

# The Spirit of Volunteerism

GFWC Junior Woman's Club of Jacksonville



February 2007

**Our Next Meeting** will be **Tuesday, February 13<sup>th</sup>** at the City Rescue Mission (CRM) Located at 426 South McDuff Avenue, Jacksonville, FL 32254 (904) 421-5149 website: [www.crmjax.org](http://www.crmjax.org) We will be meeting **promptly** at 6:30pm to tour the facility. We will not have a social time, there will be a meeting after the tour. If you are interested in carpooling please call Debi at 614-5882.

**Admission Price** for the meeting: Flip fops. The residents of the CRM have a need for flip fops to wear to the community shower rooms (gym, colleges, etc) for the two locations: McDuff location has 80 men & 40 women, State Street has 70 men. Sharyl Mitchell did some checking and they are on sale at Target. You might want to try the dollar store too! Just think of the numbers of feet that you could make **VERY HAPPY**

**The January Meeting** was held at The Frame Shop in Avondale with the owner, Brad Trader. This gallery showcases rotating exhibits of local, regional and world-renowned artists. The custom framing shop specializes in hand-carved frames, as well as restorations. It was a great place for our first meeting of the year!

## Department News and Info:

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### **ART: Here is a great idea to make your own Heart in Hand Valentine Card**

**Supplies needed:** Pieces of construction paper or gift wrap (at least 2 different colors), A pencil and a marker, Scissors, Glue, Optional: A printer (if you want to use the heart templates)

Trace your handprint on construction paper. Carefully cut it out Cut out some red, pink or purple hearts - they should be a little bigger than the lollipops you have. Using green construction paper, cut out some leaves. If you'd like, use a [heart template page](#) and print it out to help you draw hearts. Pick the right size that fits inside your handprint. Glue a heart onto your handprint cutout. Write a message to your Valentine.

If you like, have the hand show the [American Sign Language](#) sign for "I love you," which has the only the ring finger and the middle finger folded and glued down.

You now have nice Valentine card for a friend.



For more ideas check out the following website:  
<http://www.enchantedlearning.com/crafts/valentine/handheartcard/>

**Conservation: Ronald McDonald House** still needs our help, so please continue to collect pop tops! This provides money for them to pay the electric bill.

**District News: HAPPY ANNIVERSARY** our club turned 80 years old this year!!!

Official Call for District 4 Arts and Crafts Festival Feb 23 in Crescent City, FL. If you are interested in attending please contact Debi Chastain by Feb 14<sup>th</sup>. The registration form will be brought to the Feb Meeting.

**Education:** Verizon literacy campus is a website developed by the National Center for Family Literacy and ProLiteracy Worldwide and founded by Verizon Communications, designed to offer free information and support to those who care about and work to address the literacy challenges faced by 90 million Americans. Volunteers play varied and significant roles in addressing this challenge. Visit [www.literacycampus.org](http://www.literacycampus.org) to prepare to make a difference in others' lives.

Please keep saving your **box tops** for education on behalf of Grace Episcopal Day School. The school receives donations of equipment and supplies from the companies who support the program.

**Fundraising:** Our first fundraiser for 2007 has been scheduled. Sharyl Mitchell will be hosting the first Cookie Lee Party at her home on Feb 16<sup>th</sup> at 7pm. Contact Sharyl for directions at [Sharyl\\_jax@yahoo.com](mailto:Sharyl_jax@yahoo.com)

**Home Life:** February is National Heart Month and Sharon Paquin found a great article on **10 steps to a healthy heart:**

**Eat your way to a healthy heart with these easy-to-follow guidelines for lowering your cholesterol**

If you have high cholesterol, high triglycerides, a family history of heart disease or have even been diagnosed with heart disease yourself, your initial reaction to planning meals is most likely: Help. But don't worry - following a heart-healthy diet can be as simple as 1-2-3. Just stick to these guidelines and you'll be sure to see those cholesterol levels coming down.

1. **Reduce saturated fat intake.** Saturated fats are typically solid at room temperature. Try the squeeze test: the firmer the fat, the more it's saturated. Take a pack of butter and tub of margarine - it's obvious that the butter is more solid, meaning it contains more saturated fats. Saturated fats contribute to the plaque build-up inside our arteries and help raise blood levels of cholesterol. Butter, lard, whole milk, cream, animal fat (think of the

skin and fat on poultry and the fat and marbling in red meat) and bacon are especially high in saturated fat. Saturated fats are also used in many snack products such as chips, biscuits, crackers and pastries. Read the nutrition information per portion - anything that provides more than 3g of saturated fat per portion should be limited to occasional treats or avoided.

2. **Use monounsaturated fats.** Olive oil and [canola oil](#) are high in monounsaturates, which help reduce blood cholesterol and may help raise levels of HDL, the 'good' cholesterol. Use olive or canola oil in cooking or as a salad dressing. You can even find margarine spreads that are made from olive or canola oil. Don't go overboard: a little bit goes a long way.
3. **two meals each day, and make sure each portion covers at least half your [dinner](#) plate** (that's why you're eating less animal protein).
4. **Use low-cholesterol spreads.** If you use a butter or margarine spread, try one of the newer cholesterol-lowering spreads such as Benecol or Flora pro.activ. **Increase your fiber.** Fiber is found only in plants - fruits, vegetables, grains and legumes. Try to eat 25-35g fiber each day (read the labels for the amounts in foods you normally eat). Fiber helps lower blood cholesterol and people who eat more fiber have a lower risk of heart disease. Start your day with a bowl of high-fiber breakfast cereal (at least 5g fiber per serving) and you'll be well on your way to meeting your fiber goal.
5. **Think seafood.** Eating a decent portion of seafood (75-100g) once or twice a week increases the amount of healthy omega-3 fatty acids you eat and decreases your risk of heart disease. Choose coldwater fish for the most omega-3 fatty acids: mackerel, salmon, albacore tuna and sardines.
6. **Eat less animal protein.** Try to keep your portions of chicken, turkey, pork, beef and veal to the size of a deck of cards (about 75g). That way, you'll eat less fat and you'll have room for more veggies. Which leads us to the next suggestion...
7. **Eat your veggies.** Choose dark green leafy vegetables such as broccoli, kale and greens for high amounts of folic acid and fiber. Dark orange veggies such as carrots and winter squash contain phytochemicals, which have many health benefits. Include a wide variety of veggies in at least
8. **Eat your oats** Oat-based cereals that contain the oat bran fiber beta glucan, have been shown to help lower 'bad cholesterol', whilst maintaining 'good' cholesterol levels. Choosing an oat-based cereal for breakfast is a quick and easy way to fit it in to your everyday diet.
9. **Go a little nuts.** That is, sprinkle a tablespoon of chopped nuts on a salad or over your morning muesli. You can even snack on nuts, but don't go overboard. The fat in nuts helps lower cholesterol and they contain fiber. Just remember, a serving of nuts is about the size of your thumb.
10. **Choose low-fat dairy products.** Some studies have indicated that drinking skimmed milk each day helps

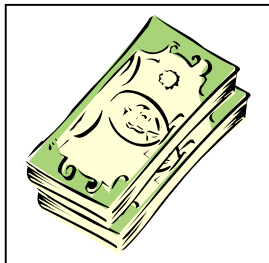
lower blood pressure. The fat in dairy products is saturated and should be avoided. The fat in dairy products is saturated and should be eaten in moderation. Choose skimmed milk, low-fat cheeses (no more than 20g fat per 100g) and low-fat yoghurt.

Wasn't that simple? Check off the suggestions you already follow and then pat yourself on the back for making healthy changes. Next, choose one suggestion to implement *today*. After two weeks, go to the next suggestion, and so on. Within the next six months you'll have made numerous changes that put you on the road to a healthy heart.

**NEW ADDITION:** Sharyl Mitchell has volunteered to do a monthly Fitness Corner with tips, recipes and ideas to help our weight loss program.

**International Affairs:** CARE is working alongside women and girls to equip them with the proper resources to make a difference in their communities. Through CARE programs, steps are taken to improve basic education, prevent the spread of HIV, increase access to clean water, expand economic opportunity and protect natural resources. Check out the CARE website [www.care.org](http://www.care.org) for more information.

**DUES ARE DUE:** Remember annual club dues are due by March 1<sup>st</sup> for \$50.00 for active members. Please make your check payable to GFWC Jr Woman's Club of Jacksonville. You may send your payment to our treasurer, Susan Rickard



at 1424 Biscayne Bay Drive, Jacksonville, FL 32218

**Membership:** If you are interested in becoming a member please contact Tressa Kirilloff. For more Membership information in the GFWC Junior Woman's Club of Jacksonville, please contact Tressa Kirilloff, 616-8121 or: [JWCJax@aol.com](mailto:JWCJax@aol.com). **Remember, membership starts with you!**

**Public Affairs:** Let's help the female soldiers in the US Army. The GFWC Hobe Sound Women's Club is in contact with Captain Molly Davidson, who was call back to duty in Kuwait. Club members want to make sure these

brave women are remembered and so they have a wish list:

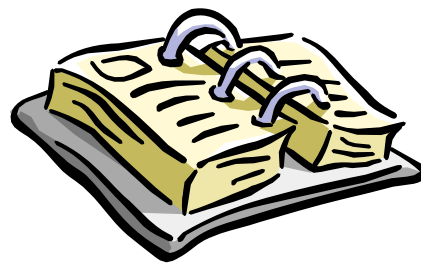
Books New or Used (fiction, mystery or romance), toiletries, cookies and all baked goodies, CHOCOLATE (there is withdrawal), games and playing cards. Please bring any items to the **March** meeting, Sharon Paquin will get it in the mail for the club.

## MEMBER NEWS:

Regina Nolting's son, Erik Hamilton and Jennifer Goodwin tied the knot on January 27<sup>th</sup>. We wish them all the best!!!!

Congratulations to Susan Rickard on her new employment with Dade Paper as a Sales Consultant.

If you have any news you would like to share, please contact [JWCJax@aol.com](mailto:JWCJax@aol.com) so we can let the members know what is new with you.



## Calendar of Events:

**Tuesday, Jan 9<sup>th</sup>** JWCJ Monthly meeting at the Art Gallery

**Monday, Jan 15<sup>th</sup>** Martin Luther King Day

**Friday, Jan 19<sup>th</sup>** Arbor Day

**Tuesday, Feb 13<sup>th</sup>** JWCJ Monthly meeting

**Friday, Feb 16<sup>th</sup>** Cookie Lee Fundraising party at Sharyl's house

**February** –St. John's Valentine Party TBA