



PINE TREE NOTES

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

March/April 2023

2022-2024 GFWC MAINE EXECUTIVE COMMITTEE

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Hello GFWC Maine!

Has it been possible that we are nearing the midpoint of this administration? Time moves quicker these days and I find myself wanting to hibernate with the last days of winter... But I look forward to the blossoming of all the Yellow Tulips GFWC Maine has planted! How exciting it will be to know of the events surrounding this emergence. And with that GFWC Maine has grown in numbers and in recognition! Our communities respect the work and creativity you bring and value your commitment. Media coverage, whether in the local newspapers, podcasts, Facebook, or group attendances, GFWC Maine is here to stay!



Your President has visited many of the GFWC Maine Clubs and still more to see and I am amazed at the work that is done. I personally read all the 'reports' sent in to GFWC and you are awe-inspiring women! Your GFWC Maine Chairmen have done a superb job creating their cover letter to GFWC and they have highlighted the meaningful work GFWC Maine members contribute.

The GFWC Maine Southern and Northern District Presidents are hard at work preparing for their meetings. They will be informative, entertaining, and fun! Mark your calendars to attend!

The GFWC Maine Spring Convention is in the final works and will provide another opportunity of growth as we come together and learn the values of GFWC. With a little bit of humor thrown in...

The GFWC Maine Art Show will happen!! And our Arts & Culture Chairmen are busy with the logistics of presentation. Entertainment by 'Elvis'! Dig out those 50's attire for an evening of fun at our version of a 'Sock Hop'!

The GFWC National Convention registration is out, and wouldn't you love to visit Louisville, Kentucky? This convention always is spectacular! Let me know if you plan to attend!

GFWC Maine, are we in check with our own 'Mental Health'?...

Soar with love, Maureen Provencal GFWC Maine President




Congratulations

GFWC Maine LEADS
Ambassador 2023
Jennifer Mabee
Member of
GFWC Outlook Club



LEADS –

Leadership, Education and Development Seminar

Jen will attend the GFWC International Convention in Louisville, Kentucky to participate in this seminar!

Good Luck Jen!



Women should be told how amazing they are every day...



"A wise woman wishes to be no one's enemy; a wise woman refuses to be anyone's victim." — [Maya Angelou](#)

"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent." — [Madeleine Albright](#)

"For most of history, Anonymous was a woman." — [Virginia Woolf](#)

"We cannot all succeed when half of us are held back." — [Malala Yousafzai](#)

Yellow Tulip Project Hope Day Celebrations

Hope Gardens are Yellow Tulip Project's flagship initiative. Hope Garden plantings brings the community together to get their hands dirty plant tulips and talking about mental health.

Although it still may feel a bit far off, before we know it those beautiful tulip bulbs will begin to bloom and remind us that even in the cold and dark places, hope does happen. It's not too early to start thinking about a spring Hope Day at your school or community. As we enter the month of May, when the tulips bloom (Mental Health Awareness Month), communities can host a Hope Day in the garden, with speakers, poets, musicians, food and more.

What are your Clubs planning?

Connect with www.theyellowtulipproject.org for more information and ideas!



Thank you, Maine Clubs, for your continued support and all the work you are doing in your communities for the Signature Program. Thank you for all the excellent reports that were submitted. This Chairman enjoyed reading all the ways domestic and sexual violence awareness and prevention was addressed in our State. Be sure and attend the Spring Convention in Bangor to celebrate the winning reports! This Chairman continues to accept donations for our Elder Abuse Essay Scholarship for June 2023. As an incentive there will be a special drawing at convention for all the Clubs that supported the Essay Scholarship with a donation.

Please continue all your dedication to this program as we continue into the next year of this administration. Here are more ideas for you to consider with your members.



UPCOMING AWARENESS DATES

FEBRUARY

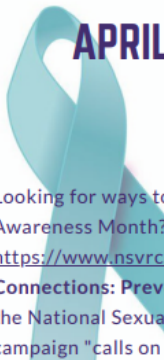
TEEN DATING VIOLENCE
AWARENESS MONTH
BLACK HISTORY MONTH
FEBRUARY 17 - RANDOM ACTS OF
KINDNESS DAY
FEBRUARY 20 - WORLD DAY OF
SOCIAL JUSTICE

MARCH

WOMEN'S HISTORY MONTH
INTERNATIONAL WOMAN'S DAY
MARCH 5-11 - "NO MORE" WEEK -
(10TH ANNIVERSARY)

APRIL

CHILD ABUSE PREVENTION AND
AWARENESS MONTH
SEXUAL ASSAULT AWARENESS
MONTH
APRIL 23-29 - NATIONAL CRIME
VICTIMS' RIGHTS WEEK
APRIL 24TH - FEDERATION DAY



APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Looking for ways to raise awareness about Sexual Assault Awareness Month? Check out the materials available at <https://www.nsvrc.org/saam>. The 2023 theme is "Drawing Connections: Prevention Demands Equity." According to the National Sexual Violence Resource Center, this year's campaign "calls on all individuals, communities, organizations, and institutions to change ourselves and the systems surrounding us to build racial equity and respect."

TEEN DATING VIOLENCE

BY SANDY PHILLIPS
(MISSISSIPPI VALLEY REGION REPRESENTATIVE)

Relationships

Remember: Abuse is always a choice, and every teen deserves to be respected in a healthy and loving relationship.

Healthy relationships depend on a few key elements, healthy communication, mutual respect, healthy boundaries, and support for one another. A partner checks in with each other's needs regularly while also giving each other space and privacy.

An unhealthy relationship is one in which your partner is not communicating, disrespectful, not trusting, dishonest, trying to take control, only spending time together, pressured into activities, or unequal economically.

Abuse is occurring in an unhealthy relationship when one partner is: communicating in a hurtful or threatening way, mistreating, accusing the other of cheating when it's untrue, denying their actions are abusive, controlling, or isolating their partner from others.

Determine where the relationship in which you are involved falls healthy, unhealthy or abusive. If you recognize any warning signs, it may be an indication that the relationship is abusive.

If it would be helpful to confidentially discuss the relationship and explore available options, connect with *Love Is Respect* by calling 1-866-331-9474 or texting: LOVEIS TO 22522

Remember: every teen deserves to be respected in a healthy and loving relationship.

So, if you are a parent or regularly interact with teens, encourage them to talk about healthy relationships.



Project Idea

Do you have a local movie theatre in your community? Discuss the possibility of developing an advertisement or a campaign about teen dating and healthy relationships. Since 1 in 3 teens in the United States will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they reach adulthood such an idea would be beneficial.

Since teens view films at the theatre, you would have a captive audience and theatre advertising could target teens right in your neighborhood. Negotiate with the manager for a 15 second or 30 second or longer spot. Do your research and see if the idea is feasible in your community.





As Spring is "just around the corner" the longer days and warmer temperatures beckon to all of us, we begin to look for "new" ideas for projects. Perhaps it is time to look at our Affiliate Organizations. Operation Smile has been an Affiliate for more than 40 years and gets a lot of attention from clubwomen. There are several fun easy-to-do projects that any club, large or small, can do.

Make no sew blankets, hospital gowns, no-no bands and smile bags. Patterns are on the website, www.operationssmile.org. All sizes of gowns are needed. Infants to teens. The patients are all changed into gowns before their surgery. Blankets are in the surgery area with patients and no-no bands are placed on to keep patient from pulling IV. Every patient goes home with a SMILE bag with toothbrush, shampoo, toys, wash cloths, toothpaste, and more fun stuff. These are Hands-on ideas.

Hosting an international dinner with great, fun, interesting food. Operation Smile is in many countries. Have a focus dinner on one country and try new things. Charge a small entry fee for the best: international dessert. Taste something new! And dress the part, we all love to dress up. This is a way to bring awareness of Operation Smile to others. Invite a guest.



There are so many different ways to do Community Service Programs. More information will be in the next Pine Tree Notes. Stay tuned.

Marjorie Pfeiffer GFWC Maine Civic Engagement & Outreach Chairman

HEALTH & WELLNESS



I think the hint of spring is in the air and I am looking forward to seeing all those bright, shining, yellow tulips thrusting their sunny little faces into the sun!!!

I hope you all made it through this **VERY LONG** winter and are emerging with a "rarin' to go" attitude as we meet to celebrate our accomplishments in May!

Since there will not be another Pine Tree Notes before you all start planning for next year, I am asking you to think about including some of the Health Wellness Affiliates in your new club year. Those would be:

- Canine Companions
- Heifer International
- March of Dimes
- Operation Smile
- St. Jude's Research
- Shot at Life
- UNICEF



Each serves a special and unique purpose in serving the health of those they serve in their area of focus, also during this time of 'emerging', think about reaching out with a call or a card to your "elderly friends and acquaintances" to check on their well-being, their mental health and offer a friendly chat, visit or outing.

We all can use a little cheering up from time to time and we never know how much that call or note means to the person receiving it. In keeping with President Maureen's theme, let's take care of each other and those we know and love, whether clubwomen or not, so they will **know** we care.



Sally Manchester Health & Wellness Chairman



Please contact Billie Sherman for more information.

Check out page 82-83 in the GFWC Maine Directory.



Billie Sherman – Arts & Culture Co-Chairman

From Karen Kaler GFWC Photography Contest Chairman

The GFWC Photography Contest encourages members artistic expression and visual storytelling. You don't need an expensive camera to take great pictures! Today's cell phones offer a way to take creative pictures that are contest worthy.

The World In Pictures Contest

These photographs showcase the people, places, and things at home and around the world that impact our lives in a meaningful way, way, as expressed in these three categories.

Our World Up Close- create a visual that offers a novel viewpoint or a macro image that takes the viewer into a whole, new, tiny world. Macro photography creates photos of small items that are larger than life. Some common examples are bugs or parts of flowers.

Natural Wonders- Use wide angles and panoramas, or changeable landscape images to showcase mountains, meadows, sandhills, rivers, waterfalls, oceans, deserts or any other magnificent vista.

Reflections- Feature a setting, situation, or landmark that brings back poignant memories, or capture a fleeting image reflected in glass, water, or another mirrored surface.

GFWC Living The Volunteer Spirit Contest

These photographs capture the special moments in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer, or celebrate, in groups or one on one.

Awards for the top three national entries in each contact and category are First Place \$100, Second Place \$75 and Third Place \$50.

ENVIRONMENT

Remember Earth Day is April 22 this year.

Possible activities are: turn off the tap sooner than usual when showering or doing dishes, turn off unnecessary lights, walk instead of drive, carpool, *reduce paper waste* by using the *backside of any paper already printed on*, and be more *focused on your habits* that can help all of us **live more sustainably** on Our big blue planet.

Bees have been declining due to pesticides, pests like parasitic wasps and mites, and widespread *one crop farming over and over again for years*. Did you know, **bees** like purple, violet, yellow & white! **Single blossom plants are best for bees** and if you can plant multiples of the same plant in a four-foot area that would create a feast for the bees. Here are ways to increase the bee population: leave a small brush pile for nesting, leave bare ground exposed for ground dwelling bees, leave dandelions on the lawn as long as you can so bees and butterflies have food, and or join **No mow May can also help**.

Maybe buying small *little tube houses for mason bees*. **Mason bees** are *60 times more efficient in pollination than honeybees and travel to forage within 300 feet of their nest!* Mason bees are solitary bees. Did you realize That bees pollinate 1/3 of our food supply? Please help the bees.

The benefits of **gardening** are that gardening is therapeutic, *healthy for the body*, and *educational*. Grow some herbs & veggies in flower beds for interest. Plant native perennials which are bee and butterfly friendly. Buy local as much as possible to reduce transportation costs, support the fresh products grown in your area which then allows more farmers to earn a living doing what they enjoy.

BE THE BEST STEWARD OF THIS BIG BLUE PLANET THAT YOU CAN BE FOR THE PRESENT AND OUR FUTURE.

Debra Burnham Environment Chairman





Being a member of a GFWC Club provides a perfect opportunity to become closer to the community in which you live. Volunteerism broadens your horizons by helping you understand the needs of the population you are helping through these efforts. Reading or hearing about issues is not the same as getting personally involved. It brings you closer to the families and organizations you are helping by giving you first-hand experience and understanding their needs.

So, why do we volunteer? According to an article written by Stacey Buttel, a career facilitator with Goodwill, and Amber Kosel, an editor and volunteer in a non-profit animal welfare organization, volunteerism:

Creates a sense of purpose, becoming something greater than yourself.

Connects you with other people – a wonderful way to make new friends and strengthen connections with existing ones, which allow you to learn other perspectives.

Allows one to sharpen their social skills, which can benefit both personal and business relationships.

Improves self-esteem and self-confidence; when you do something that is worthwhile and valuable for your community, it gives you a sense of accomplishment that is very fulfilling.

Teaches you valuable skills as well as building on ones you already have, for example, when you advocate, raise funds, and raise awareness in any of the GFWC Program areas, you gain communication, public speaking, and marketing skills. You can use these skills to move into a leadership position within your club, district, state, or GFWC levels, or even your work and personal life.

Gets you out of your comfort zone – a personal challenge for most everyone.

Brings fun and happiness to your life – you can pursue your hobbies while making a difference in others' lives.

GFWC can provide you with the tools you need to be a happy and well-rounded individual. Building bonds and connections with your GFWC sisters will help you build closer, lifelong relationships with those around you. This is why we do what we do – who wouldn't want to be a member of GFWC!

Nancy Ames GFWC Maine Membership Chairman

JENNIE AWARD

Can you believe it? Spring is upon us! May not look or feel much like it but the calendar tells us it is so. You gardeners are browsing through your seed catalogues trying to decide which will be the best seeds to buy this year to give you the greatest yield.

I hope all of you are also browsing around your clubs to see which member you will be nominating for the GFWC Jennie Award. Time is flying by, and I need to remind you nominations are due to me postmarked by June 1, 2023. Maine has had some notable women represent us in the past and there will be more to come. I certainly hope we have one for this administration. Remember, our very own Kathy White was selected as the Jennie Award recipient from the New England Region. Who will be your nominee?

Carol Jarvais GFWC Maine Jennie Award Chairman



**GENERAL FEDERATION
of WOMEN'S CLUBS**



**Little
Free
Library**

Take a book.
Share a book.

Building community.
Inspiring readers.
Expanding book access.

Establish a Little Free Library in your community, choosing an area where books are scarce.

Step 1 - Identify a Location & a Steward

Step 2 - Get a Library - Consider partnering with a local scout troop or carpentry class to build the library. Find free plans at www.littlefreelibrary.org

Step 3 - Register Your Library

Step 4 - Set Up Your Steward Account

Step 5 - Build Community Support

For detailed information go to www.littlefreelibrary.org

Get your community involved!
Tell your friends, family, and neighbors in person.

Use social media to engage your community.

Library pictured was

established by the

GFWC Woman's Club of Baden,
Baden, Pennsylvania



Senior Citizen Tuition Waiver

The University of Maine System Board of Trustees has developed a tuition waiver, which focuses on Maine residents who will reach the age of 65 years or older during the semester in which they enroll, who are seeking to take undergraduate university courses for personal enrichment and/or, to attain their first undergraduate degree. The policy, adopted in 2012, states:

"The Board of Trustees authorizes the waiver of tuition and Board-approved mandatory fees for senior citizens who register for undergraduate courses on a credit or audit basis at any university of the University of Maine System."

Registration

Senior students wishing to enroll in classes or receive advising services regarding this opportunity are encouraged to visit or call the DLL Advising Center.

HOW TO ENROLL IN A CLASS

To start your search of available courses, please visit the [Undergraduate Catalog listing of courses](#)

Please note: courses are subject to change. You may wish to contact us to be certain your desired course is still available.

- If you do not require any assistance, you may simply submit your request:
 - Enroll electronically by clicking [here for our Registration Form](#).
- If you would like to speak with us by phone, please call our office at 207.581.3143.
- If you would like to visit with us in person, please come to [5713 Chadbourne Hall, Room 122, Orono, Maine](#).



GFWC ESO BOOK CLUB on Facebook—Welcome to all.

This group of more than 1,500 members belong to this online book club and features Education and Libraries project ideas and ESO.

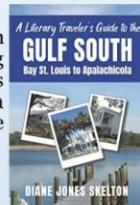
It is a private group and you must ask to join. See GFWC ESO BOOK CLUB on Facebook.

Member Author Featured

Diane Jones Skelton is a member of GFWC Santa Rosa, Florida. Diane is a retired student publications adviser and mass communications instructor. As an active member of the writing community of North-west Florida, she facilitates critique groups for the Pensacola area. Her work has appeared in The English Journal, Mississippi Magazine, Mississippi Genealogy, Gulf Breeze News, Florida Hockey Life, The Legend, Emerald Coast Review and various fraternal and professional publications. She holds a master's in journalism from University of Kansas and a BS in English and Journalism from University of Southern Mississippi. From her home in Gulf Breeze, she writes the blog, the gumbo diaries. She has written two memoirs, The Gumbo Diaries: Mississippi and Beyond (2015) and Thank You for Asking (2020). When not writing, she enjoys shopping estate sales, visiting literary sites, and collecting gumbo recipes.

A Literary Traveler's Guide to the Gulf South; Bay St. Louis to Apalachicola - From high-rise casinos to sleepy fishing villages, from sandy beaches to swamps and sprawling oaks, explore where writers lived and wrote and visit the places that inspired them. This travel guide highlights more than fifty towns along the Mississippi, Alabama, and Florida coasts popular with over a hundred writers, poets, and playwrights, including Pulitzer Prize winners, a U.S. Poet Laureate, and bestselling authors.

Follow Diane on Facebook.



Support STEM programs in schools and the community

- Advocate for and support STEM for Her in local schools. STEM for Her is an organization that encourages girls to pursue STEM-related careers. Visit the website (stemforher.org) to learn more about STEM for Her programs.
- Support and volunteer with STEM Scouts, helping girls and boys learn about science, technology, engineering, and math through creative, hands-on activities, field trips interaction with STEM professionals, and hands-on activities. stemscouts.scouting.org
- ProjectCSGirls is a 501(c)(3) nonprofit organization working to cultivate a love for technology and computer science in girls and encourage them to pursue their interests and careers in these fields.



CLUB NEWS AROUND THE STATE



21 Club of Kezar Falls

21 Club took a break over the winter months of January and February. We gathered on March 8 to catch up on business and fellowship. The 21 Club art show is on display at the local library for the public to enjoy. There are some amazingly talented young people at Sacopee Valley High!

21 Club donated to earthquake disaster relief in Syria and Turkey, continuing our commitment to not just local concerns, but global concerns as well.

Looking ahead, we will be holding a "shower" for the Ronald McDonald House in March. Members bring household items such as paper products, laundry supplies, and kitchen items. 21 Club has been an ardent supporter of Ronald McDonald House since its founding in 1983. We even donated money and have a brick with 21 Club's name on it on it in the yard!



We look forward to a busy and productive second half of our year. It's good to be back!

Jean Stanley – President

GFWC Skowhegan Woman's Club

Happy March from the Skowhegan Woman's Club. We will experience the time change and be close to the end of "6 more weeks of winter". Spring is upon us.

January was a quiet month activity wise. Much time was spent compiling and analyzing the past year's work to write and submit required reports to GFWC Maine. Looking at the reports, statistics, and narratives encapsulated our accomplishments. The activities, the number of women and the hours involved added up. It is both satisfying and astonishing to look over the data. We are pleased with our production and amazed at how much work went into accomplishing it. Seeing the year in such a way also enables us to see where we put our energy. As we plan for the end of this year and look to next year, we can choose more fields of work or to continue as we are. These reports give us a tool for reflection.

One result of this work is a reporting sheet designed so that hours and the members involved can be tracked by the chairperson as the activity is finished. Also, on this sheet, a brief description of the activity is to be included as well as an assignment to the GFWC Maine category. We found we were doing all of this in January. As a result of our exhaustion, one member developed a simple form for recording necessary data. This will make the writing and reviewing for GFWC Maine reporting easier.

Forty certificates were created to show the Skowhegan Woman's Club appreciation to businesses and agencies that have worked with the Club, such buying ads, offering supplies, or working space. One of our members designed and printed the 11" x 14" sheets, another laminated them. Then the pieces were divided up among members and distributed. It was truly amazing to see, time and time again, the smiles and thank you from groups that we were thanking. Many expressed an intent to hang these in a prominent spot for all to see.

In early February, hand-made cards, "Valentines for Seniors", were delivered to the Pierce House in Farmington and the Redington Memorial Home in Skowhegan for the individual residents. Due to extenuating circumstances, most of the work fell into the able lap of one member. Also, thirty bud vases with handmade hearts were delivered to Woodlawn Rehabilitation and Cedar Ridge Center in Skowhegan for use as centerpieces for dining tables.



Thankfully in-person crafting classes were able to be resumed at the Skowhegan Free Public Library in late winter. Our ladies are a talented group! Activities include learning to crochet, constructing a stained-glass ornament, a sailboat, cake decorating, and constructing a fairy garden.

Lastly, we continue to be involved with spreading the word about Domestic Violence. The Skowhegan Woman's Club maintains a relationship with Michelle LeClair, Prevention Educator for the Family Violence Project, representing Somerset and Kennebec Counties. Two of our members heard Patrisha McLean, founder of "Finding Our Voices", speak at the Maine Film Center in Waterville on the effects of domestic violence on children. We hope to work with her in the future.

Our message to you: Be safe and stay on your feet.

Bonnie Chamberlain – President

PATAWA Club

We are continuing to grow and spark interest in our lovely PATAWA Club! We continue to stay active on social media, with posts about our meetings and the projects we are engaged with. It is definitely making a difference with engagement and getting the word out to the community that we exist.

In December, the ladies of PATAWA adopted two families from WINGS that we purchased, wrapped, and delivered gifts. This is a project that our ladies look forward to every year and always hit out of the park in terms of their devotion to making Christmas special for the families we adopt. We also held our annual Holiday Silent Auction and Dinner at Humble Comfort in Brewer this year. The ladies raised \$621 in funds from the Silent Auction, we enjoyed seeing all the guests that our members brought to the dinner, as well as learning more from our Adoptive and Foster Families of Maine guest speaker.

The women of PATAWA Club welcomed Jamie Beck, from Dignity First to come speak in January. Dignity First provides immediate access to permanent housing for homeless individuals in our community. In February, Chelsie Crane from Tuesday Form came to speak to our club. Tuesday Forum is a group of businesswomen in the community that meet regularly to share their experiences and offer each other support. Chelsie was so interested in the work that we were doing that she stayed to enjoy the rest of the meeting and said she would even be back. Cancer Care of Maine has a box of headscarves and hats for patients in treatment that one of our members noticed was always quite bare. This prompted the ladies of the PATAWA Club to collect headscarves and hats in February to donate to Cancer Care of Maine.

In March, members brought gently used purses and new toiletries so that we could stuff the purses with toiletries for Partners for Peace domestic violence victims. The ladies of PATAWA stuffed 20+ purses to donate. We also welcomed Matt Dexter of the Christine B. Foundation to speak to us about the work they do to provide nutritious meals to cancer patients and their families regardless of financial stability or need. We are looking forward to volunteering our time in the future for this wonderful mission.



Amanda Cupps – President

GFWC Castine Woman's Club

Spring is in the air! With the pandemic seemingly receding, the Club is hoping to spring forward into more activity in the coming months. As in years past, the **Castine Woman's Club** does not hold general meetings in January, February, and March. Due to the ebb and flow of the continuing COVID pandemic, the Club has continued to scale back its winter activities and discontinued its in-person meetings. CWC continues its support of community groups through donations. CWC hopes to resume in-person meetings soon comfortably and safely.

The July 4th Pie Sale fundraiser was canceled for the past three years due to the pandemic. CWC hopes to resume the July 4th Pie Sale fundraiser this summer.

As always, CWC continues to spread "Sunshine" with cards, calls, food, and flowers to members experiencing isolation, health, and family challenges.

The Castine Woman's Club wishes everyone boatloads of sunshine in the days ahead!



Valerie Taub – President

GFWC Winterport Woman's Club

As we look forward to spring and the hope of melting snow, Winterport Woman's Club found a creative way to spend a Saturday afternoon in February. Members of our club gathered with some friends from the Winterport Clippers Quilters to create hearts for the "I Found a Quilted Heart" project. We sewed fabric hearts decorated with ribbons, buttons, and other



notions. Each of us then hung our creations in public places around our community for others to find and take home. What a fun way to spread a bit of joy in the middle of a Maine winter!

It is also at this time of the year that our Club gathers information about people and organizations in our community that shows the spirit of volunteerism. Winterport Woman's Club has the distinction of nominating, on behalf of the Town of Winterport, a candidate to receive the "Spirit of America" award. The Spirit of America Foundation is a public charity established in Augusta, Maine, to encourage volunteerism and it allows the Spirit of America Foundation Tribute to be presented in the name of any Maine municipality (Foundation website <https://spirame.org>). Our winner will be announced and presented with the award at our Woman's Club annual dinner in June.



Spring is a very busy and exciting time of year for our Club. There is the anticipation of the blooming of the yellow tulips that we planted in "The Hope Garden" at the Winterport Library as part of the Yellow Tulip Project, to bring awareness to the stigma of mental illness. We have also begun making plans for our Community Plantings to brighten the Town of Winterport. It also kicks off the whirlwind of activity to prepare for our Perennial Plant Sale. This will be our 9th

year of this immensely popular fundraising event which will take place on May 13th and 14th at 185 Stream Rd in Winterport. Under the leadership of our own Ellen Van Vranken, expert gardener, members join in digging perennials from our "donor gardens", participate in "repotting parties" and arrange the hundreds of perennials for the sale. The event not only raises money for our community projects but provides us the opportunity to interact with residents of our own town and those who travel from other communities to purchase our beautiful plants. We invite all of you to visit us on May 13th and 14th.



Julie Burgess – President

GFWC Westbrook Woman's Club

Our Program Committee has provided the Club with terrific speakers on interesting topics. On January 17 we had Donna Anderson, OLLI (Osher Lifelong Learning Institute) to inform us about opportunities for seniors to continue learning, socializing, and engaging in activities in a supportive and inclusive community. The organization offers courses, lectures, trips, and events designed specifically for older adults to help them stay active and engaged in learning.

Our February 7 meeting had Elizabeth McLellan, RN, MSN, MPH representing the idea of utilizing throw away equipment to benefit those in need with an organization called Partners for World Health. This program was started by Elizabeth, a nurse at Maine Medical Center. She came up with the idea of utilizing discarded supplies in a hospital setting to benefit those in need. Hospitals in Maine, as well as many hospitals in New England, are participating to make a difference for so many in need.

At our February 21 meeting we welcomed Debbie Bickford, an art teacher of 37 years at Westbrook High School. Debbie has been a wonderful friend of our Club as she helped coordinate our art shows for many years. It was a pleasure to have her with us to inspire us to explain why art plays such an important part in our lives. We will miss her presence at our Art Show this year since her retirement. The March 7 meeting was our annual soup lunch to raise funds for our GFWC State President's Special Project. Our members make an assortment of delicious soups, contribute cheese and crackers, biscuits, and desserts. We ask each member attending to donate \$5.00 for the special project. We were delighted to have our GFWC State President, Maureen Provencal with us and gave her a check for \$200.00 to put into her special project fund. It was a very enjoyable day with our wonderful lunch and a chance for members to meet and spend time with Maureen.

Our meeting on March 21 will be the return of our Club's Art Show. We are looking forward to this!

Westbrook Woman's Club has been asked by Westbrook Community Center to volunteer time at Cornelia's Closet, a thrift store located at the Community Center. We have members gladly volunteer time to benefit others. This gives us exposure to the community as we put out our pamphlets giving information about our Club. Always looking for new members!!!

We are pleased to welcome four members this year with potential members coming. We are active helping our community and enjoying socializing with each other!



Beth Turner – President

Ellie Doughty And Marian Sturtevant at Cornelia's Closet

GFWC Research Club of Limerick

The Research Club of Limerick doesn't meet in January and February but at our March meeting we made up for lost time. We had decided to go back in time and do some research as our club members did in the beginning over 100 years ago.

We chose Canada as the subject and at our Christmas party members picked a province or territory to research.

Following our business meeting this month the national anthem "O Canada" was played and 13 members gave a report lasting approximately five minutes each. Many interesting facts and the history of our neighboring country were shared. We were educated and entertained with every presentation and decided that we would continue to do a research topic each year in the future. Our ongoing goal is to increase our membership and we have printed out brochures to hand out containing information about the history of our club and the upcoming programs.

Jackie Foglio – President



GFWC MIOSAC Club

Starting off the new year of 2023, club members have been busy digging into not only the snow, but an assortment of projects and programs.

The finishing touches were accomplished on the club's major fundraiser of the year – the Area Business Directory. Once the 1500 copies of the Directory had been printed at the local print shop, the next step was to divide them up and for club members to distribute them to the businesses that participated in this advertising opportunity. This includes retail stores, banks, contractors, etc., in addition to bigger bundles left for community members to pick up at the Chamber of Commerce, Town Office, Central Hall Commons, the local food cupboard and the like. Once again, it was a very successful project and the club raised over \$2,000. This is a project that is accomplished every two years.



In early February, the members enjoyed making Valentines for the two assisted living facilities in town. This has become an annual project and members always have a great time chit-chatting away while creating the heartfelt "bits of love" to share with those who live at

Pleasant Meadows and Hilltop Manor. A trunk show was the program at one of the briefly shared some disappearing nine-color selections Thimbleberries) while received since the quilt's home with

February meetings. This was a mini-quilt show and the presenter details about quilting, some of the different types of quilts (bargello, patch, double wedding ring, redwork, etc.) as well as different fabric (1930's reproduction fabric, batiks, fabric lines by designers, such as showing about a dozen quilts. One would have to say it was well



members wanted to take some of them!

The most recent meeting included successful *pound party*. Members wrap an item weighing about one pound. One by one, the pretty package is all decked out and auctioned off. The winner of the item unwraps the gift and that is where the fun really begins. It could be filled with a pound of homemade fudge or bread, a beautiful plant, or as always anticipated, a few gag gifts as well. Anything goes! Oh, the hoots and hollers that sounded out when one elaborate gift was won with the high bid of \$20 and when opened it was a



dozen eggs! This year the program chair, Roxy McLaughlin, chose to dedicate the funds raised to be added to our budgeted amount for the club's scholarship award.

Plans and discussions are underway as several members are looking forward to the upcoming Northern District Meeting and GFWC Maine Spring Convention! Hope to see many there!

Suzanne Raymond – Treasurer

GFWC Lubec Woman's Club

Our Club does not hold business meetings for the months of January and February. However, this year we had a Project Day on February 6th. One of the projects during our work session was "Pack a Purse". We packed 7 purses for women in need and donated them to Next Step-Domestic Violence Project, Hancock, and Washington Counties. The purses contained assorted toiletries, socks, gloves, toothpaste and brush, hand sanitizer, tissues, and Lifesavers. The completed purses were delivered to the Next Step office in Machias for their clients and were greatly appreciated by the staff.

The second project also involved packing! We filled Valentine Treat bags with snacks along with Valentine cards made by elementary students. On Saturday, February 11th, 62 bags were delivered to the senior citizens at the two apartment complexes in Lubec.

Our March meeting took place in the town hall's meeting room. Robert Hood, Lubec Fire Chief, demonstrated the use of AEDs. Lubec Woman's Club and the Lubec LIONS Club partnered to help purchase several of the units. Now 11 locations in Lubec have the devices. The demo was videoed by our Town Manager Renee Gray, it and has been posted on Facebook on the Lubec Community Bulletin Board and Lubec Woman's Club pages. It was also made available to our community on the local tv channel.

Looking forward to Spring!

Jeanne Drews – Corresponding Secretary



Julia Brady-President GFWC Lubec Woman's Club

GFWC Newport Woman's Club

Winter meetings in January, February and March were held without any winter storm cancellations or major health pandemics. In January, as we usually do, we met at Angler's Restaurant in Newport to enjoy a meal together and then hold our meeting. This year we were graced with two clubwomen, Libby Weirs, the GFWC Northeastern Regional president, and Jen Mabree, GFWC Maine Northern District Co-president who gave us a talk about their club histories and described their roles. Our club always does a Martin Luther King service project on his birthday each year. This year the scheduled event was accompanied by very poor weather and only three members were able to attend but that didn't stop them from getting to work. They produced 62 doll blankets and pillows for our own

Norma Leighton's annual doll project which refurbishes dolls, makes clothes, cradles, blankets, and pillows, which are donated to needy children. She and her network of volunteers make about 250

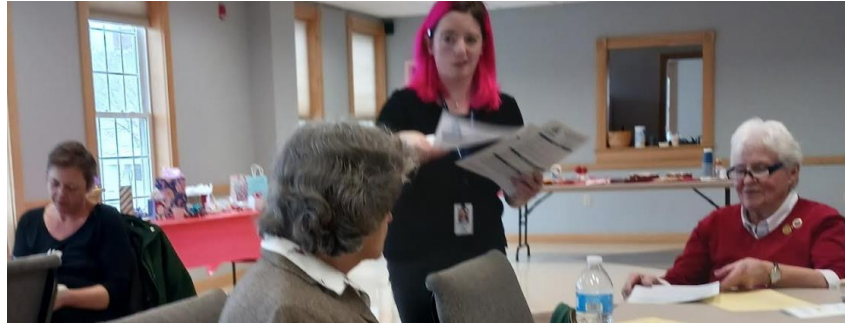


sets each year.

February's meeting featured an informative talk by Megan Milliard from Eastern Area Agency on Aging. The club was asked if they'd like to cater for the Maine Northern District Meeting this year since comments from last year's catering were very flattering and would add much needed funds to our treasury. The group enthusiastically agreed to cater for the event. After our business meeting, we had



a blind costume jewelry auction where each donated jewelry piece is wrapped with member bidding without knowing what is in the package. The bidding was lively and raised money which we planned to donate to the Hometown Health Center being built in Palmyra. Our March meeting is held annually at the Northern Lights Sebasticook Valley (NLSV) Hospital conference building, only cancelled during the pandemic. The hospital has provided our group with a variety of speakers, from Heart surgeons, diabetes experts, other specialties. This year our speaker was the new President of NLSV hospital. He described his long history with the hospital elevating from position to position until he was elected to this role last April. He discussed planned expansions and the group discussed possible joint projects we could do with the hospital. Their community outreach programs are facilitated by Northern Light Sebasticook Valley Hospital's Community Health department, in partnership with Healthy Living for ME. So far some of our clubs have taken advantage of two of the programs offered, Healthy Living for ME and Building Better Caregivers. At our March meeting many signed up for the A Matter of Balance class which is about learning how to prevent falls including exercises to improve balance.



Deb Ferrell – Secretary

GFWC Pittsfield ARTS Club

The Pittsfield ARTS club filled 16 Valentine bags with candy, note pads, pencils, pens, word find books, tissues. These were taken to the Pittsfield Boarding home on Valentine's Day along with a tray of cupcakes. This is an annual project for the ARTS Club and the residents of the Boarding Home enjoy the treats.

At our March meeting, Robin Sullivan, an Enrichment Specialist & Behavior Consultant for Birds and Animals gave a very informative power point presentation. We learned that setting goals such as being realistic, starting small and increasing criteria is very important when dealing with birds, animals, or people.

When intending to change or modify behavior, a plan should be created

that identifies the behavior, identifies the goals and identifying the reinforcers. A great meeting!

Our April meeting will have Jane Woodruff speaking about the Pittsfield Barn Quilt Project. We meet at the Pittsfield Library at 6:30 pm.

Marge Pfeiffer – President



GFWC Maine Environment Project



TENTATIVE AGENDA FOR GFWC MAINE SOUTHERN DISTRICT MEETING

9:30–10:00	Registration (No beverages provided)
10:00–10:30	Opening and Ice-Breaker Activity
10:30–11:30	Club Presidents' Reports
11:30–12:20	Lunch
12:20–1:00	Presentation by Maureen Provencal and Nancy Ames: "Why Does Completing Reports Matter?"
1:00–1:15	Open Questions to Maureen and Nancy
1:15–1:30	Break
1:30–2:00	District Art Show Prize Presentations



Please have your art show pieces at Westbrook Community Center by 9 A.M.

Please be prepared to present your club's activities for the year to the group.

GFWC MAINE SOUTHERN DISTRICT MEETING

SATURDAY, APRIL 15, 2023, 10:00 A.M.

WESTBROOK COMMUNITY CENTER

426 BRIDGE ST., WESTBROOK, ME (207) 854-0676

All GFWC Club members are invited to attend the GFWC Southern District meeting. Meet members from other clubs, discover what those clubs have been doing, learn why submitting local reports matters, share lunch with old friends and new acquaintances, and enjoy the District Art Show with entries from three clubs.

The GFWC Maine Southern District meeting will start with registration at 9:30 a.m.; the meeting will start at 10:00 a.m. No refreshments will be provided. Each club president or her representative needs to present a report of her club's activities for this year. I am asking that each attendee bring her own lunch. Westbrook Woman's Club will provide a bottled beverage, small bag of chips, and dessert. The cost for a day of enjoying our GFWC sisters' fellowship is \$5.00. Spring will be in the air – we look forward to greeting all of you!

Anne S. Newman, Southern District President

Annenevman337@gmail.com

207-632-2587

GFWC Maine Southern District Meeting Registration Form

Name: _____

Club: _____ Position: _____

Registration Fee: \$5.00

Make checks payable to: Westbrook Woman's Club

This form should be mailed to: Marian Sturtevant

20 Dottie's Way

Westbrook, ME 04092

Registration closes April 7, 2023



GFWC Maine Northern District Spring Conference Registration form

GFWC Maine Northern District Spring Conference will be held April 29, 2023, at the Newport Cultural Center, 154 Maine Street, Newport is 10:am-2:30pm. Registration is from 10am-10:30am. The meeting begins at 10:30am. Please fill out the form below and return by April 15, 2023, if you plan to attend.

Several clubs have said they are holding a local high school art contest this year or bringing art to the conference. There is a strict maximum limit of 7 submissions this year for our art contest (Display space is limited). Winners will receive a small prize and their art will be taken to the State Convention in May.

We have a speaker from the American Foundation for Suicide Prevention to discuss this topic with us. Plus, we have our own GFWC Maine State President, Maureen Provencal, and Membership chairman, Nancy Ames, to discuss the importance of record keeping. There will be a luncheon catered as it was last year.

As a part of the conference, we invite each club to respond to these three questions about their club: 1) Has your club resumed its normal (pre-covid) club activities or how has the pandemic permanently changed your club? 2) What successes have you had in the last year? 3) What is your best fundraiser? Please describe it.

The luncheon will be catered by the GFWC Newport Woman's Club and will be soups, sandwiches, accompaniments, desserts, and refreshments.

☐ I plan to attend the conference and luncheon. Total Cost \$22.00

☐ I plan to attend the conference but not the luncheon. Cost \$15.00

Name: _____

Club: _____ Position: _____

Address: _____

Email: _____

Please email your responses to daferrell11@gmail.com (for planning purposes)

Mail your registration form and check (payable to GFWC Newport Woman's Club) to:

**Deborah Ferrell
22 Loon Drive
Newport, ME 04953**

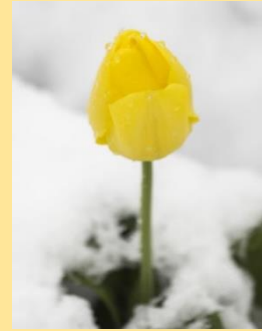


Deborah Ferrell and Jen Mabey, GFWC Maine Northern District Co-presidents

(Charges defray room rental, art contest prizes, sundries, and luncheon)

DATES TO REMEMBER:

March:	Women's History Month National Reading Month
March 20, 2023:	First Day of Spring
April:	National Child Abuse Prevention Month
April 15, 2023:	GFWC Maine Southern District Meeting (Registration due April 7, 2023)
April 19, 2023:	<u>Hotel room registration ends for Hilton Garden Inn Bangor</u>
April 22, 2023:	Earth Day
April 28, 2023:	Registration Due for GFWC Maine Spring Convention (Tentative Agenda will be out by March 27, 2023)
April 29, 2023:	GFWC Maine Northern District Spring Conference
June 1, 2023:	Jennie Award Application due
May:	Mental Health Awareness Month
May 11-12, 2023:	GFWC Maine Spring Convention Hilton Garden Inn Bangor, Maine
June 9-12, 2023:	GFWC International Convention Louisville, Kentucky



GFWC Maine Necrologist Nancy Kenty will be conducting a "Remembrance Ceremony" at our GFWC Maine Spring Convention for our club women who have passed away over this past year. Please send names of any members you have lost and club name to be included **by May 1, 2023.**

Nancy Kenty
79 South St
Gorham, ME 04038
Nankey59@maine.rr.com

Due to the increase costs of printing and postage, the GFWC Maine newsletter, Pine Tree Notes, will be increasing to \$15 for the next administrative year. (Four editions will be produced)

Email version will remain free...

