

Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

March 2011 • Vol. 3, No. 3

Greetings WMCC Members,

Our March meeting will be held at 6:30 p.m. on Wednesday, March 23rd, at Henny's in LaVale. We will be assembling Ditty Bags in support of Jo Miller's President's Special Project for Veterans. At the February meeting, we voted to make 10 ditty bags to be delivered to a Veteran's facility for Easter. I am making the Ditty Bags and each member will need to donate 10 items for inclusion in the bags. Items may include: toiletry items, magazines, puzzle books, books, pencils, model kits, cards, or arts and crafts items. If you are unable to attend the meeting, Peg has volunteered pick-up your items for this project—please contact her directly. I'm looking forward to seeing everyone after the long winter!

In Federation Friendship,
Mary

GFWC Celebrates Women's History Month

GFWC celebrated women's accomplishments at their annual Women's History Month Celebration Reception on Thursday, March 10, 2011 at GFWC International Headquarters in Washington, DC. Guest speaker was Janice Ruth of the Library of Congress' Manuscript Division, who discussed her fascinating work in creating the Women's History Gateway on the Library of Congress' American Memory site.

In addition to Janice's presentation, GFWC unveiled a virtual exhibit of our history featuring an expanded and interactive timeline with historic photos. The exhibit links each important milestone to GFWC's Women's History and Resource Center online catalog and provides context for GFWC collections made available through the catalog.



GFWC Headquarters

Founded in 1984, the **Women's History and Resource Center (WHRC)** collects, preserves, interprets, and promotes the history of the GFWC and women volunteers. The WHRC documents the social and political contributions of GFWC clubwomen from 1890 to the present through the GFWC archives, related special collections, and publications. The WHRC online catalog currently provides access to a growing body of information and images related to GFWC's history, including archival material, photographs, publications, art, and artifacts.

GFWC's Women's History and Resource Center is a proud member of the Dupont-Kalorama Museums Consortium. Source: www.gfwc.org

Club Calendar

March - April

- 3/13 JWCC's 34th Annual Children's Play Festival, Allegany College of MD
- 3/17 HAPPY ST. PATRICK'S DAY!
- 3/23 WMCC Meeting, 6:30 p.m. at Henny's in LaVale
- 4/1 APRIL FOOL'S DAY
- 4/18 TAX DAY (extended deadline)
- 4/22 GOOD FRIDAY
- 4/24 HAPPY EASTER!
- 4/27 WMCC Meeting, 6:30 p.m. (location to be announced)
- 4/30-5/2 GFWC Maryland Convention, BWI Airport Marriott, Baltimore, MD

March Is

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

Items for Ditty Bags to support
Jo Miller's President's Special
Project for Veterans

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

*May the Good Lord
take a liking to you...
but not too soon!*



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
Deadline: April 15, 2011

NEA's Read Across America Day—March 2, 2011

In May 1997, a small reading task force at NEA came up with a big idea. "Let's create a day to celebrate reading," the group decided. "We hold pep rallies to get kids excited about football. We assemble to remember that Character Counts. Why don't we do something to get kids excited about reading? We'll call it 'NEA's Read Across America' and we'll celebrate it on Dr. Seuss's birthday." And so was born on March 2, 1998, the largest celebration of reading this country has ever seen. Motivating children to read is an important factor in student achievement and creating lifelong successful readers. Research has shown that children who are motivated and spend more time reading do better in school.



Dr. Seuss... More Than Just A Rhyme

Have you ever taken a moment to look past the silly words and focus on the message Dr. Seuss conveys in his writings? As a child, we all loved the silly, rhythmic, rhyming of "Green Eggs and Ham" or "The Cat in the Hat." But if you listen to the message, you'll realize what a visionary Theodore Seuss Geisel truly was. In honor of the 107th Birthday of Dr. Seuss, I would like to share a few...

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..." (Oh, the Places You'll Go!)

"A person's a person, no matter how small." (Horton Hears a Who!)

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." (I Can Read With My Eyes Shut!)

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." (The Lorax)

"You're off to Great Places! Today is your day! Your mountain is waiting, So... get on your way!" (Oh, the Places You'll Go!)

"What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more." (How the Grinch Stole Christmas!)

"I know, up on top you are seeing great sights, but down here at the bottom we, too, should have rights." (Yertle the Turtle)

"Today is gone. Today was fun. Tomorrow is another one."
(One Fish, Two Fish, Red Fish, Blue Fish)

"Today you are you, that is truer than true. There is no one alive who is youer than you." (Happy Birthday to You!)

Here are also a few insightful quotes by Dr. Seuss...

"Sometimes the questions are complicated and the answers are simple."

"How did it get so late so soon?"

"They say I'm old-fashioned, and live in the past, but sometimes I think progress progresses too fast!"

"Don't cry because it's over. Smile because it happened."

"You know you're in love when you can't fall asleep because reality is finally better than your dreams."



GFWC International President's Statement on Japanese Earthquake

"The General Federation of Women's Clubs is extremely concerned for those who have been affected by the earthquake in Japan and resulting tsunamis. For more than 120 years, GFWC members have responded generously to assist communities devastated by natural or man-made disasters. We stand ready today to assist those who are most vulnerable. Our hearts and thoughts are with those affected during this most difficult time."

—GFWC International President Carlene A. Garner

GFWC JAPAN DISASTER RELIEF EFFORT

Updated March 17, 2011

GFWC is united in concern and grief for those who have been affected by the earthquakes and ongoing devastation in Japan. Our Federation has a significant history of generosity when natural or manmade disasters devastate communities around the world, which we recently showed by coming together to raise nearly \$60,000 in aid for Haiti following the January 2010 earthquake. We are now being called upon again to help a country severely in need.

The pictures, videos, and reports from Japan are heartbreaking. Water, food, energy sources, and other basic life needs are in short supply. Hundreds of thousands of people are homeless, and more than 15,000 are dead or missing as a result of the tsunami and earthquakes. The fact that Japan is now facing a triple crisis, following the earthquakes and tsunami, compounded with the current nuclear catastrophes, is especially concerning.

We are currently working with GFWC International Outreach Partners to assess the relief and development needs in Japan following these distressing events.

We urge each of you to reach out to your fellow clubwomen, especially those in your State, and ask them to contribute to GFWC's efforts in raising funds for the relief effort in Japan. The collective impact of clubwomen working together as one cohesive unit to assist those in need demonstrates the true power of our Federation. All donations will be acknowledged and recognized.

Our thoughts and prayers remain with the victims in Japan and their families here in the U.S. and around the world.

Please answer this call for support and help save lives today!



HOW TO MAKE A DONATION

Made all checks payable to GFWC and mail to the following address:

GFWC
Attn: Japan Disaster Relief
1734 N Street NW
Washington, DC
20036-2990

Please remember to include "Japan Disaster Relief" on the memo line of your check.

It's Your Party!

Celebrating Birthdays & More

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



Support GFWC while you shop at Amazon.com!

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 link is now on the GFWC Home Page...
www.gfwc.org



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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

March is Berries & Cherries Month

The Healthiest Berries

BLUEBERRIES are quite possibly the healthiest fruit there is. "I call the blueberry the brain berry," says neuroscientist James Joseph, attributing the effect to their antioxidant and anti-inflammatory properties. And the American



Institute for Cancer Research has this to say: "We now know that blueberries are one of the best sources of antioxidants, substances that can slow the aging process and reduce cell damage that can lead to cancer." Aside from protecting the brain and fighting cancer, blueberries have been associated with lower cholesterol, protection against heart disease, macular degeneration, glaucoma, varicose veins, hemorrhoids and peptic ulcers, and healthier elimination.

As if their sweet taste wasn't enough of a reason to eat them, **CHERRIES** are rich in queritrin (a flavonoid that's a potent anti-cancer agent), anthocyanins and bioflavonoids (compounds that fight the pain from arthritis, gout and migraines), ellagic acid (another potent anti-cancer agent) and melatonin (which may help you sleep). They also contain the soluble fiber pectin, vitamin C, beta-carotene and potassium. If it seems like cherries are only around for a short time, you're right—their season is only three months long. Cherries come in two basic varieties, sweet and sour. The Bing cherry is the most popular of the sweet cherries and is best for snacking, while the smaller and brighter sour cherries are most often used for pies, sauces or other baked goods. For a treat, try the incredibly sweet and selectively grown Rainier cherries. Source: www.sixwise.com



National Pancake Week, March 6-12th

Praline Peach Pancakes

Prep Time - 25 min | Total Time - 25 min

Yield - 12 pancakes

Peach yogurt, brown sugar and pecans create the WOW in yummy pancakes with a matching syrup.

SYRUP INGREDIENTS:

- 1/2 cup maple-flavored syrup
- 1/4 cup pecan pieces
- 1 medium peach, peeled, chopped (3/4 cup)

PANCAKE INGREDIENTS

- 2 cups Bisquick Heart Smart® mix
- 1 cup fat-free (skim) milk
- 2 T. pecan pieces
- 1 T. packed brown sugar
- 1 egg
- 1 container (6 oz) peach yogurt (2/3 cup)

EXPERT TIPS:

You can make pancakes, stack them between sheets of waxed paper and then freeze in a plastic bag or container. Pop them into your toaster or toaster oven, like commercially frozen pancakes or waffles, for piping-hot pancakes in minutes.

You can also use nectarines—and there's no need to peel them!

DIRECTIONS:

1. In 1-quart saucepan, heat all syrup ingredients over low heat, stirring occasionally, until hot; keep warm.
2. Heat griddle to 375°F or heat skillet over medium heat; grease with shortening if necessary (or spray with cooking spray before heating).
3. In large bowl, stir all pancake ingredients until blended. Pour batter by slightly less than 1/4 cupfuls onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden brown. Serve with syrup.

Source: www.bettycrocker.com