MUWC Played Tourist-in-Town during January, and Charleston will never be the same!

Ladies stop to strike a pose at the Gibbs Art Gallery at one of the several outings last month!
Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men - his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured. According to one legend, Valentine actually sent the first "valentine" greeting himself. While in prison, it is believed that Valentine fell in love with a young girl - who may have been his jailor's daughter - who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial - which probably occurred around 270 A.D. - others claim that the Christian church may have decided to celebrate Valentine's feast day in the middle of February in an effort to "christianize" celebrations of the pagan Lupercalia festival. In ancient Rome, February was the official beginning of spring and was considered a time for purification. Houses were ritually cleansed by sweeping them out and then sprinkling salt and a type of wheat called spelt throughout their interiors. Lupercalia, which began at the ides of February, February 15, was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus. To begin the festival, members of the Luperci, an order of Roman priests, would gather at the sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would then sacrifice a goat, for fertility, and a dog, for purification.

The boys then sliced the goat's hide into strips, dipped them in the sacrificial blood and took to the streets, gently slapping both women and fields of crops with the goathide strips. Far from being fearful, Roman women welcomed being touched with the hides because it was believed the strips would make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would then each choose a name out of the urn and become paired for the year with his chosen woman. These matches often ended in marriage. Pope Gelasius declared February 14 St. Valentine's Day around 498 A.D. The Roman "lottery" system for romantic pairing was deemed un-Christian and outlawed. Later, during the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of February - Valentine's Day - should be a day for romance. The oldest known valentine still in existence today was a poem written by Charles, Duke of Orleans to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. The greeting, which was written in 1415, is part of the manuscript collection of the British Library in London, England. Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

In Great Britain, Valentine's Day began to be popularly celebrated around the seventeenth century. By the middle of the eighteenth century, it was common for friends and lovers in all social classes to exchange small tokens of affection or handwritten notes. By the end of the century, printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings. Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began to sell the first mass-produced valentines in America.

According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.)

Approximately 85 percent of all valentines are purchased by women. In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, and Australia.

Valentine greetings were popular as far back as the Middle Ages (written Valentine's didn't begin to appear until after 1400), and the oldest known Valentine card is on display at the British Museum. The first commercial Valentine's Day greeting cards produced in the U.S. were created in the 1840s by Esther A. Howland. Howland, known as the Mother of the Valentine, made elaborate creations with real lace, ribbons and colorful pictures known as "scrap."
Roses are Red  
Posies are blue  
This event can not happen  
Without all of YOU!

The MUWC will gather outside of the Volunteer Office at 9:00 a.m (101 CH) on Thursday, February 17th to arrange flowers for the patients of the MUSC Medical Center. This is one of our ways we give back. We need flowers, many vases, filler leaves and YOU to help us brighten the day for many patients at MUSC! You can help by donating small vases and/or fresh flowers to us that morning, or you can send a check to MUWC and we will use your donation to purchase flowers in bulk.

Please come and join the fun-we need 10 volunteers to make this run smoothly. For more information and to RSVP, contact Megan Zwerner at 843-216-1874 or megan.zwerner@gmail.com.

♥ IT'S HEART MONTH!!!!!  ♥
Fruits and vegetables: At least 4.5 cups a day

- Fish (preferably oily fish): At least two 3.5-ounce servings a week
- Fiber-rich whole grains: At least three 1-ounce-equivalent servings a day
- Sodium: Less than 1,500 mg a day
- Sugar-sweetened beverages: No more than 450 calories (36 ounces) a week

Other Dietary Measures:

- Nuts, legumes and seeds: At least 4 servings a week
- Processed meats: No more than 2 servings a week
- Saturated fat: Less than 7% of total energy intake

The American Heart Association recommends that you eat a wide variety of nutritious foods daily. Remember, even simple, small changes can make a big difference in living a better life.

"Voted Top 10 Finalist in the Morris Press Cookbook Design Contest"

GIVE....FOR THE HEART!

Valentine Sweet for Your Sweetie
Ann’s Charleston Chews (A MUWC Favorite!)
by. Ann Edwards

8 T. soft margarine (trans fat free)
2 c. brown sugar - packed
2 eggs - beaten
1 c. plain flour
1 tsp. baking powder
1 tsp. vanilla
3/4 c. pecans coarsely chopped

Preheat oven to 350 degrees. Mix all ingredients by hand. Spread into a 9 x 13 inch baking dish and bake for 22 minutes. Makes 18-20 servings

WOMENS HISTORY MONTH - MARCH 2011

Chris Conway, WHM chair announced the date for this year's art reception at the MUSC Wellness Center's, Courtenay Gallery, Thursday, March 3rd 5-6:30. The club has been asked if we can help with setting up, cleanup, wine station attendant, and bringing desserts: brownies, cream puffs, cookies, etc. Please contact Chris Conway chrconwy@hotmail.com 884-6681 to volunteer or provide a dessert.

2nd Annual MUWC Francis Marion National Forest Nature Walk
"Indiana Jones Bridge" with Ken Patrick
When: Sunday, February 20, 2011 (Rain-date: February 27, 2011) 9:30 A.M.

Where to meet: Mt. Pleasant Kohl's parking lot, Highway 17N (in the new Walmart shopping center) at 9:30 A.M. followed by a short drive to trail parking.

Hike: 3-4 miles across colonial rice plantation levies (and a chance to see a Bachman's Warbler?).

Who: MUWC members and guests, including children (no dogs, please).

What to bring: 2 to 3 (12oz) bottles water, hat, layered clothing, light snack, tissues, hiking stick, small collapsible umbrella (depending), comfortable small backpack

Why on a Sunday? No hunting is allowed on Sundays.

For those who are interested, we're planning to eat at Seewee Restaurant after our walk.

RSVP to Laura Patrick- lgpatriqk@comcast.net by Saturday, February 19th for a head count.

CLUB CORNER CONTACTS

Lunch Bunch - RSVP to Betty Howell, 577-6285, bettyhowell25@att.net
Bridge Club - Contact: Jenny Reves, 209-9857 (cell) or 853-5970, or jennyreves@yahoo.com
Book Club - Contact: Terri DeVane, terri.devane@gmail.com & phone 559-3636
The Investment Club - The Investment Club meets the last Tuesday of the month at the downtown Charleston County Library, 1:30 PM, Meeting Room B. Newcomers are welcome. If you have any questions or would like more information, please email Laura Patrick or call her at 884-4380, lgpatriqk@comcast.net
Mahjongg Club - Sunny Steinberg, 884-3991, samuel22@bellsouth.net
Dining Divas - Contact Debbie Lambert, 795-2285 or dpl_chalacha@hotmail.com

PLEASE CONTACT THE CHAIR LISTED ABOVE FOR DATES AND SCHEDULES OF UPCOMING EVENTS. WE ARE ALWAYS LOOKING FOR NEW PEOPLE TO JOIN IN! COME ON, TRY US OUT TODAY!
OTHER INVITES FOR YOU!

Mrs. Leah Greenberg and the MUSC Cultural Projects Council invite you to a musical valentine treat of classical music from the romantic period.

Armme Ghazaryan, pianist
Hollings Cancer Center Lobby

February 11th @ 12:00 pm

Please feel free to bring your lunch!

Friends - The Trans-Siberian Orchestra will be performing on April 21 at the North Charleston Coliseum and $1 of every ticket will be donated to MUSC Children's Hospital. This is made possible by our friends at WEZL and Y102.5. If you haven't been to one of their performances, I think you will be very pleasantly surprised at this very high energy - wonderfully talented show.

WHY NOT VOLUNTEER AT THE GREATEST PLACE IN CHARLESTON?
MUSC MEDICAL CENTER

Come volunteer today!  Go to [www.MUSCHHealth.com/volunteer](http://www.MUSCHHealth.com/volunteer)
We are waiting for you!

DINING DIVAS CALENDAR

Designed for the working women of MUSC!  Come dine and socialize with us at the following locations during the coming year.  Meeting times will be at 5:30 p.m. unless it is marked as a lunch date which will start at 12 Noon.

02/23/11 HALO - Across from the MUSC Horseshoe (Lunch)
03/31/11 Saffron Cafe' and Bakery, 333 East Bay Street
Editor's Note

Valentine Treasures

Valentine treasures are people who have often crossed your mind, family, friends and others, too, who in your life have shined the warmth of love or a spark of light that makes you remember them; no matter how long since you've actually met, each one is a luminous gem, who gleams and glows in your memory, bringing special pleasures, and that's why this Valentine comes to you: You're one of those sparkling treasures!

By Joanna Fuchs
MUWC APPLICATION: _____ New Member _____Renewing Member

Name______________________________________________ College/Dept./Title__________________________

Address_____________________________ __________________________________________________

Ph: H____________W____________C_______________ Email_________________________________

Spouse’s Name____________________________________ College/Dept./Title____________________________

I am interested in joining: ______Book Club _____Lunch Bunch ______Bridge Club _____MahJong _____Investment Club

I am interested in volunteering for: ______________________MUWC Projects ___________Hospital Volunteer

Send this form with your tax-deductible dues to: Terri DeVane 5092 Chisolm Road, Johns Island, SC  29455

Amount Enclosed: $ _______________________ (Payable to MUWC)