

# Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

March 2012 • Vol. 4, No. 4

Greetings WMCC Members,

Our March meeting will be held at 6:30 p.m. on Wednesday, March 28th, at Peg Gillum's house. We will be collecting items for Dawn Glotfelty's "Closet" at Social Services (i.e. clothing, bedding, female products, etc.). Also remember to bring Socks for the GFWC Sock Project and Greeting Cards for St. Jude's.

As my term as President is winding down, I want to express my appreciation for all the work our club members have done. Thanks to Bonnie, Debbie, Jo, Peg and Shirley for participating and trusting me on the projects. Our club needs more members, and this will be a priority as we move forward to the next administration. Hope to see you at Peg's home on Wednesday!

In Federation Friendship,  
Mary

## Celebrate Women's History in March!

**The Origins of Women's History Month—** Women's History Month in the United States grew out of a weeklong celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest, and a parade was held in downtown Santa Rosa.

A few years later, the idea had caught on within communities, school districts and organizations across the country. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8th as National Women's History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

### Women's History Month 2012—

Each year, the National Women's History Project selects a theme that highlights achievements by distinguished women in specific fields, from medicine and the environment to art and politics. The 2012 theme, "Women's Education—Women's Empowerment," pays tribute to pioneering teachers and advocates who helped women and other groups gain access to advanced learning. Honorees include Emma Hart Willard, a higher education pioneer; Charlotte Forten Grimké, an educator and advocate for the education of African Americans; Annie Sullivan, a disability education architect known for her work with Helen Keller; Gracia Molina de Pick, a feminist educational reformer; and Brenda Flyswithawks, an American Indian educator.

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



Rosie the Riveter, from the 1940s, is commonly used as a symbol of feminism and women's economic power.

## Club Calendar

March - April

- 3/17 HAPPY ST. PATRICK'S DAY!
- 3/28 WMCC Meeting, 6:30 p.m. at Peg's House
- 4/1 APRIL FOOL'S DAY
- 4/3 MARYLAND PRIMARY ELECTIONS
- 4/6 GOOD FRIDAY
- 4/8 HAPPY EASTER!
- 4/14-4/16 GFWC Maryland Convention, BWI Airport Marriott, Baltimore, MD
- 4/17 TAX DAY (extended)
- 4/22 EARTH DAY
- 4/24 Ring Your Bells for Federation Day!
- 4/25 WMCC Meeting, 6:30 p.m. at City Lights

## March Is

- National Women's History Month
- American Red Cross Month
- National Nutrition 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

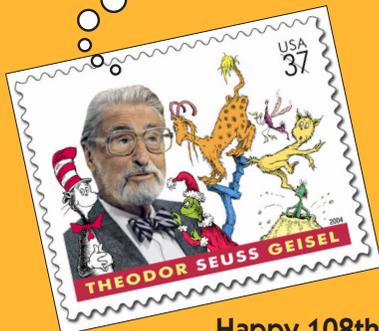
Items for Dawn Glotfelty's "Closet" at Social Services

Socks for "GFWC Sock Project"

Greeting Cards for St. Jude's

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

*"You're never too old, too wacky, too wild, to pick up a book and read to a child."*  
-Dr. Seuss-



Happy 108th Birthday to Dr. Seuss!

## 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, 2012**

## March is Red Cross Month

### Support the American Red Cross

The American Red Cross was created in 1881 by Clara Barton and officially chartered by Congress in 1900 to provide national and international relief during disasters, and to give relief to the military and serve as a means of communication between members of the Armed Forces and their families.

From the beginning, people in this country have volunteered and donated funds to support the Red Cross in its mission to provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies.



Clara Barton, founder of the American Red Cross

In 1943, President Franklin D. Roosevelt proclaimed the first Red Cross Month in support of Red Cross fundraising efforts to respond to needs brought on by World War II. Since that time, every president, including President Obama, has designated March as Red Cross Month.

Today, the American Red Cross responds to nearly 70,000 disasters a year, providing shelter, food, emotional support and other necessities to those affected. Through a worldwide network, the American Red Cross provides 24-hour support to members of the military, veterans and their families—in war zones, military hospitals and on military installations around the world. Red Cross Blood Services collects and distributes more than 40 percent of this country's blood supply. And, more than 9 million people across the United States receive American Red Cross training in first aid, water safety and other skills every year.

Thanks to the generous support of people in this country, the American Red Cross is able to mobilize to help people in need. The Red Cross is not a government agency, but relies on donations of time, money and blood to do its work. Your generosity helps provide life-changing and often lifesaving services down the street, across the country and around the world. Show your support during Red Cross Month because moments of hope are made possible by people like you.

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

### American Red Cross



## Your support brings hope.

Recent tornadoes have destroyed many communities and left many families in need.

You can help.

Your donation to the American Red Cross can help provide a hot meal, comforting shelter and hope when it is needed most.

Visit [redcross.org](http://redcross.org) or text REDCROSS to 90999 to give \$10

Text REDCROSS to 90999 to make a \$10 donation to the Red Cross. Charges will appear on your wireless bill, or be deducted from your prepaid balance. Msg & Data rates may apply. Reply STOP to 90999 to STOP. Reply HELP to 90999 for HELP. Full terms and privacy policy: [redcross.org/m](http://redcross.org/m)

## Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Before you eat, think about what goes on your plate or in your bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories. Over the day, include foods from all the food groups. Try the following tips to "Get Your Plate in Shape."

### Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole. Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.

Switch to fat-free or low-fat milk. Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Twice a week, make seafood the protein on your plate. Keep meat and poultry portions small and lean.

### Cut back on sodium and empty calories from solid fats and added sugars.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often. Choose 100% fruit juice instead of fruit-flavored drinks. Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not everyday foods. Select lean cuts of meat or poultry and fat-free or low-fat milk, yogurt and cheese. Switch from solid fats to oils when preparing food.

Enjoy your food but eat less. Get your personal daily calorie limit at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Keep that number in mind when deciding what to eat. Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. Write down what you eat to keep track of how much you eat. If you drink alcoholic beverages, do so sensibly. Limit to 1 drink a day for women or to 2 drinks a day for men.

Be physically active your way. Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up and health benefits increase as you spend more time being active. Children and teens: Get 60 minutes or more a day. Adults: Get 2 hours and 30 minutes or more a week of activity that requires moderate effort such as brisk walking.

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



## It's Your Party!

Celebrating Birthdays & More

Happy Belated Birthday to...  
February 20th — Shirley McDonald

Happy Belated Anniversary to...  
February 9th — Jo & Jim Miller



## Bring Socks...only 80 Baggies to go!

At our January meeting, we labeled 100 baggies to support the "GFWC Sock Project." We brought enough socks to fill 20 baggies, which were delivered to the Family Crisis Center to help domestic violence survivors "Step Away From Abuse." Please remember to bring new socks to our March meeting so we can fill the remaining 80 baggies and meet our club goal of 100 total.

## WMCC Officers 2010-2012

### President

Mary Ruddell

Phone: 301-722-0716 (H)

E-mail: [mruddell@germanlife.com](mailto:mruddell@germanlife.com)

### Secretary Pro Tem

Jo Miller

Phone: 301-729-1030 (H)

E-mail: [jjmil68@verizon.net](mailto:jjmil68@verizon.net)

### Co-Treasurer

Bonnie Boswell

Phone: 301-724-5504 (H)

E-mail: [bjboswell1@verizon.net](mailto:bjboswell1@verizon.net)

### Co-Treasurer

Jo Miller

Phone: 301-729-1030 (H)

E-mail: [jjmil68@verizon.net](mailto:jjmil68@verizon.net)

### Sunshine Chairman

Renee Adams

Phone: 301-722-4922 (H)

E-mail: [lee1213@atlanticbb.net](mailto:lee1213@atlanticbb.net)

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)

## Greeting Cards for St. Jude's Ranch for Children

St. Jude's Ranch for Children recycles your used greeting cards and creates new holiday and greeting cards for any occasion. Recycled cards are sold in packs of 10 for \$10 to support our programs and services.

The program is beneficial to everyone—customers receive fun, “green” holiday cards they can feel good sending to their friends and loved ones, and the children at St. Jude's Ranch receive payment for their work and learn about basic job skills and the importance of recycling.

### Recycled Card Program History

More than 30 years ago, wishing to show our donors appreciation for making St. Jude's Ranch for Children possible, the idea was conceived to turn the previous year's Christmas cards into “new” cards for the coming season. The recipients were so delighted when they received the unique “thank you,” that they requested to purchase the special cards. The program soon expanded to include all occasion greeting cards... as well as Thank You cards, Easter cards, Birthday cards and Just Because cards.

Support for the Recycled Card Program was overwhelming—people from all over the world began donating their used cards to our program. The Program became so successful that soon we were receiving more than 1 million cards.

### How it Works

Operated by Kids' Corp., a program for the children at St. Jude's Ranch to learn entrepreneurship skills, the children participate in making the new cards by removing the front and attaching a new back. The result is a beautiful new card made by children and volunteers.

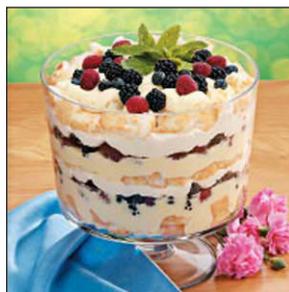
**NOTE: We currently have an increased need for both Birthday and Thank You card submissions.**

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



**ST. JUDE'S RANCH**  
FOR CHILDREN

*with help comes hope*



March is Berries & Cherries Month!

## Angel Berry Trifle

Prep/Total Time - 15 min | Yield - 14 servings

This contest-winning recipe offers a quick and healthy alternative to “Bunny Cake” for Easter.

### INGREDIENTS:

1-1/2 cups cold fat-free milk  
1 package (1 oz.) sugar-free instant vanilla pudding mix  
1 cup (8 oz.) fat-free vanilla yogurt  
6 ounces reduced-fat cream cheese, cubed  
1/2 cup reduced-fat sour cream  
2 teaspoons vanilla extract  
1 carton (12 oz.) frozen reduced-fat whipped topping, thawed, divided  
1 prepared angel food cake (18 inches), cut into 1-inch cubes  
1 pint blackberries  
1 pint raspberries  
1 pint blueberries

### DIRECTIONS:

1. In a small bowl, whisk the milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set.
2. In a large bowl, beat the yogurt, cream cheese, sour cream and vanilla until smooth. Fold in pudding mixture and 1 cup whipped topping.
3. Place 1/3 of the cake cubes in a 4-quart trifle bowl. Top with 1/3 of the pudding mixture, 1/3 of the berries and 1/2 of the remaining whipped topping. Repeat layers once. Top with remaining cake, pudding and berries. Serve immediately or refrigerate.

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