

Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

May 2011 • Vol. 3, No. 4



May is National Military Appreciation Month

Congress designated May as **National Military Appreciation Month** in 1999 to ensure the nation was given the opportunity to publicly demonstrate their appreciation for the sacrifices and successes made by our servicemembers—past and present. Each year the president makes a proclamation, reminding Americans of the important role the U.S. Armed Forces have played in the history and development of our country.

May was selected because it has most days set aside for celebrating and commemorating our military's achievements. These days include: **Loyalty Day** which was established in 1921; **Victory in Europe (VE) Day** commemorating the end of WWII in Europe on May 8, 1945; **Armed Forces Day** created in 1949; **Military Spouse Appreciation Day** established in 1984; and of course the best known of the May holidays, **Memorial Day**.

Memorial Day, is the only federal holiday in May and is celebrated on the last Monday of the month. Dating from the Civil War era, the day traditionally has marked recognition of those who have died in service to the nation. Each year on Memorial Day, the White House Commission on Remembrance promotes one minute of silence at 3:00 p.m. local time to honor the military's fallen comrades and to pay tribute to the sacrifices by the nation's service members and veterans.

Source: www.military.com



Club Calendar

May - June

- 4/30-5/2 GFWC Maryland Convention, BWI Airport Marriott, Baltimore, MD
- 5/8 HAPPY MOTHER'S DAY!
- 5/14 Western District Annual Meeting, Oakland, MD
- 5/25 WMCC Meeting, 6:30 p.m. at Giuseppe's, Frostburg
- 5/30 MEMORIAL DAY
- 6/14 FLAG DAY
- 6/19 FATHER'S DAY

WMCC WILL NOT MEET IN JUNE AND JULY

May Is

- National Military Appreciation Month
- Creative Beginnings Month
- National Asthma & Allergy Awareness Month
- National Egg Month



It's In The Bag!

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

*Life is a great big
canvas, and you should
throw all the paint
on it you can.
-Danny Kaye*



got news?

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

Deadline: June 15, 2011

May is Creative Beginnings Month...

Stretching Your Creativity Muscle, by Kim Green-Spangler

Set a timer and quickly jot down a list of all of the creative things you'd like to do. Would you like to take an art class, learn how to write poetry, go back to school, take up a new profession, take cooking classes, etc? Whatever strikes your fancy—write it down. When the timer goes off—select the



top three things that you can put into motion this very minute. Take the "short list" to bed with you and in the morning select the one item that jumps off the page at you. This is the thing that you should pursue. Why now? Because **May is Creative Beginnings Month** and it's your turn to step out of your comfort zone and introduce yourself to something new, fun and exciting!



While some people are fortunate enough to be able to create as a profession, for the majority of the masses, life tends to get in the way of creativity. As children's creativity soars, it's boundless. As they get older they're taught to conform and as other subjects are introduced and begin to take up more time, creativity which was once a primary instinct, takes a backseat. The creative process can enhance each fraction of everyday life. The feelings that one experiences when a new skill has been attempted, or the sense of self-satisfaction that is felt upon successful completion of a task, can have a dramatic impact. A "can-do" attitude that may give a tired student a jolt of determination, provide a dissatisfied employee with the courage to find a more suitable job, or make a preschooler ever-ready to tackle a new task, is an incredible tool to have at one's disposal. It's the ultimate self-esteem builder.



Feel free to take on a new creative project, but don't just reserve creativity for fun activities. Use it to solve everyday quandaries at home and at the workplace. In fact, many companies actively coach their employees in creativity/brainstorming sessions to increase productivity. They must first teach employees to "think outside of the box" and to feel free to express their ideas. One way to get the creative juices flowing that has been utilized is submitting idea journals to each employee, who is then challenged to develop a fresh idea that will be shared in brainstorming meetings. Another is a costume party where each employee not only dresses, but speaks and delivers ideas in character. The Rip and Read Party is yet another creativity exercise where employees sit in groups while listening to music and rip pages, headlines, words and phrases from magazines which peak their interest. Their selections are then posted and discussed to generate new ideas. Use these tools and some from your own arsenal with friends, co-workers and family members to practice that creative muscle.

Like most skills, creativity can be developed and will improve with practice. It's not about the individual, but the way an individual attacks a problem to find a different approach. Creativity is all about challenge. Challenge yourself to look at something in a different manner, to be flexible, imaginative, and even juvenile in simplicity. Keep it fun.



After you make your creative selection for the month of May, pick up the phone and schedule the activity. Creativity should become an integral part of daily life. It makes life interesting, challenging and can be downright entertaining. If you're on the fence about a creative activity, try it anyway, but grab a friend or two and ask them to join you. Who knows what ideas your **Creative Beginnings Month** project will generate or the amount of fun you'll have together! Just remember to share the fun!

Source: www.exploringwomanhood.com

GFWC Disaster Relief Funds

We are all heartened by the generosity of GFWC members across the country who have embraced their fellow members and communities in response to the devastating storms in the South and Midwest. Our thoughts and prayers remain with the victims, survivors, and communities striving to rebuild their lives. If you are interested in making a donation to the **GFWC Disaster Relief Fund** and having your contribution designated for recovery efforts related to these storms, please send your contribution to **GFWC, Attn: Spring 2011 Storms Disaster Relief, 1734 N Street NW, Washington, DC 20036-2990**. For more information, go to www.GFWC.org.



Source: GFWC News & Notes

May is National Asthma & Allergy Awareness Month

May is a peak season for asthma and allergy sufferers, and a perfect time to educate the public about these diseases.

Allergic rhinitis (AR)—hay fever, seasonal allergies or nasal allergies—affects nearly 40 million adults and children. When people are exposed to an allergic “trigger,” their immune system over-reacts causing a release of chemicals into the blood that causes inflammation and other effects that lead to a number of irritating—and potentially life-threatening—symptoms: itchy or watery eyes, nose or throat; violent sneezing, coughing or wheezing; severe nasal or sinus congestion; and difficulty breathing in severe cases. Many people with nasal allergies stay indoors when pollen counts are high, but the air inside our homes can be up to ten-times more polluted than outdoor air.



Simple Tips to Improve Indoor Air Quality (IAQ)

- 1. Control dust mites.** Keep surfaces clean and uncluttered. Bare floors and walls are best, particularly in bedroom. Use washable throw-rugs or low-pile carpeting. Most importantly—put zippered allergen barriers or “encasements” on all pillows, mattresses and box springs. Wash bedding weekly with 131° water, including uncovered pillows and stuffed toys to kill mites and eggs.
- 2. Vacuum once or twice weekly.** Vacuuming helps keep allergens to a minimum. Poor-quality vacuums can put dust into the air, so look for devices that are proven to be suitable. If you have allergies, wear a dust mask while doing housework and leave the house for several hours after cleaning to air it out.
- 3. Air handling devices.** Use a HEPA air filter in rooms to help to remove allergen particles from air. Air conditioners and dehumidifiers help reduce humidity. These devices help to control dust mite and mold growth by reducing humidity, but remember to change filters as recommended by manufacturers.
- 4. Prevent animal dander.** Doctors suggest avoiding pets with feathers or fur. If you must keep a pet, bar it from the bedroom. Cover vents with dense material or special filters. Animal allergens are difficult to remove, so remove carpeting and fabric furniture, or use slip covers.
- 5. Prevent entry of pollen from outdoor.** You can reduce the number of outdoor allergens such as pollen and mold from entering the home by keeping windows and doors closed and setting the air conditioner on re-circulate.
- 6. Avoid mold.** Reduce moisture around the bathroom, kitchen and other wet areas of the home. Dehumidifiers help reduce both mold and dust mites. Limit house plants. Fix leaks and other causes of damp areas. Clean moldy surfaces. Rid the yard of moldy wood, leaves, etc.
- 7. Control cockroaches.** Do not leave food or garbage uncovered. Use poison baits, boric acid and traps rather than chemical agents that can irritate your nasal allergies.

Source: www.aafa.org

It's Your Party!

Celebrating Birthdays & More

Happy Anniversary to...
May 12th — Debbie Spinnenweber



Be A Good Egg!

Pledge to “Eat Good.
Do Good Every Day.”

Visit www.goodeggproject.org

Click on the Green
“Pledge Now” Button.

Join America's egg farmers in a commitment to living more healthfully and giving back to the community. For every pledge made, we will donate one egg to Feeding America—up to one million eggs! That's in addition to the 12 million eggs donated annually. Pledging is easy. Simply provide your name, e-mail and zip code, and “sign” the pledge by checking the box. That's it!

You can even visit the “Pledge Map” to check out all the Good Eggs in the U.S. who have pledged so far (there are only 7 in Cumberland).

Invite your friends and family to take the pledge, too!

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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

May is National Egg Month

Eggs are convenient, economical, versatile, and they taste good too, but National Egg Month is a great time to point out their natural nutrition qualities. The incredible edible egg™ has a high nutrient density because it provides a wide range of nutrients in proportion to its calorie count (about 75 calories/Lrg. egg). Nutrient-dense foods help you get the nutrients you need without excess calories. A Large egg supplies 12.6% of the DRV for protein. A little over half of the egg's protein is in the white and the rest is in the yolk. The egg's protein is the highest quality protein of any food. In the food groups, one egg of any size equals one ounce of lean meat, poultry, fish or seafood.



High-quality protein benefits people of all ages—it forms muscle tissue, builds muscle strength, repairs muscles after exercise and wards off muscle loss as we age. High-quality protein also helps in weight management. Eating high-quality protein foods and fewer carbohydrates helps preserve lean muscle tissue and increase fat loss. Protein foods rate high in appetite satisfaction, too. Egg yolks are an excellent source of choline. A Large egg yolk contains 125 mg of choline and provides 23% of a pregnant woman's daily needs. Getting enough choline during pregnancy may be a key factor in the development of an infant's memory functions. Later in life, choline may improve memory capacity. The egg yolk gets its color from the yellow-orange plant pigments called lutein and zeaxanthin, which have been shown to reduce the risks of cataracts and age-related macular degeneration, the leading cause of blindness in people 65 and older. Research has shown that the yolk's lutein and zeaxanthin may be more easily absorbed by the body than the lutein and zeaxanthin from other sources. Eggs are also a good source of vitamin B12 and riboflavin. Eggs also supply varying amounts of many other nutrients, including a wide variety of other vitamins and minerals. The yolk contains a higher percentage of vitamins than the white, including all of the eggs' vitamins A, D and E. Egg yolks are one of the few foods that naturally contain vitamin D. Other than washing, grading, sizing and packing, eggs are unprocessed. The incredible edible egg™ supplies all these important nutrients naturally.

Source: www.incredibleegg.org



Company Eggs

by Debbie Spinnenweber

Prep Time - 20 min. | Total Time - 55 min.

Yields - 12 servings

This very creamy brunch dish will bring rave reviews every time. If you can't find Gruyere cheese, the recipe works equally well with Farmers cheese.

DIRECTIONS:

1. Spread cheese in 13" x 9" baking dish, greased or sprayed with cooking spray. Dot with butter.
2. Mix cream with seasonings and mustard. Pour half of cream mixture over cheese. Add slightly beaten eggs. Then add remaining half of cream mixture. Do not stir.
3. Bake at 325° for about 35 minutes or until eggs are set.

INGREDIENTS:

- 1/2 lb. Gruyere cheese, grated
- 4 T. butter or margarine
- 1 c. heavy cream
- 1/2 tsp. salt
- Dash pepper
- 1-1/2 tsp. dry mustard
- 12 eggs, slightly beaten