



“Together WE Can Grow a Better Community.”

Visit us on the web at: dancing-trees.org

Email us at: dt@dancing-trees.org

DancingTrees is Committed To:

- **Children**
- **Animals**
- **Environment**

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“Charity is a Wonderful Thing for Your Soul!”

Volunteering

Find a cause you feel passionate about; poverty, animal welfare, children, education, hunger, discrimination, green living, etc. Next, call around, you will be amazed how many opportunities there are to volunteer.

- DancingTrees: monthly there are a broad range of opportunities to help with all of the above.
- Elementary Schools: many look for volunteers.
- Food Pantries and Food-Banks: need volunteers daily.

A great web site for local charities is: <http://www.charity-charities.org/charities/me.html>

Animal Corner by Ali Kiger, Vice President
The Side Effects of Volunteering Locally

Like many of you, I support select charities and can never say, “no” to a friend or a coworker with a cause they believe in. Although, I never really know where my money is actually going. Sure, I receive a thank you card, and a magazine from one charity but I don’t get to see first hand those that are affected by my donation and isn’t that what it really is about? A little over a year ago, I started donating plasma and platelets as I had the right blood for it (lots o’ iron). There are plenty of posters with statistics stating how much the nation uses versus how little it receives. Although I was thanked profusely for my time in the “chair”, it was the fact I could actually see what I was donating and knew what was going to happen to my donation that made it connect for me. Along the same lines, there was the “Christmas is for Everyone Project” this year. I did not have money to donate but I had time to give and a beginners knowledge crocheting. While I never saw the people I shopped for or made scarves for, I knew they would appreciate it and for that matter, I knew DancingTrees appreciated all the time and effort. In the past few months, I have started volunteering as a “dog walker” and a “cat play-wither” at Harvest Hills Animal Shelter in Fryeburg. So far, this has been the most rewarding of them all. While I do understand the argument some have believing they couldn’t help at a shelter and come home empty handed, I feel the time I spend with the animals is worth a bit of sadness I feel for their place in life. The best thing about the shelter is, the animals do not care if you have hours or just a few minutes to spend with them...they are just happy to see a smiling face and a hand that wants to pat them or throw a ball for them. It felt good knowing I was doing something for the animals, but I did not truly understand how much they were doing for me until the last time I volunteered. I did not have much time to give so I figured I would walk a dog or two, starting with my favorite, Clarice of course! I walked past the wall of all the pictures of success stories to the counter and signed-in. Then, I headed towards Clarice’s ken-

nel only to find it empty. I knew what happened...she had been adopted! I was supposed to feel over-joyed right? Isn’t that what shelters strives for? I found myself saddened by the thought our short lived friendship was over and I was never going to see Clarice again. What made me smile though, was knowing I had made her time at the shelter better...even if just a little bit and knew soon I would walk in to see her picture among the wall of success stories curled up in her new bed or being hugged by her new owner.

Charity is a wonderful thing, not only for those you help but for your own soul. Volunteering locally allows you to connect what you are doing with who you are helping; it seems more real and more rewarding. It has been my experience, the best charity out there is one that affects you far more than you ever thought it could. That feeling is better than any thank you card there is.



Bread for Balance
 By the Standish Inquisition Baking Co.

Making bread saves an average of 50% compared to store pricing. To save time, knead dough in the morning and put it in the refrigerator while at work. When you get home, shape loaf and put it in a pan. While waiting (1) hour for dough to rise (to the top of the pan), make and eat dinner. Bake it before bed and it will be ready for sandwiches the next day! 1 1/2 cups all purpose flour, 2 cups whole wheat flour, 1/13 cups lukewarm water, 1/4 cup vegetable oil, 2 1/2 teaspoons instant yeast (or 1 packet active dry yeast dissolved in 2 tablespoons water), 1/4 cup of honey, molasses, or maple syrup, 1/4 cup nonfat dried milk powder, 1 1/4 teaspoons salt. Combine and stir all ingredients until smooth. Form dough into ball. Oil your hands and work surface, knead until pliable (approx. 6 min.). Transfer ball into a greased bowl, cover w/ plastic wrap, and set to rise for (1) hour at room temp. (or several hours in fridge). Take dough out of bowl, shape into an 8" log, and place in lightly greased 8 1/2x4 1/2-inch loaf pan, cover with plastic wrap, and let rise until crowned 1" inch over top of pan. Bake at 350 for 40 min. Tent with aluminum foil if it browns too quickly. Enjoy!

Quote of the Month

"But look back, all the time is boring. Excitement lies in tomorrow."
 -Natalia Makarova

Word of the Day: Probity

Honesty; integrity; incorruptibility. Has nothing to do with probability or wills.

From the Secretary's Desk
 Nicky Howell



St. Patrick's Day Factoids

- Blue not green was the original color long-associated with St. Patrick.
- Boston, MA hosted the first civic and public celebration of St. Patrick's Day in the colonies on March 17, 1737.
- Chicago dyes its river green and has done so since 1961.
- The Canadian City of Montreal has the longest continually running St. Patrick's Day parade in North America since 1824. source: Wikipedia

Donation Dollars at Work

Current and Upcoming Events...Save these dates and join in the fun!

Food Drive at Food City
 Pondicherry Square, Bridgton

Two great opportunities to help fill a truck for your local food pantry!

03/27/09, Friday, 3-6 p.m. and 03/28/09, Saturday, 12- 4 p.m. Powdered milk, an essential we all forget at food drives. Also, rice is inexpensive and used in numerous meals. Please no PEANUT BUTTER. See you there!

Spring Cleaning on the Saco River

On 06/13/09-06/14/09. Bring your canoes and kayaks to help clean the Saco River. DancingTrees is working cooperatively with the Saco River Cleanup organization. To be a part of the DancingTrees' team, contact Jacki. To make camping arrangements, contact Michelle Broyer at sacorivercleanup@yahoo.

Ongoing Events...Our Friends of Fur and People need our Help Now!

Lets Fill the Boxes! Deliver you non-perishable food and pet care donations to any of these drop off sites :

Jacki and Tim Kennagh's

409 Halls Pond Road,
 South Paris

The Magic Lantern Movie Theater

9 Depot Street,
 Bridgton

Raven Merrill and Peter

Morton's 68 Prospect Street,
 South Paris



Oxford Hills Food Pantry

Needs: Powdered Milk, Canned Goods, Pasta, & Toilet Paper

Responsible Pet Care of

Oxford Hills Needs:

- Bleach, Paper Towels, Cat Food, & Cat Litter

Harvest Hills Animal Shelter, Inc. 207-935-4358

They are always looking for volunteers to walk dogs and play with cats.

Did You Know?

By Jacki Kennagh, E.D.

- **14 plastic bags** contain enough petroleum to drive a car a mile.
- **380 billion plastic bags** or wraps are thrown away in America each year.
- Making a paper bag emits 70% **more global warming gases** than making a plastic bag.
- **paper bags** biodegrade in landfills due to a lack of oxygen.
- **17 cents per bag** in disposal costs, wasting millions of tax dollars.

Source: [lBagataTime.com](http://BagataTime.com)