



Making Friends and Fostering Community

October 2018 Newsletter

## President's Corner

Anne of Green Gables once said "I'm so glad I live in a world where there are Octobers." I could not agree more; how could one not love October? The colorful foliage season allows us to bask in the richness of fall's glory. The brevity from peak foliage-to-falling leaves serves to remind us that you have to enjoy nature's gift before it quickly moves on.

What do you enjoy most about October? For some, it is apple picking followed by the making of homemade pies, pumpkin latte coffee or anything seasonally pumpkin flavored, cider donuts, sitting around an evening bon fire with family and friends, or, an excuse to over-indulge in the leftover candy from Halloween. For me, October is a month of reflection. The reminder of summer surfaces as I buy the remaining bounty of the harvest of fresh corn. The task of raking leaves, while not my favorite chore can be therapeutic as it allows me time to pause and survey my gardens. The change in season gives me a different perspective and allows me to take note of what possibilities I may want to incorporate in the garden the following spring; a time for new beginnings.

Just weeks ago we enjoyed a lovely October day at our annual Apple Festival. Nothing says fall better than this wonderful town event. I am thankful for the call to hold the festival outdoors. We had a nice turn out and though the event fell during the Columbus Day weekend this year, we had a steady stream of customers throughout the afternoon. It was a good day thanks to our many helpers!

At our October General Meeting we listened to a very informative talk from Dr. Julia Greenspan of Greenhouse Naturopathic Medicine on Lyme disease. Many of you already know that New Hampshire ranks in the top ten states as one of the worst for Lyme disease. If you are interested in a copy of Dr. Greenspan's PowerPoint presentation, please email Carol Birch at [birchcw@yahoo.com](mailto:birchcw@yahoo.com) and she will send it to you.

As a reminder, our November General Meeting starts at 11:00 a.m. This meeting is a Bring-Your-Own Brown Bag lunch, and you may also want to bring a friend.

Until then,

Nora Lewis, President



To Our New Members:

Tracy Guichard and Davina Couto

# Vice President's Desk – November Charity

## The Shepherd's Fund

The Shepherd's Fund was started decades ago by Hollis resident, Cally Lingley, a year after the death of her son, Dusty, in the month of December. On the advice of a friend who had also lost a son on how long the healing process took, her friend's answer was to 'keep busy'. Cally began to channel her energy toward helping those in need and created the Shepherd's Fund as both she and her son shared Christmas as their favorite holiday.

The program assists low-income families with a variety of needs including: groceries, shelter, clothing holiday food baskets, rent payment assistance, gift certificates, and even a car which Hollis Auto maintained for a young mom who needed transportation for work and the needs of her children.

Today, the Shepherd's Fund helps a few families living in Hollis but most families are primarily located in the greater southern New Hampshire area. Cally's mission to help less fortunate individuals and families is done through generous donations from various organizations and schools in Hollis and the surrounding community.

## **PROGRAM – November 14<sup>th</sup>: Cameron P. Wake**

**Research Professor, Climatology and Glaciology, Josephine A. Lamprey  
Professor in Climate and Sustainability, UNH Sustainability Institute Program  
Chair, Sustainability Dual Major Ph.D., University of New Hampshire**

Cameron leads a research program investigating regional climate change through the analysis of ice cores records and instrumental data, and communicating the science and impacts of climate change with a range of regional stakeholders. Cameron also helps lead Climate Solutions New England, a collaborative effort to secure healthy, prosperous, and sustainable communities through the pursuit of integrated solutions that include building energy self-reliance and weather resilience.

His collaborative research on several regional climate assessments in the northeast United States has been shared with municipal, state, and federal agencies and representatives, has been covered widely in the media, and has been cited by several as motivation for policy action.

He is an author on over 75 scientific papers and several peer-reviewed reports, and has mentored dozens of graduate students. In addition, he has provided hundreds of interviews for state, regional, and national media. In recognition of his engaged scholarship around the issue of climate change, Cameron was awarded the UNH Faculty Award of Excellence in Public Service in 2010.

Dr. Wake received a B.Sc. in Geology (1984) from the University of Ottawa, an M.A. in Geography (1987) from Wilfrid Laurier University, and a Ph.D. in Earth Sciences (1993) from the University of New Hampshire.

# BRAVO! OLE! APPLE FESTIVAL 2018 TEAM.

To say that the Apple Festival 2018 Team had a lot of things going against it this year would be an understatement! It didn't have two festival chairs, the full complement of subcommittee chairs and a minimum number of workers to make the festival run smoothly. In addition, it was on a holiday weekend which accounted for the lack of volunteers but it also had to compete against the Sullivan Farm's Apple Festival, the Milford Pumpkin Festival and our own Lull Farm/Brookdale Farm events. Yet this team pulled it off. Before leaving for vacation myself, I assured Nora Lewis, our president, and Kaaren Eastman, our fundraising director, that this team could run this festival in its sleep. I told Nora and Kaaren that this team could run this festival blindfolded and with their hands tied behind their backs! This team did just that! Bravo!

The Robotics Team 1073 and Girls Scout were invaluable to the success of this festival. A special Bravo goes out to them as well as to our publicity chair, Cathy Cast, who extended her reach to get the word out about the festival. Cathy also add sidewalk chalk drawing, library apple stories and she was the "pocket lady."

It has been always an honor and a privilege to work with this team of HWC members who are so dedicated to this festival and to the Club. They work tirelessly, professionally and always with a smile. Bravo!

This team will be meeting at my home to celebrate the success of this festival on Thursday, 11/8/18, at 7:30 pm. Anyone is welcome to join us for a little bubbly and brie!

Adios,

Lori Dwyer (I was in Portugal/Spain at the time of the festival.)

## ACTIVITY GROUP NEWS

We have many Activity Groups. Please check out the website under <http://www.holliswomansclub.org/activity-groups/> to find out a little bit about each and who to contact to get on their email lists.

## SUNSHINE CHAIR



If you are aware of anyone in the Club that is in need of some cheer, please contact Dot Pitman @ 465-7672.

## NEWSLETTER

HWC officers, chairs and members wishing to submit articles to be included in the November HWC newsletter need to submit them no later than November 23th. Every effort will be made to get your articles in as requested. However, due to space limitations articles may be reduce to fit it in. It is hoped to publish on 11/28<sup>th</sup>.

*Lori Dwyer/ HWC Newsletter Editor*



## EVENTS CALENDAR

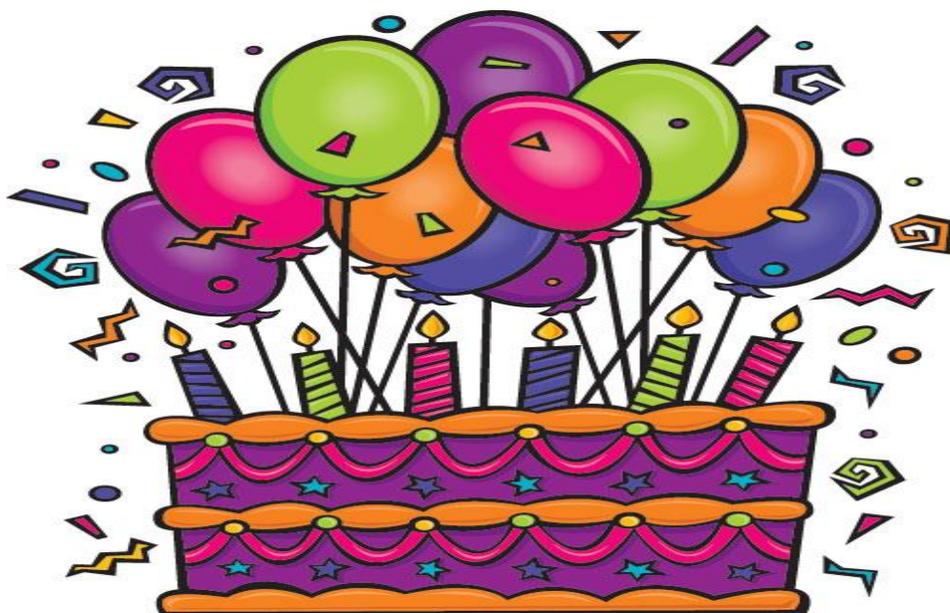
Wednesday, 11/7 – Board Meeting@ Hardy Hall @ 9 am

Wednesday, 11/14 – General Meeting @ Lawrence Barn

11 am Social Gathering/ Brown Bag Lunch

11:45 am Club Meeting

12:30 pm Guest Speaker, Cameron Wake



|       |                   |
|-------|-------------------|
| 11/1  | Lorna Rupert      |
| 11/3  | Judy McCoy        |
| 11/4  | Maria Schmid      |
| 11/14 | Vivian Girard     |
| 11/14 | Catherine Livezey |
| 11/15 | Susan Durham      |
| 11/22 | Eunice Rheame     |
| 11/25 | Mary Codd         |
| 11/30 | Dee Dee Adams     |
| 11/30 | Beckie McCalmont  |

## EVENTS AROUND TOWN:



Please come support local artists including some of our talented HWC members at this wonderful annual event!



### **Free Women's Self Defense Seminar** **Saturday, October 27, 2018, 1:00 PM–3:00 PM**

**Neil Stone's Karate Academy**  
108 Route 13, Brookline, NH 03033  
603-672-8933

#### **Description**

Our seminar will teach you a variety of practical techniques meant to empower you in protecting yourself from different types of assaults. If you have a teenaged daughter, we encourage you to sign her up with you. Learn how to protect yourself and help those around you.

#### **Topics covered:**

- Recognizing and avoiding potential threats
- Basic principles of self-defense and taking control

- Fears, safety, and situational awareness
- Realities of physical assaults
- Attackers and their patterns
- Techniques and strategies to self-defense
- Physical drills and scenarios

**The class is free but sign-up is recommended:**

<https://www.eventbrite.com/e/womens-self-defense-seminar-tickets-51635354736>