

Annisquam Sewing Circle Minutes
October 11, 2016
Deb Bird Presiding

The meeting was called to order at 1:36 p.m.

Treasurer Nancy Martin reported that we have \$11,701.82 bank. She is collecting dues today if you still need to pay.

The minutes from the last meeting were read and accepted without any corrections.

Judy Gustin reported that she will be sending a card to Christine Lundburg, who fell and fractured both wrists. Otherwise, things have been quiet on the "Sunshine" front. Please let Judy know if anyone needs any attention. She also reported that Barbara Campbell suffered a stroke and is at Mass General Hospital.

Gigs Cunningham reported for Membership Chair Annie Sinkinson who is unable attend today's meeting. Gigs proposed Anne Store who live in Chester Square. Anne, who has many talents, is spending more and more time in Squam and wants to get to know more women and take a more active role in the Village. She is an avid knitter for many charitable causes. In fact, Gigs first met her when she donated hats to last year's Christmas Fair. She is also part of Annisquam Historical Society and North Shore Friends. A motion to accept Anne as a new active member was made and unanimously approved.

Finance Chair Mimi Emmons had nothing to report except that she is waiting for money to come in.

Debra Michel had nothing new to report for Publicity

Carolyn Rogers, Scholarship, reported that a check has been mailed to Teegan Seaverans. It's not too early to start telling Annisquam kids know about our scholarship opportunity. Please spread the word.

Suzanne Brown reported that the Tea dates and hostesses are now on the website. There are still few gaps to be filled. Deb Bird also circulated a sign-up sheet. Today's tea hostesses are Sue Willis, Carol Stearns, Ann Mannle and Gigs Cunningham. There was also mention that a sign-up sheet is posted in the Library to sign up for Library teas.

Germaine is on the lookout for allium stalks for Good Neighbor dinner, if you have any.

Gigs Cunningham, who is the Good Neighbor president spent a few minutes telling us about the organization, which provides short-term help with meals, rides, visits, etc. for Squamers who are sick or isolated. In short, the group tires to respond to events that happen in people's lives. They also provide food, coffee and tea for collation services and emergency response for weather-related incidents. Janet Mc Aweeney is the resource coordinator. Three levels of membership - active, supportive and contributing - make it easy to participate as much or as little as you want. Be sure to let either Janet McAweeney or Gigs know when someone needs support; they rely on our help to help others.

Kerry Kempter asked about mailing lists and how to get them so we know when someone is ill or needs help.

Gigs reported that there is a Village Hall mailing list and a new, "Close-to-Home" feature will help people stay informed. There are also links to various Village organizations on the Village Hall website.

Gigs also mentioned that she is careful of privacy and getting permission from family before sending news and updates. Deb Bird suggested that perhaps we can get clearance and she or Judy Gustin can also send updates.

Deb Bird noted that there has been discussion about more sharing and helping one another. With this in mind and winter coming, she suggests introducing one valuable health tip at each meeting. Carolyn Roy shared information about antioxidants and a wheat germ tablet she finds energizes her.

Guest speaker Amy Esborn demonstrated core-strengthening exercises that can be done at home and distributed a handout with illustrations and simple instructions. Amy is a personal trainer who works with people ages 50 to 80+ and does one- on-one training with several people in Squam. Amy also demonstrated various stretches and ways to improve balance. One of her key messages was "The stronger your core, the easier it is to stabilize yourself on uneven surfaces and prevent falls."

Deb Bird reminded us that our first Christmas Fair workshop is October 25th. The November meeting will be a "Christmas Forum" with the goal of mega brainstorming for the Fair...what works, what doesn't work, new ideas, etc.. There will also be tips on how to package gourmet table items because attractive packaging is so important to the presentation of these goodies. She asked that we please really think before the next meeting about how we can make the Christmas Fair even better.

Deb thanked all of today's tea hostesses and asked for a motion to adjourn meeting.

A motion to adjourn was made and accepted.
The meeting was adjourned at

Respectfully submitted,
Vick Bourneuf