

# Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

October 2010 • Vol. 3, No. 1

## October is Domestic Violence Awareness Month

Domestic Violence Awareness and Prevention is the GFWC Signature Project.

GFWC will make a positive change in families and communities, concentrating on the areas of partner abuse, child/teen abuse, and elder abuse, by leaving a legacy of change in our communities.

### Educate Yourself

- Investigate resources available in your community regarding domestic violence.
- What are the statistics regarding domestic violence in your community?
- Access GFWC resources to learn more about intimate partner violence.
- Determine if there is a local shelter for survivors of intimate partner violence; what could they benefit from?

### Inform Others

- Educate your club and community members with programs, workshops, and speakers and distribute materials provided by GFWC partner organizations.
- Provide press kits and encourage newspaper articles/write letters to the editor about domestic abuse and teen dating violence.

### Create Change

- Donate prepaid phone cards to shelters.
- Host a Pajama Party to raise funds and collect pajamas for victims in.
- Donate books & teddy bears to your local shelter. Volunteer to tutor if needed.
- Contact local vets, etc. to arrange for housing for pets of victims in shelters.
- Donate professional attire to battered women seeking employment.
- Assemble First Night Kits, Birthday Bags, Anger Kits, etc. for your local shelter.
- Encourage businesses to distribute purple ribbons and domestic violence hotline numbers in October.
- Wear purple during October, National Domestic Violence Awareness month.



## Club Calendar

October - November

10/2	Junior Fall Conference in Cumberland, MD
10/11	COLUMBUS DAY
10/22-24	Domestic Violence "Weekend at the Beach" in Ocean City, MD
10/27	WMCC Meeting & Halloween Party at Debbie's House
10/30	Western District Meeting in Braddock Heights, MD
10/31	HAPPY HALLOWEEN!
11/2	ELECTION DAY
11/5-7	Southeastern Region Mtg., at The Greenbrier, WV
11/10	WMCC Meeting at Puccini's
11/11	VETERANS DAY
11/16	GFWC-MD Bd. of Directors Mtg. in Baltimore, MD
11/25	HAPPY THANKSGIVING!

## October Is

Domestic Violence Awareness Month

Breast Cancer Awareness Month

Calling all witches, ghosts and ghouls  
will your costume be the one that rules?

### WMCC Halloween Party & October Meeting

Wednesday, October 27, 2010  
6:30 p.m. at Debbie's House

- ★ Bring Something Yummy to Eat!
- ★ Remember to Wear Your Costume
- ★ Bring Art Supplies for Friends Aware
- ★ Bring Used Watches for the American Mural Project



## It's In The Bag!

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

**ART SUPPLIES** for Friends Aware

**USED WATCHES** (+ \$1.00 per watch)  
for the American Mural Project  
(watches don't have to work)

Your **HALLOWEEN COSTUME**  
(prizes will be awarded!)

Something **YUMMY** to **EAT!**

\$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!

*The GFWC Club  
Manuals Are Here!  
The GFWC Club  
Manuals Are Here!*



## got news?

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

**Deadline: November 15, 2010**

## The UL Halloween Safety Guide

It's the scariest night of the year! But with a little attention to safety, you can keep it fun and not frightful. Here are a few tips for you to follow:

### 1. Don't Frankenstein Your Lights

Do not connect more than three miniature light strings together. Also, be sure to check the rating on your extension cords and do not plug in more than the recommended wattage. Cords should not be run under carpets or tacked-up with metal nails or staples.

### 2. Inspect Decorations with Fiendish Care

Inspect electric lights and decorations for damage or wear. Cracked sockets, frayed or bare wires and loose connections may pose a fire or shock hazard. Look for a red UL mark to indicate that lights are certified for both indoor and outdoor use. A green UL mark indicates certification for indoor use only.

### 3. Beware of Candles!

Candles, especially in a Jack O'Lantern, should be off the ground and out of children's reach. Try battery-operated LED candles for an even safer option.

### 4. Don't Trip Up Your Goblins

Halloween costumes should allow full movement for your kids. Costumes that drag, constrict or drape pose a dangerous hazard, especially at night. Check to ensure that costumes don't restrict your children's vision, and instruct them to watch out for tripping hazards, such as cords.

### 5. Say Boo! to Unsafe Costumes

Be sure to purchase or make costumes out of flame-resistant materials such as nylon or polyester as these specially marked fabrics will resist burning and extinguish quickly. Make sure your child knows to stop, drop and roll in case their costume catches fire.

### 6. Be Safe and Bright

Choose costumes that are lighter in color and attach reflective materials to costumes. Make sure each child has a flashlight to help them see and be seen.

### 7. Keep Hungry Monsters from Feeding

Never let your kids eat Halloween candy before you inspect it in the light at home. Even if you know your neighbors, you should always check to be safe and throw away open candy or anything that looks at all suspicious.

Source: Underwriters Laboratories, [safetyathome.com](http://safetyathome.com)



October 2010 Marks the 25th Anniversary of...

## National Breast Cancer Awareness Month

The Breast Cancer Patient Protection Act, H.R. 758 (110) is a bipartisan bill to amend the Public Health Service Act and Employee Retirement Income Security Act of 1974, to require that group and individual health insurance coverage and group health plans provide coverage for a minimum hospital stay for mastectomies and lymph node dissections performed for the treatment of breast cancer.

Incidences of breast cancer are on the rise. According to the National Cancer Institute, 1 in 8 women will develop breast cancer in her lifetime. Twenty years ago, the risk was 1 in 11. In 2008 it was estimated that more than a quarter of a million American women were newly diagnosed with breast cancer. It is the leading cause of cancer death for women between the ages of 20 and 59.

Today, many women are forced to leave the hospital just hours after going through a painful mastectomy, the procedure that treats breast cancer by removing one or more of a woman's breasts. In instances often referred to as "drive-through mastectomies," many health insurance companies are refusing to provide coverage for a minimum stay, hoping to have the surgery administered as an outpatient procedure, despite the wishes of patients and their doctors.

The Breast Cancer Patient Protection Act would prohibit insurance providers from restricting benefits for any hospital length of stay to less than 48 hours for a mastectomy and 24 hours for a lymph node dissection. It does not require that the patient be in the hospital for the full 48 hours, only that the hospital stay be covered if deemed necessary by the patient's doctor. It also prohibits the insurance plan from requiring authorization from the doctor prior to the procedure and hospital stay.

The bipartisan bill passed the U.S. House of Representatives in September 2008 by a 421-to-2 margin. Due to intense lobbying by members of the insurance industry, the bill did not reach the floor for a vote in the U.S. Senate before the end of the 110th Congress. GFWC will continue to monitor the status of this very important bill.

### Learn More...

- [www.BreastCancer.org](http://www.BreastCancer.org) is a nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer.
- **Susan G. Komen for the Cure** is the global leader in the movement against breast cancer. Visit [ww5.komen.org](http://ww5.komen.org).
- **Read a Reuters news article** about the bill and the fight to pass it. Visit [www.reuters.com/article/idUS227142+25-Sep-2008+PRN20080925](http://www.reuters.com/article/idUS227142+25-Sep-2008+PRN20080925)
- **Sign the petition in support of this bill**, sponsored by Lifetime television. Visit [www.mylifetime.com/my-lifetime-commitment/breast-cancer](http://www.mylifetime.com/my-lifetime-commitment/breast-cancer) and click on the "Petition" button on the upper right side of the page. Source: [www.gfwc.org](http://www.gfwc.org)

## Rake in the Savings this Fall

Autumn has arrived, and now is a great time to rake in the savings. Here are just a few ideas that can help lower your energy costs as winter approaches:

- Lower your thermostat while you're at work. It costs less to reheat your home than it does to keep it warm.
- Close your blinds and drapes at night to block possible drafts.
- Use the heat your electric dryer gives off by purchasing a heat recycler. This small, inexpensive attachment redirects the heat from the vent back into your home.

**Remember, conserving energy is not only good for your wallet, it's good for the planet. So spread the word!**



Source: Allegheny Power

## It's Your Party!

Celebrating Birthdays & More

Happy Anniversary to...

October 24th — Peg & Bob Gillum



## Art Supplies for Friends Aware

Debbie will be collecting donations of Art Supplies for the Friends Aware Art Program at the October Meeting. October is National Disability Employment Awareness Month, so this is an excellent month for us to support this worthwhile program.

## WMCC Officers 2010-2012

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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)

October is National Crime Prevention Month

## Identity Theft

According to the U.S. Postal Service, there were almost ten million incidents of identity theft in the United States in 2004 at a cost of \$5 billion to consumers. Victims report spending 30 hours, on average, cleaning up after an identity crime at an average cost of \$500.

It's in the newspapers every day and on the news every night. People worry that someone will run up charges on their credit card or fleece their bank account while their back is turned. There is reason to worry. All a thief needs is your Social Security number to commit identity theft. This crime is relatively easy to commit, but investigating and prosecuting it is complex and time-consuming. But once you know the facts and some preventive measures you can take, you can win the fight against identity theft!

### Identity thieves commit their crime in several ways:

- They steal credit card payments and other outgoing mail from private, curbside mailboxes.
- They dig through garbage cans or communal dumpsters in search of cancelled checks, credit card and bank statements, and preapproved credit card offers.
- They hack into computers that contain personal records and steal the data.
- They file a change of address form in the victim's name to divert mail and gather personal and financial data.



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



## Warm Caramel Apple Cake

Prep Time - 30 minutes | Total Time - 1 hour, 25 minutes  
Yields - 15 servings

October is National Caramel Month and Apple Month, so celebrate with this yummy apple upside-down cake, served warm from the oven.

### CAKE INGREDIENTS:

- 1/2 cup butter or margarine
- 1/4 cup whipping cream
- 1 cup packed brown sugar
- 1/2 cup chopped pecans
- 2 large cooking apples, peeled, cored and thinly sliced (about 2-1/3 cups)
- 1 box Betty Crocker SuperMoist yellow cake mix
- 1-1/4 cups water
- 1/3 cup vegetable oil
- 3 eggs
- 1/4 teaspoon apple pie spice

### TOPPING INGREDIENTS:

- 2/3 cup Betty Crocker Whipped fluffy white frosting (from 12-oz container)
- 1/2 cup frozen (thawed) whipped topping
- Caramel topping, if desired

### DIRECTIONS:

1. Heat oven to 350°F. In 1-quart heavy saucepan, cook butter, whipping cream and brown sugar over low heat, stirring occasionally, just until butter is melted. Pour into 13x9-inch pan. Sprinkle with pecans; top with sliced apples.
2. In large bowl, beat cake mix, water, oil, eggs and apple pie spice with electric mixer on low speed until moistened. Beat on medium speed 2 minutes. Carefully spoon batter over apple mixture.
3. Bake 40 to 45 minutes or until toothpick inserted near center comes out clean. Cool in pan 10 minutes. Loosen sides of cake from pan. Place heatproof serving platter upside down on pan; carefully turn platter and pan over. Let pan remain over cake about 1 minute so caramel can drizzle over cake. Remove pan.
4. In small bowl, mix frosting and whipped topping. Serve warm cake topped with frosting mixture and drizzled with caramel topping.

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