

SALEM AREA
Women's Club



◆ General Federation of Women's Clubs - NH ◆



April 2024 Newsletter

A quote from a children's book "I Am Spring" by Rebecca McDonald starts out with: "After the cold of winter, I'm the season when the sun starts to slowly warm the land and everything begins to grow again. Flowers open and show their bright colors, animals and insects come out of hiding, and new life is born into the world."

The ladies of the SAWC have completed many significant projects over the past winter. The cold and dreary weather did not prevent us from fulfilling and completing our projects as promised. We also have lots of ideas developing for Spring projects. Our community needs us, and we need them, regardless of the outside conditions.

This edition of the newsletter contains many projects to be completed in April and May. Many need volunteers and I hope you consider helping with one or two (or more) of these projects. Every little bit helps, and the Committees appreciate the extra hands and minds. Also, there are many scheduled entertainment events. Going as a group from SAWC is always more enjoyable. Please read all the News Briefs to find what you can volunteer for or socialize at.

Our flowers are always open and we show our bright colors. We don't come out of hiding. We are always available to help those in need, and lives are given new life because they have not been forgotten.

"WE ARE THE SALEM AREA WOMEN'S CLUB!"

Maria Baribeau
Editor



Visit our website: SalemAreaWomensClub.org

Visit our Facebook page: www.facebook.com/SalemAreaWomensClubNH

Email: SalemAreaWomensClub@gmail.com

What is the essence of life? To serve others and to do good.

– Aristotle

Dear Sisters of Salem Area Women's Club GFWC-NH,

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! "To be a power of good" has been a long-standing motto of SAWC. For 98 years, our members have volunteered in our community, making a difference through philanthropy and outreach programs.



The 2024 theme for National Volunteer Week is 'Something for Everyone', which recognizes the diverse passions and talents everyone brings to the act of volunteering. It's an invitation to explore the myriad of opportunities available through our Club initiatives, emphasizing that there's a place for everyone in the world of volunteering.

One of the great attributes of membership in our Club is you may be involved as little or as much as you like. Individual acts of volunteering matter in shaping our families, our causes, and ourselves. 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. The latest value of Volunteer time is placed at \$31.80 per hour, but I say "you're priceless!" and very much appreciated!

With Hugs and Gratitude,
Patti

Member Spotlight

Laura Andolino
Civic Engagement and
Outreach Co-Chair



Laura has been a member of the Salem Area Women's Club since 2018. She was attending an open house at a Salem Fire Station where she met Sheila Casey and Dolores VanBlarcom, who were President and Vice President at the time. Both introduced themselves to Laura, told her about the Club and encouraged her to attend a general membership meeting.

Laura and her family moved to Salem, NH in 2013 but continued to work in Massachusetts. After two years of commuting every morning from Salem, she decided to discontinue this job to help her husband grow his business. This also gave Laura the opportunity to pursue her passion; volunteer work to help those in need and to meet new people in her town and surrounding areas. The Club opened this door for her. Laura had been volunteering at the End 68 Hours of Hunger in Salem, which Saints Mary and Joseph's Parish supported, by keeping track of students' birthdays. She shopped, wrapped, and delivered birthday gifts, a task she enjoyed in the hope that the children would know how special they really are! Once Laura joined the SAWC, she quickly stepped up and began volunteering in several Committees. Currently, Laura is the Civic Engagement and Outreach Co-Chair and participates in the Health and Wellness, Nominating, and Hospitality Committees. She is also ready to jump in, when needed, with other activities. Besides all these amazing projects, Laura helps at the Cor Unum Meal Center in Lawrence, MA serving dinner and a warm welcome to their guests once a month. Again, she thinks it is important for people to know they matter regardless of their circumstances. Laura feels strongly that more help is needed for those suffering with addictions or abuse of any kind and hopes that SAWC can grow and include more projects addressing these issues.

Laura was born and raised in Malden, MA. She currently lives in Salem, NH with her husband John and their 11-year-old son, Nathan. For 27 years Laura was employed by Kamco Supply Corporation of Boston. She began her career in Marketing, then progressively moved up, to Corporate Purchasing Manager.

In Laura's "free time" she enjoys music, watching her son play on Club and multiple National Lacrosse teams, sunny days, honest conversations, baking (and eating) and of course more volunteering.

Laura echoes the purpose of most of our members' intentions for joining the SAWC. She hoped to make new friends and be active in the community. She has met many "lovely, encouraging, brave" women and has indeed made some lifelong friends. She also finds that participating in the SAWC has opened her eyes to the many hardships that exist so close to home and is grateful and thankful to God every day to be able to contribute where she can.

Laura, you are a force in this community and a much-appreciated member of SAWC.

Health and Wellness

Linda Molchan
Health and Wellness Co-chair



Health and Wellness April 2024

Spring is finally here and we have continued to have good luck with this mild winter! It is a wonderful time of year to see all the new growth popping up from the ground and our trees budding! Let it be an inspiration for us to get outside more and enjoy nature. I hope you are all continuing to do your walking especially when the weather is good. Do not forget to enter your hours under the GLOW.

The Health and Wellness Committee completed 20 Comfort Bags for the hospitals in March. They came out awesome and are so appreciated. Once again thank you to all who contributed.

Hard to believe that we began our visit to the participants at Silverthorne for over a year now and they are so appreciative and welcoming to us. We visit once a month after our monthly meeting and do an activity for their patrons. Some of us also visit on other days also as we have found this to be so rewarding. We sometimes play games, read and try to do an activity with the participants. This month will be a Spring Theme and I welcome anyone who would like to join us. Maria's ability to speak Italian has brought such a smile and so much joy to one of the residents. We have fun and have grown attached to this activity.

Another project we will be completing for Silverthorne is the Clothing Protectors. As you can imagine it is difficult for some participants with physical limitations to eat and stay neat. I can relate to that also!!! I want to thank 4 women who volunteered to sew these bibs – Sandra Demers, Linda Simmons, Donna Mason and Shamim Calcuttawala. We could never achieve what we have without women stepping up to help.

A new project for this year that we have had a bit of trouble getting off the ground is our Caregivers Project. Many of the women in our club are full time caregivers and we recognize that they often need support. We do so much in the community but we also need to be helping our sisters. We are looking for volunteers to assist in this project. Something as little as making a phone call to check in, dropping off a meal or just stopping in to visit can really make an impact in someone's day. If you can help with this, please let me know [@lmolchan@comcast.net](mailto:lmolchan@comcast.net).

As always, I would hope that we will continue to support each other in any way we can. Wishing you all the best of health and happiness! Happy Spring!



Education and Library

Darlene Daniele
Co-Chair of Education
and Library



Salem Area Women's Club Spotlights Education & Libraries Committee

At the March 5 General Meeting, Salem Area Women's Club Spotlighted the Education & Libraries Committee. Co-Chair Darlene Danielle reviewed the activities that the Committee has been working on and then treated the members to a wonderful presentation by Susan Mothon of the Salem Historical Society and the SAWC. Susan, provided a great re-enactment of long-time librarian Alice Hall.



Meet the Author, Julie Nichole

On February 29, Julie Nichole read her first published book to children at the Kelley Library. In My Heart is the first children's book she wrote and self-published. She began writing children's books in the summer of 2022.

Julie Nichole Books focus on inspiring children to explore the world around them and to use their imagination through her fun and engaging children's books. Her main goal is to provide children with books that will keep their minds active and help them to learn important values. Julie Nichole's books are sure to bring joy to young readers!



NH Historical Society



Civic Engagement and Outreach



On March 13, 2024, the Salem Area Women's Club donated \$1000 to the **Homeland Heroes Foundation** (HH) located in Salem, NH. Homeland Heroes offers an array of supportive services to active-duty service members, veterans, and their families in their time of need. Many SAWC Civic Engagement and Outreach committee members were able to take a tour of the facility, share stories and make valuable connections to help support our Heroes! Pictured left to right: Sara Gieryn (HH), Susan Mothon, Julie Weymouth (HH), Jaimie Baker, Norma Lapointe, Donna Mason, Susan Raymond, Patti Drelick, Maureen Hanlon, all of SAWC. Picture taken by Laura Andolino SAWC.



The Salem Area Women's Club donated \$1,000 to **Brigid's House of Hope** that provides safe housing for survivors of Human Trafficking. Their mission encourages hope, healing, empowerment, security, long-term aftercare and support. For more information visit www.brigidshouseofhope.org. Pictured from left to right: Miranda Lane (Executive Director) & Bethany Cottrell (Founder) from Brigid's House of Hope along with Laura Andolino & Deb Slein SAWC Civic Engagement and Outreach Co-Chairs



The Salem Area Women's Club Civic Engagement and Outreach Committee shopped and delivered wish list items for the **Food For the Hungry** (FFTH) food pantry located at the HOPE Center in Salem, NH. The SAWC donated cake and brownie mixes along with sweet and salty snack packs for the children to take to school. We also included dish soap and sponges to help clean up after a fun day of baking! Pictured is Susan Mothon, Phylis Marchulatis (FFTH), Laura Andolino and Deb Slein

Please join us for the...

The Salem Area Women's Club-GFWC Membership Meeting and
Cultural Celebration!

Tuesday, April 2, 2024, 11:30—1:30pm
 Elks Lodge, 39 Shadow Lake Rd, Salem

11:30-1:00: Socializing, International Music & Dancing, Luncheon, Door Prizes, Fun!!!
Wear the colors or clothing of your heritage and put on your dancing shoes to be ready to Polka, Greek Dance, Mexican Hat Dance, Salsa, and more!

12noon: Taste Around the World Potluck Luncheon
A buffet featuring our Member's varied ethnic backgrounds will offer you a taste of more than 30 appetizers, breads, main dishes and desserts from around the world.

1-1:15: Spotlight on Arts & Culture Committee
 1:15 - 1:30: SAWC Business Meeting

Event is Free. Contributing a dish to our Potluck is appreciated!
 For questions regarding buffet items contact Shamim: 603-401-4075

Must RSVP - help us be prepared to serve you best:
 SAWC website: salemareawomensclub.org > events tab or call 603.548.5418



SAWC Member Meeting, Cultural Celebration sponsored by the Arts & Culture Committee

Tues, Apr 2nd, 11:30-1:30, Elks Lodge, 39 Shadow Lake Rd, Salem. Come experience our members' cultural stories, food, traditions and music. All members are invited to share a crockpot full of their favorite family recipe at this fun potluck luncheon - wait till you see the diverse and delicious menu! Get Down Tonight DJ will have us on the dance floor to Polka, Greek line dance, Mexican hat dance, Indian dance, and more! Native costumes encouraged. Free! See all details above. A CSP Project of A&C Committee. Sure 'n begorrah, you'll have a great time!

**Please RSVP: <https://www.salemareawomensclub.org/events-2>
 or call Cindy 603.548-5418**

Congratulations to the winners in the Creative Writing contest sponsored by the Arts and Culture Committee.

1st Place Winner Maria Baribeau
 2nd Place Winner Shamim Calcuttawalla

News Briefs

SAWC Events, Projects and Volunteer Opportunities

Patti Drelick, President

SAWC Member Benefit: Scholarship Opportunities

- SAWC offers Scholarships to our Members, their children, or grandchildren who are pursuing any post-secondary or continuing education. Scholarship applications may be made whenever one is about to pursue said education and are awarded upon completion of class or semester and receipt of grades. For more information call Patti 603.818.9172

- SAWC Members, or their children, are eligible for the Southern NH Chamber of Commerce's Scholarships. Since SAWC is a member of the Chamber, our Members may apply. High School Students who have been accepted to a 4 year College, 2 year Community College, or Technical Program. Applications are available online at www.southernnhchamber.com or at the Chamber Office. Deadline Sunday, April 7, 2024

The Silverthorne Project... Volunteers welcome

Our monthly visits to bring extra sunshine to the participants at Silverthorne is still ongoing, now with two options: join a group of members who go every 1st Tuesday immediately following our meeting or call Silverthorne directly (603.893.4799) and arrange your own time to fit your own schedule. They are at capacity with participants and welcome any help that may be given to simply provide a friendly smile and help with activities. A CSP of Health & Wellness. Questions? lmolchan@comcast.net

The Storybook Hugs Project... Volunteers welcome

READ to preschool children on Thursdays at 2:30pm for 1 hour at Salem Family Resources, Haigh School, 24 School St, Salem. Frequency commitment is optional - can read weekly or simply whenever you can. A one-hour training/overview is available for those who want it. We can provide you with wonderful books that are Intergenerational and proven favorites, or you are welcome to read your own personal favorite. We have more schools ready to welcome us as soon as we have the volunteers. A CSP of Education & Libraries Committee, in partnership with the Intergenerational Collaborative of Salem. To volunteer to read contact: DebFauth: deborahfauth@comcast.net

Save these dates now....

The General membership meetings are always the 1st Tuesday of the month (except Jan), 11:30-1:30, at the Elks Lodge, Salem. Mark your calendar now for Apr 2, May 7, and June 4

Support our Community Events, Projects and Volunteer Opportunities
For many of these events we are organizing a Club table or two - please join us!

Got a Green Thumb?

Thur, April 4, at 1pm. Members who would like to help maintain SAWC's large garden on Salem Rail Trail, at the Salem Methuen line, Hampshire St., please join the Environment Committee meeting there on For more info contact: Chairs: AnneReynolds wareynoldsfamily8@gmail.com and Linda Simmons simmonsretired2@comcast.net

Balero!

Sat/Sun, Apr 6/7, NH Philharmonic Orchestra, Salem Performing Arts Ctr. See website for more details: <https://www.nhphil.org/>

NH Birdie Blast

Sun, Apr 7, 9a-1p, A uniquely fun and family-friendly indoor Badminton Tournament at Salem High School, to benefit Salem Family Resources. SAWC is a sponsor of this event and will have a Team. Badminton anyone??? Come cheer us on or play! A CSP of E&L: Chair Darlene Danielle: darlene@dmdatlaw.com

Spring Town Clean-up - Volunteers needed

Thurs, Apr 11, 10am-12Noon, Meet at Ocean State Joblot parking lot in Salem (on Veteran's Parkway, across from Police Station). SAWC is forming a Team to help pick up trash along Veterans Parkway between Geremonty Dr and the Police Station. Florescent Safety Vests will be provided, A CSP of the Environment Committee. Please register on SAWC website or for more info contact Anne Reynolds: wareynoldsfamily8@gmail.com or Linda Simmons: simmonsretired2@comcast.net

Murder Mystery Dinner ~ Arts Academy of NH

Sat, Apr 13, 6-10pm, Zorvino Vineyards, 226 Main St, Sandown. **STEP BACK IN TIME** to a 1940s nightclub and enjoy a delightfully diabolical evening of **MURDER & MYSTERY** in support of Arts Academy of New Hampshire. Special **interactive murder mystery show** featuring [Cue Zero Theatre Company](http://CueZeroTheatreCompany.com), plus **music, dinner and dancing!** Cocktail attire. **Feel free to dress 1940s-style** — gowns, suits, gloves, fedoras, veiled hats, trench coats, etc. Tickets: \$100pp/Table of 10/\$850. Contact: s.schwieger@artsacademynh.org

Bridging the Horizon's Baseball Dance

Sat, Apr 20, 6-9pm St Joseph's, 40 Main St, Salem. Dinner, dancing and friendship \$20pp, must RSVP. Bridging the Horizon's mission is to provide a safe, loving place for people with intellectual and/or physical disabilities, together with their parents or caregivers, where they can fully be themselves, foster meaningful friendships and enjoy fun events and dances. Anyone is welcome to join in the fun of the dinner dance which simultaneously supports all the efforts of this tremendous organization. RSVP Trish Earle: trish.earle1@gmail.com

Beautiful! The Carole King Musical

Sat, Apr 20, 2pm matinee, Palace Theater, Manchester. Join our Club group attending. We will carpool. Tickets \$33. Joanne: centanni@comcast.net

Meet the Author & Book Reading

Thurs, Apr 25, 12 pm, Kelley Library, 234 Main St, Salem. 3rd event of our series features local children's author, Kimberly Hirsch, who will read 'The Jamboree Journey: Tank's Story'. This is one of her beautifully written and colorfully illustrated children's books inspiring children with hope, resilience and friendship. The event is designed for children, pre-K through 2nd grade. Complimentary refreshments will be served and a book will be given to the first ten pre-registered families who arrive that day. Admission to the event is free. Additionally, Kimberly's books will be available for purchase and she will happily sign with a personalized autograph. A CSP of the Education & Library Committee. Questions? Darlene Danielle, AuthorEventSAWC@gmail.com RSVP: www.salemareawomensclub.org

Czech Mates a MVPO Concert

Sun, April 28, 2:30-5pm, Merrimack Valley Philharmonic Orchestra performs Czech Mates at the Timberlane Performing Arts Center, [40 Greenough Rd, Plaistow](http://www.timberlaneperformingartscenter.com). A group event coordinated by the Arts & Culture Committee. Tickets: \$23 Questions? Joanne Cuomo: centanni@comcast.net

SAWC General Membership Meeting

Tues, May 7, 11:30-1:30, Elks Lodge, [39 Shadow Lake Rd, Salem](http://www.elks.org). Join us for fun, friendship, and club business meeting. Featuring the Photo Contest on display and a demonstration by the Salem High School Robotics Team. Light refreshments served, bring your own brown-bag lunch optional. RSVP for this meeting on SAWC website <https://www.salemareawomensclub.org/events-2>

The Relay For Life of Southern NH

Sat, June 15, 11:30am, Pinkerton Academy, Derry. A free, family-friendly cancer walk by American Cancer Society. 11:30AM Opening Ceremony, Survivor Lap & Lunch. Relay Activities through 8PM. For information or to donate RelayForLife.org/SouthernNH

Sisters helping Sisters... new Caregiver Hugs Project

Did you know 10% of our membership is currently a full-time caregiver for a loved one at home? The Health & Wellness Committee is developing a Caregivers Hugs Project and invites you to join the effort. They are creating Caregiver Baskets filled with items to bring comfort, friendship, support and respite to fellow sisters who are Caregivers, 24-7. The hope is to assemble a team of Sisters who would be willing to 'friend' a fellow sister to deliver the basket of goodies and provide an occasional shoulder of comfort and compassion. A CSP of Health & Wellness. For more information, contact Linda Molchan: lmolchan@comcast.net

Like to knit or crochet? SAWC has recently received a large donation of beautiful yarn, We are looking to form a knit & crochet club to make various items for the community, such as baby hats, kids hats & mittens, lap robes and prayer shawls, etc. Ideas welcomed! Questions? Shamim: shamimcalc@outlook.com

GFWC-NH and International Events and Opportunities

GFWC-NH Annual Meeting & Installation. Sat, May 18, Grappone Ctr, Concord. Save the date, more details to come.

2024 GFWC Annual Convention, June 27 – July 1, 2024, at the Hilton Chicago. More details: <https://www.gfwc.org/important-dates/2024-gfwc-annual-convention/>

GFWC-NH Night of Unity Banquet and Awards.

Fri, May 17, Grappone Ctr, Concord, NH Save the date. More details to come.

LEADS Program

At GFWC Annual Convention, June 28, in Chicago. Some funds available towards cost to attend. Contact Rachel Kingston for more info: rachelkingston92599@yahoo.com

“Way to Glow” Walking Club

Let’s keep our own health a priority! Log your walking or exercise time on SAWC website. A CSP of Health & Wellness. Questions? lmolchan@comcast.net

Log, log, and log some more! Your Community Service counts, please remember to report your hours (including attending meetings). Attending our General Meeting, Committee Meetings and any other activity you do on behalf of our Club counts - but you have to log it, we can not enter hours on your behalf. It's easy to log them: go to our website: <https://www.salemareawomensclub.org> then click on last tab on right 'Sisters Only' (you do have to initially log into this area), on pop-up list choose Volunteer Activity Log input, then complete form and hit submit! If having difficulty getting in, please contact Jaimie and she can walk you through the process jaimie.baker@outlook.com

Welcome New Members

Veronica Shelly

Joyce Crocco

Danielle Risch



Thinking of you!

Help us send hugs and best wishes to our recuperating Sisters: Helen Villemaire, Kathy Marullo, Kelly Moss and son, Weston; Lorraine Amirault, Dottie Randall, Paula Senia, and Barbara Elliott. If you know of anyone to add to this list, please let me know.



Spring is in the air!!