

SALEM AREA  
*Women's Club*



◆ General Federation of Women's Clubs - NH ◆



## March 2024 Newsletter

March is a month of expectations. The proverb "March winds and April showers bring forth May flowers" was first recorded in 1886, and the shorter, version "April showers bring May flowers" (originally "Sweet April showers/Do spring May flowers"(part of a poem recorded in 1610) are common expressions in English speaking countries."

For over 400 years, the month of March has brought hope, beauty, anticipation, thoughts of being able to enjoy life outdoors again, and a feeling of freedom after viewing nature mostly only through a window. Now life and nature can be enjoyed "in person." Days are longer, weather is milder. The Salem Area Women's Club was not deterred by the cold, wind, snow, and lots of rain in the previous 6 months. Volunteers continued to work locally to be "a power of good in our community" engaging in many projects old and new. Looking forward, many projects are in the planning stages and as is typical of our women, will come to fruition, be successful and greatly appreciated.

***"I love March as it gives me hope that new beginnings are always beautiful."  
— Anamika Mishra***

Happy St. Patrick's Day and a Happy and a Blessed Easter to all!!

**Maria Baribeau**  
Editor



Visit our website: [SalemAreaWomensClub.org](http://SalemAreaWomensClub.org)

Visit our Facebook page: [www.facebook.com/SalemAreaWomensClubNH](http://www.facebook.com/SalemAreaWomensClubNH)

Email: [SalemAreaWomensClub@gmail.com](mailto:SalemAreaWomensClub@gmail.com)

## President's Message

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

March is Women's History Month, and, as a Club, we have much to celebrate!

From GFWC's founding in 1890, its members have understood the historic significance of the organization's mission to improve communities through volunteer service. Did you know that

GFWC International has a Women's History and Resource Center (at GFWC Headquarters in Washington, DC), and it's staffed with a Librarian? The Center maintains a collection that spans more than 130 years of volunteerism and activism.



SAWC has such a wonderful history to celebrate as well! GFWC-NH President, Beth Roth, chose "Celebrating NH Women; Past, Present and Future" for her administration's theme. She has challenged Clubs to gather and preserve their history. We are fortunate that we've had members in the past do a fantastic job to preserve ours. Currently, kudos go to our Recording Secretary, Norma Lapointe, who has teamed with Marilyn Suszek to continue to keep our records and accomplishments properly archived. We have a display at the Salem Historical Museum located at 310 Main Street in Salem, as well as dedicated space for storing our documents. I highly encourage you to visit the Museum, AND to also visit our website at [salemareawomensclub.org/club-history](http://salemareawomensclub.org/club-history) to read the interesting story of our Club's humble beginnings. I hope this opening line teases you to go to our site and read more.... 'On the afternoon of February 15, 1926, a group of women interested in forming a woman's club in Salem met at Wade's barn (now Dr. Kellett's office) to discuss the organization...'. 98 years ago, on March 1st, the first regular meeting of the club was held, and they voted in their first slate of Officers with Mrs. Alice Noyes Brown as President. The club became federated on May 4, 1926, with one hundred charter members.

Fast forward to 2024, and I must tell you I am honored and humbled to have the privilege to serve as your President. 98 years later we are just as strong and dynamic! We continue to support our community in meaningful, generous, and diverse ways, possess a strong sense of volunteerism and pride, all while having fun and building friendships. Your attitude and accomplishments inspire me. While this Administration's term will end in a few short months, I do hope you'll consider supporting me and other officers for a second term. And I challenge you to consider a leadership role as well. We need YOU to help us continue to find the opportunities hidden within ourselves, as well as our community, paving the way for us to work together and "be a power of good"! If interested in getting more involved, please call me at 603.818.9172, I can't wait to talk with you!

With Hugs and Gratitude,

*Patti*



PS: We will also enjoy some live, historic storytelling at our March 5th meeting, thanks to Member and Historian Susan Mothon.

## Member Spotlight

**Joanne Cuomo**  
Arts and Culture Co-Chair



Joanne Cuomo has been a member of the SAWC for two years. She and Patti had been good friends for many years and when Joanne retired Patti encouraged her to join the Club. Joanne's retirement intentions were to be active in giving back to the community and to contribute to society to help make it a better place to live. Joanne's attitude is "We all should do our part". Joanne found that the SAWC's activities and programs were exactly what she was looking for.

Since joining the SAWC, Joanne has been very active in the Club. She is the Co-Chair of the Arts and Culture Committee. Joanne also volunteers in projects that are close to her heart that other Committees are working on such as women and children's causes. She also has been very active in the Flower Hugs project by picking up the flowers and delivering them to Jaimie's home where the bouquets are assembled. She also delivers the finished bouquets when needed and she always is ready to help when needed.

Joanne was born in Italy. Her family moved to the U.S. when she was thirteen years old and she grew up in the Lawrence and Methuen area. Joanne and her husband Joe have lived in Salem for the past 40 years. She has a son and a daughter and two grandchildren. Joanne's background is in accounting and she uses this skill to help in the family business with her husband and son. Joanne also belongs to the Chamber of Commerce of Southern NH where she is on the Election Committee for the annual Hidden Jewel Award. She also volunteers at St. Matthew's Parish in Windham, NH.

Joanne's hobbies and pastimes are: cooking, gardening, swimming, arts and crafts, hiking and boating and of course the number one passion is being with and watching her two beautiful grandchildren!

Joanne's generous nature can't possibly leave her any free time. Does she have time to sleep? In her words "I always want to do more." Thank you, Joanne, for being a positive example to all.

## Valentines Day Party and General Meeting

A Valentine's Day party was celebrated during the February General Meeting. Members wore something red and beautiful "flower hugs" adorned the tables that were later raffled off. A delicious lunch was prepared by Fresh Hub Eatery. Nine door prizes representing days in February were raffled. For example, February 1st is "chocolate day" and the winner received a gift of chocolates. February 4th is "homemade soup" day, and the winner received a generous jar of Italian Wedding Soup made by Maria Baribeau. everyone's favorite, February 22<sup>nd</sup> Margarita Day and so on. The day turned out to be an enjoyable event.

## Health and Wellness



**Linda Molchan**  
Health and Wellness Co-chair



The month of March will be a very busy time for all. We have 2 big holidays to celebrate (St Patrick's Day and Easter). Our theme for our Silverthorne visit after our meeting on the 5<sup>th</sup> will be a St Patrick's Day activity. Always so much fun and anyone who would like to join us is so welcome!

The Health and Wellness Committee will be busy delivering Comfort Bags and working on getting Clothing Protectors made. We also plan to get our Caregivers Program rolling. Stay tuned!

Looking up health issues this month I found one we have not discussed before. National Sleep Awareness Month is observed in March! Adequate sleep is vital for overall health and well-being, yet many people struggle with sleep-related issues such as insomnia, sleep apnea, or restless leg syndrome. In March, organizations and healthcare professionals promote education on good sleep hygiene practices, such as maintaining a consistent sleep schedule, creating a relaxing bedtime routine, and ensuring a comfortable sleep environment. Fostering a greater understanding of the significance of quality sleep is so important. This month we encourage you all to prioritize your sleep health for optimal physical and mental functioning. Sleep well!

The Health and Wellness Committee wishes you all the best of health and happiness!

### Learn Life Saving Skills

Salem Area Women's Club is grateful for the training we received after our meeting on performing Hands-Only CPR and the proper way to use an AED. Mike Gordon and Doug Devine of the Salem Fire Department walked us through both procedures and what to expect when calling 9-1-1. These are all skills we wanted to learn and hope to never use.

If you'd like to learn Hands-Only CPR, the American Heart Association is an excellent place to start - <https://www.redcross.org/.../performing-cpr/hands-only-cpr> or contact your local fire



Members attending the training



EMS Coordinator Mike Gordon demonstrating Hands-Only CPR

## Education and Library

**Darlene Daniele**  
Co-Chair of Education and Library



### ***The Storybook Hugs Project... Volunteers welcomed***

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 – you 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: Deb Fauth: [deborahfauth@comcast.net](mailto:deborahfauth@comcast.net)

### **Meet the Author, Julie Nichole**

**February 29, 2024**, Noon to 1 p.m., Kelley Library, 234 Main Street Salem, NH. Refreshments and free book to the first 10 families who register and attend!

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!



## Civic Engagement and Outreach

At the February SAWC meeting the CE&O Committee made a \$1,000 donation to the Salem Firefighter's campaign to purchase an emergency responder system app called Handtevy ([www.handtevy.com/](http://www.handtevy.com/)). This tool will provide our first responders with real-time information on the available medicine/equipment in their vehicle, provide an accurate dosage of medicine based on the victim and trauma type, track timing for follow-on administration of AED & medicine based on the town protocols, and document the emergency response activities.



Maureen Hanlon, Jaimie Baker, Salem Director of EMS Douglas Devine, Salem EMS Coordinator Mike Gordon, Laura Andolino, Deb Slein, Susan Mothon, Donna Mason, Patti Drelick.



# Civic Engagement and Outreach continued

## Poll Workers Appreciation Baskets

The Salem Area Women’s Club members donated snack baskets to the Pelham and Salem poll workers. The snack donations were collected by SAWC members to express their appreciation to the men & women who volunteered their time to work the polls in local communities. On Tuesday, January 23, Primary Election Day, baskets of snacks were delivered to the Pelham, Hampstead and Salem NH polling sites. The SAWC volunteers were met with warm smiles and deep gratitude by the poll workers.



Appreciation Baskets



Pelham



Soule School, Salem



Hampstead



Barron School, Salem



North Salem

## *Civic Engagement and Outreach continued*

### **End 68 Hours of Hunger-Derry**

As requested by our SAWC member, Connie O’Connell, the CE&O Committee reached out to an organization we had not donated to in the past, End 68 Hours of Hunger-Derry. We visited their location to assess their program and determine how SAWC could help them. We were very impressed by their program, volunteer staff, and dedication to supporting the local community children in need. This month SAWC donated boxes of granola bars and presented End 68 Hr. of Hunger-DERRY with a \$550 donation to purchase the food they need for the children's meals.



SAWC members pictured from left to right (with hearts)  
Deb Slein, Laura Andolino, Maureen Hanlon, Patti Drelick,  
Susan Mothon, Norma Lapointe

### **End 68 Hours of Hunger-Pelham**

The Salem Area Women’s Club Civic Engagement Committee reached out to The End 68 Hours of Hunger program in Pelham, NH established in 2023. SAWC club is familiar with this wonderful program and have supported other locations in Salem and Derry, NH. SAWC decided to add Pelham to the list to donate to! Pelham-End 68 Hours has a space located at St Patrick’s Church where five volunteers store and package 50 bags of food weekly and then deliver them to the Pelham Elementary School. We were very impressed by the volunteers’ enthusiasm and dedication to support the local community’s children in need. On February 15, 2024, the SAWC donated \$750 to purchase food along with postage stamps and greeting cards.



Mike Sawicki, Denise Montminy, Shamim Calcuttawala, Linda Stankiewicz, Elaine Marcum, Linda Kubit, Susan Mothon, Peggi Sawicki and Laura Andolino

## *Civic Engagement and Outreach continued*

### **End 68 Hours of Hunger-Salem**

The Salem Area Women's Club Civic Engagement Committee reached out to The End 68 Hours of Hunger program in Salem, NH as we do each year to support this worth cause. It was decided that instead of a monetary donation we would donate cleaning supplies as we did last year that were very much appreciated. Six of our CE&O Committee members enjoyed shopping at Ocean State Job Lot along with their staff that was extremely helpful in making these large purchases go smoothly! Items purchased in increments of 50 were: laundry detergent, stain remover, dish soap, sponges, and all purposes cleaners. Items were then delivered to the Salem Superintendents office where donations are packaged and then distributed to families that participate in this program.



Laura Andolino, Maureen Hanlon, Donna Mason,  
Deb Slein, Susan Mothon, Debbie Payne

### **Isaiah 58**

Isaiah 58 is a local non-profit organization that supports individuals in need. They address basic needs for food, clothing and shelter, affordable housing, life skills training, and educational support to help individuals and families get back on their feet and experience formative change. The SAWC CE&O Committee made a \$200 donation this month to support Isaiah 58's mission.



Deb Slein, Maggie Martin,  
Maureen Hanlon Laura Andolino



## Save the Dates

Feb 29 **Meet the Author, Julie Nichole** February 29, 2024, Noon to 1 p.m.,  
Kelley Library, 234 Main Street Salem, NH.

Mar 5 **SAWC General Membership Meeting and Spotlight on Education and Libraries**  
Tues, Mar 5, 11:30-1:30, Elks Lodge, 39 Shadow Lake Rd, Salem. Join us for a fun, friendship club meeting with spotlight on the relationships, projects and activities of our Education & Libraries Committee. Light refreshments served, bring your own brown-bag lunch optional. RSVP for this meeting call Cindy at 603.548.5418 on SAWC website  
<https://www.salemareawomensclub.org/events-2>

Mar 7 4:30-6:00pm **St. Anne's Community Outreach Program** in Hampstead, NH. (see below for more information.)

April 2 **SAWC Taste Around the World & Member Meeting**  
Tues, Apr 2, 11:30-1:30, Elks. Come experience our members' cultural stories, keepsakes, food, traditions and music. All members invited to share a crockpot full of their favorite family recipe at this fun potluck luncheon. A CSP Project of A&C Committee. More details below.

April 28 **CZECH Mates Concert** starts at 2:30 pm, Timberlane Performing Arts Center, 40 Greenough Road, Plaistow, NH 03805

### Support your neighbors in need with a no cooking night!

**St. Anne's Community Outreach Program** in Hampstead NH is sponsoring a unique fundraiser. On Thursday March 7th from 4:30pm-6:00pm they are offering a ready to eat "Coq au vin Dinner to Go". In lieu of a set price per meal, the fundraising campaign is asking for a donation of your choice at the time of meal(s) pick up.

### FUNDRAISER "Coq au vin Dinner to go"

Reserve by Sunday March 3rd - Call 603-329-5886

Meal Pick Up: Thursday March 7th from 4:30-6:00

Organization: St. Anne's Community Outreach Program

Pick Up Location: Saint Anne's Food Pantry, 26 Emerson Ave, Hampstead  
Hampstead, NH 0384

Donation of your choice Cash or Check made out to St. Anne's Community Outreach

The **Arts and Culture Committee** invites you to join us in exploring our members' cultures, cuisines, and music worldwide! Sample homemade dishes from different countries and dance to popular music from diverse cultures with DJ Tommy Demers from Get Down Tonight. This fun event is **free** to attend!

11:30	Arrival, Social Hour
11:45	SAWC Business
12:00	Potluck Luncheon served
12:30	Dancing and Music
1:30	Clean-up

## Volunteers Welcomed

### **The Silverthorne Project... Volunteers welcome and needed.**

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? [Imolchan@comcast.net](mailto:Imolchan@comcast.net)



Maria Baribeau with  
Silverthorne participant  
Angelo. His smile says it all!

### **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: Deb Fauth: [deborahfauth@comcast.net](mailto:deborahfauth@comcast.net)

As you know, SAWC is a dynamic, volunteer-driven organization! We are 109 members strong, with nearly 40% of our members actively involved through serving on our Board of Directors and/or Committees. Your Board of Directors currently consist of 17 members; five are our Officers who are elected by the Membership and the rest are Committee Chairs who are appointed by the President and approved by the Board. Board members serve a two year term, which evolves every even year... making 2024 time for elections! Our Club year is June 1 to May 31. Elections will take place in late April with results to be announced at May meeting and new Officers to be installed at our Annual Meeting on June 4th. The SAWC Nominating Committee is seeking nominations for the five Officer positions: President, Vice President, Treasurer, Recording Secretary, and Corresponding Secretary. We hope you're ready to join us for the tremendous friendship, rewards and fun of serving in our Club. If you are interested or know of a member you would like to nominate, please contact a

**Nominating Committee Member: Dolores VanBlarcom, Chair: [davan1@aol.com](mailto:davan1@aol.com),  
Linda Molchan: [Imolchan@comcast.net](mailto:Imolchan@comcast.net), Laura Andolino: [laura@andolino.com](mailto:laura@andolino.com),  
Ann O'Sullivan: [anno2@comcast.net](mailto:anno2@comcast.net).**

## Welcome New Members

**Dianne Chapdelaine  
Christina Baroni  
Karen Lowe  
Peg Pearse-Parrott  
Lori Perry  
Elaine Sincavage  
Marian Vollmer  
Amy Moldoff  
Karyn Emerson**