

Volunteer!



Newsletter of the GFWC Western Maryland Community Club

October 2011 • Vol. 4, No. 2

October is National Domestic Violence Awareness Month

GFWC Signature Project: Domestic Violence Awareness & Prevention

GFWC is a national leader in the fight to end domestic violence by raising awareness about this social issue. By supporting existing activities, working with various established programs, and initiating educational opportunities for club members and local citizens, the goal of the GFWC Signature Project is to increase awareness of the widespread occurrence of domestic abuse.



Source: www.gfwc.org

STOP ABUSE FOR EVERY TEEN ACT

This important, bipartisan legislation recognizes the severity of teen dating violence throughout the country and allows schools to use existing federal funding for prevention and education. This bill does not call for monetary or budgetary considerations, which are very important given the debt crisis.

We are asking all GFWC members to contact their respective legislators seeking support for this bill. A banner is up on the GFWC website at www.gfwc.org that links to a brief overview of the bill along with a link to sample text for contacting Congress. This is a great "rallying point" for us as members and our advocacy efforts.

Club Calendar October - November

10/8	Junior Fall Conference in Bethesda, MD
10/10	COLUMBUS DAY
10/22	Western District Board of Directors Meeting in Westminster, MD
10/26	WMCC Meeting & Halloween Party at Debbie's House
10/31	HAPPY HALLOWEEN!
11/4-6	Southeastern Region Mtg., Lexington, KY
11/8	ELECTION DAY
11/11	VETERANS DAY
11/15	GFWC-MD Bd. of Directors Mtg. in Frederick, MD
11/16	WMCC Meeting & Ornament Exchange at Joyce's House
11/24	HAPPY THANKSGIVING!

October Is

Domestic Violence Awareness Month

Breast Cancer Awareness Month

GFWC Western Maryland Community Club

**HALLOWEEN
PARTY**

and October Meeting

Please Join Us
for
"Tricks & Treats!"

Wednesday, October 26, 2011
6:30 p.m. at Debbie's House

- ★ Remember to Wear Your Costume
- ★ Bring Art Supplies for Friends Aware
- ★ Bring items for Ditty Bags



It's In The Bag!

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

ART SUPPLIES for Friends Aware

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

ITEMS FOR DITTY BAGS
(unless you've already donated)

\$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!

Why didn't the Skeleton
dance at the Halloween Party?
He had no "body" to dance with!



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 8, 2011

National Breast Cancer Awareness Month

The National Breast Cancer Foundation is committed to spreading knowledge and fostering hope in the fight against breast cancer. Below are some of the most frequently asked questions about breast cancer.

FREQUENTLY ASKED QUESTIONS

Q. Can physical activity reduce the risk of breast cancer?

A. Exercise pumps up the immune system and lowers estrogen levels. With as little as four hours of exercise per week, a woman can begin to lower her risk of breast cancer.

Q. Can a healthy diet help prevent breast cancer?

A. A nutritious, low-fat diet with plenty of fruits and vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

Q. Does smoking cause breast cancer?

A. At this point in time there is no conclusive link between smoking and breast cancer. However, due to the number of health risks associated with smoking, quitting can significantly increase survival rates.

Q. Can drinking alcohol increase the risk of breast cancer?

A. One or two drinks a day has been shown to slightly increase the risk of breast cancer. The greater the levels consumed, the higher the risk.

Q. Is there a link between oral contraceptives and breast cancer?

A. There is an increased risk of breast cancer for women under 35 who have been using birth control pills for more than ten years.

Q. How often should I do a breast self-exam (BSE)?

A. Give yourself a breast self-exam at least once a month. Look for any changes in breast tissue, such as changes in size, a lump, dimpling or puckering of the breast, or a discharge from the nipple. If you discover a persistent lump in your breast or any changes in breast tissue, it is very important that you see a physician immediately. However, 8 out of 10 lumps are benign, or not cancerous.

Q. Does a family history of breast cancer put someone at a higher risk?

A. If you have a grandmother, mother, sister, or daughter who has been diagnosed with breast cancer, this does put you in a higher risk group. Have a baseline mammogram at least five years before the age of breast cancer onset in any close relatives, or starting at age 35. See your physician at any sign of unusual symptoms.

Q. Are Mammograms Painful?

A. Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender.

Q. How does menstrual and reproductive history affect breast cancer risks?

A. Women who began their menstrual cycles before age 12, have no children, or had their first child at 30 or older, or began menopause after 55 are at a higher risk.

Q. How Often Should I Go To My Doctor For A Checkup?

A. You should have a physical every year. If any unusual symptoms or changes in your breasts occur before your scheduled visit, do not hesitate to see the doctor immediately.

Q. What Kind Of Impact Does Stress Have On Breast Cancer?

A. Although some studies have shown that factors such as traumatic events and losses can alter immune system functions, these studies have not provided any evidence of a direct cause-and-effect relationship between stress and breast cancer. An area currently being studied is whether or not stress reduction can improve immune response and slow progression in women diagnosed with breast cancer.

Source: www.nationalbreastcancer.org

National Cyber Security Awareness Month

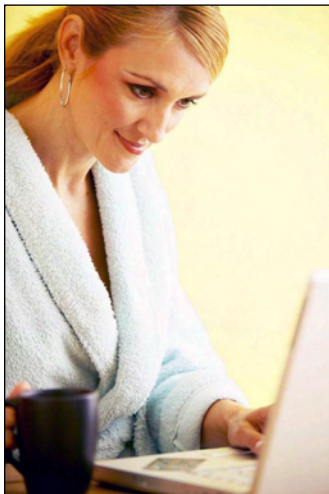
October 2011 marks the eighth annual National Cyber Security Awareness Month sponsored by the Department of Homeland Security in cooperation with the National Cyber Security Alliance (NCSA) and the Multi-State Information Sharing and Analysis Center (MS-ISAC). The overall theme for National Cyber Security Awareness Month is "Our Shared Responsibility," which reflects the interconnectedness of the modern world and the message that all computer users have a role in securing cyberspace.

STOP.THINK.CONNECT.

The Stop.Think.Connect. Campaign is a national public awareness campaign aimed at increasing the understanding of cyber threats and empowering the American public to be safer and more secure online. The Stop.Think.Connect. team recommends a few simple things you can do to stay safe online:

STOP.

- Stop hackers from accessing your accounts—set secure passwords.
- Stop sharing too much information—keep your personal information personal.
- Stop—trust your gut, if something doesn't feel right, stop what you are doing.
- Stop and think about who can see the information you post online. Are you giving total strangers access to your information?
- Stop any questionable online behavior. Only do and say things online that you would do in real life.



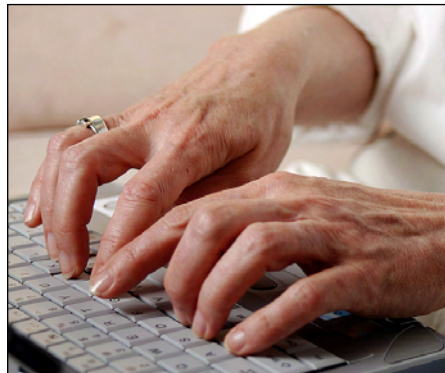
THINK.

- Think about the information you want to share before you share it.
- Think how your online actions can affect your offline life.
- Think before you act—don't automatically click on links.
- Think about why you are sharing information online. Is it going to be safe?
- Think about why you're going to the site. Did you get it from someone you trust?
- Think about who you're talking to online. Do you really know who they are?

CONNECT.

- Connect over secure networks.
- Connect with people you know.
- Connect with care and be on the lookout for potential threats.
- Connect safely and show your friends and family how to behave online.
- Connect with people and sites you trust when you're online.

Source: www.dhs.gov



It's Your Party!

Celebrating Birthdays & More

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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

Celebrating National Apple Month

America has been celebrating the glory of apples since 1904, when National Apple Week was born. In 1996, National Apple Week became National Apple Month, which starts in September and continues through November.



If you're looking for a reason to crunch into a fresh Golden Delicious or Granny Smith apple, you'll appreciate the results of research conducted by food scientists at Cornell University. They discovered that antioxidants in fresh apples can inhibit human liver and colon cancer cell growth. In addition, a recent study revealed that apples may also help to reduce the risk of breast cancer.

Of the many varieties of apples, the following rank among our nation's favorites:

- Red Delicious: Sweet and crunchy. Great for snacks.
- McIntosh: Juicy white interior. Great for snacks, fruit salad or baking.
- Golden Delicious: Mellow, white flesh suited to salads, baking and snacks.
- Galas: Multi-colored, crunchy and fragrant. Perfect for snacking or salads.
- Granny Smith: Tart, juicy and crisp. Perfect for baking or snacking.
- Jonathan: Spicy and juicy. Suited to snacks and baking.
- Braeburn: Rich-tasting and firm. Well-suited to snacks and baking.
- Fuji: Large and sweet. Ideal baking apple.
- Rome: Mild and sweet. Excellent for snacks. Also suitable for baking.
- Jonagold: Sweet, or tart and tangy? A juicy, taste-sensation treat!
- Pink Lady: Tangy and firm. Perfectly suited to snacking.
- Cameo: Crunchy and sweet. A healthy snack.

Source: www.chefs.com



Candied Apple Tart

Prep Time - 15 minutes | Total Time - 35 minutes
Yields - 10 servings

Looking for a delicious dessert using Original Bisquick® mix? Then check out this apple tart drizzled with jelly—ready in 35 minutes.

INGREDIENTS:

2 cups Original Bisquick® mix
2/3 cup whipping (heavy) cream
2 tablespoons granulated sugar
4 cups thinly sliced apples (about 4 medium)
1/4 cup Original Bisquick® mix
1/3 cup packed brown sugar
1 tablespoon firm margarine or butter
3/4 teaspoon ground cinnamon
About 2 tablespoons cinnamon apple jelly

DIRECTIONS:

1. Heat oven to 425°. Stir 2 cups Bisquick mix, the whipping cream and granulated sugar until soft dough forms; shape into a ball. Pat dough in ungreased 12-inch pizza pan. Spread apples over dough.
2. Mix 1/4 cup Bisquick mix, the brown sugar, butter and cinnamon with fork until crumbly; sprinkle over apples. Cover edge of dough with 2-inch strip of aluminum foil to prevent excessive browning.
3. Bake 5 minutes; remove foil. Bake 10 to 15 minutes longer or until edge is deep golden brown. Heat jelly until melted; drizzle over tart.

Make the Most of This Recipe:

There's no need to peel the apples for this recipe. The apple peel adds color to the dessert. If a caramel apple tart appeals to you and your family, just omit the cinnamon apple jelly and drizzle with caramel topping.

Source: www.bettycrocker.com