

NJSFWC of GFWC  
Jane Mackesy  
[mackesy@njsfwc.org](mailto:mackesy@njsfwc.org)  
8 Hillside Avenue  
Kearny, NJ 07032  
201-991-3783

## **Let Our Voices Soar**

### **ADVOCATES FOR CHILDREN**

#### **JUNE 2020 BULLETIN**

Hello All,

I hope that you are all well. I am excited to be the 2020-2022, NJSFWC Advocates for Children CSP Chairman. I am a member of the Evening Membership Department of the Woman's Club of Arlington. I look forward to working with my NJ Federation Sisters on projects that advocate for youth, and support children all over the world.

I recently heard a clubwoman say that she used to crochet purple hats, but since "we're not doing that project anymore, I haven't done them". Well guess what! We are still supporting our past State Projects.. In fact our last Special State Project CASA of NJ falls under the umbrella of the Advocates for Children CSP. Speaking of umbrellas, EMBRELLA- our Day of Service project from last year is also an Advocates for Children project. So if you want to support those projects, please do.

Some of our volunteer work will look different in this COVID19 time, however, I have seen how creative many of you have been in being of service in lock down, and while social distancing.

As you plan your Summer Activities, you can adapt what you have done before, or look for new opportunities. Back to School collections are a popular project. You may have to find new ways to distribute items, since we are still not sure what back to school will look like this year. Contact your local School Nurses and School Counselors to see what is needed. One possibility, if students in your school district wear uniforms, is a uniform exchange. Think about all of those kids who have grown out of their uniforms while in quarantine! Again, you may have to be creative in how this is done while social distancing. Consider teaming up with your local PTA/PTO.

If you have suggestions for projects, please don't hesitate to email me.

Have a great, safe Summer!

New Jersey State Federation of Women's Clubs of GFWC

Jan Hanson, President  
"Let Our Voices Soar"  
Lynn Webb  
Arts and Culture Chairman  
[webb@NJSFWC.org](mailto:webb@NJSFWC.org)

This chairman's name is Lynn Webb and she looks forward to journey and explore Arts and Culture with you. Please contact her at [webb@njsfwc.org](mailto:webb@njsfwc.org) with any ideas that would encourage clubs to be creative and learn about arts and culture.

Clubs have been making masks throughout the state for our hospitals, essential workers, and families. This chairman would like to continue making masks for children and adults since she found needs in New Jersey on this website: <https://www.deaconess.com/How-to-make-a-Face-Mask/Mask-Donations>

There has been an elastic shortage for months and clubwomen have found their handmade quilt binding to use on masks. Missouri Star Quilting has a tutorial on how to use the binding: <https://www.missouriqltco.com/msqc/tutorial/DIY-face-mask>

This chairman has used 10 x 10 squares to avoid wasting fabric. She discovered the extra fabric would be sewn together for half of another mask. Try designing your own masks and submit the best one on Achievement Day.

Report your efforts to your Arts and Culture District Chairman by December 2020. How many children and adult masks made and where were they delivered? NJSFWC makes a difference in our community!



## OPERATION CHRISTMAS STOCKING 2020

We are again teaming up with Operation Yellow Ribbon!

Operation Yellow Ribbon is a 501(c)(3) non-profit organization staffed by dedicated volunteers. They support all military personnel serving in the Middle East, including Iraq and Afghanistan and those supporting Operation Enduring Freedom and Operation Inherit Resolve.

### FILL A STOCKING

Items that are very much appreciated are listed below. Please fill the stocking to the top and securely close (slip stitch or safety pin the top) to keep items from falling out during shipping.

**Please do not include any chocolates (they melt) or products containing alcohol.**

Stockings should be gender neutral. Include a list of all items in the stocking for reporting purposes. If including specialty items for women, please indicate this with a separate note so that they can be grouped together for shipping.

**Enclose \$2.00 with each stocking in an envelope pinned to the outside**

This helps Operation Yellow Ribbon South Jersey defray the shipping costs to the Middle East.

### MAKE A DONATION

If you or your club prefers to donate a monetary contribution, any amount is deeply appreciated. Checks should be made payable to NJSFWC and earmarked "Operation Christmas Stocking" and mailed to NJSFWC Headquarters (55 Labor Center Way, New Brunswick, NJ 08901).

Dates to deliver the stockings to Headquarters will be published in the September ALMANAC, thru an E-Connection and on the NJSFWC website.

If there are any questions, please contact the Civic Engagement and Outreach Community Service Program Chairman, Gail D. Kovacs-Felici at [kovacsfelici@njsfwc.org](mailto:kovacsfelici@njsfwc.org) or 201-599-1991.

**Please help us collect and send these items below!**

**\*\*No Soup Cans/Magazines/Books/Hotel toiletries/Chocolates\*\***

**\*\*\*NO ALCOHOL OR PRODUCTS CONTAINING ALCOHOL\*\*\***

**\*\*No shaving creams, gels or sprays as they are restricted depending on the country \*\***

**Items Requested and Appreciated:**

- Tasty Kakes
- Protein Powder
- 5 Hour Energy Drink Products
- Mio Liquid Water Enhancer
- Rice Crispy treats
- Bagged tuna and chicken (tear-open pouches)
- Chewing gum/candy suckers etc.
- Dry roasted peanuts/mixed nuts
- Potato chips in cylinder or can
- Trail Mix
- Dried fruit
- Beef Jerky
- Baby powder
- Baby wipes
- Toothbrushes/Toothpaste
- Visine or Saline eye drops
- Chapstick
- Crystal Light Drink Mix Individual Packets
- Powdered drink mix (Gatorade, etc.)
- Puffs/Kleenex
- Hand sanitizer
- Sudoku/Puzzle/crossword books
- Foot powder
- Sunscreen (lotion only, no sprays/gels)
- Skittles
- Swedish Fish
- Twizzlers
- Breakfast Bars
- Slim Jim's
- Ground Coffee
- Tea
- Pumpkin Seeds
- Sunflower Seeds
- Deodorant (sticks only, no sprays/gels)

**Specialty Items for Women:**

- Shampoo & Conditioner
- Moisturizing Bath Soap
- Ladies Deodorant (Sticks only)
- Body Lotion
- Emery Boards
- Small Hand Mirrors
- Shower Sponges/Loofahs
- Body Wash
- Q-Tips
- Female Hygiene Products

# New Jersey State Federation of Women's Clubs of GFWC

Jan Hanson, President

*Let Our Voices Soar*

JUNE 2020 COMMUNICATIONS BULLETIN

Carole Speechley, Chairman

Welcome to the 2020-2022 NJSFWC Administration! What an exciting time to be involved in communications for our clubs. Jan Hanson, NJSFWC President, has all the chairmen setting goals for their area, but she has set a big Communications goal for our clubs – ***Let Our Voices Soar!***

I'm looking forward to sharing ways you can make your club's voice soar and hope that you will share ways that worked for your club with this chairman. Together we will meet the challenge.

## **Communications should be part of everything your club does**

When thinking about Communications, remember you have two important responsibilities: internal club communications and external community communication. Any and everything your club does can be used to make your club better known in your community and bring potential members to your activities. Keeping your members informed and making them feel needed is equally important.

Articles in the local newspaper are a wonderful way to get your club known, but it's not always easy to get everything you want published. Having a website and using Facebook gives you a place to publicize everything. Many of our clubs already have a presence on Facebook and make regular posts. **This Chairman's goal is that by the end of this administration there will be at least 100 Clubs with Facebook pages and/or websites used to publicize their service projects and promote membership and community involvement.**

## **Here's a good summer project**

This project is one of the top 10 projects reported to GFWC from the 2019 club reports:

*"Every September, the **Hammonton Woman's Civic Club** mails a welcome back letter to current members and any prospective members, and to former members to invite them back. The letter reviews projects completed and upcoming events planned. It includes an invitation to their welcome back dinner, sponsored by the club, to encourage membership. Their GCI Candidate and mother are also invited to this event. Seven members were gained from this in 2019. "*

**This year a welcome back letter might be even more welcoming than normal.** With the isolation of COVID-19 social distancing, prospective members may be looking for a connection outside their home and your club might offer just what they're looking for. And with so many cancelled meetings and activities, members will love getting it. Summer's a good time to work on this letter, possibly with different versions for the different groups of recipients, current, past and prospective members.

**It's the start of a new club year. Let it be a year where our voices soar.**

Joyce Fredericks  
2238 Sierra View Drive, Blakeslee, PA 18610  
570-646-5686  
fredericks@njsfwc.org

## GFWC SIGNATURE PROJECT: DOMESTIC VIOLENCE AWARENESS AND PREVENTION

### JUNE COUNCIL BULLETIN

I am excited to announce that the GF Domestic Violence Survivor Scholarship is now going to be on the NJSFVC Continuing Funds Form. This will be the emphasis area for Domestic Violence. Clubs can think about doing a fundraiser to benefit it or give funds when they allocate their yearend contributions. Awareness of it is important and it will help a Domestic Violence survivor to start a new life.

**Heads up:** Collection of colorful socks for children and women in shelters in the future to go to EACH SHELTER in EACH DISTRICT. So, when we are finally out and about, think to pick up some colorful socks. More information to follow.

**New Jersey State Federation of Women's Clubs of GFWC**  
**Jan Hanson,**  
**Let Our Voices Soar**  
**June 2020**

**EDUCATION and LIBRARIES COMMUNITY SERVICE PROGRAM**

**Chairman (Liberty)**

750 Passaic Avenue, Kearny NJ 07032

**ESO Chairman (Liberty)**

15 Oakwood Avenue, Glen Ridge, NJ 07029

**Spelling Bee Chairman (Palisades)**

314 Columbus Avenue, Hasbrouck Heights, NJ 07604

**Brandi-Leigh Miller**

202-210-4488, miller@njsfwc.org

**Pat Trainor**

973-444-3843, pattee217@aol.com

**Jennifer Tsigaras**

201-919-9136 or jbrechtbil@aol.com

**Education and Libraries – GFWC has given this area of service a new name but it will only strengthen our commitment to projects around educational institutions, promoting literacy, libraries and opportunities for learning.**

**Are you an avid summer reader? Lately have you found more time available for reading? Have you joined ESO?**

Epsilon Sigma Omicron (ESO) is an honorary educational society open to all GFWC federated club members. Over 60 years ago, the ESO program became a permanent part of the GFWC Education Department. Through ESP, clubwomen are given direction in planned reading for self-enrichment and personal growth. Many GFWC clubwomen have profited from this unique self-improvement program, seen as vital by the members it directly benefits.

Members can participate in ESO as part of a reading group or on their own. The program provides membership, awards and certificates, pins, reading lists, and a framework in which to pursue continued self-improvement through reading. Many clubs combine club programming with ESO related activities, such as reading awareness and book promotion.

This Chairman is especially passionate about projects and initiatives around literacy and learning and wishes to **issue a reading challenge to encourage increased reading among members.**

- Each NJ clubwoman who joins or renews her ESO participation in 2020 and submits reports to reach at least the ESO “Member” level or who advances to a higher ESO level this year will be eligible to win a summer reading themed gift basket to be awarded at the 2021 NJSFWC annual convention. (This will be a personal token of recognition and separate from any official ESO pins and certificates awarded.)

As you complete your leisurely summer reading, please take the time to write up a short report and submit it to our ESO chairman Pat Trainor. In an effort to go paperless, you may now submit your ESO reports online through this Google Form: <https://tinyurl.com/NJSFWCESO>

ESO Handbook: <https://www.gfwc.org/wp-content/uploads/2020/04/ESO-Handbook-FINAL.pdf>

ESO Book Reading List: <https://www.gfwc.org/wp-content/uploads/2018/08/ESO-Reading-List-2018-2020.docx>

New Jersey State Federation of Women's Clubs  
President Jan Hanson  
Environment Chairman Dawn Pogosaew  
Email: pogosaew@NJSFWC.org  
June 2020

While our society is recovering from the devastating impact of the Covid19 pandemic, we can still make a tremendous contribution to protect our environment. Now more than ever, environmental organizations need your help. Below is a link to a list of organizations throughout New Jersey that are dedicated to the protection and preservation of our State that may be able to use your help. Many of these organizations will have a "wish list" of items that they may need. Consider donating an item on their list or helping out on a project. Don't forget to check your local municipalities and environmental organizations too.

[www.njenvironment.org/environmentallinks.html](http://www.njenvironment.org/environmentallinks.html)

### **Plant Pollinators**

Consider planting a native New Jersey pollinator friendly plant. Our State butterfly, the black swallowtail relies on *Zizia aurea* (Golden Alexander), but any plant in the carrot family will do, such as fennel, parsley or dill. Be sure to provide a nectar source as well. A container filled with colorful annuals such as zinnia, petunia, and verbena will attract many thirsty pollinators.

**NABA** (The North American Butterfly Association) **has a butterfly count project on July 4<sup>th</sup> 2020.** Visit [www.naba.org](http://www.naba.org) and go to the Butterfly Count Program for information. This is a great way to learn about our butterflies, become a citizen scientist, and help collect crucial data needed for conservation. Make sure to document and share your day with us!

A few other environmentally friendly ideas to try this summer:

-consider reading a book about the environment: *Bringing Home Nature* by Douglas W, Tallamy, *The Last Butterflies* by Nick Haddad, and *Braiding Sweetgrass* by Robin Wall Kimmerer.

-skip the supermarkets and buy from local producers. By purchasing vegetables directly from the grower or your local farmers market, you greatly reduce your carbon foot print. Many farms now have CSA programs (community-supported agriculture). Consider joining one and split the weekly veggies with a friend. Or better yet grow your own.

-if you do go to the supermarket, bring your own reusable bags (make sure they are washable).

-go for a walk every nice day even if it is for a few minutes! If you venture out and visit a local park, or beach, make sure to bring a plastic bag and gloves with you to collect any garbage you may encounter.

-Consider holding small meetings outdoors.

-Use stainless steel reusable water bottles-or reusable coffee mug (fill a thermos with extra water or coffee and skip refilling it at a store) - get into the habit of bringing them with you whenever you leave the house.

Get outside and enjoy the summer!

# BULLETIN - JUNE 2020

Maribeth Hugelmeyer, Historian  
406 Douglas Avenue, Avenel, NJ 07001  
Phone: 732-634-5165                      Email: [mhugelmeyer60@gmail.com](mailto:mhugelmeyer60@gmail.com)

Most clubs do not meet during the summer months other than perhaps socially, and we probably will not be doing much of that this summer. So, it is a good time for a stay-at-home project! If your club does not have a Club Historian, perhaps one could be appointed by your President. Collecting and maintaining your HISTORY is important. "WHRC Guidelines for Writing Club Histories" is available from the GFWC Materials Center. ([www.gfwc.org](http://www.gfwc.org)) Here are a few ideas:

- Write your club history- include things that your club has done, like-
  - the history of your community's library founded by your club
  - history of your clubhouse built specifically for club members
  - special fundraising projects that benefited your community
  - recognition of your club by local government
  - Club "Milestone" Anniversaries

If your club already has an Historian, then perhaps it is a good time to update all your records and scrapbooks.

- The GFWC website has several ideas and interesting information on projects your club can do.
  - Browse the WHRC Newsletter (quarterly at [www.gfwc.org/news-publications/whrc-newsletter/](http://www.gfwc.org/news-publications/whrc-newsletter/)).
  - Send publications about women's history and/or volunteers to WHRC.
  - Create a club oral history. Consult the GFWC website ([www.gfwc.org](http://www.gfwc.org)) under WHRC and download the Guidelines for an Oral History Book Project.

Please email me ([mhugelmeyer60@gmail.com](mailto:mhugelmeyer60@gmail.com)) and tell about your Historical Summer Project! Remember to include this information in your Reporting for 2020.

SPECIAL STATE PROJECT JUNE BULLETIN 2020

Patricia Dahl, Chairman

576 Dew Court

Blackwood, NJ 08012-1433

Tel: 856-227-0659

Email: [dahl@njsfwc.org](mailto:dahl@njsfwc.org)

**“Let Our Voices Soar”**

\*Operation Chillout: The first project they need our help with is their summer collection. With everything happening with the Coronavirus, we can't go out and purchase items so go on their website, [www.operationchillout.org](http://www.operationchillout.org) where they have a registry for donations. They have made a deal with ShopRite and Amazon to purchase water, t-shirts and baseball caps at cost. All items cost \$10.00. This project runs from Memorial Day to Labor Day. When you go to make a donation be sure to **PUT YOUR CLUB NAME IN THE BUSINESS LINE AND IN THE NOTES SECTION!!!** If you forget PLEASE send me an email so I will have a record of your donation.

\*Also, we would like the clubs to make little note cards that will accompany the items on the gift registry. They **MUST** be small, the size of a business card. **No Envelopes!** These cards need to fit into their pockets which aren't very big. They will not only go to Homeless Veterans but all homeless in need. Consider **making** these notes. They could be red, white and blue. **Be creative.** Put expressions like “Thinking of You”. PLEASE make them very generic. No religious comments of any kind.

They can be mailed to Operation Chillout, P.O. Box 353, Long Valley, NJ 07853 or you can call Col. Ted Sattur for pick up. 973-868-0453

\*We are trying something **new** this administration with the Special State Project, Operation Chillout. We are going to make a Scrapbook of all club, district and state projects for the end of the two years to give to Operation Chillout as a memento to keep, which will also have the final totals. **More details will follow** but for the time being please take pictures and keep track of donations, cards, fundraisers, etc. that you do for the Special State Project. We will be putting every club in a plastic sleeve to be put into a binder with a district page in front of all the clubs in that district.

\*We will be having a workshop at Headquarters on Tuesday, July 28<sup>th</sup> from 10-12. You will need to register with Headquarters as seating will be limited. So please save the date. The phone number for Headquarters is: **732-249-5474**

\*If you want a speaker for your club, please contact Col. Ted Sattur at 973-868-0453

Please check our website, [NJSFWC.org](http://NJSFWC.org) for updates.