



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

Fall is my favorite time of year as the leaves begin to turn and we ready ourselves for the upcoming holidays. There is so much to look forward to in the fall, especially for NJSFWC. Clubwomen across New Jersey are gearing up for that busy time of year when they prepare to make a difference for so many families.

As I write this, we are two weeks away from Fall Conference. I know that Fall Conference Chairman, Vivien Finn and her committee have been working very hard to ensure all of the details have been tended to. Many thanks to Vivien and her committee for their hard work. We wouldn't be able to offer all of the wonderful projects and programs without the help of dedicated clubwomen! Whether you serve on the Board of Directors or not, you are all an integral part of NJSFWC.

If you read the eConnection each week, you already know that NJSFWC was given a generous donation of a mink coat. The 25 year old coat is gently used and in excellent condition. We are holding a silent auction. Bidding starts at \$75. Each week the highest bid will be listed in the eConnection. Anyone interested in trying on the coat can stop by Headquarters, Monday – Thursday 9:00 a.m. to 4:00 p.m. Money raised from this silent auction will go towards expenses at Federation Headquarters.

Many stockings have already been dropped off at Headquarters for Operation Yellow Ribbon and Operation Jersey Cares. It's exciting to see the POD, in the parking lot of Headquarters, filling each week as club members' drop off boxes and bags of holiday stockings that are filled to the brim for the brave men and women who continue to keep our country safe. NJSFWC members are so very generous, and this President thanks you for your generosity.

The Middle Atlantic Region Conference was held in Albany, NY with 32 clubwomen from New Jersey attending. Members heard from GFWC Officers, International President Deb Strahanoski and President-elect Suellen Brazil along with GFWC Committee Chairman who gave presentations in their respective areas. We were so proud of New Jersey's own Mary Pat Marcello who serves as MAR President and

presided with great poise at the three day conference. Thanks goes to all of the members who participated in the skit to introduce where the conference will be next year when MAR is held in New Jersey. A special thank you to Past International President Mary Ellen Brock, the creative mind behind the skit! Rumor has it that the skit will be performed at Convention during the Performing Arts Show at the Hard Rock Hotel & Casino in Atlantic City. This President was so proud to report on the activities of NJSFWC since taking office in April. We hope to see even more clubwomen at the region conference next year when New Jersey hosts MAR at the Showboat in Atlantic City. Mark your calendars now for September 28th to October 1st. The region conference is the best way to see what a mini GFWC Convention is like and learn about the bigger picture.

Be sure to sign up for the Snow Place Like Home Open House at Federation Headquarters on November 30th.

Headquarters Chairman, Brandi-Leah Miller is transforming Headquarters into a winter wonderland. There will be live music, winter treats and a photographer to take your picture in front of a cozy winter backdrop. There will be two sessions, 10:00 a.m.— Noon and 1:00 p.m.— 3:00 p.m. Reservations are required for planning purposes. Contact: miller@njsfwc.org Hope to see you there!

Our family tradition is to go around the table and each person says aloud what they are thankful for. It makes us all be cognizant of how very lucky we are, and realize that sometimes it's the littlest things we don't even think about that we are most thankful for. Please take some time to enjoy your family this Thanksgiving.

Happy Thanksgiving to you and your family!

In Federation Friendship,

Shirley

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Special points of interest:

State Dates

Legislation Scavenger Hunt

Mink Coat Silent Auction

NJSFWC Open House

1894 Society

Love, Loyalty,

Friendship -

The Bonds of

Volunteerism



NJSFWC PRESIDENT-ELECT**Barbara McCloskey****ASSESSING YOUR CLUB**

1. Does your club have job descriptions for your positions and projects?
2. Does your club establish goals for the year with input from all your members?
3. Does your club offer a leadership workshop, or do you offer your members the opportunity to attend the NJSFWC workshop?
4. Does every member of your club have an opportunity to serve in a leadership role (i.e., board, committee member, project chairman, committees)?
5. Does your club breakdown large scale projects into smaller segments with task- specific committees, timelines, and member accountability?
6. Does your club retain a members' skills/talents/interests file? (H.I.T. list)
7. Does your club offer shared leadership roles? (co-chairs)
8. Does your club provide an official New Members Orientation?
9. Do you share the NJSFWC ALMANAC with your members?

Ideas:

- Consider a 'Bright Ideas" column in your newsletter or in a monthly email highlighting a different leadership tip.
- Regularly evaluate your club projects. Set aside a meeting each year to evaluate previous projects and determine whether they were successful, enjoyable and rewarding. Then allow time for brainstorming on new ideas, consider any requests from other community organizations and review the NJSFWC Supplements.
- Develop a list of new ideas and then take a vote to be sure the membership is interested.
- Get to know your members through interest surveys and ice breakers. Highlight a member each month in your newsletter.
- Start a club lending library to share ALMANACS, GFWC Clubwoman magazines — especially older printed magazines (the ideas are still worthy of a look), community newspapers.
- RE-THINK REPORTING — Consider ways to share the responsibility. Set aside one meeting a year to get together and compile reports and make it fun! Reporting is a valuable tool for reviewing and evaluating activities and successes.
- Don't forget to have fun!

NJSFWC FIRST VICE PRESIDENT**Susan Chambers**

Every club wants to be a winner, right? So how does a club write a winning Year End Report? Give yourself an advantage by including a narrative. It doesn't have to be complicated or fancy, but the *best* narratives provide:

- An explanation of the project
- The purpose of the project
- The number of members involved
- The names of other community organizations involved, if any
- List of items donated, used, or purchased and the source of any funds used
- A statement regarding the results of the project

Your narrative should be brief and concise (one or two pages maximum). It does not have to cover every single project that appears on the data sheets, but it should detail your most significant projects. Not only will it provide valuable

NJSFWC FIRST VICE PRESIDENT (Continued)

club history for the club's record, but it will also increase the chance of winning a District, State or even International award.

And when completing your reports, remember to refer to the three excellent reference documents provided in each Year End Report Forms Packet: "Where Should We Report It?" "Report Writing Instructions" and "Valuation Guide." Remember the intent of your project, and that will also guide you to the appropriate report form.

Feel free to call or email chambers@njsfwc.org this Officer with any questions. She's here to help you.

NJSFWC SECOND VICE PRESIDENT

Chris Sienkielewski

Now that your club year is underway, it's important that you take some time to get to know your members – both new and seasoned – to not only establish meaningful and engaging communication with each member, but also discover what your members are passionate about. Passion can bring about new ideas, new ways of looking at your meetings, and new members. Each and every member is the heart of NJSFWC and when our members are passionate about their club and their projects, they can bring in new members who are equally as excited.

The best way to begin is to ask. Consider surveying your members by utilizing a simple survey that asks your members very reflective questions allowing them to consider specific areas of their club experience, along with areas that help to build your club for future experiences.... maybe even making some changes.

Choose among some of the following questions as they meet the needs of your club:

1. What has been your favorite part of being a member of our club?
2. What are three things our club should continue to do?
3. What are three things that our club should stop doing?
4. Would you recommend our club to a friend? Why or why not?
5. How do you use our newsletter/website?
6. What was your favorite project this past year?
7. What would make your membership in our club more valuable to you?

Your survey can be done through email, or at a meeting. Most importantly, take time to evaluate the responses utilizing your club officers. And then share the results.

Just don't share and forget, but take some time to brainstorm 2-3 ideas that will show your members that you are listening and they are a true part of the future of your club.

NJSFWC FINANCIAL SECRETARY

Christina Burlew

As mentioned in the October ALMANAC, NJSFWC is selling **Gertrude Hawk** Chocolates for the Holiday season. What a great way to treat yourself and/or buy some holiday gifts while supporting NJSFWC. There are 40 available products.

Smidgen fans asked for more varieties to choose from. Gertrude Hawk listened. This year's brochure offers 9 different varieties of smidgens and many other popular items such as milk and dark chocolate covered cherries. The Kids Corner section has a Holiday Goodie Bag that would be great as a teacher gift. New this year is an 8 pack Candy Bar Gift Pack. You may want to give this as a gift or possibly break it up and put a candy bar in a stocking.

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 cost. *Sale ends December 11th. Orders start shipping the week of November 14th. So, if you would like to purchase candy for Thanksgiving, you will be able to do so.

NJSFWC FINANCIAL SECRETARY (Continued)

To order Gertrude Hawk:

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 Chris.
 Select Chris Burlew
 Select GET STARTED

This should take you to the product page where you can select your items. Any questions call Darlene at 1-800-706-6275, Ext. 359 or Chris Burlew, 732-885-1466.

Did you get a chance to look at the wonderful products that the **Body Shop** has to offer? If not, please refer to the flier in last month's ALMANAC. There are so many great products to choose from. If you need a gift for someone who has everything, the Body Shop may be your answer.

Is your Club up-to-date with your 990-N (e-postcard)? If not, please file as soon as possible and send the IRS confirmation to this Officer at NJSFWC Headquarters. This form is for tax-exempt organizations with gross receipts of less than \$50,000 per year. **Reminder**, if your Club fails to file Form 990-N for three years in a row, you will lose your tax exempt status.

As mentioned last month 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's 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. 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](#).

COLLEGE DISTRICT**Linda Carbley**

The **College District** Clubs are making their presence known in their communities by donating to food local Food Banks and Pantries for the Thanksgiving Holiday.

Woman's Club of Cranbury will be celebrating their Club's 100th Year Anniversary this month.

Bridgewater Woman's Club is holding a garage sale on Saturday, November 5th from 9:00 a.m.- 2:00 p.m. at the home of member Joanne Martyn located at 1348 Plymouth Rd, Bridgewater, NJ.

Flemington Woman's Club will present a History/Fashion of Hats from 1860-1960 on November 9th.

Woman's Literary Cub of Bound Brook is getting ready for their Christmas Luncheon and gift exchange and doing many projects to benefit the Special State Project.

COLLEGE DISTRICT (Continued)

The **Past Presidents of College District** held their Fall Luncheon Meeting in October with an "Auction" to benefit Emmanuel Cancer Foundation.

Central Valley Contemporary Club in the process of many projects that will support the Emmanuel Cancer Foundation.

Cedar Wood Woman's Club supports their local Animal Shelter, and were busy decorating 250 business cards for Veterans.

The **College District** Members wish all the Federation Members a very Happy Thanksgiving!

GARDEN DISTRICT

Marie DiMatties

Fall Fun in the Garden District:

Woman's Club of Glassboro will be providing "Blizzard Bags" which consist of non-perishable foods prepackaged in ready to make meals for the seniors in their community. They are dispersed to the seniors who receive meals on wheels. Any and all additional supplies and meals are donated to the local food bank.

Catholic Charities recognized the **Marlton Woman's Club** for their support of Providence House at The Guardian Angel Gala in Princeton. Seven members attended the gala. The event was the same night as Marlton's Harvest Fest; it proved be a very busy day for their club.

Women's Club of Merchantville - This Fall, forty-five members and friends traveled to Memphis and Nashville on a 6-day fun-filled bus trip. On November 2nd they held a Breakfast Auction at the Westmont Diner. Members will be reading books about Veterans to preschoolers on Veterans Day and are taking orders for candy from Aunt Charlottes.

Medford Woman's Club held its annual Scarecrows on Main Street. This family friendly event featured scarecrows that were humorous, lovable and whimsical.

Women's Club of Penns Grove/Carney's Point held a successful collection for Bargain Thrift, a Lapp's Sub sale and as many other clubs did, they supported Boscov's Friends Helping Friends Day.

The Porch Club of Riverton has been doing strategic planning and working on repairs to their historic clubhouse; holding fundraisers to begin to support the cost of the required new roof, gutters, new air conditioning unit, chimney repair, and refinished floors. "The costs are staggering."

West Deptford's Junior Women's Club is participating in their districts trunk or treat, collecting food for local families for Thanksgiving, and hosting their annual breakfast with Santa!

What a wonderful variety of activities around the Garden District.

HIGHLANDS DISTRICT

Lynn Webb

Several clubs received thank you letters from the girls they sponsored at the Girls Career Institute (GCI).

The GFWC Woman's Club of Boonton held a successful annual garage sale. They also collected items for backpacks, which were distributed to children in their area.

Hopatcong Woman's Club is distributing the Vials of Life kits in their community. The form may be printed from the website <https://www.vialoflife.com/>

Woman's Club of Hackettstown, Inc. will have a program "Thanksgiving Card Project" on November 2, 2022.

HIGHLANDS DISTRICT (Continued)

Sparta Woman's Club engaged their members by asking them to complete a form with their hobbies, interests, and talents. This is a great way to get participation in "Circle of Yarns" or their website. "Circle of Yarns" is a group of women meeting in each other's home to create lap robes, afghan, chemo hats, baby blankets and hats. They also created two large holiday evergreen wreaths to be hung at Newton Memorial Hospital. The evergreens were donated by their local golf club.

Thursday Morning Club had a successful Fabulous Fall Fundraiser Raffle and Cocktail Party.

Woman's Club of Parsippany/Troy Hills is collecting denim jeans, jackets, shirts and scraps to be recycled into new products such as pet bed inserts, industrial mattresses and more. Zappos For Good is collaborating with Cotton's Blue Jeans -Go Green™ by collecting cotton denim jeans and meal delivery insulation liners. They are also collecting eye glasses, hearing aids, and jewelry for the Lions Club and New Eyes for the Needy.

The **GFWC Woman's Club of the Denville-Rockaway Area** participated in a town-wide garage sale. One of their Girls Career Institute delegates spoke at their general meeting.

LIBERTY DISTRICT

Joan Murdock

Check out what the Liberty District Clubs are doing...

The **Woman's Club of Allwood** are supporting the Food Bank at St. Peter's Haven by donating children's snack bags. Their annual Virtual Tricky Tray starts on Nov 6th with drawing on Nov. 14th.

The **EMD of Arlington Woman's Club** will be working on their "130 Initiative" by collecting 130 Thanksgiving Food items.

Non-Perishable food items and backpacks filled with school supplies were donated by the **Woman's Club of Berkeley Heights** to the Emmanuel Cancer Foundation. Members are supporting Operation Yellow Ribbon.

The **Woman's Club of Caldwell** is providing and serving lunch to veterans at the American Legion on November 13th. Their November meeting will include a presentation by local historian Dick Gibbs about the history of the Caldwells.

Members of The **Woman's Club of Maplewood** filled 12 large bins with donated food to be given to larger families in Maplewood for Thanksgiving who were chosen by their welfare department. Included in the basket are breakfast foods, desserts, Thanksgiving themed napkins, kitchen towels and a \$25 grocery store gift certificate.

West Orange Women's Club held a successful fall kick-off picnic for members and perspective members.

The Holly Berry Craft and Gift Show will once again be sponsored by the **Woman's Club of Upper Montclair** on November 5th and 6th at their Club House. The club is filling bags with cookies for the Essex County Hospital, making Thanksgiving tray favors for a local Nursing Home and cards for Veterans to distribute on Veteran's Day.

Canned goods and food items for Thanksgiving baskets were collected and donated by members of the **West Essex Woman's Club**. Members participated in a Legislature letter writing workshop.

PALISADES DISTRICT

Claire Hill

Lyndhurst Woman's Club is having a Holiday Craft Fair on December 3rd. Over 60 vendors and 6 food trucks will be available. The fair is located at 862 Valley Brook Avenue, 9:00 a.m. -4:00 p.m.

Woman's Club of Leonia's program is President-elect Barbara McCloskey who will speak on the meaning of The Collect.

PALISADES DISTRICT (Continued)

The **Woman's Club of Westwood** is holding the scholarship fundraiser at a local Fresh Market Grocer on November 19th

Woman's Club of Englewood has invited Michael Dressler, Bergen County Surrogate to explain wills and end of life issue on November 14th. A food/diet professional will speak on healthy cooking on November 21st.

Greater Pascack Valley Woman's Club has invited Claire Hill to speak on district doings and events.

Woman's Club of Ridgefield Park is holding a paint night to paint Porch Signs; \$50 per person on November 5th. Call Claire for information. December 5th is High Society Tea. Tickets are needed; \$50 limited seating.

Book and Needle Club (Oradell) will be holding a Food for Thought Tea which will raise funds for Girls Career Institute and HOBY on November 4th.

The **Woman's Club of Carlstadt** is saddened to announce the passing of Mary Trombitas who was a 50-year member of their club. Chaplain Janet Drogo gave a lovely eulogy to honor her. They are currently focusing on increasing their membership, hosting Friendship Night, and continuing their support to local charities.

Woman's Club of Paramus - had a busy October. They assembled stockings for Operation Holiday Stocking at their October meeting. They visited the Raptor Trust a bird sanctuary in Basking Ridge that rehabilitates injured sick or orphaned wild birds and made Halloween wreaths for their local nursing home.

RAMAPO DISTRICT**Tin Ree**

Allendale Woman's Club will be working hard on Luminaire and a Plant Sale fundraiser.

Montville Township Woman's Club will be collecting shoes and bras for Free the Girls and having a speaker from the Seeing Eye.

Pines Lake Woman's Club will be having a turkey drive contributing to the Food Bank of NJ, reading and discussing the book "Underground Railroad", and having a Crazy Hat contest.

Pompton Lakes Woman's Club will be holding a Victorian Tea.

Suburban Woman's Club of Pompton Plains will have an international Covered Dish night, members bring ethnic foods to share with some members sharing stories of their summer travels.

Junior Woman's Club of Ramsey will donate 20 baskets of food to Ramsey Responds a 501c3 dedicated to community residents in need.

Ridgewood Woman's Club continues to collect for Social Services and have contributed monetary donations to the Social Service Association, Youth Council Services, Camp Sunshine/Snowflake, Ridgewood Scholarship trust and ECF as well as helping with the Meals on Wheels.

Riverdale Woman's Club will be collecting items for Prematurity Awareness Month and doing a Wendy's Fundraiser.

Saddle Brook Woman's Club will be collecting food for the food pantry.

Saddle River Valley Junior Woman's Club will be holding a Father/Daughter Ball, a hayride for members' children and a progressive dinner.

Woman's Club of Upper Saddle River will be judging there 36th annual Essay and Poetry contest, holding a pre-Thanksgiving food drive, volunteering at the Community Thrift store, and at the Thanksgiving Day Run.

RAMAPO DISTRICT (Continued)

Woman's Club of West Milford Township will be doing Wreaths Across America and spending three weeks decorating Ringwood Manor for their Victorian Christmas Fundraiser scheduled for the first three weekends in December.

SHORE DISTRICT**Kathy Doty**

The Woman's Club of Asbury Park has been busy with a vendor fair at the clubhouse, had a guest speaker from the Emmanuel Cancer Foundation and held their Annual Fall Tea.

Woman's Club of Brielle will be holding a Fall Luncheon and Gift Auction on Thursday, November 3, 2022, at the Lobster Shanty Restaurant, Pt. Pleasant Beach, NJ. Congratulations to the Brielle Woman's Club on their 55th Year Anniversary.

Little Silver Woman's Club's Got Sneakers and gowns for the military woman has continued to be successful for the fall year.

Woman's Club of Matawan will have a Games Luncheon Fundraiser planned on Nov. 2nd, and will present hand crafted wreaths to the American Legion to be placed at their three Matawan cemeteries on Veteran's Day. They will hold a Holiday Soup & Craft Sale on Nov 18th & 19th.

Woman's Club of Middletown: This is the twenty-third year the Woman's Club of Middletown has been working the Gift Trees project, which will be on November 25th.

Past President's Club of the Shore District meets twice a year, March, and September. If you are a past president of a GFWC club and have recently moved to Monmouth or Ocean County, please call Betty Murrison at 732-920-8297 for more information. They would love to have you join them.

Woman's Club of Point Pleasant will be recognized at the October 24th NJSFWC State Fall Conference. Congratulations on winning an award at the GFWC Convention for Operation Cuddly Comfort.

Stafford Township Woman's Club: They are collecting for Thanksgiving for their local food bank, planning their fundraiser chip dip and dip and paint. They will be working with the Elks on Christmas stocking.

SOUTHERN DISTRICT**Laura Badger**

The **Woman's Civic Club of Hammonton** will have their Annual Thanksgiving "Friendsgiving" Dinner with members bringing all the fixings! They will purchase a complete Thanksgiving Dinner to deliver to a local needy family. The kids' closet is open and serves school nurses and local families.

The **Colony Club of Ocean City** had a busy October with a fundraiser at a local restaurant, participated in the Ocean City Block Party, and Ocean City's Beach Cleanup having adopted the 16th Street Beach. An ongoing fundraiser is the "Script" project. Gift Cards are purchased and proceeds fund the scholarships they give.

The **Country Shore Woman's Club** play, "The *Sound of Music*" was successful moving it to fall rather than late winter.

The **Woman's Club of Absecon** has accepted President Holly's incentive by collecting 130, 2023 Calendars for the local nursing home. They usually do this project and this year will be sure to donate 130! Charitable giving for the December holiday season will be planned.

The **Women's Community Club of Cape May** is busy planning Holiday gift giving projects.

The **Millville Woman's Club** will prepare several Thanksgiving baskets for the needy in their community. The club will hear about Hope Center, run by volunteers, a homeless project that serves a hot lunch every day and gives out a to go bag, with Code Blue (winter) and Code Red (summer) at their facility.

SOUTHERN DISTRICT (Continued)

Unfortunately, the **The Woman's Club of Vineland** had to cancel the Antiques and Collectibles sale after a 2-year absence due to COVID.

All Clubs participating in the Boscov's Friends Helping Friends day reported it was successful. The Stockings for the troops or monetary donations were delivered to Headquarters.

THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM

Barbara Rose

As the holiday season gets into full swing, it is well to consider that we are ever only one or two generations away from total loss of our culture. That is, it is the responsibility of the parent's generation (and grandparent's) to ensure the transfer of our culture and beliefs to the next generation. As care givers, we have a unique opportunity to teach our children the things that make our families special—a particular Thanksgiving treat, decoration or gathering. As grandmothers we may be able to teach a child to cook a special family recipe or make a traditional centerpiece or other craft. The memories these will leave in children are beyond compare and will enrich their entire lives.

Veteran's Day is a time to celebrate the military—both living and deceased - who keep us safe and free. Since COVID, police, firefighters and medical personnel have also been seen for their importance to our lives. This would be a good time to recognize a hero with a thank you note or card. For grandmothers, this is another time to help your grandchildren learn to appreciate those who help us, and if you could hear the tears in a gruff veteran's voice as he tells of receiving such a simple thank you, you would know how important this task is.

A thank you note need not be complicated. One version is based on a standard 4 ¼ x 5 ½ inch card (half of a piece of typing paper folded once) using another piece of patterned paper (even the inside of an interesting envelop can work) cut to a 4-inch square and then cut in half on the diagonal. Glue or tape each piece to the card so that the right-angle edges of the top sheet align with the outside edges of the card, leaving a diagonal strip in the center. The center strip is where you put the greeting, such as "Thank You" or "Thinking of you", etc. This can be handwritten, stamped, or printed on the computer, cut out and glued on. (If you use the computer method, consider placing the printout on the card before fastening the triangles.) This leaves plenty of space inside the card to write a note or add a saying. If working with a child, consider having the child draw a picture on the front of the card and writing the thank you inside. If you don't have a particular veteran in mind, Veterans Haven North and South or Lyons Veterans' Hospital are among places to take the cards. For others, taking the cards to local police, fire station or hospital should be good, and perhaps you will be able to get a photo of the donation for your club.

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM

Joyce Fredericks

By now this Chairman hopefully has all District Chairmen in place. Has your club chosen a performance for your District's Performing Arts Festival? Singing, dancing, storytelling, joke telling (clean only please!), baton twirling (no fire!) and presenting a short play or skit are all possible entertainments.

Consult the 2022-2023 Arts/Performing Supplement starting on page 84 of the current NJSFWC Yearbook. Not only are great project ideas listed, you can also find specifics on time allotment for each presentation category.

Who knows? Maybe you'll be asked to present at our Annual Convention in Atlantic City! You, too, could be a star!

CIVIC ENGAGEMENT & OUTREACH COMMUNITY SERVICE PROGRAM

Ann Ribinsky-Brown

Quilts of Valor

In 2003 Catherine Roberts, a Blue Star Mother, wanted to be assured that while her son was in the service, someone cared for him. Thus, Quilts of Valor began as a way to express gratitude for today's all volunteer, modern military. For a mother, her child is agreeing to sacrifice his/her life to protect our freedom and way of life. Quilts of Valor

CIVIC ENGAGEMENT & OUTREACH COMMUNITY SERVICE PROGRAM (Continued)

Foundation believes that Valor in a volunteer military is giving up one's rights to freedom for a term of service in order to ensure the safety of our nation and population. Courage is facing an unknown future but moving forward anyway.

The Mission Statement of Quilts of Valor Foundation is to cover Service Members and Veterans touched by War with comforting and healing Quilts of Valor. To this end, both professional and individual quilters sew and donate handmade quilts to the Foundation for presentation to qualifying veterans at a formal presentation ceremony. There are many veterans and service members all over the country who have been nominated and are awaiting their quilt award.

You can help by contacting Sharon Rendfrey, the New Jersey State Coordinator, at Sharon.rendfrey@govf.org and donating your quilt. Specific directions as to size, colors and materials can be found on the Quilts of Valor website, govf.org. The Quilts of Valor is the civilian equivalent of the Purple Heart. It's about saying thank you to the recipients for their service, sacrifice, and valor.

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM

Marta Cirilli-Kuebler

Tis the season to curl up with a good book AND report it to Epsilon Sigma Omicron (ESO)! ESO is an honorary educational society open to NJSFWC/GFWC Federated club members. The ESO program became a permanent part of the NJSFWC/GFWC Education Department about 60 years ago. Some of the benefits of our ESO program are to help engage and encourage members to participate in a structured reading program that is educational and stimulates a desire for self-improvement. And members can be helped to answer the sometimes-daunting question we often ask ourselves as we stand in front of a large display of books: "Humm..... I wonder which one of these books is good?" Books suggested by our ESO are geared to help generate thought, the pursuit of higher education, create an additional means to unite women in volunteerism, improve current and develop new study skills and encourage the formation of reading/study/discussion groups.

New for this year, the GFWC ESO program has their own ESO Facebook Page:
<https://www.facebook.com/groups/2413914352159426>.

They will be hosting their first ESO Book Club Book Review on Wednesday, October 19th; at 7:00 p.m. EST via Zoom.

NJSFWC's NEW ESO Chairman, is Patricia Sherwin. If you have any questions, feel free to contact Patricia via email njeso22to24@gmail.com. If you have reports to submit, they can be done online via:
https://docs.google.com/forms/d/19OrG7UvU5Mjfa5DYuOGr0g-s55xZP5_qXDsz5dZzxwM/prefil.

At this year's Convention the district with the most participation in our ESO program will be awarded a certificate as will the individual club with the most participation.

As we turn our focus toward preparing for the upcoming holiday, let's not forget our Year End Reports will be due soon after. Happy Thanksgiving and Happy Reading!

ENVIRONMENT COMMUNITY SERVICE PROGRAM

Jacqueline Wisner

The holidays are coming and you are probably deep in gift buying mode. No doubt clothing is on the list which brings to mind one of the biggest pollutants to our environment...**Fast Fashion**.

What is Fast Fashion? It is a term used to describe cheap and low-quality clothing that is rapidly produced and cycled in and out of the market quickly to meet new trends.

The fast fashion industry has been under greater scrutiny as more consumers become aware of its detrimental environmental impacts. Relying on cheap and rapid production and distribution of low-quality clothing and exploitation of low paid workers, fast fashion generates **92 million tons of clothing and textile waste every year**, which is equivalent to one and a half Empire State Buildings a year. Further, it produces 2x more carbon emissions than aviation and shipping sectors combined.

ENVIRONMENT COMMUNITY SERVICE PROGRAM (Continued)

What's more, **20% of global wastewater** comes from textile dyeing needed to support the fast fashion industry. While consumers can enjoy low priced clothing from fast fashion brands such as Zara, Forever 21 and H&M, it comes at a cost: devastation of our water supply.

“Cheap fashion is really far from that, it may be cheap in terms of the financial cost, but very expensive when it comes to the environment and the cost of human life.” – Sass Brown, author of ECO Fashion.

When making your purchases, look for ethical brands that care about the environment, pay their workers fairly, and are transparent across their entire supply chain – not just one part. Many companies promote certain clothing lines as having been made with renewable materials, but still use unethical labor practices to make the clothing. Make sure to do your research on a brand before you buy from them.

Project:

- Organize a free clothing exchange or campaign to recycle clothes for men, women and children in shelters, going back to work, etc.
- Hold a fashion show of “used” clothing sometimes called “shop your closet”, showing creative styling and eliminating the need for new purchases.
- Partner with local businesses who can show how to accessorize without having to buy new.
- Educate the community on the destructive nature of “fast fashion” and the ways to reduce the impact of this trend.

Earth friendly benefit: You'll divert waste from landfills. To learn more, watch this enlightening short video on the impact of the fast fashion industry. Made in Forest: A Short Story on Sustainable Fashion <https://youtu.be/VrsnR-t2N6Q>

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Ellen Lund

Would you believe Chiropractic care can be traced back to as early as 2700 BC and 1500 BC in writings found in China and Greece? Well, believe it! But it wasn't until 1895 that Daniel David Palmer founded the Chiropractic profession in Davenport, Iowa. He had this idea about Chiropractic where your health could be improved by allowing the spinal nerves to work as they were designed.

The story goes that his first “patient” was a janitor named Harvey Lillard who, heard a pop in his neck and lost his hearing. After being adjusted by D. D. Palmer he was able to hear again!

So, Chiropractic is a form of alternative medicine concerned with the diagnosis, treatment, and prevention of mechanical disorders of the musculoskeletal system especially of the spine.

What does that all mean? Think of a garden hose with water running through it. When the hose is straight the water runs smoothly thru it. If you pinch the hose together the flow of water slows way down. Compare this to your spine. If your spine is in perfect alignment your nerves can flow freely to where they need to go. But... if your spine is not properly aligned it restricts the flow of nerves.

Millions of Americans have found a pathway to wellness with Chiropractic natural drug free approach to health care.

In a recent Consumer Reports study, Chiropractic out performed prescription medicine, deep tissue massage, yoga, Pilates, and over-the-counter medication therapies in treating back pain.

Chiropractic is key to a healthy lifestyle. Are you ready to try Chiropractic Care? Do some research and decide if it is right for you.

Here are a few awareness issues for the month of November: American Diabetes Month; World Diabetes Day, Nov. 14th; Lung Cancer Awareness Month; Great American Smoke Out, Nov. 17th; Pulmonary Hypertension Month.

Hint #5- Carbs are your enemy, limit them if you want to lose weight.

Hint #6- Dance around your house especially when doing chores.

ADVOCATES FOR CHILDREN

Nancy Levy

Here are some project ideas to work on now and for the upcoming holidays.

World Adoption Day is November 9th, and **National Adoption Day** is November 19th. Contact organizations that work with foster children to find out what they need. Statewide organizations include Court Appointed Special Advocates (CASA) www.casaofnj.org, and Embrella www.embrella.org. You may have other local groups you can contact.

130 Challenge

As mentioned in the September Bulletin, in honor of the upcoming 130th Anniversary of the NJSFWC, this Chairman is asking each Club to donate 130 pairs of children's pajamas or socks during the 2022-2024 Administration.

Holiday Gift-Giving

Contact local groups or organizations in your area to find out about donating items for the winter holiday season. Your town's Social Services department, schools or school nurses, churches, hospitals or pediatric care centers are some suggestions of places to reach out to.

- **Wish Trees** can be put in various locations with tags asking for toys or gifts.
- **Warming Trees** can ask for gloves, mittens, scarves and hats to be donated.
- **Dress a Child** - Find a child in your community who could benefit from a new outfit for the holidays. Include accessories such as underwear, socks and pajamas (make sure these are counted toward your 130 Challenge!)
- **Samaritan's Purse – Operation Christmas Child** collects shoeboxes filled with small toys, crafts and personal hygiene items during the third week in November to ship to developing countries. Many local churches participate and serve as drop-off points; contact them to find out. The website samaritanspurse.org has detailed information and nationwide drop-off sites if you'd like to participate in this program.

Make a child's holiday brighter with a project that tells them someone is thinking of them.

COMMUNICATIONS

Katie Chambers

Communication about your club does not happen just through the written word – it's also how you talk about what you do! An "elevator pitch" is a brief, persuasive speech that you can use to spark interest in what your organization does. The name derives from the idea that you should be able to say the whole speech during a fortuitous meeting with a stranger on the elevator ride before the doors open and you lose their attention. So, make it brief! 30 seconds is more than enough.

You and your club members should think about how best to describe your organization and prep a brief elevator speech – even informally – so that you are "ready to go" when the right moment strikes. To craft a great speech:

1. **Identify your goal:** What do you hope to gain from your pitch? New members? New donors? Attendees at your next event? This goal will affect how you answer the next few points.
2. **Explain what you do:** One-two sentences that describes your club's mission and most important activities. Perhaps you emphasize your club's contributions to the Special State Project, or ways your members connect with one another.
3. **Communicate your unique value:** What sets you apart from other community organizations? Examples: your long history with your town, a special upcoming fundraiser, or even just the fact that you are all women!
4. **Engage with a question:** Bring your new contact into the conversation. For example: "Would you like to come to our next meeting?" or "Would you be interested in helping?"
5. **Have a contact** business card or club brochure handy to give the engaged person.
6. **Put it all together and practice:** Run through it a few times so it becomes second nature. You don't want to sound like a robot!

Preparation is key. None of us want to be caught off guard by a chance meeting and kick ourselves later over a lost opportunity. You never know when you might meet your next big donor or an active new member. Be ready to make your sales pitch!

CONVENTION**Patricia Dahl**

MARK YOUR CALENDARS - it is official. The 129th Annual Convention will be held at the Hard Rock Hotel and Casino Atlantic City beginning Monday, May 1st to Wednesday, May 3rd, 2023.

Plans are being finalized for the “**Volunteerism Will Rock Your World**” Convention. The Chairman and President, Shirley Holly are very excited with the details and logistics that have been planned with the hotel. All guest rooms will be in the hotel’s South Tower, which is conveniently located to all activities and registration. The hotel layout is assessable to all. The Convention Committee is working very hard to make this a successful convention.

So, please make plans to attend and we look forward to seeing you all there.

GIRLS’ CAREER INSTITUTE**Mary Kay Tokar**

This Director hopes you are planning to attend the GCI Workshop on Saturday, November 19th at 10:30 a.m. at Headquarters. This workshop is open to club members and guidance counselors involved in the registration process for delegates. Register for the in-person workshop by emailing tokar@njsfwc.org. There will be an option to ZOOM. Email miller@njsfwc.org to register for ZOOM. We also hope to record it and make the recording available on the website.

New forms and paperwork for GCI 2023 will be available on the NJSFWC website by November 1. ONLY 2023 paperwork is acceptable. You should have already received the new reservation form in your dues bill packet.

This Director enjoyed speaking with clubwomen who stopped at the GCI table during Fall Conference at the Battleground Country Club. She was happy to pass out the new volunteer forms to interested members. Volunteers are needed for full-time staff positions, as well as part-time half- and full-day spots.

This Director is always on the lookout for interesting speakers for GCI. Speakers are women who have reached a level of professionalism in their careers, and who are willing to volunteer to present a career workshop at GCI. We aim to offer a wide spectrum of career opportunities to our delegates. Any suggestions are most welcome and should be sent to GCI Director MaryKay Tokar at tokar@njsfwc.org.

If your club would be interested in a presentation at a meeting about GCI, contact this Director.

HISTORIAN**Jean Battaglia**

This month the nation observes Veteran’s Day. Women’s clubs have played significant roles in years of war and in support of those who served.

Anna Pennybacker from Texas served as GFWC President from 1912 to 1916. Overshadowing her term was the United States role pre-World War I. The Federation was hearing from overseas women’s organizations on the need to work for peace and by 1914 more than half of the state federations had Peace Chairmen.

Ione Cowles of California served as GFWC President from 1916 to 1920. The country entered World War I on April 6, 1917, and her term was dominated by work to support the war effort. GFWC organized Red Cross units, developed a food pledge that included, “I will use only those amounts of food required for adequate nourishment,” a forerunner of the Hoover Food Pledge. Because of the war service they provided and his belief that the women of the nation were needed to win the war, President Wilson allowed the Federation to hold its 1918 convention, the only national organization permitted to hold a convention that year.

In New Jersey, an espionage committee was established to be “eyes and ears” for the government, the first state in which clubs were asked to give such assistance. The Federation maintained a soldiers’ club, The Haversack, at Camp Dix and received a citation from the War Department, saying Haversack was the only soldiers club of its kind on record.

HISTORIAN (Continued)

For discussion – Ask members to share stories from their military service or from women in their families who served. Consider inviting a woman from the community who recently served and ask her to share her story at your meeting. Or invite a speaker from a veteran's organization to discuss unique challenges for women veterans.

HONORS

Jill McDonald

The deadline for nominations for the Women of Achievement Award is fast approaching. Time is of the essence so begin gathering the supporting documentation and write your nomination using the form in the September ALMANAC or at njsfwc.org. More information about the award is on the website. This award is a cooperative effort between NJSFWC and Douglass Residential College. It recognizes New Jersey women who have made major contributions in fields of medicine, education, politics, engineering and social services to name just a few categories. The completed form and supporting documentation must be sent to NJSFWC Headquarters, ATTN: Executive Assistant by **November 15th**. The winners will be recognized at the Monday Banquet at the NJSFWC Convention.

Additional information and Patron Subscription forms will be available in the January ALMANAC. Money raised will fund a one-time scholarship for a non-traditional student enrolled at Douglass Residential College.

Honors Book: At any time of the year, you as an individual or your club may honor someone by enrolling that person in the NJSFWC Honors Book. The person does not have to be a club member. He/she can be a person who has helped you or your club by attending functions, providing transportation, setting up or cleaning facilities to suggest a few good deeds that might be recognized. Send the person's name and address and reason they are being honored with a check for \$15 earmarked "Honors Book" to NJSFWC Headquarters 55 Labor Center Way, New Brunswick, NJ 08901. A notecard with a sketch of our Headquarters will be sent to the honoree notifying them of your gift.

Make honoring your club women, community, and family members a new or enhanced means of recognition. Thank you is always appreciated; acknowledge the deed specifically.

LEGISLATION/RESOLUTIONS

Gail Kovacs-Felici

JOIN THE GFWC SCAVENGER HUNT PROJECT

During the 2022-2024 GFWC Administration, clubs and members are challenged to complete a Legislation/Public Policy Scavenger Hunt. It is intended to encourage legislative advocacy on the local, state and national level while also raising awareness of GFWC as an organization. The Scavenger Hunt form is included with this ALMANAC.

One point is awarded for each completed item on the list, except where noted. Additional bonus points are awarded for posting on social media with the hashtag "[gfwcadvocacy](https://www.instagram.com/gfwcadvocacy)". Many of these items can be done multiple times – either by members alone or by clubs as a whole. Enrolling and participating in the GFWC Legislation Action Center and having your local legislative body presenting a proclamation for GFWC Federation Day and Advocates for Children Week are some examples.

Detailed information on this project can be found on the GFWC website under the Legislation/Public Policy section of the 2022-2024 GFWC Club Manual. Completed forms should be sent to the GFWC Chairman, Juliet Casper at jcasper9200@gmail.com as well as to this Chairman at kovacsfelici@njsfwc.org.

SPECIAL STATE PROJECT

Marie Sullivan

Holidays are often difficult for the families serviced by The Emmanuel Cancer Foundation. Every year, the foundation fulfills holiday wish lists, for not only the patient, but for the siblings as well. This year, the four New Jersey ECF offices would like to each host a Holiday Party for their local families.

SPECIAL STATE PROJECT (Continued)

Many clubs are already asking what they can do to help ECF for the holidays. Let's make these holiday parties a reality! Here are some ways your club can get involved--- Offer your clubhouse to hold a Holiday Party! No clubhouse?? Your club might offer to help at a local party by supplying light food, snacks, and drinks; you might host a craft table; or run some games; a face painting booth; or perhaps dress up in costumes and put together a photo booth. With our generous hearts and amazing ideas, we can really make these events a huge success for the children. A couple of hours to make a child forget their troubles for a while is such a beautiful gift.

For privacy purposes, there is an Amazon Wish List link set up to enable you to shop for each child's Wish List to Santa. The gifts purchased through this link will be shipped to their respective ECF office where volunteers can help further by offering to come in and wrap presents ahead of the party.

Thank you for considering purchasing an item for their incredibly grateful kids and families! The Amazon link can be accessed here: <https://a.co/cuHGEp8>. This link is exclusive to NJSFWC so our donations can be tracked. Make sure your club keeps track of these donations for your Year End Report Form.

Please reach out to the Emmanuel Cancer Foundation office closest to your club and the Regional Director will help determine how your club can make the holidays extra special for all the ECF families.

- 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 201-314-7945 sullivan@njsfwc.org

WEBMASTER

Tammy Levinson

How many times a day do you, someone you know, or you overhear someone say "I saw it on Facebook"? What if they were talking about YOUR CLUB...YOUR MEMBERS! Each day we strive to post a new Facebook Post from all clubs that submit information. This is the time for you to shout out all of your work...and fun times. Share your fundraising pictures. Share your support of the State Project – ECF. Share your club's camaraderie pictures. NJSFWC members want to see your news! Just send your text and jpg files to webmaster@njsfwc.org. It's as easy as typing the text and attaching the picture!

As for the website, did you accept the October Challenge? Did you find your Club site linked to www.njsfwc.org? If not, email the Webmaster to get your information added! You will be preparing reports in just weeks....so get this item checked off your list so you can report that your site is linked to NJSFWC!

BENEFITS DEVELOPMENT

Randi Quilici

Benefits Development Chairman is a new position created by President Shirley Holly. The goal is to inform members of GFWC Benefits and our **new NJSFWC Benefits for Members**.

This Chairman worked with venues, printing companies, dentists, financial advisors, etc. obtaining discounts for members and clubs. A quick summary of the nine companies working with NJSFWC members are as follows.

1. The owner of Spring Lake Manor in Spring Lake is offering a free glass of wine to each person attending a club or personal event.
2. Federation celebrates its holiday luncheon at Pines Manor in Edison, and they offered a 10% discount when signing a contract.
3. Chewsi Dental will help you save an average of 25% on dental care. There are 562 dentists in NJ participating.
4. Ahern Printing, located in Manasquan and on the internet, is offering a 15% discount on any order.

BENEFITS DEVELOPMENT (Continued)

5. IMPRINT.COM, an internet company, offered a 17% discount. They made President Holly's 15-foot Emmanuel Cancer Foundation banner displayed at the Summer Luncheon and Fall Conference.
6. Farro's Tees in NJ offered a 15% discount. They imprint logos on shirts and promotional items. Their location is on the internet and Toms River.
7. Simon Quick Advisors, located in Morristown and Paramus, is a Wealth Management Firm. Lisa Manzollillo is the contact person who specializes in working with women and offered a complimentary financial discussion for up to 30 minutes.
8. Every club member wears a name badge, and Namebadge.com from Florida is ready to work with our members by offering several discounts.
9. Owner Keven Orender of Orender Funeral Home in Manasquan offered his (personal) professional service discount of 2%. If a funeral is \$10,000, the 2% discount is a savings of \$200 to members.

If a business requests proof of membership, present your clubs' *current year* Directory or Yearbook that indicates your membership.

Use this link for more information; <https://njsfwc.org/>. Look for the "Benefits of Membership" tab on the top blue ribbon next to Materials and Store tab. You can also go directly to the Benefits of Membership link, <https://njsfwc.org/wp-content/uploads/2022/10/Website-worksheet-2-1.pdf>, and it will bring you to the Benefits of Membership page.

Your help is needed to acquire more businesses in NJ that you think members might enjoy using.

This Chairman appreciates your help and thanks you in advance for your suggestions. Please send your emails to quilici@njsfwc.org.

DAY OF SERVICE

Mary Lou Bak

The NJSFWC Day of Service on January 16, 2023, will be an opportunity to work with the Community Foodbank of New Jersey, an organization with over 45 years of service to residents of New Jersey. As the largest anti-hunger and anti-poverty organization in the state, it delivers food and other necessities to more than 800 local community partners. These include child and senior feeding centers, pantries, mobile pantries, shelters, and soup kitchens. In addition, they strive to address the underlying causes of hunger offering resources to earn a sustainable living as well as education and medical screenings to nurture a healthy lifestyle.

Community Foodbank is also a member of the Feeding America network, which allows for the exchange of supplies within the inter-bank network of member organizations to balance inventory. For example, a surplus of one item like corn, can be exchanged for a needed item like pasta. The concept of food banking incorporates the locating of surplus food, close-dated food, and mis-packaged but perfectly good food, all donated by retailers, food producers, and packagers. The acquisition of such food rescues it from being discarded in landfills and storing it for use by member foodbanks. Last year, the Feeding America network rescued 3.3 billion pounds of good food.

There will be more information distributed about the times and locations of the Day of Service in each District, helping to address this important issue of hunger in New Jersey.

PARLIAMENTARY CONSULTANT TO CLUBS

Patricia Mignella

Club Parliamentarians have the obligation to assist the presiding officer in handling all business on the agenda productively and efficiently. The main obstacle to productive meetings, however, tends not to be so much that motions are misunderstood, but rather problems with pointless discussions, verbal free-for-all and brain-storming.

Some parliamentarians have tried showing a card that contains a script on how to handle a specific motion. Others have tried showing a card that reads, "CONSULT THE PARLIAMENTARIAN." Then there are the ones who will interrupt the proceedings to provide an explanation to the presiding officer.

PARLIAMENTARY CONSULTANT TO CLUBS (Continued)

All these approaches accomplish one thing – they interrupt the presiding officer's train of thought. That officer now has two problems – the deterioration of the situation and confusion in communicating with the assembly. This approach equals parliamentary quicksand!

What the presiding officer needs is a subtle prompt at the first sign that chaos may erupt. The club parliamentarian should devise a system as to how to convey her "prompts" either by supplying reference cards with predetermined remedies or by whispering training prompts to the presiding officer. {Of course, it can't be stressed strongly enough, club presidents, that your reactions to possible troublesome situations should never ADD to brewing conflicts.}

Here are some red-flag situations that require proper responses from the presiding officer with the aid, if needed, of the club parliamentarian:

- The speaker addressing the Chair goes off-topic and does not confine her remarks to the merits of a pending motion.
- The speaker is being too repetitious in her remarks.
- The speaker, who has already spoken, attempts to monopolize the topic.
- Several members are speaking, either attempting to interrupt each other or attempting improper rebuttals.
- The speaker comments on a member's integrity, personality traits or intentions.
- Instead of offering constructive debate, the speaker keeps complaining with destructive discourse.
- The speaker attempts to debate a topic before a motion has been proposed.
- The speaker starts reading a long document without permission from the Chair.
- The speaker has started to speak or offer a rebuttal before being recognized by the Chair.

In actuality, the above "NASTIES" can all be handled by the presiding officer in a calm and respectful but also firm manner that points to only ONE presiding officer in the assembly. The responses needed to keep these sample meetings flowing properly are the result of a knowledgeable and prepared presiding officer and her guide, a knowledgeable and prepared parliamentarian!

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