

## **SAMPLE PRESS RELEASE**

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### **State News: NJSFWC Clubs offer Girls' Career Institute (GCI)**

Girls' Career Institute (GCI) is a program offered by the New Jersey State Federation of Women's Clubs (NJSFWC) of GFWC (General Federation of Women's Clubs) for teen-age girls completing their junior year of high school. This program helps young women by sponsoring a four-day mini-college experience with career options for their future, presented by competent professionals.

The program, which began in 1947 and is held at Douglass Residential College at Rutgers University, will be held June 3 – 6, 2019. This year's theme is "Discover Your Uniqueness," and there will be many speakers delivering career presentations for our 73<sup>rd</sup> year. Learning about career options is a key component of GCI.

Delegates were sponsored and the cost was underwritten by local NJSFWC Clubs or individuals. Delegates were selected on the basis of interest, community service and participation in school activities. They will experience a sample of college life by living in a dorm, eating in the cafeteria and attending lectures and workshops. They will learn about career choices and how to network with other delegates from all over the state of New Jersey. During free time, there are organized activities, such as swimming, Zumba, crafts, a major service project and after dinner programs. The after-dinner activities are a talent show and "spirit night."

The New Jersey State Federation of Women's Clubs (NJSFWC) of GFWC, was founded in 1894 and has been headquartered on the Douglass Residential Campus, formerly Douglass College in New Brunswick since 1966. The Federation is a member of the General Federation of Women's Clubs, the oldest and largest nonpartisan, nondenominational women's volunteer service organization in the world. Log on to NJSFWC.org for membership information and to learn about the opportunities provided to women in education, leadership training and community service through participation in local clubs, enabling members to make a difference in the lives of others, one project at a time.

For more information about the local woman's club or its projects, please contact \_\_\_\_\_ at \_\_\_\_\_; to learn about the NJSFWC, visit the Federation website at [www.njsfwc.org](http://www.njsfwc.org) or call (732) 249-5474/5485.

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