



# NEW HAMPSHIRE CLUBWOMAN NEWSLETTER



*A Member of the General Federation of Women's Clubs*

**Spring 2021**

## *President's Message for Spring GFWC NH Newsletter*

*What is your favorite aspect of March? Daylight Savings, First day of Spring, St. Patrick's Day, March Madness, Women's History Month? By the time your newsletter arrives, March will be underway. I have to say that the highlight for me this year will be to know that our state reports have been finalized and sent off to GFWC Headquarters.*

*Many thanks go to our Vice President, Denise Raisanen, who has spent countless hours managing our reporting system. Hats off to our state chairman for their vital role in summarizing the narratives and statistics in their areas. And very impressive data it is! GFWC-NH clubs continue to thrive and support their communities in so many important ways, undaunted by the limits of the pandemic. In addition, we greatly appreciate that members make the time to submit reports which contribute to the history of GFWC-NH's volunteer service.*

*Please read on to learn some fun facts about clubs that have shared articles about their history in this newsletter. Whether a club has been in existence for more than 100 years or less than 10 years, we all have stories to tell that link us with "Unity in Diversity".*

***In Federation Friendship,***

***Jeanne O'Sullivan***

***GFWC-NH President 2020-2022***



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## *Calendar of Events*

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- March 1st: Chairmen reports due to VP, Denise Raisanen
- March 1<sup>st</sup>: 2020 LEADS candidate application due to [gfwcnhldr@gmail.com](mailto:gfwcnhldr@gmail.com)
- March 7: Club Grants deadline; submit to [info@gfwcnh.org](mailto:info@gfwcnh.org)
- March 15: State Reports due to GFWC
- Easter/Spring Cards from clubs due to Sheila Casey/Laurie Jasper
- APRIL SEXUAL ASSAULT AWARENESS and PINWHEELS for PREVENTION MONTH
- April 15: GFWC NH Leadership Toolkit Webinar, 6:30 – 7pm
- Honor Roll nominations due to Phyllis Appler,
- April 18-24: Volunteers in Action Week
- April 23: Evening of Unity (virtual)
- April 24: GFWC Federation Day
- May 15: Annual Meeting, (virtual)
- June 25-29: GFWC Convention in Toronto cancelled; rescheduled for August 27-30 in Atlanta, GA
- July 10: Updated club officer information due to Corresponding Secretary, Laura Otterson
- August 15: GFWC-NH Newsletter submissions due to Donna Maskwa
- August 27-30 GFWC Convention Atlanta, GA
- September 16-19: New England Region Meeting, Springfield, MA
- November 6: Fall Field Meeting, McClane Center, Concord, NH
- November 15: GFWC-NH Newsletter submissions due to Donna Maskwa
- December 8: GFWC Holiday Reception, Washington, DC

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### **GFWC 2021 International Convention in Toronto Update**

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We have recently learned from GFWC President Marion St. Clair that the 2021 GFWC that the 2021 GFWC Annual Convention has been rescheduled for **Saturday, August 28, to Monday, August 30** Additionally, a Board of Directors Meeting, the 2020 and 2021 LEADS training, a 2020-2022 Installation, and a Celebration Banquet “Gateway to the World,” will be held on **Friday, August 27**. The location will be the **Atlanta Marriott Marquis**, 265 Peachtree Center Avenue, Atlanta, Georgia. There will be no tours offered by GFWC but individuals are free to make private arrangements. The hotel room block extends from August 25 to August 31. King and Double/Double rooms are priced at \$129 per night, plus taxes and fees. Full information on the new convention plans can be found on the GFWC webpage at <https://www.gfwc.org/what-we-do/annual-convention/> and in the Feb 25 edition of News and Notes.



## Membership

Beth Roth, GFWC NH President Elect and JAM Club President

Hello GFWC NH Club Women:

I am sure that retaining Membership in your club has been challenging! GFWCNH is a “Hands On” Organization of women – and although we are very creative, a year is a long time to be isolated from our friends, family and community! It is very difficult to keep us away from people!

So this time of year feels like a great time to reach out to YOU and your club women:

To say thank you for all you do for others!

To say that we miss you!

To wish you ALL health and wellness and send you best wishes for a HAPPY ST. PATRICK'S DAY!



I recently sent some membership information to your club's Membership Chairman and President with GFWC ideas to keep active with membership projects. Please reach out to her to see what you can do to assist your club to retain membership during this COVID-19 interruption to our activities! And remember that:

**MEMBERS ARE MORE LIKELY TO REMAIN ENTHUSIASTIC ABOUT A CLUB THAT HAS A POSITIVE FUN OUTLOOK.**

As we continue to work through this difficult time, It it nice to reach out to our members to make sure we are all doing ok! 😊! How about sending a card out to each member of your club just to say “Hi!”

I enjoyed reaching out to you today! With the Sisterhood of Federation,

I am yours truly,

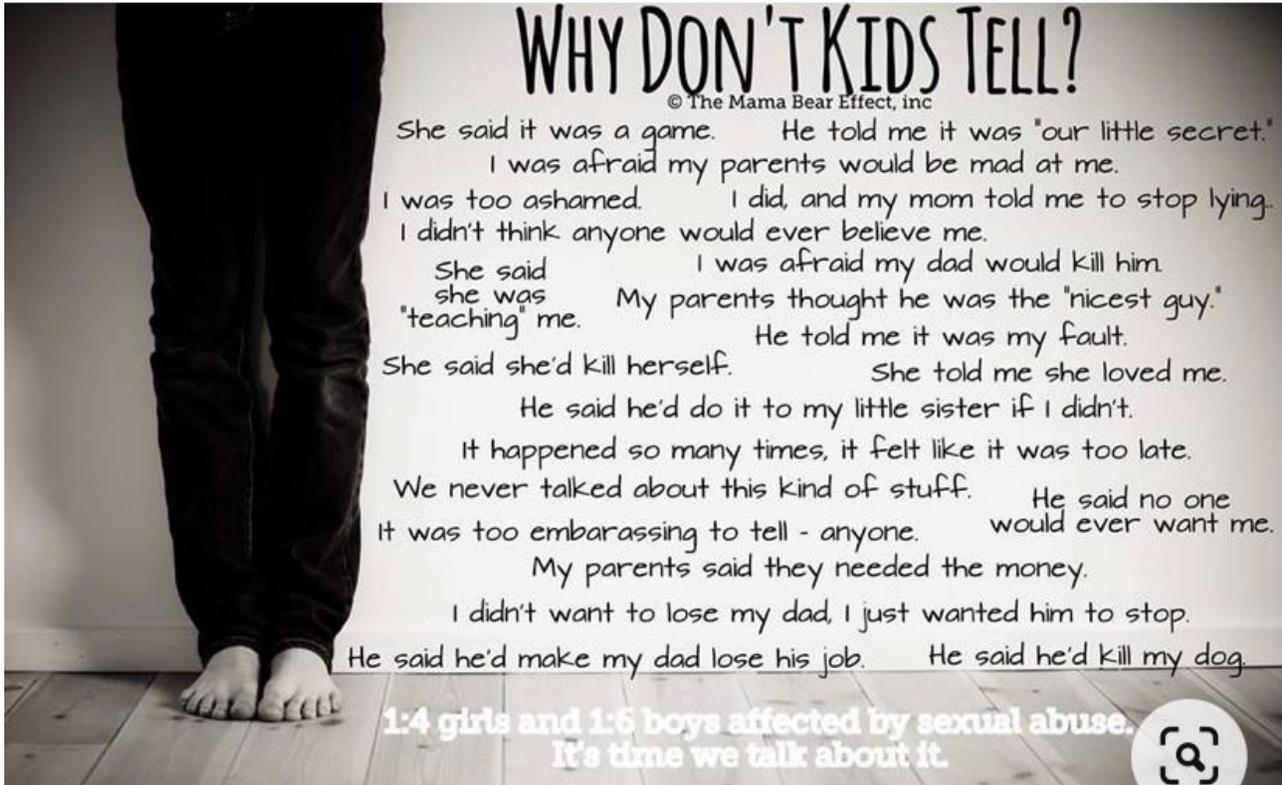
Beth Roth





### Signature Program

Mary McGahan, GFWC NH Chairman



**Child Abuse** What is it? Child abuse includes all types of abuse of a child under the age of 18 by a parent, caregiver, or another person in a custodial role (such as clergy, a coach, or teacher) that results in harm, potential for harm or threat of harm to a child. There are four common types of abuse and neglect. Physical, Sexual, Emotional and Neglect.

### April is National Child Abuse Prevention Month

In 2008 Prevent Child Abuse America introduced the Pinwheels for Prevention campaign. What their research showed, and what their experiences since then have reinforced, is that people respond positively to pinwheels which represent childlike whimsy and lightheartedness and their vision for a world where all children grow up happy, healthy, and prepared to succeed in supportive families and communities. Children who are raised with safe, stable, and nurturing relationships and environments are more academically and financially successful and grow up to be productive, contributing members of their communities. Pinwheels are a reminder that we all play a role in children's lives. I encourage all clubs to "plant" a pinwheel garden. You can reach out to the NH Children's Trust for pinwheels and posters at. 603-224-1279





## Juniors' Special Program: Advocates for Children

Denise Raisenan, GFWC-NH Vice-President and Chairman

[draisanengfwc@gmail.com](mailto:draisanengfwc@gmail.com)

### Waypoint

In this edition I am highlighting the work of Waypoint (formerly Child and Family Services), a New Hampshire agency that assists children, families and seniors throughout the state. The Exeter Area GFWC recently had Dr. Wendy Gladstone, pediatrician and child advocate, as a guest speaker during the EAGFWC monthly ZOOM meeting.

Waypoint - a private, nonprofit agency, provides an array of services including - *adoption, prenatal support, parent education/family empowerment, services for children with developmental concerns or chronic health conditions, child-care, mental health counseling, family preservation, supervised visitation, foster care, homeless youth continuum, home healthcare for older Americans and adults with disabilities, and advocacy.*

Dr. Gladstone spoke about Waypoint's involvement with homeless teens. It is hard to think that there are homeless teens in our communities because they are invisible. They are the many teens who for some reason cannot live in their home. They are invisible, Dr. Gladstone said, because they look like any other teen with a backpack on their backs walking through your downtown. They are there. You can ask any high school nurse or counselor. They are surviving by "couch surfing", going from friend to friend's houses to sleep, or sleeping outside. They are getting most of their meals at school, when it is in session and if they are attending. They also become prey to those who are seeking the teens who do not have support for drug involvement or human trafficking.

It is easy to help. Waypoint has ten agencies throughout the state. Their needs to help support their clients are varied from granola bars, diapers and wipes, personal hygiene products, and more. Check out their website for an agency in your area at <https://waypointnh.org/>

Waypoint is holding their annual fundraiser, The Sleep Out 2021 on March 26. This fundraiser encourages participants to sleep outside to experience what these homeless teens are experiencing. If you are not up to sleeping out, please consider making a donation at <https://waypointnh.org/happenings/sleepout-2021>

Lastly, I am amazed reading the reports for 2020. During this Pandemic, GFWC NH Clubwomen adapted in incredible ways to continue to support their communities. I will share more on this next time.





## Civic Engagement and Outreach

Sheila Casey and Laurie Jasper, GFWC-NH Co-Chairmen

*“Let us remember: One book, one pen, one child, and one teacher can change the world.”— Malala Yousafzai*

Snow is falling. Again. It has been almost one year since our world dramatically changed due to COVID19. Yet soon we will be renewed with the promises of spring: warm sunshine, cool breezes, flowers blooming, birds singing. Everyone, including GFWC NH members, all over the country have had to adapt to a vastly different way of life. It has been impossible to continue long-held civic engagement traditions because of gathering restrictions and other safety measures.

As we met to review the Civic Engagement and Outreach reports last week, Sheila and I were both concerned that submissions to this broad category would have dwindled due to the aforementioned circumstances. Boy, are we thrilled to report how wrong we were! All you wonderful NH clubs submitted a total of 107 reports to this category! That’s incredible! We soon learned that, although many annual programs and outreach opportunities were postponed DUE to COVID19, clubs found ways to assist their communities BECAUSE of COVID19! We completed our marathon review with bleary eyes and warm hearts. GFWC-NH and its CAN-DO attitude prevails!

At this point, I think you will all understand the reason why Civic Engagement and Outreach now has the dynamic duo of Sheila Casey and Laurie Jasper at the helm. It certainly is a remarkably busy category, and as my Mom always said, “Many hands make light work.” I am happy to assist Sheila as co-chair and learn from her many years of wonderful service to GFWC.

GFWC NH is honored that our very own Nancy Greenberg is the 2020-2022 Civic Engagement and Outreach Community Service Program National Chairman. The Program reminds members that, “Each of us is a part of a larger society and is responsible for undertaking actions that will create a better quality of life and foster a sense of community—locally, regionally, nationally, and globally. This Community Service Program highlights and encourages citizenship; crime prevention, safety, and disaster preparedness; the needy, hungry, and homeless; and our military personnel and veterans.”

***Finally, we have a special service project for April, and we are asking clubs to assist us. Nursing and assisted living homes have endured isolation from family and friends throughout the pandemic. We will be delivering Easter/Spring Gift Bags to the New Hampshire Veterans Home in Tilton, along with the promises of spring. Would your club assist us by purchasing and signing 10-20 Easter or spring cards, and perhaps include a note of appreciation? We need at least 120 cards. Please contact Sheila at [sheilac518@aol.com](mailto:sheilac518@aol.com) or Laurie [lauriejasper@myfairpoint.net](mailto:lauriejasper@myfairpoint.net). We would like to receive the cards before March 15. Thank you!!!***





## Environment Community Service Program

Phyllis Appler, GFWC-NH Chairman

Email: [pappler@earthlink.net](mailto:pappler@earthlink.net)

In New Hampshire, Arbor Day is celebrated on the last Friday in April. This year, that event falls on April 30, so conditions for tree planting should be great! It is an event that can be held outside, so this might be a good spring activity for your club.

If you join the Arbor Day Foundation (for just \$10 for a 6-month membership) you get to choose 10 **free** trees to either be mailed to you or as a gift for someone else. You'll get to choose between flowering trees, wild bird garden trees, White Pine, Norway Spruce, White Fir, Oak trees, American Redbud, Douglas firs, autumn classics, or a mix of trees.

You can even help reforest rainforests by purchasing Arbor Day Coffee through the Arbor Day Foundation!

For great ideas, go to <https://www.arborday.org/> You'll find wonderful suggestions for Arbor Day celebrations including quotes, stats, music and poetry, coloring pages, giveaways and tons of educational programming. Here are just a few ideas for clubs to try:

- Hold a virtual Arbor Day, using your city's cable access channel to demonstrate how to properly plant a tree.
- Livestream a tree book reading or share videos of librarians reading the poem *Trees* [by Joyce Kilmer](#).
- Conduct an online tree awareness campaign, explaining the [benefits of trees](#) in the community.
- Conduct a virtual tour of the biggest or oldest trees in the community.
- Sponsor a community Arbor Day poster contest for youth now learning at home or involve college graphic design students in a poster design challenge.
- Roll out and promote your club's tree program on your club's Facebook and Instagram.
- Sponsor one or more teachers in your community to attend an [online Project Learning Tree professional development workshop](#).
- Invite local youth to submit a tree-related question to a city arborist via email and answer the questions via video posted on your club and/or community's website or social media.
- Partner with local restaurants to give away [free tree seedlings with takeout orders](#), like Alliance for Community Trees non-profit TreesCharlotte.
- Check out this collection of [Buy Trees and Learn About Trees - Visit our Online Nursery \(arborday.org\)](#) compiled by the Washington, DC DOT's Division of Urban Forestry.





## Communications/Public Relations Committee

Carol Waters, GFWC-NH Chairman

[Cjh20s@comcast.net](mailto:Cjh20s@comcast.net)

Hello fellow **ZOOMERS**.

Can we call ourselves ZOOMERS if we seem to be using Zoom for all our meetings? If we tell someone, "I am on ZOOM", or "I am zooming in 10 minutes, got to go.....", we are ZOOMERS!

ZOOM has tripped me up a few times. Find out in your club who you can call on for assistance or just ask a school kid in your family. This would fall under CPR, or Communications and Public Relations for reporting purposes. Remember to put your hours and minutes ZOOMing in next year's reports. Also, thank you for taking the time to report information in CPR.

Email is also a hot topic these days. This Newsletter article from 4 years ago is worth sharing.

### **Email Overload?**

- When you get an email, respond right away. If you can't respond, let the person know you'll get back to them. If you need to save it, place it in a Mailbox. If you are done with it, trash it.
  - Get off as many distribution lists as possible.
  - As much as possible, reply to the sender instead of everyone in the group. When you do send to a group, send to BCC instead of CC. You could send your addresses all over the world if you use CC. The addresses could become part of a spam message. When you are addressing email to several recipients, let's say 10 or more, you should use BCC. Since emails require something in the "To:" section, you can put your own address there. If you mention in your message that there are other recipients, your recipients will know they are not the only one getting the message. Another way to hide the email addresses is to create a distribution list. Then send it to the name of the list, i.e. GFWC NH Executive Board.
  - Don't forward any message that asks you to forward it to everyone you know. Those messages may be spam, hoaxes or just out of date. The net is choked with traffic. Much is unwanted. Watch out for chain letters, cut and pastes etc. They also may carry a virus. Never forward anything unless you know where it came from, who wrote it and that the recipient is expecting it or will be pleased to get it. If you do forward email, remove any headers from previous mailings.
  - Provide adequate context. Don't refer to things not mentioned in the message.
  - If someone sends stories or quotes you don't care to receive, let them know that.
  - Make sure to fill in the subject line. You and the receiver can reference the email more easily.
  - Make your emotional tone as obvious and clear as you can. Avoid all capital letters. It makes your email look angry. If you feel like someone is yelling, call her and hear her real voice.
  - Discuss only one issue per message. If you have more than one topic, use two emails, otherwise that second message may get missed or lost.
  - Watch out for Urban Legends, sometimes they circle for months and years. Trash them.
- (Thanks to Marita Mathie and Kaitlyn Sherwood for references).



## Fundraising and Development

Tina Smith, GFWC-NH Chairman

[Tismith12@comcast.net](mailto:Tismith12@comcast.net)

(603) 491-4240

Hello Federation Sisters!

The very first thing I have to say is THANK YOU!!!! We have had two successful fundraisers since the last newsletter. Our 125<sup>th</sup> Campaign raised \$2,425.00. The Raise Your Glass For Survivors virtual event raised \$2,160.00 to benefit the Go Forth With Confidence NH Scholarship. You showed us how dedicated you are to GFWC NH, to your community, and to domestic/sexual violence survivors. THANK YOU.

### **SO WHAT'S NEXT??**

**The 2<sup>nd</sup> ANNUAL GFWC NH EVENING OF UNITY:** April 23, 2021. This will be an online event raising money for Jeanne's President's Project, the GO FORTH WITH CONFIDENCE NH SCHOLARSHIP. As you know, this scholarship will be awarded to help survivors of domestic violence, intimate partner abuse, or sexual assault to obtain post-secondary education offering them the chance to reshape their future by securing employment and gaining personal independence. We truly will be changing survivors' lives with this scholarship.

Here is the link to share to buy 'tickets' on Eventbrite:

<https://www.eventbrite.com/e/gfwc-nh-2nd-annual-evening-of-unity-tickets-141757551653>

We will raise money by selling 'tickets' on Eventbrite, sponsorships, and have Grand Prize opportunities the week(s) leading up to April 23. The evening of April 23, we will hold a brief virtual event. This will include presenting the Unity award.

### **WE NEED YOUR HELP!**

- Send Tina potential sponsor names/contact info. Sponsorships range from \$100 to \$5,000.
- We need five (5) Grand Prize items to sell the week(s) before the event. Please contact Tina for any ideas/items you or your club could donate.
- Please follow/like GFWC NH's facebook page. Share the event on your club's page and your personal page when you see it posted. Invite your friends by facebook or by email.
- Share the above link to buy a 'ticket' on Eventbrite.
- Submit nominations for the Unity Award to Tina ASAP. This can be a person or organization going above and beyond supporting survivors of domestic or sexual violence. Someone who epitomizes 'Unity', who demonstrates Oneness, Courage, Integration, Harmony and Peace in their work with survivors.

Please don't hesitate to contact me with any questions or if your club needs help with fundraising and development.

In Federation,

Tina



## **GFWC NH Leadership**

Deb Provencher, GFWC-NH Leadership Club President

### **Understanding Body Language Cues**

Body language is the unconscious and conscious transmission and interpretation of feelings, attitudes, and moods. Reading body language can help you know how people feel and what they mean.

The six emotional facial expressions universally recognized are: happiness, sadness, fear, disgust, surprise, and anger.

#### Considerations:

- A signal in one circumstance might mean something different in another context.
- Several signals is more reliable than a single signal.
- Some body language is specific to a culture or ethnic group.
- Some people control their outward body language to create the impression they intend.
- Avoid the temptation to assume that boredom, nervousness and insecurity signals are signs of weakness.

#### Listening tips:

- Give facial feedback.
- Use as much eye contact as possible.
- Nod your head to acknowledge hearing the speaker.
- Turn off electronics/ give full attention to speaker.
- Show physical interest by leaning forward.
- Turn your upper body toward the speaker.
- Remove barriers that block you from getting the speaker's message.

"Kindness is like snow ...it beautifies everything it covers." Kahlil Gibran

Written by Laura Otterson

Source: GFWC Leadership Toolkit

#### **ATTENTION:**

The April 10, 2021 GFWC-NH LEADS has been cancelled due to no registrations. BUT!

The Leadership Club will hold a Leadership Webinar on April 15, 2021 at 6:30 – 7 PM.

We will review the GFWC Leadership Toolkit and resources for GFWC-NH members.

You won't want to miss this!

Please register ASAP by emailing Tina Smith [tismith12@comcast.net](mailto:tismith12@comcast.net)



## Legislation and Public Policy

Laurie Jasper, GFWC-NH Chairman

For a short month, February sure is loaded with holidays and observances! We have Groundhog Day, Valentine's Day, National Wear Red Day (for Heart Disease Awareness) and Presidents' Day, just to name a few. Did you know that February 15 is the anniversary of Susan B. Anthony's birth? "February" derives from the Latin word "februa," which means "to cleanse." Perhaps it is preparing us for spring cleaning...our closets, our homes, our gardens, our minds? In Washington, D.C., the 117th Congress has convened. All prior legislation not signed into law during the 116th Congress has been "cleansed" from the record, and the House and Senate start anew.

Now is the perfect time to sign up to receive GFWC Legislative Action Center (GFWC LAC) updates, if you have not done so. I find navigating the GFWC website to be a challenge at times, so I will suggest a couple of methods. One way to peruse the LAC is to search for GFWC Legislative Action Center. Or, search for that page at [www.cgrenge.com](http://www.cgrenge.com).

GFWC adopts resolutions that align with the Federation's mission statement and then informs the Clubs. Clubs and members of Clubs should never advocate for any legislation as a GFWC member unless notified by the Federation. Since the 117th Congress has just started, proposed bills are still being crafted. GFWC LAC is watching House Joint Resolution 17 and Senate Joint Resolution 1 to remove the deadline for ratification of the Equal Rights Amendment. You would be correct if you recall this being a talking point in the 1970s. The initial deadline was 1979; it was extended to 1982. However, it wasn't until January 2020 that the required three fourths (38 states) ratified the ERA as the 28th Constitutional Amendment. Because the deadline has long passed, this was not certified by the United States Archivist.

**GFWC is in favor** of these Joint Resolutions and encourages all members to contact their Senators and Congressmen. Contact information is available in the LAC for each state. If you send any written correspondence, please don't forget to sign your name in **RED**! To quote GFWC: *"Except with regard to the right to vote, the United States Constitution does not guarantee women the same legal status and protections guaranteed to men and will not do so until an amendment for that purpose is included in the U.S. Constitution. For example, for survivors of sexual violence, workforce discrimination due to pregnancy, or unequal pay, the ERA provides critical support in the fight for equal justice. We believe that ratification of the ERA will lead to more equal opportunities for women in all spheres of life."*



## Epsilon Sigma Omicron (ESO) Book Club

Mary McGahan, GFWC NH Chairman

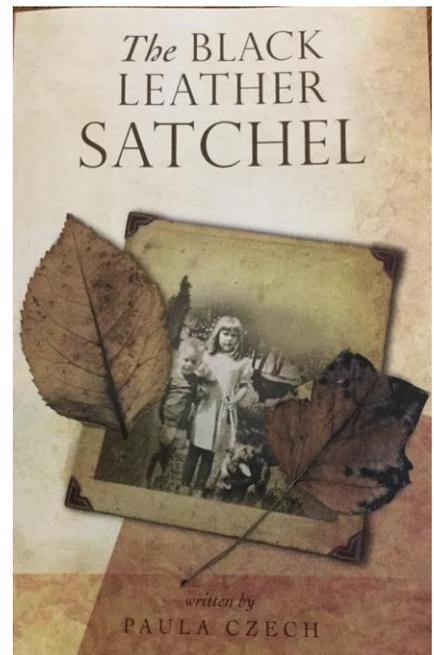
The first ESO book review of *Purpose, Passion and Pajamas* by Genevieve Piturro was scheduled for February 25th with Genevieve joining us in the Zoom meeting. We would still love to have new members join us.

April is National Child Abuse Prevention Month. I encourage all members to read the book *The Black Leather Satchel* by Paula Czech. Paula is a GFWC Concord Contemporary Club member, child advocate who has testified many times before the Legislative Hearings, a retired RNBS/ Mental Health, and the author of "The Black Leather Satchel." It is a mesmerizing, fast moving account of the author's childhood. She suffered sexual abuse and struggled with the lifelong effects as an adult survivor. Juxtaposed with the trauma is an idyllic serene setting from the mid-century.

Paula's book is a poignant and powerful memoir. The reader is soon captivated and eager to join the author on her journey from struggles to successes. The black and white photos at the end of each chapter bring the characters and settings to life.

The honesty, courage and humor portrayed by a strong little girl and eventually a courageous woman will make you want to cry, cheer, laugh, and applaud.

In conclusion, the author promotes her advocacy with an educational section in hopes the reader will be inspired to become one of her helpers/angels, (those adults who recognized a traumatized child and intervened to help.) Available on Amazon with a 5-star rating.





### **The Nashaway Woman's Club – A History**

Joan Prue/Linda Twombly

The Nashaway Woman's Club was founded on May 29, 1896. Nine women gathered for the purpose of organizing a woman's club. They voted that membership should not exceed 50. They named it Nashaway in honor of the original spelling of the name of the city. I also have heard it was the name of an Indian tribe that was located in the area. At the second meeting they voted to increase the membership to 75, at the third meeting to 150. A long waiting list forced them to extend the membership to 250, then 300, and then 400 in 1921, but in 1936 it was changed back to 350 and at the time this first history was written 350 was still the membership limit – this was 1971.

I am always excited when I read about the many personages (their term) who came to give lectures. Anna S. Peck, with her tale of climbing the Matterhorn; Lt. Robert E. Peary; Fannie Farmer came many times giving lectures and cooking demonstrations. Then in 1899 Julia Ward Howe was the guest speaker. By special request she read her "Battle Hymn of the Republic" which was sung afterwards by the music class. I shiver every time I read about this and wish I could have been there. Over the years they have built up a sizeable treasury and give very generously each year to causes they believe in. Today the club is down to about 20 or so members. We are hoping to get back together when this pandemic is controlled and will try to increase our membership.





### GFWC NH Leadership Club

Deb Provencher, GFWC-NH Leadership Club President  
Sneak Submission by Tina Smith

Who says you can't have fun on a Zoom meeting? GFWC NH Leadership Club members celebrating member Mary McGahan's Birthday on Zoom!



### GFWC Woman's Club of Somersworth

Stephanie Riotto, President

The Woman's Club of Somersworth held virtual book reviews in January and February and created a great 'must read' list for members. Members wrote sweet Valentine messages in a card for each of the residents at The Wentworth Home in Dover but showered our own Esther 'Toddy' Eastman with many! We recently arranged a special Zoom meeting so that long time members and friends Toddy Eastman and Ele Janetos could see each other.



## GFWC Concord Contemporary Club

Submitted by Tina Smith

GFWC Concord Contemporary Club Education Chairman, Kathy Lombardi (On the right), with Beth Dever, Executive Director of the Penacook Community Center who accepted 91 used children's books in very good condition donated by CCC members.



GFWC Concord Contemporary Club member, Glenda Johnson (on right), delivering 15 boxes of non-perishable items to the Penacook Community Center. CCC members did a Reverse Advent Calendar the month of December, so each box has at least 24 items in it. A wonderful holiday project! Pictured on left is the Community Center's Executive Director, Beth Devers and in the back is staff member Nelia. They were very appreciative of such a wonderful donation.



## GFWC Hudson Women's Club

Phyllis Appler, President

Members of the GFWC Hudson Women's Club, masked and keeping their distance from each other, assembled 60 bags of Valentine treats for Veterans at Harbor Homes facilities. Students from Nottingham West School provided handmade valentines for each bag.





## GFWC Dover Area Woman's Club

Susan Leahy and Laura Otterson, Club Presidents

### ***You are ALL invited to our March 10 club meeting at 6:30 PM! That's right!***

Oh the joys of ZOOMING! Our March 10 regular club meeting will kick off with special guest Nathan Fink, Director of Advancement at NH Children's Trust. NHCT is a top resource for programs strengthening families. NHCT is our state host chapter for Prevent Child Abuse America. PCAA is one of our awesome GFWC Affiliates and the creative powerhouse behind "Pinwheels for Prevention". "Pinwheels for Prevention" held every April, raises awareness for Child Abuse Prevention month with a decidedly upbeat spin. Pinwheel gardens pop up all over the country and are a perfect project for our GFWC clubs. Nathan will be speaking at the start of our meeting about all of NHCT's initiatives. If you'd like to "zoom in", please email Donna Maskwa, [donna.maskwa@gmail.com](mailto:donna.maskwa@gmail.com) and we'll send you the zoom link.

Our club has stayed connected to one another and our community wherever and however we can. We continue to pack for End 68 Hours of Hunger, celebrated Wear Red Day with a zoom coffee, and hosted a "Healthy Heart" special guest speaker, Denise S. Palumbo, RN, DNP from Wentworth-Douglass Hospital at our February meeting. Inspiring!

Our biggest project on Feb 18th was both heart and tummy warming. We surprised all our Fire Fighters at 3 stations with a hot soup luncheon including salad, bread, desserts and thank you cards. It was a two-way street of thankfulness for our city heroes and our club members. Special thanks go to our friends at the 99 Restaurant and Olde Craft Bakery for donating the salads and breads. Super special salute to Ilese Stevens, our GFWC Dover Area treasurer, who shared her awesome hamburger soup recipe and coordinated this service project and to all our members who apparently never say no to volunteering.





## Exeter Area GFWC

Submitted by Carol Waters

Exeter Area GFWC Donations Committee Member Karen Kurgan presenting a gift card to Amy at New Generation in Greenland, NH.



Recently EAGFWC completed their second Connecting Communities during COVID initiative! Karen Kurgan is shown, presenting a gift card from The Country View Restaurant to New Generation shelter. New Generation provides shelter and guidance for pregnant and parenting homeless women and their infants. Amy said they have a full house right now, including a mom with 4 kiddos, and she was very appreciative of the gift. The restaurant was grateful for our support as well.

EAGFWC also has a Health and Wellness Committee. Amy Hammershoy, our newest member, organized a snack drop off to Health Care workers. The committee filled 11 baskets with snacks in appreciation for their work caring for those with health needs. The club partnered with Assisted Living and both split the cost of the snacks. The day of delivery Amy, Carol Waters and Barbara Fittro helped with deliveries with representatives from Assisted Living Locators. The Seacoast Media group sent a photographer and reporter to cover for the local newspaper. The club had GFWC Logo inscribed thank you notes fixed to the baskets and included GFWC Membership Brochures. The Health and Wellness Committee assisted with basket purchases, snack food purchases, and sorting. Health Care workers are having a difficult time right now with the COVID increase and they were so very appreciative of our snack gifts.

In December...Exeter area GFWC said..."Yesterday, despite Mother Nature's attempt to keep us apart, club members were able to meet for a cookie exchange, warmth from the fire pit and comradery...masked and socially distanced of course!"





## GFWC Nottingham Area Women’s Club

Sarah Brown, President

*Happy New Year from the Nottingham Area Women’s Club!*

As the New Year is in full swing and we are carrying on with life, we thought that we would share some new things that we are doing as a group! Since we are still in full pandemic mode and cannot meet in person, we decided to start 2021 with a series of “Healthy Talks”. We will lead off this series with presentations by members of our group. Our January talk by Denise Blaha was “How Habits Work”. We learned how to make habits stick, how to eliminate bad habits, and how habit stacking works. Thank you to those of you who were able to tune in. As we move through the year and continue this series, we hope you’ll share your hobbies and expertise with our community. If you’re interested in presenting, please reach out to us at Nottingham.WomensClub@gmail.com to discuss a topic.

In other news, since we are a regional group, we are currently collecting gently used wedding/formal dresses for the “Angel Babies” organization. They make dressing gowns for babies who have passed away. If you want more information about the organization, please check out their website, <http://www.angelbabiesma.org/angel-gowns-by-angel-babies.html>, or connect with us via email if you have donations.



## Salem Area Woman’s Club GFWC NH

Dolores VanBlarcom, President

Salem Area Woman's Club GFWC NH has been busy staying connected with our club members. Going with our theme this year of Getting Connected....we wanted to acknowledge and congratulate the local senior centers, especially Salem, Pelham and Windham for doing such a great job with getting connected to the area seniors. While Salem & Windham centers are not open, they are keeping their members informed and connected with online communications and meetings. Pelham has been opened with a limit on their classes. Salem Area Woman's Club wanted to be sure that the Senior Centers know how much we appreciate what they are doing to help people feel connected. Letters of appreciation and new puzzles were dropped off at each of the centers to thank them for their hard work.

