

November 2023 Newsletter

Dear Sisters,

As of this writing, the foliage is at its peak: gorgeous colors, the smell of leaves already fallen and the anticipation of winter, some exciting and some not looking forward to it. It is a time of mixed emotions. There is Thanksgiving to look forward to, though. It is a time of family, friends and food but primarily to give thanks; thanks for health, successes, family, friends.

Research has shown that gratitude is strongly and consistently associated with greater happiness, boosting mental and physical health, putting the brakes on stress and forming stronger social bonds, good for the heart and waistline and helps with resilience which improves our overall quality of life by enabling us to bounce back from the hardships we face.

Every day should be "Thanks-Giving" not just once a year, but every day. I wish you all the best of life, love and friendship. Happy Thanksgiving, All!

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President's Message

Dear Sisters in SAWC-NH

With November comes my favorite holiday, Thanksgiving, the day we gather with family and pause to reflect and share our gratitude. However, I can honestly say that for the past year and a half, while bestowed with the honor of serving as your President, I've felt particularly grateful to practice this mindset daily. I am deeply indebted and proud of our membership. You give so much of your time, talent and knowledge to bring us together as the SAWC-GFWC family to serve our community in such meaningful ways. As you read through this newsletter of the many accomplishments in just the past few weeks, I'm sure you'll feel that pride as well.

For an interesting story at your Thanksgiving table this year, I invite you to research another great woman from New Hampshire, Sarah Josepha Hale. When most Americans think of the first Thanksgiving, their minds probably turn to a semi-mythical 17th-century feast shared by pilgrims and Native Americans. Fewer may know that the modern version this holiday didn't actually come about until the late 19th century. With the approach of the Civil War, Sarah believed a national day of thanksgiving would draw families and the nation closer together. It was 1863 when President Abraham Lincoln issued a proclamation declaring "a Day of Thanksgiving and Praise," the culmination of a 36-year campaign started by this so-called "mother" or "godmother" of Thanksgiving. (For more about this fascinating and accomplished woman, read article by Olivia B Waxman)

I look forward to seeing you on Tuesday, November 7th and celebrating as a 'family' all that we have to be grateful for.

With hugs and appreciation,
Patti



"Be present in all things and thankful for all things." – Maya Angelou.

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Member Spotlight

Jaimie Baker
Web Master and Co-Chair
Communications Committee



Jaimie Baker was born in the Bay Area, south of San Francisco, during the semiconductor's emergence and the "hippie" movement. She grew up in a time of innovation, exploration, and boundless potential, eventually leading to the "Silicon Valley" a few decades later. These formative years have profoundly impacted Jaimie's perspective on the world today.

Her family moved to the Midwest when she was a preteen, revealing a new world that was the exact opposite of California. She learned how to tip cows, detassel corn, and later on, how to tube down the Iowa River with a cooler full of "refreshments" while attending Iowa University. Even today, Jaimie enjoys watching her favorite football teams on weekends, the Iowa Hawkeyes and the SF 49ers.

In the years after college, Jaimie worked in California for National Semiconductor, Apple Computer, and HP. She worked for Sony Electronics and Merck-Medco in New Jersey while having three children with her husband, Alan. The time came when she hung up her suits and burned her heels to become the quintessential stay-at-home mom: soccer mom, PTA mom, theater mom, and mini-van driving taxi mom. The family moved from New Jersey to New Hampshire in 2015, kicking off their years as Almost Empty-Nesters.

Jaimie built her first website in 1986 using Apple's HyperCard platform. Since then, she has enjoyed building websites for small businesses, churches, and non-profits. Although she's only taken three software classes in her life - none of which were for designing or building websites - she remains semi-confident in her abilities, putting her trust in FAQs, help buttons, and knowledge bases. Her biggest fears are the Blue Screen of Death and error codes "404 Not Found" and "500 Internal Server Error."

Jaimie joined SAWC in September 2022 and began designing the club's first website. When she's not working on the website, she serves on the CPR, CEO, and A&C Committees, as well as the Board of Directors. She believes everyone has unique talents or "superpowers" and enjoys working on teams that leverage each member's strengths, regardless of their titles. Working on an even playing field encourages creative thinking, resulting in unique solutions. It also fosters trust and openness, allowing team members to acknowledge their strengths and weaknesses.

Teaching people how to use a computer brings great joy to Jaimie. She hopes anyone struggling with technology will seek her help before monthly meetings or email her to meet at a different time.

Caregivers Gala-Octoberfest



In mid-October, 19 SAWC members attended the Greater Salem Caregiver's Annual Gala, supporting this non-profit's worthy mission as well as their fun-filled theme of Oktoberfest (including dressing in traditional German Dirndls)! Since 1989, The Greater Salem Caregivers has been providing rides and support services by connecting an amazing team of volunteers with those in need. As you can see in the photo below, we found more hidden talent among some of our members as they participated in a yodeling contest!!!



GFWC -NH Fall Field Meeting



The state's Annual Fall Field Meeting certainly lived up to its title of "A Fall Harvest of Information". GFWC members from all around NH came to our local Searles Chapel for a day filled with celebrating our Clubs' history and accomplishments, as well as gaining ideas and knowledge from our State CSP Chairs and each other. We applaud Beth Roth, GFWC-NH President and her Board, for coordinating a great agenda. Photos: (top left) GFWC Officers Beth Roth, President; Joan Prue, Parliamentarian; Donna Maskwa, Vice President; Dolores VanBlarcom, Corresponding Secretary. (top center) SAWC Education & Library Chair Darlene Daniele enjoys some pumpkin soup from the delicious fall-themed buffet. (top right) SAWC's Recording Secretary Norma Lapointe and President Patti Drelick show off some of our Club's History Books..

SAWC Plants Garden on Salem Bike/Ped Corridor 13



Board of Directors attending Ribbon
Cutting Ceremony



Members planting the SAWC garden: (l-r)
Sandy Carlson, Jaimie Baker, Deb Slein,
Anne Reynolds, Linda Simmons, and Patti
Drelick.

SAWC is delighted to collaborate with the Friends of the Salem Bike-Ped Corridor (FSBPC) in their efforts to enhance and beautify the corridor, which currently stretches from the Massachusetts border to the Windham Rail Trail. Late this summer, a new section was added to have Salem's trail meet Methuen's at the NH/MA border. This is a significant step towards the broader goal of the Granite State Rail Trail Association, which seeks to connect the rail trail from Salem to Lebanon, NH, creating a continuous trail that spans 100 miles. The Salem Area Women's Club sponsored a garden at the entrance of this new addition with a \$900 donation which underwrites more than 60 perennial plants, bushes, and shrubs including our State's tree, a lilac, and the mulch! As you can see in the photo, we are pleased to also have our large garden adorned with a white picket fence bearing our name along with an artisan bicycle wearing our club colors and a flower basket. We greatly appreciate the efforts of Linda Harvey and Larry Belair to bring us the opportunity to partner with FSBPC. Larry not only guided us with garden and signage design and purchases, but he was also beside us every step of the way providing his own sweat equity. We also greatly appreciate the generous donation by Phil Cammarata for making our signature bicycle possible. Phil donated the bike, paint, and basket to our Club along with his labor of striping and painting it our Club colors. We are deeply indebted to them both for their endless community spirit and generosity!

SAWC participates in GFWC's National Day of Giving

The General Federation of Women's Clubs (GFWC) is committed to volunteer community service. The National Day of Service (NDS) is an occasion when all of the GFWC Clubs across the world, come together in service to draw attention to an area of need, take action to address it, and raise public awareness about its significance. This year, the organization aims to help put an end to food insecurity.

In line with this goal, the Salem Area Women's Club has donated food amounting to \$162.78 to Bread of Life Food Pantry and \$140.38 to End 68 Hours of Hunger. We extend a massive thank you to all our club members who generously contributed to food donations, as well as send our sincere gratitude to the Civic Engagement and Outreach Committee for distributing the donations to locations who serve those in need



Flower Hugs Delivered to Center for Life Management

A Note from CLM: "A BIG THANK YOU from CLM to the Salem Area Women's Club for the very thoughtful delivery of more than 50 Flower Hugs to brighten the day of CLM staff and their clients." The Flower Hugs Project is one of the Club's latest initiatives through our Arts & Culture Committee, providing joy and hope to seniors, veterans, and caregivers. This kind gesture was greatly appreciated and brought smiles to many faces today!"



SAWC Participates in Salem Scramble Event

The 7th annual Salem Scramble took place on Saturday, September 30 at the Salem High School. The event was attended by 500+ Salem students in 1st through 8th grades and their families. The Civic Engagement & Outreach Committee participated in this annual event again this year. This is an event with a carnival like atmosphere. The children run through an extensive obstacle course where they slide down a soapy water slide, climb over walls, evade moving balls and crawl through mud, and much more. As a vendor this year, the Salem Area Women's Club had a booth with a ring toss game, which was a big hit. We had over 300 prize winners. We went through 100 tootsie pops and at least 125 bracelets. We also applied tattoos on willing event participants and their siblings. It was a fun day and a great way to participate in a community event giving us the opportunity to tell parents and grandparents all about our Salem Area Women's Club.

A big thank you also goes to our members who donated their time and talent to making our presence possible at this event: Deb Slein, Patti Drelick, Jaimie Baker, Maureen Hanlon, Susan Mothon, Joanne Cuomo, Trish Earle and Marilyn Suszek,



Health and Wellness

By Linda Molchan



The Health and Wellness Committee is excited to come together for another year of health and happiness. As we plan for the year ahead watch for opportunities to volunteer at Silverthorne for an hour or two every month to help this facility bring joy to the participants. Sheila Casey is taking the lead on developing a schedule and please consider giving some time. We will also continue to do this after our general meeting until we have a schedule so anyone who would like to participate, please join us.

The donations for the Comfort Bag Project are greatly appreciated and we only need a few more shampoos, conditioners and soaps and we should be all set. The plan will be to put the bags together after the New Year.

We have 2 new Mental Health Projects in the discussion phase so be on the watch for more information.

Please continue to do your walking for the GLOW Program. We encourage you to get together with a friend and enjoy the outdoors while we can. We are not designating a day or time as everyone's schedules are different.

Our committee will meet monthly on Mondays from 1P – 3P at the Kelly Library in the Breen Conference Room. The dates for the next 6 months will be 10/23, 11/27, 1/22, 2/26, 3/25 and 4/29. We would love to have you join us if you are interested in helping us.

We have donated to The Salem Caregivers Event, The Upper Room and Kulea so far this year. Lots planned for the coming year and will report monthly at the general meeting.

Just a reminder to all that we are entering Flu season, RSV season and unfortunately Covid is still around. Please follow the advice of your primary care provider for vaccine information.

November is Alzheimer's Awareness Month. Alzheimer's disease is the most common form of dementia. This progressive brain disease develops slowly but has a huge impact on those who are living with it, their families, and caregivers. The number of people living with Alzheimer's disease is growing. Therefore, our H&W Committee, in partnership with The Residents of Salem Woods, invites you to join us via zoom, to learn effective approaches to communicate and care for someone with dementia, as well as how to effectively connect with and engage your loved one. Presented by Amber Evans on November 13, 2-2:30 pm. RSVP by November 9 to Brittany Talbot, btalbot@residencesalemwoods.com, 603-890-0580

SAWC helps with Salem Forest Fall Clean-up

The SAWC Environmental Committee volunteered to help the Conservation Commission with the maintenance of the Salem Town Forest. On Saturday October 21st, volunteers from the Environment Committee joined members of the Salem Conservation Commission for the semi-annual Salem Town Forest maintenance projects.

Club members Linda Harvey (also a member of the Conservation Commission) and Linda Simmons joined volunteer Mike Banks and Conservation Commission member Glen Edwards for a morning of brush clearing on Town Forest trails.

The Salem Town Forest is located on Shadow Lake Road, across from Shadow Lake. Parking is adjacent to the NH Dept. of Transportation Salt Storage Shed.



Linda Simmons and Linda Harvey

Book Club Update

The First Salem Area Women's Club now has ten members! In its formation, it was agreed by the members to limit the number to 10 for the most comfortable, enjoyable and manageable group. If anyone wants to be part of a book club, another one can be formed. Email Maria Baribeau at mariabaribeau@gmail.com for information, ideas and for suggested books read by the current Club. There is no particular genre in book selection, just something that you think everyone in the Club will enjoy. The meeting schedule can be set by the new Club. Currently we meet on the last Tuesday of the month at 10:30 and usually the host prepares a light lunch, or the Club meets at a café or restaurant to hold the meeting and have lunch.

September's Book was picked by Jaimie Baker, Hostage by Claire MacIntosh
October's Book was picked by Maria Baribeau, The Memory Keeper of Kyve by Ellen Litten

Communication and Public Relations Committee Update

Visit our website!

The SAWC website was created last year, and new features have been added this year. The Help section is now easily accessible from the website's header or the About tab, providing information on how to set up an account, log volunteer hours, and RSVP to an event.

RSVPing for most club events is now more straightforward, with the option to do so through the Calendar or Events tab. You can also view a list of attendees or see which events you have already RSVP'd to. See the Help section for instructions. Knowing who is attending an event is crucial, and the SAWC website makes it easy to keep track. **SalemAreaWomensClub.org**

Reporting your Volunteer Hours

Our annual report to the State organization is coming up soon. We need your help to make it happen. If you've volunteered or attended club meetings this calendar year, please log your hours on our website. Committee chairs will use this information to create an individual report for each project. If you're part of a committee, ask your chair if they need help with the writing process. Last year, over 100 reports were composed in just two weeks!

SAWC's Geek Squad

Looking for some help with your computer? Maybe you need a brief tutorial on navigating the SAWC website, using Word to write a document, or exploring Facebook to stay in touch with friends. You can take advantage of the first hour of our monthly meeting to bring your laptop or tablet and get your questions answered in a collaborative and informative setting. If you prefer a quieter learning environment, we also offer house calls! Call Jaimie at 551-427-4697 or email SalemAreaWomensClub@Gmail.com for more information.

2024 Yearbook

It's time to start working on the 2024 yearbook! Before we begin, we need to make sure that all the information in last year's edition is still accurate. If you don't have a copy handy, you can find the current yearbook in the Sister's Only Section on the website. This is also a great opportunity to update your photo! If you're new to the club this year, please send a headshot to the provided Gmail address and make sure to save the photo with your name. If you have any changes to the information, please email us at **SalemAreaWomensClub@Gmail.com**. All updates are due by December 1.

Newsletter Articles

If you're interested in submitting an article for the monthly newsletter, please to send it to mariabaribeau@gmail.com by the 20th day of each month. Be sure to come up with an engaging headline and include all the standard details like who, what, when, where, and how and any pictures you've taken. Additionally, please remember to include your contact information and any other pertinent details.