Happy New Year GFWC Maine!

It’s that time of year again — when seemingly every advertisement, social media post, or well-meaning loved one is quick to remind you how you’re due for a refresh, a restart, a rebrand. Well, this time of the year can have challenges for many of us, dark and cold days and nights… quiet time in your day is important. You set the tone to motivate yourself to create new obtainable habits. The more enjoyable and rewarding your endeavor to you, helps you stick with it! The season of hope is on the horizon! Spring is only a short time away and I am looking forward to those Yellow Tulips blossoming! I have been humbled by the outpouring of support for this project; pictures are still coming in from across our state!

Visiting our GFWC Maine Clubs has been a wonderful way to meet with you fabulous women! I am in awe of the work you contribute to your communities, state, and country! Anniversary celebrations have been presented with much pride and detail! More festivities to come this Spring!

Excitement is underway in the planning of our GFWC Maine Spring Convention! The ‘secret’ is out that Elvis will have an appearance, entertaining we screaming women! Get that “Sock Hop” attire ready for a fun filled evening! Perhaps a dance contest will ensue?! I have other surprises in the works but I love to tease… please keep that in mind! Mark your calendars for May 11th and 12th for the GFWC Maine Spring Convention in Bangor Hilton Garden Inn.

Please be kind to yourself and check in on your ‘strong’ friends…Mental Health Matters…

Soar with love, Maureen Provencal GFWC Maine President
The HEART of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others…

Happy Hearts Day from your GFWC Maine Board of Directors and GFWC Officers.
Happy New Year GFWC Maine!
As I sit here enjoying our “winter happy place” I wonder what to share with you in this PTNs, on the Signature Program, Domestic & Sexual Violence Awareness and Prevention. I am pleased to say that we have been blessed with another year of coming together and working to make our communities a safe and welcoming place that we can call “home”. Then my mind goes to the thoughts that so many individuals and families are suffering and don’t have that luxury. They are not living in safe, happy homes, but we can make a difference again as we have in the past! Let’s continue to find the areas that are needed to benefit the families in our state that need our support in 2023. Here are some suggestions for you to consider.

January is Human Trafficking for Sexual Purposes Month
Every single community is dealing with this horrific scar on our society. Our members can help in this area by supporting our local agencies and contacting them to see what is needed to advocate, support, learn to identify the signs to look for, or donate. It is an area that definitively needs our help. Think outside the box and start a program!

February is Teen Dating Awareness Month. Recognizing February as Teen Dating Violence Awareness and Prevention Month is a first step in helping young people stand up for one another, choose better relationships, understand that healthy relationships are based on respect, and learn to identify the early warning signs of an abusive relationship.
- Using insults, intimidation, or humiliation
- Extreme jealousy, insecurity, or controlling behavior
- Isolation from friends and family
- Unwanted sexual contact of any kind
- Explosive temper or unusual moodiness
- Constantly monitoring social media activities or location
- Invasions of privacy; showing up unannounced
- Leaving unwanted items, gifts, or flowers

Campus Sexual Assault
Education about sexual assault and consent begins long before college, in the messages children receive from their parents and other adults. We can plant the seed of consent and respect in children from an early age with this simple lesson: People should not touch each other without asking first. As children grow, the messages grow with them. We also all have a role in modeling respectful and consensual interactions, both sexual and nonsexual. In addition, community members should pay attention to their local and state policies and legislation, and they should advocate for positive change in support of sexual violence prevention efforts and effective reporting and supportive services for survivors.

February is the month to share our Love. For our survivors this quote says a lot - “It’s okay to start over, let someone else love you the right way.” — Rod Wave
Show your love by supporting the Signature Program.

Your Chairman is still accepting donations for our Elder Abuse Essay Scholarship for award on June 15th! Thank you to all who have donated; it is much appreciated. Thank you in advance for those who are still considering donating.

Katherine (Kathy) White GFWC Maine Signature Program Chairman
The days are getting longer, and I revel in noticing the change!! Technically we are in the “bleak mid-winter”, but I can see the light at the end of the tunnel by being mindful of more daylight.

I would remind you that February is Heart Disease Awareness Month. Please consider wearing red on Friday, February 3rd to raise awareness about this debilitating disease, the #1 killer of women. Sadly only 56% of women recognize this fact. Let’s change that by following these proven 8 Health Behaviors:

- Eat Better
- Be More Active
- Quit Tobacco
- Manage Weight
- Control Cholesterol
- Manage Blood Sugar
- Manage Blood Pressure
- Get Healthy Sleep

Start with yourself and your family and then figure ways your club can help get the message out. Also Remember: February 14th is National Organ Donor Day – a day to bring awareness and educate others on the need for organ, tissue, marrow, platelets, and blood donation. Currently 113,000 individuals are on the national transport waiting list. The need is so much greater than the availability. Most organs are donated upon death, however, blood, marrow, platelets, tissue, and some organs can be donated while living. According to the National Institute on Aging, “there is no age limit for donation or signing up. In 2021, on out of every three people who donated organs was over the age of 50. The oldest organ donor in the US was 92! You can sign up through the state registry or when renewing your driver’s license. Questions about whether you can be an organ donor can be directed to: https://www.nia.nih.gov/health/frequently-asked-questions-about-organ-donation-older-adults

“No act of kindness, no matter how small is ever wasted” Aesop

Sally Manchester Health & Wellness Chairman
Greetings from GFWC Maine Environment Chairman,

By now I hope you have your two containers ready for the collections of tabs and corks. Don’t forget to enlist the help of others in your orbit to join in the experience as we recycle these items and in so doing assist in donating money to the Ronald McDonald House in Bangor. The corks will be sent to TerraCycle unless I find another source for them.

Don’t forget to tally your hours of dedication and volunteering for GFWC Maine in 2022. I look forward to reading about your club’s activities around the environment as we continue to:

1. Preserve Resources,
2. Protect Wildlife and Domesticated Animals,
3. Live Sustainably, and lastly
4. Beautify Communities and Enjoy Nature as GFWC Maine members.

Tina Neese, GFWC 2022-2024 Environment Chair, shared this quote in her last newsletter. 

”What good is the warmth of summer, without the cold of winter to give it sweetness.” by John Steinbeck.

Until the next issue of Pine Tree Notes, this is Deb Burnham, GFWC Maine Environment Chairman, 2022-2024 bidding you a fantastic 2023 full of appreciation for this big blue planet and continuing to learn how to protect it together. Any questions or concerns please contact me at: 197debb@gmail.com

Debra Burnham GFWC Maine Environment Chairman
Education & Libraries - Support Public Schools

- Support schools, educators, and students with donations: Obtain a supply list from a local school and organize a club or community drive to supply book bags, notebooks, binders, and other recommended items to underserved students.
- Provide local teachers with supplies for their classrooms, including "treasure chest" stickers or small items that can be used as incentives for positive behavior.
- Consider and provide for the needs of local preschool toddler reading programs and/or Head Start Programs. Replace or add to playground equipment, including a buddy bench.
- Provide reading software, other materials, or funds for after-school enrichment programs.
- Fund field trips for underserved students.

Member Author Featured

Mary Ann Trail is an author, traveler, mother, and lover of history. After majoring in History in college, Mary Ann worked as an academic librarian teaching students about the joys and pitfalls of research. Frequent trips to England with her sister fanned her interest in history as they strolled through Bath, followed Roman roads in Wales, and wandered prehistoric mounds in Dorset. She finally settled on the early 19th century as her favorite era for its similarities to the push and pull of today's politics. She is a member of the Women’s Club of Absecon, New Jersey. Mary Ann’s books include Their Chilling Fall: A Historical Mystery of 1804; Their Winter Burn: A Historical Mystery of Boston 1805; Facing Enemies: A Historical Romance of 1803; Masking Enemies: A Historical Romance of 1803; and Uniting Enemies: A Historical Romance of 1801. Featured book coming in January 2023 - Their Winter Burn; A strange new city, a bitter winter, and a dead body. Boston in 1805 is not what they expected. Learn more about Mary Ann at https://www.maryanntrail.com.

GFWC Library Replenishment Fund

In order to assist GFWC communities affected by man-made and natural disasters, GFWC established the GFWC Library Replenishment Fund. GFWC clubs have a long history of the founding, maintaining, and promoting libraries. Grants will be provided to GFWC clubs to help replenish affected libraries in their communities.

Check out the 2022-2024 Club Manual in the “C” Resources folder of the Member Portal Digital Library for many sparkling ideas.

Maine Youth Leadership

Since 1980, Maine Youth Leadership (MYL) has worked with Maine youth to seek out, recognize, and develop their leadership skills. The goal is to motivate Maine’s future leaders and create a network of civic-minded students who will better their communities through volunteering. The programs encourage and assist students at critical times in their quest for self-identification and development and provides give-and-take discussions with thought leaders and role models from across Maine society.

Each year more than 120 high school sophomores from across Maine are invited to participate in this energetic event designed to develop personal leadership skills. Local leaders and decision-makers donate their time and expertise to our seminar program. Senator Angus King, Survivor winner Bob Crowley, and comedian/motivational speaker Bill Picard are just a few of the talented presenters; students also partake in group decision-making exercises, public speaking opportunities, creative problem-solving, and hands-on volunteer projects. A dance and talent show are two of the social activities where students have an opportunity to make lasting friendships with their peers.

Each fall notices are sent to all accredited high schools in Maine by email and invite the guidance counselor or principal to nominate a sophomore student to our spring seminar. Each school determines its own selection criteria and interest.

GFWC collects money each year from each of its clubs to sponsor one student to be included in Maine Youth Leadership. If your club has not yet donated, please do so as soon as possible.

Amanda Cupps GFWC Maine Education & Libraries Chairman
IT'S TIME!

December comes and, with it, the greetings from family and friends both near and far. I received a letter from Maxine Russakoff stating, “due to the vicissitudes of aging, this will be my last letter”! Often, receiving a note from Maxine requires one to concentrate because of her unique penmanship, but this one required that I dig out my favorite, dog-eared copy of Webster to catch her meaning. What a great way to say “a change in circumstance or condition”...the WONDER OF WORDS!

We have recorded our history through the ages using words, carvings, painted images and photographs. By doing so, we have depicted our beliefs, our aspirations, or desires and our dreams...our cultures.

NOW IT’S TIME! TO SHARE!

NOW IT’S TIME! Start looking through the lenses of your camera at the wonders of our natural world. The guidelines for the Photography Contest for Clubwomen are found on pages 82-83 in the GFWC Maine Directory. Your “Intent to Enter” is due by April 15th!

NOW IT’S TIME...to begin thinking about the possibilities of stretching your imagination. Reach beyond your comfort zone. Write about an event, or a person, that changed your life. Tell us your story. Write about the beauty of the world around you...or better yet, write about a world found only in your mind! The guidelines for the Creative Writing Contests for Clubwomen can be found in the GFWC Maine Directory on page 81. The deadline to submit is March 1st!

Guidelines for the High School Art Contest have been sent out to District Presidents and Club Presidents and are listed on Page 80 of the GFWC Maine Directory.

Billie Sherman GFWC Maine Arts & Culture Co-Chairman

CIVIC ENGAGEMENT & OUTREACH

Volunteering is one of the best ways to put civic duty into action and it is often the first step in building a stronger connection to community, but there are other ways to contribute, such as advocating, fundraising, or donating and problem solving. Locally, even supporting small businesses and keeping an eye on your neighbor can play a part in improving the community. The possibilities are endless. We advocate because there is a need, we volunteer because we are needed. Our focus continues to be addressing issues of public concern.

Connecting with GFWC affiliate organizations such as Canine, Companions, Heifer International, March of Dimes, Operation Smile, St. Jude, United Nations Foundations Shot@Life Campaign and UNICEF USA is encouraged as ways to make positive impacts. More suggestions include Citizenship, Crime Prevention, Safety, and Disaster Preparedness, the Needy, Hungry and Homeless, and our Military Personnel and Veterans.

Civic Engagement and Outreach Community Service Programs reminds GFWC members that each of us is a part of a larger society and is responsible for undertaking actions that will create a better quality of life and foster a sense of community—locally, regionally, nationally, and globally.

Marjorie Pfeiffer GFWC Maine Civic Engagement Chairman
Why be part of the Legislative Action Center? By being part of LAC clubwomen can be advocates for GFWC’s Legislative agenda. LAC has recently made a big change. It was necessary for GFWC to switch to a new Legislative Action Center platform. This platform called Voter Voice has a more modern approach with features to keep our members connected to what’s happening on Capitol Hill.

Unfortunately, not everyone was successfully transitioned to the new platform. To ensure that you don’t miss out on an alert, please visit the new LAC at https://www.votervoice.net/GFWC/home and enter (or reenter) your contact information. Please have your club members do the same. Bring a laptop to a club meeting to get all your members signed up!

When you act on a legislative alert sent out by GFWC, your congressional representatives will receive an email from you letting them know how you feel about that particular issue. Your single voice is amplified by the power of hundreds, perhaps thousands, of other clubwomen reaching out at the same time.

Make your voice heard by being an active member of the GFWC Legislative Action Center!

Marjorie Pfeiffer GFWC Maine Legislation & Public Policy Chairman

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**Jennie Award**

**HEAR YE! HEAR YE!** Be it known GFWC Maine is seeking nominations from its member clubs for the “Jennie Award.” This prestigious award is the only national honor given by GFWC recognizing individual members. The nominee from your club should be the member who has always volunteered above and beyond what is asked of her, who is a representative of her community and who is a member of a family.

The nominees will be evaluated by an independent panel on commitment to club, commitment to community and commitment to family. Once a nominee is selected her information will be sent on to New England Region to compete at that level. Two finalists will be selected to represent the region at the national level. Of the sixteen finalists, eight will be selected (one from each region) and be honored at the GFWC National Convention in June 2024.

We all know that woman in our club who deserves to be recognized for her accomplishments. The nomination criteria and form can be found in the GFWC Member Portal, or you can contact me, and I will send you the information and form. All nominations must be mailed to me and be postmarked by the June 1, 2023, deadline. My address is 25 Patrick Street, Skowhegan, ME 04976. Any questions can be sent to caroljarvais@gmail.com or call me at 207-858-5549. I can’t wait to learn all about your nominee!

Living the Volunteer Spirit with You,
Carol Jarvais GFWC Maine Jennie Award Chairman
PERFECTING AN INTRODUCTION TO GFWC CLUB WORK

Imagine if you belonged to an organization or club and only had a vague idea of the responsibilities of membership, its programs, and history. Would you feel a sense of belonging? Would you be motivated to come to meetings and participate in projects and fundraisers? It is important to provide a foundation for members by helping them understand the workings of the club and what their role will be by giving them the “big picture” of GFWC. When all members are informed, they will be more likely to become actively involved in club activities.

So, where do we begin? How about with a Federation Refresher for one of your club meetings. Education is the key to success as knowledge builds confidence, and confidence builds excitement. Don’t you think it is important to introduce new members and remind our existing membership about GFWC History, resources, and the benefits of belonging to our wonderful organization?

It is important to have a well-thought-out plan, not overwhelming members, but giving them enough information to want them to research and discover more after the meeting. What if clubs were to dedicate five to ten minutes at each meeting as a “Federation Refresher” with a different topic each meeting. Include handouts as a reference guild so members know where to look for more information on the advantages of belonging to GFWC.

A good place to start is with the GFWC Communication tools:

- GFWC Website – www.GFWC.org, our cornerstone communications tool, which provides up to date information on programs, meeting, and public policy issues.
- GFWC Member Portal – containing resources to help members and their clubs on issues such as membership recruitment and retention; successful club programs, projects, and fundraising models; Leadership tips; and just a wealth of information touching every area of GFWC. Include on a handout the “Member Portal – Are you In?”
- GFWC New and Notes – our comprehensive, free weekly electronic newsletter, sharing tips and program ideas to enhance your club’s community improvement efforts.
- GFWC Clubwoman Magazine – our free digital quarterly magazine, featuring stories on GFWC clubs, programs, and projects.
- GFWC Legislative Action Center – Tools for members to “Embracing Legislative Involvement” to achieve practical solutions to existing problems.

Next, let’s talk a little about Professional Development and Leadership Training

- How many of your club members have joined the GFWC Advancements and Programs Forum on Facebook? Motivational posts are made daily by your Leadership, Membership, and Communications and Public Relations Committees. Also, monthly Teach it Tuesdays and Thumbs up Thursdays will offer a wealth of information and creative ideas for your club.
- Workshops in strategic planning, goal setting, conflict resolution, public speaking and other important topics are covered at District, State and GFWC levels. Encourage your members to attend District, State, and GFWC Conferences and Conventions that can lead to networking opportunities.
- GFWC LEADS (Leadership, Educations and Development Seminar). Being a LEADS graduate myself and serving on the GFWC Leadership Committee for the 2000 – 2020 Administration, I can’t say enough about this wonderful opportunity for your members who exhibit the desire to assume leadership positions in your club, districts, states, and GFWC.

There’s a big GFWC world out there and educating our membership beyond our clubs will inspire our membership to grow and prosper.

Nancy Ames GFWC Maine Membership Chairman
21 Club of Kezar Falls

21 Club closed out the old year in grand style. We placed a Christmas tree at The Friends of Parsonsfield Seminary’s Festival of Trees. The tree highlighted some of the causes 21 Club has supported over the last 50 plus years. Members wrapped small “presents” to be hung on the tree, each little present had a tag with the name of a cause. An informational brochure about 21 Club was placed at the tree for interested women to take. The club also placed, decorated, and a Christmas tree in the town park. Members gathered in December for Christmas Tea to end the year. Each member brings a stuffed animal to donate to the local health center. Stuffies are then given to children in crisis. This has been an ongoing project for us, and very much appreciated by the Sacopee Valley Health Center. We also donated financially to the Spirit Tree, supporting families in need at Christmas time.

As we closed the old year out, we celebrated welcoming five new members! We are rolling into the new year with renewed purpose and much excitement! We will be taking a winter break and will meet again in March.

Blessed Season to you all!

Our ParSem tree this year centered on the “gifts we give” as a club. As I was thinking today about what message I wanted to share tonight, I reflected on those the gifts, certainly. Gifts of community service, gifts of uplifting those in need, gifts of enriching the lives of those around us.

It also made me reflect on the gifts we give as individuals. Our members not only do good work as club members, but as individuals. Some members work at Meals on Wheels, blood drives, as active members of their church, on school boards, town boards, at SVHC, as a liaison for elderly neighbors in the community, at their library, the list goes on and on. You are an amazing group of women!

But what are the gifts you give yourself? During this busy busy season, I wish you gifts that fill you up. I hope that your gifts you give to yourself are radiant and fill your heart.

I wish you the gift of hope. In these times, hope can seem elusive. We give so many others hope, I wish you hope in your heart in the firm knowledge that the hope you give to others, will come back to you in splendid, sometimes unseen ways.

I wish you the gift of joy. Joy in this special season, of gathering in celebration with loved ones. Joy in moments like this full of good will and camaraderie.

I wish you peace. Peace in quiet moments, that fill your soul. Maybe that is a cup of tea, listening to a favorite carol or watching a favorite Christmas movie or attending church. I think this may be the hardest one to find amidst the rush, but the most important. Find that little moment whenever you can.

I wish you love. The love of family and friends and fellow club women. May the love you get be as large as the love you give.

Jean Stanley – President
GFWC Skowhegan Woman's Club

The GFWC Skowhegan Woman’s Club (SWC) had a busy November and a more relaxed December. We celebrated our 140th Anniversary as a Woman’s Club on November 10 at the United Centenary Methodist Church in Skowhegan. The fifty plus attendees at the high tea included Club women from Skowhegan and beyond, local women representing various agencies that have partnered with the SWC plus State President Maureen Provencal and seven of her officers. Anniversary Chair Marjorie Coburn Black and her committee began preparations months earlier, designing invitations, favors, and programs, printing, cutting, joining, adorning paper with ribbon. The group continued with addressing and sending invitations, receiving RSVPs. The results were grand. Everyone agreed, including Marjorie, that the celebration was memorable and noteworthy. June Nickerson Hovey, chair for refreshments, collaborated with the Bloomfield Garden Club to make delectable concoctions for the buffet table. Billie Sherman led the audience through the club’s 140-year history. She was well prepared with many artifacts now housed at the Skowhegan History House to show the beginnings of the club, its middle years, and current developments. Of note was the original constitution of 1882. Pictures and news articles spoke of prominent women who advanced the legacy of the club. Mary Cayford researched members who have passed and presented a display with pictures and bios.

After our initial visit to the Travis Mills Foundation, we are proud to announce that two of our members, Sharon Adams, and Bonnie Chamberlain, are officially volunteers for the non-profit.

December and the holidays were celebrated at the home of Sharon Adams. In attendance were Maine President Maureen Provencal and Northern District Co-President Jen Maybe. After the meeting, members played a game, passing a present back and forth in a circle to the wording of “The Night Before Christmas.” A fun way to socialize, laugh, and have a gift.

We wish you all good health and bright spirits for the coming year. It is the time when we need to make our own sunshine. Find a reason (joke, visit, comedy in book form or on TV) to laugh each day.

Bonnie Chamberlain – President

GFWC Pittsfield ARTS Club

The Pittsfield ARTS club met for their Christmas dinner at the home of President Marge Pfeiffer. Members brought socks and t-shirts for the Waterville Homeless Shelter.

At the January meeting, the club welcomed Holly Williams, Library Director of the Pittsfield Public Library. She told members about the many things that the library offers to the community. She hopes to partner with other organizations in Pittsfield to bring programs, information, and entertainment for every age.

At our next meeting we will prepare Valentine gift bags for the residents of the Pittsfield Boarding Home.

We have gained 2 new members this year and hope to increase our membership during 2023.

Marjorie Pfeiffer – President
PATAWA Club

The women of PATAWA have kept their momentum going this year. In November, we welcomed 8 guests to our Newcomer November meeting and several of those women have decided to stay. The members that brought a guest all earned an extra ticket toward the wine raffle as an incentive to bring a friend. We raised approximately $1010 with our Wine Raffle. The ladies of PATAWA donated $150 and three additional turkeys to the Free the Z Turkey Drive. Sean Faircloth, from Together Place in Bangor, came to speak and told us about the work they are doing around peer recovery.

In December, our ladies met at Humble Comfort for a holiday banquet and silent auction. We raised $621 through silent auction sales on items our members donated to the event. Humble Comfort provided a delicious meal. We collected wrapped gifts for the two families we adopted for Christmas through WINGS, which two of our members, Amy St. Peter and Caitlin Sullivan delivered at a later date. During the meal, we had a representative from Adoptive and Foster Families of Maine come to speak to us about the work they do and how the community can help support that work.

In January, we welcomed Jaime Beck, of Dignity First to come to speak to the ladies of PATAWA about how to help support those that are homeless in the community or just starting to get back on their feet. We will be starting a hat and headscarf collection for the month of February to donate to Cancer Care of Maine.

Looking forward to a robust Spring full of GREAT speakers, fundraisers, and civic projects!

Amanda Cupps – President

GFWC Lubec Woman’s Club

Happy New Year and Winter Greetings from Lubec! Here’s a recap of our activities during November and December. We are very fortunate to have many talented folks in our town who are willing to make presentations at our monthly meetings.

In November our speaker was Rhonda Welcome, a local author of a recent children's book. The book, titled Putep's Tale: A Story from Putep, the Lost Finback of Mowry Beach, Lubec, Maine, recalls the deceased finback that was washed up on the shore of Mowry Beach many years ago, and was buried in the sand. A few years ago, when the whale’s skeleton was protruding from the sand, Rhonda Welcome organized a community effort to retrieve the skeleton. Her children’s book was published in 2020, is illustrated by a local artist, Sherry Ashby Cunningham, and was aired in a Maine PBS tv program.

Also in November, bulbs for the Yellow Tulip Project were planted at the Regional Medical Center and at the Lubec Elementary School. December’s presentation was from the Executive Director, Kurt Andresen, of LAMPS, the Lubec Area Musicians Philanthropic Society. This group sponsors free outdoor concerts in the summertime featuring local groups and musicians. This nonprofit raise money through raffle sales and contributes money to local food pantries. They have also worked with Lubec kids during the Summer Recreation program and at the school.

Lubec Woman’s Club made desserts for the annual Christmas Dinner for Seniors and Veterans that is organized by the Lubec Community Outreach Center. We also had a group of members who volunteered to work at the school Christmas Craft Day, where students can make a variety of crafts at different stations to take home for their families.

As always, our group is active in our community.

Jeanne Drews – Corresponding Secretary Lubec Woman’s Club
GFWC Westbrook Woman’s Club

Westbrook Woman’s Club has had a busy fall and holiday season. We have settled into our new location at the Westbrook Community Center.

Several of our members, in costume, joined a community Halloween event at the Community Center. A little publicity for our Club.

We are very pleased to have taken in two more new members. We have more applications in the works. Our Membership Committee has been working hard and we are seeing results!

In the month of November, we had a Silent Auction as a fund raiser, put Sunshine Bags together for those unable to be out in the Community, and did Christmas cards for mailing. We enjoyed a delicious potluck lunch.

In December we were able to enjoy the ‘Madhatter’s Tea’ for those living in assisted living. The Club uses our special teacups and decorated cookies. Our guests enjoyed the decorated trees. We had a student from Westbrook High School come and play holiday music for all to enjoy. At our second meeting in December, we had 33 members gather at Bruno’s to enjoy a wonderful lunch. We brought gifts to be delivered to Spring Harbor Hospital. They were thrilled!

Our January meeting, we enjoyed having Cheryl Gillespie, Author with us. She reviewed several books she had written dealing with the topic of mental health.

We are busy and happy!

Beth Turner – President

GFWC Research Club of Limerick

The Research Club of Limerick’s November program was "Keeping the Keys" presented by Thomas Baran, Traffic Safety Education Specialist for AAA. It was a very informative 1-hour program on understanding how our driving abilities change because of natural aging. We learned a lot about things to consider as we continue to get behind the wheel with confidence as the years go by. We would recommend this program to your club. You can contact him through AAA Northern New England. No fee is charged for this presentation.

For over 50 years our club has decorated a tree for the town to enjoy during the Christmas season. This year it was placed at Tibbetts Memorial Park. The Tree Lighting was held along with a Carol sing-along and Candy Canes were passed out to all who attended.

We held our annual "Red Bow" fundraiser at our local supermarket, selling bows for a $5.00 donation to be placed on our town park Christmas tree. These could be purchased in memory of someone with a message attached. This year a total of $1,125.00 was donated to help those in need of fuel through a program sponsored by our local oil company.

We contacted the Veterans Home in Scarborough for the needs and names of those who we could buy gifts for at Christmas. We shopped, wrapped, and delivered gifts for 16 of the residents there.

We also collected hats and mittens for mothers and children at Caring Unlimited.

Our Christmas party was held at the beautifully decorated home of our Vice President Cindy Mullis. We spent a fun evening eating, singing Carols and having a Yankee gift swap. It was a great time of fellowship for our club as we celebrated adding 4 new members this year with hopes of many more to come.

We do not meet in Jan. or Feb. but have some special programs to look forward to in the spring.

Jackie Foglio – President
GFWC MIOSAC Club

Wow, this club was very busy in the days leading up to the holidays. When we learned that the Masons were holding their first annual “Festival of Trees,” we quickly jumped on board and let them know we would support their effort. We supplied a 6-foot lighted Christmas tree, decorations, and lots of lovely gifts (beautiful quilt made by Barb Austin, luggage, books, toys, hats, and mittens, etc., in addition to $240 worth of gift cards). The event ran for over three days with about 2 dozen businesses, individuals, and organizations supplying trees and gifts. It was reported back to us recently that we were very much appreciated for our support in helping them with $30,000!

Another project we were involved in: Members generously supported the Kiwanis “Adopt a Child” Christmas program.

Money was donated by club members to adopt two children and gifts were purchased for a little girl and a teenage boy. Boots, shoes, winter coats were on the list of needs for these children, and we were able to include some other articles of clothing and some toys!

Next, the MIOSAC gals enjoyed a wonderful Christmas party, hosted by Vice President Wendy Hutchins. What a smashing, hysterical event. The potluck dinner was delicious, and the camaraderie was out of this world. It was definitely a time to “let our hair down,” not to mention, laugh until our bellies and cheeks were aching. What fun! Instead of exchanging gifts we all purchased additional items to add to the Kiwanis Kids Program – for high school aged students. The gifts that members brought were left under the tree with a value totaling over $250 worth of things suitable for the older kids.

Until next time – peace and joy!

Suzanne Raymond – Treasurer

GFWC Semper Fidelis Club

Happy New Year to all from the GFWC Semper Fidelis Club!
We are still planning for our Club’s 85th Anniversary Celebration. We have lists and more lists being checked off, but we have narrowed to a date in late April. Stay tuned!

Our annual poinsettia sale fundraiser saw us selling more plants than ever for a total of 113 plants sold!!

I am very pleased to share that our annual day before Thanksgiving Pie Sale Fundraiser chairwoman began her report with “OMG”!

Once again, it was a record-breaking sale with people lined up outside the door with lists of the kind of pies they wanted to purchase!

December, although busy for all on a personal level, found us still willing and able to help our communities while also having a great time. A carefully planned and executed Pajama Party was held December 1st at a member’s business, Unwined. We called it “Wear a Pair, Bring a Pair”. Those participating could wear their pjs and were
asked to bring a pair of children’s pjs which were donated to the area Family Violence Shelter. Members signed up to be behind the bar as “guest bartenders” mixing up the specialty drink, chocolate martinis. All tips received for the evening were earmarked for the GFWC Maine Annual Elder Abuse Scholarship Fund. In all, over 100 pairs of pajamas, more than 30 stuffed animals and a dozen or more pairs of slippers/socks were donated, along with some very generous tips given! What a wonderful way to kick off the holiday season.

As a club, we were able to provide Christmas gifts and breakfast baskets to three families in need in our area in addition to our other holiday giving.

Our annual Holiday party was as much fun as ever. We were able to get a little business done before we ate too much, drank a little and played our favorite gift exchange game! A few of us even remembered to wear our ugly/cute Christmas sweaters.

In order to inform and/or remind community members of who we are, our club sponsored swag bags for Skowhegan’s Whoville celebration. The bags were designed with our GFWC Semper Fidelis name and logo and included an information sheet (who we are and what we do) with a festive cookie recipe on the backside along with our club trifold and an adorable “Build a Snowman Snack Kit” for the kiddos. This means our name and mission are in the homes of at least 50 people!

All for now!
Stay warm and kind,
Karie Watson – President

**GFWC Winterport Woman’s Club**

The Winterport Woman’s Club has had an exciting end to 2022, enjoying celebrations that brought club members together and community service that brightened the holidays. We are also thrilled to welcome eight new members to our Club!

Our 90th Anniversary Celebration in November made for a very enjoyable evening of refreshments and conversation. The event also included the presentation of membership certificates and pins to several members. Memories from throughout the years were shared through a display of Winterport Woman’s Club memorabilia at the Winterport Historical Society.

The sale of our Annual Community Calendar at the November voting polls was a huge success. We sold out of these popular calendars by lunchtime, and it was a wonderful way to connect again in-person with our community members.
We also held our 7th Annual Turkey Drive. Our Club collected 31 turkeys, non-perishable food items, and enough cash, checks and gift cards to stock our local food pantry for Thanksgiving and Christmas. Club members ventured outside mid-November and collected greens to fill our community planters with holiday cheer.

Members also prepared the town lighted wreaths which adorn Main Street during the holiday season.

Our Club held its Annual Holiday Social and “Yankee Swap” on December 14th. Members enjoyed a delicious potluck meal. After the meal, we got down to the business of drawing numbers and each person then took a turn to open one of the gifts each had brought to share. For anyone familiar with a “Yankee Swap”, you know it was an evening filled with good-natured commandeering of the most coveted gifts and endless laughter.

The success of our Community Calendar sales in November allowed our Club to act as Santa’s Helpers during the Holidays. We were able to provide some last-minute clothing, bedding, and toy needs at Christmas for children at Winterport’s Leroy Smith Elementary School and Wagner Middle School.

Before the weather turned cold, several of our members continued with our Abbott Park restoration project and planted daffodil bulbs to spruce up the park this coming spring. Club members also completed the planting of yellow tulips at “The Hope Garden”, located at the Winterport Library, as part of the Yellow Tulip Project to bring awareness to the stigma of mental illness.

With the New Year, we are making plans to add cheer to these cold winter days and look forward to continuing our community service and volunteerism in 2023.

Julie Burgess – President

GFWC Newport Woman’s Club

Winter meetings for our woman’s club are ones of planning and enjoying each other’s company. Many of our club attended the Skowhegan Woman’s Club 140th beautifully executed anniversary event.

The following week our group met and received our Maine State President, Maureen Provencal, who spoke to the group about her special project Raising Awareness of Mental Health. Maureen was both inspiring and humorous, making her speech the highlight of our meeting.

We also welcomed a new member, Amberlea Munson, to our club.
One of the boons from our own 100th anniversary of our club was an invitation from Goody Gilman to have our club’s December Christmas meeting at his beautiful vintage home wonderfully decorated for the holidays. Jane Briggs informed the group that our club was recognized with a certificate by the GFWC for our 100 years of service to our community.

In addition, our club president, Ann Harwick, presented Gerry Richardson with a GFWC club certificate to commemorate her 50 years of service with GFWC Newport Woman’s Club.

January is our month to dine at Angler’s Restaurant before holding our meeting and on our Martin Luther King Service Day we will be making doll blankets for Norma Leighton’s project making over 250 refurbished dolls, clothing, and cradles to donate each Christmas to needy children.

Deb Ferrell – Secretary

GFWC Outlook Club

GFWC Outlook Club is a small club with an ageing membership, but we still manage to make an impact on our community and stay involved.

During 2022: donations were made to the Harland Public Library, the State President’s Project, the Elder Abuse Essay Scholarship, and two local Christmas charities. The winter meetings were held via Zoom; we were joined in January by GFWC Maine President Carol Jarvais and in February by District Co-presidents Jane Briggs and Deb Ferrell. Members appreciated all the information that was shared. In April, cards were crafted for distribution at our local nursing facility and a small Earth Day project was proposed that generated thoughtful discussion the following month. In December, we were joined by District Co-presidents Deb Ferrell and Jen Mabee. Members attended the District Meeting, GFWC Maine Spring Convention, GFWC Convention, Newport Woman’s Club 100th Anniversary, Skowhegan Woman’s Club 140th Anniversary, New England Region, and GFWC Maine Fall Conference.

A raffle was held during St. Albans’ Summerfest, tulip bulbs were planted at the Hartland Library for the Yellow Tulip Project, and a collection of paper goods and meals ready to heat and eat were collected for the Tri Town Food Cupboard. A busy and productive year.

Libby Wiers – President
Preparing to share your news!
Reports of your ‘Award Entries’ are due to Norma Manning GFWC Maine Vice-President.
If you have questions, please reach out...

‘Everything is Figuroutable!’

DATES TO REMEMBER:

January:
- Human Trafficking and Awareness Month
- January 17, 2023: Martin Luther King Jr Day
- January 25, 2023: GFWC Maine Reports Due (postmarked)

February:
- Heart Disease Awareness Month
- February 1, 2023: GFWC Maine LEADS Applications due
- February 3, 2023: Wear ‘Red’ Day for Heart Health
- February 8, 2023: Kite Flying Day

April 15, 2023: Southern District Meeting & Art Show

May 11-12, 2023: GFWC Maine Spring Convention
- Hilton Garden Inn
- Bangor, Maine

June 9-12, 2023: GFWC International Convention
- Louisville, Kentucky

Pine Tree Notes submission dates are:
- March 10th, 2023

Educational Loan Fund & Maude Mackenzie Scholarship
This is a reminder to club presidents to contact your local high schools about our loan fund and scholarships. Be sure they have the current applications, available from our website at www.GFWCMaine.org. Also, see the Directory, pp 72-73, for more information.

Please remind them:
- The postmark deadline is March 25
- Loans and scholarships are two separate applications, each must have complete information attached to be considered

I look forward to receiving these applications and will be in touch with District Presidents in early April regarding choosing applications from each district for consideration.

Libby Wiers, Chairman
January 17th is Martin Luther King, Jr. Day

You can use these books to supplement a child’s learning about Dr. King:

- I am Martin Luther King, Jr. by Brad Metzer. This book is part of the Ordinary People Change the World Series and is perfect for elementary age children.
- A Place to Land: Martin Luther King, Jr, and the Speech that Inspired a Nation by Barry Wittenstein
- Martin’s Big Words: The Life of Dr. Martin Luther King, Jr. by Doreen Rappaport

GFWC Affiliate Focus:

**Fact Sheet:**

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<td>2,702 Active graduate teams</td>
<td>1,053 Puppies currently being</td>
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<td>nationwide</td>
<td>raised</td>
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<td>257 Teams graduated in 2022</td>
<td>133 Breeder dogs</td>
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<td>to date</td>
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<td>517 People currently on the</td>
<td>4,700 Volunteers nationwide</td>
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<td>444 Dogs placed supporting</td>
<td>51 Volunteer chapters</td>
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<td>veterans</td>
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<td>Since founding</td>
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<td>1292 In-person and virtual</td>
<td>7,364 Teams graduated since</td>
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<td>follow up</td>
<td>founding in 1975</td>
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<td>Visits in 2022 to date</td>
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Several hundred Canine Companions released dogs are currently in human services roles such as search and rescue, border patrol, customs, therapy, medical alert, and guide dogs, which are not reflected in the numbers above.

- One in four Americans live with a disability and Canine Companions is here to help.
- As the leader of the service dog industry, Canine companions enhance independence for children, adults, and veterans with disabilities through expertly trained service dogs.
- Our service dogs assist people with a wide range of disabilities, including multiple sclerosis, cerebral palsy, spinal cord injury, stroke, hearing loss, developmental delay, veterans with post-traumatic stress order and more.
- Established in 1975, Canine Companions is the largest non-profit provider of service dogs in the United States. With our cutting-edge research and training programs, we can achieve our industry-wide goal of providing service dogs to all eligible applicants and reducing wait times for individuals who would benefit from a service dog.

Canine Companions Puppies

Canine Companions breeds Labrador Retrievers, Golden Retrievers, and crosses of the two breeds. Puppies are raised by volunteer breeder caretakers who provide permanent homes to Canine Companions breeder dogs and nurture newborn puppies until they are about 8 weeks old. Then the puppies are placed with volunteer puppy raisers for a year and a half, where they receive lots of socialization, love, attention, and experiential activities to prepare for their future.
Embracing Leadership

The next Leadership ESO Book is Dare to Lead by Brené Brown.

Brown writes, “One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It’s learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It’s why we’re here.”

How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture?

You are invited to read this book and join GFWC Advancements and Programs Chairmen on February 12 at 8 pm ET for a Zoom book discussion as they attempt to find the answers to this question.

The Zoom link will be posted in the GFWC Advancements and Programs Forum on Facebook on the day of the discussion.

MEMBERSHIP “SPARKLE AND SHINE”
RECRUITMENT CAMPAIGN

Join GFWC clubs nationwide for the GFWC Membership recruitment campaign

June, July, and August
RETENTION
“Pearls – strengthening Relationships”
Report due September 1

September, October, and November
RECRUITMENT
“Ruby – Share Your Passion!”
Report due December 1

December, January, and February
MENTORING
“Emerald – Harmonious Connections”
Report due March 1

March, April, and May
RECOGNITION
“Diamond – Shine Bright”
Report due June 1