phone call claiming a friend or loved one needs money, ALWAYS verify the information before you send money. Report all complaints and inquiries to the Internet Crime Complaint Center at [www.IC3.gov](http://www.IC3.gov).



Source: [www.GFWC.org](http://www.GFWC.org)

## Diet & Nutrition Tips for Women



A healthy diet gives you energy to get through your busy day, supports your mood, helps you maintain your weight, and keeps you looking your best. Your food choices can help reduce PMS, boost fertility, combat stress, make pregnancy easier, and ease the symptoms of menopause. Whatever your age, committing to a healthy diet will help you look and feel your best so that you stay on top of your commitments and enjoy life.

### Tip #1: Eat to control cravings and boost energy

- **Eat breakfast**— Get your metabolism going in the morning by eating a healthy breakfast. People who eat breakfast tend to weigh less than those who skip it.
- **Eat regularly**— Going too long between meals can make you feel irritable and tired, so aim to eat something at least every 3-4 hours.
- **Cut the junk**— The ups and downs that come with eating sugary snacks and simple carbohydrates cause extreme swings in energy level and mood.
- **Focus on complex carbohydrates**— Foods such as baked potatoes, whole-wheat pasta, brown rice, oatmeal, whole grain breads, and bananas boost your “feel-good” serotonin levels without a crash. They also provide plenty of fiber, so you feel full much longer.

### Tip #2: Get plenty of good carbs

Carbs, like fats, are a vital part of a healthy diet. They give you the fuel you need to get through your day, fight fatigue, and stay full. The key is to choose the right kinds of carbohydrates.

- **Complex carbohydrates**—the “good carbs”—are rich in fiber. They keep you full longer and help with weight control. Good sources of these good carbs include whole grains like whole grain brown rice, stone ground whole wheat, millet, or quinoa, as well as beans, other legumes, fruit, and vegetables.
- **Simple carbohydrates**—the “bad carbs”—have been stripped of their fiber. They lead to a dramatic spike in your blood sugar, followed by a rapid crash. These carbs are much less efficient at filling you up and keeping you energized. Simple carbs include white flour, white rice, and sugary foods.

### Tip #3: Don't cut out the fat!

Many women have been led to believe that dietary fat is unhealthy and will contribute to weight gain. But fats are a necessary part of a healthy diet. What really matters are the types of fat you eat. Healthy fats boost your brain power and mood, promote healthy pregnancies, contribute to lifelong beauty, help control cravings, lower the glycemic index of foods, and are needed to absorb many vitamins including A, D, E, and K. Foods rich in healthy fats include: olive and canola oil, olives, nuts, fish and seafood, peanut butter, and avocados.

### Tip #4: Focus on foods for strong bones

Women have a higher risk of osteoporosis than men. But osteoporosis is largely preventable with good nutrition and exercise. After age 30, you stop building bone mass, but you can eat to maintain strong bones at any age.

Calcium and magnesium, combined with vitamin D, are vital for women's bone health. Good sources of calcium include dairy products, leafy green vegetables, oatmeal and other grains, tofu, cabbage, summer squash, green beans, garlic, and sea vegetables. Good sources of magnesium include leafy green vegetables, summer squash, broccoli, halibut, cucumber, green beans, celery, and seeds including pumpkin, sunflower, sesame and flax. You can get Vitamin D from about 1/2 hour of direct exposure to sunlight, and also from supplements, and foods such as salmon, shrimp, vitamin-D fortified milk, cod, and eggs.

Source: [helpguide.org/life/healthy\\_eating\\_women\\_nutrition.htm](http://helpguide.org/life/healthy_eating_women_nutrition.htm)

## It's Your Party!

Celebrating Birthdays & More

Happy Birthday to...

January 3rd – Renee Adams

January 6th – Peg Gillum

January 21st – Mary Ruddell



Many thanks to everyone who gave Art Supplies and Cash Donations to the Art Program at Friends Aware, Inc. Your generosity was sincerely appreciated!

Debbie Spinnenweber



## Is Someone Trying to Tell Us Something?

January is Shape Up U.S. Month...  
 January 1st-7th is Diet Resolution Week...  
 January 1st-8th is National Lose Weight/Feel Great Week...  
 January 16th-22nd is Healthy Weight Week...  
 January 18th is Rid the World of Fad Diets & Gimmicks Day...  
 and January 20th is Women's Healthy Weight Day.

◀ ...or am I just being paranoid?

## WMCC Officers 2010-2012

### President

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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](http://www.gfwc.org)



## Maryland Crab Dip

by Renee Adams

### DIRECTIONS:

1. Shell crab meat; even from a can
2. Preheat oven to 325°
3. Combine all ingredients, except crab meat and cheddar cheese. Beat with electric mixer or blender.
4. Fold crab meat and cheddar cheese into the mixture, being careful not to break crab meat apart.
5. Place in casserole dish and sprinkle some cheese and Old Bay on top.
6. You can refrigerate overnight and cook the morning of.
7. Bake at 325° for 30 minutes.
8. Serve with thinly sliced French bread or crackers.

### INGREDIENTS:

2 pkg. (8 oz.) cream cheese  
1 c. sour cream  
4 tsp. mayonnaise  
2 Tbsp. lemon juice  
2-1/2 tsp. Worcestershire sauce  
1 tsp. mustard (dry or regular)  
2 Tbsp. milk  
1/2 c. shredded cheddar cheese  
1 tsp. Old Bay seasoning  
1 lb. crab meat  
(backfin is best; but any will do)  
French bread baguette or crackers

## Standing Rib Roast

by Debbie Spinnenweber



### DIRECTIONS:

1. Press pepper into meat on all sides with fingertips. Transfer roast to shallow bowl.
2. In a small bowl, combine remaining ingredients and stir well. Pour mixture over roast and turn to coat thoroughly.
3. Marinate at room temperature for 1 hour, turning once.
4. Preheat oven to 325°.
5. Place roast, fat-side-up, on rack in shallow roasting pan and insert meat thermometer in center of largest muscle.
6. Roast, uncovered, for 27-30 minutes per pound for medium doneness (160°).
7. Allow to stand 15 minutes before carving.

### INGREDIENTS:

6 Tbsp. coarse ground black pepper  
12 Tbsp. extra-virgin olive oil  
6 Tbsp. red wine vinegar  
2 Tbsp. dried oregano  
2 Tbsp. dried rosemary  
1 tsp. dried minced garlic  
6 to 8 lb. rib roast

## Cranberry Delight Spread

by Debbie Spinnenweber

Prep Time - 30 min. | Total Time - 1 hr., 30 min.

Yields - 12 servings



### INGREDIENTS:

1 pkg. (8 oz.) cream cheese, softened  
2 Tbsp. frozen orange juice concentrate, thawed  
1 Tbsp. sugar  
2 tsp. grated orange peel  
1/8 tsp. cinnamon  
1/4 c. finely chopped dried cranberries  
1/4 c. finely chopped pecans (optional)

### DIRECTIONS:

1. In small mixing bowl beat cream cheese, orange juice concentrate, sugar, orange peel and cinnamon on medium speed of electric mixer until fluffy.
2. Stir in cranberries, and pecans (if desired). Refrigerate at least 1 hour, but best if refrigerated overnight. Garnish as desired. Serve with crackers.