



Pine Tree Notes

GFWC Maine Newsletter
September / October 2015



Our Past Will Determine Our Future



President's Letter

Marjorie Goodwin
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Wow! Time really does go fast when we are having fun! But the summer is half over and fall will be upon us before we know it. What are those words...the hazy, lazy days of summer? Well, it has been "hazy" but not "lazy" for your President. She has been busy!

I would be remiss if I did not thank the GFWC Maine clubwomen for a terrific May convention. A BIG "Thank You" to all who attended. The convention was planned for you and by all reports that I have heard; it was "enjoyed by all." Plans for the Fall Conference are being made and I hope it will be an exciting day for everyone who attends.

Mary Ellen Brock, GFWC 1st Vice President will be our honored guest at the Conference. The banquet will be the night before the Conference with entertainment that you will not want to miss.

The GFWC Convention in Memphis, TN was held in June. There were eight GFWC Maine clubwomen attending. International President Babs Condon is doing an amazing job in Washington, and this convention was informative as well as entertaining. We came home with lots of new ideas to share with GFWC Maine. We now have two new "Partners" - Saint Jude's Hospital for Children and The Nature Generation. (You will hear more about this at the Fall Conference.) Over 800 women were present from all parts of the United States and beyond.

Another highlight for your President was the Maine Youth Leadership program held at the USM. The energy in a room full of sophomore students from all parts of Maine cannot be described! What a wonderful program! This is a most worthwhile project that GFWC Maine endorses. Any contribution to MYL is "money well spent". Please consider this program as a worthwhile place to donate dollars to and plan to attend a graduation at the end of the weekend program. You won't regret it.

The fall promises to be a busy one. The New England Region convention in Newton, Mass. will be held September 11-13. This convention is one that I look forward to each year. It is a great time to "network" with clubwomen from all over New England. Please consider attending NER if your calendar permits. You will learn something new and have fun doing it.

"Thank you" to the clubs that have invited me to visit. I always enjoy hearing about the interesting and innovative projects that you do in your communities. What would our communities do without volunteers like you! Keep up the good work! The fall season is also a good time to think about increasing membership in your clubs. Look around you and see if there is a woman who would enjoy being a part of a volunteer organization. Remember why you joined your club and see if you can find a "like-minded" woman to invite to a meeting. As we start a new club year, think of the theme of this Administration "*Our Past will Determine Our Future.*" A legacy of volunteerism is one that should not be denied to clubwomen of the future.

Enjoy the rest of the summer. Warm weather in Maine brings BBQ's, swimming, trips and family gatherings, to mention just a few fun things to do. Make the most of the "hazy, lazy days of summer".

In Federation,

Marjorie Goodwin, GFWC Maine President

Proud member of the General Federation of Women's Clubs



President-elect

Mary Libby
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“We were walking in Memphis...” as the song goes and it was great. The ladies from Maine took advantage of their free time and enjoyed the sights and sounds of this exciting city. The committee planned a wonderful assortment of things to do ... riverboat cruise down the Mississippi River, tour of St. Jude’s Children’s Hospital, GFWC’s new partner, and what trip to Memphis would be complete without a tour of Graceland, home of the King of Rock and Roll. Elvis had indeed “left the building” during our tour!

It was a privilege to be at the 125th anniversary celebration of GFWC. We certainly have changed in those 125 years, but we have still remained the same. Our goal is still to exemplify the volunteer spirit in our goals and projects. We have accomplished so much in these 125 years. There were representatives from all of GFWC’s partners and it gave us a chance to become familiar with their mission.

Wherever we go there is always a moment that stands out in our mind – a special memory we will always treasure. For this writer, it was carrying the Maine State flag during the opening ceremonies. I’m sure President Marge had the same feeling of pride in our State and in our organization. The flag bearers stood in back of the head table forming a semi-circle. Using a current phrase, “it was awesome”.

I hope you are having an enjoyable summer and will join us at the Fall Conference in Bangor.

With smiles,

Mary Libby
President Elect



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Support GFWC Maine & order your directory. I will be able accept orders up to September 18th. Thank you!



Parliamentary Advisor

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Mary Libby & Marjorie Goodwin at GFWC Annual Convention Gala

Carolyn Lombardi Traveling Trophy

**Congratulations to the
GFWC Westbrook Woman’s Club**

**Runner-up
GFWC Dexter Literary Club**

**Thank you to all clubs that
sent in their form.**

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CLUB NEWS

DISTRICT 1

GFWC Gorham Woman's Club

The Gorham Woman's Club had a busy spring this year. At the end of March the club had a booth at the annual Gorham Marketplace where 6 members talked to potential new members and had tickets available for their Spring Opportunity Drawing. This year members put together a Chocolate Basket, and had donated items of a birdhouse & baby's basket to offer as prizes.

In April, the club had its annual High School Art Contest having 3 students from the art program at the University of Southern Maine to judge the artwork and provide club members with a good review of all the pieces. The top 4 winners received ribbons and checks totaling \$265. Two days later, 9 members attended the District 1 Meeting and District Art Show, where 2 pieces of art from Gorham were selected to go onto the GFWC Maine Art Contest.



On the last Friday in April, GFWC Gorham Woman's Club hosted their Annual Scholarship Luncheon. The luncheon

with the support of businesses and individuals raised over \$1,000 for their High School Scholarship Program. Club members donate door prizes and the table centerpieces for those attending and announced the Opportunity Drawing winners. Nancy Kenty made quiche and with the assistance of other members put together a tasty & beautiful meal.

In May 5 members attended the GFWC Maine Spring Convention. The club had a fundraising table at the marketplace selling their tatted stationary, potholders and a raffle for a birdhouse. Their scrapbook won a prize; they had 1st and 3rd place winners at the High School Art Contest; and everyone thought it was an excellent convention. Their annual meeting was well attended & they announced the 4 Gorham High School seniors who would be awarded scholarships from the club.

Having had a planning meeting in June, the club is looking forward to an informative and enjoyable 2015-2016 year in which they will be celebrating their 90th anniversary at their October 15th Potluck / Open House meeting. Food to be served at noon – everyone is welcome to attend!

GFWC Research Club of Limerick

The Research Club of Limerick is wondering, what happened to spring and is this summer yet??

The May meeting started off with "Growing Worms for Garden Use". Lots of wiggles and giggles and they learned how recycling your kitchen food garbage can reap liquid gold and food for your plants growth.

They had six members who attended Spring Convention and one of these, her first. It was a very informative introduction with a good selection of speakers, vibrant entertainment and a perfect venue.

Their annual meeting in June, held at the "Oak Street Bistro" in Alfred, was well attended. At this meeting they voted to join in on a new fundraiser suggested at spring convention as a good source of income for club use as well as a conservation project. **CLYNK**, is a bottle redemption and recycling program. At the end of June, they did another yard sale, which looks to be an annual event in the bloom. In July, they celebrated with an auction called "Stars and Stripes", which netted us \$107.00. The August meeting will host Emily Kinney, a local, young new author of her first book "The Island of Lote". When, why and how she got started and the process of publishing that she had to go through. The Club will have its annual Pot Luck Supper in Sept. and in October they will host retired staff member, Jan Schrock, of Heifer International and daughter of the founder of Heifer International 70 years ago 2014. This is going to be a biggie!

GFWC Westbrook Woman's Club

In April, the Westbrook Woman's Club held their annual meeting, officers stay the same this year. A full turkey dinner was served which was delicious.

In May, they again participated in the Westbrook Together Days with 2 members walking with the banner, a 2015 automobile with 2 members riding and a float with 20+ members riding waving American flags. They received a lot of comments along the way. Many members manned a booth and they promoted welfare abuse and received \$1.00 donation for bumper stickers that said "**NO EXCUSE FOR ELDER ABUSE**". Hope that everyone has a great summer and will see you in the fall!



DISTRICT 2

GFWC Livermore Falls Women's Club

The March meeting was held at Ruth Gamon's home with a luncheon and as always the beautiful view of the mountains. Plans for the May convention banquet table centerpieces and favors were discussed. In April, a brunch was held at La'Fleur's Restaurant; guest speakers were Heather Chandel and Robin Andrews from Meals On Wheels. On June 9th, the club held their bake sale at the local voting station. \$819.85 was reached and will be donated to meals on wheels. Five members attended the art show. Their district school students placed 1st, 2nd, 3rd. Vice President Ellen Young attended the selection committee meeting. She gave a very interesting background for the selections. The club's end of year outing was at Therapy through Horses in New Gloucester. Michael Fralick, director and Equine specialist in mental health and learning was our host. He gave an introduction to what the program consisted of. They work with seniors, Alzheimer patients and veterans by interaction with horses. Club members were allowed (with guidance of the staff) to brush and touch the horses. The visit was very enjoyable. Afterwards the members went to Cole Farms Restaurant for lunch. Ten members attended the May Spring Convention. It was a great time and it was nice to see everyone. Five members attended the final WLC meeting in Augusta. Everyone felt sad to have to dissolve the organization but it ended on an upbeat mood with the hope that a possible get together twice a year could happen. With Marge Goodwin's piano talent and Muriel Bowerman's birthday being remembered, everyone sang Happy Birthday. Wishing everyone a fun and safe summer.

Waldoboro's Woman's Club

Guest speaker for April at the Waldoboro Woman's Club was Liz Petruska, Director of the Medomak Valley Land Trust. She discussed the many women's roles in the trust and stressed that if one wants to "play with the boys" one has to "stand her ground." Her leadership successes with the trust are noteworthy and she offered many suggestions for women to volunteer for active engagement with the organization. It was announced that \$99 was received for UNICEF, and that the Club has 26 enrolled members. Also at the same meeting, plans were made for the annual Whale of a Sale, co-chaired by Melissa McEntire and Eleanor Krause; the summer sitters' schedule at the Old German Protestant Church, chaired by Becky Maxwell, was released, and Marilyn Andrews was honored with a bouquet of flowers by Waldoborough Historical Society President Jean Lawrence for her many years of service to that organization.

At the Annual Luncheon in May, club members prepared for the Annual Senior Tea held for the graduating class of Medomak Valley High School. Chaired by Alice DePatsy and Alice Duff, club ladies entertained the seniors at the first event associated with their graduation. President Judi Lawrence reviewed the GFWC Maine Convention events, pronounced it "one of the best conventions in years," and thanked Alice Duff and Betty Studley for acting as registrars. She announced that Deb Stout and Jean Lawrence had won first prize awards in the poetry and short story competitions respectively.

The sad news that the Women's Legislative Council has disbanded was announced at the June meeting. All who had attended these informative sessions and luncheons over the years responded with regret. Final plans for the Whale of a Sale on June 27 and the

sale of raffle tickets on Waldoboro Day June 20 was confirmed. Clad in light blue Whale Sale t-shirts, the club members worked diligently and realized a profit of \$3,657.50, which will go towards the Scholarship Program sponsored by the club. Treasurer Charlotte Gulezian presented seven \$1,000 scholarships to Medomak Valley Seniors at Class Day Exercises. Continuing Education grants will be released at the September meeting.

GFWC Semper Fidelis Club

GFWC Semper Fidelis Club had a very active spring! The Club went on a tour of the Skowhegan Grist Mill, which is located in the old historic Skowhegan jailhouse. This building was repurposed to house a gristmill for processing locally grown grains. The building also houses a restaurant, knitting shop, a radio station and a bi-weekly Farmer's Market.

Members got a delightful and humorous talk about the history of Lakewood Theatre, one of America's oldest and most famous summer theatres, by director, Jeff Quinn. Jeff brought along several old programs and photographs from past plays at this theater.

In April, the Club met at the new Canaan Public Library where Penny DeRaps, LPN spoke to the Club on Women's Health issues. A quite lengthy and informative discussion followed. Later in the month, Sue King demonstrated self-defense items with her Damsels in Distress presentation.



May, the GFWC Semper Fidelis Club teamed up with the GFWC Skowhegan Woman's Club for the 1st Annual "Run for the Roses / Kentucky Derby Party" at the

Bigelow Brewing Company in Skowhegan. A wonderful time was had by all! Over 100 people were in attendance, dressed in decorated floppy hats and Derby attire. A delightful display of appetizers was prepared by Club members and samples of the Brewery's beer were included in the ticket price. A silent auction was held for 3 hand-painted rocking horses, painted by Club members. There was even "betting" on the horses! After all expenses were paid, a check was presented to the Somerset County Meals on Wheels Program for \$1,250 along with a check for \$115 from the sale of Bigelow Brewing Company glasses sold the day of the Derby. We are certainly looking forward to doing this again next year.

The Club ended the spring with their annual dinner at the Heritage House in Skowhegan. A special celebration was held for Davida Barter, who received her 40 Year Pin for membership in the GFWC Semper Fidelis Club.

GFWC Skowhegan Woman's Club

At the March meeting Barbara Joseph spoke to the members on Natural Health Solutions. She explained that there are many things a person can do to take charge of their health and, starting with knowing one's body, exercise, eating right, Herbal Medicine, and therapies such as yoga massage, and magnets. Some can go hand and hand with traditional medicine and some are alternatives. Everyone was interested and learned something.

In April, the members were highly entertained by author Gerry Boyle as he talked about his career in Maine and the many books he has written. Very interesting!

May, Kentucky Derby Time! Skowhegan Woman's Club long with Semper Fidelis Club put on a very successful Kentucky Derby Party for the community to raise

money for Meals on Wheels. This was done under the direction of Nancy Ames, Semper Fidelis member and GFWC Maine Vice President. Great idea, great planning, great collaboration, great fun!

Club members attended the GFWC Maine Spring Convention, which was excellent.

The May luncheon meeting held the following Wednesday and included reports and impressions of the Convention. This was followed by the election and installation of Club officers and Board of Directors for the coming year. The month of May ended with the participation of nine members in the Skowhegan Memorial Day Parade.

Club officers and members of the Board have been busy planning events, speakers, and a budget for the 2015-2016 Club year. Topics are varied and informative so it should be an exciting year.

The Club does not have regular meetings during the summer but, having the "Volunteer Spirit", members can be seen around town volunteering. Club members have supported the Skowhegan History House and the Skowhegan Library both financially and by assisting where needed.

Many hours have been spent working "behind the scene" at the Lakewood Theater. Club secretary, June Hovey, has become a welcome addition to the Costume Department where alterations are needed (she is an accomplished seamstress) and other members have assisted by ironing the many outfits needed for each show. Several members also volunteer to usher at the shows.

Members have made homemade sweet, sandwiches, popcorn, and supplied and sold cold sodas at the Sunday Concerts at Coburn Park. There are a total of nine concerts planned for this summer. This is a

wonderful way to connect with members of the community.

By the time you read this, SWC will have participated in "Moonlight Madness", a part of the Skowhegan Riverfest, selling popcorn and lemonade as well as Lobster Raffle tickets, and providing a "Lobster Activity" for children is planned. The Lobster Raffle precedes goes toward the Scholarship Fund.

And, of course, members have been out in the community collecting ads for the GFWC Maine Directory. This gives the Club another opportunity to let people know who we are and what we do in Skowhegan and the surrounding communities.

DISTRICT 3



District 3 meeting at Jeff's Catering in Brewer
Cathy Harriman, Lesley Waterman (Patawa Treasurer), Lindsey McMorro (Patawa President), Jane LeVie (District 3 President), Marjorie Goodwin (GFWC Maine President), Suzanne Roberts

Pittsfield GFWC ARTS Club

The Pittsfield ARTS (Always Ready to Serve) club has been busy once again this spring.

The March meeting was held at the Pittsfield Public Library and their speaker for the evening was Donald Chute who is in charge of the Recycling program in Pittsfield. It was most interesting to members of the club to hear what is recyclable and what is not. It was also interesting to hear how the town saves on recycling efforts.

In April, members enjoyed a talk from a Pittsfield resident Jane Woodruff. Club members enjoyed hearing about artist Bernard Langlais. Much of his work is on

display at Colby College and the Pittsfield Library to name a few. Slides were shown and many scrapbooks showing many pieces of his art were enjoyed.

The ARTS club annual meeting was held at the home of club member, Valory Slymon. Members voted to keep the same officers for another year.

In June, club members hosted a going away party for club member Valory Slymon who is moving back to her home town of Lancaster, PA. She has been a valued member for many years and will be missed for sure.

The ARTS club members hosted a meal at the local Welcome Table on Friday July 10th. The Welcome table is a free meal held at a local church every Friday. The ARTS club hosts at least three meals per year; which include preparing the meal, serving, and cleanup. The average attendance is fifty.

On Friday July 17th, the ARTS club hosted the annual Quiche and Cheesecake contest, held in conjunction with the Central Maine Egg Festival. Entries come in and are judged by local councilors and members of the community. Once the judging is complete, lunch is offered to the public for \$3.00 per slice. The club netted \$300, which will be given to the community thru donations.

The calendar committee will meet soon to plan the coming year. The club is continuing the volunteer spirit.

GFWC / Dexter Women's Literary Club

The first meeting of the year for the GFWC/Dexter Women's Literary Club was held at their new meeting location at the Dexter Historical Society. Members discussed the successful high school art show at the Abbott Memorial Library held in April as well as the highlights from the district meeting and art

show. Guest speakers were GFWC Maine President Marge Goodwin and GFWC Maine Vice President Nancy Ames, speaking about heart disease and stroke.

The annual May meeting was a Member Appreciation Party with games, prizes, food and fun! Throughout the meeting, President Laura would ring a bell - hence the "Bell Game". After ringing the bell, she would say, "I'm looking for someone who is wearing the most buttons". Members would quickly check to see how many they were wearing, and whoever had the most, would win a prize. Other questions, after ringing the bell different times during the meeting included, "Who drove the oldest car to get to today's meeting? Who's wearing the longest earrings? Who has the most pennies in their purse?", etc. another game was called The Share Game. Members would take a slip of paper from a container that had a thought-provoking question on it. Each member would read their slip of paper and share with the group their experience or opinion, thus members getting to know each other a little better. An example would be, "Share who was your greatest mentor". During this meeting 2 new members were initiated into the club!



Laura Neal, GFWC/Dexter Women's Literary Club President, installing two new members (Joan Downar and Wanita Grant)

Club members had the best time going on a field trip in June to Bryant Stoveworks in Thorndike and to an alpaca farm! Bryant Stoveworks is a museum of sorts with a collection of antique stoves, automobiles, calliopes, dolls, pianos, you name it, they had it!

Members had a wonderful meal at a restaurant before heading to the alpaca farm in Unity. They learned that alpacas are very clean animals and their hair never smells or shrinks when it gets wet. Members perused a store onsite that had many different items made out of alpaca hair. A fun time was had by all!

GFWC Newport Woman's Club

The GFWC Newport Woman's Club is encouraging its member to incorporate the GFWC "tagline," "Living the Volunteer Spirit," into its name. In the January issue of Clubwoman magazine, the GFWC Communications Committee reminds us of product taglines that remain, such of "Maxwell House Coffee.... Good to the last drop." The club's goal is to have folks recognize the Newport Club as a member of GFWC and "Living the Volunteer Spirit."

At the January meeting the club was entertained Cindy Cyr from the Spruce Run - Womancare Alliance. Cindy explained the workings of the Alliance and why the two entitles merged. Sixteen pairs of new women's pajamas were presented to Cindy in memory of long time member Donna Friend. Pajamas are available for women who may flee an abusive situation with only the clothes on their back.

A committee has been formed to work with the local library to see what needs the club can fill that will make a difference.

Newport's Town Meeting will find club members selling coffee and donuts. The idea is to give the club some visibility in town and not to remain such a "well-kept secret!"

The GFWC Newport Woman's Club has committees in action this summer. A committee is working with the Seabasticook Valley Chamber of Commerce on their annual fundraiser "Sparkle." The club has benefitted from this affair

for several years. A considerable amount of work goes in to getting ads for the program book, getting items and creating items for a silent auction as well as a live auction, and selling tickets to the affair.

Another committee has been working on a project at the Newport Cultural Center. Stained glass panels for the window transoms have been created in the reading area on the street side on the main floor. The 3 windows depict the club's role in establishing the first permanent library in Newport. One shows a silhouette of clubwomen, one features the colors of the GFWC emblem, and the third displays the entrance to the early library. A wall plaque explains the time line from the conception of the idea to its completion.

The calendar committee is working on the meetings and programs for 2015-2016. The September meeting is our annual membership meeting and potluck. District #3 President Jane LaVie has been invited to join us.

GFWC Outlook Club of Hartland

In January, the club was honored to host State President Marge and enjoyed her presentation on elder abuse awareness. The February meeting was cancelled due to a combination of member illness, weather predictions and frigid cold. For March, the speaker was John Nale, an elder law attorney, who provided good information to members and cheerfully answered many questions. A donation was sent in his name to the Muskie Center. Two new members were welcomed at the April meeting, bringing member to 15. Voluntary donations are collected at meetings in January, February and March; this year the proceeds of \$169.00 were sent to benefit Heifer International. Budgeted donations were made toward prizes for the District HS Art Contest and to

Maine Youth Leadership. Donations for books read resulted in \$100.00 given to the Hartland Library. The club year ended with a banquet in June. The calendar committee met in June and compiled the new schedule for 2015-2016. Busy year for this small group.

Bangor Patawa Club

Back in March and April, Patawa Club members participated in Big Brothers Big Sisters of Mid-Maine's annual Bowl For Kids' Sake fundraiser and organized a "Stock Your Cellar Wine Raffle". The latter raised \$1,370 and four cases of wine were donated and given away.



Civics projects included decorating a table for Literacy Volunteers of Bangor's Literacy Tea based on the Fancy Nancy books and putting together May baskets, which were distributed at the Maine Veteran's Home on May Day. At their April meeting, Patawa was able to disburse over \$2,500 to local organizations including Camp Capella, Big Brothers Big Sisters of Mid-Maine, Literacy Volunteers of Bangor, Spruce Run, President's Project, Maine Youth Leadership, Bangor Humane Society, Sarah's House, and Bangor Public Library. Members capped off a great year with a banquet at High Tide Restaurant in May. They look forward to a successful 2015-2016 year.

Follow what they are up to at www.facebook.com/PatawaClub.

GFWC MIOSAC Club

What a busy year the club had. Starting in January, braving the cold and members attended "Crazy Hats and Game Night." Members decided to send money to support Heifer International, Operation

Smile, UNICEF and Shot at Life. Everyone brought crazy hats just to be silly and take our minds off the difficult winter months. Games were played around card tables. Rheba Michaud and Brenda Quiet wore the craziest hats, both received prizes. Also in January, the club had an International Dinner with members bringing food they made that represented different countries.

In February, Minnie McCormick gave a wonderful program about quilting and ribbon embroidery. She brought many beautiful examples that she had made and demonstrated as well. At the next meeting, Mardi Gras was celebrated. One of the things the members decided to do was donate \$350 to the new food cupboard, which will begin in March after the old food cupboard was forced to close. Everyone all wore bright, colorful, shiny masks and beads. Suzanne Raymond was crowned King of Mardi Gras after finding the teeny plastic baby hidden in a piece of cake. Members also played "bead toss" into colorful hats. Cathy Goodine won that prize.

The club met in March and decided to plant a tree in the Marion Doore Park and place a plaque so it can be attributed to the 125th anniversary of the GFWC. The next big event was the club's annual Art Show, which took place March 22, 2015, at the D-F Congregational Church. Over 40 people attended and high school students from 4 schools presented artwork with 5 students from each school. The schools were Greenville H.S., Foxcroft Academy, Penquis Valley H.S. and Piscataquis Community H.S. Suzette East was a wonderful judge. 1st Place-Clayton Tarnoczy from Penquis; 2nd Place-Gloria Oh from Foxcroft Academy; 3rd Place- Ella Hong from Foxcroft Academy. The Chairman was Elaine Larson with committee members Rheba Michaud, Carol Kilpatrick, and Suzanne Raymond. On March 24, member Diane Leighton and her husband David

gave a wonderful tour with pictures of their trip to Alaska.

April started off wonderfully with the snow having melted quite a bit and a few members got to go on a tour of member Cathy Goodine's and husband Greg's sapping operation called "Goodine's Sugar Shack". We had to walk in deep snow and mud in some places to get to the little shack, so fun. Probably the best day outside anyone had had since the long, hard winter. Cathy & Greg showed how the whole process goes and at the end gave out little jars of maple syrup and snacks. The District 3 Art Show took place at Jeff's Catering in Bangor, three MIOSAC Club members attended. The club was proud that Gloria Oh from Foxcroft Academy won 1st place and Ella Hong from Foxcroft Academy won 3rd place. Both went on to the Spring Convention. Guest, Sue Mackey Andrews, State Representative for Piscataquis County, spoke to us about children, welfare, learning and poverty. She heads up the Board of the Helping Hands with Heart, a program striving to help with these problems. The club voted to donate \$100 to this program. Several Linus quilts were turned in, which members have been making throughout the year. The club had a request to make more angel pockets for Mayo Regional Hospital Nursery, so 6 were turned in and more are being made.

One of the most fun and well-received things the club did in April was to put on a Tea Party for Pleasant Meadows Nursing Home in Dover-Foxcroft. Eight members put on the Tea Party. Of the 29 residents, 26 residents and 2 guests attended. Members made finger sandwiches, cookies, tarts, candies, etc. and waited on everyone, making them feel very special. The club supplied teacups and saucers, teapots, pink tablecloths and member Carol Kilpatrick made a special table arrangement of daffodils for each table. The last

meeting of the month was a demonstration of Tai Chi by Sherri Corbin whom Elaine Larson presented. The Club's annual Ice Out contest fundraiser yielded \$724 of which \$100 went to the winner. Pinwheels were placed in front of the United Methodist Church on April 25 for Prevent Child Abuse Day. Eight MIOSAC members attended the Linus Quilt Day on April 26, where they worked on quilts all day. It is estimated that 170 quilts were made. Suzanne Raymond made members large oval pins saying GFWC 125 Living the Volunteer Spirit for the girls to wear.

The club wound up all of the meetings in May by having their Annual Brown Bag Supper. After supper, Barb Austin spoke about purchasing flags for the poles on upper West Main Street in Dover-Foxcroft. Members voted yes to this wonderful idea and they will be purchased and up by July 4th. Not a single meeting this year was missed because of weather or anything else.

May 7 - 8 was the GFWC Maine Spring Convention at the Hilton Garden Inn in Auburn, ME. Five members attended the two-day event. The GFWC MIOSAC Club was proud to accept several awards. They won the Scrapbook Award for membership of 20 and under with a monetary prize and a free subscription for Pine Tree Notes; the Conservation Award for the work at Marion Doore Park; and the State Creativity Award for the reception given for Anne Cress when she finished her term as Maine State President. They are also proud that Gloria Oh from Foxcroft Academy won 2nd place in the GFWC State of Maine Art Show at Spring Convention.

On May 13, they had their annual birthday party, which was their 79th at the Lakehouse Restaurant in Monson. Eighteen members and one associate attended. It was a lovely evening. Members brought a

picture of themselves in the 6-10 years old range. Barb Austin numbered and marked them, and everyone had to guess who was in the pictures; very hard to guess as everyone had changed just a little. It was a lot of fun.

OFF FOR THE SUMMER. Have a wonderful time everyone!

DISTRICT 4

GFWC Narraguagus

Women's Club

GFWC/NARRAGUAGUS WOMEN'S CLUB (NWC) has met once this calendar year due to weather conditions or the availability of its members and speakers.

In June, the members met and discussed the future of NWC. Our Club has been in existence since 1916 and was federated in 1951. We have thirteen members. Five go south for the winter, 2 have health issues. Therefore, it does not leave many members to carry on the business and the fund raising to support the community projects the Club has done in the past. The younger generation is not interested or available to join the Club to carry on the projects the Club supports every year.

After much discussion, the nine members present at the June meeting voted to no longer be a Club as of December 31, 2015. Letters will be sent to the community organizations the Club has supported in the past to inform them of the memberships decision to disband.

GFWC/NARRAGUAGUS WOMEN'S CLUB wishes the other GFWC MAINE Clubs the best in its future endeavors.



**GENERAL FEDERATION
of WOMEN'S CLUBS**

*Celebrating 125 years of
Living the Volunteer Spirit.*

ARTS DEPARTMENT

Art Opportunities

The Maine Arts Commission provides art opportunities in several areas. Look for grants for art projects to help support the artists in our clubs and communities. Look for artist fellowships for literary arts, performing arts, traditional arts, visual arts, crafts and multimedia film, on www.mainearts.com.

Other ideas for your programs are support the teaching artist partnership program by raising funds for an artist to travel to teach adults in community settings such as libraries, senior centers and assisted living centers. The creative aging art is social and can help our senior stay connected to other and be productive using their skills in the creative arts. Maine Youth Excellence in Art is another program for youth opportunity for grade K-12 to exhibit at the state capital complex in August. One of two-dimensional artwork, which represents the artistic excellence, is selected. Check for guidelines early in fall of 2015. Plan now for next year's art and photography contests. Check the rules of each contest and follow them very carefully. I know there is a lot of talent in each of the clubs. Send in your short stories and poetry. Prepare for the photography contest now. Let's see what you can do with your talent. Thank you to all the clubs that sent donations to the art department. Your generous thoughtfulness makes the program work as we promote the art together.

Another art opportunity is available for an interested club member to assist in the art department show and contests. If your art interests and organizing abilities are ready to be used, call me at 207-645-3449 or you may email me: bhaway@myfairpoint.net

Barbara Hathaway, Art Department Chairman

HOME LIFE

As Fall approaches and your club is organizing its programs for the upcoming year, know that September is National Gynecologic Cancer Awareness Month and National Ovarian Cancer Month. The Home Life department has partnered with "Inside Knowledge - Get the Facts about Gynecologic Cancer" where you can order FREE "inside knowledge" materials directly at www.CDC.gov/pubs/depcl.aspx. This information can be distributed to your club members and the community, or use it in conjunction with a speaker or presentation at your club meeting. For more information about this program, or any of the other Home Life Partnerships, please go to www.GFWC.org.

Laura Neal, Home Life Chairman

ENDOWMENT FUND

Thank you for continued support at the GFWC Maine Spring Convention 2015 Endowment Fund. \$73.00 was raised through the raffle. Thank you to Muriel Bowerman, Jeanine Housley and Lisa from the GFWC Livermore Falls Women's Club for helping me. Ruth Gammon was missed and we wished her a speedy recovery.

I enjoyed the interesting comments about the 'Pink Bra Planter' and hope Libby Weirs enjoyed it this summer!

Thank to the following clubs that have contributed:

GFWC Semper Fidelis
GFWC Skowhegan Woman's Club
GFWC Newport Woman's Club
21 Club

Looking forward to the Fall Conference. (What will I come up with next!)

Please send your Endowment donations to:

Maureen Provencal
7 Daisy Lane
Skowhegan, Me 04976

Maureen Provencal
Endowment Chairman



MAINE YOUTH LEADERSHIP

"I would like to take the opportunity to thank you for helping to make this amazing experience possible. I had a great time as an ambassador this year. I learned so many great skills, was exposed to new thoughts and avenues for the future and made lots of new Maine friends. I hope to come back as a Junior Councilor next year. Please continue to support MYL!"
2015 Ambassador

As GFWC Maine Chairman for Maine Youth Leadership, I also would like to extend deepest appreciation for your generous support again this past year of \$2875. Over 100 high school sophomores were positively affected by the generosity of the women's clubs of Maine. I appeal for the same support for the upcoming year.

A BIG MYL THANK YOU!

Gloria Tewhey, MYL Chairman

Leona MacBride GFWC Maine President 1966-1968

LUBEC – Leona "Noni" C. MacBride, age 93, passed away April 16, 2015. Noni was born on Cape Cod in Eastham, Massachusetts on October 29, 1921 to Charles A. and Esther Gunn. She trained as a nurse at Massachusetts Memorial Hospital where she met her future husband, Robert G. MacBride, MD. No matter what else she accomplished in her life, she was always a nurse. Noni was a doer. She was a member of many organizations and usually involved in the leadership. She was a member of the Lubec Woman's Club, the Maine Federation of Women's Clubs (State President), the Congregational Christian Church (the Prudential Board), a founding member of the Lubec Public Library, the Order of the Eastern Star, a docent for the West Quoddy Head Lighthouse, on the Women's Auxiliary for the Downeast Community Hospital (DECH), and on the Board of Trustees at the DECH. She is survived by one son, Robert G. MacBride, PhD and his wife, Robin, 3 grandchildren, and 5 great grandchildren. She is also survived by a brother, Charles A. Gunn III, his wife Shirley, and various nieces and nephews. One niece, Margaret (Peggy) Bailey and her husband Harold, took special care of Noni for many of her remaining years. A Memorial Service will be held 1 p.m. Wednesday, August 5, 2015 at the Congregational Christian Church in Lubec. A reception will be held immediately after the service, followed by burial in the Greenlawn Cemetery, Lubec. In lieu of flowers, donations may be made to the Congregational Christian Church, or the Lubec Public Library. Both are addressed as Lubec, ME 04652. –

10 Down East Health System | Annual Report 2009

The Down East Health Trust

Gratitude for Giving! Our hearts are filled with gratitude for the gifts of our generous donors during 2009.

At the Light A Life celebration held in December 2009, the Auxiliary gift shop was dedicated in honor of Leona MacBride and Wilma Ingalls for their years of dedicated service to the hospital. Leona (Noni) and Wilma (Billie) delivered classy renditions of their years connected with our hospital. The audience was riveted as they spoke. Noni and Billie were deeply touched to be honored at Light A Life and by the standing ovations that followed each of their speeches.



Wilma "Billie" Rae (Reynolds) Ingalls, 97, passed away peacefully May 12, 2014



GFWC Maine
2015 Fall Conference---The Information Highway

October 7-8, 2015
Hilton Garden Inn, Bangor, Maine

TENTATIVE PROGRAM-Highlights

Wednesday, October 7, 2015

2:00 p.m. GFWC Maine Executive Committee Meeting

4:00 p.m. - 5:00 p.m. Registration

Banquet 5:15 p.m. Social Hour
6:15 p.m. Processional
6:30 p.m. Banquet
7:30 p.m. Entertainment TBA

Reception in President's room following entertainment

Thursday, October 8, 2015

8:00 a.m. Registration and Market Place

9:00 a.m. Opening Session – Business

10:00 a.m. Panel discussion on Elder Abuse

11:00 a.m. Mary Ellen Brock, GFWC 1st Vice President

11:45 a.m. Maine Youth Leadership recap

12:00 “A Thankful Heart” Luncheon

1:30 p.m. Reporting Tips - Nancy Ames, GFWC Vice President

2:00 p.m. LEADS - Mary Libby, President-elect

2:30 p.m. Nominating Committee Report – Anne Cress, Chairman

2:45 p.m. Jennie Award Nominee – Raejean Hersey, Chairman

3:00 p.m. Final Report of Registration – Joyce Noonan, Conference Chairman

3:15 p.m. Courtesy Committee Report

Drawings & Announcements, Adjournment, Song—Let There Be Peace on Earth

Registration Deadline – September 23, 2015

Hope to see you all in Bangor!

Hilton Garden Inn Bangor

250 Haskell Rd • Bangor • ME • 04401 • 207-262-0099 • Fax 207-947-6809

Guest Room Rates

\$139.00 (plus 8% tax) per night, 2 Queen Beds

\$139.00 (plus 8% tax) per night 1 King Bed

**RESERVATIONS MUST BE RECEIVED BY THE HOTEL NO LATER THAN
September 23, 2015 for the guaranteed room rate**

Requests made after this date will be subject to room availability. To receive contract rates, you must refer to "**GFWC Maine**" when making your reservation. Early reservations are encouraged.

Rooms must be guaranteed to an individual credit card or by advance deposit. Individual cancellations must be received by 4:00 pm on arrival date in order to avoid a no-show charge of one night's room and tax.

Hotel facilities include: FREE high speed wireless internet, use of fitness center, swimming pool, hot tub,, and cardio strength training gym, daily newspaper, cable television, irons, ironing boards, hair dryers, and coffee makers.

Check-in time 3:00 pm - Check-out time 11:00 am

**Directions: At exit 187, take ramp for Hogan Rd toward Veazie
Hogan Rd (0.2 mi.)
» Turn left onto Haskell Rd (0.2 mi.)
» Arrive at Haskell Rd (0.0 mi.)**

Attire for our gatherings **Wednesday Banquet – Evening Wear**
Thursday - Business Casual



**GENERAL FEDERATION
of WOMEN'S CLUBS**

Living the Volunteer Spirit!

There is still time to register! – DEADLINE August 22nd
106th GFWC New England Region Conference – “Bring Your Spirit”
Dinner & Social – September 10, 2015 Official Opening – September 11 – 13, 2015

Boston-Newton Marriott
2345 Commonwealth Ave, Newton, MA 02466
For reservations call: 1-800-228-9290
Refer to the **General Federation of Women's Club** in the reservation.
Room rate - \$135.00 double occupancy

Contact: Mary Ann Pierce, GFWC New England Region Chairman, mapgfwc@msn.com
Need the forms? Contact your club president or Wendy Bowler email: wendybowler@gwi.net

GFWC Maine - 2015 Fall Conference

REGISTRATION FORM

Name: _____ Name for name tag: _____

Address: _____

City/State/Zip: _____

Telephone: _____ E-mail _____

Name of Club/Position: _____

GFWC Maine Position: _____ [] Guest [] GFWC Booster

IMPORTANT INFORMATION

1. Make check payable to **GFWC Maine** for total of meals and registration fee.
2. Please complete a **separate registration form** for each attendee.
3. Mail registration form and check by **September 23, 2015** to
Joyce Noonan, 327 East River Road Skowhegan, ME 04976.
Telephone (207-474-9451) e-mail:janoonan@beeline-online.net
4. Please note **no refunds** will be possible **after September 23, 2015.**
5. **Early Bird Discount** - Mail registration form and check postmarked **on or before September 16, 2015** to qualify for a \$5.00 discount.

Registration Fee - Thursday \$15.00\$ _____

EARLY BIRD gets the worm!! Register early for Early Bird Discount-\$ _____

MEAL SELECTION: [prices include tax, service charge and gratuity]

*****Wednesday Banquet*****

| | | |
|---|---------|--------------------------|
| <i>Boursin Stuffed Chicken Breast-</i> | | |
| <i>Tender Chicken Breast Stuffed with Triple Whipped Cheese, Garlic and Herbs</i> | \$30.00 | <input type="checkbox"/> |
| <i>Sweet Bourbon Steak Tips-</i> | | |
| <i>Steak Broiled with Onions, Mushrooms, Sweet Bourbon Glaze</i> | \$34.00 | <input type="checkbox"/> |
| <i>Vegetarian - Butternut Squash Ravioli-Served with Brown Sage Butter</i> | \$28.00 | <input type="checkbox"/> |

All meals include salad, starch, vegetable, bread, coffee or tea, and dessert.....\$ _____

*****Thursday Lunch- Italian Buffet*****

Pork Roulade (Rolled with Spinach, Provolone, and Prosciutto) \$21.00 \$ _____

Vegetarian Lasagna

Assorted Dessert Bars

Served with Vegetable Minestrone, Caesar Salad, Garlic Bread Sticks, Chef's Selection of Vegetables

Total Meal and Registration Total \$ _____

Please indicate any special dietary need and we will try to accommodate.

2015 GFWC Annual Convention



Carol Jarvis, Suzanne Raymond, Libby Wiers, Nancy Ames, Gloria Leveillee, Megan Libby
Margorie Goodwin, Babs Condon, GFWC President, Cathy Canterbury, GFWV Director of Jr Clubs, Mary Libby



Skowhegan clubs making a donation to meals on wheels as a result of the Kentucky derby party.
Joyce Noonan, Nancy Ames, Meals on Wheels director, and Dot LaCasse.



Maureen Provencal & daughter, Anne Marie





GFWC/Dexter Women's Literary Club members having fun at their Member Appreciation Party



A mama alpaca with her baby who was born two days earlier



Elizabeth Polnicki at the Bryant Stoveworks Museum in Thorndike



At Bowl for Kids' Sake at Family Fun Lanes in Bangor is Lesley Waterman, myself, Caitlin Sullivan, Michele Scribner, Amy St Peter, Alex Gaeth (CEO, Big Brothers Big Sisters of Mid-Maine)



Patawa's May Banquet at High Tide Restaurant in Brewer

The Information Highway – Elder Abuse Prevention Awareness

Barriers to Getting Help

Incidences of elder abuse are dramatically underreported for a variety of different reasons. Some common reporting barriers are:

- The victim is dependent on the abuser for care and they are threatened with the loss of their independence if they report. When there is no one else to provide the care the elder requires, the threat of having to change their living situation is quite real.
- When the abuse is at the hands of a loved one or family member, the victim might have to overcome several emotional responses prior to feeling comfortable enough to tell someone. The elder might fear that the abuser will get in trouble and they might feel guilty or somehow to blame for the abuse.
- The victim might be fearful of the system response; this fear might be based upon a misunderstanding, lack of knowledge of options, or a lack of options.
- The victim might be fearful of retaliation and worry that the abuse will get worse if they report.
- The victim is socially isolated.
- The victim might be in denial that they are experiencing abuse, or unaware that what they are experiencing is abuse or neglect.
- Generational values can lead a victim to believe that what they are experiencing is normal, or a “family problem” not to be shared with community service providers.

The victim might be fearful of growing old.

“Our Past Will Determine Our Future”

*Wendy Bowler
GFWC Maine
Corresponding Secretary
PO BOX 732
Gorham, ME 04038*

Pine Tree Notes
Deadlines
November 1, 2015
January 8, 2016
March 4, 2016

GFWC MAINE
123 Years of Volunteer Service