



JWCC News

The GFWC Junior Woman's Civic Club of
Cumberland, Maryland Inc.

June 2012

Working in our communities for 65 years

In This Issue

Meeting Agenda

June Dinner

Migraine Month

This Day in History

GFWC History

Quote of the Month

Birthdays

Recipe

Minutes of May Mtg

Domestic Violence Links

www.ncadv.org

www.ndvh.org

www.loveisrespect.org

Other Useful Links

www.history.com

www.earthday.net

Contact Us

<http://www.gfwc.org> or

terry@terryharvey.net

President's Corner

My term as president has come and gone, rather quickly I might add. Our club has experienced countless joys, new friendships, comradeships, and just plain fun. We have weathered storms that passed quickly and the sun shone brightly on our accomplishments. So we end another term, already equipped with a new board (well, sort of) and a new president who has much experience with the GFWC/JWCC. Her energies and talents are endless, not to mention her love for volunteering. As I pass along the gavel, and the red tennis shoes, it is my hope that each of you gives the support to Joyce as you did me. I love you all like sisters and could not have done any of it without you.

Western District meeting was a real *rodeo*. I forgot how uncomfortable my cowboy boots are! We were recognized on many occasions at the Western District meeting where we *lassoed* 3 first place and 1 second place awards. I was proud to represent a wonderful group of caring volunteers.

I wish all of you a relaxing and enjoyable summer filled with family, friends, and fun. Keep each other in prayer and thought and when September comes may we all be refreshed and ready for another year of volunteerism. I wish to close with a quote from Audrey Hepburn that Joyce displayed so nicely in a frame for all the attendees at the Western District meeting. The words are so meaningful.



For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you NEVER walk alone.

Remember to bring:

- Meeting place ideas for next year
- Fundraiser ideas for next year

***People, even more than things, have to be restored, revived, reclaimed, and redeemed.
Never throw out anyone.
Remember, if you ever need a helping hand, you will find one at the end of each of your arms.
As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.***

.....Audrey Hepburn

May God bless each of you and keep you safe this summer and always.

In Federation Love,

Terry

Agenda - General Meeting (bring this to our meeting)

**GFWC/JWCC of Cumberland, Inc.
June 6, 2012**

Cocktails

- I. Call to Order
- II. Flag Salute
- III. Minutes of the Previous Meeting
- IV. Treasurer's Report
- V. Unfinished/Old Business
 - ✓ Calendar Raffle
 - ✓ Western District Meeting- Awards
 - ✓ Fundraiser ideas for September 2012
- VI. New Business
 - ✓ Camp Bright Star
 - ✓ Presentation of Awards
 - ✓ Induction of New Member
 - ✓ Secret Sister Revelation
- VII. Correspondence
- VIII. Junior Pledge
- IX. Adjourn

Mark the Dates:

June 14-17 – GFWC Intl
Convention, Charlotte, NC

June Dinner - Brick House Café

Location: 128 Virginia Avenue, directly across the street from the new HRDC building.

Cocktails 6:30pm, Dinner 7:00pm and program at 8:00pm. Clubwoman of the Year will be revealed as well as your Secret Sister. Come enjoy the final meeting of the year and celebrate all of JWCC's accomplishments.

National Migraine Month

A migraine is a common type of headache that may occur with symptoms such as nausea, vomiting, or sensitivity to light. In many people, a throbbing pain is felt only on one side of the head.

Some people who get migraines have warning symptoms, called an aura, before the actual headache begins. An aura is a group of symptoms, including vision disturbances, that are a warning sign that a bad headache is coming.

Migraine headaches tend to first appear between the ages of 10 and 45. Sometimes they may begin later in life.

- Migraines occur more often in women than men
- Migraines may run in families
- Some women, but not all, may have fewer migraines when they are pregnant



A migraine is caused by abnormal brain activity, which can be triggered by a number of factors. However, the exact chain of events remains unclear. Today, most medical experts believe the attack begins in the brain, and involves nerve pathways and chemicals. The changes affect blood flow in the brain and surrounding tissues.

Alcohol, stress and anxiety, certain odors or perfumes, loud noises or bright lights, and smoking may trigger a migraine. Migraine attacks may also be triggered by:

- Caffeine withdrawal
- Changes in hormone levels during a woman's menstrual cycle or with the use of birth control pills
- Changes in sleep patterns
- Exercise or other physical stress

Do you have a great JWCC photo? If so, we want them for the newsletter. Please forward your digital photo to kimiller@verizon.net or bring a copy to a club meeting and we will scan and return.

- Missed meals
- Smoking or exposure to smoke

Your doctor can diagnose this type of headache by asking questions about your symptoms and family history of migraines. A complete physical exam will be done to determine if your headaches are due to muscle tension, sinus problems, or a serious brain disorder.

There is no specific cure for migraine headaches. The goal is to treat your migraine symptoms right away, and to prevent symptoms by avoiding or changing your triggers.

A key step involves learning how to manage your migraines at home. A headache diary can help you identify your headache triggers. Then you and your doctor can plan how to avoid these triggers.

If you have frequent migraines, your doctor may prescribe medicine to reduce the number of attacks. You need to take the medicine every day for it to be effective.

(source: www.nih.gov)

This Day in History

1933 – First drive-in movie theater opens

1944 – D-Day

1949 – George Orwell's Nineteen Eighty-Four is published

1971 – Ed Sullivan show airs for the last time

1998 – Sex and the City debuts on HBO

GFWC History

2000s: GFWC members contributed \$180,000 for a fully-equipped ambulance for use by the New York Fire Department in response to the loss of equipment suffered during the terrorist attacks on September 11, 2001.

(source www.gfwc.org)

Member Update

No updates at this time

Quote of the Month

"Every once in awhile, a girl has to indulge herself."

~Sarah Jessica Parker

Member Birthdays

June 9 – Margaret Gaughan

June 13 – Joyce Race

Recipe - Lemon Month

(source: www.simplyrecipes.com)

Classic Lemonade

Ingredients

1 cup sugar (can reduce to 3/4 cup)
1 cup water (for the simple syrup)
1 cup lemon juice
3 to 4 cups cold water (to dilute)

Directions

- 1** Make simple syrup by heating the sugar and water in a small saucepan until the sugar is dissolved completely.
- 2** While the sugar is dissolving, use a juicer to extract the juice from 4 to 6 lemons, enough for one cup of juice.
- 3** Add the juice and the sugar water to a pitcher. Add 3 to 4 cups of cold water, more or less to the desired strength. Refrigerate 30 to 40 minutes. If the lemonade is a little sweet for your taste, add a little more straight lemon juice to it.

Serve with ice, sliced lemons.

JWCC MAY MEMBERSHIP MEETING MINUTES

MAY 2, 2012

The May Membership Meeting was held at St. Ambrose's Church.

Beth Dawson opened the meeting. The minutes of the previous meeting were read. The Treasury Report was given. There is \$3,070.60 in the Treasury.

The College sent a bill for use of the theatre. Sandra will audit bill and determine a final profit on the plays.

The Cumberland Club won an award at the annual convention. The category was Advocates for Children. Joyce won the Digital Photography Contest with her picture of a Hot Air Balloon.

The club needs to send a contact letter to the Salvation Army Dinner so we can receive the invitation to the annual dinner.

The June meeting will be held at the Brick House Café. Members need to RSVP to the dinner. Beth Dawson will send an email out. March of Dimes Walk was a success. Debbie, Sandra, Joyce and Terry worked at the event. A motion was made and seconded to give Our Lady of the Mountains a \$50 donation for use of the church hall for meetings. Motion passed. New Fundraiser ideas were shared. Some of the ideas were: Yankee Candle sale, hold scrapbooking party, and do a Calendar Raffle for the benefit of the club to sponsor scholarships.

Joyce read incoming correspondence.

The Western District Meeting was discussed. It will be held May 19th in Westminster, MD.

The Calendar raffle winners were chosen. Each member assisted in the drawing of the names.

Beth Lamm will contact winners.

There were 11 members present at the meeting.

Flowers were planted for the Family Crisis Center. Joyce will deliver the plants to the Center so the women at the shelter can enjoy them for Mother's Day. The women care for the plants while living at the shelter and take the plants to their new homes when they leave.