



ESTABLISHED 1992

## INTERNATIONAL WOMEN'S CLUB OF NEW ENGLAND

NON-PROFIT • NON-POLITICAL • NON-SECTARIAN

An affiliated member of Welcome Clubs International, Inc.

The aim of the club is to foster friendship and understanding among people of different nations and to support charities that assist women and children.

# NEWSLETTER

Founded in 1992 by Anna Kristina Sawtelle

— VISIT OUR WEBSITE - [WWW.IWCNE.NET](http://WWW.IWCNE.NET) —

Volume 17 / Number 6 / August 23, 2008

## Message from the President

If you've never visited Monehegan Island, you've missed a very special part of Maine. According to a *Down East* poll, it's one of the 7 Wonders of Maine, and I agree with its inclusion on this elite list. My son and his family have been renting a house each year for a week on the island since 2001, and I join them for a few days each year. It's a great getaway from everything, and it offers something for everyone. Of course there are the artists, many of whom have been coming there for decades. There are also a variety of activities from ball games to tea parties. We always go to Church when there, and it's a wonderful service led by a visiting minister, and this year we had the treat of having the choir from the Baptist Church of Thomaston provide lively gospel anthems. Even though we had some terrible storms, we managed to spend Monday on a hike with incredible views. The trip over was rough—not unusual—but my ride back was on a glorious Maine day. I hope all of you will some time make the trip to the island and enjoy a real "taste of Maine".

Another high point of my summer was a two day celebration of a 50<sup>th</sup> wedding anniversary of one of my husband's sisters and husband. The first day was a clambake for 36 Ludgates—a tradition in the family. Held at a nephew's home in New Hampshire, it was a children's paradise, with lots of room for games and a chance for my city grandchildren to see cows, goats, chickens, and rabbits. The second day was an open house for friends and family, and in a summer of rain they had perfect weather for both days.

As I write this, I'm preparing for a reunion of my family and doing a sun dance!

## Next Speaker on September 27

Albert Sciaky has been rescheduled for our September Luncheon at the Nonantum in Kennebunkport. As you may recall from the June Newsletter, Albert has had a fascinating career in international business and will give us some humorous views of the different business protocols he has encountered over the years. We're pleased to be able to reschedule his talk — he was stranded in an airport in Europe when we last heard...

## Today's Speaker



Rachel Lehr,  
Executive Director of Rubia

Rachel is a woman of many talents and interests. She is a New Hampshire artist, photographer, and linguist/scholar. She is a feltmaker, giving lecture-demonstrations, master classes, and teacher/parent workshops in feltmaking.

Rachel is fluent in Afghani and its dialects, and received a Fulbright scholarship for graduate study in Soviet Tajikistan where she met students from Afghanistan. Twenty years later she was contacted by one of these students looking for help for the women in the refugee community. At the time, Rachel was the busy mother of three children and wasn't sure she could take on more responsibilities. However helping the women in Afghanistan was her calling, something she had thought of more than once over the years. Rachel could not turn down the opportunity to help them improve their circumstances and be able to stay home with their children.

This was the beginning of Rubia, a non-profit, non-governmental group that seeks to help relieve the poverty, mental depression, stress of war and widowhood by training women to market their embroidery skills and increase their literacy. The literacy level in Afghanistan is only 5% to 15% and that is primarily men.

For most of the women participating in Rubia, it is their first opportunity to earn money for food, clothing and health needs. They also know that they are preserving a cultural tradition that has passed from mother to daughter for generations.

Rubia's motto is "Mending Afghanistan, Stitch by Stitch."

## Executive Board of Directors 2008

President: Charline Ludgate – USA  
(207) 439-8884 ccludgate@comcast.net

Vice President: Ellen O'Toole – USA/Ireland/Scotland  
(207) 439-3172

Secretary: Anne Gately - USA  
207-337-5488 artannie@maine.rr.com

Treasurer: Priscilla Schwartz – USA  
(207) 361-4097 pswartz@maine.rr.com

Fundraising: Lucille Gentsch – Germany  
(207) 318-7304 Lgandjg@nc.rr.com

Programs: Mary Kinnear - USA  
207-363-4877 mary@kinnear.org

Lunch Coordinator: Regina Godfrey - Poland  
(207) 363-7547 regal207@aol.com

Membership: Karen Hull – Norway/Sweden  
(207) 985-7433 nordic44@roadrunner.com

Activities: Maria Twomey-Thompson – France/Italy  
(207) 282-1054 mtt2006@verizon.net

Publicity: Ellen Sue Farber - USA  
207-646-8666 musicalellen@aol.com

Historian: Rachel Gowen – England  
(603) 431-2568 gowenRR4719@aol.com

Newsletter: Dorothy Healy - USA  
(207) 363-4167 Dorothy.Healy@gmail.com

WCI Liaison: Kristine Slater – Norway/USA  
(603) 427-0322 jorun@comcast.net

IWCNE Founder: Anna Kristina Sawtelle – Sweden  
(207) 361-1508 aksawtelle@aol.com

The date of the next board meeting to be held at the Conference Room at Sentry Hill is September 8 at 9:30am.

Deadline for the September 2008 Newsletter is Monday, September 8, 2008.

The Newsletter will be mailed the week following the Saturday luncheon. If you cannot attend and do not receive your newsletter in the mail, please leave a message for Dorothy Healy at 207-363-4167. Items submitted are subject to editing, due to space.

**Susan Heckaman**  
Financial Advisor - AAMS

**Edward Jones**  
MAKING SENSE OF INVESTING



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P.O. Box 809  
York, ME 03909  
Ofc. 207-363-1640  
Fax 877-678-1667  
www.edwardjones.com

## Pot Luck Dinners

### In Retrospect...

On Sunday, August 10, many of our members met at the home of Donna Peaker Ritzo in Rye, New Hampshire for a pool party and cookout. The Ritzos have a beautiful home and were wonderful hosts. The party was well attended and the food was great. Everyone had a great time. Thanks to Donna and her husband for having the Pot Luck at their home. I even hear some of our members actually swam in the pool. Tastefully submitted, by Ellen Farber

### For Future...

Be sure to call Betty Williams 207-646-5772 for details and to RSVP as soon as possible while there's still room.

- September 17<sup>th</sup> at 6 p.m. Lee Regan Jacks with Karen Stathoplos providing the evening's musical entertainment. \$15 donation from each attendee)
- October 3<sup>rd</sup>. Please note that this is a new date for the Muriel Poulin's Back to Nature Pot Luck picnic lunch.

## Membership Report

### Changes/Corrections

Lucille Gentsch  
1313 Nasturtium Way  
Apex, NC 27539  
919-267-6268  
E-mail: Lgandjg@nc.rr.com  
Lucille cell: 207-318-7304



## Birthdays



### Happy Birthday to Our Members:

September 2 Mary Willcox  
September 3 Polly Baston  
September 9 Cynthia Raymond  
September 20 Lucille Gentsch  
September 24 Sue Clack

Val McGann Gallery  
15 Ocean Avenue  
P.O. Box 1341  
Kennebunkport, Maine 04046



**Marine Paintings and Still Life**  
by Val McGann

207-967-4949 • Toll Free 1-800-383-3167  
valmcgann@aol.com • www.valmcganngallery.com

## IWCNE Activities

**Please note:** We are asking that members give a call to the hostess or facilitator when an event is in someone's home, by no later than the day before for **all** scheduled activities, including **Book Club and Foreign Film Discussion** evenings, so that appropriate arrangements may be made. Also in case of poor driving conditions, we are then able to telephone those expected if it seems best to cancel an event.

### Foreign Film Discussion Evening

(1<sup>st</sup> Monday of the month)

Barb Poulin (Acting coordinator)



Place: The Foreign Film Discussion Group will meet at the Yorkshire Commons Community Room in York. (just off Route 1A).

Date: Monday, September 1, 2008

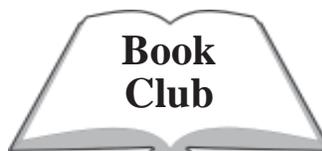
Time: 7pm

Film: *Russian Ark*

Light refreshments will be served. Please call/leave message for Barb Poulin for at 207-363-8731 or cell 207-337-2623 or email: barbpoulin@aol.com for film choices and/or if you plan to attend. All are welcome to bring friends, family, etc.

This film might be of particular interest to members of our IWCNE Book Club who have just finished reading *The Madonnas of Leningrad*. A visually hypnotizing cinematic feat, *Russian Ark* is Aleksandr Sokurov's spellbinding ode to St. Petersburg's State Hermitage Museum. As the photography floats and careens through the lavish corridors of the museum, examining its architectural details while following a dreamlike plot, a cast of 867 actors supplies the action — including The Marquis (Sergey Dreiden), an aged European who acts as the film's charismatic guide.

Warning: this is not a great film, but still worth seeing. One critic says: "Bashing this film for want of a plot is a little like badmouthing Shakespeare because he doesn't have enough chase scenes. I mean, plots are great and all, but they're just one narrative technique among many. And the narrative technique of this movie is unlike anything. How else could you put the audience inside the head of a ghost, who's lost his sense of identity and his place in time, who meanders slowly through Russian history and through the architectural heaven that is the State Hermitage Museum? Many films are described as "dreamlike" but this film is a dream. It's lovely and profound and puzzling in equal measure. A deep knowledge of Russian history or Renaissance painting (neither of which I have) would add a number of delights to this film, I'm certain, but personally I'd feel greedy to ask of anything more from it. And don't call it a gimmick—that single long floating camera take is essential to the mood."



### Book Club

(1<sup>st</sup> Tuesday after club luncheon)  
Around the World with Women

Coordinators: Julie Stathoplos and Anna McGann

Place: Home of Betsy Wilde (207) 646-9994

Date: Tuesday, August 26, 2008

Time: 7 pm

Book: *The Nine: Inside the Secret World of the Supreme Court* by Jeffrey Toobin

Please call hostess if you plan to attend.

Place: Home of Julie Stathoplos (207) 646-3874

Date: Wednesday, October 1, 2008 (*Please note change of day and date.*)

Time: PLEASE NOTE 6 pm

Book: Bring any short reading of your choice-poetry, quotation, whatever

Please call Julie if you plan to attend.

### Les Chanteuses



The chorus will meet Thursday, September 4<sup>th</sup> at 5:30 p.m. at the home of Ellen Farber followed by dinner (optional) Please RSVP to Ellen Farber at 207-646-8666.

### Francophone Gourmet Circle

Date: September 16th at noon.

Place: Janine Kolb, 59 Lewis Rd, Kittery.

Tel: 207-439-5705

Note: Chez moi, ce jour-là il y aura une tombola, car je crois qu'il serait bon de temps en temps de faire une petite donation pour notre Club.

-Merci beaucoup Cynthia pour tout votre beau travail du déjeuner dernier. Comme d'habitude tout était très bon et très élégant.

-Sachez mesdames que je recommence des classes de français à Traip, le 15 septembre, (au cas ou vous voudriez améliorer cette belle langue, téléphonez à Pauli Rine). A la prochaine...



Janine.

## Part II – The Natural Beauty of Naples, Florida!

By Monique Zombeck



**Naples** is surrounded by wildlife and natural beauty: **The Gulf of Mexico** to the west; **Rookery Bay** (National Estuarine Research Reserve) and **Mangrove Islands** to the south; the open span of the western **Everglades**, “River of Grass” (where *Saw grass*, *Sea Oats* and *fields of wildflowers* grow) to the east, on U.S.41E., with **the Big Cypress National Preserve**, **the Fakahatchee Strand Preserve State Park** (not only the *Florida Panther* sanctuary, but also home to over 40 varieties of rare and endangered *Orchids*), **Shark Valley** (with an observation tower, a 15 mile tram and bike loop, is often the last resort for wading birds looking for water at the end of the dry season), **the Collier-Seminole Park** and the **Thousand Islands National Wildlife Refuge**, all mangroves ( with *Tarpon*, *Redfish*, *Grouper* and *Snook* hiding within its growing roots) has a visitor center near **Homestead**, on SR 27, which runs boat tours. Don’t miss the stop on Rt.41 at *the Turner River* where many alligators and birds can be watched. To the northeast, the Audubon society’s **Corkscrew Swamp Sanctuary**, mighty *Bald Cypress swamp*, with its 2.5 mile boardwalk, where the endangered *Wood Stork* is nesting, and a little further up the coast, across the bridge from Fort Myers, on Sanibel Island, a paradise for shell collectors, the **J.N. Ding Darling National Wildlife Refuge**, a bird Sanctuary ,with wildlife trails and a 4 mile wildlife drive that can be explored either

by bicycle, car, or on a little tram. *Clyde Butcher*, the well known Florida Black & white nature photographer has a gallery, in the Everglades, on US. 41E., near the Big Cypress visitor center.

Myriads of birds, migrating down here October to February are a photographer’s delight. The larger birds: Pelicans, Herons, Egrets and Ibises, the pink Roseate Spoonbill, the Wood Stork and the elegant Anhinga, are mostly wading birds (if you are curious about identifying them, go to: [www.yorkcommunitymaine.org/Naples/birds/](http://www.yorkcommunitymaine.org/Naples/birds/) where I put some pictures for you).

The protected *Eagle* is often winning its fight for space with the construction companies.

The endangered *Florida Panther* (similar to a puma), about 50 adults in all, is losing its space to run freely. Last year, by the month of March, six had already been killed by motorists. The unlucky *Alligators* over four feet are now being either removed or killed in the name of people’s safety, except in the National Parks where they are protected. New construction is taking over the Everglades and disturbing the fragile balance of its ecosystem. Marjory Stoneman Douglas who wrote *The Everglades, River of Grass* in 1947 would be much saddened by the fast disappearance of her beloved Everglades. The endangered *Sea Turtles*, mostly *Loggerheads* in Naples, come to nest

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## Part II – The Natural Beauty of Naples, Florida (cont.)

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along our beaches, and starting early summer, coastal residents must keep their lights off at night not to confuse the *Hatchlings*. The large and sweet funny looking *Manatee*, also known as *Sea Cow*, an entirely aquatic mammal, needs waters warmer than 50°F to survive. Because they unfortunately like to forage on seagrass beds near the shore, manatees often get injured and killed by the growing number of careless speedboat owners.

Let's not forget the many spas and fitness centers, the abundant challenging *golf courses* (80 championship ones), the even more, well maintained *tennis courts*, and the many beautiful public *beaches*: **Delnor-Wiggins Pass State Park** (with picnic sites), Vanderbilt Beach (where the TV-Weather camera is), **Barefoot Beach & County Park** (with woodland trails), **Clam Pass Beach Park** (with a complimentary little tram thru the Mangroves), Park Shore beaches (hidden access), Lowdermilk beach (with tables, showers and a snack bar), and on Marco Island: South Beach and Tiger Beach Community Park (barrier island).

A yearly *Wine festival* that this February raised over \$14 million for needy children of the county, helps mostly the agricultural **Immokalee** area, east of Naples, where struggling families and often underpaid Hispanic migrant workers who come to pick the fruit (citrus groves, strawberries) and vegetables (tomatoes) for the whole US market, work and live. Also near Immokalee, **Ave Maria** is both the new Catholic University which opened this year and a new town.

If you are interested about reading more on the Florida of years past, three more books I enjoyed: *A Land Remembered* by Patrick D. Smith; *Charlotte's Story* by Charlotte Arpin Niedhauk, *The Everglades Connection* by Hugo Sims, will give you an idea of the hard daily life of not so long ago.

Living here during the winter months is a lot of fun; yet my husband Martin and I always look forward to returning to **York** and the **Coast of Maine** we love, for summer and fall.

P.S. By the way, “AAA” has an excellent detailed large map of Naples, updated every year (it is hard to keep up with all the new roads and exits).

The Naples Chamber of Commerce ([www.napleschamber.org](http://www.napleschamber.org)) publishes two yearly magazines called “Naples on the gulf” and “Destination Naples” that have at the end a very good detachable small map of

Naples. Try to remember that **Central Avenue** separates the streets and avenues **North** from the avenues and streets **South** which otherwise can be very confusing.

The Chamber of Commerce / Visitor Center is located on US.41 going north, just passed Golden Gate Pkwy.

The AAA is in the shopping center at the N.W. corner of Airport Pulling Rd. and Pine Ridge Rd.




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## We Want to Know

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Please call us if you know of one of our members who is going through a difficult time - illness, loss of a loved one, or any crisis, so we can offer our support.

Carrie Groppe (207-363-1406)

Charline Ludgate (207-439-8884)

Muriel Poulin (207-490-1808)

Betty Williams (207-646-5772)

## July Luncheon at Rudi's



Jeff Donatello did not speak to us today about stress reduction techniques as expected. Instead, he showed slides of his climb up Mt. Kilimanjaro and his trek across the Ngorongoro Crater in Tanzania. Slow, slow say the guides in their native tongue as one proceeds up the mountain. And, after 6 days of climbing Jeff wasn't able to get to the top. It seems that it's not about fitness as Jeff is as fit as they come, but an individual's ability to adjust to the altitude that allows one to reach the summit. Although he didn't make it to the top, he was exuberant about the trip and took many pictures of the scenery and animals he encountered on the mountain and on safari in the Ngorangoro Crater.

Jeff is a charming young man with a good sense of humor. Along with the slides, he shared stories about the people he met. For instance, one guide was having difficulty with the climb and Jeff, who is a chiropractor, was able to relieve the man's pain with daily manipulations. The guide thought this would be his last climb, but after Jeff worked on him he said he felt well enough to continue in his job.



The pictures he showed and the tales he told of needing to drink 3 gallons of water a day in tropical conditions and then experiencing artic conditions on the same climb, confronting Lions, Tigers, Elephants and Monkeys oh my - all very interesting. However, I prefer to experience this adventure vicariously through Jeff's slide presentation as the "real thing" would certainly STRESS me.

Anne Gately

## Ellen Farber's Trip Hungary, Austria, the Czech Republic and Poland

On Monday, June 30th, 2008, myself and the Seacoast Community Chorus of York, Maine realized a 14 day performance trip that took 1 month to rehearse and learn and 9 months to plan. 28 out of 65 members traveled with 17 family and friends. Of the 4 countries all but Vienna has traces of being a war torn city first from the Germans and then by the Russians. They are all rich in tradition spotted with Gypsies, vampires, knights and dragons and covered with huge cathedrals and castles. Budapest and Prague have a large Jewish Quarter and of course Warsaw the infamous Warsaw Ghetto. These were enforced walled streets around the synagogue to retain the Jewish population. The square in most of these towns is an open area with shops, street musicians and outdoor cafes. Beer and wine are consumed daily in vast amounts. Many of the areas have vineyards and wineries. Most of our traveling occurred on trains and busses to get from one country to another. This gave us the true flavor of traveling in Europe. Our currency ranged from Euros to Kronen and then Zloty.

Vienna was thoroughly charming and seemed to cooperate during the Auchluss and remined relatively unscathed. There is an opportunity to go to concerts galore everywhere especially in Vienna. In Vienna, we visited the famous Hotel Sacher for lunch in the grand style of the Ritz with the famous Sacher Torte for dessert. This area is definitely an eating and drinking experience as well as an historical wonder. Prague being 98% populated by students is the most cosmopolitan and 21st century in advancement. It seems this area is trying hard to rebuild and forget its war torn foreign occupied past of which they are not proud of. In Austria, we revisited the history of the Austro-Hungarian Empire, Maria Theresa, the matriarch and empress, who ruled this area before the Germans, Russians, and American involvements in the First World War and the assassination of Archduke King Ferdinand. In Budapest and Vienna, we traveled along th Danube River and of course they constantly played the Blue Danube Waltz by Strauss. In Prague, it was the Moldau River which inspired Le Moleau by Smetna, which became Hatikva, the Israeli National Anthem.

As musical ambassadors to Europe, we sang in Cathedrals in all the countries, which were preplanned concerts by the travel agent, who accompanied us there. We also sang informally in gardens and restaurants. We visited the Salt

*(cont. on back of newsletter)*

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## IWCNE Luncheon Registration Form

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International Women's Club of New England  
**September 27, 2008**

NAME (S): \_\_\_\_\_

**The Nonantum Inn**  
**95 Ocean Avenue • Kennebunkport, Maine**  
**207-967-4050**

**Deadline: September 17, 2008**

RSVP: Please send your check for **\$20.00** per person to  
Regina Godfrey, 22 Bluestone Lane, York, ME 03909 or call 207-363-7547  
Pre-registration only. No refunds. Send someone else in your place.

**Luncheon Menu**  
Nonantum Vegetable Soup  
Chef Cindy's Chicken Salad Plate  
Brownie Sundae  
Coffee or Tea



### **International Women's Club of New England Program for September 27th, 2008**

11:00 a.m. Registration (Coffee available)

11:30 a.m. Business Meeting

12:00 noon Luncheon

1:00 p.m. Speaker

Directions: Take Route 9 East from Route 1 just past the "Maine Diner" and follow signs for "Shore Route – Kennebunkport". Go 4 miles and cross the small bridge into Kennebunkport and Dock Square. Take a right in Dock Square at the center pillar onto Ocean Avenue. The Nonantum Resort is 0.7 miles on the RIGHT. Parking is either on your left (across the street from the resort) or in our Portside parking lot on the Right.



# IWCNE - September 2008 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> International Film Discussion Evening Yorkshire Commons 7 pm	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Board Meeting Sentry Hill, York 9:30 am Deadline for newsletter	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Garden Party 3:00 - 5:00 pm Strawbery Banke	<b>15</b>	<b>16</b> Francophone Gourmet Circle Noon	<b>17</b> Pot Luck at Regan-Jacks Deadline for Luncheon Signup/Payment	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Luncheon The Nonantum Inn Kennebunkport, ME 11 am
<b>28</b>	<b>29</b>	<b>30</b>	<p><b>Save the Dates:</b></p> <ul style="list-style-type: none"> <li>• October 1<sup>st</sup> Book Club at Julie Stathoplos</li> <li>• October 3<sup>rd</sup> (Revised Date) Muriel Poulin's Back-to-Nature Pot Luck</li> <li>• November 8<sup>th</sup> Holiday Fair at York Middle School</li> </ul>			

International Women's Club of New England  
P.O. Box 351  
Cape Neddick, Maine 03902



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## Ellen Farber's Trip Hungary, Austria, the Czech Republic and Poland (cont.)

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Mines in Krakow, Poland. This is an incredibly healthy place, 2000 feet underground. People with upper respiratory diseases and asthma go to spas there, Church services - church is carved out of salt, and functions there. We sang in the Salt mine Church as well. The acoustics were incredible.

Lastly, we visited Auschwitz Concentration Camp and Birkenau Crematorium.. This was a very humbling, unforgettable scene to see one of the most shameful, inhuman, abominable occurrences in history. This was an extremely bonding experience as well, with much sadness and tears. It truly makes you appreciate your home here in the U. S. And, as we felt extremely blessed to have visited these extraordinary countries, the experience of singing there merely elevated the richness of the experience. And as we tapped our shoes together 3X and said -THERE'S NO PLACE LIKE HOME-

we found ourselves miraculously home safe and sound on July 14th, wondering if it was a dream and part nightmare. Our pictures and sharing of stories reinforced the fact we really were away, but at times we had to literally pinch ourselves to see if it were real. The ravages and horrible treatment in Europe over the centuries to humanity is a lesson to be learned. We go to our blessed America the Beautiful vowing never again.

Respectfully submitted by  
Ellen Farber