

MAINE

GFWC MAINE EXECUTIVE COMMITTEE

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# PINE TREE NOTES

www.GFWC.org

www.GFWCMaine.org

GFWC Club Women! Where has the time gone? I am entering my last submission as your GFWC Maine President! But, alas, I am elated what your clubs accomplished to promote on Mental Health Awareness!



GFWC Maine members working so hard on the 'challenge' I presented to Raise the Stigma on Mental Health and to be a bit 'uncomfortable' making way for awareness and change! You took it upon yourselves to reach those who needed to remind they are worthy, they are wonderful, they are loved. Maybe it helped us through the journey as well.

"make us to grow calm, serene, gentle" - be kind to yourself...

You are important, and we aren't finished yet; so, buckle up buttercup, we have the GFWC Maine Spring Convention coming up! May 9th and 10th, 2024 at the Hilton Garden Inn Freeport. Quite the line-up; speakers, special guests, entertainment, shopping, awards, and more! An evening of mystery as we solve a murder at the

# 'Gatsby Masquerade'.

GFWC Maine has submitted all GFWC reports, and I can say, WOW! I am always astonished at the statistical figures, and I know you will be too. Membership is skyrocketing and the numbers are still coming in! You have shared what we do, who we are, and 'Why' we belong! I believe this is the best organization in the country! We are empowering women across the world and making a difference in communities we live in!

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.



# GFWC Maine Spring Convention 'CALL' forthcoming!





GFWC Maine President-elect - Suzanne Raymond

As I type this brief report, it is hard to believe there are only 2 months between now and spring convention! As exciting as that may seem, it also feels like a race against time. Where have the past two years gone?!? I am hoping that many are planning to attend the upcoming convention. It's an awesome time to celebrate the successes of clubs' activities to bring improvement to communities near and far. It's a wonderful time to be together with our friends and make new ones. It will also be a privilege to celebrate with and thank President Maureen for the sensational job she has accomplished in leading GFWC Maine in Soaring to New Heights!

Also at this next state meeting, this officer will be proud to announce and introduce our GFWC Maine LEADS Candidate who will be attending the leadership seminar in Chicago this year. LEADS IS an exceptional and exciting seminar which takes place the day before the GFWC Convention each year and is always a tremendous benefit, not only to the candidate, but to GFWC Maine as well!

Currently I am spending time seeking out meeting dates and places for the 2024-2026 Administration. One thing that I have learned, Covid-19 has made the venue pool even smaller, since some of the venues we have enjoyed in the past no longer do events. Nevertheless, one thing I know, all these details will be worked out – but not at the pace I wanted. Oh, is that what patience is for?

Here's hoping to see many of you in May! I can't wait to hear all the wonderous things that clubs have been doing!

Cheers

Suzanne Raymond, President-elect



# "Our purpose in this life is to help others."

It's hard to believe that this is the last article in our Pine Tree Notes for this administration from this Chairman for our Signature Program! Your Chairman could not be happier with our members that implemented amazing projects and programs that have been reported this year. Once again, members have fulfilled the domestic and sexual assault awareness and prevention needs in their communities. The ingenuity and creativity of programs that were tried and were very successful proved beneficial. Clubs proved there are many ways to support and educate yourselves and communities within the Signature Program.

Each month there were several areas that membership could focus on, such as Domestic Violence Awareness Month, Human Trafficking for Sexual Purposes Month, Teen Dating Awareness Month, and National Elder Abuse Day to name a few. Thank you for your focus and work.

There is still time in this administration to continue supporting the areas of focus in our Signature Program so keep working to complete the work started before the end of this administration. The reporting was inspiring to this Chairman!

One last plea for donations for our state-wide high school elder abuse essay scholarship!! President Maureen would be thrilled, if at her last convention in May, the report would include that there was 100% participation from every Club in the Signature Program GFWC Maine Elder Abuse Essay Scholarship!

ELDER ABUSE

Donations, made payable to GFWC Maine (Elder Abuse Scholarship), can be sent to Kathy White

15 Memorial Drive

Winterport ME 04496

right up to the convention. We can do this! If you aren't sure if you have donated for this year, contact your Chairman by email, dawklw@gmail.com, phone call/text or messenger 207-944-5519. This can be accomplished. Let's Make it Happen!

This Chairman wants to express my heartfelt thanks to each club member of our organization for support of this important and much needed program. The individuals who have lost their voice due to domestic abuse are grateful to GFWC Maine for our support. Lastly, to President Maureen for her <u>exemplary</u> leadership, knowledge, friendship, and representation of our organization at all obligations of her office. As the quote states, "Our purpose in this life is to help others" Thank you Maine club women for all the work done to help others in the Signature Program.

ESO – Majorie Coburn Black – Chairman



crying

shame

9

Dear GFWC Maine members, I hope some of you have decided to take up State President Maureen on her "Pledge Challenge".

Once I receive your pledge, which can be sent to me via email or snail mail, I will send you an ESO Program packet that will explain the program to you.

For those who have taken part in the ESO Program years past and would like to become active in the program again, send me an email stating such. I would love to hear from you.

Mhb770@outdrs.net | PO Box 503 Skowhegan, ME 04976

What club will win the bragging rights for the most pledges in the March through April 2024 time span? Looking forward to the announcement of the winner at the GFWC Maine Spring Convention!



GFWC Maine Arts & Culture encourages support and promoting of programs and projects that clubs can use to expand understanding of art with purpose.

The High School Art shows help develop art skills and appreciation of the arts to educate, beautify and affect the culture and business sector of our communities.

Our volunteer service in this area can make a difference in the arts and the community.

Outreach to schools, businesses, libraries, art galleries and museums and the engagement with the high school art program can benefit the student's life forever.

It can change their life forever.

Art & Change. Art has changed over the years from, it doesn't matter to the fact that we can use art to change the business climate of communities.

Art has changed in the school from art accomplishment to creating an art statement.

Art teachers now teach many mediums including computer graphics.

We can inspire the art teachers and the students to continue art appreciation because,

# Art makes a difference. Art can change.

Inspire GFWC Maine clubwomen to write, take photos and use their varied talents for change through caring, thoughtful, kindness in our community.

Share your talent in the GFWC Maine writing short stories or poetry contest.

The deadline is extended to **March 15**.

Send your writing to:

Barbara Hathaway, Arts & Culture Co-Chairman 32 Maple Street Wilton, ME 04294

or email: awaybh@outlook.com

Check with your District Presidents for more information and refer to the GFWC Maine Directory.

We look forward to seeing the wonderful Club Scrapbooks at the GFWC Maine Spring Convention. These scrapbooks are important to tell the story of the club history. Your club could win a monetary award. Please read all notes for judging considerations, this determines submission disqualifications in the GFWC Maine Directory...

Thank you to the clubs that have sent donations to the High School Art in 2023. These donations have helped to continue the high school art show. As changes continue in the arts, we will continue with support to the District in their efforts to make Art Change.

### Important information:

### **Photography Contest:**

Please inform Barbara or Billie of your intent to submit work to be judged at the GFWC Maine Spring Convention in Freeport.

The winning selections will go on to GFWC for submission at that level. (please see the GFWC Club Manual or GFWC Maine Directory page 81-82 for more information)



### **Writing Contest:**

Please send submissions to Barbara or Billie postmarked date by: March 15, 2024
These will be judged and sent to the GFWC Writing Chairman by April 1, 2024
(please see the GFWC Club Manual or GFWC Maine Directory page 80 for more information)



All submissions to contests for photography and writing will need a 'Creative Arts Waiver' form completed.

## **GFWC Maine Scrapbook contest:**

Please bring completed scrapbooks for judging to the GFWC Maine Spring Convention in Freeport. Attached are the criteria as found in the GFWC Maine Directory page 78.

Please read all notes for judging considerations, this determines submission disqualifications...





Thank you, GFWC Maine for your wonderful reports, hard work, dedication and participation in all thing's health and wellness. We had a good response to the Alzheimer's Walk in November and raised \$1,360.00 all of which was sent to Alzheimer's Research.

I would bring to your attention the affiliates that partner with GFWC and ask that you think about including a project or information about them to your club members in the upcoming administration especially in the health and wellness field; St. Jude's, March of Dimes, Heifer International (to name 3, check the Club Manual for more info).

Also think about keeping up with and keeping a record of your own immunizations, mammograms, and other preventive health tests (do you know your cholesterol level?).

A reminder: this is National Colorectal Cancer Awareness Month- know your family history and get routine testing done.

I want to thank President Maureen for asking me to continue is this position for her administration. You know, health and wellness has always been near and dear to my heart, especially heart health.

Wishing you happy, sunny, and healthy days. Come and celebrate our accomplishments at the Hilton Garden Inn in Freeport on May 9-10. Hope to see you there!! © ©



Greetings GFWC Maine membership from outgoing Environment Chairman, Deb Burnham, I have enjoyed sharing with you information that educates about the concerns for our planet and ways each of us can find ways to improve our home planet earth! Realizing spring is on its way, ways to protect our planet will be my focus.

Recognizing Invasive plants and removing them is ongoing. The Maine Department of Agriculture, Conservation and Forestry is a site to read about the most invasive plants. (<a href="maine.gov">date@maine.gov</a>). This organization has up to date information for Mainers to always be informed about being a responsible Ecology Warrior for our planet.

## Recipes:

- Homemade weed killer: 1 gal vinegar, 1 1/2 c salt, 2TABLESPOONS Dawn dish soap. Shake together probably in a spray container for ease in use. This work is cheaper than chemical sprays and better for our environment.
- Homemade potting soil for containers: ½ of your total amount is Promix, ¼ is compost, ¼ perlite OR ¼ Promix, 1/4 coir, ¼ compost, 1/4 perlite.
- House plant soil recipe: 1/3 wood chips,1/3 buckwheat hulls,1/3 compost. Both recipes are from: Marlanne Dodge a member of St. Mary's Garden Club in Falmouth

**Earth Day is Monday, April 22,2024**. Ways to celebrate: Read books to children about ways to have a positive influence for the planet, plant a tree or any living plant, pick up trash on a section of roadside, and commit to being an Ecology Warrior for our home.





Amanda Taylor - Chairman

We have all been busy over the last month writing reports and reflecting on all the work our clubs do. Sometimes it is easy to forget how much of an impact we have until you compile all those projects and service hours for reporting. I had the pleasure of reading reports for the Education and Libraries category, and I wanted to give a shout out to all of you. I was blown away by the number of hours being put in by club members throughout the state and especially to their local libraries. Thank you for every one of those hours and the support you give, the impact libraries have in our communities is immense.

How many of you utilize the library as an adult for pleasure reading or education? I bet each of us can remember how exciting it was as a child to get to visit your school or public library. The children's section of the local library where I grew up was decorated with favorite characters like Clifford The Big Red Dog, Cinderella, and Curious George. Our librarian had story hour and bringing new books home each week was so special to me.

As a young adult staying home with my daughter, we visited the library often and shared that together. Without the support of people like you, libraries wouldn't be able to stay open and so many of us would not have had those experiences.

I thank you as your chairman, I thank you as the little girl carrying home a stack of books, I thank you as the young mom, and I thank you as a forever book lover for the support given this year.

Please take a minute to recognize your hard work and the ripple effect that has in your own community.

MEMBERSHIP - Nancy Ames, Chairman

# Join GFWC clubs nationwide in our popular membership

"Sparkle & Shine"

# **Membership Recruitment Campaign**

March, April, & May



"Recognition"
Diamond - Shine Bright

The fillable Membership Recruitment Form is located in the GFWC Member Portal under "M" or get in touch with Nancy Ames, GFWC Maine Membership Chairman



This GFWC Community Service program reminds each of us that we are a part of a larger society and are responsible for undertaking actions that will create a better quality of life and foster a sense of community in the towns and cities that we live in.

For instance, filling the needs of the homeless, hungry, and needy, is one area that needs almost constant attention. Food Banks, Soup kitchens, and homeless shelters are places that GFWC Maine Clubs can lend a helping hand to.

Animal shelters are always in need of items, too.

Senior citizens and Veterans appreciate a helping hand when struggling to make 'ends meet'.

Remember, GFWC Maine Club women 'pick up' where town government 'stops'.

Look around your community to see what 'Outreach' you can accomplish.



# LEGISLATION & PUBLIC POLICY - Marjorie Pfeiffer, Chairman

The GFWC Legislative Action Center (LAC) is now available for use by individual state federations.

State federations will be allowed, with GFWC permission, to request advocating to elected officials on statewide legislative issues.

Before acting, the GFWC's LAC policies and procedures, must be followed:

States may request that GFWC send state alerts in the following areas:

- GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention
- Community Service Program Area:
  - o Arts and Culture,
  - o Civic Engagement and Outreach,
  - Education and Libraries,
  - o Environment, and
  - Health and Wellness
- Juniors' Special Program: Advocates for Children

Issues must be germane to GFWC Resolutions.

GFWC Maine Clubs can be involved with requests to support needed legislative actions by contacting GFWC Legislature and Public Policy Chairman.

Members can sign up to participate advocating through GFWC but what a message GFWC Maine could make within this state with GFWC support! Inform GFWC Maine of the issues that can be supported.

State President must submit required material to GFWC Programs Department and GFWC Legislation/Public Policy Chairman as soon as possible, but no later than five business days from the date the alert is scheduled to be sent.

All LAC state alert requests are subject to approval by the GFWC Programs Department, GFWC Legislation/Public Policy Chairman, GFWC Second Vice-President, and the GFWC International President.



# **CLUBS AROUND THE STATE**

GFWC RESEARCH CLUB OF LIMERICK CLUB- Jackie Foglio, President

The **Research Club of Limerick** doesn't meet in Jan. or Feb. so, it was really good to see everyone this month of March.

We were back to our roots of actually doing some research and we chose Maine industries and businesses.

Informative reports were given on such topics as apples, blueberries, maple syrup, tourism, manufacturing, gem mining, logging and forestry, hospitals, agriculture, and shipbuilding.

We learned a lot of interesting facts and felt very proud to live in our great state of Maine.

Table decorations and delicious refreshments were served complimenting the products harvested in our pine tree state.

Needless to say, a "good time" was had by all!



GFWC WESTBROOK WOMAN'S CLUB – Beth Turner, President

**GFWC Westbrook Woman's Club** has remained a busy Club. At our last meeting on February 20, we took in 3 new members. Our Membership Committee has been very successful getting the word out about our Club and our purpose of volunteerism. We have more applications coming.

Our Club has been very lucky to have a Program Committee that has scheduled wonderful programs for us. We have had Emily Pike from WMTW Channel 8 with us to talk about being a weather person. We have had book reviews - enjoyed by members, a representative of IT Networks - transportation for those not driving.

Our MLK donation this year was a donation to My Teen Center for snacks for youth attending the Center.

Our Club year ends in May. We have upcoming our Art Show, soup lunch to raise funds for our

GFWC State President's special project, a special guest, Mark Holmquist honored to have been a Sentinel at the Tomb of the Unknown, and fashion show with Club members wearing items from Cornelia's Closet, which members volunteer at. Westbrook Woman's Club will host the District Meeting. A lot to look forward to!

Westbrook Woman's Club has been saddened with the news that our member, Mary Libby (joined in 2004) has made the decision for home hospice. The wonderful picture is Mary and her family. A tribute to a special lady!



As the GFWC Winterport Woman's Club steps into spring, we want to congratulate our own Gloria Aurelio on her upcoming installation as GFWC Maine Vice President! Gloria continues her commitment to expanding the GFWC footprint, not only in Winterport but also outside of our community.

With winter behind us, we look forward to our upcoming meetings where members will share some of their

recent adventures. In March, we will enjoy a slideshow of the birds of Mexico, shared by Ellen Van Vranken from her recent trip to Mexico. At this meeting we



will also learn about birding in our own backyards and will be making our own birdseed wreaths. We will continue our adventures in April when Deej Patterson takes us "Into Africa", sharing photos and stories of her latest excursion.



Spring in Winterport brings a flurry of Club activities. We will continue our restoration of Abbott Park and the Blaisdell Trough. It is time to prepare planters around the community in

anticipation of the colorful blooms that will brighten our town throughout spring, summer, and fall. We will be restoring a number of benches throughout town so residents and visitors can sit and enjoy the beautiful weather. We also continue our collaboration with New Hope Midcoast, cleaning out our closets to prepare donations for the organization's annual fundraiser clothing sale.

Don't forget, it is also time to mark your calendars! Our annual perennial plant sale will take place in May. This has become one of our most successful fundraisers. From expert gardeners to green thumb novices, each year we look forward to seeing new faces and repeat visitors make the rounds through our hundreds of pots of plants. Watch our "Winterport Woman's Club GFWC" Facebook page for more details!

### GFWC SKOWHEGAN WOMAN'S CLUB – Marjorie Coburn Black, Vice President

A number of our GFWC Skowhegan Woman's Club members are snowbirds this year. Those of us left here in Maine during the winter months met, weather permitting, to conduct club business and for the fellowship we receive at our meetings. This fellowship is very important. It allows us to get to know each other better and to learn about the hidden talents our fellow club members possess. Now that we see daffodils and crocuses trying to come up out of the earth, it encourages us to think about the new club year and what we would like to have for programs.

One such program is the acting director, Holly Dickie, of the Redington Home in Skowhegan coming to our March meeting to tell us the history of the home, what services they provide and what they don't provide. As our club membership ages, it is important to research what our options might be in the community we have lived in for several years. It is important to keep active as much as possible and what better place than in the community with family and friends.

Another program that Debra Burnham mentioned in the last Pine Tree Notes was on the different plastics and how the community recycles them. So, a speaker on this will be beneficial and how we as members of the community can help to reduce the amount of plastic going in landfills and the oceans.

Looking forward to the fun times at the GFWC Maine Spring Convention!

21 Club has been on winter break, so not much news to share. We have stayed in touch through email, and of course, have enjoyed seeing familiar faces out and about.

In January, members were encouraged to wear blue for awareness of human trafficking. We also celebrated National Croissant Day and National Yodel to Your Neighbor Day. Yes, that's a thing! Not sure if anyone braved the winter chill to participate, but it was a good laugh.



# **Portland Wish List**

## **March 2023**

Every day, up to 36 families call the Ronald McDonald House in Portland me-away-from home while their child receives medical care. In-kind gifts allow us to focus our budget dollars on the most critical needs of the children and families staying with us as our House is 100% funded by private dollars.

#### **Top Needs**

- \*Individually packaged snacks
- \* Hand Soan
- \*Queen and Twin sheet sets (white)
- \* Tall Kitchen Trash Bags
- \* Clorox/Lysol Wipes
- \*Sponges

amazon

For safety reasons, we cannot accept used or expired items Thank you for understanding!

#### **House Needs**

- \* Cereal Cups
- \* Bona Floor Mop Refills
- \*Hand Sanitizer
- \*White Copy Paper
- \* Pillows

#### Office Needs

- \*Scotch tape refills
- \*AA batteries
- \*D Batteries

In February, the Membership Committee met and revamped our 21 Club brochure. We created a new member handbook to help inform our newbies of their responsibilities and opportunities.



March is here, we will be meeting very soon. The art show is on display for the public to enjoy. As always, we are impressed with the work of our young artists! Our first meeting will be our annual Ronald McDonald House "shower". Members bring items from the wish list or send them directly from Amazon. This continues our 25 years of support of RMH! Just as we are looking forward to spring, our yellow tulips are as well. President Jean peeked in the garden and spotted green



shoots! Signs will be placed when flowers

We are excited to finish our club year with enthusiasm and purpose!





**EPSILON SIGMA OMICRON - ESO** 

# PLEDGE CHALLENGE

GFWC Maine President Maureen has challenged all Clubs to increase ESO membership during the months of March and April!

Will your Club hold the bragging rights for the most pledges? Find out at GFWC Maine Spring Convention!

Contact your GFWC Maine ESO chairman to receive your guidelines to becoming an ESO pledge and member.



OF WOMEN'S CLUBS

# PLEDGE TODAY

MORE INFORMATION
CONTACT MARJORIE COBURN BLACK

207-612-6072

mhb770eoutdrs.net

ESO can take the form of a reading group or an individual's personal reading pursuit. The program provides membership, awards/certificates, pins, reading lists, and a framework in which to pursue continued self-improvement through reading. Many clubs combine club programming with ESO related activities, such as reading awareness and book promotion.



# GFWC Maine Northern District Meeting April 27, 2024 Newport Cultural Center



10:00 - 10:30 Registration

Register for meeting and view artwork

10:30 - 10:45 Welcome and Opening

Welcome Jen Mabee

Collect Led by Libby Wiers Pledge Led by Ellie Davids

10:45 - 11:30 Reports

Club Reports Club Presidents

11:30 - 12 Noon Speakers

Clubwomen 30 Speakers/30 Minutes

12 Noon - 1:00 LUNCH BREAK

Inspirational Message Kathleen Clark

1:00 - 1:30 Art Contest Results

1:30 - 2:00 Presentation

Daughters of the American Revolution Harmony Ingraham

2:00 - 2:15 President's Remarks

2:15 - Close Closing

Sing together "Pines of Maine" Led by Kathleen Clark



# **GFWC** Maine

# Northern District Spring Meeting Registration Form

The GFWC Maine Northern District Spring Meeting will be held on Sat. April 27th from 10 am - 2:30 pm at the Newport Cultural Center. The NCC is located at 154 Maine St., Newport, Me. 04953. This meeting includes a luncheon and the cost is \$22 (\$15 without lunch).

Please fill out and return the following form, with payment to Jennifer Mabee, PO BOX 242, Hartland, Me. 04943.		
YES! I plan to attend the meeting and luncheon(\$22)		
YES! I plan to attend the meeting(\$15)		
Name		
Club		
Are you an Officer? (Title)		
Email		





# GFWC MAINE SOUTHERN DISTRICT MEETING

# SATURDAY, APRIL 20, 2024

## 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 how Partners for World Health are making an impact on people's lives, share lunch with old friends and new acquaintances, and enjoy the District Art Show with entries from three clubs. **Artwork to be judged should be brought by 9:30 a.m.** 

The GFWC Southern District meeting will start with registration at 9:30 a.m.; the meeting will start at 10:00 a.m. Coffee and tea will be available. Each club president or her representative needs to present a report of her club's activities for this year. Each attendee will 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 you!

Anne S. Newman, Southern District President

annenewman337@gmail.com

207-632-2587

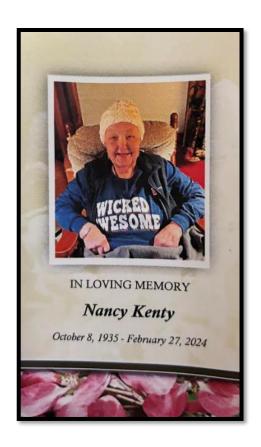
Presidents: Please make copies for your members.

# **GFWC Southern District Meeting Registration Form**

Name:	
Club:	_ Position:
Registration Fee: \$5.00	
Make checks payable to: Westbrook Woman's Club	

Form should be mailed to: Marian Sturtevant, 20 Dottie's Way, #30, Westbrook, ME 04092

Registration closes April 12, 2024



In loving memory of our GFWC Maine sister...

Nancy Kenty, GFWC Gorham Woman's Club President

25 Year GFWC Member

'A uniqueness that could only com
from a Creator's touch,

A life lived with simplicity of purpose
and unyielding strength,
From moment to moment,

All of life's needs were met with a peace
that surpasses all understanding,
And now to the heavens,

A life rises up like leaf carried by the
wind.'



Please reach out to Anne Cress, GFWC Maine Necrologist to lay memory of your past members...

Jkhranch09@gmail.com

Ceremony at the GFWC Maine Spring Convention

## MARK YOUR CALENDARS

March: Women's History Month

Colorectal Cancer Awareness Month

March 15, 2024: GFWC Maine 'Writing' submissions due

March 31, 2024: Easter

April: Autism Awareness Month

Child Abuse Prevention Month Sexual Assault Awareness Month

April 22, 2024: Earth 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 Chicago, Illinois

