

Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

September 2011 • Vol. 4, No. 1

Please Join Us for our September Meeting!

Time: 6:30 p.m.

Date: Wednesday, September 28, 2011

Place: German Life (Mary's Office)
1068 National Highway, LaVale

Project: We'll be making Linus Blankets



GFWC Library Replenishment Fund

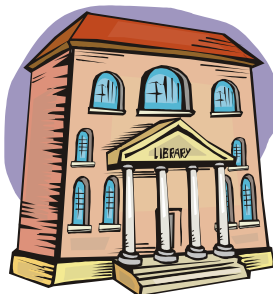
To assist GFWC communities affected by manmade and natural disasters, GFWC has established the GFWC Disaster Relief–Library Replenishment Fund. Tying together members' generous financial gifts and passion for literacy with our mission of community improvement through volunteer service, this fund will assist in restocking the collections of public and public school libraries that have been affected by natural and manmade disasters.

"Supporting local libraries is more than a century-old GFWC tradition," explains GFWC International President Carlene Garner. "Restoring libraries is the perfect way for GFWC clubs to help communities when disaster strikes."

This fund is an ongoing collection connected to historical advancements in libraries and literacy. For more than 100 years, GFWC clubs have been founding, maintaining, and promoting libraries. Grants will be provided to GFWC clubs to help replenish affected libraries in their communities. GFWC will collect donations from individual members, clubs, state federations, and other interested organizations, which will be used to provide grants and in-kind donations.

Reach out to your fellow clubwomen and ask them to contribute to GFWC's efforts in rebuilding libraries in our communities. The collective impact of clubwomen working together as one cohesive unit to assist those in need demonstrates the true power of our Federation.

Credit card donations may be made online at the GFWC Marketplace or by calling GFWC Headquarters at 800-443-4392. Mail checks (payable to GFWC) to: GFWC, Attn: GFWC Disaster Relief, 1734 N Street NW. Washington, DC, 20036-2990. Note "GFWC Library Fund" in the check memo area. Please also submit a "Donations to Disaster Relief" form (download at www.gfwc.org) with your donation.



Club Calendar

September - October

9/5	LABOR DAY
9/20	GFWC-MD Board of Directors Meeting in Ocean City, MD
9/28	WMCC Meeting at German Life, LaVale (Mary's Office)
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!

September Is

Women's Friendship Month
Ovarian Cancer Awareness Month
National Guide Dogs Month
National Honey Month



It's In The Bag!

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

\$2.00 for Operation Smile

\$5.00 to play Bonnie's Bingo

Fleece for Linus Blanket
(don't forget your scissors!)

Box Tops for Education

Supplies for Ditty Bags

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



INTERNATIONAL

*Women's
Friendship*
MONTH

Scatter seeds of kindness
wherever you go...
and watch friendship bloom.

got news?

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

Deadline: October 15, 2011

National Ovarian Cancer Awareness Month

SYMPTOMS OF OVARIAN CANCER

Ovarian cancer is difficult to detect, especially, in the early stages. This is partly due to the fact that these two small, almond shaped organs are deep within the abdominal cavity, one on each side of the uterus. These are some of the potential signs and symptoms of ovarian cancer:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often

Other symptoms of ovarian cancer can include:

- Fatigue
- Upset stomach or heartburn
- Back pain
- Pain during sex
- Constipation or menstrual changes



If symptoms persist for more than two weeks, see your physician.

ARE YOU AT RISK?

While the presence of one or more risk factors may increase a woman's chance of getting ovarian cancer, it does not necessarily mean she will get the disease. A woman with one or more risk factors should be extra vigilant in watching for early symptoms. Risk factors include:

- Genetic predisposition
- Personal or family history of breast, ovarian or colon cancer
- Increasing age
- Undesired infertility

FACTS

- All women are at risk
- Symptoms exist - they can be vague, but increase over time
- Early detection increases survival rate
- A Pap test DOES NOT detect ovarian cancer

Source: www.ovarian.org

Step Away from Abuse... GFWC Sock Project

Help domestic violence survivors "Step Away From Abuse." Work with domestic violence shelters in your local community by participating in the **GFWC Sock Project**. Place a pair of new socks in a quart-size, clear plastic baggie. Affix a personalized label with a message of support and encouragement from your club, that reads: "As you begin your new life and Step Away from Abuse, we hope you will find comfort and warmth as you walk into your newly found freedom."



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: Domestic Violence Awareness and Prevention** is to increase awareness of the widespread occurrence of domestic abuse.

Canine Companions for Independence

A GFWC Partner — September is National Guide Dogs Month

*I didn't bring Marcie into my world.
She brought me into yours.*

At age 15, Amanda was paralyzed from the waist down. But she hasn't let that stop her from living on her own terms and enjoying life to the fullest. One big reason is her service dog (and loyal buddy) Marcie, who helps her with all sorts of everyday tasks, from picking up a dropped set of keys to rescuing socks from the dryer. Living independently isn't always easy, says Amanda, "but I have only one life, and I'm going to live it."

For more than 30 years, Canine Companions for Independence has been teaming people like Amanda with dogs like Marcie completely free of charge. To find out more about making a donation, volunteering, or applying for a dog of your own, visit www.cci.org or call 1-800-572-BARK.



Legislative Update... First Victories for the NWHM Act

On September 8, 2011, the National Women's History Museum Act of 2011 passed out of the House of Representatives Committee on Transportation and Infrastructure! The next step will be for the bill to be presented on the House floor. To help this historic museum become a reality, contact your local congressman and encourage him or her to become a co-sponsor of the National Women's History Museum Act of 2011. For more information, and to sign a petition, visit www.NWHM.org.

Source: www.gfwc.org

It's Your Party!

Celebrating Birthdays & More

Happy Birthday to...

September 10th — Mirjhana Buck

September 13th — Ellen Hill

Happy Anniversary to...

Sept. 25th — Ellen & Jamey Hill

Happy BELATED Birthday to...

June 8th — Debbie Spinnenweber

June 13th — Joyce Race

July 12th — Jo Miller



GFWC-MD President's Special Project: Ditty Bags for Veterans

At our October meeting, GFWC Western Maryland Community Club will be assembling Ditty Bags to support Jo Miller's President's Special Project. Below is a list of the items which will be accepted at the Cumberland outpatient facility (taken from their website).

- Phone cards for domestic use (no international cards needed).
- Postage stamps for patients' letters, cards, etc.
- Personal comfort items, new and unopened (i.e. toothpaste, toothbrushes, shaving cream, combs, deodorant, shampoo, denture cleaner, chapstick). They cannot accept the small items you receive at hotels/motels.
- Crossword, or Word Find, or Sudoku puzzle books.
- Paperback books that are clean and in good condition.
- Magazines no more than 3 months old, in good condition.

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

September is National Honey Month!

September is the month to celebrate the sweetest gift of nature—honey, of course! This one, simple ingredient is all-natural, delicious and versatile.

The National Honey Board (NHB) has always recognized the importance of honey bees and the benefits of honey, and in 1989 September was officially deemed National Honey Month. Why September? It's because much of our U.S. honey is harvested during this time.

Americans consume approximately 1.3 pounds of honey per person annually, and now more than ever, people are realizing the incredible versatility of this all-natural ingredient. From the kitchen pantry to the bathroom vanity and beyond, honey plays a valuable role in our everyday lives.

Here are just a few ways you can enjoy honey and its many benefits...

- 🍯 Research beekeepers in your area that are open to visitors, and see the honey extraction process in action. You'll never look at a bee the same way again.
- 🍯 Honey is a natural energy booster, so throw some honey sticks into your bag and enjoy a sweet pick-me-up anytime of the day.
- 🍯 Did you know that honey is a natural skin moisturizer? Homemade honey beauty treatments are affordable and tons of fun!
- 🍯 Honey is a natural cough suppressant, so drink tea and honey as much and often as needed.
- 🍯 Create your own beautiful "honey bar" at home by displaying some of the more than 300 varieties of honey, all varying in colors and texture!

Have fun with your honey bear (literally) this month and celebrate the benefits of honey!

Source: www.honey.com



A super addictive honey-sweet treat with hints of vanilla.

INGREDIENTS:

- 1/2 cup popcorn kernels
- 1/2 teaspoon salt
- 1 cup sugar
- 1 cup honey
- 1 cup creamy peanut butter
- 1 teaspoon vanilla
- 1 cup peanuts (roasted, salted)

Source: www.bettycrocker.com

Vanilla Honey Peanut Butter Popcorn

Prep Time - 10 min. | Total Time - 20 min.
Yields - 10 servings

DIRECTIONS:

1. Pre-heat oven to 200° F. Line 2 baking sheets with waxed paper and set aside.
2. Pop the popcorn kernels in air popper. Place in a large oven proof bowl, sprinkle with salt and set in oven to keep warm.
3. In a medium saucepan, mix sugar and honey. Bring mixture to a boil over medium heat, stirring constantly, and cook for 3 minutes. Remove pot from heat. Add peanut butter and stir until melted and the mixture is smooth. Stir in vanilla.
4. Remove warm bowl of popcorn from oven. Pour peanut butter syrup over the popped corn and mix well until all the popcorn is coated. Add peanuts, if desired.
5. Spread the coated popcorn on the prepared baking sheets. Cool and enjoy!