



ALMANAC



New Jersey State Federation of Women's Clubs of GFWC

55 Labor Center Way, New Brunswick, NJ 08901

President's Message—Shirley A. Holly

According to the calendar, Fall has arrived, although you wouldn't know it by the temperatures as it still feels like summer! Clubs are all in full swing holding their first meetings of the season.

The GFWC Board of Directors meeting in Washington, D.C. was attended by this President in August. Others from NJ attending were Mary Pat Marcello - GFWC MAR President, Jan Hanson - GFWC Leadership Committee Member, Jean Revis – GFWC Signature Program: Domestic & Sexual Violence Awareness and Prevention Committee Member, and Jill Passaretti - Communications & Public Relations Committee Member.

The weekend began with opening ceremonies on Thursday evening. The first speaker was Stephenie Foster, a speaker, author, women's advocate, and founding partner of Smash Strategies. Foster spoke to attendees about her book, *Take Action: Fighting for Women & Girls.*

Friday morning began with the second speaker, Rosie Hidalgo, Special Assistant to the United States President and Senior Advisor on Gender-Based Violence. Hidalgo, who has worked to end gender-based violence for more than 25 years as a national policy advocate and a public servant, spoke to attendees about the strides policy makers have made on Capitol Hill in the last several years to end violence against women and girls, as well as how far we still need to go. She also spoke to members about how

GFWC's advocacy efforts have helped make a difference for people everywhere.

Board members were given the opportunity to tour the Turning Point Suffragist Memorial in VA. The Memorial, which opened last May, was built to honor the work of millions of suffragists who fought for the right for women to vote. Clubwomen enjoyed taking in the sites while learning about the rich and impactful history connected to the Memorial.

In addition to these exciting activities, members of the Board of Directors completed Federation business and shared reports on how clubwomen are working to advance society by improving ideas and actions within their communities.

It was an honor and privilege to represent NJSFWC club members at this meeting!

There are a few days left to make your reservation for Fall Conference as October 7th is the deadline. Fall Conference Chairman, Vivien Finn and her committee have worked hard to bring you an informative day! State Community Service Program Chairman will have displays with handouts on projects and programs that fall under their area. Walgreens will be on site with flu shots to anyone interested and is partnering with the Shot@Life "Get a Shot, Give a Shot" campaign. For each person who receives a flu shot, Walgreens will donate the value of a life-saving vaccine for a child.

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Special points of interest:

State Dates

Fall Conference Directions

Operation Yellow Ribbon Dates

Women of Achievement Form

Love, Loyalty,

Friendship -

The Bonds of

Volunteerism





ALMANAC



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President's Message—Shirley A. Holly continued

Morning speakers will include a representative from our Special State Project, Emmanuel Cancer Foundation and a short review of projects from our Community Service Program Chairmen. Don't forget the food collection to benefit our Special State Project!

Following lunch, the keynote speaker will be Julia Orlando who will speak about the work that she does in Bergen County which culminated in the first community to end homelessness.

Following the keynote address, Membership awards will be given along with awards from the 2022 GFWC Convention.

Don't forget your 2022-2023 Federation yearbook for the scavenger hunt. You will be amazed at the wealth of information found in the yearbook. Everyone needs to have their own book with them, no sharing! Prizes will be awarded!

October starts the Holiday Stockings Project to benefit Operation Yellow Ribbon and Jersey Cares for our US Military Personnel. The dates and times for drop off at Headquarters are in this ALMANAC. What a wonderful way to support our troops who cannot be home for the holidays.

Don't forget to register for the LEADS workshop at Headquarters, November 5th. The flier was in the September ALMANAC. Don't forget to register for the Treasurer's Workshop on November 9th.

In Federation Friendship,

Shirley



NJSFWC PRESIDENT-ELECT**Barbara McCloskey****How to develop your Leadership skills**

Even though everyone is not born a leader – everyone can develop leadership skills, and everyone can benefit from using them.

Whether you are appointed, elected or simply assuming a role as a chairman of an event, leadership skills can help you.

Getting organized should be your first step: Here are 10 tips to help you get organized:

1. **Keep a Do-to list.** Find a method that works for you, such as a planner or calendar. Do not try to remember everything. Keep a pad by your bed for those middle of the night ideas.
2. **Prioritize tasks.** Put your tasks in order of importance/urgency. Check off as they are accomplished.
3. **Learn to delegate.** Ask for help, you should not do everything yourself!
4. **Use your best times for your most important tasks.** If you are not a morning person, save the important tasks for later in the day.
5. **Use time and labor saving devices.** Use your computer or cell phone to shop, pay bills. Learn how to use your cell phone to make appointments, keep notes and set reminders.
6. **Consolidate.** Group errands together. Buy items in bulk that you use often.
7. **Learn to say NO!** Over-committing is how we get into trouble.
8. **Learn to use bits of time.** Carry a copy of your list with you and a bag of ‘things you can do’ when you travel. You can get a lot accomplished while waiting at the doctor’s office. With cell phones, we can check for messages while we are in between meetings or out shopping.
9. **Avoid peak hour delays.** Schedule appointments and shopping during non-peak hours, and rush hour, if possible.
10. **Budget your time.** Do not wait until the day before a deadline to begin working on a project or report. Make notes or keep an outline so you have information to get started. Make your deadline a few days prior to the actual deadline so you have time to review and make any changes.

More ways to develop your leadership skills coming next month.

Don't forget to RSVP for the LEADS workshop on November 5th to mccloskey@njsfwc.org.

NJSFWC FIRST VICE PRESIDENT**Susan Chambers**

We're well into autumn and the holidays will be coming soon. And that means that Year End Report Forms will arrive in club presidents' mailboxes along with crisp days and colorful leaves before we know it!

Why should your club write reports? Yes, NJSFWC compiles statistics and submits information to GFWC so they can hopefully garner grants. But what do the reports mean for our Federation and your club?

The most important function of the Year End Reports is for you to summarize for your club members all the great work you've done all year. It's easy to overlook how very many projects (some large, some small) your club does during the year. And what better way to keep your members enthusiastic than to say "Look at all you've done for your community! We are amazing! Thank you!" And presidents: make sure your chairmen are involved in writing the reports – don't try to do it all yourself. Then it can seem overwhelming so delegate/divide and conquer.

And of course, the more detail you provide in your report narrative, the better the chance that you'll be recognized by Federation with an award – another great way to applaud all the work that your club members do.

Your State Chairmen share the project ideas gathered from your reports with other clubs including through ALMANAC articles, Bulletins, our website, in person contacts and more.

NJSFWC FIRST VICE PRESIDENT (continued)

After review of the 2021 statistics, the NJSFWC President and Vice Presidents have reorganized the club size categories as follows:

<u>Club Categories- revised</u>		
4-20 members	21-40 members	41+members

So you may find that for 2022 reporting, your club size category has changed.

Remember to share the "Where to Report It" info with your chairmen and encourage them to provide details of the club work in a narrative – the more descriptive the better. Who knows? Maybe your club will be included in the Top 10 Projects sent to GFWC or be the Most Creative! Don't you want to hear your club name announced as a winner?

Feel free to contact this Vice President with any questions you may have on report writing.

NJSFWC SECOND VICE PRESIDENT

Chris Sienkielewski

An Orientation evening should be a prerequisite prior to a formal induction of your new members. It is an important first step for every prospective member to learn more and be able to fully participate in your club's work. An effective orientation serves to:

- Welcome prospective members
- Acquaint these prospective members to your club's mission and projects
- Outlines – in an informal way- a member's expectations and responsibilities

Your first orientation for new recruitments should be more generalized and not be bogged down with too many details. Some ideas to help build an Orientation program can include:

- A brief history of GFWC, NJSFWC and your club
- Expectations of your members, especially if they are required to attend meetings and participate in fundraising efforts to be considered active
- An explanation of projects and a calendar of events
- A listing of Officers and Board members with a short explanation of the Club structure (Executive Committee meetings versus general meetings).
- Include officers, your membership chairman and other leaders in your club. Be sure that all of the current members who participate are enthusiastic and ready to help answer any question a new recruitment may have.

Remember that the first goal of an orientation program should be to impart knowledge that will help those who are considering joining your club learn more about NJSFWC, GFWC and your club. The information you give them at this time should help your future members become more comfortable and confident in joining. The Orientation Program is a great way to build relationships, enthusiasm and motivation.

This Officer, along with your Membership District Chairmen, are available to answer any questions or answer any questions concerning membership.

NJSFWC TREASURER

Linda Babeuf

There will be a Treasurer's Workshop on November 9, 2022 at NJSFWC Headquarters. If you are interested, please be sure you RSVP to this Officer on or before November 1st. The flyer with all of the information was in the September ALMANAC. We look forward to seeing you on November 9th.

Are there tax benefits to your being a member of NJSFWC?

Although we are not at the club's fiscal year - end we are close to the end of personal tax year. How does being a member of a 501(c)(3) benefit you at tax time?

NJSFWC TREASURER (continued)

“Section 501(c)(3) is a portion of the U.S. Internal Revenue Code (IRC) and a specific tax category for nonprofit organizations. Organizations that meet the requirements of Section 501(c)(3) are exempt from federal income tax. While the Internal Revenue Service (IRS) recognizes more than 30 types of nonprofit organizations, organizations that qualify as 501(c)(3) organizations are unique **because donations to these organizations are tax-deductible for donors.**”

Is your club 501(c)(3)? If it is, donations to your club are tax deductible.
Not all expenses of being in your club are tax deductible but many are.
You must keep track of your charitable donations and keep all receipts.

Some examples of deductible expenses are:

- Club dues
- Value of in-kind donations, such as items for Operation Chillout. Sweatshirts, backpacks, masks etc., raffle items to benefit the Special State Project or Day of Service and most service projects.
- Convention expenses if you are a voting delegate, meals and lodging may be deductible if you are not reimbursed by your club.
- Travel to and from club events or service projects. You can deduct the actual mileage or take the standard deduction (14 cents a mile). Parking and tolls may be deducted but depreciation, insurance and repairs are not.
- Cash donations are deductible in some cases. If you buy a ticket for an awards dinner for \$100.00 and the Fair Market Value of an awards dinner ticket in your area is really \$40.00, then the additional \$60.00 is a donation. That difference should be clearly listed on the ticket.

Donations made to NJSFWC are tax deductible beyond the value of goods or services received. Joining the 1894 society, making a memorial donation, donating to the Continuing Funds or Shining Future Endowment Fund are tax deductible. **Buying a pin, a yearbook or a subscription to the ALMANAC are not.**

These are all examples of deductions you can take but you should certainly check with your accountant or tax preparer to make sure rules have not changed.

Thank you for your support of NJSFWC this past year and we hope we can count on your support in 2022-2023.

NJSFWC FINANCIAL SECRETARY

Christina Burlew

This Officer thanks all the clubs that have either emailed or mailed in their 990-N (e-postcard) confirmation that states “You have successfully filed your 990”. If your club is under the NJSFWC umbrella, you need to file by November 15th and send a copy of the IRS confirmation to Chris Burlew, NJSFWC Financial Secretary, 55 Labor Center Way, New Brunswick, NJ 08901. If your club name does not appear on the confirmation, please write the name of your club on the copy. Remember to print the screen before logging off and keep a copy for your club’s files.

This form is for tax-exempt organizations with gross receipts of less than \$50,000 per year. While there is not a penalty assessment for filing late, clubs that fail to file for three consecutive years will automatically lose their tax-exempt status. Revocation of the club’s tax-exempt status will happen on the filing due date of the third consecutively missed year. In order to avoid spending extra money and time to be reinstated, do not miss the deadline.

For valuable tips and explanation of the different Financial Forms that need to be filed, go to our njsfwc.org website click on Materials at the top and then choose Treasurer & Financial Information & Forms.

Don’t forget to take advantage of the wonderful products offered by the Body Shop. The flier was in the September ALMANAC. This fundraiser is available all year long. Keep this fundraiser in mind for the upcoming holidays.

NJSFWC FINANCIAL SECRETARY (continued)

These products make wonderful gifts that you can purchase for yourself or others. All orders will be shipped directly to your residence.

Gertrude Hawk Candy will be available for purchase for the Holidays. Information will be in next month's ALMANAC.

COLLEGE DISTRICT**Linda Carbley**

As the leaves are starting to turn colors, the District Clubs are in full swing fundraising and bringing club members together.

The **Flemington Woman's Club** will have a Rug Hooking Demo on October 11th and Bingo Party and Raffle on October 25th.

Cranbury Woman's Club on October 12th at 6:00 p.m. will have a speaker from the Emmanuel Cancer Foundation.

East Brunswick Woman's Club will host a Garage sale on October 15th, 8:00 a.m.-2:00 p.m., at 11 Darby Road East Brunswick.

Metuchen Edison Women's Club will be hosting a Comedy Night on October 20th at the American Legion in Metuchen.

Woman's Club of Tewksbury Township will hold a "Diamonds and Dice" event on October 20th at 6:30 p.m. at the Beaver Brook Country Club.

Holland Township Woman's Club will host a Craft Show on November 5th from 10:00 a.m. – 3:00 p.m. at the Holland Township Volunteer Fire Company at 971 Milford-Warren Glen Road, Milford. Please bring a non-perishable food item for admission.

The **Franklin Woman's Club** is observing the 100th Anniversary of its founding in 1922. Members and Committees will be working toward the goal of reaching 100 hours of service and activities to honor this milestone in Club history.

All clubs are getting ready for the annual Operation Holiday Stocking Drive.

GARDEN DISTRICT**Marie DiMatties**

As the Garden District entered fall, membership and backpacks seemed to be in the forefront for many clubs.

The **Woman's Club of Edgewater Park**, through their "Club Marketing" sponsored tables at township, school functions and their historic Shipman Mansion Concert Program. They assisted the Elks organization in serving meals during their Police Appreciation Luncheon and the Holman Run, which honors deceased veterans. Through this exposure, they have over 8 potential new members in only 3 months. They are increasing membership, having fun and helping their community in many ways!

The **Woman's Club of Westville** had a membership drive at Westville's Fall Festival in September. In addition, they are taking part in a town clean-up in October and are planning a basket auction.

The **Woman's Club of Woodbury** collected several backpacks filled with school supplies for the Emanuel Cancer Foundation along with some for the local food pantry. They collected tabs for Ronald McDonald House and provided four birthday bags.

GARDEN DISTRICT (continued)

Gloucester County Women's Club held a "Look 4 a Book"; books were hidden for young readers to find, read and re-share with others. They collected supplies for 80 backpacks for Emmanuel Cancer Foundation and local elementary schools. On November 4th, they are partnering with two other organizations for a Designer Bag Bingo, with profits equally divided between the three organizations.

The **GFWC Woman's League of Mount Holly** is having their Bingo and Basket Raffle on October 14th. Members are sewing bibs and burp cloths for Children in Need and Rapture holders for Woodford Wildlife Preserve.

The **Woman's Club of Woodstown** is having another fundraiser at Java Dog in October which will feature homemade bread and desserts.

Many other clubs are also supporting Emmanuel Cancer Foundation and participating in Boscov's Friends Helping Friends.

HIGHLANDS DISTRICT**Lynn Webb**

The Highlands District collected 240 backpacks for NJSFWC Special State Project, Emmanuel Cancer Foundation.

The **Roxbury Woman's Club** requested information and directions on how-to sign-up members for the eConnection. They encouraged all club members to sign themselves up.

The **Blair Woman's Club** is having an adults' only silent auction on November 10, 2022, at the Brook Hollow Winery. The winery is located on 594 Route 94, Columbia, NJ. The door opens at 6:00 p.m., and admittance is \$10. If interested, contact Elaine at eand85@embarqmail.com

The **Junior Woman's Club of Jefferson Township** will be participating in the 24th Annual 5K Wrobo Run/Walk on Sunday, October 2, 2022. Their contributions are: 60% of the proceeds will be donated to the Unbridled Heroes Project, 20% of the proceeds will be donated to Blue Star Mothers of Northern NJ, and 20% of the proceeds will go to their high school scholarship award; an award that honors graduating students from Jefferson Township High School.

Woman's Club of Parsippany-Troy Hills Autumn fundraiser is David's and Meadow Farm products from September 27 thru October 23, 2022. For information and brochures, contact Lois lpreiswhite@gmail.com or Joan jmg07054@gmail.com

The **Washington Woman's Club, Inc.** fundraiser will be held at the Hunterdon Hills Playhouse on Saturday, November 19, 2022, for \$80. The matinee begins at 11:00 a.m. Celebrate the holidays with "Playhouse Christmas". Contact Diana ddmouse5@yahoo.com

The **GFWC Woman's Club of the Denville-Rockaway Area** held a "dining to donate" at a local restaurant to raise funds for the Special State project.

LIBERTY DISTRICT**Joan Murdock**

The Clubs of the Liberty District continued throughout the summer participating in their local National Nights Out events, collecting back packs and preparing new member socials.

The **EMD of Arlington** is participating in the Flower Power fundraiser. They are also collecting Christmas Ornaments from their travels, to decorate a "Christmas Around the World" tree. The tree will be donated to the Kip Senior Center in Rutherford for their Holiday Fundraiser.

Busy working on their 3rd annual Virtual Tricky Tray is the **Woman's Club of Allwood** which is scheduled for Tuesday, November 15th at 6:00 p.m. Tickets and instructions will be available online soon.

LIBERTY DISTRICT (continued)

Woman's Club of Berkeley Heights will host their annual Fall Harvest Festival Fundraiser, where members and friends play fun games of Bunco and enjoy appetizers and homemade desserts. The club will also stuff Halloween goodie bags for the children serviced by St. Joseph's in Elizabeth and the residents of Autumn Lake Rehabilitation in Berkeley Heights.

The **Woman's Club of Caldwell** set up a table at the Caldwell Street Fair handing out information about the club. They served lunch to the walkers of the Essex County Opioid Awareness Walk and are preparing to dance in a "Flash Mob", dancing in the streets to Justin Timberlake's "I Can't Stop the Feeling" song.

A Quiche Luncheon on October 19th and Octoberfest, October 28th are two fundraisers scheduled by the members of the **Woman's Club of Little Falls**.

The **West Essex Woman's Club** participated in the annual Stockings for the Military Workshop. They also provided Halloween treats for a local domestic violence shelter to commemorate October as National Domestic Violence Awareness Month.

PALISADES DISTRICT**Claire Hill**

The **Lyndhurst Woman's Club** is sponsoring a Holiday Market on December 3rd from 10:00 a.m. – 4:30 p.m. at the Lyndhurst Recreation Center, 862 Valley Brook Ave, Lyndhurst. It will include a 'Time to Christmas' shop, vendors, food trucks and 50/50 drawing. Don't miss the Mozzarella making on October 14th. Call Annette Bortone to reserve.

Leonia Woman's Club will have Marie Sullivan, Special State Project Chairman speak at the October meeting.

The **Woman's Club of Ridgfield Park** will be holding a cake sale October 15th and 16th after masses at St. Frances Church. Plans are in the works for a Holiday Tea, December 2nd.

Contemporary Club of Hasbrouck Heights is holding their Annual Fish 'N' Chips drive by, October 6th and wearing pink ribbons for breast cancer awareness month. They will also be donating comfort pillows for cancer and heart patients.

The **Woman's Club of Carlstadt** is planning to make "Care Cards" to send to Emmanuel Cancer Foundation. The Arts Creative Department will be weaving mini baskets and filling them with paper flowers, the Book Club is busy selecting this year's reading material, and October brings a costume party. The club will also be collecting for UNICEF, and hosting their annual Friendship Night in November.

The **Woman's Club of Haworth** will be participating in the town's Haworth Day Celebration on October 1st by setting-up a Bake Table. They will once again host a Beef Steak Dinner on November 5th to support their scholarships and charities. There will be great food and the opportunity to buy raffle tickets for fabulous prizes.

The **Woman's Club of Westwood** is holding their Annual Bunco, Friday, October 21st, Doors open at 7:00 p.m. and Tricky Tray. Tickets may be purchased in advance.

RAMAPO DISTRICT**Tin Ree**

Montville Township Woman's Club is participating in Montville Day handing out pamphlets, candy and pens and holding a 50/50 raffle. They are also holding a fundraiser with psychic medium Debra DeRosa, and having a speaker on being adopted from Romania at 2 years old and her life story.

Pines Lake Woman's Club will feature Marie Sullivan and the Special State Project, and a crazy hat contest.

Pompton Lakes Woman's Club will participate in the town-wide garage sale.

RAMAPO DISTRICT (continued)

Suburban Woman's Club of Pompton Plains is holding a tricky tray, with a quilt raffle to benefit operation yellow ribbon.

Junior Woman's Club of Ramsey will be doing pumpkin decorating along with take home kits, touch a truck event with fire police etc., where kids can make-believe and a trunk or treat at the Farmers Market. All proceeds go to local nonprofits.

Ridgewood Woman's Club are excited about the continued restoration of their club house.

Riverdale Woman's Club will be filling stockings for operation holiday stocking, sending candy to our troops and collecting food for the food pantry. They are also hosting the scarecrow contest in their town.

Saddle Brook Woman's Club will be doing operation holiday stocking having a Halloween tricky tray and participating in the local trunk or treat.

Woman's Club of Upper Saddle River their education dept. Will choose a topic for the 36 annual poetry and essay contest in the schools and support the towns Oktoberfest.

Woman's Club of West Milford Township will be doing Operation holiday stocking donating food to the food pantry and getting ready for their Victorian Christmas event in December.

Past Presidents of the 11th District are having a holiday wreath sale and a speaker on genealogy at their meeting.

SHORE DISTRICT**Kathy Doty**

The Woman's Club of Asbury Park is having their first meeting of the 2022 season September 19th. Guest speaker is President-Elect Barbara McCloskey. They will have a vendor fair October 1st at the clubhouse. At their October meeting, they will have a speaker from the Special State Project.

Belmar Woman's Club will have a table, and hold a 50/50 fundraiser at the 10th Annual Feast of San Gennaro Festival in Belmar, September 17th and 18th.

The **Woman's Club of Brick Township** had a guest speaker from Family Promise.

Woman's Club of Brielle held two vintage jewelry sales and a Craft Fair. Over 170 crafters exhibited, which was part of the town's Brielle Day celebration.

Woman's Club of Colts Neck will be assembling stockings for Operation Yellow Ribbon. They will be preparing for their annual Veterans Day Luncheon, after the township Veterans Day ceremony.

Freehold Township Woman's Club is selling tickets for Boscov's Friends Helping Friends Charity Day in October.

Howell Woman's Club is adopting a road for clean up under the Clean Communities Program, which they received a grant for. They are also making donations to the Howell Food Pantry, Mary's House for Women Cancer Survivors and Joshua's House which provides services for at risk teens.

Woman's Club of Lacey is holding a club Member Job Fair. Each chairperson will share their goals for the year and sign-up sheets for members to volunteer.

Little Silver Woman's Club is holding a Drag Bingo fundraiser for The Emmanuel Foundation on October 22nd. Prizes are gift baskets. They are continuing to collect sneakers for Got Sneakers and gowns for the military women.

SHORE DISTRICT (continued)

Woman's Club of Matawan will be working on Operation Christmas Stocking and creating handmade note cards. They will join the Matawan Day Festival to promote their Club. Sunday, October 16th, they will host a Farm to Table Dinner Fundraiser. The club will hold a Halloween Social for friends and family.

Woman's Club of Point Pleasant will be having a Chili Dinner Fundraiser in October. They also will be collecting filled Christmas stockings from members and the community for Operation Yellow Ribbon

In October, **the Woman's Club of Spring Lake** will be resuming Irish Dancing Lessons and are going to Newport, Rhode Island for a 3 Day 2 Night trip.

Woman's Club of Stafford Township is going to the Irish Festival to handout their cookbooks and promote the club.

SOUTHERN DISTRICT**Laura Badger**

The Woman's Club of Vineland will be busy this month! They will hear from their GCI delegate. Firsts since COVID will be the Antiques and Collectables sale on October 4th and 5th and Game Day on the 16th.

Millville Woman's Club will enjoy an International Luncheon and hear about Journey Hospice. The Halloween Game Day will be on the 27th. To end the summer season they will have a flower bulb exchange.

Woman's Civic Club of Hammonton will have an Open House Vendor event on the 18th, to entice new members, bring in new rentals, shop, and talk about the Club. They are also collecting items for Emmanuel Cancer Foundation and Holiday Stocking Drive.

Country Shore Women's Club "*Sound of Music*" show will be on the 21st, 22nd and 23rd, with proceeds going to local food banks. At the town Fall Fest the show cast will perform a few songs, and at their table will be an accessories and handbag sale.

Women's Community Club of Cape May began the new club year with a pot luck lunch, enjoyed by all. They hosted the District Council Meeting the end of September and served their delicious homemade soups.

Woman's Club of Absecon participated in the "Creekefest" event at the boat ramp area by manning the registration table. Selling ShopRite gift cards is still the best fundraising activity.

Most of the Clubs filled backpacks for the Special State Project. The Boscov's Friends Helping Friends on October 19th will be a good fundraiser for most of the Southern District Clubs.

As always, if you are in the area, check with the club Presidents to get details on attending the events they are having.

THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM**Barbara Rose**

After Spring Conferences are over each year, the Supplements are reevaluated for currency and clarity. This year there were few major changes, but several minor ones, including renumbering items in the outline due to the addition of macramé (reintroduced by request), miniatures, and painting on other materials (glass, stone, wood/tole and other). Many of these changes were requested either by crafters or by judges who needed clarification and, in some cases, subdivision, such as for sweaters, scarves and hats: subdivisions for adult and children/infants.

For the cooks among us, pies were added (fruit or other) and modified cake mixes may now be made into bar cookies as well as regular cookies. This was another request initiated by judges.

Upcycle added an "other" category for several who felt that there was more to it than corks or Christmas ornaments, so "other" was added as a third choice. As the result of a request for artificial decorated Christmas trees, they

ARTS AND CULTURE COMMUNITY SERVICE PROGRAM (continued)

were added under an expanded Holiday division. Doll clothes had been removed and returned in the last cycle but are now subdivided into hand or machine sewn.

People and situations change, as does the amount of time available for hobbies, and tastes for various crafts come and go. Thus, the need for updating the supplement frequently. This Chairman has tried to incorporate as many requested changes as possible, but remains open to suggestions for next year, so please let her know when you have an idea for improvements and remember that you need not wait until next April to notify this Chairman. And remember that now is a good time to start preparing for the next Achievement Day/Spring Conference!

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM**Joyce Fredericks**

If your club is performing, consider taking your show to a local nursing home or senior facility over the holidays. It will give you a welcoming audience and a great opportunity for a dress rehearsal.

Make arrangements for your club members to go into New York to see a play or go to Rockefeller Center for this season's Christmas show. Contact your local hospital and discuss taking decorations to bring some holiday spirit into the hospital.

Remember that District Chairmen are responsible for securing a place to hold their District Performing Arts Day as well as for sending out an invitation to their district clubs to announce the location, date and time.

These Chairmen prepare and make copies of the Program listing the participating clubs and the titles of the performances. They also assist the State Chairman the day of the performance and may have to run the day IF the State Chairman is unable to attend.

If the Chairmen would like to volunteer to assist the State Chairman with the winning acts at Convention, please let this Chairman know.

CIVIC ENGAGEMENT & OUTREACH COMMUNITY SERVICE PROGRAM **Ann Ribinsky-Brown**

With the withdrawal of US troops from Afghanistan, what will happen to all those Holiday Stockings we are collecting? This year, 2022, stockings will be shared between New Jersey Cares and Operation Yellow Ribbon, South Jersey.

Operation Yellow Ribbon, South Jersey, sent 48,017 pounds of "goodies" to our United States Troops in 2021. This organization consists of all volunteers who show support to our United States Military Forces serving in the Middle East, including Iraq, Qatar, Jordan, Syria, Kuwait, United Arab Emirates, and the horn of Africa. They also help to promote, coordinate, and facilitate welcoming home events for local veterans in the South Jersey Area by partnering with the Warriors Watch Riders and other patriotic organizations to bring our local Heroes home in "Rock Star Fashion."

Operation Jersey Cares was founded in 2017 "to honor those men and women who provide us the blanket of freedom we all sleep so soundly under." They support those currently deployed, proud veterans, and loyal military families. Donated holiday stockings will be distributed to deployed military with both APO and FPO (fleet) addresses. Countries where these stockings will be sent include Djibouti, Kuwait, and Poland. Our donations, along with the ever-increasing postage, work toward fulfilling Operation Jersey Cares motto "Never Again Shall One Generation Forget Another."

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM**Marta Cirilli-Kuebler**

HUGE SHOUT OUT to all our amazing clubs that participated in their individual "Back to School Supply Drives;" these items are a welcome relief to teachers and they bring joy to the students and parents. Consider reprising this project

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM (continued)

again after the New Year to include items like hand sanitizer, wipes, tissues, and disinfecting spray. Having a few extra sets of hats, gloves and scarves are also a blessing sent on the unexpectedly cold days. Everyone will appreciate them!

It may be time to start planning Holiday Projects for your local students. Projects can be done in conjunction with your local library; research holidays that are celebrated in many religions and cultures. Themes such as "Christmas Around the World " are a great way to recognize stories of holiday celebrations from around the world and tie in arts and crafts too. These types of projects bring social awareness and acceptance to the forefront while bringing lots of holiday fun. Another alternative could be reading a story about Elves and then asking the children to fill out an "Elf Application". This is a fun way to encourage reading followed by critical thinking skills. Another holiday favorite book is *The Grinch*. You can follow a group read with a fun Grinch Worksheet or problem-solving exercise. Hanukkah-themed stories and decorations are also a must do. Cardboard tube Chanukah are a fun way to incorporate Jewish Holiday traditions.

A winter project can be done over the vacation break: "Make Cut Out Snowflakes Day". This could be a great inexpensive and creative way to incorporate a story about someplace that has extremely cold winters, or how snowflakes are created (STEM project idea). Samples of these types of projects will be sent to your DVPs but feel free to email me directly if you have any questions. To find out more visit this website: <https://sway.office.com/XNOs17yGCJXuTTuif> for samples of the activities. Feel free to copy and edit as you see fit. Remember every child, school and community is different therefore do what best suits your community and club and remember to HAVE FUN!!! Remember to include your Clubs' organization contact information on any project or book you distribute!!

Hopefully, your Spelling Bee preparation is well underway. All the necessary information can be found on our NJSFWC website. If you have any additional information please reach out to cirilli@njsfwc.org or Spelling Bee State Chairman, Brandi Lee Miller miller@njsfwc.org or your District Spelling Bee Chairmen; we will be more than happy to help you.

Don't forget to keep reading and submitting your reports to our ESO Chairwoman, Patricia Sherwan.

ENVIRONMENT COMMUNITY SERVICE PROGRAM

Jacqueline Wisner

We often hear the term "climate change" and the impact on our environment. But **what** does the term really mean? According to NJ.gov, "Climate Change refers to a significant change in the measures of climate (like temperature, precipitation, wind patterns, among other effects) lasting for an extended period of time. The earth's average temperature has risen by 1.5 degrees F over the past century due to human activities, like the burning of fossil fuels and deforestation."

More specifically, last summer we saw unprecedented heat, draught as well as flash flooding all over the world. The local National Weather Service states that this year's hurricane season will have more frequent and more severe storms than previous years.

Forewarned is forearmed! Providing information on how to prepare for hurricanes and how to manage the after effects can be a critical service to the community. The state website, www.ready.gov provides numerous project ideas and resources for informing the community. You will find: - social media blurbs -printable PDF booklets -checklists- planning for seniors, individuals with disabilities and pets - preparing disaster kits

There are even short and informative videos that can be added to your website or used during community Zoom presentations. Last year, hurricane Ida devastated so many homes and families. And recent rainstorms brought severe flooding mirroring the destruction of hurricane storms. Let's be ready this year to be a resource for safety and survival.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Ellen Lund

How many of you have tried Acupuncture? For those of you who may not know, acupuncture is a treatment that uses very thin needles inserted into the skin to stimulate specific points in the body. The goal is to relieve a health condition or symptom, such as pain. More than 3.5 million Americans use acupuncture.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM (continued)

The practice comes from traditional Chinese medicine. Scientific studies have confirmed its effectiveness for some conditions.

Acupuncture can treat arthritis, back pain, neck pain, or muscle pain, headache and migraines, knee pain, cancer, immune system problems, infertility, irritable bowel syndrome, menopause and hot flashes, menstrual pain, and pregnancy discomfort.

The needles are sterile, disposable, and as thin as a human hair. The needles stay in for a few minutes or as long as 20 minutes. It has very few complications or side effects.

Most insurances cover acupuncture. The most important thing is to choose a trained acupuncturist.

Here are some important awareness issues for October. World Food day is Oct.16th. October is National Breast Cancer Awareness Month, National Dental Hygiene Month and National Physical Therapy Month. Mental Illness Awareness Week is October 2nd – 8th and National Depression Screening Day is October 6th.

Hint #3: When eating a meal, eat for 10 minutes, take a 10 minute break, and then finish your meal. Reason – It takes about 20 minutes before your stomach tells you that you are full.

Hint #4: Walking is a great exercise and easy to do.

ADVOCATES FOR CHILDREN

Nancy Levy

October is National Bullying Prevention Month.

#HATNOTHATE is an anti-bullying campaign. The organization's mission is to rally communities to raise awareness and stand up to bullying. Clubs can participate by making blue hats, which will be donated to schools by the organization in October as part of their anti-bullying campaign. Clubs can also facilitate virtual or in-person anti-bullying assemblies presented by the HatNotHate organization. Their website, hatnothate.org, gives information on how and why to make blue hats, drop-off points for them, and information about the anti-bullying assemblies. So that Clubs had time to start making hats, detailed information, including New Jersey drop-off sites, was in the September Advocates for Children bulletin, distributed at the September District Councils. If you missed it, the bulletin can be accessed on the njsfwc.org website in the Materials section, or by contacting this Chairman at levy@njsfwc.org.

Teal Pumpkin Project

The Food Allergy Awareness and Education organization (FARE) promotes the Teal Pumpkin Project, designed to make Halloween trick-or-treating safer and more inclusive for children (one out of every thirteen) living with food allergies. Placing a teal pumpkin on your porch or doorstep says that, in addition (or instead of) candy, you offer non-food trinkets or treats that are safe for all trick-or-treaters. Google Teal Pumpkin Project for details and check the organization's website for additional information about food allergies and awareness. You can access it at either FARE.org or FoodAllergy.org.

COMMUNICATIONS

Katie Chambers

Patch.com offers a wonderful pathway for you to share information about your club with your local community. But it can be a little confusing to navigate. First, you need to create an account for free by clicking in the top right corner of the homepage.

Then, there are four distinct ways for you to share your news via Patch. You find these by clicking on your profile image at the top right corner of Patch and going to the "Create" menu. They are:

COMMUNICATIONS (continued)

- 1) Write an Article –A formal article, very similar to a press release. Fill out their form with your information, and be prepared to include a headline, sub-headline, article body, and image. If you've already written a press release, you can just copy and paste what you have already created. Articles appear on the website and in email newsletters.
- 2) Neighbor Post – This is more informal and a community forum, like a message board. You can post here to engage directly with Patch readers like you would on social media.
- 3) Event – A brief listing that is included in the Patch local community calendar. Be prepared with your simple Who, What, When, Where, and Why.
- 4) Classified – This is advertising looking for help. If you are looking for item donations or volunteers, you could create a classified ad.

Most options on Patch are free but can be sponsored for as little as \$1/day to boost visibility, meaning your post is more strongly featured on the website and in emails. You might want to consider this as you plan your club's budget. Paid advertising is a wonderful way to bring new eyeballs to your club's activities.

COMMUNITY IMPACT PROGRAM

Jane Mackesy

The GFWC COMMUNITY IMPACT PROGRAM AWARDS offer GFWC Clubs financial incentives to implement projects that bring change to a local community.

The Awards are designed to encourage and recognize the positive effects a club can have on specific needs in their community.

As GFWC's longest standing project, the Community Impact Program Awards has evolved since its introduction to members in 1949; still the goals remain the same: to reward clubs for effective community projects that provide opportunities for growing club membership, enhancing leadership skills, building relationships with individuals and community groups, and creating public awareness of the club and GFWC.

Community Impact Projects should make a visual, physical, or emotional impact at the grassroots level. They are projects that bring awareness to what GFWC volunteering is all about.

SELECTING THE PROJECT AND PLANNING

Any grassroots project that makes a large impact in your local community and fits the criteria will be accepted for judging purposes. GFWC clubs are encouraged to consider the Community Connection Initiative highlighted in each of the Special Program Areas and/or Community Service Programs. These Community Connection Initiatives can be found on the GFWC website in the right-hand side panel of each of the Club Manual Guides under the area of interest:

- Signature Program: Raise Awareness to Hope and Help
- Juniors' Special Program: Refresh and Revive
- Arts and Culture: Community Historical Gems
- Civic Engagement and Outreach: A Little Thanks Goes a Long Way
- Education and Libraries: Bring the Sparkle to Public Libraries
- Environment: Sparkling Seeds, Brilliant Butterflies, Glamorous Garden Gloves
- Health and Wellness: Physical Fitness Opportunities for All Ages

The GFWC 2022–2024 Club Manual is now available in the GFWC Member Portal. Once you have logged into your account, click on the profile icon in the upper right corner of your screen, select "My Digital Library". The entire Club Manual and each individual section is available under the "Club Manual" subfolder within the "C" Resources folder. You can also learn more about the updated Club Manual on the GFWC website.

FALL CONFERENCE/PROGRAM ASSISTANCE**Vivien Finn**

Plans have been completed for the 2022 State Fall Conference to be held on Monday, October 24th at Battleground Country Club in Manalapan, NJ. The deadline for reservations is Friday, October 7th and the cost is \$50.00. Reservation forms were included in the September ALMANAC. No need to decide your choice of a meal as that will be done tableside. The choices will be Filet Mignon, Norwegian Salmon, Chicken Francoise, or a Vegetarian meal.

Your District Vice President will greet and register you at 9:00 a.m. when coffee, tea, and juice will be available. You will be able to shop at the various Vendor tables and get your Flu Shot and Vaccine Shots at the Walgreens Table. The State Community Service Program Chairmen (CSP) will have tables set up to provide you with handouts and answer questions regarding ways that your club can participate in different projects.

Morning speakers will include a representative from our Special State Project, Emmanuel Cancer Foundation and a short review of projects from our Community Service Program Chairmen.

Following lunch, the keynote speaker will be Julia Orlando who will speak about the work that she does in Bergen County which culminated in the first community to end homelessness. Following the keynote address, Membership awards will be given along with awards from the 2022 GFWC Convention.

The deadline for reservations at the Hampton Inn in East Windsor was September 9th but if you still wish to stay overnight on Sunday, October 23rd, you can call the hotel at 609-426-1600 to check on availability.

President Shirley Holly and this Chairman look forward to greeting you on October 24th for an informative and Fun Day.

**GFWC SIGNATURE PROJECT:
DOMESTIC & SEXUAL VIOLENCE AWARENESS AND PREVENTION****Dawn Pogosaew**

Highlands District NJSFWC Domestic and Sexual Violence Awareness and Prevention Chairman, Pat Beach coordinated the collection of items to be donated to I Support the Girls Central/North New Jersey from members of the Women's Clubs in the Highlands District. They donated 1,676 items including maxi pads, tampons, thin pads, cosmetic bags for period packs, gently used bras, cleaning wipes, moist cloths, bath sponges, socks, toothbrushes, and small toiletry items. The donations will be distributed by I support the Girls to women around the world who are victims of homelessness, domestic violence, sex trafficking, or other hardships. Please go to their website, isupportthegirls.org to learn more about this organization. Thank you Pat and all the members of the Highlands District for your generosity!

NOVEMBER 21st, 2022: To commemorate the Global 16 Days Campaign Against Gender-Based Violence, we will be collaborating with Rutgers University's Center for Women's Global Leadership and Douglass Residential College to hold a panel discussion on November 21st, 2022 at 7:00 p.m. at the Kathleen Ludwig Center at Douglass Residential College, Rutgers University. All students and NJSFWC members are welcome to participate. Among the panelists will be representatives from several organizations including, Women Aware located in New Brunswick, Safe and Sound in Somerset County, and Rutgers Office for Violence Prevention and Victim Assistance. They will discuss problems of gender-based violence as well as, the Global 16 days Campaign's 2022 theme, "Femicide". Please go to 16dayscampaign.org website to read their advocacy guides on Femicide and Domestic Violence.

On this day, we will also be collecting gift cards for Uber or Shoprite to be distributed to Women Aware and Safe and Sound. Also, Students and members of NJSFWC will submit questions for discussion prior to the event.

Your club can participate in several ways, by submitting a question to this Chairman at pogosaew@NJSFWC.org, attend the evening in person, or by donating a gift certificate.

HISTORIAN**Jean Battaglia**

Many senior living facilities and community senior centers display books for borrowing. Often the books are few, "well-used" or cover limited reading genres, likely very few biographies or historical fictions. After confirming a facility is

HISTORIAN (continued)

accepting donations of used books, ask club members to check their own shelves for history-based books, fiction or non-fiction, and deliver them. As a suggestion, many club women read The Book Woman of Troublesome Creek for club and convention discussions. Rather than leaving it on the shelf, share it. You might include a note about your club and programs like book discussions to publicize your club in the community. Remember to keep track of and report how many books were donated.

Continuing where we left off last month, for your meeting's historical moment:

- The fourth GFWC President from 1902 to 1904 was Dimies Denison from New York, an advocate for traveling libraries, forest preservation, labor laws and pure food and drug regulations. After her presidency she took over her husband's business, but used only her married name, Mrs. Charles Denison, none of her customers ever learning she had been president of the GFWC as the GFWC movement was still viewed with skepticism and concern by some.

- President Sarah Platt Decker from Colorado, described as a "large-brained, large-hearted woman", served from 1904 to 1908. Born in Vermont, her first husband died after two years of marriage. The loss of her own possessions when her husband's estate was given to members of his family inspired her to become an activist for women's rights.

In New Jersey club women were becoming more interested in legislation. A Legislation Committee was formed to look not just at state issues, but beyond, becoming active for legislation on food, the question being, shouldn't one be as interested in what they eat as what they wear. Among resolutions passed at the 12th annual meeting was one deploring fashion responsible for killing earth's beautiful creatures. Women were called upon to stop wearing wings or plumage of wild birds as adornment.

For discussion - Are there times still today when we miss telling others about our club and what we do? Why? If we have never done so, what topic could our club research and submit to the Legislation/Resolutions Committee for consideration at the Annual Convention?

HONORS

Jill McDonald

The **WOMEN OF ACHIEVEMENT AWARDS** nomination form is included in this issue of the ALMANAC. All NJSFWC awards are an opportunity for clubs to acknowledge and reflect upon the extraordinary accomplishments of New Jersey Women and the impact these women have made in your club or community. The nominees have gone the extra mile to establish essential programs or made major contributions to the well-being of others in New Jersey. They may have been leaders in education, the scientific community, politics, non-profit agencies, and the corporate world or in the home just to suggest a few areas to consider.

Nominations for Women of Achievement are due on November 15, 2022. The nomination form outlines the requirements and gives directions for submission. Additional information about the award and the names of previous awardees can be found under Awards on the njsfwc.org website. Canvas your club members for suggestions and input immediately.

NJSFWC will collaborate with Douglass Residential College of Rutgers, The State University to find and acknowledge the 2023 Women of Achievement at the Monday, May 1st Opening Banquet at the NJSFWC Convention.

LEGISLATION/RESOLUTIONS

Gail Kovacs-Felici

A resolution "Cost Effective Measures for Medicare Part D" was passed at NJSFWC Convention in May of 2019. It reads, in part, "urges Congress to enact legislation that would strike the non-interference clause and direct the Secretary of Health and Human Services to negotiate lower prices with drug manufacturers that participate in Medicare Part D on behalf of Medicare beneficiaries."

LEGISLATION/RESOLUTIONS (continued)

Medicare Part D was created in 2003 as an optional prescription drug plan. Part D plans negotiate drug prices, determine which drugs are covered, and what patients will pay. The non-interference clause says “the Secretary (1) may not interfere with negotiations between drug manufacturers and pharmacies and [prescription drug plan] sponsors; and (2) may not require a particular formulary or institute a price structure for the reimbursement of covered Part D drugs.”

The Inflation Reduction Act, signed by President Biden on August 16, 2022:

- Requires the federal government to negotiate prices for some Medicare drugs, to start in 2026.
- Caps seniors' out-of-pocket costs for Medicare covered prescription drugs to \$2,000 per year
- Expands the eligibility of the low-income subsidy program under the prescription drug benefits in Part D.
- Caps monthly insulin co-pays at \$35.
- Makes vaccines free, with no out-of-pocket costs.
- Limits Part D premium increases to 6% per year for five years starting in 2024

SPECIAL STATE PROJECT

Marie Sullivan

The Emmanuel Cancer Foundation is so grateful for the outpouring of support from NJSFWC Clubs and our generous members. The Food Collections at District Councils were terrific and all four ECF Food Pantries at their offices in Midland Park, Wall, Clark and Woodbury Heights are happy to share those items with the families they serve.

We will continue collecting non-perishable food items, (Organic items are always a plus), oatmeal, cereal, pancake mix, condiments (Mayo, mustard & Catsup), tuna fish, canned chicken, mac & cheese, peanut butter and jelly, rice, pasta, sauce in plastic jars or cans, paper towels, toilet paper, paraben and sulfite free shampoos & conditioners (this is especially requested for hair regrowth), Free & Clear laundry detergent (Helps after chemo treatments), diapers, hypo-allergenic wipes etc. at the NJSFWC Fall Conference on October 24, 2022.

Last year ECF volunteers delivered 2,882 bags of groceries to families. Can you guess who delivers food monthly????? Our very own NJSFWC President Shirley Holly! That's right! President Holly has been a volunteer for over 27 years. She has delivered food to families monthly and sees the appreciative faces firsthand.

Speakers from Emmanuel Cancer Foundation continue to book engagements at clubs to share information about their mission. If you would like to schedule someone to come to your club too, please contact ECF Executive Director Joann Passantino 908-322-4323.

Clubs might help local ECF offices by helping at their food pantry or offering clerical help.

Call:

Central Regional Center 77 Brant Ave. Clark, NJ 07066 Barbara Kopel 908-322-4323

Eastern Regional Center 1710 Highway 71 Wall, NJ 07719 Rosemarie Contreras 732-282-2324

Northern Regional 174 Paterson Ave. PO Box 212 Midland Park, NJ 07432 Inessa Rome 201-612-8118

Southern Regional 451 Beech Ave. Woodbury Heights, NJ 08097 MaryAnn Sullivan 856-853-4803

You may also contact this Special State Project Chairman for additional club projects sullivan@njsfwc.org

WEBMASTER

Tammy Levinson

This month this Webmaster challenges you to further explore the NJSFWC.org website. Last month was the “**MATERIALS**” tab and hopefully you can find anything you need there – if not, let us know so we can get it added! The headings are there for easy navigation.

Let's look at **HOME** –where we want you to start and end your visit.

Did you realize a feature story is added every week? The eConnection emails you receive weekly contain information that is important, so it is pasted right onto our **HOME** Page. **HOME** also includes some of our foundation project areas. Six shortcuts are there to navigate you to important spots so you don't struggle searching for them. They

WEBMASTER (continued)

are: **Special State Project, GCI, Spelling Bee, Women of Achievement, and Materials** – one click directs you to that page. Lastly, **HOME** includes a shortcut to the “**FIND A CLUB NEAR YOU!**” This is here for you and visitors to our site.

CHALLENGE: click and find your Club from the **HOME** page. Check the information. When you see changes that need to be made to your Club's link or page, email webmaster@njsfwc.org and changes will be updated as fast as possible and your information will be current for all visitors to the site!

Remember – if you don't use this site, it isn't useful. Please send any feedback through email to webmaster@njsfwc.org, and together we will do everything we can to meet your needs.

Please continue to email your Facebook Post requests. Requests are posted in the order received, posting one post each morning! Share your club work, so everyone can be proud of you too!

WELCOME FALL....HAPPY HALLOWEEN... TO ALL

