

# Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

March 2010 • Vol. 2, No. 4

Dear Federated Ladies of the GFWC Western Maryland Community Club,

Springtime is finally here and I loved watching the bulbs shoot up from the earth after this cold snowy winter and hearing the song of the Robin. Robins have a unique song which always lifts my spirit. I can understand why the bulbs pop up so eager to feel the sun—I sat on the deck every chance I got, soaking in the warm sun this past week.

“Unity in Diversity” was coined as the GFWC motto in 1889. Ella Dietz Lymer, President of Sorosis, the mother club of GFWC, welcomed the delegates to the organizational meeting of The General Federation in New York City with these words... “We look for unity, but unity in diversity; we hope that you will enrich us by your varied experience, and let us pledge ourselves to work for a common cause; the cause of womanhood throughout the world.” Next month we will have the honor of witnessing the installation of our club members: Jo Miller as the 2010-2012 GFWC-MD President; Mary Beth Stickler as the GFWC-MD Director of Junior Clubs, and Debbie Spinnenweber as the GFWC-MD Corresponding Secretary. Let us all come together in unity and celebrate in their honor at the 111th Annual Convention, April 17-19, at the BWI Marriott in Baltimore, MD.

Our April 28th meeting will be our anniversary meeting and we will celebrate our eighth year as a GFWC Club. Please mark your calendars and make plans to celebrate with us.

Our March meeting will held at 6:30 p.m. on Wednesday, March 24th, at Bunnie’s in LaVale. Come join us for a fine dinner and meeting.

In Federation Fun & Service,  
Peg

## WMCC Hosts Western District Youth Art Contest

The GFWC Western Maryland Community Club was proud to hostesses this year’s Western District Youth Art Contest, held at LaVale Library on Saturday, March 20, 2010. We had wonderful entries from the Oakland and Frederick clubs! Many thanks to everyone who helped in any way.



Left to Right: John Wisker (Youth Art Contest Judge), Debbie Spinnenweber (Youth Art Contest Judge), Barbara Lowery (Frederick), WMCC President Peg Gillum (District Youth Art Chairman), Western District President Anne Forrester, Helen Earles (Oakland), and Dorothy Cathell (Oakland).

## Club Calendar

March - April

- 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. at Bunnie's in LaVale
- 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
- 4/28 WMCC Meeting, 6:30 p.m. (location to be announced)

## March Is

- American Red Cross Month
- Music in our Schools Month
- National Nutrition Month
- National Women's History Month
- Youth Art Month



## It's In The Bag!

Remember to put these items in  
YOUR Bag for the March 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!



# got news?

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

Deadline: April 15, 2010

## March is National Women's History Month

As National Women's History Month, March is the perfect time to recognize some of our notable GFWC Clubwomen...



**Jane Cunningham Croly** (1829-1901) was a pioneering journalist who, under the pen name Jennie June, contributed articles to newspapers such as The New York Tribune and The New York Sunday Times. She was one of the first women to write a syndicated column and the first to teach a college journalism course. She founded the Sorosis club for women in 1868 and the Women's Press Club of New York City in 1889. She later organized the General Federation of Women's Clubs.

**Julia Ward Howe** (1819-1910) is best known for authoring the poem "The Battle Hymn of the Republic." She was a prolific writer and became the first woman inducted to the American Academy of Arts and Letters. She was a leader in the suffrage movement and a respected lecturer for numerous causes. She helped organize the New England Woman's Club in 1868 and served as the President of the Massachusetts Federation of Women's Club.

**Jane Addams** (1860-1935) founded Hull House, a settlement house in Chicago, which served as a model for the social reform movement of the Progressive Era. She was a vocal advocate for working women and child labor laws. She was also a leader in the suffrage movement and helped to establish the International League for Peace and Freedom. She was awarded the Nobel Peace Prize in 1931. Addams was an active member of the Chicago Women's Club and served as Chairman of the GFWC Committee on Child Labor in the early 1900s.

**Mary Belle King Sherman** (1862-1935), known as the "National Park Lady" because of her dedication to the preservation of America's scenic beauty, aided in the creation of the National Park Service in 1916. Sherman later served as GFWC President from 1924-28, and encouraged clubwomen to pursue conservation efforts, which resulted in the establishment of six national parks.

**Eleanor Roosevelt** (1884-1962) was a first lady, social reformer, columnist, teacher, and political activist. She was a tireless advocate for the poor and disadvantaged and exercised her influence as a speaker and writer. She also served on the first U.S. delegation to the United Nations (UN) and drafted the Declaration of Human Rights while chairing the Human Rights Commission for the UN. She was an active member of the Chautauqua Women's Club in New York and maintained strong ties with the Federation throughout her years as First Lady. She spoke at several GFWC events and graciously entertained GFWC officers at the White House.

**Ellen S. Woodward** (1887-1971) was an active member of the Mississippi Federation of Women's Clubs. She had an active political career, focusing most of her efforts on economic security for women. Woodward first entered politics in 1925, when she was elected to the Mississippi State Legislature. She later served as a member of the State Board of Public Welfare in Mississippi. Woodward was appointed several federal positions during the Roosevelt Administration. She first served as assistant to Harry Hopkins in the Federal Emergency Relief Administrations (FERA) and was later appointed Administrator of the Works Progress Administration (WPA) in 1935. Three years later, Woodward was appointed to the three-member Social Security Board by President Roosevelt and served until its abolishment in 1946. She was also a member of the U.S. delegation to the United Nations Relief and Rehabilitation Administration after World War II.

**Margaret Chase Smith** (1897-1995) was an active GFWC member in Skowhegan, Maine and became president of her local club at age 25. Smith held political office in Maine for a total of 33 years (1940-1973). She was first elected as State Representative and later became Senator. Smith was the first woman to ever be elected to both Houses of Congress, and in 1964, she became the first woman to campaign for the presidential nomination of a major political party.

# Prepare for Spring Storms

Simple steps to be Red Cross Ready



- \* **Get a Kit:** Assemble disaster supplies like water, food, a flashlight, portable radio, and medication.
- \* **Make a Plan:** Pick a place where family members can gather in a disaster and figure out in advance how you'll get in touch if communication is disrupted.
- \* **Be Informed:** Find out what types of disasters your area is high risk for and how local authorities will contact you if a storm is headed your way.

Taking these steps could change a life, starting with your own!

[www.redcross.org/beredcrossready](http://www.redcross.org/beredcrossready)  
*A Real Fine Place to Start!*



Sara Evans, country superstar and Red Cross Celebrity Cabinet member

HIS 20438

## March is American Red Cross Month

Since its founding in 1881 by visionary leader Clara Barton, the American Red Cross has been the nation's premier emergency response organization. As part of a worldwide movement that offers neutral humanitarian care to the victims of war, the American Red Cross distinguishes itself by also aiding victims of devastating natural disasters. Over the years, the organization has expanded its services, always with the aim of preventing and relieving suffering.

Today, in addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs.

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

## It's Your Party!

Celebrating Birthdays & More

Happy Birthday to...  
 March 21st — Mary Biery



## Shop 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](http://www.gfwc.org/gfwc/Amazon_Associates.asp?SnID=130088892)

Visit the GFWC Member Center at [www.gfwc.org](http://www.gfwc.org) for more information.



## WMCC Officers 2008-2010

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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)

March is National Nutrition Month

## 5 Nutrition Tips for Women

**Iron Women** • Iron-deficiency anemia is very common in young women. For premenopausal women, the recommended iron intake is 18 mg, and it increases to 27 mg for pregnant women. Our No. 1 nutrition tip for women is to regularly eat foods rich in iron, such as meat, shellfish, beans and enriched cereals.

**Bone Up on Calcium & Vitamin D** • Calcium builds and strengthens bones and teeth. It is also important in maintaining normal heart beat and regulating blood pressure. Vitamin D plays an integral role in calcium metabolism. Women with vitamin D insufficiency absorb less than 10 percent of available calcium.

**Love Your Dark Greens** • Green vegetables such as kale, chard, collard greens, bok choy, broccoli, asparagus, green beans, etc. are packed with vitamins A and C, fiber and phytonutrients. In addition, they are also high in folate, an important vitamin for pregnant women to prevent neural-tube defects in infants.

**Go Berries** • Berries are loaded with vitamin C, folate, fiber and phytonutrients. Indeed, fresh berries are some of the most powerful disease-fighting foods available as they top the Oxygen Radical Absorbance Capacity (ORAC) score chart, which is a method of measuring antioxidant activity.

**Eat Breakfast** • Breakfast gives you the fuel to start a new day. It also helps maintain your weight. When we skip a meal, our body thinks that we are in starvation mode and slows down our metabolism as a means to compensate. We then tend to overeat at the next meal.

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



## "Healthified" Carrot Cake

Prep Time - 30 min | Total - 2 hrs 10 min | Yield - 16 servings

**53% fewer calories • 77% less saturated fat • 73% less fat than the original recipe. Wonderful flavor remains while smart substitutions cut calories and fat.**

### DIRECTIONS:

1. Heat oven to 350°F. Spray bottoms only of two 8-inch round cake pans with cooking spray. In large bowl, mix egg product, oil, pumpkin, 1/4 cup milk and 1 teaspoon vanilla with electric mixer on low speed until well blended.
2. Add all remaining cake ingredients except carrots. Beat on low speed 30 seconds or until well blended. Stir in carrots. Pour batter evenly into pans.
3. Bake 28 to 33 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Carefully run knife around sides of pans to loosen; remove from pans to cooling racks. Cool completely, about 1 hour.
4. In medium bowl, beat cream cheese and butter with electric mixer on medium speed until creamy. On low speed, beat in vanilla until well blended. Beat in powdered sugar, 1 cup at a time, until smooth. If necessary, add milk, 1/2 teaspoon at a time, until frosting is desired consistency. Spread frosting between cake layers and on top. Sprinkle with pecans.

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

### INGREDIENTS:

- 1/2 cup fat-free egg product
- 1/3 cup canola oil
- 1/3 cup canned pumpkin (not pumpkin pie mix)
- 1/4 cup fat-free (skim) milk
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1-1/4 cups granulated sugar
- 1- 1/2 teaspoons baking powder
- 1- 1/2 teaspoons cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups shredded carrots (about 4 medium)

### Frosting

- 4 oz (half of 8-oz pkg) 1/3-less-fat cream cheese (Neufchâtel), softened
- 2 tablespoons butter or no-trans-fat 68% vegetable oil spread stick, softened
- 1-1/2 teaspoons vanilla
- 3 cups powdered sugar
- 1/2 to 2 teaspoons fat-free (skim) milk
- 1/3 cup chopped pecans