



HAPPY HOLIDAYS

EXECUTIVE COMMITTEE

Shirley A. Holly, President
 Barbara McCloskey, President-elect
 Susan Chambers, First Vice President
 Chris Sienkielewski, Second Vice President
 Maribeth Hugelmeyer, Recording Secretary
 Debbie Ciibelli, Corresponding Secretary
 Linda F. Babeuf, Treasurer
 Christina P. Burlew, Financial Secretary

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Linda Carbley, College
 Marie E. DiMatties, Garden
 Lynn E. Webb, Highlands
 Joan Murdock, Liberty
 Claire J. Hill, Palisades
 Tina Ree, Ramapo
 Kathy T. Doty, Shore
 Laura C. Badger, Southern

COMMUNITY SERVICE PROGRAM CHAIRMEN

Barbara A. Rose, Arts & Culture
 Joyce J. Fredericks, Arts Performing
 Ann Ribinsky-Brown, Civic Engagement & Outreach
 Marta Cirilli-Kuebler, Education & Libraries
 Jacqueline Wisner, Environment
 Ellen I. Lund, Health & Wellness

STANDING COMMITTEE CHAIRMEN

Nancy S. Levy, Advocates for Children
 Jean Revis, Bylaws
 Katie Chambers, Communications
 Jane M. Mackesy, Community Impact Program
 Patricia Dahl, Convention
 Carole B. Speechley, Credentials & Registration
 Vivien S. Finn, Fall Conference/Program
 Assistance
 Dawn N. Pogosaew, GFWC Signature Project:
 Domestic & Sexual Violence Awareness &
 Prevention
 Mary Kay Tokar, Girls' Career Institute
 Brandi-Leigh Miller, Headquarters
 Jean M. Battaglia, Historian
 Jill McDonald, Honors
 Gail D. Kovacs-Felici, Legislation/Resolutions
 Marie Sullivan, Special State Project
 Tammy Levinson, Webmaster

SPECIAL COMMITTEE CHAIRMEN

Randi Quilici, Benefits Development
 Mary Lou Bak, Day of Service
 Pamela A. McNamee, Grant Writing

APPOINTMENTS

Ann Quinn, Parliamentary
 Consultant to the Board
 Patricia Mignella, Parliamentary
 Consultant to Clubs





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

It's hard to believe the holidays are right around the corner! December seems to take so long to get here; but don't blink because before you know it, the month has come and gone. NJSFWC clubs are always up for the challenge of making sure that those who are less fortunate have not been forgotten.

State Fall Conference 2022 is now history. Thank you to the 194 attendees who joined us for an informative day. The morning session included highlights from the Community Service Program Chairmen, Advocates for Children, Communications and Day of Service Chairmen. All these Chairmen and many others had displays in the adjacent room giving project ideas to members to take back to their clubs. Special State Project, Emmanuel Cancer Foundation gave a presentation including a short video with a Day in the Life of a sick child. It was an inside look at what a family goes through and the difference volunteers can make. Thank you to all members who brought food for ECF's 4 regional food banks which became centerpieces for the tables. An incredible amount of food was donated – 1,300 items!

There were 9 vendors, Federation Sales, and Walgreens who partnered with the United Nations Shot@Life Get a Shot – Give a Shot program. Thank you to the 37 members who got their flu shots. This was an easy way to make a difference in the life of a child in a developing country. The afternoon session included keynote speaker, Julia Orlando, Director of Bergen County Housing, Health & Human Service Center in Hackensack, NJ. Ms. Orlando

spoke about how Bergen County was the first community in the country to end chronic homelessness. GFWC Awards were presented, along with membership grants, and awards for the highest net membership gain in each district. The one award I neglected to mention from the GFWC Convention, was the Middle Atlantic Region Jennie Award Winner, our very own Jill McDonald from the GFWC Woman's League of Mount Holly! Jill was presented at the GFWC Convention with the Jennie pin, only given to those members who have earned the highest honor GFWC bestows upon an individual member. We are so very proud of Jill and happy to say she is a Jersey Girl!

Vivien Finn, State Fall Conference Chairman and her committee did an outstanding job planning an educational and enjoyable day for club women!

Clubs have been very generous in supporting the troops for Operation Yellow Ribbon and Operation Jersey Cares. 2,040 stockings have been delivered to Headquarters. These stockings serve as a reminder to our servicemen and women that even though they are not with their own family, another family has been thinking about them during this holiday season!

Whatever holiday you celebrate, may you be surrounded with family and friends who mean the most to you and may your New Year be filled with good health, prosperity and happiness.

In Federation Friendship,

Shirley

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Special points of interest:

- State Dates
- LEADS Information
- LEADS Application
- Convention Ad Journal
- Friends of Convention
- 1894 Society

- Love, Loyalty,
- Friendship -
- The Bonds of
- Volunteerism



NJSFWC PRESIDENT-ELECT**Barbara McCloskey**

Now that the updated 'Manual for Club Presidents' and the 'Good Manners for Formal Meetings, Protocol' brochure have been distributed, have you taken the time to read over the information, or shared them with your members?

Both of these are valuable tools to train potential leaders and educate your members.

The manuals are also available on the NJSFWC website, under Materials. So, you can ask members to read and review specific sections and report back to the club. They could write an article in your club newsletter and/or take a few minutes at a club meeting to report on what they have learned.

Many people are hesitant to step up to a position because they do not have a procedure to follow. Below are some of the topics that the Manual for Club Presidents includes:

- The Importance of Being President
- How to Prepare an Agenda
- What the Minutes Should Contain
- How to Delegate Responsibilities
- Handling Conflicts Within Your Club
- How to Prepare a Club Yearbook
- ABC's of Federation
- Items Offered for Sale by NJSFWC

The other brochure, Good Manners for Formal Meetings is also important to review.

The purpose of this brochure is to present a standard pattern for Federation etiquette, and to provide knowledge and understanding as well as general practice of the Federation Code of Courtesy.

Did you know that guests of honor known to the audience are presented? Guests of honor who may not be known to the audience are introduced.

Did you know that when the State President, the GFWC President or the Governor of the State is presented, the audience rises to the office? You are standing to respect the office that person is holding.

Please take the time to review the contents and share with your members. You may be surprised at what you may learn!

NJSFWC FIRST VICE PRESIDENT**Susan Chambers**

To help you and your club members complete your Year End Report Forms and write the best narratives possible, there will be an in-person Report Form Writing Workshop at Headquarters on Wednesday, January 4, 2023 from 10:30 a.m. to 12:30 p.m. Light refreshments will be available. (Snow day will be Tuesday, January 10th.) A virtual Report Form Writing Workshop will be held on Friday, January 6th from 10:30 a.m. to 12:30 p.m. Please contact this Officer if you and/or your club members wish to attend.

Here is a sample so you can see what a good Membership narrative looks like:

Twelve members of the Sunny Days Club attended the Oakdale Family Day Held on Saturday, September 10th from 1:00- 3:00 p.m. at our town field. Planning for the event took approximately 2 hours. Our ten-foot booth was set up early that morning by three members who also dismantled our display. We had promotional brochures for our club, a poster showing photos from recent activities and our banner hung from the front of the table. We had candy treats for children and adults. Membership application forms were available. We spent \$85 in space rental, printing and candy. Approximately 150 people visited our booth and we discussed our club's history and mission. We have three potential new members from our efforts.

NJSFWC FIRST VICE PRESIDENT continued

Simple. And it makes it easy to figure out your statistics for the Report Form:

12 members x 2 hours planning	= 24 hours
12 members x 2 hours for the actual event	= 24 hours
3 members x 1 hour for set up	= 3 hours
3 members x 1 hour for cleanup	= 3 hours
1 member x 3 hours for printing & Purchasing candy	<u>= 3 hours</u>
TOTAL HOURS	57 hours

Your reports do not have to be complicated! They should be concise yet detailed. They should cover the “Who, What, When, Where, Why and How” of your project.

And remember that these Year End Forms and narratives help you to write your Spring Council reports!

NJSFWC SECOND VICE PRESIDENT

Chris Sienkielewski

A well designed membership program isn't just one that recruits the best members, it's one that keeps members involved, builds dedication from your community, and creates a team membership environment within your club. Effective member appreciation ideas do more than just say “thank you”. While showing appreciation is the primary purpose, it's also an important part of retention. When you are able to retain your members for the long-run, everyone benefits. Your members gain excellent experience and personal satisfaction and they stay involved.

One of the most important parts of building membership is to outline a member appreciation strategy. You should never try to implement too many, but by showing your appreciation for one another in more than one way, you'll boost your community spirit and see all the benefits that appreciation can bring.

Say Thank you...often

Your members donate their time, attention and skills to your club which is why showing them gratitude is vital for communicating their impact to your clubs. A simple thank you can go a long way, but you can vary the type of thank you to make it interesting.

- Small \$5.00 gifts cards – As an added bonus, organize a time for everyone who receives a gift card to come together for coffee or ice cream!
- Books: there are a variety of books on leadership or even a book on the ESO list
- Handwritten thank you or a birthday card is a great way of letting your members know they are important
- Social Media Shout Outs: Try incorporating a “Volunteer of the Month” aspect into your social media strategy and even post a picture (with permission).
- Treat Bags: Sweet and Salty bags are everyone's favorite
- Establish a Volunteer Honor Roll and publish it in your newsletter, Facebook and on your website.

Breakfast

This is especially a good way to bring together a club with an EMD or clubs who have meetings in the daytime and at night to accommodate the working member. A Saturday morning is a great time to get people together informally.

Holiday Celebrations

There are plenty of holidays throughout the year that no one ever thinks about:

- Buffet Day (January): Get together and have a buffet lunch or dinner; a themed potluck buffet at a monthly meeting; try a sandwich buffet.
- Chocolate Fondue Day (February)
- Pretzel Day (April)
- Ice Cream Day (July): great time to celebrate and socialize
- Ugly Sweater Day (December): any kind of Ugly Sweater...have fun and give prizes

NJSFWC SECOND VICE PRESIDENT Continued

Membership Bash

Roll Out the Red Carpet (literally) and host an annual membership bash to bring together seasoned and new members. Use the time to play games, socialize and also answer some questions about your club, NJSFWC and GFWC.

You can also invite potential members so everyone can interact with one another. The social aspect of this kind of event can appeal to new members as they build new friendships.

NJSFWC TREASURER

Linda Babeuf

As 2022 comes to a close, it is a good time to review some of your procedures and practices to be sure you are in compliance with all of your paperwork.

Did you pay your dues which were due November 1, 2022? If not, please pay them ASAP.

Are you keeping appropriate records, keeping operational and charitable money in separate accounts and are you distributing the charity funds in a timely manner? Not all funds that are collected for charity must be distributed in the same calendar year, but many must be distributed within a year so be sure you are not "hanging on" to any funds that should be distributed.

Operational funds are primarily those you identified in your budget such as Federation dues, rent, post office box, insurance, annual report filing for incorporation and postage. There may also be line items for President's Convention expenses or expenses for chairmen holding events, membership materials etc.

Charitable expenses are all expenses directly connected to each event. Each event must have a separate accounting with financial reports showing all income and expenses incurred by that event. It is not difficult, it just requires attention to the details of all charitable events. It is important receipts are collected and attached to the reports which should be filed ASAP after the event and should be as detailed as possible.

IMPORTANT TO REMEMBER, you cannot make up a shortfall in operational funds by using money raised for a specific charity. It is OK to take a small administrative fee, 10-15% but unless it was advertised that a portion of the proceeds were going to the club, 100% of the profit must go to the charity.

As Treasurer you may be asked for information for some of the chairmen to complete their yearly reports. The reports are due Feb 1st so if you have not already compiled those lists it would be helpful for you to determine which chairmen and what information they may need from you.

There is no deadline for updating your procedures, but the end of the year seems like the perfect opportunity to look at how things are going and not as overwhelming as waiting an entire club year to update your files.

NJSFWC FINANCIAL SECRETARY

Christina Burlew

Many of you purchased products at Fall Conference last year from Lesa Brinker, consultant for the **Body Shop**. Lesa was not able to be at the Conference this year. However, NJSFWC is sponsoring a Self-Care Fundraiser with Lesa. This will be an ongoing fundraiser. Products will be delivered directly to you. Online ordering is easy, and there is free shipping with orders of \$50 or more. Each month there are different specials. If you are looking to replenish the products you purchased, or doing some holiday shopping just go to bit.ly/NJSFWC. If you are not familiar with the Body Shop, I suggest you check out their website. If you have any questions, text or call Lesa at 201-390-7442.

Have you placed your candy order yet? If not, you still have time. What a great way to treat yourself and/or buy some holiday gifts or put something aside in case you have unexpected company or need a last-minute gift while supporting NJSFWC Headquarters Fund.

As mentioned in the November Almanac, NJSFWC is selling **Gertrude Hawk Chocolates** for the Holiday Season. Don't forget to share this information with your club members, family, and friend. All orders will be shipped

NJSFWC FINANCIAL SECRETARY Continued

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 11.

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.

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. Please note that the Electronic Notice (e-Postcard) is not the confirmation. When mailing in your IRS Confirmation, please write the name of your club on the confirmation sheet.

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.

COLLEGE DISTRICT**Linda Carbley**

As the holidays are approaching check out what the College District Clubs are up to.

Bridgewater Woman's Club is hosting "Celebrate the Holiday" on Tuesday, December 13th, with entertainment by "The Pettets" with careers that brought them to Broadway, Movies, and Television at People Care Center in Bridgewater, NJ.

Kalmia Club will be holding a Holiday Social on Monday, December 12th featuring a special guest musician to ring in the holiday at the Kalmia Club House.

Flemington Woman's Club will be hosting a Holiday Musical entertainment by the "Red Oak Country Boys" on Wednesday, December 14, at 1pm at the Huntington Care Center – donation of cookies for the nursing home would be appreciated.

Branchburg Woman's Club will be collecting cookies for their local PTO's Holiday Happiness Project at their December General meeting and entertainment will be by a member's granddaughter who is 12 years old singing holiday songs.

Suburban Woman's Club of South Plainfield during November and December will be providing food baskets for Thanksgiving and Christmas holidays for needy families.

The **Woman's Club of Tewksbury Township** will participate in "Holly Day" on Sunday, December 12th, 11am-5pm. There will be a Craft Fair and Tree & Menorah Lighting at the Oldwick Firehouse.

Franklin Woman's Club will attend the December Town Council Meeting to receive a Commendation from Franklin Township recognizing its founding 100 years ago in 1922, and the many projects undertaken throughout its history in service to the community.

Holland Township Woman's Club will be donating Gift Cards to food/clothing insecure children via the nurse in Holland School.

GARDEN DISTRICT**Marie DiMatties**

This District Vice President presented letters of congratulations and certificates from both NJSFWC and GFWC to the **Ex-Presidents Club of the Garden District** on their 100th Anniversary at their Fall luncheon/meeting where she was an invited guest.

She also presented the **Woman's Club of Mullica Hill** congratulatory letters and certificates on their 75th Anniversary. Present that evening was Mary Kirby, Club President 1986-88.

Many clubs in the Garden District are collecting various items for charity, aluminum tabs for Ronald McDonald House, plastic for Trex benches, ink cartridges, Soles for Souls, etc. The **Woman's Club of Penns Grove/Carneys Point** has been collecting stamps of all sorts for Veterans. Information can be found at [Stamps for the Wounded](#).

GFWC Woman's Club of Runnemede instituted a new project – a letter writing campaign to benefit VOTE FORWARD a 501(c)4 nonprofit organization whose mission is to empower grassroots volunteers to encourage their fellow citizens in underrepresented communities to vote.

Both the **Woman's Club of Moorestown** and the **Woman's Club of Westville** held organizational meetings to focus on membership recruitment and future projects.

The Social Committee of **Marlton's Woman's Club** will attend the Dickens Festival in Medford on Saturday, December 3rd. The **Medford Woman's Club** will be playing a part in helping transform Main Street into a quaint Winter Wonderland, featuring holiday festivities with an old-fashioned flair.

A member of **GFWC Woman's Club of West Deptford** created a member survey. Members were anonymously surveyed at a club meeting; results are being analyzed and will be shared with the members once that is completed.

The **Haddon Fortnightly Evening Membership Department** held a very successful Snowflake Run. Holiday Costumes were encouraged but not mandatory; members' homemade cookies were enjoyed following the race.

HIGHLANDS DISTRICT**Lynn Webb**

The **GFWC Woman's Club of Boonton** partnered with the local library and held a 'like new' dress sale at the library. The club had a wish tree at a local hair salon, with donations going to the crisis intervention center at the hospital.

Long Valley Evening Membership Department attended the Morristown Festival of books and learned about new authors to read.

Long Valley Woman's Club invited MJ Zonfrillo; a local author of children's books to speak at the November program meeting at Long Valley Presbyterian. She wrote two books [The Little Girl Who Lost Her Voice](#) and [The Boy Who Found His Talent](#) which were inspired by her grandchildren.

Woman's Club of Denville-Rockaway Area and the **Woman's Club of Parsippany-Troy Hills** had a successful BUNCO to raise money for their charity.

Woman's Club of Parsippany-Troy Hills has a holiday luncheon on December 6, 2022, and their literary club luncheon scheduled for December 13, 2022. Once a month the literary club reads a book and discusses it the next month.

Roxbury Woman's Club had a member drive, and sixteen guests were interested in joining the club. 50/50 Raffle Tickets are being sold until December 3rd. The winning ticket will be drawn on Dec 3rd at Roxbury's "Home for the Holidays" event.

Thursday Morning Club had a successful Le Bazaar De Noel in November. There is a General Meeting and a Holiday Tea on Sunday, December 11, 2022, at 2:00 p.m.

Vernon Township Woman's Club The club is celebrating 20 years of volunteering at Heaven Hill Farm during their Great Pumpkin festival. This has been their largest fundraiser each year

HIGHLANDS DISTRICT Continued

Washington Woman's Club, Inc. scheduled a holiday celebration on December 20, 2022. They make tray favors for Meals at Home.

LIBERTY DISTRICT**Joan Murdock**

The members of the Liberty District Clubs have been busy during this past month.

Woman's Club of Montclair had a program by the authors and former owners of the Watchung Deli, Robert and Jeanne, featuring their book *Watchung Delicatessen: Stories and Recipes*.

To bring the community together, **The Woman's Club of Verona** is participating in their annual Share the Light Night. They sell luminaries (white bags with candles) as a fundraiser. These luminaries are displayed in front of residents' homes and at the civic center.

At their meeting, the **Woman's Club of Caldwell** had a Local historian, Dick Gibbs, give a presentation about the history of Caldwell.

The Woman's Club of Belleville will hold a Paint and Sip to benefit Emmanuel Cancer Foundation. They are participating in the Town Wide Christmas Celebration and Adopt a Family for Christmas. They are also helping with the local Coat Drive.

To benefit Emmanuel Cancer Foundation the **West Essex Woman's Club** held a bake-less bake sale. **Liberty District Past Presidents** had a speaker from Emmanuel Cancer Foundation and mini Tricky Tray.

Woman's Club of Allwood are making Hats and Scarves for St. Peter's Haven and preparing Christmas stockings for Grandma's Place.

The **Woman's Club of Berkeley Heights** are collecting Christmas toys for St Joseph's Social Services and Autumn Lake Rehab.

Rachel Russo, author of the book [How To Get Over Your Ex – Italian Style](#), was featured at a recent luncheon of the **Woman's Club of Little Falls**.

The **Woman's Club of Upper Montclair's** Holly Berry Craft and Gift Show brought many visitors to their clubhouse.

Roseland Junior Woman's Club are collecting non-perishable food for both the West Essex and Roseland Food Banks.

PALISADES DISTRICT**Claire Hill**

Woman's Club of Leonia will be celebrating a Festival of Foods. Each member will contribute food from their culture.

The **Woman's Club of Paramus** held a vendor night fundraiser to raise funds for their spring service project Pedals for Progress, a blood-drive the Friday after Thanksgiving, and a plant swap was held. They collected all the fixing for Thanksgiving dinners, which were donated to the local Pantry.

Lyndhurst Woman's Club is selling 50/50 tickets for \$10.00. Drawing will take place at the Holiday Vendor's Market. There will be 60 vendors and 6 food trucks.

PALISADES DISTRICT Continued

Woman's Club of Englewood is collecting used sneakers to be recycled. Thursday December 1st on Zoom they will again show the BBC documentary IMAGINE, about the legendary artist Faith Ringgold, and December 19th is their Annual Holiday Brunch

Woman's Club of Ridgefield Park will be holding their first annual Holiday Tea on December 2nd cost is \$50. Contact Kerri or Claire if you wish to join us. Christmas gifts and food certificates will be donated to 2 welfare families in town.

Harrington Park Junior Woman's Club hosted a beer garden with Brix City Brewery at the Harrington Park town day and continues with their self-care series in conjunction with our town library. Fall events include participating at our local farmers market, hosting a collection for I Support the Girls, organizing a "paint and sip" and then gearing up for our annual holiday events.

Woman's Club of River Edge donated \$200 to Operation Holiday Stocking. Thanksgiving Dinner and food baskets in the amount of \$200 will be donated to a needy family.

The **Woman's Club of Carlstadt** has a holiday dinner planned and will be collecting sweatpants for the Veteran's home, and are planning to perform for the vets after the holidays.

RAMAPO DISTRICT

Tin Ree

Allendale Woman's Club will hold their Light the Way to 2023 Fundraiser and have a progressive dinner, cookie swap and Poinsettia sale.

Montville Township Woman's Club will participate in the tree lighting at town hall and serve cookies and coco supplied by the town, they will have a holiday party and play Yankee swap after dinner.

Pines Lake Woman's Club, Inc. will be having a holiday party/gift auction proceeds to Special State Project at a member's home and the co-president will have a holiday luncheon for the book club.

Pompton Lakes Woman's Club will have a reading and the school choir will entertain them at their holiday meeting/party.

Suburban Woman's Club of Pompton Plains will decorate 2 trees for Chilton Hospital at their holiday meeting, a grab bag, and entertainment will be by Shamrock studio.

Junior Woman's Club of Ramsey will partner with Ramsey Responds and the Library with a holiday giving tree.

Woman's Club of Ramsey will hold a holiday party.

Ridgewood Woman's Club will have a lunch and fundraiser for Children's aid and family services.

Riverdale Woman's Club will hold a holiday party and have a winter coat and accessory drive to support WGT.

Saddle Brook Woman's Club will collect food and toys for the food pantry, will hand out gift cards to the less fortunate and have their annual Christmas Party.

Woman's Club of West Milford Township will hold their Victorian Christmas Event for three days Friday Saturday, and Sunday the first three weekends with 2 weekends of evening concerts and group tours on two Wednesdays.

Past President of Eleventh District will be sending a delegate to Girls' Career Institute for the first time and they will be from an underserved area of the state.

SHORE DISTRICT**Kathy Doty**

The Woman's Club of Asbury Park: Members welcomed a speaker from the Beacon of Life and are preparing for a Christmas celebration at the clubhouse.

Belmar Woman's Club will be celebrating the holidays with a luncheon and working hard on two upcoming fundraisers in January (luncheon) and April (tea).

Brick Township Woman's Club participated in the town craft fair. Proceeds will go towards their scholarship fund.

Woman's Club of Brielle: December 8th members will hold luncheon to celebrate 55 years of Federation at Spring Lake Manor in Spring Lake Heights.

Woman's Club of Colts Neck held a Garage Sale, working with Collier Youth Services, are busy sewing cosmetic bags with zippers for each of the girls, and supporting the military with 40 Christmas Stockings.

Woman's Club of Little Silver: The members are busy organizing a 50/50 for a two-year old child diagnosed with cancer in Little Silver.

Woman's Club of Lacey held a "Volunteer Fair" at our September meeting. All program, standing committee, and special committee chairpersons were stationed along the perimeter of the room with a clip board and sign-up sheets. This was a very successful event.

Woman's Club of Matawan members organized a book donation holiday tree in the library where the public can exchange a new children's book for a handmade ornament. Their project for the month is making First Night Kits for 180 Turning Lives Around.

Woman's Club of Middletown has been working the Gift Trees project held on November 25th.

Past President's Club (Shore District): 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 and join the Past President's Club.

Woman's Club of Point Pleasant members celebrated with a successful Yellow Ribbon campaign collecting over 100 stockings.

Woman's Club of Spring Lake: Members are busy organizing and preparing for the Fall Scholarship Luncheon.

Stafford Township Woman's Club, Inc. has five new members. They are having a paint party during November. They sent 67 nightgowns to the hospital. They are having a soup lunch in January

SOUTHERN DISTRICT**Laura Badger**

The Southern District Clubs are preparing for the holiday season with "giving projects" and celebrations.

The **Colony Club of Ocean City** will be busy participating with Wreaths Across America, supporting the local food cupboard, Meals for Veterans, hospitality for the residents of United Methodist Home at Shores, preparing angel stockings for Special State Project, Christmas Stockings for our Veterans overseas and the Tree of Warmth in Ocean City.

The **Women's Community Club of Cape May** will enjoy their traditional holiday luncheon at the Lobster House.

The **Woman's Civic Club of Hammonton** will be filling cookie tins to distribute to various organizations in their area. Other holiday projects will keep them busy!

The **Millville Woman's Club** will be busy filling cookies and candy called Sweets for Seniors and the Civic Engagement and Outreach Department will participate in Undies under the tree. The Tree of Remembrance Ceremony at

SOUTHERN DISTRICT Continued

the clubhouse will benefit the high school scholarship program. Members will celebrate the season with a holiday-catered luncheon at the Clubhouse with a sing along led by the Chorus as the entertainment.

The **Woman's Club of Absecon** will enjoy dinner at Smithville Inn after filling cookie bags (coffee tins are a thing of the past) for the residents at the area ARC homes. They will participate in the Wreaths Across America with the VFW laying wreaths for Veteran's in cemeteries of the local churches as the Atlantic County Veteran's Cemetery does not participate in this program.

THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM

Barbara Rose

Do you remember hearing about the joy of finding an orange in a Christmas stocking's toe? That was "when times were hard" and we ate what was in season. Apples, too, were a treat and could be stored for a short time. Hence the availability of the fruit to make apple Santa's. With a large red apple, rolled cotton cut into a belt and a little piece pulled into the shape of a beard, lots of toothpicks for putting everything together, 5 large marshmallows (for arms, head and legs), three red or green gumdrops for hat and gloves, 2 prunes for boots and cloves for the face, a simple Christmas decoration or favor was created, one that both adult and child could make together. Nikolas Tag (St. Nicholas Day) on December 6 is celebrated in parts of Europe as the day for gift giving, and the gifts are items that would fit in a wooden shoe, such as sweets and other small items.

Of course, there are other holidays from different cultures to celebrate in December, and this is a good time to ask friends from these traditions to explain them and perhaps share some of their activities with you. Hanukah and Kwanzaa come to mind.

This year Hanukah begins on December 18th and ends on December 26th. For Hanukah there are many variations of paper candelabra with 9 candles to be made, either from patterns, or starting with half a paper plate. Candles and flames represent the 8 days of the holiday, plus one to light the others. The dreidel and Star of David are two other popular themes. For kids, the spinning dreidel is a toy, but there are many patterns online for paper dreidels for decoration only. The Star of David, composed of two triangles fastened at 90-degree angles to each other, is another popular craft. For kids, stars made of Popsicle sticks work well, and can be decorated many ways.

Kwanzaa was developed after the 1965 Watts riots and first celebrated in 1966. This is a time to help strengthen the African American community and honor its African roots. The colors of its flag are red, green and black, and these colors permeate the 7-day celebration, which begins on December 25th and ends on New Year's Eve. They use a candelabra of 7 candles, in the colors of the flag, and representing the 7 principles, one emphasized each day of the celebration. There is also a special cup "glyph" which can be decorated, or a wreath can be made featuring red, green and black.

One simple decoration that all three holidays share is the paper chain. Only the colors differ. For Christmas it is usually a combination of red, green and/or white; for Hanukah it would be blue and white, and for Kwanzaa red, green and black. Whichever holidays you celebrate, this chairman wishes you a happy celebration and prosperous New Year as you work on your Achievement Day entries!

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM

Joyce Fredericks

Consider these projects for the upcoming holiday season:

Go through your collection of CD's and DVD's and bring them to one of the upcoming meetings. Have members bring their unwanted collection to a meeting. Charge a minimum of \$5 for members to participate and swap your unwanted music and movies for theirs. One man's trash is another man's treasure. Contact a local dance studio and sponsor a local child by paying for dance lessons with the proceeds from this sale. Continue to support this child through your sponsorship to include paying for their recital costume and two tickets to the recital.

Another project would be to talk with the Music Teacher at your local school to discuss sponsoring a needy student and agree to pay for a year's cost to participate in playing an instrument

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM Continued

DISTRICT PERFORMING ARTS FESTIVAL: All Districts now have a Performing Arts Chairman, so encourage participating in their District Performing Arts Day. Consider writing your own skit and then performing it in their District Performing Arts day.

Check the Arts Performing Supplement for the rules of both the Arts Performing categories as well as the Creative Writing Contest. Work with your local schools to sponsor a Youth Creative Writing Contest. The contest is for grades Kindergarten through High School seniors (K-12).

CIVIC ENGAGEMENT & OUTREACH COMMUNITY SERVICE PROGRAM Ann Ribinsky-Brown

Dogs are man's best friend and their attributes are innumerable. When trained properly, a dog can assist a human if he/she is blind, has specific disabilities or is a veteran in need of specific assistance. This article will discuss three different volunteer organizations addressing these specific purposes.

The Seeing Eye's mission is to enhance the independence, dignity and self-confidence of people who are blind, using specially trained Seeing Eye dogs. They have partnered 17,000+ guide dog teams throughout North America and moved to New Jersey from Tennessee in 1931.

The organization breeds its own German shepherds, Labrador retrievers, Golden retrievers, and Labrador Golden crosses. At eight weeks old, the puppy is placed in the home of a volunteer puppy raiser, who teaches basic obedience and socialization. When the dog turns one, it is returned to the Seeing Eye, and begins a four-month course with a sighted instructor. At passage of this phase, it is matched with a blind person, and they train together.

The organization can be contacted at PO Box 375, Morristown, NJ 07963. (973) 539-4425.

Canine Companions for Independence is a GFWC partner. Their Northeast Region is located in Medford, NY. CCI is a national organization that enhances the lives of people with disabilities by providing highly trained service dogs at no charge to the recipient. Since 1975, they have provided over 5,000 service dogs.

Canine Companions uses Labrador retrievers, Golden retrievers, and crosses of these two breeds. Puppies are raised by volunteers who take them to classes to teach them basic obedience and house manners. They are taught: to retrieve and deliver dropped items; open a door or drawer; pull a laundry basket; help with a sock or jacket; pull a lightweight manual wheelchair; and turn lights on and off are among some of their learned skills.

Several NJSFWC members have successfully raised and trained CCI puppies. They have attended Board Meetings and parties. For more information, CCI can be contacted at 266 Middle Island Road, Medford, NY 11763, (631) 561-0200.

The mission of **Patriot Paws Service Dogs** is to train and provide service dogs to disabled American veterans and others with mobile disabilities to restore their physical and mental independence. Started in Rockwall, Texas, Patriot Paws became a 501 © (3) in 2006.

One unique aspect of Patriot Paws is the puppy training they offer is very often done inside the Texas Department of Criminal Justice. This partnership helps Patriot Paws train more service dogs for disabled veterans while creating career opportunities for inmates after their release and provides a way for them to give back to the community during their incarceration. Patriot Paws Service Dogs can be found at 254 Ranch Trail, Rockwall, TX 75032. (972) 772-3282.

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM

Marta Cirilli-Kuebler

We are a BUZZ to hear and read about all your individual club Spelling Bees. The leg work is quite detailed and sometimes very tedious BUT the outcome is un-BEE-lievable. All materials and documents needed are available on our NJSFWC website under materials for Education and Libraries. Please remember to notify your District Spelling Bee Chair

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM Continued

of your Bee no later than December 15th. We ask that all Bees be completed by the 4th of February to give each District Chairman roughly five weeks to host their Bees before our State Spelling Bee on the 18th of March.

If you have decided not to host a Spelling Bee this year PLEASE think about and discuss hosting one next year. Spelling Bees have many benefits both to children and your club. They engage children to learn the definition, pronunciation, and origins of words to gain a more in-depth vocabulary. Knowing and understanding word origins also encourages literacy and ultimately provides for a wider range of reading material. A child's preparation and participation in your Spelling Bee will also encourage a competitive spirit and help them to develop their cognitive skills and the ability to handle pressure.

Spelling Bees will also benefit your individual club membership and awareness! They introduce your organization to an "untapped market" of mothers who may be looking for an opportunity to engage and help their communities.

You may be worried about hosting a Spelling Bee because it has been sometime since you have participated in a Bee yourself and are unsure of the rules etc. Why not host a Spelling Bee Club at your local library? Whether you meet once for a few hours or weekly for a few weeks, this club allows you and the students to become familiar with the words from your practice list and the rules. If you meet for about two hours, the first hour can be a mock "Bee". Line up the children and encourage them to ask for the definition of the word or to use the word in a sentence. The other hour children can be broken up into groups where they play games such as scrabble and hangman.

Spelling Bees are a wonderful way to remind children (and club members) that they can tackle any new environment and in the end they can "FLY HIGH and STING". They can "BEE" anything and spell anything.

If you have any questions please feel free to contact me (cirilli@njsfwc.org) or our Queen Bee (Brandi Miller @ miller@njsfwc.org).

ENVIRONMENT COMMUNITY SERVICE PROGRAM

Jacqueline Wisner

Plastic has become both a blessing and a curse in today's society. Why? Because although it revolutionized the way we live, it wreaks havoc on our natural environment. Our desire for convenience has led to landfills overflowing with millions of tons of plastic wraps, bottles, containers, toys, etc. that can take up to 450 years to decompose (photo degradation). And those landfills, are not just stinky eyesores, they release toxins and greenhouse gasses in the earth and the air in form of Nano plastics that we breathe in.

Photo degradation occurs faster in our oceans causing massive harm to marine life. When exposed to the sun's UV rays, wind and waves, plastic breaks into pellets and tiny fragments called micro plastics. Often birds and fish mistake this for food and the result is millions of marine life lost each year. And even more alarming, micro plastics are entering our food chain. They were found in 94% of drinking water, 100% of beer and salt and 25% of fish raised and sold in the US.

The average person unintentionally consumes the equivalent of a credit card of micro plastics every week! YIKES!

What can you do to reduce your consumption of plastic?

During this holiday season, let's give a gift to our wildlife, marine life environment and ourselves.

1. Buy, give and use Cora balls, or guppy washing bags designed to catch micro plastics in our synthetic and stretch clothing when laundering and prevent them from entering our waterways.
2. Choose glass water bottles or carry your own bottle and refill it with tap water.
3. Buy microbeads' **free** skincare, cosmetics and personal care products. The beads are made with plastic.
4. Don't store food in plastic, especially if labeled with recycling codes 3, 6, or 7. They contain harmful chemicals that can seep into the food and then into our bodies. As an example, these chemicals have been linked to the decline in sperm count in high-income countries, impaired brain development, compromised immune systems, increased obesity, and cancer risks. Use glass or silicone and wrap foods in aluminum foil.

ENVIRONMENT COMMUNITY SERVICE PROGRAM Continued

5. And lastly, work with your community on a recycling campaign. This Chairman wrote about a sneaker recycling campaign in the September article, but there are many more ways to partner with other organizations or just run your own campaign. Join with the army of efforts to improve our world. Let me know if you need any suggestions.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Ellen Lund

The last few months this Chairman has been sharing topics to promote better physical health. This month I want to talk about Mental Health. It is equally important to take care of your mental health.

December can be a very stressful month. There are lots of Holidays, parties to go to, presents to buy, and dinners to prepare. Plus children are out of school which may mean babysitting duties.

Now everyone experiences having a bad day. However, you might feel depressed, anxious, or stressed. Let's first define those feelings.

Depression is a serious mood disorder that can negatively affect how you feel, think, and handle daily activities such as sleeping, eating, or working. Depression symptoms can vary from mild to severe. According to the National Institute of Mental Health, about 16 million American adults suffer from depression.

Anxiety is worrying that is out of control. Anxiety affects around 40 million individuals making it one of the country's commonest mental conditions.

Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being.

If you feel depressed, anxious, or stressed it is imperative that you seek help. Help can vary from talking to a close friend, seeing your doctor, or talking to a therapist. Getting professional help is no longer a taboo. It is the smart thing to do.

This Chairman's wish for all of you a happy, stress-free December. Here are some special events for the month of December: World Aids Day -December 1st; National Influenza Vaccination Week – December 5-11; HIV/AIDS Awareness Month; National Handwashing Awareness Week December 1-7.

This Chairman could not resist adding these: National Women Support Women Day – December 1st; Eat a Red Apple Day – December 1st; National Joy Day – December 7th; National Call a Friend Day – December 28th.

Hint # 7 – It may be helpful to keep a food journal.

Hint #8 – You want to exercise 150 minutes a week.

ADVOCATES FOR CHILDREN

Nancy Levy

With colder weather here, now is a good time to help keep kids warm.

- Hold a mitten, glove and winter hat collection. Enlist the public's help in your efforts by way of social media posts and/or collection boxes in various locations. Day care centers are often happy to be collection sites.
- Socks are a real need during the winter. Collect children's socks to donate, and make sure to count the number of pairs collected toward the Advocates for Children 130 Challenge.
- Children's blankets can be a necessity as the temperature drops. Blankets need to be new, and can be knitted, crocheted, quilted or sewn. No-sew fleece blankets are easy to make. Project Linus provides new

ADVOCATES FOR CHILDREN Continued

handmade blankets to children in need. Their website (www.projectlinus.org) has specifics, as well as their locations to drop off blankets. You can also contact other groups to find out if they can use blankets.

Before you collect or make any of the items above, contact organizations and tell them what you would like to donate to see if it's something they want or need. Reach out to groups in your local community that work with children, such as shelters and centers that assist homeless or underserved families. Organizations such as Family Promise, Center for Family Services, the Children's Home Society of New Jersey, CASA or Embrella are just a few of the places that may want these items. These and many other groups have websites you can look at. Or if you need help finding an organization to donate to, you can contact this Chairman at levy@njsfwc.org.

COMMUNICATIONS

Katie Chambers

You've identified press contacts, written your press release, and sent it out to the world...now what? Often journalist won't tell you when they have published a story in response to your pitch. Unless you subscribe to every publication and e-newsletter under the sun and moon, how will you ever know where it ran? That is where Google Alerts come in.

Google Alerts will send you emails when a certain topic shows up in the news. (This is what the publicity biz calls "media monitoring.") If it appears in Google's search engine results, you'll get an email alert. You can use this free service to track news sources, blog posts, the web, videos, books, discussion forums and finance trackers in any language and region of your choice. You can customize the alerts to cover any keyword you would like. It's smart to set up alerts for any version of your club's name (including your acronym, if you have one), and key members of your leadership team whose names might appear in articles or event listings for your club.

To set this up:

1. Go to Google Alerts at www.google.com/alerts
2. Type in the keywords you want to monitor
3. Enter the email where you'd like to receive the Google Notifications
4. Optional: adjust the search and notification settings:
 - a. Select how often to receive alerts (such as one daily summary, or as often as it happens)
 - b. Select which sources to receive (all of them, blogs only, videos, etc. – your best choice here is "all of them")
 - c. Select a language (I suggest "all of them" since sometimes pieces are picked up and translated elsewhere)
 - d. Select how many results to receive ("all of them" or "only the best" – once again, "all of them" is the smartest way to go)

Start using Google Alerts as soon as possible to start building your book of press clips and track your success!

CONVENTION

Patricia Dahl

IT IS NOT TOO EARLY TO THINK ABOUT PUTTING AN AD IN THE CONVENTION BOOK!

The Convention theme is "**Volunteerism Will Rock Your World**"! Every club has something to brag about or to show appreciation to a member or club by placing an ad!

Great News! The Ad Book for Convention fees are the same as they were last year!!

The Ads must be sent digital to dee768nj@gmail.com by February 15th, 2023 as well as a paper copy mailed to Denise Hosier, 122 Sandpiper Lane, West Deptford, NJ 08086!! All instructions are on the form which is included in this ALMANAC.

In addition to an Ad you can be a Friend of Convention. This form should also be mailed to Denise Hosier and is attached to this ALMANAC.

Put on your thinking caps and place an ad to make this the best Convention Book ever!

FALL CONFERENCE/PROGRAM ASSISTANCE**Vivien Finn**

All Club Presidents received a PROGRAM INFORMATION SHEET in their Report Writing Packet. At the January Council Meetings, which will be held via Zoom, Presidents will report on their three best programs. Following the Council Meetings, each President should mail their completed sheet to this Chairman by the February 1, 2023 deadline.

Based on how each program was rated, this Chairman will contact the presenter and ask if they would like to be included in a booklet that will be prepared for inclusion in the Round Table Packet distributed to Club Presidents at the NJSFWC Annual Convention at the conclusion of this Administration.

GIRLS' CAREER INSTITUTE**Mary Kay Tokar**

Many of you attended the GCI Workshop at Headquarters in November. Hopefully this answers all your questions about GCI and especially about the registration process. If you missed it, there will be a video of the workshop on the NJSFWC Website.

As per Rutgers, until notified otherwise, COVID Vaccination will again be REQUIRED this year.

Quick review of Basic Steps

1. Clubs select a member to serve as Club GCI Coordinator (club president, Education Chair, or another member). The Coordinator's Name, phone number and email must be provided on the reservation form.
2. Clubs send GCI Reservation Form 2023 to NJSFWC with payment, **deadline January 31**.
3. Clubs contact high school(s) and/or advertise for interested high school juniors.
4. Potential delegates complete GCI Delegate Application 2023, and return it as instructed.
5. Clubs use whatever means they choose to select their Delegate and Alternate. The club uses the GCI Delegate and Alternate Notification Form 2023 to notify their chosen delegate and Alternate.
 - a. This form must be completed by the club *before* giving it to delegates and alternates. There is important information which the club must give to the girls which they will need in order to register.
 - b. NOTE – one alternate per delegate should be chosen. They must also register.
6. Delegates and Alternates, together with their parents, complete the GCI 2023 ONLINE Registration Process. Registration **Deadline March 1**.
7. Club coordinators will be notified by email when their girls complete the online registration.
8. Delegates, Alternates, Parents, Club Presidents, and Club Coordinators will be invited in late April to attend their district GCI Orientation Reception in May.

Note: clubs are entitled to one alternate per paid delegate. Alternates must register now, the same as delegates, in order to be eligible to fill open slots as they become available. The GCI Director will notify the alternate IF she is changed to a delegate.

All forms and GCI Materials are on the federation website www.njsfwc.org, under "Materials," then under "Girls' Career Institute." Included you can find forms mentioned above, as well as a Club GCI Coordinator's Guide (with more detailed instructions), a GCI Flyer, GCI Fact Sheet, and Volunteer Application, as well as any other pertinent information.

Please let this Director know if you are interested in volunteering at GCI – even for a few hours or a day/evening.

This Director is always interested in potential career speakers. Please ask your members and friends if they would be interested in speaking.

HEADQUARTERS**Brandi-Leigh Miller****HOST A CLUB MEETING AT HEADQUARTERS**

The historic building on the campus of Douglass Residential College at Rutgers University-New Brunswick is not only our Federation home; it is also a business office, museum, library, and meeting space. Did you know that each NJSFWC Club is entitled to hold one club meeting or non-fundraising function at Headquarters each year?

HEADQUARTERS Continued

Consider scheduling a general club meeting or officers meeting for a change of venue and a quiet place to focus on planning. Get inspired by the plaques commemorating past state projects and initiatives or do research on your club's history in the library. Go on a walking tour of the Douglass campus before you head home.

There is no charge, but reservations must be made at least three months in advance through the office. The guidelines for use of the building and the reservation form can be found on the NJSFWC website under **Materials>Forms & Manuals> Headquarters**.

Donations towards the repair and upkeep of the building are always needed and appreciated. Consider joining the 1894 Society both as an individual and as a club. You may also purchase or donate towards an item on the Headquarters Wish List. For more information about the 1894 Society or the Wish List, contact Headquarters Chairman, Brandi-Leigh Miller at miller@njsfwc.org or (202) 210-4488.

To coordinate your club meeting at Headquarters, contact the NJSFWC Office at njsfwc.hq@gmail.com or (732) 249-5474.

HISTORIAN

Jean Battaglia

This month we look forward to a significant moment coming up in NJSFWC history. From June 5-8, 2023 the 75th session of Girls' Career Institute will be held on the Douglass Residential College campus. How did it all start?

In June 1947 the NJSFWC Youth Conservation Program sponsored the first Citizenship Institute for Girls, a two-day event held at Montclair Teachers' College. Later it would be known as Girls' Citizenship Institute (GCI).

For the first program one hundred girls were chosen to attend at a cost of \$5.25 per delegate. The next year the program moved to New Jersey College for Women and expanded to four days.

In 1955 there were 260 attendees. The Girls' Citizenship Institute Scholarship was established at Douglass College to assist a girl who had attended GCI.

By 1971 GCI was attracting 400 girls, attendance limited by the available space at Douglass College. Club applications were handled on a "first come, first served" basis.

The biggest change was in 1992 in the name itself. Since speakers were career people, and the program endeavored to open new fields for girls, the four days would be called "**GIRLS' CAREER INSTITUTE**."

Girls completing their junior year of high school are sponsored by local clubs. The program includes speakers, panel discussions, time for sports and service projects and entertainment by the girls themselves. Delegates live in dormitories, share rooms, and eat in the cafeteria. Club women serve as staff and "house mothers." Thanks to the vision and enterprise of club women 75 years ago and with the work and support of club women today, thousands of girls have had an opportunity to explore career options while experiencing a mini-college experience.

Be a part of this moment in NJSFWC history by donating funds or helping to sponsor a delegate. A reservation form can be found on the Federation website and must be submitted by January 31, 2023

HONORS

Jill McDonald

"Tis the season of giving". One of your club's goals should focus on recognizing one or more clubwomen who have been extraordinarily generous with their time and talents to move your club forward in a new or traditional way. You may nominate one or more members who have successfully started a new activity to involve several members or jumped at the opportunity to refresh a long-standing event.

Consider the attributes of potential candidates and weigh their significance for enhancing the club's image or pushing community service to new heights. Did the nominee bring recognition to the club and its goals? Did she suggest

HONORS Continued

and implement an activity that encouraged other members to actively engage in developing a service project, solving a community need, or bring recognition and encouragement to others?

Nomination forms are available on the njsfwc.org website or will be printed in the January ALMANAC. The fee to nominate is \$50 for **Honor Roll**. A tribute will be read to each Honor Roll nominee at the May NJSFWC Convention, a certificate will be presented, and her name will be inscribed in the Honor Roll book at Headquarters. A charm can be purchased to commemorate this achievement.

If a member deserving to be honored has been placed on the Honor Roll previously (even in another club) but continues to exemplify goals and focus of club activities, then consider nominating her for the **Order of the Lily**. Perhaps she has accepted a leadership role at the club, district or state level, stepped up as Chairman of an active CSP or brought new life to a lagging component. She will be introduced, awarded a certificate and her name will be inscribed in the Order of the Lily book at Headquarters. The fee is \$25. A pin is available for purchase.

LEGISLATION/RESOLUTIONS

Gail Kovacs-Felici

PCBs (polychlorinated biphenyls) were widely used as a fire preventive and insular in the manufacture of electrical devices because of their ability to withstand exceptionally high temperatures. The EPA banned production in 1977. It was estimated that almost 1.3 million pounds were discharged into the Hudson River from two General Electric plants and pose a serious risk to human health and the environment.

A resolution, passed by the NJSFWC in 2016, urged the EPA to monitor floodplain sediment, to expand the clean up to fully remove all PCBs and to compel GE to continue removal to avoid additional contamination.

UPDATE: Phase I and Phase II that were near where the GE plants were, have been completed. Some areas have been repopulated with aquatic plants and habitat reconstruction. The EPA reviewed the Superfund site in 2012, 2017 and in the spring of 2022. For Phase III, under a September 2022 agreement with the EPA, GE will investigate the lower river portion of the Hudson River – between the Troy Dam and the mouth of the New York Harbor. Collection of sediment under three different sampling programs will allow the EPA to better understand where contamination is present and has deposited over time. Two of the collection programs will be in 2023 and the third in 2024 – implemented and paid for by General Electric. The data will determine, from a scientific standpoint, of the need of formal studies to develop plans for cleanup. For more information go to: www.epa.gov/hudsonriverpcbs.

SPECIAL STATE PROJECT

Marie Sullivan

The Emmanuel Cancer Foundation couldn't be more excited to once again hold "in person" Holiday Parties. The Directors are very grateful to NJSFWC Members for their generous support!

Anyone wishing to adopt a family for the holidays, please contact your local regional office as listed below.

Regional Centers Locations/Counties

Central Region (Hunterdon, Middlesex, Morris, Somerset, Union, Warren)

Barbara Kopel, Senior Regional Director Central Region

ECF Headquarters

77 Brant Avenue, Suite 304

Clark, NJ 07066

Work: (908) 322-4323, ext.17

Cell: (908) 209-2116

bkopel@emmanuelcancer.org

Eastern Region (Mercer, Monmouth, Ocean)

Rose Contreras, Eastern Regional Director

1710 Highway 71, Suite 2

SPECIAL STATE PROJECT Continued

Wall, NJ 07719
 Work: (732) 282-2324 (office phone checked every day)
rcontreras@emmanuelcancer.org

Northern Region (Bergen, Essex, Hudson, Passaic, Sussex)

Inessa Rome, Northern Regional Director
 PO Box 212
 174 Paterson Avenue
 Midland Park 07432
 Work: (201) 612-8118
irome@emmanuelcancer.org

Southern Region (Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Salem)

Mary Ann Sullivan, Southern Regional Director
 624 Clearview Avenue
 Woodbury Heights, NJ 08097
 Work: (856) 853-4803 (office phone forwarded to cell)
msullivan@emmanuelcancer.org

****In the event you are unable to reach someone, you can call Joann at 732-996-2307 or Email: info@emmanuelcancer.org***

This is also the time to think about the parents. Parent Hospital Survival Kits might be a nice project for your clubs to work on, if not in December then January. Two-gallon zip lock bags or string backpacks can be filled with granola bars, snacks, toothbrushes, travel size toothpaste, deodorant, dry shampoo, small combs or brushes, adult coloring books and colored pencils, pen and small notebooks etc. Parents don't always leave the hospital room when their children are there and thoughtful items might help ease the parents stay as well as the Guardian Angel Bags we make for the Patient.

You may also contact this SSP Chairman 201-314-7945 sullivan@njsfwc.org

WEBMASTER**Tammy Levinson**

At this point, most clubs have some sort of presence on the World Wide Web. Is your club struggling to figure out what to put on your website's homepage? There are many resources and guides for you to use online. Your homepage is certainly the most important pages of your site. You can search for online tips and this link has some great ones: <https://pixellighthouse.com/nonprofit-website-strategy/>

Because the homepage won't be specific to any single thing, it's difficult to know:

- Why someone is looking at this page?
- What they would like from your nonprofit?
- What information would compel them to meet with you?
- How much do they already know about your organization?
- What do they consider relevant, important, and valuable?
-

What must you have on your website? There's no right or wrong answer necessarily, but there are some recommended components to help you define your club and make a compelling introduction for the visitor to attend your next meeting or fundraiser.

Elements to consider including:

- Group Picture
- Club Mission / NJSFWC and GFWC information too
- Impact your Club makes in your community
- How to Get Involved
- Member Testimonials

WEBMASTER Continued

- Club Logo/ Motto
- Assorted/Other information

Continue to send your questions or information - text and jpg files- to webmaster@njsfwc.org. It's as easy as typing the text & attaching the picture! And your data will be posted to NJSFWC's Facebook page on the next available day!

DAY OF SERVICE

Mary Lou Bak

The NJSFWC Day of Service is on January 16, 2023. The Day of Service honors the founding of the Federation, and this year's event will coincide with the National Day of Service and align our efforts with all organizations and individuals coming together on that day to address needs in their communities. The charity is the Community Foodbank of New Jersey, an organization with more than 800 local community partners distributing needed food items to food pantries, soup kitchens, child and senior feeding centers, emergency shelters, and mobile pantries. The Day of Service project is to supply food items for a variety of meal kits including Dinner-In-a-Bag, Snow-Day-Meal-Bag, Healthy-Lifestyle-Meal-Kit, and College-Meal-Kit. These meal bags are designed by the Community Foodbank to hold specific food items, and lists of what those bags contain are being distributed to clubs through the District Chairmen and District Vice Presidents. Clubs will collect the food items and then deliver them on the Day of Service to each District's gathering location, where members will bag the items.

The District locations are:

- **College**—Federation Headquarters, 55 Labor Center Way, New Brunswick; Garden—Pitman VFW Post 6469, 142 Oakcrest Ave., Pitman;
- **Highlands**—Lake Parsippany Rescue and Recovery Building, 100 Centerton Dr., Parsippany;
- **Liberty**—Upper Montclair Club House, 200 Cooper Ave., Upper Montclair; Palisades—Westwood Club House, 205 Kinderkamack Rd., Westwood; Ramapo—Pequannock Senior House, 530 Newark Pompton Turnpike, Pompton Plains;
- **Shore**—Woman's Club of Point Pleasant Club House, 513 St. Louis Ave., Point Pleasant;
- **Southern**—Millville Club House, 300 E St., Millville.

Community Foodbank will assign the local recipients of these meal kits, who will then pick them up on the Day of Service from each District location. You can reach out to this Chairman with any questions at bak@njsfwc.org.

NJSFWC Tours 2023 Detailed Information

Southern Charm: June 4 – June 10, 2023, : <https://gateway.gocollette.com/link/1124428>

French Rivera: October 5 – 13 2023 <https://gateway.gocollette.com/link/1122774>

San Antonio Holiday: December 14 -18 2023, <https://gateway.gocollette.com/link/1122555>