

**NJSFWC Advocates for Children  
September 2021 Bulletin  
Jane Mackesy  
mackesy@njsfwc.org  
Let Our Voices Soar!**

Thanks to all who brought donations of Arts and Crafts Supplies for Children's Specialized Hospitals, to the September Councils or to State Fall Conference.

I've included the Giraffe Award Form for Advocates for Children Projects, done during GFWC Advocates for Children Week, October 24th-30<sup>th</sup>. Please let me know if you apply.

Since Covid restrictions, may still hamper our contact with youth, there are so many local organizations that you can partner with, to support our Children. Check with your local PTA/PTO, Scouts, Boys and Girls Clubs, etc. to work together on projects. October focuses can be, Drug Abuse awareness and prevention, Anti-Bullying, Fire Safety, Halloween Safety and more.

For those of you who knit or crochet, you can continue to make hats for our past projects, or you can look up #HatNotHate an anti-bullying campaign. They collect Blue hats.

If you have any suggestions for project ideas, please don't hesitate to contact me.

Happy Fall!!!!!!

**GIRAFFE AWARD APPLICATION FORM**



The Giraffe Award will be presented at the Junior Business Session of the GFWC Annual Convention in 2021 and 2022 to honor all State Federations that participate in the Challenge Project. An award certificate will be provided to each club that undertakes a project directly benefiting children during the fourth week of October.

STATE FEDERATION:

CLUB NAME:

CLUB CONTACT & PHONE NUMBER:

NARRATIVE: Please provide a short description of 50 words or less to describe your club's activity for GFWC Advocates for Children Week, plus one or two photos.

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)

## GFWC Arts and Community Service Program Contest

Theme: "Good Tidings of Comfort and Joy"

It is not too early to think of a club project that can be entered in the holiday GFWC "President's Prize". A few clubs participated in the 2021 President's Prize and this chairman would like to see more clubs use their creativity skills to win.

A "President's Prize" of \$100 plus an award certificate will be given at the 2022 GFWC Annual Convention to the club that best interprets the official GFWC holiday theme: "Good Tidings of Comfort and Joy." The theme can be interpreted in any manner that fits a club-sponsored holiday event or project, such as homemade or decorated stockings filled for a children's shelter, a holiday party for nursing home residents, or a holiday tree at a local library or community center. To apply for the award, complete the GFWC President's Prize Award Form located under Arts and Culture and mail or email it to Arts and Culture Chairman Angela Cutrera by March 15 at the addresses specified on the form.

ARTS PERFORMING BULLETIN – SEPTEMBER 2021  
ROSEMARIE SAVIELLO, CHAIRMAN  
JAN HANSON, NJSFWC PRESIDENT  
“LET OUR VOICES SOAR”

Now that we are back to our regular club meetings and schedules, it is a good time to start thinking about performances for District Arts Performing Day.

What kind of performance can you give? Do you sing, dance, play an instrument? If that’s not something you want to do, how about telling jokes, some of which you have received from others via email this past year. You can also read a story or recite poetry. Can you get some members together to do a skit? Not sure what to do, go to the internet and search for “skits for seniors.”

There’s lots of time to prepare for your District Performing Arts Day. See the list of your district’s date below:

**2022 DISTRICT PERFORMING ARTS DATES**

2/11 Palisades

3/9 Highlands

3/14 Ramapo

3/21 Liberty

3/22 Shore

3/23 Southern

3/24 College

3/25 Garden (originally 3/17) Please note new date.

Join in on the fun by participating in the District Performing Arts Day. If you can’t participate, attend to cheer for your group.

So...”Let our Voices Soar.”

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

Jan Hanson, President

*Let Our Voices Soar*

SEPTEMBER 2021 COMMUNICATIONS BULLETIN

Carole Speechley, Chairman

Some of our clubs returned to meeting in-person in May, others got together over the summer, and most will be meeting in-person this September. Here are a few things to think about as you return to the new normal:

- When publicizing your meetings and events, include "all current CDC, NJ and local COVID-19 requirements will be followed" so your members and guests know what to expect. This should make them more comfortable attending.
- Don't forget the new ways you found to communicate during the pandemic – add these to your communications tool kit.
- The NJSFWC is going to continue to distribute the council bulletins using email, so be sure to email these to all of your members who use email. The information in them could spark an interest in one of your members or give you a wonderful new project.
- Instead of just publicizing what you do for others after you do it, publicize it before, asking for others to join you. You may get a lot of support and maybe even a new member.
- Don't be your town's best kept secret – publicize everything you do.

**From the 2020 Reports, here are 2 great ways to communicate with your community:**

The **Woman's League of Mount Holly** made excellent use of Facebook this year. One of their posts for assistance received an overwhelming response from their community when they posted a request for trash bags to be recycled into a park bench. This request spread and soon they had hundreds of responses from new friends and 500 pounds of plastic bags for the park bench filled a member's basement, den and living room rather than a land fill.

The **Millville Woman's Club** has a traditional celebration/fundraiser called the Tree of Remembrance to honor the memories of loved ones. Normally this is held at their clubhouse and as each name is called it is placed on the tree. The ceremony ends with a performance by the club's chorus. Due to the COVID-19 restrictions, the club had to revise this. Two club members were filmed reading the names and placing them on the tree and a chorus member performed a solo to close the ceremony. The ceremony was televised and shown for three nights on local television and You Tube.

**With everything you do, let your voices soar!**

New Jersey State Federation of Women's Clubs of GFWC

Jan Hanson, President

"Let Our Voices Soar"

**Domestic Violence Awareness and Prevention**

Joyce Fredericks, Chairman

fredericks@njsfwc.org

- **October is Domestic Violence Month – Prepare a Proclamation and ask your local town government to present it at their town meeting. If your town doesn't hold a meeting in October, present it in September.**
- **Make purple ribbon pins w/purple ribbon, use small pins to attach them and give them out at your meetings or around town, or at your town council meeting; make a poster and stick the ribbons on it and display at your library; Give them out at your super market; or come up with your idea where in your town it would work out for your Club members!**

• **TEEN DATING AND AWARENESS is GFWC's CHALLENGE PROJECT.**

[www.itsonus.org/educational-tools/workshop-materials](http://www.itsonus.org/educational-tools/workshop-materials) is listed as a good Resource.

Contact your local college and see if they will be sponsoring a workshop on Teen Dating Sexual Awareness and offer your help,

The FALL GFWC CLUBWOMAN HAS an article with lots of information. If you don't get this, go online to [www.GFWC.org](http://www.GFWC.org).

**MAKE AWARENESS AND PREVENTION YOUR EMPHASIS THIS CLUB YEAR.**

**New Jersey State Federation of Women's Clubs of GFWC**  
**Jan Hanson, President**  
**Let Our Voice Soar**  
**September 2021**

**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 (Open)**

**Brandi-Leigh Miller**

202-210-4488, miller@njsfwc.org

**Pat Trainor**

973-444-3843, pattee217@aol.com

**Contact: Brandi-Leigh Miller**

**SPELLING BEE PROGRAM**

The NJSFWC State Spelling Bee contest is scheduled for March 12, 2022 at headquarters.

The benefits of spelling bees extend beyond language: Since children are required to spell words while on stage, they develop self-confidence, communication and public speaking skills, and the ability to thrive under pressure. With better reading comprehension, comes greater literacy, and greater enjoyment of reading, literature and language. All from understanding words.

If your club has never held a spelling bee competition, has not held one in several years, or if you would like a refresher on the NJSFWC Spelling Bee program, please consider attending a **virtual Spelling Bee information session** on Saturday, October 23 at 10:00 am. To sign up to attend, contact your District Spelling Bee Chairman or Education & Libraries CSP Chair, Brandi-Leigh Miller at miller@njsfwc.org. Zoom details will be sent ahead of the session. This session will be also be recorded.

A briefing for **District Spelling Bee Chairmen ONLY** will be held on Saturday, September 18 at 10:00 am. Zoom details will be sent ahead of the briefing.

For those who are ready to get started on their Spelling Bee contest planning, visit the materials section of the NJSFWC website under the Education & Libraries heading to download the updated forms and information packet.

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

### September 2021 Bulletin

With the hopes of the new year of getting together, planning for Achievement Day would be a great way to get together and show off your expertise in the Environment Category. Share your knowledge of creating a beautiful flower arrangement. Get creative and help the environment by repurposing an item headed for the landfill and use it to hold your flowers.

Create a Dish Garden with herbs to bring indoors to use all winter! Basil, chives, parsley, thyme, rosemary, mint and even lettuces make great additions to an indoor culinary garden.

Fall is also a great time to enjoy the last display of flowers in our gardens. Collecting fall flowers to Press Under Glass can also be a great way to learn about gardening for wildlife. Many of our late blooming native plants are not only beautiful but essential for the survival of wildlife. Goldenrods, asters, sunflowers, and even grasses are all important food sources for overwintering insects and birds. Many native bees over winter in the hollow stalks of your spent flowers. Birds eat the seeds all winter. So, resist the urge to "tidy up" the garden and help create a winter home in your garden for wildlife.

Help to make your Achievement Day successful with your Environmental programs this fall and make sure to encourage members to enter!



## HEALTH And WELLNESS

September 2021 Bulletin

Claire Hill

[Cjhill65@gmail.com](mailto:Cjhill65@gmail.com) 201-321-6100

“Let Our Voices Soar”

Food pyramids sure have changed. In 1946 our nutrition chart encouraged leafy green and yellow vegetables, citrus fruit, tomatoes and raw cabbage. Also, two or more servings of potatoes, vegetables and fruit, 3-4 cups of milk, cheese or ice cream for children and 2 cups for adults. One to 2 servings of meat, poultry, eggs, dried peas and beans. A serving of bread, flour, cereals and whole grain every day, and some butter or margarine daily. Wow, a great diet, but I think there might be a weight problem.

In 2021, the Healthy Eating Plate includes drinking plenty of water, tea, coffee, with limited sugar. Limit milk and dairy to ½ cup daily. Eat a variety of whole grains, bread, whole grain pasta and brown rice, limit white bread and white rice. Choose fish, poultry, bean and nuts, but limit red meat and cheese. Avoid bacon, cold cuts and processed meats. Healthy oils, (Olive, Canola oil) but limit butter. The more veggies the better, but potatoes do not count. Eat fruits of all colors and the best advice is to stay active.

Comparing the 1946 to 2021 you can see the changes in suggested diets. The biggest changes are to limit red meats and the amount of dairy, white bread and rice.

Pass this on to your members, so we all eat a little healthier, and don't forget to drink plenty of water and to exercise.

Think about supporting **UNICEF**. Plan a Halloween themed fund raiser. Check the UNICEF website for ideas. Donations to UNICEF can make a permanent change in the life of a child. Remember UNICEF on the NJSFWC Continuing Funds form.

It may be a good time to order Red Dress pins for **Red Dress Day**, the first Friday in February. The pins are available to purchase online at the American Heart Association website. The cost is \$22.95 for 25 pins.

Clubs are leaving items for **Operation Smile** in the headquarters closet without the inventory sheet. The inventory sheet is available on the OS website. Please remember to complete one and include it with the items to be delivered by Jill McDonald.

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

**BULLETIN - SEPTEMBER 2021**

Maribeth Hugelmeyer, Historian  
[mhugelmeyer60@gmail.com](mailto:mhugelmeyer60@gmail.com)

Email:

Please take the time to review the Supplements for the 2020-2022 club year that are on the website. The Women's History Supplement can supply you with helpful information on projects that can be done. A copy of the Women's History Supplement can also be found in the NJSFWC State Yearbook.

Do you have an extraordinary clubwoman who has done remarkable work in her chosen career field or in her community? Consider nominating her to the National Women's Hall of Fame. The Supplements have further details. Application procedures are available online at [www.greatwomen.org](http://www.greatwomen.org) or contact National Women's Hall of Fame, PO Box 335, Seneca Falls, NY 13148. Telephone 315-568-6060.

Please consider supporting the NJSFWC 1894 Society fund. This fund is used to pay the land rent of our Federation Headquarters building. You can find the forms either online or in your ALMANAC. Thank you for your generosity. Your donation is appreciated to maintain our legacy.

## September District Bulletin

### Legislation/Resolutions

Chris Sienkielewski, Chairman

908-392-7501 [chrissienk186@gmail.com](mailto:chrissienk186@gmail.com)

Do you realize how important your voice is in helping NJSFWC become an advocate for the issues that will help to make our communities safer, cleaner and healthier? The history of our organization proves that our collective voices have made a difference in making positive changes. One voice in your club can multiply to a small committee, which can multiply to an entire club, to one district, to our state convention and maybe to GFWC. Many people speaking with one voice can have a profound impact. It just takes one small step to make this happen.

1. Organize a committee within your club. It doesn't need to be a large committee – just 2 or 3 members can begin the process.
2. Within your committee, decide what issues are important to your members or your community. You can start with the current NJSFWC resolutions or begin searching your local newspapers for issues being brought to your local government or school boards. Issues that deal with current NJSFWC resolutions are the best to begin. Does your local library need additional funding? Do your local and state parks need improvement? Our resolutions deal with the environment, health, education, social services and public issues.
3. Bring one or two of these issues to your membership. Inform them about the current situation. Be prepared to answer questions fully and completely. Preparation for the meeting is a good exercise for discussions you may have later with legislators.
4. If the issues deal with current NJSFWC resolutions, you can begin the process of writing to your local government officials, state legislators or Congressional representatives. You could pass out "letter to legislators (local government)" samples and give brief instructions on how to write and send the letter. Or you can write one letter as a club to the official.

In each step, this chairman is available to help with resources.

# NJSFWC E-CONNECTION Enrollment Form

## Join the NJSFWC E-CONNECTION Network

Join the NJSFWC E-CONNECTION and receive Federation-related news and information on your own computer. Since the news and information will be of general interest, enrollment in the NJSFWC E-CONNECTION is open to all club members. Encourage everyone in your club to sign-up today because no one will want to miss a single message! Feel free to photo-copy the enrollment form if more copies are needed or attach a type-written or hand-printed sheet of paper with the additional names and email addresses. *Please note that as is the case with any member contact information, the NJSFWC never shares member contact information with any other organization or entity.*

To join the NJSFWC E-CONNECTION Network, please take a moment to fill out this form. Return the completed form to: **NJSFWC Headquarters, 55 Labor Center Way, New Brunswick, NJ 08901**

### Enrollment Information (Please Print or Type)

Club \_\_\_\_\_ District \_\_\_\_\_

Name \_\_\_\_\_

Email Address \_\_\_\_\_

Name \_\_\_\_\_

Email Address \_\_\_\_\_

Name \_\_\_\_\_

Email Address \_\_\_\_\_

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Name \_\_\_\_\_

Email Address \_\_\_\_\_

NEW JERSEY STATE FEDERATION OF WOMEN'S CLUBS  
JAN W. HANSON  
"LET OUR VOICES SOAR"

**BULLETIN FOR SEPTEMBER 2021 COUNCILS**

## **STATE FALL CONFERENCE**

**OCTOBER 18, 2021**

Battleground Country Club  
Manalapan

**Deadline to register: Monday, October 4**

Return to an in-person day filled with an informative and interesting program, delicious luncheon, shopping with a variety of vendors, taking advantage of Walgreens Shot at Life (flu, pneumonia and shingles shots with proper insurance id) and taking pride that the donated contents of the table centerpieces (craft supplies you've donated today!) will benefit the Advocates for Children Program under the capable guidance of Chair Jane Mackesy.

Morning speakers include:

Chris Sienkielewski – NJSFWC Legislation/Resolutions Chair  
Jim White – Executive Director of Covenant House New Jersey  
Representative from NJ No Harm Reduction Coalition-Jenna Mellor

Afternoon keynote speaker:

Eric Nelson – Museum Technician for the Palisades Interstate  
Park Commission on the historic Kearney House

GFWC and Membership Awards will be presented before adjournment.

(continued on overleaf)

See the September ALMANAC for registration details including menu choices.

A block of rooms has been reserved for NJFWC members at the Radisson Hotel Freehold (732-780-3400). A special rate of \$159.00 plus tax has been established with a strict deadline of Monday August 30 for reservations at the special rate.

Looking forward to seeing you all there!

Patricia Mignella

State Fall Conference Chair

[pattymignella@yahoo.com](mailto:pattymignella@yahoo.com)

732-356-2433

***Make all your arrangements on time and you are sure to enjoy a wonderful State Fall Conference where you greet a welcoming State President Jan Hanson and you "Let Our Voices Soar" with pride.***