

NJSFWC of GFWC
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Let Our Voices Soar

ADVOCATES FOR CHILDREN

JANUARY 2021 BULLETIN

I hope that you are all staying well. At this point many of you have completed, or are in the middle of writing your Reports. I look forward to reading about the amazing work that you have done, even in the midst of a Pandemic.

As we move further into the winter, still hunkered down in our homes, some of you may be able to spend time helping to keep others warm, by crocheting or knitting hats, scarves, etc., for a variety of local Children's Charities.

Check with your local Food Pantry, they may be able to distribute the items right in your hometown. You may also want to make blankets to support Project Linus.

Below is information from the **Project Linus** website <https://www.projectlinus.org>.

The demand for blankets always exists and their chapter coordinators welcome finished blanket donations. However, your local chapter coordinator may need a particular blanket type more than others. You are highly encouraged to contact your local coordinator first to see what finished blanket types for which they have the greatest need.

In addition to finished blankets, our coordinators may also need other items. For example, at chapter blanket making events there may be a need for fabrics, batting, thread, and other items.

If you would like to donate something that can help your local chapter besides finished blankets, please contact your local chapter coordinator to see what supplies they need.

**Burlington, Hunterdon, Mercer,
Monmouth, Ocean, Somerset, &
Warren Counties**

Contact: Cynthia R
(609) 575-2001

**Camden, Atlantic, & Cape May
Counties**

Contact: Leah K
(856) 473-5454

**Cumberland, Gloucester, &
Salem Counties**

Contact: Rakshan M
(856) 432-2484
(856) 432-2484

Chapter Assistant Aarsa

North New Jersey

*Serving Bergen, Hudson, Morris,
Passaic, & Sussex Counties*

Contact: Leslie M
(201) 391-0102

Union & Middlesex

Contact: Bonnie H
(732) 580-9512
Chapter Assistant Emily
(908) 276-236

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

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

There is an opportunity for your club to plan for Youth Art Month in March, 2021. What will your club do for children to encourage their imagination and creativity? Will you be able to make a display at the library?

Included is a proclamation you can complete and give it to your municipal county clerk for Art Youth Month. Your mayor can state the proclamation in March. This can promote your club in the community.

YOUTH ART MONTH PROCLAMATION MARCH 2021

Sample Proclamation

Whereas we all have a responsibility as individuals, neighbors, community members and citizens of (**City/Town**) to encourage art education to all elementary, middle, and secondary students by:

- Developing students' creative, problem solving and critical thinking abilities
- Teaching sensitivity to beauty, order and other expressive qualities;
- Giving students a deeper understanding of multicultural values and beliefs;
- Creating a virtual space for children to view and appreciate art and culture;
- Reinforcing and bringing to life what students learn in other subjects;

Whereas the benefits of art education form the basis of "World Class Standards" developed by the U.S. Department of Education, the National Endowment for the Arts and the Council for Art Education;

Whereas our National leaders have acknowledged the necessity of including art experiences in all students' education, and;

Whereas **the Woman's Club of ABC (add a sentence about what your club does for Youth Art Month)**; now, therefore, be it

Resolved, that support should be given to art teachers as they attempt to strengthen art education in their schools and communities. All residents of the (**City/Town**) are urged to take interest in and give full support to quality art programs for our youth.

Now, Therefore, I, (**Name/Title**), do hereby proclaim March 2021 in (**City/Town**) as officially proclaim that March 2021 be designated as:

YOUTH ART MONTH

IN WITNESS WHEREOF, I have set my hand and caused the seal of the (**City**) to be affixed this (**Date**) of March in the year 2021.

Signed this **X** day of 2021 (**Name /Title**) _____

Sponsored by:

ENTER CLUB NAME

Member of the New Jersey State Federation of Women's Clubs of the GFWC



NJSFWC January 2021 District Council Meeting
Jan Hanson, President
“Let Our Voices Soar”
Arts Performing Bulletin
Rosemarie Saviello, Chairman

Greetings and Happy New Year!

Although our Performing Arts Day is cancelled, the “Member Writing Contest” is still active. Please consider writing a short story, poem, Haiku, play or skit, or a book review. Your thoughts, feelings, and experiences last year may influence you to write about them.

There is still time to enter since the deadline for entries is extended to **February 15, 2021**.

Do you need more information about the contest such as the rules? Please go to the njsfwc.org web site, click on “Materials,” then scroll down and click on “Arts Performing.” Once that’s completed, you will find the Supplement for both the Member Writing and Youth Writing Contest as well as the Creative Arts Waiver you will need.

If you have any questions, please feel free to contact me, saviello@njsfwc.org or grosavie@gmail.com.

I’m looking forward to your entry.

Thank you!

CIVIC ENGAGEMENT AND OUTREACH

GAIL D. KOVACS-FELICI, CHAIRMAN

There are four areas of the Civic Engagement and Outreach Community Service Program which reminds us that we are part of a larger society – locally, regionally, nationally and globally.

EMERGENCY PREPAREDNESS, SAFETY AND CRIME PREVENTION

The goal in this area is to make our communities and homes safer.

National Night Out's purpose is to build a working relationship between neighbors and local police departments. This event, held the first Tuesday in August, includes safety demonstrations, activities for children and much more. This is a perfect project to interest community members in your club and to provide visibility within the community.

CELEBRATE CITIZENSHIP AND PATRIOTISM

As we approach the 250th anniversary of the founding of the United States of America. Think of those who immigrated and became a U.S. citizen. Could we pass the naturalization test?

A short program for a club meeting could be the twenty-question sample practice U.S. Citizenship test. The tests are available – free of charge – on the U.S. Citizenship and Immigration Services website

ASSISTING THE IMPOVERISHED

NJSFWC has a long history of projects that help those that are less fortunate. Some examples are the 2020 Day Of Service project – EMBRELLA and state project, the NJ Food Bank.

A Community project such as “I Support The Girls” or “Free The Girls” is doable even during the COVID-19 restrictions. Publish information on your community’s website and your club’s Facebook page. Establish a drop off point where one new bra and \$1 postage could be collected by residents.

SUPPORT FOR MILITARY PERSONNEL

Many club members and their families have had members in the U.S. Armed Forces. Supporting the needs of our active and retired military is the fourth area of the Civic Engagement and Outreach program.

Nationally there are more than one million blind and visually impaired veterans. In 2006 a Braille Flag was created by a son to honor his World War II veteran father who had lost his sight. In 2008 Congress approved the Braille Flag as an official American flag. Purchasing and donating the fully tactile flag aides the visually impaired in denoting the orientation and colors of the flag’s stripes, stars and field. It also contains the Pledge of Allegiance to the United States of America in both raised print and Braille.

New Jersey State Federation of Women's Clubs of GFWC

Jan Hanson, President

Let Our Voices Soar

JANUARY 2021 COMMUNICATIONS BULLETIN

Carole Speechley, Chairman

January, the start of a new year, brings in many hopes for the future. The biggest hope most of us have is that this is the start of the end of the pandemic and our lives, clubs and Federation can get back to our normal activities and again "Meet each other face to face".

But **some good has come out of the pandemic.**

- We **don't need snow days!** If weather or some other irritating event prevents us going out, we can easily switch to a virtual meeting.
- **Better yet**, our members learned how to attend virtually on their phone, tablet or pc. So, if some of your members are snowbirds, don't go out in the rain, or can't physically attend, consider adding zoom to your in-person meetings so those members can participate too.

Some New Year's Resolutions:

While this is not the start of a club year, it's still a good time to take a look at your club and see what you can do to make it even better. So here are some resolutions in Communications:

- If your club has a **Newsletter, Scrapbook/History Book and/or Press Book**, brag about them by entering them in the Communications Contest. What's the worst that can happen? Well, the judges might give you suggestions on how to make it even better. And you could always win. See the January ALMANAC or the Communications in the Materials section on njsfwc.org for entry forms.
- If you don't have a **Newsletter, Scrapbook/History Book and/or Press Book**, why not start one?
- Get the word out about how wonderful your club is. Use the sample press releases in Communications in the Materials section on njsfwc.org to add your club activities and contact information. In addition to sending it to traditional news outlets, post it yourself on Patch.com.
- Sign up for the Communications Workshop to be held on Thursday, February 25th at 10:30. You have a choice of attending at Headquarters or on Zoom, CoVID-19 regulations and weather permitting, otherwise just on Zoom. The **deadline to register is extended to February 22**,
- If you haven't completed your Communications Report, please finish it now and get it in the mail by February 1st. This Chairman looks forward to reading about all you do.

What We Do Matters So.... Let Our Voices Soar in 2021!

NJSFWC 2021 COMMUNICATIONS WORKSHOP REGISTRATION & QUESTIONNAIRE

DATE: February 25, 2021

TIME: 10:30

PLACE: NJSFWC Headquarters or Zoom (In case of bad weather, Zoom only)

Communications is important for keeping your members connected and engaged and for letting your community know how wonderful you are with the hope that they may want to join you.

The Communications Workshop on February 25th can help you. In addition to discussing new ways to communicate, we hope to have an exchange of ideas that work from the clubs attending, and, based on the information you supply below, information about the topics you're interested in. So, please let us know what you want to hear about when you register below.

And, if Communications is your area of expertise, feel free to give us suggestions and join us for a discussion of what works in our clubs. **Together we can make our voices soar!**

CLUB: _____ **DISTRICT:** _____

CONTACT: _____

PHONE: _____ **EMAIL:** _____

ATTENDEES:	<u>NAME</u>	<u>EMAIL</u>	<u>H/Z</u>
_____	_____	_____	_____
_____	_____	_____	_____

Are you interested in:

Using Patch or Tapinto? _____

Using Facebook for internal communications: ____ external: _____

Ways to get published? _____

Internal communications? _____

What would you like the workshop to cover?

Send this form postmarked **no later than Feb. 22, 2021**, or email it to:

Carole Speechley, NJSFWC Communications Chairman

233 65th Street, Avalon, NJ 08202

speechley@njsfwc.org

**GFWC SIGNATURE PROJECT – DOMESTIC AND SEXUAL VIOLENCE AWARENESS & PREVENTION
JANUARY 2021 BULLETIN**

Joyce Fredericks, fredericks@njsfwc.org

This Chairman would like to recommend that clubs collect items for “I Support the Girls” organization. Their mission is to support women in Domestic Violence situations, as well as Human Trafficking. They have a web site and are on Facebook.

Contact them at:

Facebook: Facebook.com/SupportTheGirlsandWomen

Twitter: @I_Support_Girls

Instagram: ISupportTheGirls

Snapchat: SupportTheGirls

Email:Info@ISupportTheGirls.org < Caution-mailto:Info@Isupportthegirls.org >

Please consider having a lingerie party and have them bring the following:

MAXI PADS or other brands of personal products

NEW OR SLIGHTLY USED SPORTS BRAS in all sizes and colors

More information will be in the FEBRUARY ALMANAC.

New Jersey State Federation of Women's Clubs of GFWC
Jan Hanson, President
Let Our Voice Soar
January 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.

NO SPELLING BEE PROGRAM IN 2021

As a reminder, due to COVID restrictions there will be no District Spelling Bee contests and thus, no State Spelling Bee Contest in 2021.

NJSFWC ESO BOOK DISCUSSION – January 13, 2021

On Wednesday, March 10, 2021 at 7:00 pm, NJSFWC ESO Chairman Pat Trainor will host an online book discussion via Zoom. The third book in our discussion series will be *The Power of Rest and Retreat in Difficult Times* by Katherine May. Discussions about new books will take place every other month.

To join the ESO Honorary Literary Society or to suggest a book for future NJSFWC book discussions, contact ESO Chairman Pat Trainor by email at pattee217@aol.com.

Reminder! You can now submit your ESO Book Report online: <https://tinyurl.com/ESONJSFWC>

If you are on Facebook, be sure to search for **GFWC 2020 2022 ESO Book Club** and click the “join” button to be added to this private group. Don’t miss out on the exciting and fresh ideas to energize your club projects!

CONSIDER BECOMING A MENTOR!

Investigate ways in your community to join an established program or have the club establish their own mentor program.

Talk to your local YMCA, Boys or Girls Club, or Scouts program to see if mentoring is available.

Here are resources:

<https://www.mentoring.org/take-action/become-a-mentor/>

<https://www.bgca.org/get-involved/advocacy/federal-priorities/youth-mentoring>

You can also mentor other adults. If you are a business owner or have a certain skill set, you can join programs to mentor those entering the field. Here is one way to pay it forward:

Facts about mentoring from mentoring.org:

- Young adults with a mentor are:
- 55% less likely than their peers to skip a day of school
- 78% more likely to volunteer regularly
- 90% are interested in becoming a mentor
- 130% more likely to hold leadership positions
- 37% less likely to skip a class
- 55% more likely to enroll in college and have better attitudes about school

Health and Wellness

January 2021 Bulletin

February is Heart Health Month. The first Friday is Wear Red for Heart Health Day. Whether you meet in person or virtually, as your members to wear red. You can use Red Dress clip art in your February newsletter and put posters around your town to remind everyone of Heart Health. Here's a heart healthy muffin recipe. Hope you enjoy it.

Oatmeal Blueberry Muffins

These have a great texture, and stay moist and tender for days - if they last that long at your house!

Prep:

5 mins Cook: 25 mins. Total: 30 mins

Servings:12

Yield: **1 Dozen**

Ingredients

Ingredient Checklist

- 1 ¼ cups quick cooking oats
- 1 cup all-purpose flour
- ⅓ cup white sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup milk
- 1 egg
- ¾ cup oil
- ¾ cup fresh blueberries or ¾ cup frozen

Directions

Instructions Checklist

- **Step 1**
Combine oats, flour, sugar, baking powder, and salt. Mix in milk, egg, and oil; mix just until dry ingredients are moistened. Fold in blueberries. Fill greased muffin cups 2/3 full

Fill 2/3 with batter. Bake 425 degrees – 20-25 minutes

Nutrition Facts

Per Serving:

156 calories; protein 3.5g 7% DV; carbohydrates 22.3g 7% DV; fat 6.1g 9% DV; cholesterol 17.1mg 6% DV; sodium 233.8mg 9% DV.

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

BULLETIN - JANUARY 2021

Maribeth Hugelmeyer, Historian
mhugelmeyer60@gmail.com

Email:

In 1987, Congress passed a proclamation establishing March as Women's History Month. The National History Alliance selects the theme for each year. Since the pandemic altered so many plans, they decided to extend the 2020 theme to 2021. So, the theme for 2021 is *Valiant Women of the Vote – Refusing to be Silenced*.

Why not celebrate Women's History month in March with a program on the *Valiant Women of the Vote*. There is time to research a few of the suffragists and learn their stories. Share this information in your club, if not in a meeting program, perhaps in your club newsletter. The lives of these women are amazing.

If your club celebrated the Women's Suffrage anniversary, consider entering the 2020 WHRC Special Award: Women's Suffrage Centennial award program. GFWC is awarding \$100 to the club that best celebrated the centennial within their community. See details on the eConnection, on the GFWC.org website under WHRC (Women's History Resource Center) or on the second issue of *The WHRC Messenger*.

Thank you to all the clubs that have mailed in their reports. I have enjoyed reading the narratives and find them all interesting. I look forward to receiving the rest of them as the deadline is February 1st!



SPECIAL STATE PROJECT – OPERATION CHILLOUT - JANUARY BULLETIN 2021

Patricia Dahl, Chairman

576 Dew Court

Blackwood, NJ 08012-1433

Tel: 856-227-0659

Email: dahl@njsfwc.org

“Let Our Voices Soar”

***The Winter Campaign** was a HUGE SUCCESS!!! Thank you to all who participated!!

Your support was greatly appreciated! We did make our goal of collecting sweatshirts and masks. They received plenty of note cards and are asking for us to wait to make more until later, this chairman will let you know.

We collected 820 sweatshirts and over 1,000 masks of which at least 700 were homemade. We also received money to purchase extra sweatshirts. The unused funds will be earmarked for next year's Winter Campaign.

*If you have any questions please contact this Chairman before calling or emailing the Executive Director Ray Chimileski. If this Chairman can't answer your questions she will find the answers for you. It may even help this Chairman to pass on to the State so they know the answer as well.

*This is a reminder, if you want to make a donation to Operation Chillout, please send checks to Headquarters made out to **NJSFWC and earmarked Operation Chillout**; do not send them directly to Operation Chillout as we need to have a running total of all donations. We will not receive credit for those donations made directly to Operation Chillout. Thank you in advance.

****Please remember to purchase SSP Pins. The cost is \$5.00.**

****This chairman has one assignment for you!! Please learn how to play Bunco for the upcoming District Fundraisers.** There are no current plans for any district but we are hoping this will happen sometime in the near future. It is a fun game that any age can play, and it will give you something to keep you busy.