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Pine Tree Notes (January-February 2015)

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General Federation of Women's Clubs - Maine Chapter

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Pine Tree Notes

GFWC Maine Newsletter
January / February 2015



Our Past Will Determine Our Future



President's Letter

Marjorie Goodwin
DMGoodwin2@live.com



Happy New Year to all of you. The holidays are over and I, for one, am glad to get back to my usual routines. I enjoy Christmas and New Year's festivities but it seems to be non-stop for days on end and I am exhausted trying to get everything done that I need to do. Now, I look at my tree, say to myself "oh, how pretty and I don't have to rush to do anything." I enjoy the days after the holidays probably more than days during the holidays.

By the time you read this edition of the Pine Tree Notes, reports should have been done and sent to Nancy Ames, one to me and have one kept for your records. I am looking forward to reading what your club has done this past year in your community. As you have already done your work, now my work begins as I prepare a report to be sent to GFWC Headquarters in Washington, D.C. I hope that I will see narratives with your reports. Statistics are necessary but words describing your projects are far more interesting.

Spring Convention will be here before we know it! The "Call" will be in the next Pine Tree Notes. The convention will be held in Auburn at the Hilton Garden Inn and will be a two-day affair. There is ample room for a market place and I hope that you will reserve a table to sell the many items you produce to raise funds for your club. There will be space for the Art Show entries and scrapbooks, too.

I am "working" on entertainment and hope to announce what it will be in the next Pine Tree Notes.

Let me know when your District meetings will be. I will attend them if at all possible. District 3 will be holding their meeting on April 4th. Please try to attend your District meeting, as it is a great time to "network" and learn different ways of doing things. We learn from each other.

I hope that my project "Elder Abuse Awareness" is creating much conversation in your communities. If we can get people to talk about this subject, perhaps ways of combating it will arise. This problem in our society is much bigger than any of us realize.... people just don't talk about it for one reason or another. As the old saying goes: "Education is priceless". Let's educate people; it takes time but not much money.

Visiting your clubs is one of my favorite things to do. I am honored to be your President and I look forward to our times together.

In Federation love,

Marjorie Goodwin
GFWC Maine President

Proud member of the General Federation of Women's Clubs

**President-elect**

Mary Libby
MKLibby@yahoo.com

This is an exciting year for the General Federation of Women's Clubs. We are celebrating our 125th birthday. The word is that there will be a special celebration at the National Convention in Memphis, TN in June. Is your club planning to recognize this milestone? What are you planning to do?

We are an organization with a rich history and the foundation of the organization was based on one principle. This "basic principle" of the interned and mutual need of the sexes.

Although one can't be certain, the club movement as we understand it today, took shape around 1866. At this time in history, our country was coming out of a devastating war, the industrial revolution was upon us and the role of women was being redefined.

The earliest form of women's club was called (somewhat facetiously) Middle aged Women's University. This organization attracted women who were no longer school aged; women who had already entered the serious work of life; women whose children were of school age. It attracted women who wished to be of service to women other than themselves and children other of their own.

Take a look at your club membership. I would guess that most members fit the description of the first club women. I researched these facts from *The History of the General Federation of Women's Clubs For the First Twenty-Two Years* by Mary I. Wood copyright 1912.

I hope that your Christmas was filled with those you hold dear and that your New Year will be especially bright.

Mary K. Libby
President Elect

**Vice President**

Nancy Ames
NancyAmes76@gmail.com

**Recording Secretary**

Carol Jarvais
RJarvais@myfairpoint.net

**Treasurer**

Sheri Walsh
swalsh1964@gmail.com

I want to make sure that everyone has my proper addresses for mailing things to me.

I would like all correspondence to go to my PO Box in Ellsworth.

PO BOX 884, Ellsworth, ME 04605

I am in Ellsworth during the time the post office is open and do not want checks going to the house where no one is home during the day.

The only two email addresses that should be used are either my work address swalsh@hpcme.org or my home address swalsh1964@gmail.com. I prefer that you send to both.

Thanks

**Corresponding Secretary**

Wendy Bowler
WendyBowler@gwi.net

Next deadline – articles for Pine Tree Notes March/April edition are due on March 1, 2015.

**Parliamentary Advisor**

Libby Wiers
LibbyW@tds.net



DISTRICT PRESIDENTS

District 1 Nancy Kenty
NanKey59@maine.rr.com

District 2 Joyce Noonan
JANoonan@beeline-online.net

District 3 Jane Le Vie
LeVie6@yahoo.com

District 4 Sheri Walsh
SWalsh1964@gmail.com

CLUB NEWS

DISTRICT 1

Research Club of Limerick

On Election Day a 50/50 raffle was held and \$150.00 was realized, targeting Elder Abuse.

Gloria Leveillee, Past State President and International Outreach Chairman, extended a Challenge to the club to donate to all four of the Partnership Projects over the next 2 years. The Challenge was accepted. These are Operation Smile, The Heifer Project, Shot at Life and UNIEF. The silver collection for that day collected \$60.00 and was given to Shot at Life, making it possible for 3 children to receive their shots.

The Red Bow proceeds \$1,041.00 went to the Wounded Heroes of Me. Cookies and Cocoa after a very wet Tree Lighting and Sing-long was very well attended.

Gifts for Veterans were collected and given to Veterans at the Veterans Home in Scarborough.

A care package and cards were sent to our adopted college student in support of her first year in academia.

No meeting in Jan. or Feb. because of weather.

Westbrook Women's Club

November was very busy making Boxes and filling them with 960 Lobster rolls and then delivering them, a wonderful fundraiser.

Past State President, Sally Manchester spoke on 'End of life Issues.

December included Annual Christmas bags for the Shut Ins. These were filled with pencils, note pads and paper, Crackers and many other items donated by members. The second meeting was Annual Christmas Luncheon with guests. Entertainment was provided by the Westbrook High School Jazz Band.

21 Club of Kezar Falls

Fall started out with the club's annual potluck supper honoring the 21 Club Salutes for their countless hours of contribution to the community. Speakers included refurbishing the Playhouse Theater, Wildlife rehabilitation, and Water Quality testing. Donations were given to all three speakers.

Support for the community at Thanksgiving and toys were collected for the Children at Christmas. Annual Christmas Party was at the Cornish Inn and stuffed animals were collected in lieu of exchanging gifts.

GFWC Gorham Woman's Club

The club had a speaker from ITN Portland, a nonprofit organization that provides a transportation alternative to hiring a taxi, at the November meeting. For a \$50 annual membership and a reasonable per ride fee, seniors and those with visual disabilities can schedule rides as needed. The group includes volunteer and paid drivers and if you are a volunteer you can bank future rides for when you are the one needing transportation or give them to

someone else. Currently the organization provides transportation in a 15-mile radius of Portland.

November fundraising was a table at a craft fair where the club's tatted stationary, fresh greenery and hat ornaments (made by club members) among other items were sold.

December had club members volunteering at the Operation Tribute office, wrapping presents, making ribbons, and labeling packages, etc. Operation Tribute recognizes the sacrifice and bravery of children of military families by providing them with a token of appreciation during the holiday season for their service to this country.

The December Holiday Luncheon at the 91 Street Restaurant ended with members enjoying dessert at Nancy Kenty's home.

Wishing everyone a warm and healthy winter!

GFWC Southern Midcoast Women's Club

The club has been having great success in doing bottle drives and currently is having a bottle drive for Heifer International.

DISTRICT 2

Waldoboro Woman's Club

The November speaker for the Waldoboro Woman's Club was Mark Biscoe, local historian author of "Waldoboro Wanderings." His message was the foundation for two articles on the Clark and Oakes families recently published in *The Lincoln County News* entitled "A Wedding and Its Terrible Aftermath: 1853-1854."

For their December 9th holiday luncheon, club members gathered at the dining room of the Schooner Cove Retirement Facility where they enjoyed a delicious salmon or beef entre arranged by Alice Duff. Members brought cookies for The Lincoln Home, books, games, mittens and toys for the Waldoboro Toys for Tots Program. Birthdays of Alice Duff and Mary Lee Merrill were celebrated. Members mourned the recent death of Libby Hopkins, president in 1990 during the club's centennial celebration and on the original committee to institute the Whale of a Sale, our fund-raising project for local scholarships. A book in Libby's memory will be donated to the Waldoboro Public Library.

GFWC Livermore Falls Women's Club

The November 4th voting bake sale raised \$800.00. A portion was presented to the Art Department at the local High School for equipment and supplies. They were happy to receive it as it helped them a great deal in their classroom work. The balance of funds was donated to canon restoration by one of our veterans.

On December 2nd the Christmas luncheon was held at LaFleur's restaurant in Jay. It is a yearly gathering with members of the historical society. The Women's Club ladies baked little breads, which were placed at each person's setting at the tables. Jerry Ellis entertained us with lovely Christmas music on his piano, giving us the background on each selection he played. Christmas spirit was in the air. Funds were collected and donated to the food pantry.

Six members of the club attended Fall Conference.

We wish everyone a happy and healthy New Year.

GFWC Semper Fidelis Club

On November 12, 2014, a highly informed and very interesting speaker, Gail Edwards, talked at our meeting on medicinal herbs, which she grows on her certified organic farm.

The fundraisers selling Poinsettias, RADA, Innisbrook and Birthday Calendars, were very successful this year. (Making \$434.09, \$584.50, \$100.00, and \$1,733.15, respectively.)

Nov. 26, 2014 was the annual Thanksgiving Pie Sale at Bangor Savings Bank with profit of \$503.00.

The Birthday in a Box gifts were delivered to the Domestic Violence Shelter. The Thanksgiving Basket was also delivered to a very grateful recipient.

In December we decorated a tree with climbing Santas, in the Redington Home for all to enjoy. At the December meeting, cards were signed and sent out from every member to a terminally ill 6 year old girl.

GFWC Skowhegan Woman's Club

The Skowhegan's Woman Club met, November 12th, at the Heritage House. Maxine Rusakoff, shared her life growing up as our "Getting to Know You" speaker. Chrystal Tufts reported that the gathering for pen-pal residents at Woodlawn N.H. went very well. Many of the residents enjoyed it. Sixty Christmas cards were signed by members to be delivered to the VA Hospital at Togus.

President Mary Turbyne called a special board meeting and informed the board she was

resigning. Mary had placed her house on the market a few months earlier when her husband retired and it has been sold. Mary and her husband will be moving to Florida for the winter. Vice-President Nancy Gould stepped up to the plate and accepted the position of President. V I Ferland will be the new Vice-President. Wilma Sherman is Co-President. Mary Turbyne joined us at the December luncheon to say goodbye to all. We will miss her but she is still a member of Skowhegan Woman Club and will be back in the spring. President Nancy presided over a short business meeting. It was reported that 45 cards had been signed and given to Meals on Wheels to be delivered with the meals. Following the meeting we had our annual Yelling Auction. A total of \$245.00 was raised. This is always so much fun.

Once again we participated in the Festival of Trees at the Redington Memorial Home. This year members chose the poinsettia as the theme for the tree. Six members decorated the tree with 25 sparkling red poinsettias and gold and red ornaments. To complete the theme a gold nativity was placed beneath the tree with more poinsettias and a framed Legend of the poinsettia was placed on a stand beside the tree. **GFWC Skowhegan Woman's Club won 1st place.**

Also as part of the Holiday Stroll, members made cookies and provided frosting and sprinkles so area children could decorate Christmas cookies at one of the area businesses. This was done in collaboration with the Bloomfield Garden Club. Eight of our members wore Mrs. Clause type aprons and bonnets and/or Santa hats to keep it festive for the children. Parents, children, and members all seemed to have a

good time. There must have been some "sugar highs" later in the day!

Later in the month three members helped the Redington Home residents decorate cookies for their craft day activity. The residents enjoyed this and obviously some had not forgotten how to decorate cookies. It was marvelous. The men seemed to enjoy eating the cookies more than frosting them.

DISTRICT 3

GFWC Patawa Club

The GFWC Patawa Club held two successful fundraisers in the month of December. Between the holiday silent auction at their Christmas dinner party and Breakfast with Santa and Mrs. Claus, over \$1,200 was raised. A donation will be made to Literacy Volunteers of Bangor to sponsor a table at their Literacy Teas fundraiser this spring. Members also donated over 40 pairs of pajamas as part of the Dedham School's pajama drive to benefit Spruce Run. Scholastic matched every pair of pajamas donated with a book and TY Beanie Babies did the same with a toy. See photos of the Breakfast with Santa and other news by following Patawa on Facebook at www.facebook.com/PatawaClub.

GFWC MIOSAC Club

The GFWC MIOSAC Club of Dover-Foxcroft had a very informative meeting on November 4th with our Town Manager, Jack Clukey, introduced to us by Minnie McCormick. There is a very important project going on in Dover-Foxcroft, which is called the Riverside Restoration Project. The old woolen mill in the center of town, more recently housing the Moosehead Furniture Co. until it closed, is being

completely revamped into 22 apartments, a café or restaurant, a media center, etc. Jack gave us a full report and slide show to show us how everything looked in the beginning and the wonderful progress that has been made thus far.

On November 18th, Roxy McGlaufflin introduced Diane Parola and Adam Sheean from the Main Highlands Credit Union. A new building has just been built and open on W. Main Street in town. They told us of many scams and frauds perpetrated by those trying to gain access to others money and information. There were as many as 10 scams going on at that very time. This was very helpful program to make us all aware of elder abuse.

The club Christmas party was held on Tuesday, December 2nd, at the home of member Barbara Austin. Dot Finnemore, Vicki Moschella and Barbara were the hostesses for our party. Members had a great evening celebrating with hot apple punch and delicious food. Members had drawn names for gifts and Barbara acted as Santa Claus. Before each person opened their present, they were required to tell us about their very favorite or memorable present that they had gotten at any time in their life. There were definitely some laughs and oohs and aaahs over the stories.

The club will be having its next meeting Tuesday, January 6th, for a simple, fun evening called "Crazy Hats and Game Night". We will round out January by having an International Dinner on the 20th. Members will continue to work on posters for Elder Abuse Awareness.

GFWC Newport Woman's Club

The GFWC Newport Woman's Club "BOUGHT A COW!"

Heifer International information brochures and catalogs were made available to each member at the December meeting. GFWC is in partnership with HI through the International Program. There was much enthusiasm for this project as members discovered that each family that receives livestock will pass on one or more offspring.....our gift will multiply for years to come. Club members also donated sheep and goats as Christmas gifts in honor, or in memory of loved ones.

The January meeting will be a "Pajama Party." Members are asked to bring new pajamas to donate to "Spruce Run," a Domestic Violence facility in Bangor, in memory of Donna Friend, a club member who died recently.

After boxes of personal care items had been sent to deployed soldiers, it was discovered that the club's own personal "lady soldier, Kim" had been deployed. Another box of snacks was quickly gathered and sent to Kim.

Following the Christmas meeting members shared many holiday sweets and a "Yankee" swap. The club looks forward to 2015 and all it has to offer.

GFWC Pittsfield ARTS Club

The GFWC Pittsfield ARTS (Always Ready to Serve) club has had a busy fall and closing out a busy and productive year.

The club hosted their first successful "Lunch to Go" at the Pittsfield town office council chambers on Election Day. Many voters stopped in and purchased lunches which consisted of a variety of soups and chili, bread

or rolls, dessert and water all boxed and ready to go. This proved to be a successful fundraiser and provided a service to the voters who came by on their lunch hour and those who came to vote around noontime.

At the November 11th meeting, club members made plans for decorating a Christmas tree at the Pittsfield Public Library. The library was on the Christmas house tour, which was sponsored by Sebasticook Valley Health Auxiliary. Club members made many homemade decorations using a Victorian theme.

On Sunday, December 7th, the club held their annual Christmas craft auction. Many items were auctioned off to club members and friends. Refreshments were served by our honorary members. Once again, the club raised funds to help their ongoing causes they support each year.

The club's annual Christmas party was held at the home Raejean Hersey. Dinner and Christmas carols were enjoyed by all. Thanks to Barbara Jones for providing piano accompaniment and putting us all in the holiday spirit. Gifts were collected for the area Domestic Violence shelter.

A donation will be made to the local Keep Me Warm project.

Our next meeting will be held Tuesday January 13th at the Pittsfield Public Library. Our speaker for the evening will be our State Representative Stanley Short, who will speak on a bill to help the elderly.

GFWC Outlook Club

The GFWC Outlook Club has had two very unique programs at meeting since the last deadline. In November, members were asked to bring a picture from

their home and be prepared to share why it was important to them to have it on display. The offerings were as varied as the members and the stories told gave interesting insights into the members' personalities. Then in December each member brought four favorite recipes to share. Again, the stories behind family recipes were fascinating and enlightening. A small cookbook with all the recipes will be provided to members at a later date.

GFWC Dexter Women's Literary Club

The GFWC Dexter Women's Literary Club started off the month of November with a very successful bake sale at the polls, where they made \$304! All the pies and goodies were sold out by noontime. At the November meeting, members brought in Christmas items for teenagers, which were given to the Sunshine Club. Members voted to have their April 2015 regular meeting at the Dexter Historical Society on a trial basis. It was brought up that perhaps it would be a quieter and more convenient location to hold their future meeting (than at the current location at the Town Hall). Club members then went to ERDA, a local business in town that makes custom-made handbags and sells them all over the world. It was very educational and interesting. One club member, Corinne Neal, had a book signing at the local library for a book she wrote entitled "Maurice's Memories". Her books are for sale so if you are interested, please emails her at corinnecNeal@gmail.com or call her at 270-2936.

In December, a few club members volunteered to bake sugar cookies for the town's Christmas tree lighting, so the kids could decorate them after the tree

lighting. A Christmas party for club members was held at the Town Hall in December as well. Club members ate lunch with people who came to Meals For Me, where they each received a gift. After lunch, Key Club members from Dexter Regional High School sang Christmas carols. Club members then gathered around to do a Yankee Swap and play silly Christmas games. The club welcomed 3 new members from the party!!

GFWC Winterport Woman's Club

The Winterport Woman's Club was busy with the projects and programs leading up to the holidays. In November it is the time we empty the window boxes and planters throughout the Village and replace them with greens and berries for the winter months. The town planter was embellished with two wreaths to add to the beauty of the greens. Three members readied the lighted Christmas wreaths and garlands that are strung along our Main Street and on several buildings downtown. The checking of the bulbs and sprucing up the greens is an annual process so the wreaths can look their best before the firemen hang them for us. We owe a debt of gratitude to our volunteer firemen who always are willing to assist us with this project.

Donations were made to the Town Fuel Assistance Program, The Neighbors Cupboard, our local food pantry, Harbor Family Services, a group home, for the annual Christmas House Gift, and the Christmas Domestic Violence donation.

This year, for Domestic Awareness Project, we adopted a family with nine children and a Mom from Waldo County to give them a very special Christmas.

Working with the Domestic Violence Agency, New Hope for Women Program Educator, we were given a very deserving family to make smiles on Christmas day. The family was asked to list three needs and one want on their list for each child. The needs were basic items like warm hats and mittens or a warm blanket. The wants were also doable from jewelry making items, spy things, art supplies and girly things. We were able to fulfill all the items for the children plus extras and also gave gifts to the Mom.

Because of the size of the family, we asked a nonprofit that does a lot of community service, to work along with us on this project and they were thrilled to come aboard. The feeling of joy it gave the members and the staff that worked with us the true spirit of Christmas.

We were told that the Mom was overwhelmed with gratitude when she phoned to say thank you. She was crying and said she couldn't thank those responsible enough for the joy her children had on Christmas day.

The January's meeting program will be on Elder Abuse Prevention. February's meeting will be making Valentine goody bags for our local seniors.

Winterport Woman's Club wishes everyone a

Fantastic 2015

"Living the Volunteer Spirit"

DISTRICT 4

GFWC/Narraguagus Women's Club

The club held its Christmas Luncheon/meeting at the home of Judy Joy with seven members and guest, Wendy Schoppee, Director of

Family Support Services, Washington County Children's Program, Machias attending.

Bernice Klausky, a new resident of Milbridge, was welcomed as a new member of the GFWC/NWC.

After the luncheon a brief meeting was held. Wendy gave an interesting presentation on how the children are selected for the program. Wendy was presented with the many gifts the members had purchased for the five-year-old child whose name and wish list had been furnished by the WCCP. What a selection of warm clothes, books and toys!! The ladies did a wonderful community service to a need child in Washington County.

At the January meeting the members will make Valentine Cards for their Community Project. On February 14th members will visit a group home in Harrington and Milbridge. Members will furnish cupcakes, punch, centerpiece, paper products and the homemade Valentines. The residents look forward to the visit and the group home personnel are very appreciative of the club's thoughtfulness.

In March the Club will visit the Seacoast Mission Food Pantry to hear Wendy Harrington speak on how the food pantry is run. Members will voluntarily bring items for the food pantry. A call to Wendy in February will be made to find out what kind of food items the pantry could use.

Castine Woman's Club

Zoom!!! The Club's eventful and productive 2014 year just raced by! The Castine Woman's Club closed out 2014 supporting local businesses through "Light Up Castine" by sponsoring a Christmas tree for the Girl Scouts to decorate.

Another promising new year has already rolled in! The CWC plans

to fill 2015 with memorable events and meetings. The Club does not hold general meetings in January and February, but the Club does have a number of winter activities lined up.

The CWC hosted its popular winter bridge luncheon featuring chili and pie on Thursday, January 22nd at the Trinity Episcopal Church. Local bridge players look forward to this wonderful annual scholarship fundraiser graciously organized each year by Sharlene Daly and Jane Herfort with the invaluable assistance of Sue Macdonald.

On Tuesday, January 27th, the first of two 2015 winter Dinner-at-Noon lunches was held at Town Hall to benefit the Community Improvement Project. The second 2015 Dinner-at-Noon will be on Tuesday, February 24th. Open to the community, these dinners are organized by CWC President Jeannie Reed and serve as a "cabin fever reliever" to combat isolation among community members during the long winter months.

When the Club gathers together again on March 3rd, speaker Readell Orff of the Castine Health Clinic will discuss physical therapy for arthritis. On April 7th, in preparation for spring, Marjorie Peronto of UMaine Extension Service will talk about "Gardening in Tune with Nature." These meetings will be held at the Castine Town Hall. GFWC Maine members and the community are always welcome guests at any of the Club's meetings or events.

Keep warm and best wishes for a Healthy and Happy New Year 2015 from the Castine Woman's Club!

EDUCATIONAL LOAN FUND AND MAUDE MACKENZIE SCHOLARSHIP COMMITTEE

DISTRICT PRESIDENTS

It is again that time of year when high school seniors are looking for financial assistance as they consider college application. We ask your help in getting the word out to high schools in your area of the availability of our \$600 interest-free loans and the \$1,000 Maude MacKenzie Scholarship. Applications for both can be downloaded from our website.

If you have any questions, please get in touch with me either by email or phone -- 866-2653

Alida L. Coates
Chairman

PUBLIC ISSUES

Happy New Year to all – one day closer to Spring!

I was pleased to read in the Pine Tree Notes that some of you have done things to support Veterans. I thank you for that. I hope more of you will in the next two years.

Perhaps some of you have been making cards. I have made several, some Valentines for next year and some everyday cards. I have to get envelopes before I can send them.

I hope some of you will be doing programs on Safety and Emergency Preparedness, as well.

By the time you read this, your reports should have all been sent in. I look forward to reading them.

Thanks to GFWC Miosac Club for their donation.

Have a warm, safe winter. Keep up the good work.

I hope to see you at the Spring Convention.

I am currently without a computer, so if you have sent me messages, I did not receive them. Will let you know when I am back on line.

God bless.

In Federation
Minnie McCormick

ARTS DEPARTMENT

Art is a powerful and universal communicator.

Art transcends language barriers and cultural differences. If we continue to promote art, we can give students the power to earn a good income. Clubwomen can also use the art power in their photography, poetry and writing short stories, to express their creative talents.

Districts are encouraged to hold a high school student art show and select four winners for entry into the GFWC Maine Spring Art Show at the Hilton garden Inn, Auburn. Check the rules in the Directory. Set up is at 8:00 a.m. until the meeting starts on May 7th. And then Judges come in and judge at the start of the Meeting. Take down is May 8th at noon.

Creative writing is a powerful tool.

Send your Short story and poetry entries by the deadline of March 1, 2015 to me at: 32 Maple Street, Wilton, ME 04294

Feel the power of your pen and send in your entries. Art Waivers can be printed from the GFWC website.

GFWC Photography Contests for Clubwomen is a way to show off your talents. Follow the rules in the directory. Let the art department know of your intent to enter and how many photos. Bring your photos to the convention and just see what happens. You may enter even if you have won before. Good luck to all.

Those entering a Year in Pictures send the photos by May 15th to:

GFWC A Year In Pictures Contest,
1734 N Street NW, Washington, DC, 20036-2990.

Anyone interested in helping set up the art show may contact me at 207-645-3449 or by email at bhaway@myfairpoint.net.

Barbara Hathaway



CONSERVATION PARTNERSHIP

At this coldest time of the year, I encourage you to think about how you can use trees to improve certain areas in your town - especially playgrounds and parks - even school yards. Think about how you could adopt this as a Community Improvement Program and enter it in the GFWC contest.

Also expand your thinking outside the box and include public education about the care and feeding of trees whether planted for community improvement or just a tree in your own yard. Teach people how to plant, mulch, feed and water their newly planted trees - there are things to do that will improve the chances that the trees will survive. Also think about pests that affect certain trees and how to eliminate or control them.

Even though Maine is the most heavily forested state in the union, the trees need our help for the survival of this important renewable resource.

What is your favorite tree? Have you planted one? Why not think about doing just that and all the enjoyment you and your family will get from this one little project.

Check: Alliance for Community Trees for ideas.

Happy planting!!

Sally E. Manchester
GFWC Maine Conservation
Partnership Chairman

ENDOWMENT FUND

Thank you to the following for their donations:

GFWC/MFWC Miosac Club
GFWC Dexter Literary Club
GFWC - Lubec Womens Club
Westbrook Womens Club

More donations are welcomed:

Mail to:
Maureen Provencal
7 Daisy Lane
Skowhegan, ME 04976



GENERAL FEDERATION of WOMEN'S CLUBS

You may want to check out this file found on GFWC's website relating milestones and intriguing facts. (Some of the milestones are listed below)

125 Milestones and Intriguing Facts About GFWC

As the General Federation of Women's Clubs celebrates 125 years of *Living the Volunteer Spirit*, it's important to reflect on the accomplishments that have made GFWC an organization of global change. These names, places, facts, and figures are a testament to the incredible work of GFWC clubwomen in responding to the needs of the local, national, and international community. The lessons learned and experienced gained through this action give credence to the value of organized volunteer service. Taken as a whole, they weave a story of international volunteerism and members dedicated to strengthening their communities and enhancing the lives of others. Together, they are the story of GFWC.

1900 A PROGRAM OF TRAVELING LIBRARIES BEGAN with small rotating collections sent to rural communities.

1922 THE FEDERATION PURCHASED 1734 N STREET NW in Washington, D.C., for its Headquarters.

1930 The American Library Association credited GFWC with establishing 75% OF AMERICA'S PUBLIC LIBRARIES.

1991 The United States Secretary of the Interior designated GFWC HEADQUARTERS as a National Historic Landmark.

January / February 2015

**PINE TREE NOTES
SUPPLEMENT**

Forgive me all.

Somehow these articles did not get setup in the PTN. Apparently my double-checking is still in need of improvement, but I am learning. Thank you for your patience.

INTERNATIONAL OUTREACH

I hope the New Year is finding you all healthy and happy. I want to thank those clubs who have sent in donations for various international organizations, most notably CARE. CARE is an organization that GFWC formerly partnered with but no longer do so. CARE does continue to do good work in this world. Your donations will be forwarded, and I am sure it is much needed.

However, I would like you to consider supporting or informing yourself of some of our GFWC partner organizations. These include: Heifer International, Shot@Life, Unicef and Operation Smile. Check out the information that was given to each club president at fall conference, or use the internet to either google each of these individual organizations or go to www.gfwc.org to find out more information about the great work that is done by each of these. If all else fails, give me a call at 863-816-6209, or email me at gleveillee@roadrunner.com, and I will give you a brief rundown on each of these groups.

Don't forget to send in your reports on your International Outreach activities. I am looking forward to seeing how much we have all done to be of benefit to people beyond our own borders.

Take care and see you in the spring!

Gloria Leveillee
International Outreach Chairman

MAINE YOUTH LEADERSHIP

Leadership does not happen by accident, and MYL's goal of reaching young people early as high school sophomores has remained unchanged for over 30 years. MYL is able to do this as a result of active fundraising and by generous donations from individuals and organizations such as the GFWC Maine and its caring members throughout the state. The cost of \$250 per attendee for the 4-day seminar covers room, board and basic supplies. MYL inspires today's youth to make good choices and think about their impact on their communities in hopes they will become an active member of Maine's positive change for the future.

THANK YOU

Pittsfield Arts Club	GFWC/MFWC Miosac Club
GFWC Lubec Woman's Club	GFWC Dexter Woman's Literary Club
GFWC Gorham Woman's Club	GFWC MFWC Westbrook Women's Club
GFWC/Narraguagus Women's Club	

Together we can continue to bring students to this life-altering opportunity, giving them knowledge and skills to become leaders of tomorrow. Thank you all !

Gloria Tewhey, MYL Chairman



Start planning for **National Wear Red Day 2015**, which will take place on **Friday, February 6!** Join the National Heart, Lung, and Blood Institute (NHLBI), the Office on Women's Health (OWH), U.S. Department of Health and Human Services (HHS), and many other groups to promote National Wear Red Day in your local community.

A program of the National Institutes of Health

Celebrate National Wear Red Day® on February 6th with *The Heart Truth*®!

Although significant progress has been made in increasing awareness among women that heart disease is their #1 killer, most women fail to make the connection between heart disease risk factors and their personal risk of developing the disease. This disease is largely preventable, but kills more women than all forms of cancer combined. Join *The Heart Truth* campaign on **Friday, February 6th National Wear Red Day**—to help spread the message that "Heart Disease Doesn't Care What You Wear, It's the #1 Killer of Women.®"

The Heart Truth created and introduced the *Red Dress*SM as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wake-up call to American women. *The Red Dress*[®] reminds women of the need to protect their heart health, and inspires them to take action. On National Wear Red Day, wear a red dress, red shirt, or red tie to show your support for women and heart disease awareness.

While heart disease risk begins to rise in middle age, heart disease develops over time and can start at a young age, even in the teen years. It's never too early, or too late, to take action to prevent and control the risk factors for heart disease. *The Heart Truth* is building awareness of women's heart disease and empowering women to reduce and prevent their risk. It is reaching women with important heart health messages in community settings through a diverse network of national and grassroots partner organizations.

The Heart Truth campaign is sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health (NIH), U.S. Department of Health and Human Services (HHS) in partnership with The Office on Women's Health (OWH) and other groups committed to the health and well-being of women.

Community organizations across the country are joining *The Heart Truth* campaign and using its *Red Dress* symbol to raise awareness about women and heart disease.

To find out more about women and heart disease, visit *The Heart Truth* Web pages at www.hearttruth.gov or call the NHLBI Health Information Center at 301-592-8573.

The Heart Truth logo is a registered trademark of the U.S. Department of Health and Human Services.

THE INFORMATION HIGHWAY ELDER ABUSE AWARENESS & PREVENTION

Red Flags of Abuse

Does someone you know – a senior or adult with a disability – display any warning signs of mistreatment?

Neglect

- Lack of basic hygiene, adequate food, or clean and appropriate clothing
- Lack of medical aids (glasses, walker, teeth, hearing air, medication)
- Person with dementia left unsupervised
- Person confined to bed is left without care
- Home clutters, filthy, in disrepair, or having fire and safety hazards
- Home without adequate facilities (stove, refrigerator, heat, cooling, working plumbing, and electricity)
- Untreated pressure “bed” sores (pressure ulcers)

Financial Abuse/Exploitation

- Lack of amenities victim could afford
- Vulnerable elder/adult “voluntarily” giving uncharacteristically excessive financial reimbursement/gifts for needed care and companionship
- Caregiver has control of elder’s money but is failing to provide for elder’s needs
- Vulnerable elder/adult has signed property transfers (Power of Attorney, new will, etc) but is unable to comprehend the transaction or what it means

Psychological/Emotional Abuse

- Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities, unexplained changes in alertness
- Caregiver isolates elder (doesn’t let anyone into the home or speak to the elder)
- Caregiver is verbally aggressive or demeaning, controlling, overly concerned about spending money, or uncaring

Physical/Sexual Abuse

- Inadequately explained fractures, bruises, welts, cuts, sores or burns
- Unexplained sexually transmitted diseases

If you or someone you know is in a life threatening situation or immediate danger, call 911 or the local police or sheriff.



GFWC Skowhegan Woman's Club
Cookie Decorating &
1st Place Christmas Tree



“Our Past Will Determine Our Future”

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

**Pine Tree Notes
Deadlines
March 1, 2015**

**GFWC MAINE
122 Years of Volunteer Service**