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January/February 2024

GFWC MAINE – A member of the General Federation of Women's Clubs

PINE TREE NOTES

www.GFWC.org

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Happy New Year! How can it be 2024 and this administration is seeing the end of road ahead! But we are no way near slowing down! GFWC Maine Clubs have answered so many calls For this President! Planting tulips in Hope Gardens around our state will no doubt bring questions on their significance, creating a segway of conversation on Mental Health! Reading the statistics on the Alzheimer's Challenge has left me speechless! (I know, quite a feat there!) GFWC Maine Clubs have stepped up to contribute in the need to provide help for Alzheimer's care and support services, and research. I will leave it up to our Health & Wellness Chairman, Sally Manchester to report! I am so excited to hear of Club events for GFWC Maine Day! February 14, 2024, will mark our day in Maine for 130 years federated with GFWC! Isn't this the best organization in the country? Empowering women across the world and making a difference in communities we live in. Mark your calendars for the GFWC Spring Convention! May 9th and 10th, 2024 at the Hilton Garden Inn Freeport in beautiful downtown Freeport. May be some shopping will be had... but a fun filled convention with speakers and presentations. GFWC Second Vice President, Jolie Frankforth will be our guest and interactive entertainment is being planned! Please continue to be good to yourselves and thank you for your work to "Break the Stigma" of mental health.

Maureen Provencal – GFWC Maine President

The General Federation of Women's Clubs is a unifying force, bringing together local women's clubs, with members dedicated to strengthening their communities and enhancing the lives of others through volunteer service. With more than 60,000 members in affiliated clubs in every state and several countries, GFWC members are community leaders who work locally to create global change by supporting the arts, preserving natural resources, advancing education, promoting healthy lifestyles, encouraging civic involvement, and working toward world peace and understanding.



LEGISLATION & PUBLIC POLICY

Maine will hold an election for president of the United States on November 5, 2024, along with 49 other states and the District of Columbia.

Mark your calendar for the Democratic and Republican Primaries being held March 5th, 2024, first!

Make your voice count; start with a VOTE!

Be involved.

GFWC Legislative Action Center is a valuable source for being involved with issues happening in Washington, DC. Check it out and sign up to act.

Consider local or state dignitaries to speak at a Club meeting. Learn all that you can about your state, country, and world.

Marjorie Pfeiffer - Chairman

SPECIAL ANNOUNCEMENT

Changes to this GFWC Maine administration has Suzanne Raymond as the President-elect for the remaining of this year. GFWC Maine is fortunate that Suzanne has stepped into this position with her experience and is excited to fill positions for her administration.

We are thankful for the commitment the GFWC Maine Executive Committee has contributed to better this organization.



COMMUNICATIONS & PUBLIC RELATIONS

HAVE YOU SEEN THE NEW GFWC LOGOS? VISIT [GFWC.ORG](https://gfwc.org) MEMBER SUITE DIGITAL LIBRARY AND SEE 'BRANDING GUIDE' UNDER LETTER 'B'! THEN GO TO 'E' FOR THE EMBLEM DOWNLOAD.

GFWC'S BRAND IS NOT JUST WHAT WE SAY ABOUT OUR ORGANIZATION—JUST AS IMPORTANT IS WHAT OTHERS HAVE TO SAY ABOUT US. COMMUNICATING CONSISTENTLY ENSURES BRAND MESSAGES REMAIN ACCESSIBLE, RECOGNIZABLE, AND RELEVANT. CONFLICTING MESSAGES LEAD TO CONFUSION AND DILUTES THE GFWC BRAND AND REPUTATION. BRAND IDENTITY IS THE STATEMENT OF WHO WE ARE, WHAT WE STAND FOR, AND HOW WE SERVE OUR AUDIENCE. IT DEFINES OUR VALUES, AND EMBODIES OUR VISION, MISSION, AND VALUES.

GREAT OPTIONS!



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**GENERAL FEDERATION
OF WOMEN'S CLUBS**



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**GENERAL FEDERATION
OF WOMEN'S CLUBS**

Maureen Provencal - Chairman



Domestic & Sexual Violence Awareness & Prevention Program

Katherine White - Chairman

HAPPY NEW YEAR 2024 GFWC Maine Clubwomen!!! Your Chairman wishes each one of you good health, peace, and joy in every volunteer moment you spend this year. "Our prime purpose in this life is to help others" Dali Lama. Isn't that the goal of our GFWC Maine club women!

In preparing what I wanted to share in this edition of PTNs I read a quote that fits perfectly for us to consider starting out in this New Year. "Ability is what you're capable of doing ~ Motivation determines what you do ~ Attitude determines how well you do it."

There is still lots of time for you to engage your membership in focusing on the Signature Program. January is a perfect time to consider one of these programs for your Club. Here are several projects you could possibly consider this year or later.

Movie Night – GFWC Florida – The choice of movies depicted domestic violence in many areas. Movies shown were, The Guardians (systemic abuse of the elderly), Sleeping with the Enemy (spousal abuse), Gaslight (spousal abuse), The Hand That Rocks the Cradle (nanny abuse), and Monster-in-Law (mother-in-law abuse). Members could get together and watch or give the Movie titles out to members for them to watch at home with family and friends.

Wear a Pair, Bring a Pair GFWC Maine – GFWC Semper Fidelis - This project collaborated with Skowhegan Main Street's weekend-long "Skow- Whoville" holiday celebration. The public event was held at a popular local wine bar, and it was requested that attendees come wearing their pajamas and bring a children's pair, along with a stuffed animal to donate to the local Family Violence Shelter. You could adapt this program that would work best for you Club and Community.

PJ & Pearls Brunch GFWC South Carolina – Members invited their family and friends to a beautifully prepared brunch. Attendees were encouraged to wear their PJs & Pearls. The Brunch included music and an inspirational program. The representative and guest speaker were from the local Children's Advocacy Center and were presented with a check from the proceeds. This could also be adapted to fit in with your members and community.

Flashlights for Domestic Violence Victims - GFWC Delaware – GFWC Past Presidents Club This project collects and distributes small flashlights to shelters and organizations that work with victims of Domestic Violence, including Human Trafficking. When the victims decide to escape their circumstances, it is often in the middle of the night, and they leave quickly and with no time to pack items. Small flashlights can easily fit in your pocket. The flashlight allows a person to see hazards and street signs.

Your Chairman is always watching her mailbox for donations for the Elder Abuse Essay Scholarship Fund. If your Club hasn't mailed in your donation, please consider doing it now! Your Chairman is still believing that we can have at least 90% of our Clubs donating before the end of this administration. We together can do this!

Here are words I took from a quote but not exactly as quoted. "If we are to teach real peace in this world, and if we are to carry on the real war against Elder Abuse, we shall have to begin with the children." Our scholarship does exactly that. It is never too late to share whatever you can to build the funds for the scholarship.

Your Chairman knows our membership has the **Ability** to support our essay scholarship, and believes the **Motivation** is there for the scholarship as well as having, the **Attitude** to do whatever it takes to support a scholarship with a donation. You can mail your donation to me at 15 Memorial Drive Winterport, ME 04496 and I thank you very much.

GFWC PRESS RELEASE - National Day

Washington, DC, December 20, 2023 — The inaugural General Federation of Women's Clubs (GFWC) National Day of Service (NDS) proved impactful in raising food resources for communities across the country. This year's campaign spotlighted the food insecurity and hunger crisis. The results received from the "NDS Impact Report" sent to participating clubs indicate GFWC clubwomen collected 290,982 pounds of nonperishable food, recorded more than 40,000 volunteer hours, collected \$276,832 in monetary donations, and contributed to the preparation of more than 241,672 meals.

The 2024 GFWC NDS is scheduled for Saturday, September 28, 2024



Arts & Culture

Billie Sherman & Barbara Hathaway – Co Chairmen

Supporting local arts can improve communities and impact art in GFWC Maine Clubs.

Sponsorship of art events connects us with the high school art students and other community arts and culture programs. We can have a positive impact on high school art programs and future artists.

Other areas of the Arts & Culture give Clubwomen the opportunity to express their talents, including Scrapbooks, Creative Writing contests for Short Stories & Poetry, and Photography (color & black & white). Check the GFWC Maine Directory, pages 78 to 82 for the contest rules.

Short Stories & Poetry deadline receipt of Creative Writing is March 1, 2024. Signed GFWC Arts Waiver must be included with each submission.

Get started soon.

Photography is brought to the GFWC Maine Spring Convention. Let the GFWC Maine Arts & Culture Chairmen know of your intent to enter & how many photos for planning purposes by April 15, 2024.

GFWC Maine District Presidents, start planning your District Art Show and continue the appreciation of the arts for membership. This will guarantee a wonderful selection for the GFWC Maine Spring Convention Art Show in May.

Communicate and Keep Connected.

GFWC Maine for the ARTS!

As most of you are aware the GFWC Maine 2024 Jennie June Award was presented at the 2023 GFWC Maine Fall Conference. It was my pleasure to announce Violet Ferland of the GFWC Skowhegan Woman's Club as the recipient of this prestigious award. Not only was Vi named our GFWC Maine Jennie Award winner she has also been selected as one of two ladies to compete for the honor of the New England Region Jennie Award. Each of the eight regions of GFWC can nominate two ladies for the award at the national level. The eight finalists will be selected and announced in late spring prior to the national convention. These eight selection awardees will be honored at the Annual GFWC Convention in Chicago in June. GFWC Maine wishes Vi the best as she is considered for the selection from the New England Region.

Jennie June Award Chairman – Carol Jarvais



Jane Cunningham Croly

Winter has arrived! It is time to be sure that you contact the high schools in your area about the Educational Loan Fund and the Maude MacKenzie Scholarship applications. It would be very helpful to remind them to find the current form rather than using a form saved in a file for years. This way they are sent to the correct person (me!) The current form is available at www.gfwcmaine.org.

Loan and Scholarship applications are separate, and each must contain complete information - this should be stressed to the schools - along with the importance of following directions when filling them out.

I have already received one scholarship application! (So, someone is on the ball!)

Thanks go to the GFWC Lubec Woman's Club, GFWC Gorham Woman's Club, and GFWC Westbrook Woman's Club for their continuation for financial support of the Educational Loan Fund.

Educational Loan Fund & Maude MacKenzie Committee – Libby Wiers Chairman



Health & Wellness

Sally Manchester - Chairman

I trust my dear, fellow clubwomen are vaccinated and being careful in crowds as flu and Covid 19 are on the rise again!!

Don't forget that Friday **February 2, 2024, is National Wear Red Day!!** One that is near and dear to my heart.



Report your National **Day of Service Project** under the **Civic Engagement and Outreach Program**.

January is **THYROID AWARENESS MONTH**

Our thyroid hormones regulate vital bodily functions such a heart rate, breathing, body temperature, weight, muscle strength, menstrual cycle, cholesterol levels and nervous systems.

Hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid) are two of the most common thyroid diseases. See the following symptoms:

HYPOTHYROIDISM

- Fatigue
- Weight gain & water retention
- Dry, itchy skin
- Forgetfulness
- Sore muscles
- Constipation
- Dry, brittle nails & hair

HYPERTHYROIDISM

- Rapid heart rate
- Anxiety & irritability
- Weight loss
- Muscle weakness
- Protrusion of eyes
- Accelerated loss of calcium in bones
- Loss of scalp hair

Up to 60% of those with thyroid disease are unaware of their condition. 1 in 8 women will develop thyroid disease in their lifetime. Thyroid conditions are treatable with medication or in some cases, surgery. Your medical history, a physical exam and specialized blood test are used to diagnose the disease.

Make sure you get this checked at your next Dr.'s appointment.

Looking forward to a rousing, rewarding, and rededication of ourselves and clubs to community service as we celebrate at GFWC Maine Spring Convention. SEE YOU THERE!!

ESO

Marjorie Coburn-Black - Chairman

I hope everyone had a very nice Christmas and now that we are the new year is thinking about what you would like to accomplish in 2024.

If you are thinking about being more active in the ESO reading program and

need suggestions on what to read, don't hesitate to email me or give me a call.

I would love to share the title of books that have been reported to me as a great read.

Stay safe during these winter months.





Education & Libraries

Amanda Taylor - Chairman

Happy New Year! Instead of new year, new you... why not celebrate old you and foster the parts of yourself you are proudest of or want to grow?

I don't do resolutions, but I do take time to reflect and write down my intentions for the new year. I set intentions for how I treat myself and others, how I want to grow as a person and what I want to get from the next 365 days of life.

Do you participate in the practice of setting goals or intentions? I encourage you to sit and think about this. What do you intend for the next year? One of my personal growth intentions is to continue working with ESO and taking time regularly to read, expand the types of books I read and educate myself on new skills.

One of those skills is learning to garden and preserve the food I grow. Your intention can be as vague as doing more things that bring you joy, or it can be very specific like a place you want to visit. I think that setting intentions helps to focus my energy toward what I want to accomplish.

Maybe it works for you and maybe it isn't your thing. Whatever path you are on, make it your intention to always be growing and educating yourself.

Education comes in so many forms and we are naturally forever learners.



Environment

Debra Burnham - Chairman



I am hoping many of the GFWC Maine Clubs are gathering information for reporting activities done around the environment! Last PTN I left you with a cliffhanger about plastics. Now, the rest of the story...

Not all plastic is created equal (there are numerous chemical formulas to create a specific plastic for a specific need). This complexity about plastic and how it may not be recycled should be a part of the beginning discussions of any plastic product being manufactured. If companies create the product *but* do not have the process in place to recycle plastic at the end of its use, society is left with an extreme amount of waste.

Many of us think because there is a recycling symbol and a number on a plastic item, it will be recycled. **Wrong. Only 10% of plastic can be recycled at this time.** Countries around the world are working on this problem and realize their interconnectedness in this issue.

Only **half of the United States** has access to recycling. Those that do each have their own rules about what gets recycled and how. Recycling is a complicated issue. Do you know how your town operates their recycling of plastic? Does the town receive money for the efforts? What problems need a solution in 2024?

After listening to a webinar recently, my eyes have been opened to the complexity of towns and businesses must manage plastics. Businesses must invest more money and we the public need to become more aware of the problems of how any plastic ends its recycling life in the environment. Recycling is costly but our planet is our only home for now. We all need to pay attention and help keep our big blue planet as healthy as possible, now and for the future.



Civic Engagement & Outreach

Marjorie Pfeiffer - Chairman

GFWC members have a community connection. We are part of a larger society and are responsible for addressing issues of public concern. We advocate because there is a need; we volunteer because we are needed. Our focus is on our community and looking for better ways to make an impact.

Areas that can be included in planning our projects are: Essential Workers, Citizenship, Crime Prevention, Safety and Disaster Preparedness, Needy, Hungry and Homeless, Military Personal, Veterans. These are just a few of the areas that can be emphasized and identified when planning projects for your club.

When Spring arrives, garage sales will be starting. Thrift stores always have items such as blankets, sleeping bags, coats and jackets that can be purchased for the homeless. Pet shelters are always in need of items such as sheets, towels, blankets even if there are rips and tears. The shelter animals aren't concerned with rips and tears. One fun way to spend a day is to meet for breakfast, have \$20 in your pocket and do a day of shopping for those in need. You will be amazed at what \$20.00 can do. It can be made even more fun by having a trophy, certificate, or even a crown for the member that purchases the most with their \$20.00. In the Spring, when people are cleaning out their garages, the same thing can be done.

GFWC Maine President-elect

Happy New Year! As each new year brings new challenges to each of us, it is safe to say where I thought I was heading as 2023 was coming to a close and where my journey *led* me by the time 2024 arrived, changed significantly! As many of you are aware, the position of President-elect became open and the GFWC Maine Executive Committee appointed me to fill the unexpired term. I thank and appreciate the vote of confidence they have placed in me.

Let me assure you that preparations are being made for the 2024-2026 administration. It could be said I am a little late getting started, but GFWC clubwomen are the best and ***we will be ready*** when the next chapter begins in May! How do I know that? It is because of you! As I have reached out to offer positions that are necessary for a full team, I am thrilled to say, many of these appointments have been filled. There are some positions open, some requiring a sizable time commitment but others not as much - I will continue to make phone calls (and emails). Don't hesitate to contact me if you are interested in serving in some way; I would love to hear from you! Thank you to so many who have been able to accept a position; to those who have needed to decline, we understand sometimes it just isn't possible at this point in time.

As your president-elect I had the wonderful, good pleasure of attending the 2024 – 2026 GFWC Board Orientation Meeting held in Washington, DC. As all past state presidents will attest, it is such a fabulous learning experience, filled with tips, tools, updates, camaraderie, etc., I returned home fully energized after a riveting and engaging weekend.

The theme was "Leadership Reimagined – EDUCATE. ENGAGE. EMPOWER."

You will be glad to know that a new GFWC Website is in the works.

We were given a demonstration - and even though it is still being built, this will be such a welcome change when it is ready. What an improvement this will be. So much more user friendly! Imagine!!

Again, thanks for all your support and thank you for all you do!

Yours in Federation,
Suzanne Raymond



GFWC Headquarters: Shannon Bailey (GFWC Director of Junior Clubs-elect), Nancy Ames (GFWC Maine Past President), Suzanne Raymond (GFWC Maine President-elect), Suellen Brazil

GFWC MAINE CLUBS IN ACTION

GFWC Pittsfield ARTS Club - Raejean Hersey, President

Pittsfield A.R.T.S Club has 12 members to start 2024! (yahoo).

On November 7th we held a 'Boxed Lunch' sale at the Election Polls which was very successful raising over \$400 for the MCI High School Scholarship.

The November speaker was Pittsfield Police Chief Vicente Morris speaking on mass Shootings. He has attended many training sessions on this and shared a lot. Also talking about home invasions and tips to help escape or call for help. One tip I want to pass on is to have a can of WASP spray in an easily accessible place and then aim at the intruder's face. Very interesting but scary too.

On the first of December we started volunteering at the Pittsfield Food Pantry. Every Friday members volunteer and check names as they receive their food. We take turns each week. This is a project we will continue as needed.

On Dec 13th we had a Christmas gathering was held at Rae Hersey's home with a nice lunch and Yankee Swap. Fun was had by all. Also collected were items for The Greater Waterville Homeless Shelter and we will collect them again at the January meeting.

Our speaker for January will be Pam Erskine, Program Director of SKILLS Inc.

Guess that is all folks!! Hoping the New Year is Happy, Healthy and Safe for EVERYONE!!



GFWC LUBEC WOMAN'S CLUB – Jeanne Drews, Communications Chairman

Since October our club has had only one meeting, and that was in November. We met in the new community room at the Lubec Memorial Library on November 6th for a slide show, titled "Lubec Library in the Community" presented by librarian Melissa Lee. The presentation highlighted a large array of activities: Author visits, Lego Club, new electronics, Wiggles and Giggles weekly program for preschoolers, hosting Summer Rec and Summer Reading Programs, new Seed Catalog, Chewonki programs, community group meetings, RIF books for school kids 3 times per year, Chess Club, Cabin Fever films (every 2 weeks through the winter), and more! At the end of the presentation, Treasurer Juanita Presley presented a \$1,000 donation to the library from our Club. (Photo below).

Also at the November meeting, one of our members informed us that a local family was in need of help with travel expenses every two weeks to Boston for injections for their 12-year-old child. We approved a donation of \$300 to the family, and several members contributed more money to end up with a total of \$500.

Mother Nature and Monday storms prevented us from meeting in December, but several members were active in community during the month at the Lubec Elementary School's Craft Day. Carol Barclay and Cindy Ferriere headed up the activity, with help from other members. (Photo below).

We do not have regular business meetings in January and February but will keep busy with our volunteering in the community.

Happy New Year to all our Maine Clubs and best wishes for a healthy and productive year.



GFWC RESEARCH CLUB OF LIMERICK – Cynthia Mullis, Vice President

The end of 2024 was very busy for GFWC Research Club of Limerick. At our November meeting, we had 2 local ladies business owners come and share their business with us. We heard about how they started their business and where they are now.

Refreshments were served and a fun time of fellowship was had by all.

Several members said that they enjoyed participating in this year's Alzheimer's walk, sponsored by GFWC Maine. The club members are happy to make a generous donation to this worthy cause.

December is always busy for us. We sponsored the Christmas tree in town and had our annual 'Red Bow' sales which profited over \$800 to be donated to our new fire station kitchen. Annmarie Carroll led our Christmas carols at the tree lighting. A beautiful way to get in the Christmas spirit.

Our annual Christmas meeting and party was held at our Vice President Cindy Mullis' home. Members brought gifts for the Veterans home and donations for Caring Unlimited. We had lots of delicious treats and ended the evening with a very vivacious Yankee Swap!!

We don't meet in January and February but will be back at it in March! Happy New Year!!



WALDOBORO WOMAN'S CLUB – Mary Cope, President

2023 - 2024 has been an incredible year for us with highs and lows.

We lost two of our beloved and treasured members: Jean Lawrence, February 27, 2023, and Marilyn Andrews May 6, 2023. Both were powerhouses in the Waldoboro Community. Marilyn passed away just weeks before our famous Whale-of-a-Sale. Marilyn was a force in organizing the Silent Auction at the sale for many years. The auction is the event that brings in the real scholarship money.

With Marilyn's spirit in our hearts, we rallied and were ready for the sale on June 24, 2023. Hooray, we had a great day bringing in \$5,328.15.

All proceeds from our various fundraisers, bake sales, rug raffle, 50/50 raffle is used to award scholarships to graduating seniors and to students who are continuing their education. We are fortunate to have the Mildred M. Walter fund to draw upon to provide additional scholarships.

In 2023 Waldoboro Woman's Club awarded Five \$1500 scholarships to seniors and three \$1500 scholarships to students continuing their education.

We are looking forward to this year's Whale-of-a-Sale. In the meantime, we are keeping a pulse on needs in the community.



Club members and a scholarship recipient at Friendship Day

21 Club enjoyed a busy fall and winter season. Members walked for Alzheimer's and raised over \$300. President Jean provided members with a fact sheet about Alzheimer's. We held a public ham supper fundraiser. President Jean shared ideas on how to creatively participate in "Giving Tuesday" as individuals. Members give so much all year round!

We found out more about the Dolly Parton Imagination Library from club member Maggie Lowry. Maggie is a member of the organizing and founding nonprofit that brought the Imagination Library to this area. We were amazed to hear that they are providing books to over 500 children, and still growing in membership! Club members enthusiastically donated to support this good work.

November was very busy, with annual donations going to the area "Giving Tree", providing gifts and dinners to local families. We donated to Meals on Wheels, To Smooth Feather Youth Film School, and to the local art teacher to support the amazing work she does getting student art submitted to the 21 Club art show.

We decorated a tree in the park, spreading Christmas spirit. We placed a tree at the Festival of Trees, supporting another nonprofit's fundraiser and helping to continue to raise awareness of who 21 Club is. This year's theme was "Who We Are". Members decorated an ornament with their name and a picture, and a message stating why they are a club woman. We left brochures for people to take, and they WERE taken!

21 Club closed the year with a Christmas Tea. Members bring a stuffed animal to donate to the health center for children in crisis. We enjoyed each other's company, played a rousing game of "Christmas Feud", and wished each other the best of the season.

We send warm regards and best wishes for the new year to our GFWC Maine sisters!

21 Club is now on winter break and will meet again in March.



GIVING TUESDAY ACTIVITIES

1. **Donate to your favorite charity**

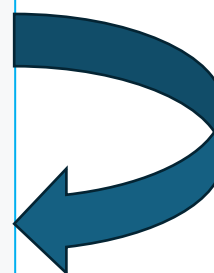
With an abundance of causes to support, there are many options for people to donate to charity. You can mail in a check, drop off some money, or even click 'Donate' from the comfort of your desk.

2. **Volunteer**

We sometimes forget that one helpful way of giving back is by volunteering. Contact a local hospital, shelter, or nonprofit ahead of time and see how you can help.

3. **Donate clothes/shoes**

That sweater you swore you would wear this fall (which never saw the light of day), can be of use to someone in need. Go through your closet and donate any articles of clothing you know you're not going to wear again (or ever).



GFWC WESTBROOK WOMAN'S CLUB – Beth Turner, President

GFWC Westbrook Woman's Club has been very busy. In November we put together Sunshine Bags to be distributed to those confined to homes in the Westbrook area as a bright spot in their days. We also appreciated a presentation by Mike Sanphy, a local historian, with a slide show of Westbrook over the years. A lot of memories for everyone!

In December we were honored to host the Madhatter's Tea a part of the Festival of Trees held at Westbrook-Warren Congregational Church. Several assisted living facilities brought people to enjoy holiday cookies, tea in our bone china cups, and enjoying the beautiful holiday decorations. A great time! The Club attended lunch together at Bruno's Restaurant. Members brought gifts to be delivered to Spring Harbor Hospital.

This year service pins were given to members for years of service. The Club joined the holiday fair season by holding two fundraising events.

At our January meeting we had several members do book reviews. This was enjoyed by members and presented ideas to members about the joy of reading. We also collected a money donation to be given to My Teen Center for snacks for those attending the Center. This was our MLK donation. A great choice!

The Club added two members with more interested in joining Westbrook Woman's Club. We have a very active Membership Committee.

Westbrook Woman's Club is very busy keeping the volunteer spirit, enhancing the lives of others.



GFWC SEMPER FIDELIS CLUB – Karie Watson, President

Hello and Happy New Year from GFWC Semper Fidelis Club.

Before the frost set in, we were able to plant an additional 50 yellow tulip bulbs at the Somerset Correctional Center as part of the Yellow Tulip Project. We are very anxious to see the results in the Spring. Our annual Spirits Raffle brought us a profit of \$848.00. The ever-popular poinsettia sale was a big hit

as always. We continue to break records with our annual pie sales. We cleared \$1,291.00 thanks to our members and their culinary skills! Another of our long-standing fundraisers, our RADA sales added \$776.82 to our bank account. November days of Giving is a project we have supported over the last several years. Members donated food items from a provided list and together we filled 7 boxes to be given to those in need in our local

school district. We provided Thanksgiving meals for 3 local families.

Some of our members participated in a walk for Alzheimer's and collected \$300.00. We provided concession items for our school districts Drama Club during their yearly festival. Our club hosted our second annual PJ Party and collected 125 pairs of children's and women's pajamas for the family violence shelter. Also, during Skow-Whoville, Skowhegan's weekend long Winter Celebration, we set up a space for children to make and decorate holiday cards to either take home or leave behind to be distributed to local nursing homes, close to 150 cards were made! Members also donated toys, games,



clothing etc. all to be given to a family with two little boys at Christmas. We also participated in “fill the cruiser” with diapers for KVCAP, all together we collected 844 diapers. My goodness, we have been busy but, tis the season! Everyone was eager to relax and celebrate Christmas and the New Year with their loved ones. We are raring to go again and will meet up soon to plan our Spring events. Until next time, stay kind!



GFWC SKOWHEGAN WOMAN'S CLUB – Bonnie Chamberlain, President

Happy New Year. It is time for reflection and setting in motion our best plans.

Fall and early winter continued to fill with activities. The donations of books on domestic violence to two agencies in our area were so popular that our Book Project Coordinator was asked about the possibility of donating more books. These sets of books are written for children and will be used by the receiving agencies to aid in the discussion of violence in the home. These are not circulating books but read with a counselor who can aid a child in distress. Situations occur where children are not aware of what a normal household (read loving) is like, might not know that negative language and put downs are abusive, might not know a person, even a child, can reach out for help.

In November at our regular meeting, we collected shoes for the Somerset Animal Shelter. The Shelter hopes for a minimum of 2500 pairs of gently used or new shoes to be donated each year. Once that amount is reached, the Shelter contacts their partner Funds2Orgs which picks up and processes the shoes. When completed, Funds2Org sends the Shelter a check averaging between \$1,200 and \$1,500 yearly. The shoes are sent to developing countries where over 4,000 micro entrepreneurs sell the shoes as a way of making a living. A sure win/win for all.

I am proud to announce that two of our members have volunteered a total of 97.75 hours at the Travis Mills Foundation this year.

Skowhegan opens the Christmas season with a parade and various activities beginning the first Friday of December. With delight our Club once again participated by offering sugar cookies for decorating in Computer Improvements

on Water Street on December 3rd. Our baking and decorating ladies were happily engaged, after a two-year break, with area children. Cookies were baked by SWC and the Bloomfield Garden Club. We made and provided various colored frosting and sprinkles. Decorating included showing the kids how to use a frosting piping bag. Three ladies from the Garden Club and four ladies from our Club were the instructors. As the co-coordinator said, “We estimated that over 250 kids (and moms, dads, grandparents...maybe some aliens...)”





decorated cookies." A special shout out to Amanda and Mark who willingly reworked the space to accommodate the decorating activity.

Our Club had our annual Christmas party after a special ceremony for our Maine and New England Jennie June candidate, Vi Ferland. A member constructed a display with six candles. Six members each read a few sentences taken from the testimonials submitted on Vi's behalf for Family, Community, and Club and lit one of the candles. Vi was presented with a five-inch

Nambe star, symbolizing Vi is the Light of the Club. After a short meeting, we shared a potluck meal. We all agreed that this social part of the day was delightful. We had an opportunity to laugh and visit outside of the regular meeting time. So delightful that we are thinking of doing this, potluck dinner, twice a year after a meeting.

GFWC WINTERPORT WOMAN'S CLUB – Julie Burgess, President

Happy New Year!

Members of the Winterport Woman's Club closed out last year with a flurry of activity and we are looking forward to what the New Year will bring.



Late fall brought us back to Abbott Park to plant more yellow tulips, as well as raking an extraordinary quantity of fallen leaves. We love seeing the progress of our park restoration project through each season.

Our 8th annual Turkey Drive in November was our

most successful ever. This event also marked the beginning of the use of our Club's Venmo account, making donating even easier. In addition to very generous monetary donations, 31 turkeys and an assortment of non-perishable items were donated by our Community to help stock our local food pantry. With the 71 spices that Club Members also contributed to the pantry, and homemade hats and scarves made by club member Jackie W., those in need were able to have a more enjoyable



holiday.

A Fall Favorite Recipes project proved to be a big success. Club Secretary Ellen V. compiled all our favorite fall recipes and emailed them to membership for all to enjoy.

Our club has cultivated a close relationship with New Hope Midcoast, an organization that serves individuals affected by

domestic abuse, dating violence and stalking. Through the generosity of our Woman's Club members, we have been able to provide clothing, furniture, and household items to help two women through the Midcoast organization. To brighten their holidays, we also sent the two women personal care baskets and gifts.

The success of our fundraising efforts throughout the year allowed our Club to provide support where needed. We reached outside of our own community to show support for Lewiston in its time of need. As the year was drawing to a close, locally we helped fill the needs of school children during the holiday season and assisted in the purchase of new cheering uniforms at our middle school.

We ended 2023 with our Club's Holiday Potluck Party and Yankee Swap, bringing us together to enjoy the season and make plans for the upcoming year.



ESO- Epsilon Sigma Omicron

Join ESO in '24

Let's challenge our Clubs! Join today, have fun while you read!

BENEFITS OF ESO MEMBERSHIP

Unlike other GFWC programs, ESO exists specifically for the benefit of clubwomen. GFWC programs are traditionally community improvement based. Although ESO is beneficial to the community, its main focus is directed at club members. Reading groups have become commonplace in many communities recently because of their unique benefits. Members who participate in reading groups are able to experience intellectual discussions on a variety of books, create new friendships, coalesce with various members of the community, and gain knowledge about life, love, family, politics, cultures, technology, the world around them, and many other topics.

HOW TO BECOME AN ESO MEMBER

Step 1: Contact your state ESO chairman to receive your state ESO guidelines. Many states have their own requirements regarding becoming an ESO pledge and member. If your state does not have an ESO chapter, one must be chartered. Go to the GFWC Club Manual, ESO for more info.

Epsilon Sigma Omicron (ESO) - Top Projects 2022

"Blind Date with a Book Meets Dirty Santa Exchange"

GFWC Clarksville Women's Club (TN) hosted a Blind Date with a Book Meets Dirty Santa Exchange at the December book club meeting. Each member brought a gently read book wrapped in plain brown paper with only a few clue words written on the wrapper. The exchange was made using the Dirty Santa game where members took turns and enjoyed 'stealing' each other's selections. Everyone walked away with a 'new' book.

"Spring Social"

The GFWC Literary and Civic Club of Baton Rouge (LA) held a Spring Social in which each course was featured as in a book review. Champagne Cocktails from Scott Fitzgerald's *Great Gatsby* was served, along with Appetizers of Pears & Cheese & Brie en Crote to go with Eric Carle's *The Very Hungry Caterpillar*; Shrimp Remoulade and Avocado Salad from Cynthia LeJeune Nobles' *A Confederacy of Dunces*; the main course was Pork Tenderloins with Jezebel Sauce from Margaret Mitchell's *Gone with the Wind* with rice and onions and green peas; and Dessert of Death by Chocolate to go with Rex Stout's *The Nero Wolfe Cookbook*.



Tis the season to stay in and read...

Contact: Marjorie Coburn Black, ESO Chairman – mhb770@outdrs.net

GFWC AFFILIATIONS

We are March of Dimes. And so are you.

Your donation supports March of Dimes' mission to advocate for accessible healthcare, provide education, and foster innovation to safeguard the health of all moms and babies.

Help millions of generations live healthy lives just like me.

Donate today at marchofdimes.org



Emma Lee Greenley, mom who went into early preterm labor that risked both her and her baby's life, but thanks to March of Dimes NICU Family Support® program, Lois grew stronger.

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When your club supports Heifer International, you support women around the world, giving them the resources, education and opportunity needed to thrive.

LEARN MORE AT HEIFER.ORG/GFWC OR CALL 888.548.6437.



"I KNOW THAT IF I HAVE THE SURGERY, I WILL MAKE FRIENDS."

- FAUSTINA, 17

As one of the world's largest volunteer-based international medical nonprofit organizations, **Operation Smile** has provided hundreds of thousands of surgeries for those born with cleft lip, cleft palate and other facial conditions. As it has over the past **35 years**, **GFWC Clubwomen's volunteer spirit** continues to **bring hope, healing and brighter futures** to children in places of need around the world.

Operation Smile

www.operationssmile.org

Melanie Hittinger

melanie.hittinger@operationssmile.org
(813) 990-7041



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Immunize a child.



For more information and project ideas for all our Affiliates, please visit the GFWC Member Portal <https://gfwc.users.membersuite.com/home> Digital Library > Resources > Club Manual > Affiliates.

"The partnership between GFWC and Aos is one of mutual benefit that helps millions of people in every community nationwide. It's these collaborative efforts that solve societal problems and allow for a collective impact that is greater as a result of our combined resources and efforts."

~Jolie Frankforth, GFWC 2nd Vice President

EVERYONE IS A LEADER EVERY DAY

Let us spin the concept of “everyday leadership.” Here are seven acts of everyday leaders:

- **Commit.** Passion is a strong desire that motivate you to do amazing things. Passion is an emotion to be acted upon. Without action, passion yields no worthwhile results. Passion is the fuel for the fire of action. When you have passion for something, you love it even when you hate it. What are you passionate about? Is it gardening, exercising, helping animals, teaching, reading, writing, politicking, volunteering, shopping, organizing, art, or something else? What do you love even when it is not your favorite?
- **Listen.** I have never heard anyone say, “I am a lousy listener.” Almost everyone says, “I am a great listener.” The fact of the matter is that we are terrible at it. Everyday leaders engage their power of listening; listen more than you speak. Listen to experts and fellow enthusiasts, including those you disagree with. Absorb their perspectives, insights, and experiences.
- **Communicate.** You have feelings, experiences, opinions, and a voice. All have value. So, share them often. You become an everyday leader by expressing your thoughts and ideas. Any input from you is better than silence.
- **Be humble.** We all know so-called leaders who are described as arrogant, entitled, and controlling. Do not be that leader! See yourself as an everyday person whose experiences and voice matter as much as the next person’s – no more and no less than your neighbor’s. Think of it as coming from a place of community and in the spirit of making life happier for everyone.
- **Innovate.** There are formulas for everything, and they are copied and followed. Predictable books and movies, architectural blueprints and housing developments with no originality, meeting agendas that leave little room for innovation, and how about the unspoken rules! You do not have to shock and awe every chance you get, but think about offering something fresh to further the conversation or something original to move the ball.
- **Learn.** If you are human, you have failed. Failure, however, is not an end to the story, it is a beginning. The trick is to “Fail Forward.” What did you learn, and what will you change next time? Then, you get back up and keep moving forward. Failure is an everyday leader’s protein; it is where the energy comes from.
- **Smile!** Your smile can change the world. It is a powerful tool. Your smile brings hope, light, acceptance, and gratitude.

MARK YOUR CALENDARS

January:	Human Trafficking and Awareness Month
January 25, 2024:	GFWC Maine Reports Due (postmarked)
February:	Heart Disease Awareness Month
February 1, 2024:	GFWC Maine LEADS applications due
February 2, 2024:	National Wear RED Day
February 8, 2024:	National Kite Flying Day
February 14, 2024:	GFWC Maine Day
May 9-10, 2024:	GFWC Maine Spring Convention Hilton Garden Inn Freeport Downtown Freeport, Maine
June 28-July 2, 2024:	GFWC International Convention Hilton Chicago



Pine Tree Note submission dates:
March 8, 2024

