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Pine Tree Notes (January-February 2016)

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General Federation of Women's Clubs - Maine Chapter

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Pine Tree Notes

GFWC Maine Newsletter
January / February 2016



Our Past Will Determine Our Future



President's Letter

Marjorie Goodwin
DMGoodwin2@live.com



Winter has arrived in full force. I think the snow is here to stay. The holidays are behind us and now we can concentrate on the things we want to accomplish in the second part of our club year. It is time to look at what we have accomplished thus far and take a good look at what we have yet to do.

The Christmas song that has the words "making his list, checking it twice" pops into my head as I look at the calendar. There is still so much to do in this administration and I do need to "make a list and check it twice" so that important things are not overlooked and remain undone. Club visits are at the top of my priority list. As I have said before, I enjoy my club visits the most so don't be surprised if your President makes a second visit to your club. I have learned so much from Maine clubwomen and never hesitate to brag about what you do to anyone I meet.

Be sure to make **your** list and check it twice. I read an article the other day that said, "Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment of your life." The same philosophy can be applied to our club year. We have opportunities that arise and we should grab them and make the most of them. The time we spend doing "good things" in our communities is so important. Let's not get to the end of our club year and see that there were things that could have been done that we didn't do.

Hopefully, you have all already sent in your annual reports. GFWC has changed the time frame for reports to arrive at Headquarters and we certainly don't want to miss the deadline. It is such a thrill to hear Maine's name called when awards are presented at the annual convention. This is the time of year that I look forward to. Reading the reports about what you have accomplished during the past year tells me that Maine clubwomen are busy in their communities. We make our communities a better place to live!

The District meetings will be held in April along with the Art shows. Why not think about attending a District meeting in another District? As of this date, the District 2 meeting will be on April 2; District 3 meeting will be on April 9; and District 1 meeting will be held on April 16. The District Presidents will announce the time and place as plans are finalized. This is such a great opportunity to meet and learn from other clubwomen about what they do in their communities.

Only 4 months left in this Administration! Plans for the May convention at Sable Oaks in South Portland are being finalized. **Be sure to save the dates.....May 12 and 13, 2016.** I am looking forward to sharing time with you as my term as GFWC Maine President comes to an end. What good things we have accomplished, together!

In Federation love,
Marjorie Goodwin,
GFWC Maine President

Proud member of the General Federation of Women's Clubs



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Winter is here – I will sure miss the warmer weather we have had so far, but it just wouldn't be winter in Maine without a little snow! I am anxiously awaiting Club Reports to start trickling in to, once again, read all the amazing projects the GFWC Maine Club's have done this past year. If you have any question, feel free to contact me (my phone # and e-mail address is in the Directory) and I will help you out in any way I can!

Nancy Ames
GFWC Maine Vice President



Parliamentary Advisor
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mnlbby49@gmail.com



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Carol Jarvais
RJ Jarvis@myfairpoint.net

The GFWC Leadership Education and Development Seminar (LEADS) program is intended to identify GFWC members at the grassroots level who have the potential and the desire to assume leadership positions in GFWC beyond their club. Participation in LEADS can help these members gain the capabilities, confidence and commitment necessary to pursue and achieve higher office and serve with distinction. The LEADS program is held annually the day before the official opening of the GFWC Annual Convention. It is a full day of activities, and includes breakfast and lunch.

Attention LEADS Candidates

Earn 50 points for your club towards the Carolyn Lombardi Traveling Trophy by submitting your LEADS Application
(50 pts total per club)

Meet & create friendships with like-minded women from throughout the country / world.

LEADS may include the following:

- Presentations on conflict resolution, public speaking skills, and time management
- Explanation of GFWC resources, materials, and assistance
- Discussions on GFWC policies, procedures, and parliamentary law
- Tips and techniques for pursuing leadership opportunities

Application deadline – February 1, 2016
Complete your application and send it to:
Mary Libby, GFWC Maine President-elect

For more information go to gfwc.org
Search under "Members"

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

GFWC Research Club of Limerick

As 2015 comes to a close and we ring in the New Year **the Research Club of Limerick** have offerings to report.

In order to complete our challenge that our International Outreach Chairman, Gloria Leveillee posed, several club members dressed in costume on Halloween Eve and collected for UNICEF at our local supermarket. \$140.00 was donated to this cause. Monies were also donated to Operation Smile from our newly established CLYNK account. We did it Gloria!

During the November election held in our town a 50/50 raffle saw the proceeds of \$160.00 to be donated to our State Presidents project **"Elder Abuse Awareness"**.

Our annual Red Bow project again this year focused on "The Wounded Heroes of Maine Program" We were able to donate \$880.03 to this worthwhile need. The Red Bows decorated our Christmas tree in the middle of town for our tree lighting ceremony where club members offered cookies and hot cocoa to the community. Each year this event brings youngsters and oldsters

together for fun, laughter, musical entertainment and full bellies.

For the month of February a display will be put up in our local library to welcome new members, with scrapbook and literature available for browsing.

Stay warm all, see you in the spring.

GFWC Westbrook Woman's Club

November arrived and the Westbrook Woman's Club got busy. Their first meeting was a workday where boxes were assembled and napkins were made ready for the next day. On November 4th, 26 members gathered at 6 A.M. to start a busy day. 1,051 lobster rolls were made and boxed with chips and homemade cookies. Members began their deliveries around 9:30, what a busy day but all who worked had a great time. Their 2nd meeting was all about getting to know the State of Maine; Beth Turner was the program Chair and passed out slips of paper to the member to read the fascinating fact about our great state. A lot of knowledge was gained by all.

With the 1st meeting in December they gathered assorted goodies and made Christmas bags for shut-ins. The next week was the Festival of Trees at the Westbrook Warren Church and the Westbrook Woman's Club hosted a Mad Hatters Tea Party. China Tea cups were used and cookies were served. Many residents of local nursing homes attended. The jubilee singers provided entertainment. Many Christmas songs were sung by all and you could just see the joy in the faces of those attending. The last meeting in December was the annual Christmas luncheon with a great sit down meal. The Westbrook High School Jazz band provided entertainment. What a great group of Musicians. Wishing all a Happy New Years.

21 Club of Kezar Falls

The 21 Club met only once in November with a very interesting meeting on acupuncture, however we were busy as committees and as a whole club. We held a pie sale for the Thanksgiving holiday, which was a larger success than last year! We collected toys with the Bruce Roberts Fund and spent a Saturday morning packing them for families in need. Our Christmas Party was a wonderful gathering at a local restaurant where we brought stuffed animals for our local health center for children in crisis. Sadly, we lost a lovely member whom we remember fondly. We look toward to the New Year with new ideas and enthusiasm to do good things for our club and community.

Sherry Campbell, President 21 Club

GFWC Gorham Woman's Club

At the Gorham Woman's Club November, club members brought in over 500 greeting cards, which included Christmas, birthday, and all occasion cards. Members packaged them up in sets of 4-5 cards per set and then took them to Meals on Wheels to be distributed to Gorham residences. The club also made up Christmas cards signing them with our holiday wishes. Those cards were taken to the Maine Veterans Home in Scarborough.

Club members had a potluck Holiday Luncheon at Nancy Kenty's home in December. Sitting around her dining room table members enjoyed talking about current days and memories of past Christmas holidays.

January's meeting topic – Heifer International.

DISTRICT 2

Waldoboro Woman's Club

The November meeting of the Waldoboro Woman's Club featured Martha Brown of the Waldoboro Public Library's Women's Group as guest speaker. She told of the work that the group does to collect useful items for homeless veterans and the connection that they have made with the Bread of Life Shelter in Augusta. Members of the club brought many useful items for Martha to take to the Togus Veterans Hospital and Augusta storage facilities, and she was most grateful for the donations.

The Club had a most successful Bake Sale at the Waldoboro polls on November 3 and added \$355 to our scholarship fund. We learned that the local concert for New Hope for Women garnered \$4200. Many of our members attended this special event, which supported a program which is of special interest to our group. Two donations of books as well as two magazine subscriptions have been given to the Waldoboro Public Library in memory of Ann Morlan and Gail Mahan

December found all members gathered at the Schooner Cove Dining Room in Damariscotta for the annual holiday luncheon. A special celebration of member Mary Lee Merrill's 90th birthday was



Mary Lee Merrill's birthday cakes.
L-R: President Judi Lawrence,
Schooner Cove Hostess, Mary Lee,
and Alice Duff, Club Hostess

held. Dessert consisted of two specially made yummy birthday cakes: one yellow and one chocolate! Mary Lee was most surprised, and all present shared in her joy and wished her many more celebratory meetings with us. Members brought donations for the Waldoboro Toys for Tots collection and cookies for Lincoln Home and Waldoboro Green. Wishes for the holidays were shared.

GFWC Semper Fidelis Club

The GFWC Semper Fidelis Club had a successful start to the new Club year by welcoming two enthusiastic new members, Kari Watson (daughter in-law of former SCF President Virginia Watson) and Darcy Spooner. Our Cocktails and Cupcakes meeting to introduce new members to our Club was a hit!

The Club held the annual Thanksgiving Pie Sale and totally sold out of pies, making it one of the more successful sales ever. Also, for Thanksgiving, SFC distributed two Thanksgiving baskets, complete with turkeys and all the fixings for a meal for local families. The Club received a thank-you card from one of them, an elderly veteran and his wife, which was sincerely touching.

The final totals are not in yet, but the Club did extremely well this fall with its Community Calendar, Rada Knife and Poinsettia sales.

SFC once again participated in decorating a Christmas tree at the Redington Home in Skowhegan. Thanks to the many talents of Club member, Dot Lacasse and her hand crafted snowmen, the Club took second place for their tree. SFC also gave donations to a Family Violence Project family in the form of Walmart gift certificates so that the mother could shop for her children for Christmas.

The Club's annual Christmas Party and Yankee Swap didn't disappoint this year – what a fun and festive time was had by all! This must have been a record year for “stealing” each other's gifts. Special thanks goes out to Carol Jarvis for opening up her beautiful home for this event and the delicious food, including turkey pie – yum!



SFC's tree decorated at the
Redington Home in
Skowhegan.
They got second place!

GFWC Livermore Falls Women's Club

On November 3rd we held our voting bake sale, which brought in \$800.00. It was donated to the Livermore community building. The building was going to be demolished. A committee was formed to refurbish the building and is now renting it to different venues in the area and continues to raise funds for work still to be done. A piece of our history has been preserved.

December 2nd a Christmas luncheon was held at LaFleurs Restaurant. The Historical Society and the Livermore Falls Women's Club joined forces for the event. Entertainment was provided by a local couple. The Christmas season was in the air. Everyone donated to the local food pantry.

We are looking forward to an active 2016, and wish everyone a happy and healthy New Year

Marion Hogan-Posa would like to take this opportunity to thank everyone who sent get well wishes after her serious fall just before Christmas. It has brought sunshine to my days.

GFWC Skowhegan Woman's Club

In November, June Nickerson-Hovey presented a Veteran's Day program in the form of a quiz. Members worked hard to remember long forgotten facts and information about Veteran's Day.

The club decided to put together two "Housewarming Baskets" for homeless veterans that are now getting housing. The baskets contain such items as dishcloths/soap, brooms/mops, trashcans, etc. The club also signed Christmas cards for veterans.

The club voted to support the local Blue Star Marker Project by donating \$100.00. The Blue Star Marker will be located along the Kennebec River, and honors veterans of all the wars.

In December, the club decorated a beautiful "silver and gold" tree at the Redington Home. Members do monthly craft project with the residents, also.

Skowhegan Woman's club joined Bloomfield Garden Club and made sugar cookies for children to decorate during the Skowhegan

Holiday Stroll. Members were very busy for several hours, but the smiles and happy faces of the children made it all worthwhile.

The club had its annual yelling auction in December, but changed it up this year and made it a favorite holiday food auction. Fun was had by all and money was earned for our community projects.

Happy New Year!



June Hovey and Billie Sherman decorating cookies with the children at the holiday stroll.



DISTRICT 3

GFWC Outlook Club Hartland

Since the last issue, the club has enjoyed three meetings. In November, the scheduled program forgot to come, so fellowship was enjoyed by members - a favorite activity.

December brought Christmas poems, most written by member Janet Stedman, carol singing and the welcoming of new member Laurie Brann (she makes three for this year!!) and it was voted to support Operation Smile this club year with the collection of voluntary donations. 2016 began with the January meeting at which members 'got their craft on' making valentine pockets to fill with chocolate and to be delivered to the local nursing facility.

GFWC / Dexter Women's Literary Club

November started off great for the GFWC/Dexter Women's Literary Club with an Election Day bake sale at the polls. The club made \$236.75 in about four hours! At the November meeting, club members brought in Christmas gifts for teens to be given to the Sunshine Club to distribute. Most of the meeting was dedicated to members sharing an artistic talent they each had. Members read poems that they wrote, displayed paintings they had painted, pictures of decorated cakes they made, plants they had grown, some knitting projects, and books they had published. It was great to see what interests and talents each club member had. The annual Christmas party (usually held the second week of December) was cancelled due to the weather.

Laura Neal, President
GFWC/Dexter Women's Literary Club

GFWC Newport Woman's Club

The GFWC Newport Woman's Club is "Living The Volunteer Spirit." To view what's happening, check out the club's Facebook page. Boxes of personal care items were sent to deployed female soldiers. Individual packages were wrapped in cello, tied with ribbons, and a card of thanks attached. With the discovery of the newly created GFWC Pinterest site, we find an unlimited number of ideas for programs and projects for each Community Service Program. Members hope to pin the club's own images in the near future and show the depth of GFWC work around the world. Togus Veterans were presented with 200 plus postage stamps gathered by members for the Veteran's personal use. Another way of saying "thank-you for your service." Pastor Ellen Bridge, representative of The Salvation Army, enlightened members of the workings of the unit and the many needs at the local level. Coates have been collected and cleaned and are readily available to anyone in need at the local United Methodist Church.

The December meeting is always busy and 2015 was no exception. Following the meeting, members shared favorite holiday desserts, (recipes were available), a "Yankee" ornament swap, and a travalogue by Vice President Debbie Ferrell. "Voyage of the Vikings" found Debbie and her husband Larry, on a 35 day cruise out of Boston to Iceland, Norway as well as many more sites that offered gorgeous scenery.

January will find us back to business as we invite a representative from a local bank to present a program on Elder Abuse.

GFWC ARTS Club Pittsfield

The Pittsfield ARTS (Always Ready to Serve) club, started off their November meeting with a visit from Jane Le Vie, District 5 President. Jane spoke on her position as district president and the upcoming District Art Show in April.

During the meeting food items were collected for a Thanksgiving basket along with a \$50.00 Hannaford gift card, which was presented to a family during the holiday. This had been discussed at the club's September meeting and decided it was a good thing to do this year.

Early in December some club members met at the Pittsfield Public Library to decorate a Christmas tree in their community room. The tree was beautiful and enjoyed during the Library's open house on December 5th. Special thanks to club member Jeanne Boisvert for heading up this project for the library.

On Sunday December 6th the club held another successful Christmas Craft Auction. Many homemade items went up for bid and refreshments were provided by the honorary members during intermission. This event continues to be the club's biggest fundraiser.

The ARTS club annual Christmas party was held Tuesday December 10th at the home of Rae Hersey. Delicious potluck was enjoyed by all and Marge Goodwin played many Christmas tunes on the piano while members enjoyed singing and laughing. The club welcomed another new member, Melissa Cianchette.

Gifts for an area Domestic Violence Shelter were collected at the Christmas party and given out to them prior to Christmas. The shelter looks forward to our gifts

every year and the club feels this is a worthwhile cause.

Our January meeting will be held at the Pittsfield Public Library with our guest speaker Mike Lynch from Northeast Planning services.

GFWC MIOSAC Club Dover-Foxcroft

The GFWC MIOSAC Club has had some very interesting meetings thus far this Fall. On November 3, we invited Dr. Leslie Fernow, who is a Geriatric Specialist, to speak to us about Senior Day Care. We have Senior groups in town right now, but when our Central Hall revitalization is done, the whole ground floor will be dedicated to Seniors. There will be a day care with nurses and doctors, activities, meeting place for mobile seniors still on their own, a kitchen for cooking, etc. She also spoke to us about new windows that will help retain heat in your homes at a marginal cost to you.

On November 17, Minnie McCormick spoke to us about the USO; what it used to do and what it still does today. We were reminded of stories from our father's, brother's, uncle's of seeing a USO show or going to a canteen and dancing, and seeing movie stars. On December 8, we had our annual Christmas party at Barbara Austin's home. Her co-host was Dot Finnemore. What a wonderful evening of appetizers, drinks, warm and cold sides and plenty of desserts. We always draw names and swap gifts at Christmas, but this year we did something different. Barbara Austin is also a Kiwanian and she suggested that we buy toys instead of gifts for our members. She noted that last year there weren't enough toys that were donated and the Kiwanis Club had to purchase quite a lot for the give-away. The rules were to buy a toy that actually reminded you of the person who's name you drew.

Patawa Club
Bangor

Members will learn about the benefits of essential oils from a doTERRA representative in January and have more fun events planned this Spring. Follow Patawa on Facebook to see what the club is up to at facebook.com/PatawaClub. Happy New Year!



GFWC Castine Women's Club

When the Club gathers together again for its first monthly meeting on March 1, Headmaster Richard Crampton will speak on "The Reach Alternative School." On April 5, Noelle Merrill will enlighten the Club on services provided by the "Eastern Area Agency on Aging." These meetings will be held at the Castine Town Hall and GFWC Maine members and the community are always welcome.

GFWC 2016 Annual Convention in Baltimore, Maryland

Tuesday, March 1
Convention Registration Opens
Tuesday, March 1
GFWC Room Block at Baltimore Marriott Waterfront Opens
Wednesday, June 1
Convention Registration Closes
Wednesday, June 1
GFWC Room Block at Baltimore Marriott Waterfront Closes
Saturday, June 25
Highlights: LEADS, Star-Spangled Tour, Convention Kickoff Awards Reception and Crab Feast
Sunday, June 26
Highlights: Opening Ceremony, Awards Luncheon, GFWC of Maryland State Night
Monday, June 27
Highlights: Partner Luncheon, Region Banquets
Tuesday, June 28
Highlights: Awards Luncheon, Gala Banquet featuring special guest
Wednesday, June 29
Highlights: Awards Luncheon, Installation Ceremony, Banquet, and Reception
Thursday, June 30
Highlights: Tour Day – Star-Spangled, B&O Railroad, and Great Art Tours



GENERAL FEDERATION
of **WOMEN'S CLUBS**



ARTS DEPARTMENT

It's time to be creative. Yes, YOU. I know you can. The Writing Contest deadline is **March 1, 2016**, so start writing, either Poetry or Short Story. We need your entry. Follow the Directory rules on page 88.

Photography Contest rules are on page 89. You can submit in three categories: Living Things, Scenes, and Still Life and you can submit in two categories, which are Black & White and Color. Check pages 90 and 91 for the requirements. If you are entering in The World in Pictures, let me know your intent.

You send A Year In Pictures Contest entries to the GFWC Headquarters. Your District President can help you with the entry. Now get busy. You may be the next winner.

It is also time to plan your District High School Student Art Shows. Be creative and try something new. Photograph each student with their winning work. Provide art supplies or museum tickets for the winning students. Encourage those students. A positive word goes a long way. Encourage your clubwomen, too. Let's see how many entries will be counted this year. Best wishes! If you have entered before, you can still enter.

Barbara Hathaway, Art Department Chairman
bhaway@myfairpoint.net or 207-645-3449

EDUCATIONAL LOAN FUND AND MAUDE MACKENZIE SCHOLARSHIP COMMITTEE

DISTRICT PRESIDENTS

As the year 2016 begins, many of our high school seniors will be looking for financial assistance as they consider college application. We again ask for your help in getting the word out to high schools in your area of the availability of our interest-free loans and the Maude MacKenzie Scholarship. Applications for both can be downloaded from our website.

If you have any questions, please call or email me. Thanks for your help.

Alida L. Coates
Chairman



ESO

Reading a book is a wonderful way to spend a snowy, cold night. Or if one is fortunate to be where it is warm, a book is a great companion.

Jot down the name of the book, the author and a brief description and mail your list to me before April 15 for Awards.

This chair is retiring in May after 18 Years of service as your ESO program.

Maxine

DELEGATE'S FUND

2016...time for review what we have accomplished and make plans for spring and summer events. It is also time to recognize some clubs who have donated to the Delegates Fund...so a special "Thank You" to the GFWC Lubec Woman's Club, GFWC Newport Woman's Club, and to the GFWC Westbrook Woman's Club. Each donation is appreciated!

Enjoy the winter...read a good book, write a poem describing a special friend, take your camera when you go outside, and then share with us!

Billie Sherman, Chairman

ENDOWMENT FUND

HEY LADY'S!

This is a SHOUT OUT.....

Your generosity to contributing to the Endowment Fund has been overwhelming!

Please consider your continued support!

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

Thank you to the following clubs for their donations:

GFWC Miosac Club
Westbrook Womens Club
GFWC Newport Woman's Club

Maureen Provencal
Endowment Chairman

MAINE YOUTH LEADERSHIP

Maine high school sophomores are now being selected to attend the Maine Youth Leadership (MYL) Seminar, scheduled for June 2 – June 5, 2016 at the University of Southern Maine in Gorham. Each is chosen to represent their school because of their outstanding leadership potential. We say ‘congratulations’ and ‘nice going’ to them!! The Seminar is an experience they’ll value as they complete high school and move on to post-high school endeavors.

There are still many high schools to be heard from. Therefore, I would urge clubs to help the nomination process by contacting the guidance department at the local high school to insure they get on with the task of nominating. All information can be found at **www.mainejuvenileleadership.org/registration**.

GFWC Gorham Woman’s Club
GFWC/MFWC Miosac Club
Waldoboro Woman’s Club
GFWC Lubec Woman’s Club
GFWC Westbrook Woman’s Club
GFWC Newport Woman’s Club

Thank you to the above clubs for their generous contributions for the next Seminar. I look forward to listing many more clubs in the next issue of PTN. See page 72 of GFWC Maine Directory for MYL info.

THANK YOU TO ALL!!

Gloria Tewhey, MYL Chairman



PUBLIC AFFAIRS.

Greetings to every one. When you receive this it will be 2016 the year has gone fast.

I was so sorry to miss convention and conference this year. I was all set to attend fall conference but nature decided I needed to stay home.

I hope you are getting your volunteer hours ready and reports as well. Miosac Club will be doing theirs at our first January meeting including a pot luck supper. I have made sheets to record all the time and money so that part will be easier.

Getting the reports done is another story. But we all helped last year and got them done. GFWC/Miosac Club have and will be doing lots in the Public Affairs category. We made cards for USO and I spoke about USO. Unfortunately, they are not accepting cards anymore. So ours will go to Togus for the Vets there.

My husband’s family lost two members in December 8 days apart so we have had some sadness to deal with. One was expected and one a total shock.

I hope all the sick people will be better soon. We have had two from our club that have not been able to attend for over a month. We hope the new year brings them back to us.

Love to all and hope to see you in the spring. Have a good safe winter.

Minnie McCormick, Public Affairs Chairman



GFWC Maine 2016 Dates to Remember:

January 15th – Annual Reports due
February 1st – LEADS Applications due
February 20th – GFWC Maine Winter Executive Meeting
March 4th – Pine Tree Notes Articles DUE
April 2nd – District 2 Annual Meeting
April 9th – District 3 Annual Meeting
April 16th – District 1 Annual Meeting
May 12 & 13 – GFWC Maine SPRING CONVENTION

The Information Highway – Elder Abuse Prevention Awareness

From the MCEAP website:

FAQs

In order to avoid becoming a victim of elder abuse, you first need to know what it is and who it affects. Then, take action to reduce your chances of becoming a victim.

You can find some helpful information about the different types of abuse and what it can look like under: "Learn about Elder Abuse."

Can elder abuse really happen to me?

Elder abuse affects people of all ethnic backgrounds and social status, and both men and women can be victims. However, research has shown that certain people are at a greater risk than others. Older women, socially isolated older people, older people with cognitive impairments or dementia, and older people with substance abuse issues may be more at risk than others.¹

Who are the abusers?

The majority of elder abuse occurs at the hands of the victim's family members. Usually the abuser is the victim's spouse or adult child.

What can I do?

Take action to reduce your chances of becoming a victim of elder abuse. Most importantly, know your rights and do not be afraid to stand up for yourself. Also, stay involved in your financial affairs—don't rely on others to review your bank statements. Be confident that you can make decisions for yourself.

The National Center on Elder Abuse suggests the following:

Stay busy and engaged in life. Try not to become isolated. Cultivate a strong support network of family and friends.

Take good care of yourself – for life. Older adults in declining health can become more vulnerable to abuse because of the increasing dependence.

Be aware of the link to addiction problems. People who drink too much or who use other drugs are at a high risk of being abusive. Reach out to support groups.

Refuse to allow anyone, even a close relative, to add his or her name to your bank account without your clear consent. Never make financial decisions under pressure. Avoid signing over money or property to anyone without first getting legal advice.

Assert your right to be treated with dignity and respect. Be clear about what you will and will not tolerate, and set boundaries. You have the right to make your own decisions.

Trust your instincts. Listen to the voice inside you when it calls out something is not right. Ask for help if you need it.²

It is also a great idea to plan. Talk with family members, friends, and professionals who you trust and plan for your future. You can find helpful information about planning for your future on the [Legal Services for the Elderly's Elder Rights Handbook website](#). (link is external)

About the Maine Council for Elder Abuse Prevention

The Maine Council for Elder Abuse Prevention's (MCEAP) mission is to support collaborative efforts to combat elder abuse, neglect, and exploitation. MCEAP promotes a unifying vision, which addresses elder abuse, and drives this vision by advocating for public policy, supporting collaboration between existing resources, and facilitating cross-disciplinary communication. MCEAP acts as a resource for training and education efforts among existing stakeholders. MCEAP is comprised of over 40 organizations and individuals from across Maine.

Contact

Judith Shaw, MCEAP Co-Chair Securities Administrator

Maine Office of Securities judith.m.shaw@maine.gov 207-624-8551

Lynne Caswell, MCEAP Co-Chair

Legal Services Developer

Maine Office of Aging and Disability Services lynne.caswell@maine.gov

207-287-9213

Additional Resources:

For additional resources, visit

MCEAP's website: elderabuseprevention.info.



GFWC Leadership, Education and Development Seminar (LEADS) APPLICATION FORM

Name: _____
Address: _____
Phone: _____ Email: _____
Club: _____ District: _____

Please conceal applicants identity during selection deliberation

Please answer the following questions in as much detail as possible:

(Attach a separate sheet of paper if more space is needed)

List all local club offices and/or chairmanships held: _____

List all district offices and/or chairmanships held: _____

List GFWC club/district programs/projects in which involved: _____

List positions at the district, state, and/or national level in which you are interested: _____

Are you willing to:

- Cover costs to attend GFWC LEADS not covered by GFWC or state? Yes ___ No ___
- Share what you have learned at LEADS with your state's members? Yes ___ No ___

Return this form, along with two letters of support from active GFWC club members, to your state federation by the application deadline.

Mail to: Mary Libby, 8 Lewis Street, Westbrook ME 04092



GFWC clubs and clubwomen are the fabric that binds not only the Federation, but the communities in which they live and work. By *Living the Volunteer Spirit*, GFWC clubwomen transform lives each day, not simply with monetary donations, but with hands-on tangible projects that provide immediate impact. With a grassroots approach that often thinks locally but impacts globally, GFWC, its clubs and members remain committed to serving as a force for global good, as it has done since its formation 125 years ago.

With nearly 100,000 members in affiliated clubs in every state, the District of Columbia, and more than a dozen countries, GFWC members work in their own communities to support the arts, preserve natural resources, advance education, promote healthy lifestyles, encourage civic involvement, and work toward world peace and understanding.

“Our Past Will Determine Our Future”

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

Pine Tree Notes
Deadlines
March 4, 2016

**GFWC MAINE
123 Years of Volunteer Service**