



ALMANAC



February 2022

No. 436

New Jersey State Federation of Women's Clubs of GFWC

55 Labor Center Way, New Brunswick, NJ 08901

President's Message—Jan W. Hanson

Hopefully, your Reports are in the mail or are being finalized by the February 1st deadline. Thank you for participating in sharing your club's accomplishments. The information will be reviewed by our State Chairman and used to select the Top Ten projects and Most Creative project, these along State activities will be sent to their GFWC counterparts. You might receive a phone call asking to clarify a project or provide more information. Your Reports will also be used to select District and State winners for "Best All Around Reporting" certificates. At Convention the final totals will be revealed.

Hopefully, you are getting ready for March Madness. No, not basketball, but NJSFWC Madness. First, in March club members will get to show off their talent at their District Performing Arts Festival. If you are not a performer, come and cheer on your fellow club women. Where else can you be entertained for \$3 and that money goes towards our Performing Arts Fellowship.

Thank you for all of your support so far of the Special State Project Operation Chillout. On March 13, 2022 we will be holding the Special State Project Northern Fundraiser at the Woman's Club of Upper Montclair's Clubhouse. There will be wine and cheese, other goodies plus non-alcoholic beverages. You can take the opportunity to participate in the basket raffle and 50/25/25. Bring a friend and receive a discount on tickets. Help us raise some money for this very worthy organization.

To close out March we will once again be holding District Civic Engagement Days on March 29th allowing us the opportunity to hear from local organizations on ways we can be of assistance. After last year's event many clubs found new ways to support local organizations.

Covid has once again forced us to change our plans adding more to March Madness. When Omicron surged in

January, we were forced to change the Spelling Bee schedule extending the local Bees through February and holding District Bees in March with the State Bee in April. This President thought she might be done with schedule changes, but the surprises continue.

Take time in February to relax as we get ready for a very active March.

At the January District Councils, you had the opportunity to hear some of the plans for the 128th Convention. Convention Chairman Susan Fosdick and her Vice Chairman, Ethel Simmons are working hard to make this a memorable Convention. This Convention is special in so many ways, you do not want to miss it. It will be an opportunity to ring out this Administration and welcoming the incoming President Shirley Holly. It is always an exciting time, especially when the new State Special Project is presented, the new Board is installed, and the final totals are announced. Join us as we celebrate "Strong Women".

The Credential and Registration Committee chaired by Cynthia Blumenkrantz and her Vice Chairman, Carole Thompson have been working on the Convention Call which should reach your mailbox in the beginning of February in plenty of time to share the information with your club members and make your Convention plans. Please be sure to adhere to all of the deadline dates. The Proposed Amendments to the NJSFWC Bylaws are included in the Call and the club members should be given a chance to review them in order to advise their delegates on how to vote.

Don't forget to wear your red for Go Red for Women and send your pictures to the NJSFWC Facebook page.

In Federation Friendship,

Jan

Let Our Voices Soar

In this issue:

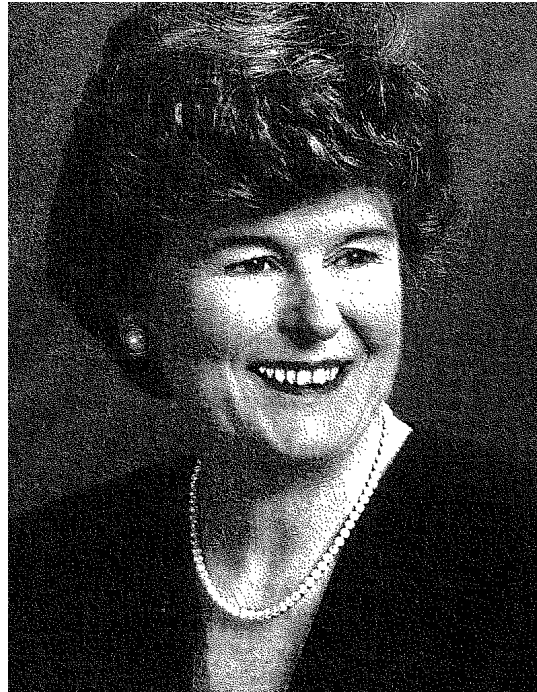
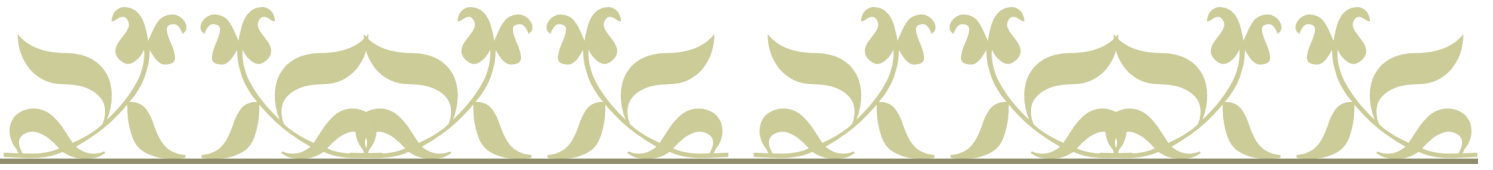
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Special points of interest:

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1894 Society	



In Memorium



Carol B. Hancock-Carleu
NJSFWC State President
1998-2000

“2000—A New Century of Challenge”
Special State Project: Early Intervention Program



NJSFWC PRESIDENT-ELECT**Shirley A. Holly****TIME MANAGEMENT FOR LEADERS**

Have you ever asked yourself how some people are able to work so many different activities into their schedules while others barely seem able to have the time to attend meetings? Are they smarter? Doubtful. More organized? Probably. Better at managing their time? Likely.

It is important to note that time management is self-management. Only you know your peak work hours, your attention span, eating and sleeping needs, your limitations, and other personal aspects which must be planned for. Planning doesn't rule out spontaneity, but gives you time to be spontaneous.

GETTING STARTED

The three steps to effective time management are:

1. **Organize**
2. **Prioritize**
3. **Schedule**

ORGANIZE

Some people plan at the beginning of a day - others at the end. Ideally, you should make a list of everything that you want or need to do for that day. If you are not already making a list, try it. If you were and quit, start again. Do not plan out every minute and don't even think about which task is most important, just write them all down. Some people find it more helpful to list their "things to do" in 5 to 7 day groupings. In this way they can plan for longer projects and get a better sense of their week. Whichever method you choose, keep in mind that everyone has good and bad days. Don't be upset with yourself if you don't accomplish everything, just add the uncompleted tasks to your next list and get them done. Also, ask yourself the question, "What would happen if I never did this?" If the answer is "Nothing," maybe it shouldn't be on your list in the first place.

PRIORITIZE

After you have recorded these "things to do", go back over the list and rewrite them in priority order. Place things you need/want to do at the top of the list and less important tasks at the bottom. Keep in mind due dates, commitments you have made, and whether or not these tasks involve other people. Priorities can be broken down into three categories: "A" - Don't do anything else until it is done, "B" - Do if possible, and "C" - Can wait until next week. How you choose to prioritize is a very personal matter. What is important is that you are responsible with your priorities and you stick to them.

SCHEDULE

Finally, take this list and begin to work these "things to do" into your schedule. Don't plan every minute of your day. Remember to leave room for breaks, socializing and those unexpected things that pop up. There's no use making a schedule that is impossible to follow. If a prioritized task or job seems too big to accomplish then break it down into smaller parts.

NJSFWC SECOND VICE PRESIDENT**Barbara McCloskey**

Thank you to all the clubs that submitted reports. Isn't it amazing when you compile all your activities, projects, donations and hours how much your club has accomplished? You should feel good to know that you have recorded your clubs' history and proud of your clubs achievements during the past year!

Now the work begins for the Community Service Program Chairman. These Chairmen will read and reread your reports many times. Their first job is to choose the District winners who will receive certificates at Spring Conferences. Then they will select the State winners in each membership category who will receive Certificates for Best All-Around work at the Annual Convention in Atlantic City.

While they are reading, they will select 10 projects that have made an impact in their communities from all the outstanding projects you have reported on. This is one of the reasons why writing a narrative is so important.

As members of GFWC, we are asked to report what our clubs have accomplished over the past year. That is another reason we ask for narratives when you fill out your reports.

NJSFWC SECOND VICE PRESIDENT (continued)

Club presidents or the member's name listed at the top of the Report Writing form may receive a call from one of the Chairman asking for further information. This is so they can give as much detail as possible to GFWC.

Much of the information that is gathered from all the Reports is used to write the NJSFWC Supplements for the next administration. GFWC also creates lists of best projects by department that are shared among all the clubs, and is a great tool for you to find new projects.

NJSFWC THIRD VICE PRESIDENT

Susan Chambers

This Officer is busy reading all your 2021 Year End Reports and hopes YOU are busy patting yourselves on the back for all the great work you accomplished for your community! Thanks for all you do to make our communities the best they can be.

In past issues, this Officer has talked about membership being a bucket with a hole. If you pour in new members but have a hole that current members are resigning through, we can't grow. So, what to do? Celebrate your club's accomplishments; show them through the Year End reports what you've done. Acknowledge each member – whether it's through a tiny gift, a verbal recognition at a meeting, a thank you card. Recognize them with placement on the NJSFWC Honor Roll or Order of the Lily if they are already on the Honor Roll. Order an NJSFWC pin as a special memento to let them know how important they are to your club. Everyone wants to feel needed, appreciated and recognized. Happy members will be retained and are the best recruiters!

Let's give a hearty welcome to NJSFWC's newest members:

Woman's Club of West Milford

Elizabeth Barr
Cindy Korowaj

Hopatcong Woman's Club

Ida Brown

GFWC Woman's League of Mount Holly

Irene Anderson
Joann Cooper Harris
Elaine Eufemia
Kathy Fabritz
Kathy Morgan
Bonnie Morris
Kim Reese
Diana Gerts Schneider

NJSFWC FINANCIAL SECRETARY

Christina Burlew

Thank you to all the clubs that submitted their Fundraising Reports. While these reports require a lot of time and effort, remember that they provide a history of your club. Saving a copy of your report will provide a place to share your accomplishments with your members and evaluate if any changes need to be made for the future. This Officer enjoyed reading all the Reports and the different ways in which your club adapted or created a new fundraiser to comply with the restrictions imposed by Covid.

Is your club looking for ideas for future fundraisers? There are many resources available to you. Many clubs post pictures and information about their events on social media. In addition to District Vice President Reports in the ALMANAC, check out the gfwc.org website for ideas.

This Officer would like to thank all members who participated in the Gertrude Hawk Fundraiser. She hopes you made yourself and others very happy with those delicious chocolates. NJSFWC will be holding another Gertrude Hawk Fundraiser for the spring. This fundraiser will be another opportunity to treat yourself or others. Look for details in the March ALMANAC, eConnection and Facebook.

COLLEGE DISTRICT**Mary Lou Bak**

Many District Clubs gathered in-person for their Holiday observances and lent a helping hand as part of their celebrations.

The **East Brunswick Woman's Club** collected gift cards for the community in lieu of a Holiday raffle.

The **Central Valley Contemporary Club** found a way to both have fun and help children. Each member acted as a "Secret Santa" for another member and chose a toy that represented that member. At the Holiday dinner, everyone tried to guess which member matched each toy. The toys were then donated to a program for children working through developmental challenges. The event attracted other diners at the restaurant who expressed interest in both the Club and the cause. As an in-club project, Favorite Recipes with emphasis on easy, were collected and copies distributed to members.

Stepping up to help in a crisis, the **Somerville Civic League** donated to a GoFundMe drive in the community immediately after a house fire, leaving a bereft family facing both medical and funeral costs.

Clubs also engaged in community projects highlighting the environment and local landscapes. The **Greater Brunswick Area Woman's Club** received a charitable grant from the East Brunswick Township for a cleanup project. Using pickers and bags, they removed debris from a section of New Brunswick Avenue.

Partnering with the Hightstown Parks and Recreation Commission and the BeTheLi9ht Foundation, the **Greater Hightstown Juniores** helped with the painting and carving of pumpkins for the 'Light Up The Lake' event at Memorial Park.

Featuring their homemade crafts and treats for sale, the **Metuchen Edison Women's Club** raised funds and enjoyed meeting attendees and other vendors at the St. Luke's Episcopal Church's annual Christmas Craft Fair.

District Clubs supported Day of Service, displaying creative flair with handmade cards, and generously donating gift cards.

GARDEN DISTRICT**Jill McDonald****Garden District club women are amazing!**

The **Haddon Fortnightly EMD** partnered with Volunteers of America bringing joy to a needy family. Fifty percent of the nearly \$14,000 profits from the Haddonfield Snowflake Run (5K) went to the Children's Tumor Foundation.

The **Woman's Club of West Deptford** sponsored holiday meals and sent handmade cards to nursing home residents.

Mullica Hill Woman's Club donated \$600 to families devastated by the tornado. 250 Christmas cards with personal messages were sent to the troops.

The **GFWC Gloucester County Women's Club** adopted four families giving presents to all and a \$100 Shop Rite gift card to each family.

The **Penns Grove-Carneys Point** women purchased gifts for their Adopt-A-Family project. Included were three food baskets with certificates for a local food market.

Porch Club of Riverton members sponsored a Christmas party with gifts for the residents of Riverview Estates and supported the Angel Tree. They will be preparing sandwiches for Cathedral Kitchen and collecting kitchen and bathroom items for Veterans Haven residents moving to independent apartments. A new project is working with Literacy, NJ using a virtual program to help immigrants with their citizenship exams.

Members of the **Woman's Club of Woodstown** personally answered 250 letters to Santa and partnered with four local businesses to collect cold weather gear for the Children's Home Society of NJ and the Women's Shelter.

Woman's Club of Edgewater Park members helped prepare "to go" hot Turkey meals for Meals of Love. They donated wish list gifts for local children in need. Their Candy/Cookie Project will benefit Crossroads in Willingboro.

The women of **The Haddon Fortnightly** opened their hearts and wallets in response to the needs of the arriving Afghan refugees. In less than a week they collected hundreds of socks, flip flops, underwear, sippy cups and books for the women and children, totaling nearly \$2,000.

HIGHLANDS DISTRICT

Nancy Levy

Blair Woman's Club is promoting shopping locally by highlighting the generosity of local businesses who supported its Silent Auction, held at Brook Hollow Winery. The fundraiser made a profit of over \$8600.

The **Woman's Club of the Denville-Rockaway Area** continued its support of Family Intervention Services. In addition to toy and food drives, the club donated \$200 in new baby clothes for two expectant moms.

Hopatcong Woman's Club donated sneakers (Velcro-closure as well as lace-up) to Lyons Veterans facility, and supported a local nursing home with donations of costume jewelry, seasonal decorations, puzzles and bingo prizes.

The **Woman's Club of Parsippany-Troy Hills** donated 84 pairs of pajamas to Morris County Head Start, and purchased two microscopes with cases for their library to loan out to students.

Roxbury Woman's Club is helping to keep everyone warm. A local fabric store donated end-bolts of fleece to their Social Services department; members used these to make children's fleece blankets. And members' knitting needles and crochet hooks are kept busy in an ongoing project of making rectangles that are put together into blankets. They've put together blankets with red, white and blue themes, as well as pastel-colored baby blankets.

Sparta Woman's Club members were at the Van Kirk Homestead Museum, Sparta's Historical Society, to demonstrate their crafting skills and share their club experiences with those who visited their display. Handmade walker caddies were also donated to the East Orange Veterans facility.

Washington Woman's Club's President, an avid quilter, had made a Jane Austin quilt for the club to raffle. The winner was one of their own members, but the club wants to thank everyone in the District for supporting this fundraiser.

LIBERTY DISTRICT

Ellen Lund

February boasts popular Holidays one being Galentine's Day which takes place on February 13th for you to celebrate loving your friends. See how some of the Liberty District clubs are celebrating February!

The Woman's Club of Arlington will recognize American Heart Month by wearing red and learning about heart healthy cooking with a "Nutritionist by Nick" demonstration from ShopRite at their February meeting.

Arlington EMD is having a speaker about Heart Health at their February 9th meeting as well as finalizing the details of their Bunco night to be held March 25th at the Rutherford Woman's Club Clubhouse.

The residents of the local Safe House will be receiving lots of goodies from the **Woman's Club of Belleville**.

Invitations from the **Woman's Club of Caldwell** are being sent to local non-profit organizations for their February monthly meeting. The intention is for representatives to tell them their needs and inform the members how they can help

promote these civic groups to the community. They will again be collecting Blizzard Bags to donate to the local food pantry. Red dress pins will be given to those making a donation to the American Heart Association.

The Fortnightly Club of Summit will have at their February 9th general meeting lunch with a cooking demonstration by a member who is a caterer and owner of "What A Dish". On February 24th their Book Club will meet.

In February the **Woman's Club of Little Falls** are going to have a Lovin Spoonful Tea Party and their Warm Up America knitting group meeting.

Valentine's Day treats for the East Orange Veterans Hospital are what is planned for the **West Essex Woman's Club**.

PALISADES DISTRICT

Debbie Cibelli

Cupid's Arrow struck the heart of these clubs who shared their ideas below.

Book and Needle Club-Valentine Bookmarks were made for Meals on Wheels and ShopRite gift cards were collected for the Center for Food Action.

The **Woman's Club of Carlstadt** held a calendar raffle and continuing to donate each month to two food pantries.

Woman's Club of Paramus held a Wine and Cheese Pajama Party Fundraiser at their January general membership meeting to benefit Operation Chillout.

Woman's Club of Englewood On Feb. 14th local artist, Faith Reingold, visited the club and spoke on her medium.

The **Cresskill Woman's Club** is conducting a monthly Calendar Raffle through May. The drawings will take place at their General Meetings.

The **New Milford Woman's Club** sponsored the NJSFWC Spelling Bee for local students. They were very excited to add this wonderful educational opportunity for the community.

The **Woman's Club of Haworth** made Valentine candy/cookie bags for Eva's Village. Everything had to be store bought items and gloves were worn to satisfy their hygiene requirements.

The **Woman's Club of Lyndhurst** continues to sell tickets and making final arrangements for their March 1st Mardi Gras Dinner Dance Celebration to support their various charitable efforts.

The **Contemporary Club of Hasbrouck Heights** worked on filling backpacks for Transitional Professionals (an agency that helps young women who are transitioning from prison to the workforce.)

The **Woman's Club of Rutherford** prepared blizzard bags for Meals on Wheels and is gearing up for their annual Thrift Shoppe Fundraiser.

The **Woman's Club of Westwood** had a "Souper Bowl" drive, collecting soup for the local food bank, at the Fresh Grocer on Super Bowl Sunday.

The **Junior Woman's Club of Rutherford** held a "Galentine's Day" Fundraiser supporting their charitable efforts.

RAMAPO DISTRICT**Marie Sullivan**

The **Ramapo District Clubs** have the sweetest members who continue to support their communities!

Pompton Lakes Women's Club will be hosting a game night for their members in February. In addition, they will be collecting bras for their second "Free the Girls" Campaign. They are also making Valentines for those in nursing homes.

Suburban Woman's Club of Pompton Plains ran a successful brown bag auction, always a popular fundraiser!

Allendale Woman's Club will host a children's library activity during Presidents Week. Children and parents alike, look forward to this fun time during the school break.

Woman's Club of Ridgewood hosted an event about the renowned author/playwright Neil Simon. They will also host a garage sale fundraiser.

The 35th Annual 2022 Ramapo District Spelling Bee, hosted by the **Junior Woman's Club of Ramsey**, will take place on Monday, January 31st. Top fifth grade spellers from Dater Elementary (Ramsey), Wandell Elementary (Saddle River), Joyce Kilmer Elementary (Mahwah), and The Academy of St. Paul (Ramsey) will be selected by their schools to compete. The top three finishers will go on to compete in the State Spelling Bee.

The **Woman's Club of West Milford Township** makes blankets for the Linus Project, collects blankets for the Animal Shelter and makes up cookie bowls for Senior Services.

SHORE DISTRICT**Randi Quilici**

Little Silver Woman's Club partnered with the Fort Athletic Club (the new gym at Fort Monmouth) to collect sneakers and coats for the needy. The collection of gowns and accessories is still coming in; the military is picking up over 300 dresses, evening shoes, evening bags, and costume jewelry this month. Thank you to the **Montville Township Woman's Club, Inc.** and the **Woman's Club of Asbury Park** for their donations and helping with gowns and accessories, they kindly appreciate it.

Past President's Club of the Jersey Shore is looking forward to its March 23, 2022, meeting. If you are living in either Ocean or Monmouth County after serving as President for any GFWC club, we would be happy to have you join us. Please contact Betty Murrison, President at beachbetty@hotmail.com, or call 732-920-8297 for more information.

The **Woman's Club of Lacey** is settling into their new Community Hall meeting room. They are wrapping up their raffle fundraiser and the winner will spend a week-long accommodation in Orlando. They also continue to support the Sharing Network making Afghans for families of Organ donors, and they have a chiropractor as a guest speaker this month.

The **Woman's Club of Spring Lake** invites everyone to attend their March meeting on Monday, March 21st at 11:00 a.m. to hear former NJ Lt. Governor and Secretary of State, Kim Guadagno speak. She is currently the Executive Director of the Mercy Center in Asbury Center and will talk about the Center's mission to empower, enrich, and educate people facing socio-economic challenges. Please contact Nancy Pugliese (npug@aol.com) for reservations.

Stafford Township Woman's Club is excited to have their entertaining Unwanted Gift Auction fundraiser for charity. They continue to work with Donna's Angels to help Veterans who live in the woods and collect food donations for the homeless.

SOUTHERN DISTRICT**Pamela McNamee**

With our sights set on warmer weather we continue to work through these winter months. While some clubs are not back into the full swing of activities a few have planned some exciting and beneficial events for their members as well as their communities.

The **Woman's Club of Absecon** continues to plan for upcoming spring activities.

The **Colony Club of Ocean City** is collecting new stuffed animals for CASA and Valentine cards for residents of Wesley Manor Assisted Living Facility. They continue to promote and sell tickets to their June 12, 2022 fashion show to be held at Greate Bay Country Club.

The **Woman's Civic Club of Hammonton** is having a soup fundraiser this month. They will host Patty Chiofole, Life Wellness Coach, and will ask members to wear red for the GO RED FOR WOMAN campaign.

The **Millville Woman's Club** will walk a mile through Cumberland Mall in honor of the American Heart Association GO RED FOR HEART HEALTH. This month's luncheon Program will be presented by Lorraine Kiefer from Triple Oaks Nursery. The monthly book discussion will be "Little Women" by Louisa May Alcott.

The **Woman's Club of Vineland** is supporting the women's shelter by collecting full sized toiletries. This month's program will focus on having a heart healthy diet. Meetings will be held via Zoom.

The **Ex-President's Club** will hold their semi-annual meeting at the Tuckahoe Inn on February 23, 2022 at 12:00, Noon.

THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM**Lynn Webb**

Discover more projects that can be done in a distance and be ready for the next Achievement Day in 2022. Have you noticed #10 under UPCYCLE in the Arts and Culture Achievement Day Categories? UPCYCLE is the process of converting old or discarded materials into something useful and beautiful. Keep a list of materials you use to accompany each entry. Have you created designs with corks into a hot plate? You may use a small stand for your ornament and the maximum size is eight inches in any direction.

This Chairman found a few ideas in magazines. One idea is to find an old scale and use it for a plant stand or paint baskets to brighten them up. Have you located old metal games like checkers? Use your imagination and make it into a lazy Susan and place it on your desk for odds and ends. Whatever you plan on doing, it is a great way to see what you dream up for future projects.

Explore these magazines to get fresh ideas for your home and upcycle your treasures.

- "American Farmhouse Style Magazine" has home vintage flea market décor to change the look inside your house.
 - "Best of Flea Market Style" will show you how to transform old bottles and use them for vases.
 - "Junk overs" magazine will give you ideas for your treasures found at a flea market or in your attic. There are more ideas found on Pinterest.
-

5 Easy STEM Projects for Valentine's Day

Every day is a great day to implement some fun STEM (Science, Technology, Engineering and Mathematics) activities with children! Here are 5 easy and fun projects to share the love of learning little Valentine's!

1. Balloon Rocket: Decorate your rocket with hearts or use a heart shaped balloon to share make it extra special!
<https://littlebinsforlittlehands.com/valentine-balloon-science-experiment/>
2. Crystal Hearts: Crystals are easy to grow at home with just a couple of ingredients. An easy overnight project!
<https://littlebinsforlittlehands.com/crystal-hearts-valentines-science-experiment/>
3. Water Displacement Experiment: You can take a simple experiment like water displacement and give it an easy Valentine's theme!
<https://littlebinsforlittlehands.com/valentines-water-displacement-science-experiment/>
4. Homemade Lava Lamps: Have a spare mason jar and some heart party glitter? You are halfway to making a fun, easy lava lamp!
<https://littlebinsforlittlehands.com/homemade-valentines-day-lava-lamp/>
5. Candy Hearts Oobleck: This simple kitchen experiment explores Non-Newtonian fluids. Is it a liquid or a solid? Adding candy hearts or red hots gives it a fun twist. You can also check out how the candy dissolves - which is science too!
<https://littlebinsforlittlehands.com/candy-hearts-obleck-science-sensory-play/>

ENVIRONMENT COMMUNITY SERVICE PROGRAM

Dawn Pogosaew

Here are a few positive notes for 2021!

As of December 1, 2021 the western monarch population number counted in California is around 100,000! This is the highest number counted in 5 years. Last year there were approximately 2,000 counted. What an improvement! However, citizen scientists are trying to figure out what has helped the monarch population increase so drastically from the previous year. There are many factors that may go into the population numbers from year to year, but everyone is hopeful that the increase could be due in part, by the increase in milkweed plantings throughout their migration route. The eastern monarch population count will be out sometime in February and is not available at this time. But...so far, the news is, activity has remained high as the monarchs start gathering and overwintering in Texas and Mexico.

So, let's keep up the good work and plant some native New Jersey pollinator host and nectar plants this spring. Make sure to include late flowering plants that can help migrating monarchs as well as overwintering pollinators. You do not need to have acres of land to help. A few native nectar and host plants in your yard can help increase the population of pollinators and ensure their future success in your community!

The Nature Conservancy has an annual report which includes stories and projects they support throughout New Jersey. You can read it at www.nature.org and search, "2021 Year in Review New Jersey". This Chairman found the articles very encouraging and also gave me some new ideas for 2022.

Now that you have written all your reports and sent them in early (Thank you)...It's time to think about Achievement Day! Make sure to send your completed forms to your District Chairman prior to the deadline. They appreciate all early entries! Forms are also available on the website.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Claire Hill

Happy February. Time to wage a war against Cancer.

Did you know that approximately 30-40% of cancer diagnoses could be prevented by modest diet and lifestyle changes?

This information was found in AARP. I know most of our ladies do not smoke, but if you do, now is the time to consider quitting. It can be difficult, but it will reduce the risk of 12 different cancers.

Another suggestion: Drink less alcohol. This can reduce the risk of oral and throat cancer.

The major suggestion was to exercise more. Exercise reduces the risk of breast cancer by almost 21 percent. Why not add an extra day of walking or try Yoga!

Now the good news: Drinking milk, and a cup of coffee a day may help to reduce some cancers. If you are not a coffee drinker, green tea is also another good cancer fighter.

Don't forget to eat your vegetables, especially greens. Blueberries are so healthy. They help ward off signs of advanced aging. Make blueberries a snack or add to cereal. The antioxidants in blueberries help ward off skin damage and will lower risk of cancer. They are a great source of fiber.

One last important suggestion - GET PLENTY OF SLEEP – 7-9 hours each night. We need to take care of ourselves. Our club and families need us healthy.

ADVOCATES FOR CHILDREN

Jane Mackesy

As you read this, this Chairman will be reading the reports that you have submitted, and you may be planning activities for the coming months. A suggestion that may help you, not only for Advocates for Children, but for ALL of the Community Service Projects. Check out the GFWC Club Manual. To get to it, go to www.gfwc.org, if you haven't signed in, you will need to register. Once registered or signed in, go to the little person icon. Click on "My Digital Library", then click on "Resources", then Click on the letter "C" and then "Club Manual". You can download it. It is a wealth of information, along with forms needed for any GFWC awards. Hope this inspires new projects!

COMMUNICATIONS

Carole Speechley

Thank You!

This Chairman loves that her mail box fills up with Federation mail more than bills and sales brochures. And in January her mail box was filled with reports. You may not like filling them out, but this Chairman, like the others, does enjoy reading them and appreciates the project ideas and creativity of our clubs. So, thank you for taking the time to report on your activities in Communications and for all you do to promote your club and keep your members engaged.

Her mail box was also filled with your entry forms for the three Communications contests. Thank you to all clubs who entered one or more of our contests. By having a Newsletter and/or a Press Book and/or a Scrapbook, your club is already a winner because this is a wonderful way to preserve and display your club's history. This Chairman looks forward to seeing your entries.

Press Releases

Just a reminder: Sample press releases are on the njsfwc.org website and distributed by the District Communications Chairmen for use by the clubs to promote their activities and increase their membership, and make people aware of NJSFWC. Modify one that is timely or pertinent to include what your club is doing, that you welcome new members, and how they can contact you. And this Chairman would be happy to help you. So check out the press releases in the Communications section under Materials on njsfwc.org.

CONVENTION

Susan Fosdick

Happenings on Sunday, April 24th

Convention Registration will be open beginning at 8:00 a.m. on Sunday morning in the Foyer outside the Ballroom (North Tower).

After checking in your Federation Exhibits – between 9:00 a.m.-12:30 p.m. in Salon 2, why not check out the Vendors which will be located in Salon 1.

Put on your District's color tee shirt and at 11:30 a.m. pick up your pre-ordered box lunch and join everyone in the Ballroom to cheer on your District Vice President as she brags about all the District accomplishments over the past year.

The Opening Business Session will convene promptly at 1:30 p.m. in the Ballroom.

At 5:45 p.m., please join your Federation sisters for a social hour before our Annual Women of Achievement Awards Banquet.

CREDENTIALS AND REGISTRATION

Cynthia A. Blumenkrantz

On Saturday, **January 29th** (snow date, **February 5th, 2022**), the CALL TO THE 128th ANNUAL CONVENTION was prepared and mailed to the President of each General Club, State Organization, Affiliate Club, Member-At-Large, State Board Members and Past State Presidents by the Credentials and Registration Committee. Each envelope included a copy of the "Official CALL". The envelope also included the following:

- Advance Registration Form listing all registration fees and meal costs
- Hotel Reservation Information Sheet and directions to the hotel
- Checklist to aid the presidents in completing the proper club registrations
- Other necessary information.

Reminder to Club Presidents: Please check *immediately* the contents of the envelope containing the CALL to be sure you have all the necessary forms. If you have any questions concerning the contents, contact this Chairman. *Do not wait until Convention in April.* Any errors or omissions must be resolved before the deadline for Registration and Meal Reservations by **April 6, 2022**.

Delegates and Alternates: The number of Convention Delegates and Alternates to which your club is entitled is designated in the NJSFWC BYLAWS – ARTICLE XI, SECTION 11.2D and is stated on the **Voting Registration Sheet**. When completing this form, be sure to list the names of both Delegates and Alternates. **No on-site** registration for Delegates and Alternates will be available at Convention. Should it be necessary for an Alternate to serve as a Delegate, this change can only be made by the Credentials and Registration Chairman at the Convention Registration Desk.

If you have an EMD, it is the club's responsibility to provide the Department an opportunity to be included in your voting delegation since the EMD membership is included in the total membership of its sponsoring club. Representation is based on membership as recorded in the State Yearbook. If a member of your EMD is representing your club as a Delegate or Alternate, her name **MUST** appear on the Voting Registration Sheet and her Delegate/Alternate fee **MUST** be included with your Advance Registration Sheet.

IMPORTANT: Both the President and Recording Secretary of the club must sign the Voting and Registration Sheet.

No Delegate or Alternate shall be registered to represent more than one Club or State Organization. Therefore, if a member of your club serves on the State Board of Directors, she is considered a Delegate from the Board of Directors and may not represent your club. She will handle her own registration through the State Board.

If one of your members is registered as a Delegate or Alternate from another club, such as Past Presidents Club, she cannot represent your club. However, if she wishes to sit with her General Club for meals, her registration fee should be recorded and paid under the Past President's Club, but her meals should be recorded and paid under her General Club. In these circumstances, a note should be attached to the club's Advance Registration Sheet to alert the Chairman.

Registration:

The registration fee for Delegates, Alternates, Members, Visitors, and Non-Members is \$30 if postmarked by March 30, 2022. Registrations **POSTMARKED AFTER MARCH 30th** and no later than April 6th will be \$40 each (\$30 and

\$10 late fee). The Daily Registration Fee is \$15 (\$20 if postmarked after March 30th and no later than April 6th) is available for members or visitors who can only attend for one day.

All Registration Fees and Meal Reservations should be *paid with one club check* payable to **NJSFWC** earmarked **Credentials and Registration**. This form should be completed with all fees for registration and cost of meals. **Remember to include the District, Name of Club, and name and telephone number of respondent**. The Advance Registration Form should be returned to the Credentials and Registration Chairman with a copy retained for your club records. If any changes to the banquet meals are necessary due to health or dietary restrictions, a note detailing the necessary changes should be attached to the Advance Registration Form. No meal changes will be accepted at Convention, any changes must be made no later than March 30, 2022.

Absolutely no reservations will be accepted after April 6, 2022.

Early Registrations are encouraged. Please read all instructions carefully and comply with the deadlines. If you have any questions, please do not hesitate to contact this Chairman at 310-691-9388, or email at ccynthia_crothers@yahoo.com or blumenkrantz@njsfwc.org.

GFWC SIGNATURE PROJECT: DOMESTIC & SEXUAL VIOLENCE AWARENESS AND PREVENTION

Joyce Fredericks

Thank you for all those who sent reports to this Chairman. She is looking forward to reading about all your projects to support Domestic Violence Awareness.

The Starfish Project at GFWC was started to provide jobs to women and children that escaped human traffickers and exploitation, which provides employment opportunities for these women. GFWC is working with 150 survivors at the present time.

It has very nice and reasonable jewelry, and 25% of the proceeds goes to the GFWC Success for Survivors Scholarship. To view the earrings, bracelets and more, visit the GFWC website, click onto 'What We Do' and then search for the Starfish Project.

If you would like to donate towards the GFWC Success for Survivor's scholarship, which is President Hanson's emphasis area in this department, you may make a donation on the 2021-2022 Continuing Funds form. The form is due to headquarters by April 1, 2022.

GIRLS' CAREER INSTITUTE

Mary Kay Tokar

Hopefully by the time this is delivered we will have final approval from Rutgers. At this writing we are proceeding with optimistic caution.

Club Girls' Career Institute Coordinators

The Club Girls' Career Institute (GCI) Coordinator is an extremely important person. She has the responsibility of approving the selection of delegates and alternates for her club. The process has changed dramatically this year, with new forms and an online registration process for Delegates. By now your club should have sent in the Reservation Form and payment, as it was due January 31st. Contact this Director to ask if there are still spaces available.

You will find the ALL-NEW FORMS on www.NJSFWC.org/Materials under GCI. This includes Club Reservation form, GCI flyer, Candidate Interest Form, letter to School Counselors, Guide for Club GCI Coordinators and more.

The next step is to find your Delegates and alternates. **Online registration for both is due March 31st**. Most clubs go through school guidance counselors, some have a relative of a member, or someone who has helped the club, and a few advertise. The school counselor can distribute the new flyer and collect the **NEW GCI Delegate Interest forms**. These are used to choose your delegate and alternates. Many clubs will take these forms and interview the various interested girls, and some will let the counselor make the choice.

Once the choice is made, it is the Club GCI Coordinator who will let the Delegate and Alternate know they have been chosen. She will also notify the school. The Club GCI Coordinator will make sure the girl:

- Knows if she is a Delegate or Alternate. Both will register but need to specify which they are;
- Knows the name of the sponsoring club and district, GCI club coordinators name and contact information.
- Knows the name and contact information of a school counselor or administrator; and
- Knows the dates of GCI are June 6 – 9, 2022.

She will then give Delegate and Alternate the website to register; a parent or guardian must complete the online registration at <https://www.cognitofrms.com/NJSFWC1/GCI2022APPLICATION> by **March 31st**.

The Club GCI Coordinator will be the Delegates' contact with NJSFWC and with this Director. The Delegates, Alternates, Parents, School Counselor, and Club Coordinator will all be invited to your districts' GCI Orientation in mid-May. Invitations will be sent to the girls by the end of April. Stress to the girls that an RSVP to this invitation is required.

HISTORIAN

Maribeth Hugelmeyer

Thank you to all the clubs that sent in your 2021 Women's History Report! This Chairman enjoyed seeing what you have done to promote Women's History and reading all the wonderful narratives. Keep up the excellent work and keep exploring notable Women in History!

To honor February as Black History Month our Inventor of the Month is Alice H. Parker. She was born in Morristown, New Jersey in 1895 and grew up there. She was educated at Howard University Academy, where she graduated with honors in 1910. She and her husband worked in Morristown, NJ; she as a cook and her husband as a butler.

To keep her home warm during the New Jersey winters, she designed the first gas furnace. This furnace was powered by natural gas and its heating system distributed the heat evenly throughout the building due to individually controlled air ducts. She received a patent for her design on December 23, 1919.

Over the years, improvements were made to her design to make it safer. As an African American woman, her filing for the patent in 1919, was prior to both the Civil Rights Movement and the Women's Liberation Movement. What a wonderful achievement! We all have Alice to thank for our warm homes.

There is little recorded of her personal life, so there is no recorded date of her death, but it is thought to be in 1920.

LEGISLATION/RESOLUTIONS

Chris Sienkielewski

The following is a very simple version of what happens to Congressional bills. As we begin a new Legislative Calendar and getting ready to review some new resolutions, we should take a closer look at the basics of policy making.

Please take some time to review this process at a club meeting or reprint the information in a club newsletter. It is important for our members to understand the process so we all can become better advocates and know where we can get involved in promoting our resolutions.

If you are a person of a certain age, you probably have fond memories of singing along with Schoolhouse Rock's "I'm Just a Bill" between favorite Saturday morning cartoons. That catchy tune has been inspiring legislative advocacy for decades. In the video, it seems easy for the cute little scrap of paper to become a real law. In reality though, there are many obstacles and the whole process can take anywhere from a few weeks to many years.

How Does the Legislative Process Work?

Understanding how laws are made is an important first step in effective legislative advocacy. Below is an outline of how it works at the **federal** level.

The path that a bill may take is determined by procedural rules, and there are many. This is a simplified version of the process. A bill is simply a law that is waiting for approval. A bill may originate in the House of Representatives or the Senate, depending on what type of bill it is.

Here are the steps it must take to become law:

1. The bill is introduced in the House or Senate

A member of Congress introduces the bill. Once the bill is introduced it is assigned a bill number, with this number you can track the bill's progress.

2. The bill goes to committee.

The bill is assigned to the committee with appropriate jurisdiction where it is revised and amendments are considered. The bill needs to be voted out of committee in order for it to go the floor of the House or Senate.

3. The bill goes for a floor vote in the House or Senate. Or it may never see a floor vote at all. Now the bill is debated by the full membership of the House of Representatives or Senate before holding a full vote. The bill will only get a floor vote when the majority party is certain that it has enough votes to pass.**4. The bill goes to the House or Senate.**

The above process repeats for the other chamber.

5. Conference Committee

After a bill is passed in both the House and Senate, it goes to a conference committee to work out differences if needed.

6. The bill goes to the President.

After a bill passes both the House and the Senate and is conferenced, it goes to the President. The President can either sign the bill into law or veto it. If 10 days pass and the President fails to take any action, the bill becomes law.

SPECIAL STATE PROJECT**Patricia Dahl**

The second Special State Project fundraiser will be in the North on Sunday, March 13, 2022 at 2:00 p.m. at the Woman's Club of Upper Montclair's Clubhouse. It will be a Wine and Cheese Party. There will be a 50/25/25, wine and cork raffle and basket auction. We are looking for donations of wine corks, wine and baskets. Please let this Chairman know if you can help. The cost is \$35 for each person or two for \$60. The two can be husband and wife or two friends going together for fun. Consider inviting a friend that isn't a member to experience a fun day with you. The invitation to attend was in the January ALMANAC.

The Highlands District fundraiser was very unique. It was called Operation Donation! They had the members of the District clubs collect money for different items. Some examples; for every pair of shoes you own, \$0.25 or for every television in your house, \$0.50. This is a great way for clubs to raise money without leaving their homes.

DO YOU HAVE YOUR QUILT RAFFLE TICKETS? District Vice Presidents, this Chairman as well as Headquarters have tickets. Don't be left out!

"Let Our Voices Soar" for Operation Chillout and lets show them what the clubs of the NJSFWC can accomplish even during a pandemic. Thank you for all you have done for Operation Chillout for this past year and beyond

WEBMASTER

Denise Hosier

Time to Enter our Website Contest!

Submit your intention of entering the competition by **emailing the NJSFWC Webmaster, during the month of February (1st - 28th)**. Websites will be judged between March 1st and March 15th. Email: webmaster@njsfwc.org.

- In the 'Subject line' of the email, reference 'NJSFWC club website competition.'
- In the body of the email, include your club name, contact person, the 'link' to the website, and whether it is a free or paid site.

Rules for Submission & Judging:

1. Club name and NJSFWC of GFWC must appear on home page.
2. District, Club President, and contact information must appear in a clearly defined site menu choice. (ex: About Us or Contact Us).
3. Website may continue to be updated after the competition deadline date.

Judging: Websites are judged based on the following five criteria:

1. Rules above are met (Club name, NJSFWC of GFWC, District, Club President and contact information)
2. Presentation/design
3. Ease in navigating through the site/page
4. Federation information
5. Useful and pertinent information for club members & prospective members

Judges will use their own discretion as to awards given.

- Each item is judged on its own merit.
- Scoring will not be provided.
- Comments will be provided to the club by the judges upon request.

Awards: This is a statewide competition with certificates presented at Convention for First, Second, and Third Place, and an additional award for Best Free Website. Certificates will not be issued at the District level.

DEADLINE: February 28. NO LATE ENTRIES WILL BE ACCEPTED.

PARLIAMENTARY CONSULTANT TO CLUBS

Rosemary Seghatoleslami

Classes and Precedence of Motions

A motion refers to a formal proposal by a member that the assembly take a certain action. Motions may be classified as main motions, which bring business before the assembly when no other business is pending, secondary motions, which can be considered while a main motion is pending and must be disposed of before consideration of the main motion can be continued, and motions which bring a question again before the assembly.

If a motion B can be made while another motion A is pending and replaces motion A as the immediately pending question, it is said that motion B takes precedence over motion A, or that motion A yields to motion B.

The main motion, the seven subsidiary motions (Postpone Indefinitely, Amend, Commit or Refer, Postpone to a Certain Time, Limit or Extend Limits of Debate, Previous Question, and Lay on the Table) and the five privileged motions (Call for the Orders of the Day, Raise a Question of Privilege, Recess, Adjourn, and Fix the Time to Which to Adjourn) fall into a definite order of precedence which gives a rank to each of these thirteen motions. The main motion has the lowest rank, and therefore must yield to any of the other motions. The highest ranking motion is Fix the Time to Which to Adjourn (which means set a date and time for the continuation of the meeting). Knowing about the precedence and rank of motions will help to accomplish the business at hand in a more orderly fashion.

**COMMUNITY IMPACT PROGRAM
Ora Kokol**

REMINDER! Remember your Community Impact Program contest entry **MUST** be sent to this Chairman by February 15, 2022 to be eligible for judging! Your project was to have been completed from January 1, 2020 - December 31, 2021.

CONVENTION ADS

To make the Convention Journal, all Ads must be received by Karen Manneback by February 15, 2022. Instructions and form is in the December 2021 ALMANAC Flyers available on the njsfwc.org website.