

Voluncheer!



Newsletter of the GFWC Western Maryland Community Club

September 2012 • Vol. 5, No. 1

Please Join Us for our September Meeting!

Time: 6:00 p.m.

Date: Wednesday, September 26, 2012

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

Project: We'll be making Linus Blankets
(bring scissors — fleece will be supplied)

Greetings WMCC Friends!

Welcome to a new club year and a new administration! I am pleased and proud to serve as your president for the next two years. Many thanks to Bonnie, Jo, Mary and Mary Beth for attending our productive August planning meeting. Some nice projects have been planned—including a Longaberger Basket Raffle and making Linus Blankets—with several other projects in the wings. And we now have a WMCC HOTLINE! for important news and meeting reminders, with Peg in charge of the "red phone."

For a small club, we have much to be proud of... our membership includes both the immediate past GFWC Maryland President and Director of Junior Clubs, three past Western District Presidents, and the entire staff of "The Maryland Clubwoman" magazine... all dedicated volunteers. So let's spread the word! Tell your friends... relatives... past club members... and bring them along on Wednesday, September 26th to help make Linus Blankets... and have some fun! Hope to see you there!

In Federation Friendship,
Debbie



WMCC Officers for 2012-2014 (L to R): Vice-President Peg Gillum, President Debbie Spinnenweber, Secretary Mary Ruddell, and Co-Treasurers Jo Miller and Bonnie Boswell.



A candlelight initiation ceremony was held for WMCC's newest member Mary Beth Strickler (right).

Club Calendar

SEPTEMBER - OCTOBER

- 9/3 LABOR DAY
- 9/11 PATRIOT DAY
- 9/18 GFWC-MD Board of Directors Meeting in Westminster MD
- 9/26 WMCC Meeting at German Life, LaVale (Mary's Office)
- 10/6 Junior Fall Conference in Pocomoke City, MD
- 10/8 COLUMBUS DAY
- 10/20 Western District Board of Directors Meeting in Cumberland, MD
- 10/24 WMCC Meeting & Halloween Party at Debbie's House
- 10/31 HAPPY HALLOWEEN!

September Is

- Women's Friendship Month
- National Guide Dogs Month
- National Ovarian Cancer Awareness Month
- All-American Breakfast 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

**Sharp Scissors to make
"Linus Blankets"
(fleece will be supplied)**

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

"HOLIDAY RAFFLE" No. 101
Name _____
Address _____
City/State/Zip _____
Phone _____
Email _____

No. 101
"HOLIDAY RAFFLE" for
Retired Longaberger® Baskets
sponsored by
GFWC Western Maryland Community Club
Donation: \$20.00 each
Every Ticket has 10 Chances to Win!

1. **Halloween (10/31/12)**
1993 "Harvest" Basket (\$75 value)
with liner, protector and lid w/2 knobs.
2. **Veterans Day (11/12/12)**
1992 "Bittersweet" Basket (\$60 value)
with liner and protector.
3. **Thanksgiving (11/22/12)**
2001 "Lrg. Daily Blessings" Basket (\$75 value)
with liner and double protector.
4. **Christmas (12/25/12)**
1996 "Holiday Cheer" Basket (\$65 value)
with liner and protector.
5. **New Year's Day (1/1/13)**
1994-2004 "Sm. Covered Dish" Pottery (\$40 value)
with blue woven traditions pattern.
6. **Valentine's Day (2/14/13)**
1992 "Dresden" Basket Purse (\$75 value)
with strap, protector, liner and lid.
7. **St. Patrick's Day (3/17/13)**
1989 "Newspaper" Basket (\$165 value)
with protector and divider.
8. **Easter (3/31/13)**
1995 "Easter" Basket (\$75 value)
with liner, protector and tie-on.
9. **Mother's Day (5/12/13)**
1998 "Rings & Things" Basket (\$65 value)
with protector and jewelry pouch.
10. **Father's Day (6/16/13)**
1994 "Tall Tissue" Basket (\$48 value)
with lid.

Proceeds Benefit Community Service Projects

Longaberger® Basket Raffle

WMCC is having a fundraiser! We will be conducting a "Holiday Raffle" for Retired Longaberger Baskets. Tickets are \$20.00 each (donation). A winner will be drawn on each of ten different holidays. All winning tickets will be put back in the hat, so each ticket will have TEN Chances to Win!

Bonnie Boswell has graciously offered to work with the club on the prizes. All items are retired, never



been used, from a smoke-free home, and boxed. Tickets go on sale at the September 18th GFWC-MD Board of Directors Meeting. The first winning ticket will be drawn on Halloween.

Remember your Feathered Friends this Fall!

Here are some tips to help you with your fall bird feeding. By providing fresh seed, nectar and water to the birds who are beginning or continuing their fall migrations, you are helping them be better equipped for their long journey.

Fall is the traditional start of the bird feeding season. If you took down your feeders during the summer, now is the time to bring them back outside. Clean the bird feeders and then fill them with fresh bird seed.

For the fall and winter, consider adding suet feeders to your yard. Suet cakes are composed of rendered beef fat, seeds and grains. This high-energy diet is especially important in the colder zones of the country where a bird's metabolism has to work overtime just to keep warm.

Songbirds need water in any season for drinking and bathing, and all birds need to maintain a ritual of preening their feathers even as the weather gets cooler. Bird baths make their life easier, and if they are heated, they become a steady source of water when streams and rivers freeze.

Source: www.Birdfeeders.com



**Magie
Birdseed (seriously)**

**Pennington Premium
Wild Finch Blend**

Bag says it "attracts a
wide variety of Finches
and other birds."

**10 lb. Bag for \$7.94
at WalMart**



**Friends are the
Flowers in the
Garden of Life**

got news?

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

Deadline: October 1, 2012



Are you a good witch or a bad witch?

This year, our Halloween Party will be a celebration of all the "good" we do as volunteers.

**Join Us for a "Gathering of the Good Witches"
6:30 p.m. on Wednesday, October 24, 2012
Debbie Spinnenweber's House**

Be working on your costumes now! Remember that witches can be pretty or ugly, scary or funny!

GFWC PARTNERS are organizations who have a formal relationship with GFWC. Partners offer unique and customized services: materials, speakers, kits, and/or additional information specifically designed for GFWC clubs.

September is National Guide Dogs Month

Canine Companions for Independence

Canine Companions is the oldest and largest assistance dog program providing trained dogs for children, adults, and veterans with physical disabilities. Founded in 1975, they're leaders in the field and have placed over 3,700 assistance dogs. Canine Companions breeds and trains their own dogs to get the temperament, intelligence, focus, health, and work ethic needed. Their breeding program is highly regarded and looked at by others for best practices. At eight weeks old, puppies are placed with volunteers who raise the puppies for 15 months, teaching basic obedience commands and socialization skills. Then they return the dog to Canine Companions for six months of professional training to learn the 40+ commands they need to know to do tasks for people with disabilities.

GFWC is working with Canine Companions for Independence on its Wounded Veteran's Initiative. CCI has provided many assistance dogs to injured service men and women who are returning from the Iraq and Afghanistan wars. An assistance dog can provide the help a veteran needs to regain independence, when they're trying to put their life back together after an injury. Visit www.CCI.org.



September is National Ovarian Cancer Awareness Month

Inside Knowledge: Get the Facts About Gynecologic Cancer Campaign

The Inside Knowledge: Get the Facts About Gynecologic Cancer campaign educates women and health care providers about the five most common types of gynecologic cancer: cervical, ovarian, uterine, vaginal, and vulvar.

This initiative was developed by the Centers for Disease Control and Prevention and supports the Gynecologic Cancer Education and Awareness Act of 2005, or Johanna's Law, passed unanimously by Congress in 2006, and signed into law in 2007.

Gynecologic cancer is any cancer that starts in a woman's reproductive organs. Each year in the United States, about 71,500 women are diagnosed with a gynecologic cancer and approximately 26,500 women die from one. Each gynecologic cancer is unique and has different signs, symptoms, risk factors, and prevention strategies. Inside Knowledge offers information and resources in English and Spanish to women and health care providers about risk factors, symptoms, and prevention strategies associated with each of the cancers. Visit wwwn.cdc.gov/pubs/dcpc1.aspx.



It's Your Party!

Celebrating Birthdays & More

Happy Birthday to...

September 6th – Mary Beth Strickler

September 10th – Mirjhana Buck

September 13th – Ellen Hill

Happy BELATED Birthday to...

June 8th – Debbie Spinnenweber

July 12th – Jo Miller

Happy Anniversary to...

Sept. 25th – Ellen & Jamey Hill

Happy BELATED Anniversary to...

May 12th – Bruce & Debbie

Spinnenweber



2012-2013 Meetings

August 22, 2012

Mary Ruddell's • Planning Meeting

September 26, 2012

German Life • Linus Blankets

October 24, 2012

Debbie Spinnenweber's

Halloween Party

Art Supplies for Friends Aware

November 14, 2012

Bonnie Boswell's • Ornament Exchange

December 12, 2012

Mary Beth Strickler's

Christmas Party & Gift Exchange

January 23, 2013

General Graphics • Reports

February 27, 2013

Henney's • Plan Ditty Bags

March 27, 2013

Peg Gillum's • Assemble Ditty Bags

April 24, 2013

City Lights

Anniversary Meeting & Gift Exchange

May 22, 2013

Jo Miller's • Annual Meeting

WMCC Officers 2012-2014

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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 All-American Breakfast Month

Why Eat Breakfast? (Just The Facts)

I. Children who eat breakfast perform better on standardized achievement tests and have fewer behavior problems in school.

A. Harvard University/Massachusetts General Hospital study of children in Philadelphia and Baltimore schools discovered that students who usually ate school breakfast had improved math grades, reduced hyperactivity, decreased absence and tardy rates, and improved psycho-social behaviors compared with children who rarely ate school breakfast.

B. Tufts University recognized that "Children who participated in the School Breakfast Program were shown to have significantly higher standardized achievement test scores than eligible non-participants."

II. Eating breakfast has an advantageous effect on late-morning mood, satiety and cognitive performance.

A. "Eating breakfast of any kind prevent(s) many of the adverse effects of fasting," such as irritability and fatigue, according to Bonnie Spring, Ph.D., University of Health Sciences/Chicago Medical School.

B. "Breakfast can establish the tone for the next 16 hours (of each day after eating it). Why not treat yourself to a nice meal and a quality hour to collect yourself and focus on what's important?"

III. Eating breakfast keeps you thin.

A. Researchers from the National Weight Control Registry, a database of more than 3,000 people who have lost at least 60 pounds and kept it off for an average of 6 years, found that eating breakfast every day was a weight control strategy for 78% of the people in the registry. People who kept off weight long-term also reported eating a low-fat diet and exercising for an hour or more each day.

IV. Breakfast is delicious!

Source: www.mrbreakfast.com



Banana-Walnut Pancakes with Caramel Topping

Prep Time - 15 min | Total Time - 15 min

Yield - 4 servings (3 pancakes each)

Bring restaurant-menu pancakes home with delicious fiber-rich pancakes.

DIRECTIONS:

1. Heat skillet or griddle over medium-high heat or to 375°F. Grease with vegetable oil or shortening.
2. In medium bowl, stir pancake mix and water with fork or wire whisk until smooth (batter will be thin). Stir in mashed banana and 2 tablespoons walnuts.
3. For each pancake, pour slightly less than 1/4 cup batter into hot greased skillet. Cook until bubbles break on surface and edges just begin to dry. Turn; cook about 1 minute or until bottoms are golden brown.
4. Serve pancakes topped with sliced banana, 2 teaspoons walnuts and the caramel topping.

Source: www.livebetteramerica.com

PANCAKE INGREDIENTS:

- 2 cups Fiber One™ Complete pancake mix (from 28.3-oz box)
- 1-1/3 cups cold water
- 1/2 cup mashed ripe banana
- 2 tablespoons chopped walnuts

TOPPINGS:

- 1 firm ripe banana, sliced
- 2 teaspoons chopped walnuts
- 1/4 cup fat-free caramel topping