



ALMANAC



March 2022

No. 437

New Jersey State Federation of Women's Clubs of GFWC

55 Labor Center Way, New Brunswick, NJ 08901

President's Message—Jan W. Hanson

NJSFWC March Madness is upon us. Take a day and spend it with your clubwomen at your District Performing Arts Festival. Whether performing or applauding your participation is appreciated. What feels more normal than attending this special event, two years in the making. Congratulations to the Palisades performers for their showmanship in February.

Have you signed up for the Special State Project Northern Fundraiser Wine and Cheese Party on March 13th? Of course, there will be more than wine and cheese, so if you have not signed up the deadline is March 3rd. Bring a friend and save some money. Information is in the January ALMANAC.

Normally, we would be holding our State Spelling Bee this month. However, that has been moved to April 9th. District Spelling Bee Chairmen are busy as bees holding their District Bees. Best of luck to all of the clubs with participating spellers and we look forward to seeing some of them at the State Bee.

Make time for one more District event—the Civic Engagement and Outreach Day—where you will hear about organizations in your District that need your assistance. By networking with other organizations, your club can become more visible in your community. Last year this was a Zoom event, but we wanted to be in-person this year to allow more interaction with each other and the organizations. Please encourage your club members to attend.

Your club should have received the CALL to Convention and hopefully, the information is being shared with your members. Please review the Bylaws, and the Resolutions which will come in a separate mailing later in March. This is an opportunity to let your voice be heard. Every Convention is special, but this one has some extra reasons for attending. First, it will be the first in-person Convention in two years. Second, there is easy access to the Boardwalk and the Casino. Third, you will be the first to hear about the new Special State Project. Fourth, it is time to say hello to incoming President Shirley Holly and farewell to the outgoing President. Come and celebrate "The Power of Excellent Women", which includes you.

Convention Chairman Susan Fosdick, the Convention Committee and Credentials and Registration Chairman Cynthia Blumenkrantz, and the Credential and Resolutions Committee are looking forward to seeing you as we are 'Rising to New Heights'.

Cynthia Blumenkrantz, is awaiting your Convention registration forms which must be postmarked by March 30th to avoid a late fee and by April 6th to register delegates and alternates.

Once we make it through March, we have Achievement Days and Spring Conferences to look forward to before we all head to Atlantic City.

On April 1st the Continuing Funds form is due. In order to be counted in this year's totals you must meet this deadline. We will once again be acknowledging the top five clubs that have donated the most money per club capita.

Also, "Blue Sheets" (Yearbook Data Sheets) are due May 1st. Remember to accurately calculate the number of members your club will have in the upcoming year. Your dues are based on this number and cannot be reduced. If you fail to turn in a "Blue Sheet" on time, last year's figures and information will be used.

Hoping for an early Spring and warmer weather.

In Federation Friendship,

Jan

Let Our Voices Soar

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- State Dates
- Arts Creative Forms
- 1894 Society



NJFWC PRESIDENT-ELECT

Shirley A. Holly

9 Tips to Improve Your Public Speaking Skills

Consider these effective public speaking tips to help you nail your next speech or presentation that you give to your club or community.

If the idea of delivering a speech to an audience makes your palms sweat, hopefully you can find some reassurance in the fact that you're not the only one who has this reaction. **Research** indicates that one in five people experience public speaking anxiety, or PSA, making it one of the most common types of anxiety today.

Here's the good news: other **studies** have found that, with the right strategies in place for fighting your fears, you can still perform well when you have a public speaking engagement or presentation of any sort. What are a few of these strategies?

- 1: Breathe** - When you're nervous, your heart rate speeds up, you begin to sweat, and—if you're not careful—you can easily work yourself into an anxiety attack. To help control all of these responses, take a few minutes before delivering your speech to close your eyes and take a couple of deep breaths. Calm your body so you can enter the stage (or speaking area) with a certain level of peace and not feeling all frenzied.
- 2: Admit Your Nervousness** - Even the most seasoned public speaker can feel nervous on stage. The harder you try to conceal this nervousness, the easier it will likely show through. Yet, admitting that speaking makes you anxious can actually help put both you and your audience at ease. You feel a sense of relief because now the information is out there, giving you the ability to address your anxiety and move on.
- 3: Use (Minimal) Notes** - If public speaking makes you anxious, there can be a tendency to write your speech out word for word so you can look at it if you forget your next statement. However, if you've ever watched a speaker read from their notes the entire time they are on stage, you know that this isn't effective. You will lose your audience. Instead, keep your notes to a minimum, using only one- or two-word prompts for each point you want to make. This will help you keep your place without detracting from your audience.
- 4: Become Comfortable with "The Pause"** - One of the biggest distractions as an audience member is a speaker who constantly says "uh" or "um." These fillers are typically used as a way to say something, anything, while you're thinking of your next point. But some of the best speakers know that "the pause" is not something to avoid. A well-timed break in speaking can even be used to help strengthen a point, letting it sit with the audience before moving on to the next topic. Become more comfortable with this pause and you will become a better public speaker.
- 5: Be Aware of Your Hand Gestures** - Have you ever talked to someone who is all worked up and noticed that their hands are flailing wildly? Some people naturally speak with their hands. When they're nervous, this type of gesturing can ramp up. While some hand movement is a great way to emphasize certain points, it's also important to not let these movements distract from what you're trying to say. So, pay attention to your hands when you're speaking. Slowing down their movement may also help slow down your brain, creating a greater sense of calm.
- 6: Move Around Some, But Not Too Much** - People often pace when they're nervous. If this is you, you may have a tendency to walk back and forth across the stage when public speaking. Like with hand gestures, a little bit of movement is okay but too much is, well, too much. Don't be afraid to walk away from the podium, but try not to make your audience feel like they're watching a tennis match either.
- 7: Incorporate Visual Prompts** - If the idea of having all eyes on you makes you nervous, visual prompts are a good way to divert the audience's attention yet still stay on topic. These prompts can be by way of a slide of an image or graph or something more concrete, such as pouring a half glass of water to emphasize the effect of "living with your glass half full." It might feel good to have their attention diverted, even if only for a moment. Plus, it gives you something to do with your hands.
- 8: Practice, Practice, Practice...Then Practice Some More** - Mark Twain once said, "It usually takes me more than three weeks to prepare a good impromptu speech." So, maybe your fear of public speaking comes from not being fully prepared. One way to overcome this, then, is to practice, practice, and practice some more. Each time you deliver your speech, you will become more comfortable. You'll begin to learn it inside and out, increasing your confidence when delivering it for real.
- 9: Record Yourself Speaking** - This final public speaking tip is intended to help you recognize how you may come across to an audience. When you record yourself speaking and watch it back, you may notice that you do things that you didn't even realize. This provides the opportunity to correct these issues before being in front of a live audience. Another option is to practice your speech in front of a friend or family member and ask for their honest feedback.

NJSFWC PRESIDENT-ELECT (continued)

Summing Up Public Speaking Tips

Public speaking is a common fear. The good news, however, is that this fear doesn't have to stop you from delivering an amazing speech. These public speaking tips can help you feel some calmness on stage while also better connecting with your audience...making you a more impactful public speaker.

Posted May 28, 2021 by Saint Leo University

NJSFWC SECOND VICE PRESIDENT

Barbara McCloskey

Now that you have completed your report writing, it is a great time to look over the many projects listed on the report forms and see if there are any new ones you may be interested in for 2022.

The Department Chairmen are always looking for new project and fundraising ideas to share with the clubs. It is one of the reasons why we encourage clubs to report each year, and include a narrative.

Although projects and ideas may be shared each month in the ALMANAC, and eConnection, not every project or program will appear in these formats.

By taking the time to review the Supplements, Bulletins and listing of the Chairman's top 10 picks, which are all found under their specific departments in the Materials section of the website, you may also be able to come up with some new project and program ideas.

The Community Service Program Chairmen spend many hours editing and updating the Supplements at the beginning of each new Administration. Because the new NJSFWC and GFWC Administration's typically do not change until May or June, the new and updated materials generally do not come out until the fall.

Thank you to all the clubs who have submitted reports. If you should have any suggestions or ideas for future projects or fundraising ideas, please feel free to contact me or any Department Chairman. We are all here to support the clubs and make a difference in the lives of others.

NJSFWC THIRD VICE PRESIDENT

Susan Chambers

What does The Collect mean to you?

Why do we read The Collect at the beginning of each meeting? Most of us know it by heart, right? But while we talk the talk, do we always walk the walk? While each verse is important and worthy of studying, certain ones stand out:

"May we put away all pretense and meet each other face to face, without self-pity and without prejudice. May we never be hasty in judgment and always generous." Article XVIII of our current Bylaws states that we "shall not discriminate against any person based on race, color, religion, gender, national origin, disability, age or sexual orientation." Look into your heart to make sure you are true to this precept. Welcome ALL members to participate fully; recruit ALL to join you in community service.

"...let us forget NOT to be kind." Isn't it easier to be kind than to be harsh and judgmental? Welcome each member to participate wherever they want – no CSP or program should be closed or "full." Just as at your dinner table at home, there's always room for one more! This kindness will not only make your members feel good, it should warm your heart as well.

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

The Woman's League of Mount Holly

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

NJSFWC THIRD VICE PRESIDENT (continued)**Woman's Club of Brielle**

Joy Wallis
Amanda Eldredge
Mary Ann McGevna

Montclair Woman's Club

Mimi Wrede

NJSFWC FINANCIAL SECRETARY**Christina Burlew**

Do you need to fill a basket or plastic eggs for an Easter Egg Hunt? Do you need to purchase a hostess or thank you gift? Are you hosting a holiday dinner? If so, have you thought about creating a Chocolate Charcuterie Board? This Officer knows we can all use some chocolate just for ourselves. We really don't need a reason.

NJSFWC is selling Gertrude Hawk Chocolates for the spring. Many of you shared with this Officer your favorites from our last sale. Not to worry, chocolate covered cherries, peppermint patties, and many of your other favorites are included in this sale along with jelly beans, chocolate covered eggs, coconut cream and peanut butter eggs, chocolate bunnies, and many other items. All orders will be shipped directly to your residence. Tax and shipping charges will be applied. If you live close to another member(s), you may want to place one order and split the shipping costs. Sale ends April 3rd. Orders begin shipping on March 14th

Go to <https://fundraising.gertrudehawkchocolates.com/>

Click on Place Fundraising Order.

Choose an Organization.

Type in 114501

CHOOSE NJSFWC, NEW BRUNSWICK, NJ

Choose a Seller and type in CHRISTINA

Select GET STARTED

This should take you to the product page where you can select your items.

Any question, call Darlene at 1-800-706-6275, Ext. 359 or Chris Burlew at 732-885-1466.

COLLEGE DISTRICT**Mary Lou Bak**

Continuing to navigate around the COVID surge, District clubs held virtual meetings while still meeting the needs of communities. **Boys Charity Group** assisted at the water station for a 5K Run benefiting Homefront NJ, which works to reduce the number of homeless families and seeks to provide housing, necessities, training, and to nurture children. The Club also assisted the Salvation Army at a Kettle Bell Station at a local Shop Rite, and joined the **Princeton Area Junior Woman's Club** in partnering with Alzheimer's NJ to write cards for family caregivers of Alzheimer's patients.

Programs to inform and heighten awareness about causes important to the community included a public invitation to attend a presentation arranged by the **Woman's Club of Tewksbury Township**. They welcomed John V. LaBarbera (Ret.) Battalion Chief and Executive Board Member of the Tunnel to Towers Foundation who spoke on the mission and vision of Tunnel to Towers, serving catastrophically injured veterans and first responders.

In observation of Black History Month in February, the **Bridgewater Woman's Club** presented a program on the history of Hobbstown in Bridgewater. A community formed by Hobbs family emigres from Georgia in the early 20th century, it provided a haven for Blacks from racism and economic oppression, and recently celebrated its centennial in 2021.

The **Suburban Woman's Club of South Plainfield** reminded members that also in February, the American Heart Association's 'Go Red for Women Campaign' raises awareness that heart disease affects women, too. Club members were encouraged to wear red for the February meeting in honor of 'National Wear Red Day' on February 4th. The Club is also planning some innovative fundraisers, and continuing its fundraising project with Mr. Subs.

District Clubs helped stock the Food Pantry at Rutgers for food insecure Douglas College students.

GARDEN DISTRICT**Jill McDonald**

Garden District clubs focus their kindness, innovations, and energies on creating "GOOD LUCK" for others every month. Contributions of money and in-kind donations gathered through hard work have long reaching effects.

Over 40 members attended our most recent District Council meeting. Over half of our club Presidents reported on their best speakers, fundraisers, and even some actual in-person activities within CDC protocols. The lists of organizations, individual families, and community service workers that have benefited from their generosity is amazing. The partnerships formed will likely continue in future endeavors. Many clubs reported significant membership gains from social media publicity and potential members seeing them at work on a community project.

Several clubs reported honoring veterans by sponsoring wreaths on their graves; others participated in the actual ceremonies. Clothing and household goods collections by several clubs boosted their treasuries and subsequently scholarship funds. One club initiated a new scholarship to assist an older woman in furthering her education. Script sales are booming in several clubs.

Zoom meetings are being used frequently as COVID variants emerge. Members are continuing time honored traditions by working on projects from their own homes with kits of supplies delivered to them and then they work together via Zoom. Several are learning new culinary and crafting skills, touring architectural wonders and enjoying concerts.

Small groups with focused interests are forming. There is a rise in book clubs and one club is forming a team to help with Special Olympics in June. Several clubs are contributing to "stock the shelves of the Douglass College student food pantry".

Upcoming events abound. **Woman's Club of Penns Grove-Carneys Point** will celebrate their 105th Anniversary this month. Arts Performing Day will be March 25th at Salem Community College. Four or more clubs have scheduled Spelling Bees.

Woman's Club of Wenonah is making plans now for their 100th anniversary with their 122 current members.

HIGHLANDS DISTRICT**Nancy Levy**

The **Blair Woman's Club** made goodie baskets for their municipal and maintenance workers.

The **Woman's Club of the Denville-Rockaway Area** donated 170 Books for Babies kits, containing board books and baby wipes. Also, a Club project highlighted in News and Notes was chosen as the GFWC President's Pick for 2021.

The **Hopatcong Woman's Club** made 38 packages of gifts for Head Start students and their siblings.

The **Long Valley Area Junior Woman's Club** donated money for mental health awareness, to be used for pet therapy in schools.

The **Long Valley Juniores** made 55 baking boxes for Food Pantry clients.

The **Long Valley Woman's Club** got together at their library to knit and hold book discussions.

The **Woman's Club of Mendham's** Co-President, currently in a Connecticut rehabilitation facility, was still able to fill an Operation Holiday Stocking and mail it to Headquarters.

The **Woman's Club of Parsippany-Troy Hills** donated pajamas for six Head Start classrooms.

The **Peapack-Gladstone Woman's Club** assembled 100 kits of reusable sanitary items for Days for Girls.

The **Roxbury Woman's Club's** library, founded by the club, held a fundraising gala. The club purchased two \$500 tickets, and two members attended.

The **Junior Woman's Club of Sparta** made 140 gift bags of socks, chapsticks and activity books for nursing homes.

HIGHLANDS DISTRICT (continued)

The **Sparta Woman's Club's** Circle of Yarns group made items for the Migrant Ministry of Sussex County.

The **Sussex Woman's Club's** well-attended Tricky Tray raised over \$4,000, quite an accomplishment for a club of only 11 members.

The **Thursday Morning Club's** Community House is the permanent home of an afterschool program for disabled students, and the Club organizes activities for the students.

The **Vernon Township Woman's Club** supported Operation Smile with blankets, toys and t-shirt hospital gowns.

The **Washington Woman's Club** made Birthday Bags for their Domestic Violence Shelter.

LIBERTY DISTRICT**Ellen Lund**

They say March comes in like a lion and goes out like a lamb. Let's hope that is true for 2022. Let's see what the Liberty District Clubs will be up to in the month of March.

The **Woman's Club of Arlington** is happy to announce their Author's Tea featuring Fiona Davis on March 27th. Nutrition by Nick will be presented at their March meeting.

Arlington EMD is planning a virtual cereal box domino competition with the cereal boxes being donated to the Kearny Food Pantry Network.

The **Woman's Club of Berkeley Heights** members will be entertained by their Arts Performing committee at their March meeting. After a light lunch of homemade soups prizes will be awarded to the 4th and 5th grade winners of their annual writing contest.

In March, the **Women's Club of Caldwell** will host a scarf blocking event. Each participant will print a design on a "dupatta" while learning about the history of print making. Fees collected will be applied to their scholarship fund. Collecting old eyeglasses will be their service project.

Get ready to read and discuss at the **The Fortnightly Club** Book Club meeting on March 24th.

For March the **Woman's Club of Little Falls** conservation department is planning a presentation by Passaic County master gardener Anne Kahwaty.

Oooo... The **Verona Woman's Club** is having a Psychic Night on Wednesday, March 16th.

March is National Women's History Month. The **West Essex Woman's Club** will be distributing written materials to 3 local High Schools, 4 Libraries, and the local college.

PALISADES DISTRICT**Debbie Cibelli**

As the Ide's of March are upon us, these Palisades District Clubs feats are "green" with envy.

Book and Needle Club Valentine Bookmarks were made for Meals on Wheels.

The **Woman's Club of Carlstadt** donated cookies and candy to the Paramus Veteran Home for Valentine's Day.

Woman's Club of Paramus will be running a drive for Pedals 4 Progress Saturday, March 26th where they will collect used bicycles and sewing machines.

PALISADES DISTRICT (continued)

Woman's Club of Englewood Gennifer Furst, Professor of Criminal Justice at William Patterson is returning to talk on "A Bright Spot in a Dark Place: Prisoners & Dogs."

The **Cresskill Woman's Club** made blizzard bags for Meals on Wheels and did a candy-cookie project for charity.

The **New Milford Woman's Club** kicked off "Inspiring Woman of the NMWC." Paying tribute to member's life stories and how they came to live in New Milford, where they came from originally, and what they are most proud of.

The **Woman's Club of Lyndhurst** held a dinner/tricky tray fundraiser with 12 baskets each worth \$250.

The **Contemporary Club of Hasbrouck Heights** worked on a cancer care pillow project for Hackensack Hospital's breast and lung cancer patients.

The **Woman's Club of Rutherford** will hold a St. Patrick's Day Dinner fundraiser.

The **Junior Woman's Club of Harrington Park** will be having a tricky-tray fundraising event March 8th.

The **Junior Woman's Club of Rutherford** held a monthly food drive and will march in Rutherford St. Patrick Day parade.

The **North Arlington Woman's Club** will be hosting an International Night March 8th.

The **Woman's Club of Ridgfield Park** will be making St. Patrick's Day Tray Favors for their local Nursing Home residents.

The **Woman's Club of Carlstadt** is planning to have an at home tea for a fundraiser.

RAMAPO DISTRICT**Marie Sullivan**

Ramapo District Clubs bring luck and sunshine to their communities!

Suburban Woman's Club of Pompton Plains walking club is still meeting once a week, weather permitting, to get some exercise and to chat with each other. This certainly helps keep the members together. Their "Fidget blankets" are an ongoing project that the ladies continue to work on. These blankets are really helpful for seniors in Nursing homes.

Pompton Lakes Women's Club are once again collecting new and gently used bras for their 2nd "Free the Girls" program ending on March 31st. They are also making 100 St. Patrick's Day tray favors for St. Joseph's Home for the Elderly in Totowa as well as Cards for Kindness for the local hospital and nursing homes.

Woman's Club of Franklin Lakes is working hard to stay in touch. Monthly newsletters keep members informed and several members are even entering Arts Performing Day!

Woman's Club of Upper Saddle River started a book club that is run through the library in order to include the Community. Members sponsored a writing contest in the Elementary School. Excited winners were awarded prizes.

Woman's Club of West Milford Township continues to make crafts to sell for their ongoing fundraising efforts. Since they really love crafting, the members will be working on entering many finished items for Achievement Day.

Riverdale Woman's Club supported a Homeless Program in Newark filling two busloads of needed items through the program "We've Got This"!

Woman's Club of Ridgewood updated their website to help generate publicity for their club rentals. A trunk show is planned for March.

RAMAPO DISTRICT (continued)

Allendale Woman's Club started a town wide collection of Feminine Hygiene products which are not covered under many subsidized programs.

Montville Township Woman's Club ran a successful Blood Drive in their community and keep members active through social events. Bowling was a fun night out recently.

SHORE DISTRICT**Randi Quilici**

Hello March! Think Spring! Think Flowers! Think Sunshine! The Shore District welcomes you with big plans. As we embrace changes due to COVID, we emerge stronger, brighter, and with creative ideas.

Belmar Woman's Club members are excited to have a Pampered Chef fundraiser.

GFWC Woman's Club of Matawan organized a craft sale and Games Luncheon.

Little Silver Woman's Club collaborated with the Little Silver Environmental Commission to sponsor a day of spring cleaning. Items such as cleaning out closets, file cabinets, and collecting stray electronics that have been decommissioned, along with the GOT SNEAKERS campaign, will join this day's event at the Little Silver Woman's Club House. There is also a March pickup of over 300 gowns and numerous evening bags, evening shoes, and costume jewelry for the Joint Base McGuire-Fort Dix military location.

The **Woman's Club of Middletown** continues to save empty coffee cans (11 oz.) used for packing cookies for Operation Shut-in's Project for the Visiting Nurse Association.

Woman's Club of Point Pleasant is excited to deliver Dr. Seuss bags to local schools containing a book and related items. They are also having a preschool coloring basket raffle at two branches of the library and having their Chili supper.

Woman's Club of Spring Lake invites everyone to attend two events in March. On Monday, March 21st at 11:00 a.m., Kim Guadagno, former NJ Lt. Governor and currently, Executive Director of The Mercy Center will talk about the Center's mission to empower, enrich, and educate people facing socio-economic challenges.

On Thursday, March 31st at 7:30 pm is *The Pirates of Penzance* by the Spring Lake Theatre. This is a fundraiser for their scholarship fund and tickets are \$35. Contact Nancy Pugliese (npug@aol.com) 732-284-7624 for reservations for both events.

SOUTHERN DISTRICT**Pamela McNamee**

With the resurgence of COVID 19 variant many clubs have curtailed their in-person meetings.

Most clubs are looking ahead to spring time activities that focus on events involving their communities. Some clubs continue to plan for activities and events that focus on service.

The members of the **Woman's Club of Absecon** are looking forward to holding their annual Children's Art Show providing COVID restrictions are lifted.

The **Colony Club of Ocean City** will be collecting stuffed animals and WAWA gift cards for CASA. New members will be inducted into the club and the month's charity will be the Humane Society of Ocean City.

The **Civic Club of Hammonton** plan to hold a beer and wine tasting meeting with beer from a local brewery. They plan to wear green for St Patty's Day, will conduct an Easter Candy Collection and will hold a spring fundraiser. The members are hoping to hold additional fundraisers to help with club house renovations.

SOUTHERN DISTRICT (continued)

The **Millville Woman's Club**, in cooperation with the Cumberland County Improvement Authority, will clean up trash from the streets around the clubhouse. Books will be donated to the homeless shelter in honor of Dr. Seuss' birthday. March's luncheon program will be a presentation on the Willard House by Pat Martinelli of the Vineland Historical Society.

The **Woman's Club of Vineland** will be collecting bundles of books and holding their annual Antiques and Collectable sale. They will have a program from the Vineland Soup Kitchen and have their book discussion meeting.

All clubs are eagerly looking forward to the time when we will be COVID free. Until then we will continue to do our best to stay safe while still being helpful in our communities.

THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM

Lynn Webb

This Chairman appreciates all the clubs who reported about their projects from January through December 2021. Keep up the good work for next year.

March is National Youth Art Month. There is a sample proclamation for clubs to update and please include how you will celebrate in your community. Here is the link: www.njsfwc.org Click on Materials and choose Arts and Culture. The form is in this section. Remember to publicize your proclamation in the local papers.

Has your club tried painting at a "Sip and Paint" place near you? Look up on the internet to locate a store near you and plan a painting party. You do not need to be an expert painter. The artist at the store will teach you where to draw your lines and how to mix colors. She will teach the group how to be creative and will help individuals to complete their design.

This Chairman experienced "Sip and Paint" in Florida and painted a sunset on wood with twenty women. She painted a bird like a "v" and used white and black paint together on the end of a brush. The bird has a gray shadow flying towards the sunset. Some women painted their birds high in the sky, and some did not choose to paint the bird at all. Let's get together and use your artistic abilities to create a masterpiece!

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM

Rosemarie Saviello

IRISH MUSIC

Since there's an Irish holiday in the month of March, this Chairman is reminded of Irish music, so here are a few tidbits about the music.

What makes Irish music Irish?

Traditional Irish music includes **both vocal and instrumental music**. Other music, such as polkas, mazurkas, and waltzes, migrated to Ireland from nations further east in Europe. In either case, however, the people of Ireland put their own stamp on the music as they combined it with distinctly Irish dance styles.

Irish traditional music began as an oral tradition, **passed on from generation to generation by listening**, learning by ear, and without formally writing the tunes on paper. The harp was the most popular instrument in ancient times with harpists employed to play for chieftains and to create music for nobles.

How is Irish music different from American music?

"In Ireland the music is more melody-driven, where in the U.S. it's more rhythm-driven. When an Irish musician learns a song they usually learn the melody first, whereas an American musician, a bluegrass or country musician, will learn the chords first. That may be an over-generalization, but it's a different slant.

Sometimes happy Irish tunes can sound 'sad' to the untrained ear because **Irish music uses a large variety of modes**. Most European music is based on the Ionian Mode, also known as the Major Scale. That's the familiar one that goes: doh-re-mi-fa-soh-la-ti-doh. The scale we know and are familiar with.

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM (continued)

Whatever type of music you like, turn on your radio, listen on your phone or iPad. Listen to music anyway you can, it can certainly lift your mood. Just enjoy!

**“MUSIC VIBRATES IN THE MEMORY”
“MUSIC IS LOVE IN SEARCH OF A WORD”**

CIVIC ENGAGEMENT & OUTREACH COMMUNITY SERVICE PROGRAM

Gail Kovacs-Felici

Tech for Troops

Tech for Troops “empowers in need veterans and their families through sustainable, lifelong skills backed by training, education and technology”.

The equipment – desktop computers, laptops, tablets, cell phones, keyboards and mice are refurbished by this organization. Their website is techfortroops.org and it includes the information that you will need along with more ways to support this worthwhile program.

Clubs can develop a program by asking your Department of Public Works to use their facilities as a drop-off point. Publicize this in your town newsletter or website, use other social media platforms to request donations of the desired goods by a certain date and then arrange for delivery or pick-up with Tech for Troops.

Additionally, thank you to all of the clubs and their members who took the time to send this Chairman their reports and narratives. They made for very interesting reading. This Chairman is thrilled to be able to report your activities to GFWC. District winners of Best Reported Work will be awarded at the District Spring Conferences.

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM

Brandi-Leigh Miller

Did You Know...

Having founded over 474 free public libraries and 4,655 traveling libraries, women’s clubs were credited by the American Library Association with establishing 75% of America’s public libraries. Supporting local libraries continues to be a Federation priority today.

Spring into Education!

While many clubs commemorate the birthday of Dr. Seuss on March 2nd with fun-themed stories times and projects through NEA’ *Read Across America Program*, spring is blooming with fun and interesting ideas to build into Education and libraries projects. With warmer days, April is the perfect time to celebrate education – so pick up a new book or revisit an old favorite, grab your poetry journal, and get outside to commemorate some of these milestones:

- April is **School Library Month**: Show your appreciation for your local school librarians with a small gift or donation. If you donate books, be sure to include your Club’s name on the bookplate.
- April 3rd – 9th is **National Library Week**: This year’s theme is “Welcome to Your Library,” promoting the idea that libraries extend far beyond the four walls of a building – and that everyone is welcome to use their services. Think about promoting some of the virtual services offered by your local library on your Club’s social media accounts.
- April is **National Poetry Month**:
 - Share the poems of the inaugural National Youth Poet Laureate, Amanda Gorman, chosen in 2017, who performed at the 2021 Presidential Inauguration. Read more about the national competition for this prestigious recognition at www.youthlaureate.org
- **Talk Like Shakespeare Day** on April 23rd and check out these commonly used phrases that were first coined by the bard himself at <http://www.pathguy.com/shakeswo.htm>
- Celebrate **Sense of Smell Day** on April 30th by reading Rachel Isadora’s book *Hear a Pickle (And Smell, See, Touch, & Taste It, Too)!*
- April 22nd is **National Jellybean Day**. The perfect time to have a *Harry Potter* themed book club or “guess how many” contest. Display the jar of jellybeans in a local school or public library. The winner gets the treats!

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM (continued)

NJSFWC ESO BOOK DISCUSSION – March 9th

On March 9th, NJSFWC ESO Chairman Pat Trainor will host an online book discussion via Zoom. The book selection is *Moloka'i*, by Alan Brennert.

About this selection: This richly imagined novel, set in Hawaii more than a century ago, is an extraordinary epic of a little-known time and place and a deeply moving testament to the resiliency of the human spirit. Rachel Kalama, a spirited seven-year-old Hawaiian girl, dreams of visiting far-off lands like her father, a merchant seaman. Then one day a rose-colored mark appears on her skin, and those dreams are stolen from her. Taken from her home and family, Rachel is sent to Kalaupapa, the quarantined leprosy settlement on the island of Moloka'i. Here her life is supposed to end—but instead she discovers it is only just beginning.

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!

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.

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

ENVIRONMENT COMMUNITY SERVICE PROGRAM

Dawn Pogosaew

Celebrating Earth Day is a great way to help our environment. This year's theme by earthday.org is, “Invest In Our Planet”. How can we invest in our planet? It's easy! So, here are a few ideas to help you create a healthier New Jersey and they all came from you!

According to earthday.org, approximately 40 million tons of textiles go to landfills every year. As members of the NJSFWC, we can celebrate the many ways that we do not add to that number! Every year we donate truckloads of clothing, sheets, blankets and towels to be reused or repurposed into surgical hats, masks, headbands, pet toys, and pet supplies for animal shelters. Don't forget that we have recycled thousands of shoes too!

We have kept tons of plastic out of the landfills by recycling everything! Many clubs reused or recycled thousands of single use plastic bags by participating in the Trex Challenge or weaving mats for the homeless, supported legislation to ban them from use in New Jersey, and always use reusable bags. We have donated many hours cleaning up our streets, streams, parks and beaches by removing tons of garbage which will never make its way into our ocean.

We have planted acres of trees and plants that provide much needed food and shelter for our wildlife and provided cleaner air to breathe for everyone. We planted pollinator gardens across New Jersey to help increase the survival of our many pollinators, birds, and other wildlife. And we have planted vegetable gardens generating 100's of pounds of food to feed our community.

And lastly, we continuously educate ourselves by the many environmental lectures, programs and workshops that we attend. Don't forget the many parks and gardens we have visited throughout the year which will continue to inspire us.

Every environmental project we accomplish will contribute to creating a healthy and sustainable planet and the benefits of our efforts will last generations. So, to me Earth Day 2022 is all about celebrating you!

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Claire Hill

Some thoughts for spring – Start your day with positive intentions – Repeat to yourself

I am ready for the challenges of the day.
I am a good person and see the good in others.
I am grateful for this beautiful day.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM (continued)

Now have a high energy snack. Have some fruit and cheese – Cheddar and an apple is delicious
Make a veggie dip and have some carrots and celery. Make your own trail mix – dried fruit nuts and whole grain cereals.

Now clean out for the spring – Pedals for Progress will take used bikes and old sewing machines. Check the website www.p4p.org. They send bikes and used sewing machines to third world counties. The office is in New Jersey and believe they will arrange pick up. So get start your spring cleaning.

ADVOCATES FOR CHILDREN**Jane Mackesy**

Hopefully we can see spring right around the corner. Thanks to all the clubs who submitted reports, some great projects!

CASA was the NJSFWC State Project from 2018-2020. For those who don't know what CASA does, here is their mission:

The vision of CASA of NJ is that all children of New Jersey who have been removed from their families because of abuse or neglect are served by a qualified, well-trained Court Appointed Special Advocate.

You can contact your local CASA by going to their website www.casaofnj.org. Click on "About us", then "Local CASA Offices". Since each office has different needs, check with them before you begin a project. This Chairman knows that the Hudson Office has very little storage, so they could not handle all the donations that our woman's clubs made. NJSFWC members' generosity can be overwhelming.

Stay safe as you continue to be Advocates for Children.

COMMUNICATIONS**Carole Speechley****Congratulations!**

Congratulations to the Chairmen and clubs that entered the Scrapbook, Pressbook and/or Newsletter Contest. Whether or not you won an award, you are all winners because you take communications seriously. Communications is important in keeping your members engaged in your club and in promoting your club in your community.

District Civic Engagement Days – Use them to Promote Your Club

An article on Patch.com, a letter to the editor of your local paper and information on your website and/or Facebook page about your members attending your District's Civic Engagement Day gives you a chance to promote another aspect of your club.

Under Communications in the Materials section on the njsfwc.org website is a press release template for the District Civic Engagement Day. It gives you an area to include information about your club, the speakers at your district's day, and of course, contact information for anyone interested in your club. If your club supports any of the organizations speaking that day, or similar ones, be sure to include that – and pictures of your members helping them should be included.

Note, for this and all your other events and meetings, be sure to advertise them on your Facebook page and ask your members on Facebook to share them.

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

CONVENTION**Susan Fosdick****Happenings on Monday, April 25th**

Don't sleep in on Monday morning or you will miss the "Down and Dirty Club Management" workshop at 8:00 a.m. Come for good ideas on how to run your club effectively, how to have club unity AND be a great member! And have fun while doing it!

The Opening Business Session will begin promptly at 9:30 a.m. The morning session will include "Best Reported Work Awards" by the Community Service Program Chairmen and the presentation of Resolutions to be voted upon. We will also hear from GFWC International President Marian St. Clair

Three very interesting Lunch and Learn Workshops are scheduled for Monday:

- Book Review – "The Book Woman of Troublesome Creek" by Kim Michele Richardson
- Craft Workshop – Make a 12 x 12 Pineapple Quilt Board (no sewing required) the cost of this workshop is \$20. Limited to 24
- Experiences of First Women at Douglass College – Explores the struggles and triumphs of the first women students.

In the afternoon come out and enjoy the Performing Arts presentations.

The Monday Banquet will honor NJSFWC President Jan Hanson and thank her for her outstanding leadership over the past two years. We will also hear the total of donations (monetary and in-kind) to our Special State Project – Operation Chillout.

The culmination of the evening will be the installation of Shirley Holly as the 58th NJSFWC President.

Come to Convention where you'll learn a lot, share your ideas, have fun with your friends – and make new friends!

CREDENTIALS AND REGISTRATION**Cynthia A. Blumenkrantz**

By this time, all Club Presidents, Past State Presidents, NJSFWC Board of Directors etc. should have received the "CALL to Convention" that was mailed February 5, 2022. Please review the CALL package carefully and return all registration forms as soon as possible. If you have already done so, the Credentials and Registration Committee thanks you.

Just as a reminder, the registration form should be mailed with ONE CLUB CHECK covering the amount due for your club members' registration and meals. The check should be made payable to NJSFWC Convention, earmarked Credentials and Registration to Cynthia Blumenkrantz, 27 E. Cliff Street, Somerville, NJ 08876 postmarked no later than March 30, 2022. After that date there is a late fee. No registrations will be accepted after April 6, 2022. Please register as early as you can.

If you are planning to attend the "District Meeting" on Monday, you will need a ticket that will be with your registration package when you get to convention. Registration and tickets will also be necessary to attend the workshops, which are "first come, first served."

Now is the time to make your hotel reservations. You must call the Tropicana Atlantic City directly, not this Chairman. The Tropicana can be reached at 888-516-2215, NJSFWC2022 GROUP code-STO4WC2 or book online at <https://book.passkey.com/go/STO4WC2>. RESERVATION DEADLINE IS MARCH 24, 2022.

If you have any questions about registering for the convention or meals, please call this Chairman, 310-691-9388.

GFWC SIGNATURE PROJECT: DOMESTIC & SEXUAL VIOLENCE AWARENESS AND PREVENTION

Joyce Fredericks

PREVENT CHILD ABUSE month is in April. Last year, this Chairman challenged clubs to do a Pinwheel Project to bring awareness to Prevent Child Abuse. Unfortunately, pinwheels which were available through Prevent Child Abuse NJ are NO LONGER AVAILABLE due to COVID.

So you can attempt to create your own pinwheels (instructions are attached) or hopefully you did this project last year and still have them. You can create a poster announcing that April is Prevent Child Abuse and make up "blue" ribbons for people to take. If you have another source to buy pinwheels or already have them from last year, put them in a pot and ask your local library if you can display them outside. Meanwhile

Here are ten things you can do to help prevent child abuse.

Ten Things You Can Do to Prevent Child Abuse:

1. **Volunteer your time.** Get involved with other parents in your community. Help vulnerable children and their families. Start a playgroup.
2. **Discipline your children thoughtfully.** Never discipline your child when you are upset. Give yourself time to calm down. Remember that discipline is a way to teach your child. Use privileges to encourage good behavior and time-outs to help your child regain control.
3. **Examine your behavior.** Abuse is not just physical. Both words and actions can inflict deep, lasting wounds. Be a nurturing parent. Use your actions to show children and other adults that conflicts can be settled without hitting or yelling.
4. **Educate yourself and others.** Simple support for children and parents can be the best way to prevent child abuse. After-school activities, parent education classes, mentoring programs, and respite care are some of the many ways to keep children safe from harm. Be a voice in support of these efforts in your community.
5. **Teach children their rights.** When children are taught they are special and have the right to be safe, they are less likely to think abuse is their fault, and more likely to report an offender.
6. **Support prevention programs.** Too often, intervention occurs only after abuse is reported. Greater investments are needed in programs that have been proven to stop the abuse before it occurs - such as family counseling and home visits by nurses who provide assistance for newborns and their parents.
7. **Know what child abuse is.** Physical and sexual abuse clearly constitute maltreatment, but so does neglect, or the failure of parents or other caregivers to provide a child with needed food, clothing, and care. Children can also be emotionally abused when they are rejected, berated, or continuously isolated.
8. **Know the signs.** Unexplained injuries aren't the only signs of abuse. Depression, fear of a certain adult, difficulty trusting others or making friends, sudden changes in eating or sleeping patterns, inappropriate sexual behavior, poor hygiene, secrecy, and hostility are often signs of family problems and may indicate a child is being neglected or physically, sexually, or emotionally abused.
9. **Report abuse.** If you witness a child being harmed or see evidence of abuse, make a report to your state's child protective services department or local police. When talking to a child about abuse, listen carefully, assure the child that he or she did the right thing by telling an adult, and affirm that he or she is not responsible for what happened.
10. **Invest in kids.** Encourage leaders in the community to be supportive of children and families. Ask employers to provide family-friendly work environments. Ask your local and national lawmakers to support legislation to better protect our children and to improve their lives.

HISTORIAN

Maribeth Hugelmeyer

The History of National Women's History Month~

It all began in 1978, in Santa Rosa, California when the Education Task Force of the Sonoma County Commission on the Status of Women began a "Women's History Week." They picked the week of March 8 because that day is International Women's Day. The idea grew and spread throughout the country.

The idea gained national recognition in 1980 and President Jimmy Carter issued a Proclamation which declared National Women's History Week as the Week of March 8, 1980. The Presidents who followed continued to proclaim this week as National Women's History Week until Congress passed Public Law 100-9 in 1987, recognizing March as National Women's History Month. Congress continued to issue resolutions from 1988 to 1994 which authorized the President to

HISTORIAN (continued)

proclaim March as National Women's History Month. An annual proclamation has been issued by the President beginning in 1995.

Celebrating National Women's History Month!

However, you decide to celebrate, enjoy the history and the learning experience. You can contact the National Women's History Alliance for project ideas and materials. Their contact information is as follows: 730 Second Street #469, P.O. Box 469, Santa Rosa, CA 95402, Telephone: 707-636-2888, or online at www.nwhp.org.

HONORS

Marie DiMatties

The deadline for the Women of Achievement Patron subscriptions is March 12, 2022; the form was included in the January 2022 ALMANAC. These donations are for a one-time scholarship for a non-traditional student continuing her education at Douglass Residential College. A check for the funds generated will be presented to the Dean of Douglass Residential College at the Sunday, April 24th Women of Achievement Awards Ceremony at our annual State Convention. Patrons are listed in the Convention Journal - be sure to look for your name and/or your club! Please mail the form with your donation to NJSFWC Headquarters by the March 20th deadline! Thank you.

The Honor Roll is a way to publicly honor club members for the work they have done for your club. The Honor Roll tribute will be read at the Annual Convention Business Session on Tuesday Morning, April 26th and a brief tribute will be inscribed in the Honor Roll Book kept at Headquarters.

For club members who are already on the Honor Roll, the Order of the Lily is a way to further honor them for their service. A member can be placed in the Order of the Lily multiple times.

Forms for submitting Honor Roll and Order of the Lily, along with tribute suggestions and the pin/charm order form were in the January 2022 ALMANAC. They can also be found on the NJSFWC website. The Honor Roll and Order of the Lily forms, along with the appropriate fee, must be submitted to Headquarters by the April 1st deadline. One check is acceptable for multiple enrollees.

Be sure to look around your club – this Chairman is certain you will find many deserving members who went over and above during the trying times of this pandemic.

LEGISLATION/RESOLUTIONS

Chris Sienkielewski

New Jersey's Legislative Branch

NJSFWC's Resolutions can consider both legislation in NJ and the United States Congress. Last month, we learned how legislation moves through the NJ Assembly and House, but it also helps to learn a little about the history of the NJ Legislative Branch to help understand the process.

The government of the State of New Jersey, like that of the United States, is divided into three coequal branches: the legislative, the executive, and the judicial. The principal function of the Legislature is to enact laws. The Legislature consists of two Houses: a 40-member Senate and an 80-member General Assembly. The Senate and Assembly chambers are located in the State House in Trenton. Senators must be at least 30 years old and residents of the state for four years prior to election. Members of the Assembly must be at least 21 and state residents for two years. All legislators must live in the districts they represent.

Each Legislature is constituted for a term of two years, split into two annual sessions. Because the Constitution also specifies that all business from the first year may be continued into the second year, the distinction between the two annual sessions is more ceremonial than actual. The two-year legislative term begins at noon on the second Tuesday in January of each even-numbered year.

At the end of the second year, all unfinished business expires. Therefore, any new resolutions dealing with pending legislation in NJ at our 2022 Convention can go into 2023 and our members can continue with letters and phone calls throughout the first year of our next administration.

LEGISLATION/RESOLUTIONS (continued)

YOU ARE INVITED

Committee meetings and voting sessions are open to the public. No advance arrangements are necessary to gain admission to the meeting rooms or the public galleries of the chambers. Access for joint sessions, (when the Senate and Assembly meet together) however is limited.

The **Office of Legislative Services** is the Legislature's non-partisan agency providing legal, fiscal, research, bill-drafting, and administrative services; committee staffing; computer database management; and public information programs and publications. It operates under the jurisdiction of the Legislative Services Commission, a bipartisan body consisting of eight members of each House appointed by the respective presiding officers. The Office of Legislative Services is housed within the State House Annex, with the exception of the **Office of the State Auditor**, which is located at 125 South Warren Street.

Each party in each House is served by a full-time partisan staff that operates under the direction of the party leadership. These partisan staffs provide research, policy, public relations, and administrative services for their respective party leaders, committee chairs, and individual legislators. Each of the four partisan staffs is headed by an Executive Director.

SPECIAL STATE PROJECT

Patricia Dahl

This Chairman thanks all the clubs who reported. She was very pleased with the results.

The second state fundraiser will be in the North on Sunday, March 13, 2022, at 1:30 p.m. at the Woman's Club of Upper Montclair's Clubhouse. The deadline to register was March 3rd. This Chairman hopes you registered before the deadline. A special thank you to all who are or who have donated baskets and wine bottles.

The end of the month will be very busy for this Chairman and three SSP District Chairman. In one week, she will be attending three different Bunco's. On Saturday March 26th, the College District will be holding their Bunco from 1:00 until 4:00 p.m. at the Edison Township Memorial Post 3117. The deadline to register is March 1st. The cost is \$20 per person.

The Palisades District is holding their Bunco on March 27th at the Westwood Clubhouse with more details to come. The Shore District's will be on April 1st at the Asbury Park Clubhouse.

The Ramapo District will be holding a different fundraiser. They will be doing a "Stay at Home Tea". This is a simple but rewarding fundraising. If you receive one of their letters, please support them.

DO YOU HAVE YOUR QUILT RAFFLE TICKETS! District Vice Presidents and this Chairman have tickets as well as Headquarters. Don't be left out! Convention will be here before you know it.

"Let Our Voices Soar" for Operation Chillout and let's show them what the clubs of the NJSFWC can accomplish even during a pandemic. April 1st is the deadline for the Continuing Funds Sheet where all clubs can include their contributions to the Special State Project. Thank you for all you have done for Operation Chillout for this past year and beyond!

WEBMASTER

Denise Hosier

Thank you to everyone that entered our website contest. The entries were all terrific, and it was a difficult decision for the judges. Winners will be announced at Convention. Be sure to check out the winning sites and if you don't have a website, contact the Webmaster, who will set up a free site for you.

Email Hacking

Lately the Webmaster has gotten several emails purportedly from NJSFWC club members. These emails are short and say something like, "Hi there, how are you?" If you respond, the sender might ask you to click on a link or purchase gift cards for them.

WEBMASTER (continued)

If you receive an email like this, it's very likely the sender has been hacked. You should notify them by some other means than email (e.g. phone call, Facebook message) and ask them if they sent the email.

So how do you know if YOUR email account has been hacked? The following may be red flags:

- Friends and family are getting emails or messages you didn't send.
- Your "Sent messages" folder has messages you didn't send, or it has been emptied.
- You can't log in to your email.

So what should you do if your email has been hacked?

1. Change your passwords on your email account right away. Passwords should be strong, not easily guessed, and unique to each account. If you can't log in, use a "lost password" link to reset your password.
2. Notify your contacts that they may receive spam messages that appear to come from your account and tell them not to open messages or click on any links.
3. Update your security software, and run a scan for malware. Most of us have McAfee Total Protection or Norton 360.

Yearbook Changes

Pg 181
Update Jean Revis, Treasurer
 7 Stratford Place
 Riverdale, NJ 07457

Pg. 189
Advisor GFWC Princeton Area Juniores
 Leena Shah
 23 Penrose Lane
 Princeton Junction, NJ 08550