



PINE TREE NOTES

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

September/October 2022

2022-2024 GFWC MAINE EXECUTIVE COMMITTEE

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Welcome GFWC Maine!

Are you ready to "Soar to New Heights"?

This administration brings energy and enthusiasm for all Clubs! The GFWC Programs are exciting and refreshing with new ideas! GFWC President, Deb Strahanoski's motto: "Dream Big, Sparkle More, and Shine Bright"! GFWC Maine is poised to Dazzle!

There will be many opportunities of leadership, service, and friendship throughout this administration.

Many important GFWC Programs will be highlighted, and the 2022-2024 administrations stands ready to lend a hand!

Our Clubs continue to be active and engaged!

I am honored to represent GFWC Maine and have committed to raising the stigma of mental health, "Mental Health Matters"!

Please add to your programs already in place; fellowship, hands on activities, outings, and many more, can bring our mental health relief to members and the community.

The 'Yellow Tulip Project' will be highlighted at the GFWC Maine Fall Conference and Clubs will have their hands full of yellow tulip bulbs ready to plant and burst for the spring in their communities!

www.theyellowtulipproject.org

A new initiative by GFWC is 'Friendsgiving' and is sure to engage members, attract new members and continue of the mission of GFWC!

The GFWC website 'Member Portal' has valuable tools for all programs, events, news releases, etc. Please sign up today!

Thank you all again for your support and understanding my anxieties as I go forward...

With Love, Maureen Provencal
GFWC Maine President



We may not have it
All Together...
but together, we
Have it All





ADVOCATING for Victims ... EDUCATION for All

A NEW BEGINNING is the journey our members are starting with our special program Domestic and Sexual Violence Awareness and Prevention. Welcome Back!

The goal continues to be the same for our program – that is to increase awareness of and help prevent the widespread occurrence of domestic abuse in communities across the Nation, focusing on our own state of Maine, working with national domestic violence networks, supporting existing activities, working with various established programs, and initiating educational opportunities for club members and local citizens.

The state clubs in partnership with GFWC and community members, pledge to work together with passion and purpose to advocate for survivors and educate the public on the prevalence of domestic and sexual violence in our local communities and how informing members can improve outcomes for survivors.

Your Chairman has lots of information to share with club members on the eight areas of focus. Campus Sexual Assault. Child Abuse, Elder Abuse, Human Trafficking for Sexual Purposes, Intimate Partner Violence, Military Sexual Assault, Teen Dating Violence, and Violence Against Native American Women. If club members are interested on hearing more about one, two or all the focuses let me know and I will share with you. Attending a meeting October, November, December, May, or June is possible for your chairman to attend. Sending you information is also possible.

Important upcoming dates are

October Domestic Violence Prevention & Awareness Month
and National Bullying Prevention Month.

November 25th International Day for the Elimination of Violence Against Women

November Native American Heritage Month.

Your members may want to plan a special program or project honoring these important dates. Think outside of the box and bring awareness to this important program by Advocating and Educating!

Katherine (Kathy) White GFWC Maine Signature Program Chairman

"Kindness is giving hope to those who think they are all alone in this world."



Elder Abuse Scholarship

For six years educating our seniors with the GFWC Elder Abuse Essay Scholarship has been a perfect way to introduce young people about this important subject. Again, your Chairman, is asking for donations to fund the \$1,000 scholarship for June 15, 2023. Our dear member, Wendy Bowler, wanted to see this scholarship continue for many years to come and gave a generous donation to help with its continuation. Your Chairman is asking your club and individual members to donate this year in memory of Wendy. I hope that every club and as many members as possible will consider this request. There will be a special prize drawing for clubs and members who make the donation. The prize will be awarded at our Spring Convention 2023. The Elder Abuse Scholarship has been added to the points for the Carolyn Lombardi Award Credits! Win-Win!



"Environment is not one's property; it's everyone's responsibility to protect." Mohith Agadi.

Since the environment is such a broad topic to consider I will be focusing on various areas over the two years.

Reducing plastic waste:

Replacing disposable plastic cups, bags, jugs, bottles, and other containers with **reusable vessels** is critical.

A few tips:

- Plan ahead so when traveling or attending a function you remember to bring reusable coffee or water containers.
- Invest in laundry strips that dissolve on contact with water to reduce the number of detergent jugs used per year. Storing these thin strips is a plus and no measuring.
- Upscale plastic bags into useful items.
- Buy from companies that promote less packaging and or use biodegradable containers.
- Purchase reusable zip type pouches (various sizes) to lessen use of plastic bags.



Debra Burnham GFWC Maine Environment Chairman

HEALTH & WELLNESS



Happy Fall (almost) on this feeling like fall day!! I look forward to learning more about Mental Health First Aid for adults and youth during GFWC President Maureen's administration! We read in the newspaper and see on the news of many instances of mental health challenges not being met in our society. Let us be a force for change in that arena.

At the outset, there are things we can do to help assure our own good mental health while we seek to learn ways to help others.

1. **Get some daily exercise.** It doesn't have to be incredibly vigorous, just try to make some time to take a short walk. Ten minutes a day is a good goal and increase to twenty when you can.
2. **Eat a good and varied diet** to include fruits and vegetables. This is a great time of year to be able to accomplish that. Avoid the high fat, high sugar items that may call your name. It doesn't mean you can never eat them again but make occasional and not frequent.
3. **Be sure to get your rest!** We have all heard 7-8 hours of sleep is necessary for good health. Well, as we get older that becomes impossible. I would love to sleep 8 consecutive hours, but my body has other ideas it seems. So, if you if you catch a nap in the afternoon, embrace it and count it is your total.
4. **Practice gratitude and forgiveness.** Neither wears more on our mind and thought process than real or perceived wrongs. Look for the good, you will find it right under your nose.
5. **Be social.** Seek out friends, work toward a common goal (club work, GFWC work), volunteering is needed on so many fronts there are lots of places to do good and meet new friends. Don't forget your next-door neighbor, coffee and muffins can be fun and sometimes even a personal therapy session!

I encourage you to evaluate how you are feeling right now, try to put into practice the five suggestions above and we will look forward to learning more at GFWC Maine Fall Conference in October!!

Sally Manchester Health & Wellness Chairman



Education & Libraries Community Connection Initiative

Organize and/or sponsor public service or community enrichment programs at your public library (or a school library if appropriate). Programs could include:

- ø Tutoring and/or homework assistance for students.
- ø Supporting summer, holiday or weekend reading events and classes for students.
- ø Hosting children's events such as a Book Character Parade or Literary-themed poster contest.
- ø Assisting with English as a Second Language (ESL) classes.
- ø Presenting creative endeavors such as book readings, film screening, or art displays.
- ø Promoting classes in art or art history, creative writing, gardening, and other creative pursuits.
- ø Offering "Library Lunches" that examine and/or problem-solve local issues.



Amanda Cupps GFWC Maine Education & Libraries Chairman

EPSILON SIGMA OMICRON - ESO



THE MOTTO

The motto of Epsilon Sigma Omicron is **"Enlighten Your Own Pathway,"** which was chosen by Mrs. Quincey A. Myers and translated from Greek at the Indiana University. ESO are the initial letters for the Greek phrase, "Epsilon ten sautou hoden" which translates literally into "Enlighten the pathway of yourself."

Epsilon Sigma Omicron (ESO) Are you an ESO member? Considering joining other clubwomen for enjoyment, education, and stimulate a desire for self-improvement. Submit the completed Pledge Application to your State ESO chairman. ESO Handbook, Pledge Application, and Suggested Reading Lists can be found on the GFWC website, Member Portal. If you have not signed up for the Member Portal, contact GFWC for help.

Majorie Coburn-Black GFWC Maine ESO Chairman



GFWC ESO BOOK CLUB on Facebook This group of more than 1,200 members belongs to this online book club and features Education and Libraries project ideas. It is a private group, and you must ask to join. See GFWC ESO BOOK CLUB on Facebook.



“What’s All the Fuss About Bylaws?”

While some folks find the subject of bylaws to be closer to *boring* rather than *exciting* – or perhaps even unnecessary - this member has always found bylaws to be quite fascinating!

According to *Robert’s Rules of Order, Newly Revised*, an organization’s bylaws contain the recommended practice of all of a group’s rules, combined into a single instrument.

Did you know that the organization’s bylaws describe *how* the group functions? It is important to note that the bylaws also contain rules so that a bylaw cannot be changed without previous notice to the members and the vote of a specified large majority.

So, what *is* all the fuss about bylaws? As a firm believer in the power of words, I have a passion for the clear and concise language that clearly identifies the need for the “woulds, coulds, or shoulds.” Bylaws of an organization are the internal rules that keep all members on the same page. It is imperative to keep the bylaws of the organization current with the manner in which business is being done. Think of it this way – try playing **football** with **baseball** rules. It just isn’t going to work. In the same way, an organization needs “rules” to stay on track.

Not only are the bylaws the rules that apply to a specific organization’s members, but these **rules** are **made for the organization by its members**. They aren’t just arbitrarily placed on an organization.

Roberts Rules of Order strongly urges that every member not only have a copy of the bylaws of the organization but also be familiar with the contents of those rules in order to successfully participate in the organization’s affairs.

Each GFWC Club has its own set of its own bylaws as does GFWC Maine. I am sure you each have a copy of your own club’s bylaws. Do you have a copy of GFWC Maine’s? If not, they are available in the GFWC Maine Directory that is published each year. Each club president will have a copy of the directory, but how much better to get a copy of your own. It is filled with a wealth of information including contact information to state officers, club officers, and so much more. If you have not ordered one for yourself this year, please consider getting one next year. It’s a must have!

Does your club have a bylaws committee? Perhaps your club appoints a committee when it deems it is time to have a review. Either way is fine, just keep bylaws in mind!!

Should you have questions concerning bylaws or other parliamentary issues, please know that I am available to provide assistance. Though not an expert on parliamentary law, I have been a member of the National Association of Parliamentarians since 2018, but more importantly, I have a passion for expanding my knowledge in this area. I love hearing from members with questions. Research is my middle name and through the GFWC experience I have friends who are Registered Parliamentarians, and I am not shy about reaching out to them when need be!! You can reach me at 717-4139 or straymond72@gmail.com.

Wishing you the best,

Suzanne Raymond GFWC Maine Parliamentary Advisor



Good afternoon GFWC Maine.

It is that time again and we are about to plan a new year. It has been a very hot summer and I hope that you have enjoyed all the get together with friends and family.

Please remember to write a narrative for all your programs and events as you complete them. Good Luck I am looking forward to seeing you all soon!

Norma Manning GFWC Maine Vice President



In our communities, in our states, in our country, and in our world, GFWC clubwomen are there for you.

For our elderly, veterans, survivors of abuse, children who have experienced neglect, people impacted by natural disasters, abandoned animals,

GFWC clubwomen have their sleeves rolled up and are ready to go to work,

no matter the challenge. But we can't always do it alone, and it is important to

recognize the individuals, businesses, and organizations that lend us a helping hand.

GFWC is pleased to introduce a GFWC National Event – **GFWC Friendsgiving**

Friendsgiving is the blend of the words *Friends* and *Thanksgiving*, and it refers to a large meal shared with friends either near or on Thanksgiving. But why should we make this concept of a meal with friends just for Thanksgiving time?

GFWC Friendsgiving will help to build the GFWC brand in your community; will gather and

thank community leaders, individuals, and businesses who have participated in some way to club projects by their donations of items, time, gift cards, and or sponsorship; and enlighten potential members to the vast reach of club philanthropy and dedication.

The goal is to get together for fun and fellowship. Whether scheduled for November or for GFWC Federation Day, the *GFWC Friendsgiving* "Box of Gems" has all you need to host a wonderful event. This valuable resource is available in the "F" Resources folder of the [Member Portal Digital Library](#).

The "Box of Gems" provides just a few ideas that could be used, but GFWC clubs are creative—we encourage you to create your own *GFWC Friendsgiving* event.

GFWC Friendsgiving is a wonderful opportunity to let our communities know all the work we do and perhaps gain a few new members in the process!

Nancy Ames GFWC Maine Membership Chairman



JENNIE AWARD

It's that time of year when all of you who planted seeds in your gardens last spring then weeded and fertilized them all summer are now reaping the rewards of your efforts with the harvesting of your crops. Not an easy task but you do it anyway because the rewards are so great. I, on the other hand, am just planting the seeds of my garden to get you moving in the direction of the reaping of the reward of the GFWC Jennie Award.

The GFWC Jennie Award is **the only national honor** presented by GFWC that recognizes individual members for personal excellence. Club members are nominated by their clubs to compete at state, regional, and national levels for the Federations highest honor.

Who do you have in your club that you could nominate?

I am planting "thinking seeds" in the hope each and every one of you will start thinking who your club nominee could be. I will fill you in on all the details of this award at GFWC Maine Fall Conference.

If you can't wait to learn more about this award you can go to the GFWC website, enter the Member Portal, click on the icon at the top right-hand side (it looks like a head and shoulders), click on my digital library, click on Resources, click on "C", click on Club Manual, click on Awards and Contests, click on Jennie Award. This will download all the information concerning the Jennie Award.

Who will be the next GFWC Maine Jennie Award nominee? I can't wait to find out!!

Carol Jarvais GFWC Maine Jennie Award Chairman



CLUB NEWS AROUND THE STATE



GFWC Skowhegan Woman's Club

GFWC Skowhegan Woman's Club members met at the Travis Mills Foundation Retreat Annual Open House in Rome, Maine. Members Freda Toneatti, Sharon Adams, Bonnie Chamberlain, and Mary Cayford had the rare opportunity to tour the grounds and buildings. We learned about the programs promoting recovery, recreating, and healing available for veterans who have been wounded at war, along with their families and caregivers eligible to attend at no cost. The highlight of the tour was to meet the friendly, outgoing, and highly motivated Staff Sargent (Retired) Travis Mills who established the foundation in 2017. To show our heartfelt appreciation to our veterans and this worthy cause, we presented the organization with a donation.

Travis Mills, who lost portions of all his limbs in Afghanistan in 2012, was motivated to help other veterans and their families. As a result of his vision, the former Elizabeth Arden Estate overlooking Long Pond was purchased and transformed into a magnificent veterans' retreat with expansive grounds. The Marbury House was renovated as the main retreat building and a waterfront cabin was restored by the famous Maine Cabin Masters. The marina is equipped with boats and kayaks available for veterans and their families. A challenging ropes course and the new Health and Wellness building under construction are evidence that physical activity is an integral part of the recreation and recovery programs. To learn more, go to: travismillsfoundation.org or send an email to Foundation@travismillsfoundation.org.



Members of the GFWC Skowhegan Woman's Club bid farewell to fellow member Virginia Jordan who passed away on July 12, 2022. Virginia served the club in various capacities and held many offices, including club president, since 1964. At the All-Saints' Episcopal Church funeral, member Mary Cayford, along with Wallace Seavey, read an open letter (Mary had written in 2014) praising and honoring Virginia's fifty years of dedication and hard work serving the community as a club member. What an inspiration she has been to the rest of us!

Sundays in August, the GFWC Skowhegan Woman's Club members sold homemade snacks, desserts, and drinks under their tent at Concerts in the Park in beautiful Coburn Park!

Skowhegan Woman's Club has been in existence for 140 years. Our goals are to help one another, to contribute to programs and agencies in need, promoting arts and culture, and awarding an annual scholarship to a deserving graduating senior seeking higher education.

Bonnie Chamberlain – President

21 Club of Kezar Falls

21 Club has been busy planning for our 101st year, starting on September 14th.

Club members took a hard look at how our club is structured and shifted some meetings away from winter meetings to summer. We will continue to meet at the local church vestry to allow for more space and ease of accessibility.

We are very excited to start a year of membership drive. We know there are women in our community who are looking for a way to give back, we need to bring them into our organization and unite our purpose!

We wish all our sister clubs a productive, fun, and energized year!

Jean Stanley – President

Waldoboro Woman's Club

What a day the Waldoboro Woman's Club had on June 25, 2022. Our annual Whale of a Sale had a two-year hiatus, we were in a new location, we had fewer items for sale, and a new president (me) who had no clue how this sale worked. Club members arrived at 8:00am with our Waldoboro Woman's Club T-shirts on, ready to raise money for our scholarship fund. No need to worry about how this was going to happen...everyone was on autopilot. You see the women had been running the Whale of a Sale for years. They had raffle tickets

for a beautiful hand braided rug made by club member, a silent auction with gift cards from community businesses



obtained by a club member who knows everyone in town, a 50/50 raffle, a bake sale table with extraordinary goodies baked by club members, coffee, donuts, and muffins for sale, a raffle for a Made in Maine Basket, and a costume jewelry table. I watched in awe as these dedicated women sprang into action. At the end of the morning the Club had taken in just over \$5,000. The Whale of a Sale will be back on June 24, 2023.

The Club looks forward to giving out scholarships each year and hopes we can continue to do so.

Waldoboro Woman's Club is gearing up for their next fund-raising event.

Mary Cope – President

GFWC Winterport Woman's Club

Our club celebrated at our Annual Meeting Dinner in June for the first time since 2019! We welcomed six guests in addition to our members and enjoyed an evening of friendship and delicious food at Kimberly's at the Marina in Hampden. Installed that evening were our new officers for the 2022-2024 term: President Julie Burgess, Vice President Kathy White, Secretary Ellen Van Vranken and Treasurer Laurie McLean.

Also, that evening we presented the 2022 Spirit of America Tribute to our own Ellen Van Vranken! Ellen has been an active community volunteer since 1984, giving of her time and expertise to Partners in Education at the Smith School, St. Gabriel's Church and choir, the Winterport Woman's Club, and the Winterport Living Nativity, as well as fundraising for the formation of the Hampden Academy varsity hockey team.

The Spirit of America Foundation is a 501(c)(3) public charity established in Augusta, Maine in 1990 to honor volunteerism. Every year the Spirit of America Foundation Tribute is presented in the name of 100+ Maine municipalities. In 2011 the Winterport Woman's Club was selected as that year's tribute recipient from the Town of Winterport. In 2012, our club was asked by the Winterport Town Council to choose and present the tribute yearly to our town's recipient.

We are busy this summer soliciting advertisers for our 2023 Winterport Community Calendar, which will be our major fundraiser this year. Once published, we receive the calendar in time to sell at the voting polls in November. We usually sell out by the afternoon and meet lots of supportive community members. On that day we also take donations toward our annual turkey drive to stock the local food cupboard for Thanksgiving.

Our community plantings at various locations around the Winterport village area have thrived despite the hot, dry summer weather thanks to our dedicated members who water, deadhead and fertilize regularly!

Our club will resume in-person meetings in September. We are also celebrating our 90-year anniversary in 2022!

Julie Burgess – President



GFWC Westbrook Woman's Club

The GFWC Westbrook Woman's Club had a busy spring and summer. We started with our Annual Meeting and installation of new officers on May 3, 2022. This was quickly followed by the GFWC Maine Spring Convention where our club presented a show of fashions through the last 100 years. Many members from Westbrook attended the conference.



Installation: Secretary, Evelyn Meserve; 2nd V.P Pat Currier; Corresponding Secretary, Allison Curry;



State Convention: Back Row: Julianna Libby Rosemary Holleman, Linda Barbour, Ann Newman, Vivian Newton, Norma Manning, Linda Morris, Pat Currier, Roberta Morrill. Elaine Brickman. Front Row: Evelyn Meserve, Beth Turnerm Allison Curry, Marian Sturtevant, Joyce Noonan. Attendees not pictured: Mary Libby, Mary Gavin, Fran Boyman, Michele Fosnacht



Fashion Show: Evelyn Meserve and Pat Currier as Suffragettes

After a three-year absence Westbrook Together Days finally happened on June 4th and 5th. A celebration of the community, Westbrook Woman's Club was the first to organize the Together Days years in 1980.

We participated in the parade down Main Street with Westbrook Woman's members carrying a club banner. This was followed by a car provided by Rowe Ford complete with driver containing several members. Behind them came a flatbed truck with members of the club sitting in chairs and waving to the onlookers.

At Riverbank Park we had a raffle booth staffed in shifts by our outstanding member volunteers. Raffles were for a 26-inch bicycle with matching helmet, a bicycle helmet, and a gift certificate to Hannaford. Generous members donated the bike and gift card, and the Westbrook Police Department donated the helmets. Two hundred gourmet lollipops were donated to give-a-ways! A great deal of activity surrounded our table on both days. We raised \$320.00 for scholarships. We also handed out pamphlets with information on our club.

On June 4th, we awarded three \$1000 scholarships to seniors at Westbrook High School in memory of past members Marcia B. Spears, Elaine Spiller and from a fund donated by Marcia Willock in memory of her husband.

In addition two \$500 scholarships were awarded to graduates of Westbrook Voc-Ed.

Our board and committees met throughout the summer to plan and prepare for our next year which will start in September.

And last, but not least, we enjoyed monthly brown bag lunches at Riverbank Park where members could enjoy each other's company. All-in-all a very busy and productive summer for the GFWC Westbrook Woman's Club.

Beth Turner – President



Pictured: Lucille Gilchrest, Gerrie Pallang, Peg Morton, Vivian Newton, Joanne Kingsley



Pictured: Phil Spiller, Vivian Newton, Roberta Morrill & scholarship recipients

GFWC MIOSAC Club

The GFWC MIOSAC CLUB President Minnie McCormick entertained 12 members and 1 guest at her home on West Main Street on August 17.

It was the club's 86th birthday party and Minnie served a wonderful luncheon for us all and made a beautiful birthday cake for us to devour!

The GFWC MIOSAC CLUB was organized and federated in 1936.

A former member, Pat Jones, assisted her with the luncheon.

Minnie used her teapot collection as decorations throughout the house and had them filled with beautiful, fresh cut flowers on her tables.

We will continue our meetings with an informal "porch party get-together" in September at Rheba Michaud's home and our formal meetings will begin in October.



Minnie McCormick – President

GFWC Research Club of Limerick



GFWC Research Club knows that
GFWC club women come in all sizes!

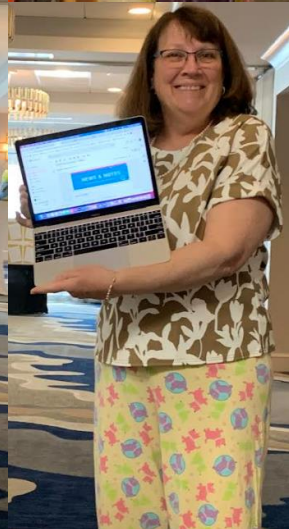


DATES TO REMEMBER:

September:	Suicide Prevention & Awareness Month
September 22-25, 2022:	GFWC New England Region Conference Providence, Rhode Island
October:	Domestic Violence Awareness Month
October 15, 2022:	GFWC Maine Fall Conference Senator Inn & Spa Augusta, Maine
May 11-12, 2023:	GFWC Maine Spring Convention Hilton Garden Inn Bangor, Maine
June 9-12, 2023:	GFWC International Convention Louisville, Kentucky



GFWC Maine Spring Convention



GFWC Maine 'Soaring to New Heights'

GFWC International Convention – New Orleans, Louisiana



GFWC NER 2022-2024 Officers



GFWC 2022-2024 Officers

