



The Clubwoman
GFWC Woman's Club of Westminster, Inc.

February 2010

A Note from Norma Jean:

At our last meeting the Public Affairs Department presented an inspiration that hit home with many of us. Here is the message:

Life is an opportunity, benefit from it.
Life is beauty, admire it.
Life is bliss, taste it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is costly, care for it.
Life is wealth, keep it.
Life is love, enjoy it.
Life is mystery, know it.

Life is a promise, fulfill it.
Life is sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is too precious, do not destroy it.
Life is life, fight for it.
Mother Teresa

Norma Jean

Norma Jean Swam, President

**FEBRUARY IS NATIONAL HEART MONTH! WEAR RED TO OUR MEETING ON
FEBRUARY 9TH!**

DEPARTMENTS & COMMITTEES UPDATE

Public Affairs---AN Attitude of Gratitude... that best tells us how our Stars and Stripes Packages were appreciated by all of the recipients. Such phrases as..."I wish I could write you all personal notes of thanks"... "Being appreciated for our work is so nice"... "Very nice stuff. Tell them all thanks" and so much more... Thank you to all who made this project so significant to our troops overseas. Original ARC... again there is so much thankfulness for our recycling efforts for them. Please bring your cards for their reuse by their clients. ALL cards are needed and used as they remake them into their new versions. January is a great time to recycle Christmas cards, birthday cards, anniversary cards, get well cards, etc. We also have sold the remade versions for the ARC and have passed on to them \$180.00 so far. Helping others is our Club mission.

Voices for Children Carroll County is hosting a Family Fun Night at Friendly's on Monday, February 15, 2010. Flyers will be available at the February club meeting. Because a percentage of all sales will go to support this group, it is important that you bring the flyer. Please show your support for Voices for Children - and, who wouldn't enjoy finishing off your meal with a delicious ice cream sundae!

Home Life Department - Please remember to wear RED to our February meeting. Did you know Heart disease is the #1 killer of women? February 5 is National Wear Red Day. We will **GO RED FOR WOMEN** at our meeting to remind us of the risks of heart disease. One of the key factors in living a heart-healthy life is to know your numbers:

- > Know your blood pressure. Keep it below 140/90mm Hg.
- > Get moving - at least 30 minutes of moderate intensity activity on most days of the week.
- > Eat healthy - lower salt, eat more fruits and vegetables, low fat dairy products.
- > Maintain healthy weight.
- > Follow your healthcare provider's advice exactly, especially regarding medications.

Help for Haiti - The International Affairs Department is planning a work day in February for the purpose of assembling Hygiene Kits for Haiti. Hygiene Kits can mean the difference between sickness and health for struggling families. Below is a list of items that are to be included and we would appreciate any that you could contribute and bring to the February 9 meeting. The list is as follows:

- ✓ Hand towel measuring approximately 16 x 28 (no fingertip or bath towels)
- ✓ Washcloths
- ✓ Wide-tooth comb
- ✓ Nail clipper
- ✓ Bar of soap (bath size in wrapper)
- ✓ Toothbrush (in original wrapper)
- ✓ Band-aids

Please NO toothpaste. It will be added at time of shipping.

THANKS SO MUCH FOR ALL YOU DO! We volunteer locally and give globally!

Serve at SERRV - February 22 is our next date at SERRV. We work from 9-3? and in between talk, laugh, eat, and really turn out the work for SERRV. Come join us!! They appreciate us!!

Pop-Top Tabs – Remember to save your pop-top tabs from soda, beer, canned goods, etc. and bring them to a club meeting for the Ronald McDonald House. Please give your tabs to a member of the Home Life Department or co-chairs, Gerri Reck or Barb Gunther.

Update on Kevin Wagman – Since many of our members are friends with Tricia, Kevin, Nick and Becca Wagman we wanted to make sure that everyone knows of a website devoted to updating friends and family on Kevin's condition since his stroke and heart attack last week. Announcements are posted; you can write a message to the family or volunteer for a dinner. The site is called Lots a Helping Hands. To access the site go to <http://www.lotsahelpinghands.com/c/622599/login/>. If you'd prefer to send a card to the family their address is 153 East Green Street, Westminster, MD 21157. Tricia is a member of the Junior Woman's Club, an active volunteer in the community and a RN at Carroll Hospital Center.

Celebrating Our Accomplishments! At the March 9th meeting Department Chairs will present their reports highlighting activities and projects for 2009. Please plan to join us as we celebrate all that we achieved in the past year!!

Conservation Department – Hang in there! Spring is coming!!

LOOKING AHEAD – Please mark your calendar so you don't miss these events!

February 5 – National wear **RED** day to raise awareness of heart disease.

February 9 – 1:00 – 3:00 General Meeting at the Carroll Nonprofit Center, Clifton Blvd. Dr. Charles Eckard, Superintendent of Carroll County Schools is our guest speaker. WEAR RED!

February 15 – Voices for Children – Carroll County at Friendly's. Flyers will be available at February meeting. Contact Barb Gunther for information.

February 15 – Book Browsers meet at the home of Carol Kershner. This month's book is The Good Earth, by Pearl Buck. Lura Griswold will lead the discussion. Everyone is invited!! Contact Carol Quinn for information.

February 16 – MFWC (Maryland Federated Women's Clubs) meeting in Bowie. Contact Norma Jean for information. WEAR RED!

February 22 – Work Day at SERRV, New Windsor. 9:00 – 3:00. Contact Sally Marks for information.

February 26 and March 1 – Dr. Seuss Reading Days in the Carroll County Public Schools. Contact Jackie Hering for more information.

March 2 – 9:30 – 11:30 Board Meeting at the home of Sandy Ferguson.

March 9 – 1:00 – 3:00 General Meeting at the Carroll Nonprofit Center, Clifton Blvd. Business Meeting – Department chairs present accomplishments from 2009!

Quote of the Month: “Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

~ Unknown

The Clubwoman is published monthly for the GFWC Woman’s Club of Westminster, Inc. For more information about events and information please contact Norma Jean Swam at 410-871-0741. For questions concerning the electronic version of the newsletter please contact Sharon Quinter at sharonquinter@comcast.net.