

SALEM AREA  
*Women's Club*



◆ General Federation of Women's Clubs - NH ◆

[www.salemareawomensclub.org](http://www.salemareawomensclub.org)

Salem Area Women's Club GFWC-NH



*April 2023*

The past few months for the SAWC have been extremely busy and rewarding. Projects were initiated and completed successfully with much gratitude from the agencies receiving our support and satisfaction and pride for the women who participated. Let's not let ourselves become complacent and comfortable since we have done a great deal and feel we can now take a break. Unfortunately, that's never the case. There are always situations and circumstances that need help. We should all explore possibilities and ask, "How can we help". It may surprise you how many will say "this is how".

We all deserve a break and a vacation, and we shouldn't deny ourselves that. Just remember, though, that if we can and are able to, we should say "we will".

**Maria Baribeau**

**Editor**

**[mariabaribeau@gmail.com](mailto:mariabaribeau@gmail.com)**



*PRESIDENT'S MESSAGE*



Happy April! April is known for the hope and beauty spring brings forth, from the cleansing of showers to the burst of colorful tulips and daffodils. And, it's also the month to celebrate volunteerism ~ the very soul of our Club's existence!

The National Volunteer theme for 2023 is **Volunteering Weaves Us Together**. Individual acts of volunteering matter in shaping our families, our causes, and ourselves. However, as we weave our individual acts together through our Club initiatives, we create a stronger, more resilient, more connected community while also connecting us to one another in small and big ways. These connections also bring the added benefits of simply having fun and forging amazing friendships.

One out of four people say they don't volunteer because no one asked them to. So, I'm asking... if you're ready to share some of your knowledge and talent, then I encourage you to participate in one of our Committees. As you read of all the tremendous accomplishments and opportunities throughout this newsletter, you'll see what I'm talking about. I promise you'll find your investment of time and energy so rewarding.

For the mighty force who already volunteers on behalf of our Club, I THANK YOU! Please know, without a doubt, the giving of your time, talent, voice, energy, expertise and support has made a difference in our community and touched so many. Volunteer time is currently valued at \$28.54 per hour, but I say "you're priceless!"

With Gratitude and Hugs,

Patti



## Featured Member

Susan Raymond



Susan has been a member of the Salem Area Women's Club for approximately 2 years. Susan and Patti Drelick golfed together and are cousins. One day Patti suggested that she join the SAWC. Susan agreed and hasn't looked back. What she enjoys most about the club is what and how much we do for the Community. She loves meeting new people and tries to sit at a different table each meeting, just so she can meet additional people. Susan has jumped right in with the Civic Engagement Committee and has been involved in many projects. She helps at Family Promise with lunch, making salads, every month, helped with the with the decorating of the community room at Family Promise and she helped in the joint effort of the Civic Engagement Committee in acquiring the crate for Rhea, the Salem Police Department's comfort dog. She feels that Civic Engagement is a very good experience for her. She also likes the extra curricular social activities, because they are enjoyable and because it continues to introduce her to more people. Susan has also brought some needs in Hampstead to our attention which led to our Club giving to their Food Pantry and shades to the Historical Museum.

Susan lives in Hampstead with her husband Richard. It was interesting as an "out of townner" to get her perspective and feelings about the SAWC and the needs and projects in the Salem area. She thinks it's wonderful!

Susan was an RN at local hospitals and later worked as an Occupational Health Nurse until she retired. She has two adult children, a daughter and a son, as well as 5 grandchildren ranging in ages from 9 to 18.

Susan is also a member of the Hampstead Garden Club, helps out at the Food Pantry at St. Ann's Church and she is on the Social Committee in the 55 and older community where she resides. She still golfs, does gardening, and loves to travel. She also enjoys spending quality time with all of her grandchildren.

Very impressive, Susan.

We are so glad and lucky that you decided to join. Thanks to Patti too for suggesting it.

## March is Women's History Month

Women's History Month is an annual observance held in the United States during the month of March, which celebrates the contributions and achievements to history, culture and society of women throughout American history.

At the General Meeting on March 7, our member, Susan Mothon "performed" the history of a local groundbreaking, historical woman; Bessie Ross Morrison Webster. Bessie was born in 1900 in Nova Scotia. She was one of ten children. Her father was a farmer, and her mother had her hands full with the children. When she was eight years old, the family moved to Zion Hill Road in Salem, NH. Bessie and her twin sister Jessie were the only students at their grade level and completed eight years of instruction in five! At age 14 Bessie started working at various jobs. After working at the Salem Depot Post Office from 1950 to 1951. She then became the Library Trustee, serving 9 years, the last three as treasurer. In 1962, Bessie took on the leadership role as president of the Salem Women's Club. That year there were 71 members. At the same time, she ran for office in the General Court and served 5 terms, retiring in 1973. Bessie stated that one of her proudest accomplishments was sponsoring a bill to ease the burden on the elderly taxpayers. There were other community service roles as well. Bessie was the first woman in Salem to serve on the Board of Selectmen. She was Treasurer of the Historical Society, a member of the Eastern Star, a member the Salem Taxpayer's Association, a long-time member of the Enterprise and Salem Grange and served as Master. For two years she was cited in Who's Who in American Politics. Bessie died in October of 1991.

Susan was enchanting as she took on the personality of an historic storyteller. Thank You Susan.

Also, as part of Women's History Month, the Board meeting of March 16, was held at the Salem Historical Museum. After the meeting concluded, the women were given a tour of the historic district which includes the Historic Common, the Old Town Hall and the Library.



Members of the Board that attended the meeting and tour of the Historical Society, front to back: Connie O'Connell, Linda Harvey, Deb Slein, Joanne Cuomo, Jamie Baker, Norma Lapointe, Kelly Moss, Patti Drelick and Sandy Carlson



Historical hat worn by Susan during her presentation



Susan holding a photo album of Bessie

The CE committee just confirmed the date for a private SAWC tour of the Salem historic buildings. The date is Wednesday May 17th from 10am-noon and the tour will include the historic meeting house, the old library, the old schoolhouse and the old fire station. There is no charge for this event.



## Civic Engagement and Outreach

Norma Lapointe and Deb Slein Co-Chairs

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[deb.slein@gmail.com](mailto:deb.slein@gmail.com)



### Enormous Gratitude for your Snack Donations!

To all who abundantly donated snacks at our March 7th meeting, we bring you an enormous THANK YOU! from the 181 volunteers we delivered Poll Volunteer Appreciation Baskets to. The snack donations were collected to express our appreciation to the men & women who volunteer their time to work the polls. On Tuesday, March 14th, local Election Day, Patti Drelick, President and Norma Lapointe, Recording Secretary and Civic Engagement Co-Chair braved the blustery Nor' Easter to let the Volunteers (who braved the same storm and worked for many long hours) know that their efforts matter and are greatly appreciated! We were met with warm smiles and deep gratitude as we visited eight polling locations in Atkinson, Hampstead, Pelham and Salem. We want to share that gratitude with you as the Project left us feeling happy and very proud of our Club! Collectively, you gave over 400 individual packages with a \$200 in-kind value!



Poll Basket at North Salem



Poll Basket at Pelham



Poll Basket at Atkinson



Poll Basket at Senior Center



Poll Basket at Hampstead



All 8 poll baskets

## Welcome New Members



Charlotte Johnson and Linda Simmons, both sponsored by Susan Mothon were initiated at the March 7th meeting. Roseanne Silver, another new member was not available to attend. We look forward to developing friendships with you while working together to make a difference in our community through outreach programs and philanthropy.

Our membership is now up to 95!!



## Health and Wellness

By Linda Molchan Co-Chair

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



Spring is almost here, and we have had good luck with this mild winter! The latest March storm was a reminder of what winter is usually like here in New England. My flowers are poking up already.

We began our visits to the participants at Silverthorne in March and they welcomed us to visit once a month and do an activity for their participants. We really had a great time there and Sheila, Maria and I did 3 activities with the participants who were very engaged. We played a game, read a story and colored shamrocks. Maria's ability to speak Italian was so appreciated by one of the ladies and the smile she gave when listening to Maria was worth a thousand words. Thank you, Maria! I am hoping we can continue to do this every month after our meeting. The plan for April will be an Easter Theme. Connie has come up with a craft idea already and we will do another game to add some physical activity and we will read an Easter story. It really is a fun and rewarding experience. So, if anyone is interested, please let me know and plan to join us after the meeting on April 4th.

The walking Club has met with bad weather for the past few weeks, but we will continue to do group walks meeting at the rail trail near the parking lot of the Tuscan Kitchen Restaurant on Wednesday mornings at 9AM. We are open to walking in different areas also. If you are walking on your own, please document your hours on our website or send to me at [lmolchan@comcast.net](mailto:lmolchan@comcast.net).

The Health and Wellness Committee is having a meeting on March 27th at 1PM. We will meet at Centerpoint Church and will be discussing future projects. We welcome any ideas from our membership. This is your club and we want it to be representative of the women involved.

Wishing you all good health and happiness and a very blessed Easter!

GFWC-NH is taking part in the **Secure the Call program** whose mission is to provide emergency devices to domestic violence shelters throughout the US. They refurbish unwanted cell phones into emergency cellphones. These life saving devices can call 911 without a service contract and ensure that help is never out of reach for individuals in an abusive relationship. If you have any old cell phones, please bring them to the April or May meeting and give to Ann O'Sullivan, who is coordinating this worthy endeavor. You can delete all the information on any phone that you're donating by going to YouTube and follow their simple instructions to wipe a phone clean I can do that for you before passing them to GFWC-NH

### March 31 is Wear Blue Day

April is Child Abuse Prevention Month – a great time for us all to pull together to support families in our communities. To kick off the month March 31 has been designated by Prevent Child Abuse America as National Wear Blue Day. Take a photo of you, your family, and friends wearing blue, and email to [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org) so they can share it on social media!

## Education and Libraries



Lorie Ball and Kelly Moss, Co-Chairs

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



### SAWC Scholarships

**Eligibility:** Any SAWC-GFWC NH member, their child, or grandchild may apply. Member must be in current good standing, having maintained paid membership for at least two years; attended at least 3 meetings per year; and performed a minimum of 10 hours of volunteering. The applicant must be pursuing a post-secondary education or beyond to further their career path.

**Amount:** Up to \$500 per individual Scholarship may be awarded per year. The maximum total funding per year is \$5000. First priority is given to members. If there are more than 10 applicants, the \$5000 will be divided equally among the total number of applicants. If there are less than ten (10), the unused funds will remain in the Scholarship fund for future years. Limits are one per person per lifetime; one per member family per year.

Applicant shall request a SAWC-GFWC NH Scholarship Application form to be completed and submitted as instructed on the form between March 1 and June 1.

**Process:** Once the application is reviewed for eligibility validation, the applicant is notified to mail a copy of the transcript of their next semester's passing grades to the Education Committee. A check will be mailed to you upon receipt of the transcript.

The Salem High School's FIRST Robotics Team 6324 was revived in 2016 after several years of dormancy. FRC Team 6324 is part of the FIRST Robotics Program. FIRST (For Inspiration and Recognition of Science and Technology), established in 1989 by Dean Kamen, is a robotics community that prepares young people for the future through a suite of inclusive, team-based robotics programs for ages 4-18. At the high school level, under strict rules and limited time and resources, teams are challenged to build industrial-size robots to play a difficult field game in alliance with other teams, while also is a fundraiser to meet their goals. Designing a team brand and advancing respect and appreciation for STEM in the community. This year they have about 30 team members, 9 of whom are female team members, our highest numbers to date!

Heather Dezan is a parent volunteer with the group, and they've been most recently working on organizing the competition that they hosted at the high school. They asked about getting more volunteers to help with the program, and that Piper Dezan, a sophomore at Salem High, noted that there is more than just programming involved in being in the club and that she has been involved with robotics for many years.



Pictured are Piper Dezan, Heather Dezan from the Salem Robotics and Patti Drelick

## *Education and Libraries Continued*

### **Lilac Tea**

Please join the Education and Library Committee on May 21<sup>ST</sup> for tea and a story with local Children's Author and illustrator Marty Kelley at Centerpoint, 101 School St, Salem NH. This will be a great event to share with your grandchildren, each of whom will leave with a signed copy of one of the author's books.

Tickets can be purchased through the following link:

<https://lilac-tea.cheddarup.com> \$30 for adult and child, \$15 for each additional child.

If anyone is interested in volunteering to help with the event, please contact Lorie Ball or Kelly Moss. We are looking for people to help with decorating, setup, cleaning and refreshments.



# Communication and Public Relations

Maria Baribeau co-chair  
Jaimie Baker, Co-Chair and Webmaster  
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## Article In The April Edition of the Pelham Evergreen

### Salem Area Women's Club – Civic Engagement Committee

The Civic Engagement Committee has been very busy this past month, offering services, donations, and supplies to local agencies that the SAWC supports. Thanks and appreciation were expressed for the thoughtful and much needed help and supplies. Below are their projects. The SAWC is very proud and grateful to these ladies for the hard work, organization and execution of these projects.

#### Non-food necessities purchased for End 68 Hours of Hunger

End 68 Hours of Hunger addresses the food shortage some children experience between the free lunch they receive at school on Friday afternoon and the free breakfast they receive at school on Monday morning, 68 Hours later. The Civic Engagement Committee provided the needs of the families in the End 68 Hours of Hunger program with items not available at the food bank: laundry detergent, dish soap, soap bars, etc. Pictured below are Jaimie Baker, Laura Andolino, Norma Lapointe, and Deb Stein.



#### SAWC members remodeled and decorated the Community Room at Family Promise

Family Promise of Southern NH guides families as they break the cycle and rise from homelessness to sustainable independence. Families sign a contract as they enter the program. They commit to follow the requirements, including a mandatory savings program, required classes, and necessary counseling. They are assigned household chores and must contribute positively to the community.

#### Salem Women's Club Provides Comfort to Sexual Assault Victims

Every 68 seconds, an American is sexually assaulted; on average, 463,634 victims (age 12 or older) of rape and sexual assault each year in the United States. The Salem Area Women's Club's

Health and Wellness Committee created Comfort Bags to help restore dignity to victims after a medical examination in emergency rooms.

Medical care is a priority after an assault to screen and treat for injuries and disease. In addition, all victims are offered evidence gathering to identify and prosecute perpetrators, including clothing collection. To avoid leaving the emergency room in scrubs, there is a desire for cozy clothing for the victims.

To meet this need, the Health and Wellness committee created 30 Comfort Bags containing personal care items, new undergarments, socks, pants, and shirts in various sizes. The Salem Area Women's Club members donated all the items, and members even sewed bags. Recently, Parkland Hospital's Sexual Assault Unit Clinical Coordinator, Pam, received bags from Linda Molchon and Connie O'Connell of the Health and Wellness committee.

Since 1926, the Salem Area Women's Club GFWC-NH (SAWC) has worked locally to be a power of good in our community, making a difference through philanthropy and outreach programs as well as fostering connections, awareness, and life-long friendships. SAWC currently stands at 90+ members and has donated more than \$40,000 to nearly 50 community organizations throughout the past year. More information about the organization is available by calling 603-818-9172, visiting our Facebook Page or website ([www.SalemAreaWomensClub.org](http://www.SalemAreaWomensClub.org)) or emailing [SalemAreaWomensClub@gmail.com](mailto:SalemAreaWomensClub@gmail.com).



For more information contact, Jaimie Baker, Salem Area Women's Club Public Relations. [jaimie.baker@outlook.com](mailto:jaimie.baker@outlook.com).

### Stay up to date with our website! [www.salemareawomensclub.org](http://www.salemareawomensclub.org)

Check it often as you will find new and current information, events, sign up and payments, volunteer opportunities, and new pages that Jaimie is so creative to add or change. Be sure to visit the member portal, enter your profile for our Yearbook, and regularly log your volunteer hours, donations, and in-kind donations. Attending any SAWC meeting also constitutes volunteer hours. If you have any questions or would like help, please contact fellow member and webmaster Jaimie Baker [jaimie.baker@outlook.com](mailto:jaimie.baker@outlook.com)

Follow and like us on Facebook!  
Salem Area Women's Club GFWC-NH



## Arts and Culture

By Shamim Calcuttawala and  
Joanne Cuomo, Co-Chairs  
[shamimcalc@outlook.com](mailto:shamimcalc@outlook.com)  
[centanni@comcast.net](mailto:centanni@comcast.net)



The Arts and Culture Committee is pleased to announce the winners of the Creative Writing Contest

<b>First place</b>	<b>\$150 gift card</b>	<b>Nancy Woodward, for "The Life of Gizmo"</b>
<b>Second Place</b>	<b>\$100 gift card</b>	<b>Sandy Carlson for "Treasure Our Lands"</b>
<b>Third place</b>	<b>\$75 gift card</b>	<b>Joanne Cuomo for "A Life's Changing Journey"</b>

Essays can be found on our website



Pictured above are: Sandy Demers and Beverly Johnson leaders of the Creative Writing Contest, Nancy Woodward, Sandy Carlson and Joanne Cuomo, winners of the contest. We thank all who submitted stories and hope more will enter next year.

**Congratulations, Ladies!!**

## SAWC Book Club

By Maria Baribeau

March's book selected by Sheila Casey was Mad Honey by Jodi Picoult. The meeting was held at Gourmet Bites, featuring a special menu with recipes from the book, prepared by Rosie, owner and chef. The book created a lively discussion on the topic and current issues, mental health, suicide, and gender reassignment.

April's book is The Wishing Seed by local author Alissa J. Zavalianos chosen by Linda Molchan.

The Book Club has an opening for another member. Not only is the book discussed at these meetings, but there is socializing, talking and laughing and getting to know each other better. In other words, it's not just "about the book". It has evolved into a group of friends getting together. If anyone is interested in becoming a member of the Book Club, please contact Maria Baribeau at [mariabaribeau@gmail.com](mailto:mariabaribeau@gmail.com). We meet on the third Tuesday of each month. Each member takes a turn selecting a book and hosting a meeting.

**The Next meeting is on April 18.**

## Volunteers Needed

- **AARP Tax-Aide Program**- April at Ingram Senior Center, Salem.  
Tax experience not necessary. Training available for all areas of help needed.  
For more info: [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) or call 888-227-7669

-**Arts and Culture Committee** is looking for members to organize and plan fun events. If anyone is interested in joining the committee, please contact Shamim Calcuttawala @ (603)401-4075 or [shamimcalc@outlook.com](mailto:shamimcalc@outlook.com). Or Joanne Cuomo @ (603) 247-1193 or [centanni@comcast.net](mailto:centanni@comcast.net)

- **Civic Engagement and Outreach** Do You Like to Cook? SAWC members donate and prepare a Meal for Family Promises of Nashua on the 1st Wed of each month. Next meal is Wednesday, April 5. We need: Boneless Chicken Thighs, Rice Pilaf and Volunteers to help with meal prep 10:00am-11:00am

- **Environment** The Friends of the Salem Bike/Ped Corridor are planning a Rail Trail clean-up on April 29, 2023 (weather permitting). In addition to trash pick-up, volunteers will be weeding and mulching the garden areas. For more information, and to confirm the date, visit the FSBPC web site [www.FSBPC.org](http://www.FSBPC.org)

- **Education and Libraries** Volunteers needed for the Salem High School Robotics team. If interested contact Kelly Moss [kellymosstalks@gmail.com](mailto:kellymosstalks@gmail.com)

-**Education and Libraries** Volunteers needed for the Lilac Tea on May 21<sup>st</sup> at Centerpoint. If interested contact Kelly Moss or Lorie Ball.

**The Civic Engagement and Outreach Committee offers this community service announcement:**

### **FREE TAX PREPARATION**

This IRS program offers Federal, New Hampshire, and Massachusetts Tax Returns prepared by trained volunteers for low/moderate income NH and MA residents of any age. Tuesday and Wednesday, 9:00 am – 1:00 pm Ingram Senior Center, 1 Sally Sweet Way, Salem NH. Appointment required. Call (603)890-2190, Friday and Saturday, 9:00 am – 1:00 pm Centerpoint Church, 101 School St, Salem NH

**Appointment required. In NH, dial 211**

### **Activity logged in the SAWC web site**

**From 1/1/2023 through 3/21/2023**

Total Number of Hours: 733

In Kind Donations: 533

Club Dollars Spent: 82

This is with only 12 members' logging in. Please help us build a true and accurate profile of our club by logging in your time and in-kind donations regularly. For assistance contact Jamie Baker.

[jaimie.baker@outlook.com](mailto:jaimie.baker@outlook.com)

# Homeland Heroes Foundation Gala

The Homeland Heroes Foundation Had their Annual Gala at the Castelton Center in Windham, NH on Saturday, March 25.

The theme for this year's Gala was "Kickin It With Country Music." Many SAWC members and their partners attended a fun filled evening dressed in Country Attire and lots wore Cowboy and Cowgirl hats. Over 300 people attended this very important fundraising event for the Homeland Heroes. After a delicious country style dinner, many donated items were auctioned by a very persuasive auctioneer and other items through a silent auction. The evening proved to be a huge success. Pictures below demonstrate how much we all enjoyed being together.



## Upcoming Events

**March 31-** Wear Blue Day to bring awareness to Child Abuse. Take pictures of yourselves and send them to Maria Baribeau [mariabaribeau@gmail.com](mailto:mariabaribeau@gmail.com) to be included in the next newsletter and Jaimie Baker at [Jaimie.baker@outlook.com](mailto:Jaimie.baker@outlook.com) to be included on our website and Facebook page.

**April 4-** SAWC GFWC-NH Member meeting and Spring Fling! 11:30-1:30 Centerpoint Church 101 School Street. Optional lunch catered by Gourmet Bites and Bingo. \$20pp

**April 17-** A Titanic Tea, Mon, 12noon, Silver Fountain Inn & Tea Parlor, \$46 includes tax+tip. Enjoy an elaborate afternoon tea as served on the Titanic for first class. If you like, dressing up of the period, wearing hats is encouraged and if you have it, wearing purple is recommended as it's the color of our club. We are providing transportation from Salem to Dover for those who wish (leave Salem @ 11am). Pay the day of event. RSVP asap with Joanne: [centanni@comcast.net](mailto:centanni@comcast.net)

**Way to Glow-** Walking Club meets every Wednesday at 9am at Tuscan Kitchen, Main St to walk the rail trail for a bit. Questions? [lmolchan@comcast.net](mailto:lmolchan@comcast.net) or [sheilac18@aol.com](mailto:sheilac18@aol.com)

**Silverthorne-**Every first Tuesday following the General Meeting for approximately 2 hours.

**April 28-29-** GFWC-NH Annual Dinner and Conference. Friday: Evening of Unity Gala Banquet, Saturday: meetings and awards. Grappone Center, 70 Constitution Ave, Concord, NH.

**May 20-** Staying Alive! A Bee Gees Tribute Band, Palace Theater. Saturday, 2pm matinee at the Palace Theatre. If you are interested Contact Shamim: [shamimcalc@outlook.com](mailto:shamimcalc@outlook.com) or Joanne: [centanni@comcast.net](mailto:centanni@comcast.net). Tickets must be paid for ahead of time.

**June 6-**SAWC Annual Meeting . More information coming.

April is here and May is just around the corner! Beautiful flowering trees come to life, tulips and other spring flowers are popping up, planning for new plantings to enhance our gardens and breathing the fresh and energizing air give us a new awareness of nature, its beauty and fragility.

Let's put away all those winter clothes and enjoy a new awareness of nature all around us.

**I wish you all a Blessed Easter, Ramadan and a lovely month of April**

