



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

Thank you to all the Club Presidents and Chairmen who took the time to write and submit their 2022 Annual Reports. These reports are an integral part of your club history. Please share the information with your members and celebrate your accomplishments. While the facts are still fresh in your mind, why not write a letter to the editor of your local newspaper thanking the residents and merchants for their support while sharing how your club's projects benefitted your community? Brag about your accomplishments so your community knows exactly who was responsible for some of their favorite community events. Don't forget to include membership information; you may just peak someone's interest and get a new member or two.

Thank you to all of the clubs and Districts who held Spelling Bees for local 4th & 5th grade students. This has always been a favorite project and this Officer anxiously awaits the best spellers and their parents to converge on Headquarters at the State Spelling Bee next month!

Credentials and Registration Chairman, Carole Speechley and her Committee have been hard at

work putting together the pages for the CALL to Convention so clubs have all of the pertinent information in order to register for Convention. Take note of deadlines for registration as you won't want to miss convention at a new venue, The Hard Rock Hotel & Casino in Atlantic City, May 1st-3rd.

Patricia Dahl, Convention Chairman and her committee have also been hard at work to plan a wonderful and memorable time with a theme of "Volunteerism Will Rock Your World". Denise Hosier, Convention Journal Chairman, is looking forward to your ads for the program book no later than February 15th. Recognize those presidents and club members who went above and beyond during the year with an ad in the program book. What an easy way to honor those special members.

Happy Valentine's Day.

In Federation Friendship,

Shirley

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Love, Loyalty,
Friendship -
The Bonds of
Volunteerism



NJSFWC PRESIDENT-ELECT**Barbara McCloskey**

Now that you have submitted your Leadership Report Forms for the 2022 year, (thank you to those who completed the forms), now is a great time to review all the projects that are listed on the Report Form and plan for 2023.

The list of Leadership projects are a great guide to use for planning purposes.

Did you share the Manual for Club Presidents with your members? Did you let members know that besides the guide being located on the NJSFWC website, so are the Supplements and monthly ALMANACs.

These are great tools to use for training and educating your members for club, district and state positions.

Now is a great time to create or revise and update any procedure manuals or instruction sheets you have for positions and projects in your club.

Did you invite any State Officers or District Chairman to a club meeting or event and give them a chance to speak? Allowing these clubwomen to meet your members allows the members to see the 'bigger' picture and maybe be interested in a position outside the club.

Do you have a file of club member's skills, talents and interests? A H.I.T. list is a great way to find out how you can use your members effectively.

What about having a mentor for each of your new members, or partner an existing chairman with a newer member so they can learn the position.

Members are much more likely to step up to positions if they have guidance, support and a procedure to follow.

Please take the time to review the Leadership Report Worksheet and start making your plans for 2023!

NJSFWC FIRST VICE PRESIDENT**Susan Chambers**

Thanks for all the great Year End Reports you sent in. This Officer is busy compiling your data to be sent off to GFWC and to determine which clubs will be receiving special congratulations.

You attended either the in-person or virtual Report Writing Workshop, you shared all you learned with other club members, you completed your quantitative reports and wrote PHENOMENAL qualitative narratives and mailed both in before February 1st. So, your work is done, right? No, it's not!

First, Presidents, be sure to get copies of each report that your various chairmen submitted to make sure they become a part of your club's history. Second, use these reports to help you create your 3-minute presentation of your club's activities at the April Conference in your District. (And make sure that all your club members are privy to that report even if they don't attend the Conference so that they know all the great work your club accomplished during the year 2022.)

And remember, it's a new year! So be sure your chairmen have begun to track their activities for 2023 so that when it's time to complete the 2023 Year End Report Forms, it'll be a breeze! (Don't forget the Project Report Form was included in the September 2022 ALMANAC and is also on our website; this makes it easy to record your work.)

NJSFWC SECOND VICE PRESIDENT**Chris Sienkielewski**

Did you know that there are multiple studies out there that show friendships promote better health, outlook on life and decrease depression? This Officer wonders if the studies included women in our Federation. We already knew that membership in our clubs provides companionship, joy, satisfaction, a sense of community and emotional support...all the while offering opportunities to meet new people, while getting involved in our communities.

NJSFWC SECOND VICE PRESIDENT (continued)

Here is a story that illustrates just how important friends are:

A student came to a teacher and asked her, "How many friends a person should have – one or a lot?" "It's very simple," the teacher answered, "pick me that red apple from the highest branch."

The student looked up and answered, "But it's too high!! I can't reach it." "Ask a friend, maybe she will help you," the teacher answered. The student called another student and stood on her shoulders. "I still can't reach it, Teacher," said the disappointed student. "Don't you have more friends?" the teacher smiled.

The student asked more friends who started standing up on each other's shoulders and backs grunting, trying to build a live pyramid. But the apple was too high, the pyramid crumbled and the student wasn't able to pick the highest apple.

Then the teacher called her back. "So, did you understand how many friends a person needs?" "I did," the student said. "A lot– so together we could solve any problem." "Yes," the teacher answered, "Of course you need a lot of friends. So that among all of these women there would be at least one smart woman who would figure out to bring a ladder!"

Together as a club, as a state and international organization, we have friends who bring the ladder. Take some time to ask your club members why they joined your club? Why do they stay? What benefits have they received as a member of your club?

List them all and use your members' answers to analyze and evaluate your club. Ask: Are all your members engaged in club activities? Are you meeting everyone's needs?

Where and when do you need to bring a 'ladder'?

NJSFWC TREASURER

Linda Babeuf

Earlier this year a mailing was sent to each club President containing the dues bill, Girls' Career Institute Registration information, Charity Registration, and the Continuing Funds Form. At this point the only form that is still due is the Continuing Funds form due April 1, 2023. This Officer would like to thank all the clubs that support the Continuing Funds with their donations, it is very much appreciated. Since there are many new members, new Treasurers and Presidents a brief explanation of the Continuing Funds form seemed appropriate.

In this ALMANAC you will find the Explanation of the Continuing Funds form. In addition to the explanation of each fund on the form, it seemed important to explain some of the background. As you can see reading the explanations, some of these funds have been around for a long time. Although it does not say it on the form, MacDowell formerly the MacDowell Colony, has been supported by NJSFWC since 1919 when the Music Department raised the money to build a cottage for artists at the Colony.

The Margaret Yardley Fellowship Fund has been active since 1929, when the fund was approved to honor the First President of the Federation. It is still one of our major accomplishments and helps several women each year in their pursuit of higher education. Many of the funds are for scholarships at Douglass, which has always been a focus for NJSFWC members.

The members of NJSFWC since its inception, have been forward thinking women showing intense interest in the Environment, Health and Wellness, the Arts, and Education.

GCI, Membership promotion, Headquarters and the Special State Project are also included on the Continuing Funds form. The need for those receiving help in these areas continues to increase but with loss of membership and local needs our income has been decreasing.

Please consider increasing your donations in the areas of interest to your members. Your generosity makes it possible for NJSFWC to reach so many people and continue to make a real difference to people in all walks of life, all over the world.

What We Do Does Matter!

NJSFWC FINANCIAL SECRETARY**Christina Burlew**

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

As you complete each fundraiser this year, fill out a Project Report Form. If you haven't used one, you can find a sample on our website-njsfwc.org. Choose Materials. Click on Annual Report Forms and Instructions. This form is a great resource for gathering all your information about your event. When it comes time to fill out the Report Forms, you will have all the necessary information in one place.

Reminder that the Body Shop Fundraiser is ongoing. Each month there are different specials and a vast array of products. To order: bit.ly/NJSFWC. If you have any questions, text or call Lesa Brinker at 201-390-7442.

COLLEGE DISTRICT**Linda Carbley**

Bridgewater Woman's Club will have an Author Talk given by Linda Barth on the "History of Inventing in NJ" (from Thomas Edison to the Ice Cone) on February 14th at 11:00 a.m.

Branchburg Woman's Club will be hosting an Auction Fundraiser for club members and guests on February 16th.

Greater Brunswick Area Woman's Club will be hosting a Valentine's card making project. They hosted a holiday project and made cupcakes for the Women Aware Safe House.

North Brunswick Woman's Club worked with Mobile Family Success Center to provide toys to needy families with elementary school aged children.

Woman's Club of Hillsborough will be spreading the word about the Emmanuel Cancer Foundation to the nurses in the local school system.

The Woman's Club Tewksbury Township will hold a Diamonds & Dice Charity Casino & Silent Auction on Saturday, February 11, 2023, at the Beaver Brook Country Club in Annandale, NJ from 6:30-10:30 p.m.

Somerville Civic League Club will be working on projects for Senior Housing, Angel Network and Girls on the Run.

Franklin Woman's Club will be hosting their Tricky Tray on Friday, March 17th at the Franklin High School.

Flemington Woman's Club will host a speaker, Barbara Fox, who will present the History of Buttons at their February meeting. They will be also collecting items for I SUPPORT THE GIRLS.

Kalmia Club will have Jeff Kline, Lambertville native and musician, share his knowledge and insights of Lambertville history while sharing his vintage postcard collection at their February 13th meeting.

GARDEN DISTRICT**Marie DiMatties**

While the Holidays have come and gone, I could not let the opportunity go by without acknowledging the clubs in the Garden District that supported the Emmanuel Cancer Foundation Southern Regional Holiday Party. Thank you to **Marlton Woman's Club** for providing the crafts, **Gloucester County Woman's Club** for directing games, **The Haddon Fortnightly** for provided the face painting kit, **Woman's Club of West Deptford** for wrapping all the gifts, and **Woman's Club of Pennsville** for providing 30 Poinsettia centerpieces. Many other clubs donated gifts all of which contributed to a

GARDEN DISTRICT (continued)

wonderful holiday experience for the Emmanuel Cancer Foundation families. Emmanuel Cancer Foundation Director Mary Ann Sullivan was extremely grateful for our generosity.

The Garden District participated in NJSFWC's Day of Service at the Pitman VFW. Members of clubs throughout the Garden District collected food items, delivered them to the VFW in Pitman where they were sorted into categories, packed assembly line into four different meal kits which were then picked up by the Community Food Bank to be delivered to local recipients. Thank you to Lucille Petrillo, Garden District Day of Service Chairman for spearheading this event.

When Past President, Lois Bromley of **The Haddon Fortnightly** recently passed away, her family requested donations be made to the Fortnightly to establish an art scholarship/award to be presented to a high school student in Lois' name. What a beautiful tribute to Lois who was a very talented artist.

The **Medford Woman's Club** is hoping to start their fund-raiser tea while the **Marlton Woman's Club** is making plans to hold a My Dolly and Me Tea.

The **Woman's Club of West Deptford** members are participating in a Galentines Day – a day for women to celebrate their friendships with women. What a perfect way to celebrate our Federation sisters.

HIGHLANDS DISTRICT

Lynn Webb

Spelling Bees are being held at the **Junior Woman's Club of Jefferson Township, Long Valley Area Junior Woman's Club, Junior Woman's Club of Somerset Hills, Junior Woman's Club of Sparta, West Morris Junior Woman's Club, GFWC Woman's Club of Denville-Rockaway Area and Woman's Club of Parsippany-Troy Hills.**

The GFWC Woman's Club of Boonton focused on membership by doing "Meet and Greet" sessions at the library. Their town does "First Fridays" for shopping and listening to musicians on Main St. Their dress sale was a success with 100 + prom/formal dresses donated to Dover High School through Community Liaison and Dean of Students. The High School gave the dresses for free.

Hopatcong Woman's Club donated 20 lbs. of tabs in 2022 to Ronald McDonald House.

Junior Woman's Club of Somerset Hills sold 20 Gingerbread Houses to support the Valley Fund -Childhood Kids Foundation.

The **Long Valley Woman's Club** completed President Holly's 130 Challenge. The club collected 157 pairs of socks and 140 costumes for the Domestic Abuse and Sexual Assault

Roxbury Woman's Club worked on no-sew fleece blankets and donated the adult prints to Merry Heart and the kids prints to Family Promise. Their education committee read and reviewed book reports from sixth graders in the Roxbury schools. They selected first, second, and third place winners.

GFWC Woman's Club of Denville-Rockaway Area have been baking cookies and preparing cookie/candy containers for Cheshire Home. This activity has been done for 50 years on February 14th.

Sparta Woman's Club collected Gingerbread Homes for the children at the Domestic and Sexual Violence Awareness and Prevention DASI.

Thursday Morning Club - The Wise Wonderful Women Lunch & Lecture will have a guest author, Walter Choroszewski, "Legends of Hollywood and Their Secret, Not-So Secret, Love Lives". Thursday, February 23, 2023, 11:30 a.m. - Madison Community House, 25 Cook Ave., Madison.

LIBERTY DISTRICT**Joan Murdock**

Thank you to all the **Liberty District Clubs** who participated in Day of Service. It was great to share the day with everyone!

Woman's Club of Bloomfield donated arts and crafts supplies to the Township Children's Library after school and Saturday Enrichment Program. They also hosted a Bed Linen Shower to benefit their adoptive safe house, Renovation Project.

The **Junior Woman's Club of Verona** held their Spelling Bee on January 28th, for 4th and 5th graders in town at the Verona High School.

The Fortnightly Club – Summit is holding a cooking demonstration at their general meeting on Feb 15th. Members of the Book Club met and the club sponsored, A Ladies Night Out!

To recognize Healthy Heart Month in February, the **Women's Club of Caldwell** will be getting CPR instruction. They helped the residents of the WC Care Center make Valentine cards.

The **Eighth District Contemporaries** are putting together Valentine treat bags for the Veterans.

In February, the **Woman's Club of Allwood** will bring valentine candy hearts for the moms at Grandmas Place, which is a Haven for seven homeless moms. They continue to collect recycled grocery bags for the St. Peter's Haven food bank at the Allwood Library

Mark April 27th on your calendars for the the **Woman's Club of Belleville's** annual Tricky Tray. At a recent club meeting they had a nutritionist speak and honored the 4th through 7th grades poetry contest winners.

The **Women's Club of Maplewood** celebrated the 100th Birthday of club member Louise Knoll. We wish Louise a Happy Birthday and congratulate her on over 50 years of service to the Woman's Club of Maplewood.

The **West Essex Woman's Club** will be giving Valentine Day Treats to the East Orange Veterans Hospital.

The **Junior Woman's Club of Arlington** will be hosting a Trivia Night on Feb 4, 2023.

PALISADES DISTRICT**Claire Hill**

The **Woman's Club of Maywood** is planning a card night at the Senior Center of Maywood on February 23rd. March 30th is Lemon Tea party also at the Senior Center.

Woman's Club of Ridgefield Park will be joining in The Cookie Candy project with prepacked cakes for Bleshman School.

Cresskill Woman's Club will be holding their Candy Cookie on February 21st and the items will be delivered to various charities. They will also be making Blizzard Bags for Meals-on-Wheels recipients.

Harrington Park Junior Woman's Club celebrated Galentine's Day in February and kicked off planning for their annual egg hunt which takes place in March.

Woman's Club of Leonia February Trash or Treasure; each member may bring two items for evaluation. Ken is a professional appraiser.

Woman's Club of Paramus had a busy beginning of the year. Their Civic Engagement and Outreach Department prepared Blizzard Bags for their local pantry. The Environment Department worked with Souls4Souls collecting too many shoes to count! Lastly, they held a successful Chili-Pie Cook off benefiting many of their Charity endeavors.

The **Woman's Club of Westwood**, is having a Souper Bowl Sunday at their local Fresh Grocer on February 12th. To collect cans of soup for our local food pantry.

RAMAPO DISTRICT**Tin Ree**

Allendale Woman's Club will be collecting for the Ramapo-Bergen Animal Shelter.

Montville Township Woman's Club will be collecting 130 socks for the Federation challenge.

Pines Lake Woman's Club will continue to collect sneakers clothing eyeglasses and more for distribution to the needy.

Suburban Woman's Club of Pompton Plains will be preparing for Achievement Day by having a workshop to make pressed flowers under glass.

Junior Woman's Club of Ramsey has transitioned to a new board and are reworking their calendar

Riverdale Woman's Club will be making Valentines for VIP's which will be given to the police, fire, and those that go above and beyond in the community

Woman's Club of Upper Saddle River will mark Heart Health Month by wearing red and hosting a Cardiologist who will explain the differences between the warning signs of a heart attack in men and women. They will also have a Souper Bowl food collection, and have a raffle on Valentine's Day, with proceeds going to first responders, scholarships and other charities.

Woman's Club of West Milford Township will hold a member orientation evening with refreshments and snacks and discuss future projects.

SHORE DISTRICT**Kathy Doty**

The **Woman's Club of Asbury Park** members will attend wearing red for February Heart Health Month.

Belmar Woman's Club will be having a luncheon/gift auction fundraiser for scholarships.

Brick Township Woman's Club are collecting items for the Silver Fox Goodie Bags, which will be delivered to "shut ins".

Woman's Club of Brielle celebrated their 55th year anniversary, and was honored with certificates from Shirley Holly, President of NJSFWC and Marian Simmons St. Clair of GFWC.

Freehold Township Woman's Club held a holiday gift wrapping at Boscov's.

Woman's Club of Lacey is having a "500 Calendar Club Raffle". Each drawing will pull: \$500.00, \$100.00, \$100.00, \$100.00, \$100.00.

Little Silver Woman's Club collected 1,350 pairs of sneakers and received \$1,200 from Got Sneakers.

Woman's Club of Matawan will hold a President's Day craft workshop. Members will make Valentine cards for women in the military. A Valentine's Day social is planned as a program meeting.

Woman's Club of Point Pleasant will be holding their annual Martin Luther King Day of Service at their clubhouse, which is the drop off location for District supplies. They will also be having a Chili Supper.

Past President's meeting is March 22, 2023, come and join them.

The **Woman's Club of Red Bank** on Wednesday, February 15th they will be holding a Book Club meeting. Wednesday, February 22nd they are having a Winer Wellness Night, (reiki, yoga, and breathing).

Woman's Club of Spring Lake are making Wreaths for Sunrise, a Irish Dance Recital, Jewelry Sale with home crafted items, two food drives, Special State Project toys and cash donations.

Stafford Township Woman's Club collected 215 children's gowns, for the year which were sent to Operation Smile and Jersey Shore Hospital. Sixty pillowcases and 43 Boo Bunnies went to Jersey Shore Hospital.

SOUTHERN DISTRICT**Laura Badger**

The **Woman's Club of Absecon** continues to collect socks for the Women's Abuse Center, and collecting pocket change for Heifer International. They continue to work with the Absecon's Community Affairs Department on their projects. In December, bags of cookies were filled for the local ARC home residents.

The **Women's Community Club of Cape May** after 23 years has moved meetings from Price Hall to the Cape May Lutheran Church. The club is growing with the installation of 4 new members at the December luncheon. The November speaker gained 2 potential new members, and the opportunity for the president to talk about their club on his radio program.

The **Colony Club of Ocean City** will have a spelling bee and the winner will go to the State Spelling Bee contest.

The **Woman's Civic Club of Hammonton** will Dress Red for Heart Health at their general meeting and have the annual soup night fundraiser.

The **Millville Woman's Club** will walk at the Cumberland Mall for the American Heart Association project called "Wear Red Day" at a cost of \$5.00 per person walking. The Community Food Bank of New Jersey for Women Fighting Hunger presented by Kathy Corbalis is the program for the monthly meeting. The Tree of Remembrance raised \$1,730 for a Music Scholarship for a Millville High School Senior; and 201 bags filled with cookies and candy for seniors. The club's Chorus made a Christmas CD that is raising funds for Scholarships. The Chorus was very busy doing Christmas music at various outings.

The **Vineland Woman's Club** is collecting woman's toiletries for the domestic violence shelter. A fundraiser Game Day will be on the 15th, and book discussion on the 16th.

The **Ex-President's Club** semi-annual luncheon will be on Thursday, February 23rd, at the Tuckahoe Inn.

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

Now that you have finished your Annual Reports, mailing them to the appropriate state Chairmen, there is time to submit Achievement Day applications to your District Arts & Culture Chairman. You can also mark your calendars to attend your District Achievement Day to enjoy the talents of your friends.

Valentines and the color red are always popular this month, and the heart shape (the heart was considered the seat of emotions) is fairly easy to replicate. Wearing red on the first Friday of the month supports the American Heart Association. Of course, sending valentines to loved ones and friends is an old practice, and most of us have been making them since elementary school, but that doesn't make them less welcome.

When searching the Internet, this Chairman learned how to make a heart that would make a chain, or with others can be pushed into a heart shape and glued together to make a simple decoration. To make such a heart, cut fairly stiff paper or cardstock into desired width strips, e.g., 1 inch strips, of desired length. To make the heart shape, fold the strip in half and staple the fold about ¼ inch from fold. Then shape the paper into the curves of a heart. When satisfied, staple the bottom strips together and reshape the heart if needed. Making several of these hearts interlocked with each other will make a chain. Making a variety of hearts from different lengths of strips will make it easier to place them into a large heart shape and glue into place or use your imagination to make a more interesting item.

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

Thank you to all of the Arts Chairman that submitted year end reports. The middle of winter is a great time to get club members together for a play at your local community theater. Listed below are some local theaters in North Jersey. The next two months will feature Central and Southern Jersey venues.

Bergen Performing Arts Center
30 North Van Brunt St.

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM (continued)

Englewood, NJ 201-227-1030

In 2022, the Bergen PAC invested in a multimillion dollar renovation, including a new stage, theater seats, carpeting, an improved sound system, and a LED marquee.

**Centenary Stage Company
at the Sitnik Theater**

The Carol and David Lackland Center
715 Grand Ave
Hackettstown, NJ 908-979-0900

A 485-seat theater is located in The Lackland Center is a cultural and educational destination with a variety of theatre and musical performances, lectures and other cultural and educational events.

Hunterdon Hills Playhouse

88 Route 173
West, Hampton, NJ 08827
800-447-7313

A dinner theatre located in picturesque Hunterdon County, they feature matinee and dinner performances.

Mayo Center for the Performing Arts

100 South Street
Morristown, NJ 973-539-8008

The Mayo Center of Performing Arts, offers a wide range of programs that entertain, enrich and educate the diverse population of the region.

New Jersey Performing Arts Center

1 Center St
Newark, NJ 07102 (973) 642-2002

An internationally acclaimed concert hall hosting top artists national and international artists and symphonies.

Newton Theatre

234 Spring St
Newton, NJ (973) 383-3700

This 605 seat performing arts theatre is dedicated to providing programs that educate, entertain and inspire all audiences regardless of ethnicity, age or income level

Paper Mill Playhouse

Brookside Drive
Millburn, NJ 07041 973-376-4343

The Paper Mill Playhouse is a leader in producing a wide range of plays, including World and American Premieres.

RVCCArts, The Theatre at Raritan Valley Community College

118 Lamington Road
Branchburg, NJ 08876 908-725-3420

Presents a wide range of cultural programming by professional touring companies of regional, national and international stature.

The Rosen Performing Arts Center

1 Pike Drive
Wayne, New Jersey 973-595-0100

The theater is also available to rent for companies producing or presenting theater, concerts, dance or film as well as for meeting spaces or conferences.

The Shakespeare Theatre of New Jersey

36 Madison Avenue
Madison, NJ 973-408-5600

It is New Jersey's only professional theatre company dedicated to Shakespeare's classic masterworks and one of the leading Shakespeare theatres in the nation.

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM (continued)**Union County Performing Arts Center**

1601 Irving Street (Main Stage/The Loft)
360 Hamilton Street (Hamilton Stage)
Rahway 732-499-8226

The Union County PA Center provides live performances that are educational, affordable and responsive to the diverse interests of our communities.

The Wellmont Theatre

5 Seymour Street
Montclair, NJ (973) 783-9500

Once an elegant movie house, the historic building underwent multimillion-dollar renovations to restore its glory.

White Eagle Hall

337 Newark Avenue
Jersey City, NJ 07302 201-885-5166

Built in 1910, White Eagle Hall is a newly restored and renovated historic theater located in the thriving nightlife scene of Downtown Jersey City.

CIVIC ENGAGEMENT & OUTREACH COMMUNITY SERVICE PROGRAM Ann Ribinsky-Brown

NJ Advanced Media wrote "Two people in South Jersey were found dead of what authorities believe was carbon monoxide poisoning on Tuesday, December 13, 2022." Carbon Monoxide Poisoning is certainly not a new problem; with proper education, it should be recognized, monitored and eliminated.

Carbon monoxide is a colorless toxic gas which is impossible to see, taste, or smell. It is produced with the incomplete burning of common fuels such as wood, charcoal, natural gas, propane and heating oil.

Each year more than 450 people die from carbon monoxide poisoning. Fuel-burning appliances in the home, such as furnaces, ranges, water heaters and room heaters are responsible for at least 200 of those deaths. Outdoor appliances used indoors also account for many deaths.

To assure your home is carbon monoxide safe, utilize the following guidelines:

Install a carbon monoxide alarm in the hallway near all sleeping areas. Avoid corners where air does not circulate. Many new homes have a combination smoke alarm/carbon monoxide detector. Both are essential.

Follow the manufacturer's instructions to test a carbon monoxide detector every month. Make sure it is installed according to the manufacturer's directions and building codes.

Avoid using gas appliances to heat your home.

Never use charcoal grills or fuel burning heaters, stoves or generators indoors.

Know the symptoms of carbon monoxide poisoning: headaches, dizziness, weakness, nausea, vomiting, sleepiness and confusion. Should these appear, get help immediately.

Make pamphlets with this information and distribute in your community. You may just save a life by getting the word out there.

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM

Marta Cirilli-Kuebler

As the arctic air continues to tickle our fingertips and nose, we find ourselves dreaming of warmer weather. Let's look forward to those longer, warmer days and turn our attention to reading genres that will accompany us into those glorious summer months for both us and young readers alike. Our leather-bound classics have sat patiently on bookshelves at local libraries and homes for decades leaving us with the question "How are we to engage our youth to love the classics as we do?"

GRAPHIC NOVELS are the answer! Graphic novels are an encouraging outlet for young readers to explore our favorite classics with a new twist. This new type of literature provides a hybrid approach of both novel and comic. For a young reader it takes the daunting illusion of those big books with hard-to-understand writing styles away. It allows for readers to grasp the story with both text and images. Graphic novels allow for fun, total comprehension and engagement in a less stressful package and open the door to a whole new way of looking at literature.

Host a tea party book club to introduce young people to our favorites like Austen, Dickens and Bronte; introduce them to the authors' world repackaged in graphic novels. Or take it one step further and host a graphic novel book club and engage young readers to create their own graphic novel by inviting an art teacher to participate.

Once you have read anything from the graphic novel genre, kindly submit an ESO book report on your thoughts. We would love to read about your take on this new form of literature.

ENVIRONMENT COMMUNITY SERVICE PROGRAM

Jacqueline Wisner

Brrrrr...Here we are in the "dead" of winter, keeping doors and windows shut tight! But if indoor stuffiness has you reaching for the air freshener...STOP! Did you know that many commercial air fresheners contain carcinogens or hazardous chemicals that can stress your lungs and heart, contribute to irregular heartbeat or even cause birth defects, hormonal abnormalities and reproductive problems? Some even give off hazardous or toxic chemicals that aren't listed on their product labels.

Maybe you are among the one in five people or more than one in three asthmatics who report headaches, breathing difficulties or other health problems when exposed to air fresheners or deodorizers. Here are four ways you can freshen the air in your home and minimize exposure to chemicals.

1. **Keep indoor plants.** Place at least two tropical houseplants per 12-by-12-foot area to absorb airborne toxicants, including formaldehyde. Air-purifying plants such as areca and lady palms, bamboo, ferns and spider plants ideally should be placed close to your bed, favorite chair or other "breathing zone."
2. **Use air purifying systems.** Whole-house air-cleaning systems with good filtration do a better job than stand-alone, portable room purifiers, says John Spengler, an environmental health researcher at Harvard. For even cleaner air, he recommends locating the newer air-to-air heat exchangers — either built in or as window units — in the bedroom, living room or wherever people spend most of their time.
3. **Open windows.** Opening windows and doors for about 10 minutes each day — with the heat or air conditioning turned off — will help circulate away indoor pollutants, says Catherine Zandonella, who writes about environmental health for the Green Guide. It's best to open all doors and windows at once for maximum cross-ventilation.
4. **Air out new purchases.** "Televisions, computers and laminate or particleboard furniture give off hundreds of chemicals, and the newer they are, the more out-gassing you get," says Bill Wolverton, president of Wolverton Environmental Services in Picayune, Miss. "Before you bring these items inside your house, remove all wrappings and let them sit outdoors or in your garage for a few days to reduce your exposure to these vapors."

In honor of Black History Month, here's a highlight of **Outdoor Afro**, a nationwide non-profit, created by Rue Mapp in 2009 "to let African Americans know that they belong in nature and that nature belongs to them, allowing new generations to become fully engaged in the beauty of the outdoors". *Inspiring!*

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM**Ellen Lund**

Hello February! That means it is Heart Health Month. Did you know over 600,000 people in the United States die of heart disease every year? Heart disease is the leading cause of death for women in the United States. How can you reduce your risk?

Here are some suggestions. Do not smoke and avoid second-hand smoke. Treat high blood pressure if you have it. Eat a heart healthy diet that is low in saturated and trans fats, salt, and added sugar. Easy right? Wrong! But it is something we should all strive to do.

We should also try to get at least 150 minutes of activity every week. (And that works toward that 130 hour challenge!)

Reducing stress can reduce your cardiovascular disease risk factors. Six minutes of reading a day can reduce stress by 68%. Other ways to reduce stress can include finding a healthy hobby, reducing caffeine intake, getting more sleep, and letting go of unimportant items on a to-do-list.

Also, see your doctor for regular checkups.

Heart disease develops over time and often has no symptoms until there is significant damage. Common symptoms are pain and discomfort in the chest and upper body. Other symptoms like shortness of breath and nausea are more common in women than men.

Start listening and loving your heart. Pay close attention to the warning signs. Believe your body when it is telling you something!

Wishing you all good heart health!

Hint #11 With Valentine's Day coming watch out for all that candy. Try flowers and a wonderful card instead.

Hint #12 Swimming is an excellent physical activity.

ADVOCATES FOR CHILDREN**Nancy Levy**

You can help lift the spirits of children in difficult or stressful situations. Organizations that help low-income families, foster care organizations, shelters and youth centers have children coming in who could use a pick-me-up. Here are a couple of things you can put together and give to an organization of your choice:

Make Valentines

Have members (or their children or grandchildren) make cards, or buy packs of kids' Valentines, and add a note that says, "Hope you have a great day!"

Make Activity Bags

Put items like activity books, coloring books and crayons, or other goodies into bags to be handed out.

This Chairman is looking forward to reading the year-end reports highlighting all the projects clubs have done for the Advocates for Children Program.

COMMUNICATIONS**Katie Chambers**

While you can certainly find success sending out mass emails to groups of journalists with your press releases – and this Chairman encourages you do it – it is also smart to begin cultivating stronger personal relationships with individual reporters. Read local publications, both online and print, and start to identify which reporters tend to cover local

COMMUNICATIONS (continued)

events, non-profits, and community groups. These are the reporters who are most likely to consider your club a potential part of their "beat." Keep a running list of their names and try using Google to find their contact info. Many reporters even keep public social media profiles where they post their work. If you can't find an email address, you can try sending a message on social media.

Send information about your club's activities but with a personal note at the top, one that shows you understand and appreciate who the journalist is and what they do. For example:

"Dear Jane, I read your recent piece in Local Paper Name about the local Girl Scout Troop's toy collection. Thank you for spreading the word about this great initiative. I thought you might be interested to learn more about what Our Club Name is doing to support the Emmanuel Cancer Foundation as part of the NJ State Federation of Women's Club's special state project. [Put a few sentences here about your activities.] Would this be of interest for future coverage for you? I would be happy to provide further details. Or if not, is there someone else on your team you could recommend I reach out to? Thank you for your time and attention."

Once you've established a rapport with a journalist, they are more likely to cover you consistently in the future. Better yet, they will hopefully start attending your events (which means you need to INVITE THEM!). Be sure to stay in touch with them and keep them abreast of your club's activities. You never know when they might take a special interest or need new content to write to meet a deadline!

CONVENTION

Patricia Dahl

Convention registration will be open beginning at 8:00 a.m. on Monday morning in the Big Cypress Foyer.

After checking in your Federation Exhibits – between 9:00 a.m. - Noon in the Brighton Ballroom - why not check out the Vendors which will be in the Sound Waves Pre-Function Area?

Put on your District's color tee shirt and between 11:00 a.m. – 11:45 a.m., pick up your pre-ordered box lunch and join everyone in the Sound Waves Theater to cheer on your District Vice President as she brags about all the District accomplishments over the past year.

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

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

CREDENTIALS AND REGISTRATION

Carole Speechley

On Monday, February 11, 2023 (snow date, February 18, 2023), the CALL TO THE 129th ANNUAL CONVENTION will be prepared for mailing to the President of each General Club, State Organization, and Affiliate Club, State Board Members and Past State Presidents by the Credentials and Registration Committee.

The January ALMANAC explained in detail all the information needed to register for Convention. Please read all information carefully and adhere to the deadlines when submitting your club's form.

NOTE: THE DEADLINE FOR ALL FORMS WITHOUT A LATE FEE IS MARCH 31st, 2023. Forms postmarked between April 1st to April 7th must include the appropriate late fees. **Registrations postmarked after April 7th will not be accepted.** No exceptions!

Your careful attention while completing the Registration Form is very important for both the Registration and Credentials Committee and you.

CREDENTIALS AND REGISTRATION (continued)

Even if you will have not received the CALL by now, you can still start to plan who your delegates and alternates will be so that once the CALL is received, the registration form can be completed without delay. Here's how you know how many delegates your club may have:

IF YOUR MEMBERSHIP IS:

49 or less
50 – 149
150 - 249
250 or More

THEN YOU MAY HAVE:

4 Delegates and 4 Alternates
6 Delegates and 6 Alternates
8 Delegates and 8 Alternates
10 Delegates and 10 Alternates

IMPORTANT: No delegate or alternate can represent more than one club or state organization.

Club presidents should send the number of delegates allowed for their membership size to the Convention and encourage all other members to attend. Attending Convention will present new experiences and create wonderful memories.

Responsibilities of a Delegate:

We want each of our delegates attending to enjoy all the activities Convention has to offer. Keep in mind that being a delegate entails some responsibilities that need to be taken care of before, during and after the Convention.

Before Convention, all necessary Credential and Registration Forms should be completed and signed and sent in by the deadline. All material regarding the business to come before the Convention will be mailed to the club presidents. Any proposed changes to the Bylaws will be included with the CALL and any Proposed Resolutions will be in a separate mailing. It is the club president's responsibility to make sure their delegates receive a copy of this material so they may have the necessary information in preparation for Convention.

Ideally, the material should be presented to the Club and any controversial issues should be discussed. The delegates should arrive at Convention fully informed about how their club feels on issues and act accordingly. Delegates are free to vote as they see fit on any matter unless they have been instructed otherwise by the club.

During Convention the delegates should attend all business meetings as well as any informative workshops. The delegates should take an active role in deliberations of the assembly and take part in the vote.

After Convention the delegates should report back to the club. This report may be oral, written or both. It should be an informative report on the business that transpired at the Convention.

If you have **any questions**, please feel free to contact the Registration and Credentials Chairman, Carole Speechley, speechley@njsfwc.org or 609-368-5243.

GFWC SIGNATURE PROJECT: DOMESTIC & SEXUAL VIOLENCE AWARENESS AND PREVENTION

Dawn Pogosaew

We are all taught that you never take candy from a stranger, but that is not the only thing we should be teaching our children. Raising awareness and preventing child/sex trafficking can start with teaching our children how to use the internet safely. For example, many parents and grandparents are completely unaware of how predators can easily gain a child's trust through online games. Predators gain access to your child just by playing the same games and friending them. It is not enough to just use child friendly apps and parental controls; children today can easily navigate around those firewalls. It becomes extremely important that you monitor every site they visit, apps they download, and every friend they "chat" with online. It is never too early to keep an open dialog about internet safety. Never judge them if they are being honest or you will discourage them from sharing any other information in the future. Use the apps that will allow you to see everything that they are doing, but don't just rely on them alone.

DOMESTIC & SEXUAL VIOLENCE AWARENESS AND PREVENTION (continued)

Teach them to never post personal pictures, share any information about where they live, go to school or even what activities they are involved in. It will take some time to teach them how to be safe on the internet, but it may prevent a tragedy in the future.

The NJ Coalition Against Human Trafficking has a very informative website that can be reached by going to safernj.org. Not only do they provide a list of tips for online safety, they may have a speaker available near you so that your club can have a program and don't forget to invite your community members to attend.

GIRLS' CAREER INSTITUTE

Mary Kay Tokar

Clubs should now be in the process of choosing Delegates and Alternates for GCI 2023 and should have already reserved and paid for your Delegate's spot. Clubs who requested more than two Delegates were contacted, and any additional funds have been sent to Headquarters. If your club still needs a reservation for a Delegate spot, please contact this Director immediately.

Don't forget to choose an alternate for each Delegate your club sponsors. Alternates must register by March 1st, the same as Delegates. Use the GCI Delegate and Alternate Notification Form 2023, which can be found on the NJSFWC website under Materials, under Girls' Career Institute, under Club Forms. Remember EVERY blank on the form must be completed before you give it to your Delegate(s) and Alternates(s). They need ALL the information to register online. They also need to have had their Covid vaccination and will need to upload proof of the vaccination.

Remember the Delegate Applications **ARE NOT** sent to Headquarters. They should be kept by the club, so you have the contact information for your Delegate. Delegates and Alternates, together with their parents, should at least begin the online registration process by MARCH 1st. If necessary, they can save an incomplete registration. They will be emailed a link to return to the registration to complete it.

Planning for June is now well underway. This Director is always on the lookout for career speakers. Ask your clubs for suggestions – members, family members, or their friends with experience in an interesting career can apply. They can complete the GCI Volunteer Application 2023, also on the website.

The volunteer form is also to be used for anyone interested in serving as a Housemother or part-time volunteer at GCI. Due to insurance purposes, staff and volunteers must be a NJSFWC members or a Douglass Alumni. As per Rutgers guidelines, staff and volunteers must also be vaccinated.

HISTORIAN

Jean Battaglia

Continuing our review of past GFWC Presidents, Mary King Sherman from Colorado served from 1924 to 1928. She had interest in parliamentary law, authoring a book on the subject and working as an instructor at the John Marshall School of Law in Chicago. But it was her move to Colorado to help recovery from illness that brought her appreciation of the outdoors. She advocated for formation of the National Park Service and for her support of the creation of six national parks became known as the National Park Lady.

Bettie Manroe Sippel, a native of Baltimore, served as GFWC President from 1928 to 1932 during the height of the Great Depression. Cost of club work, maintaining club houses and paying dues had become issues. One club held a "hen party" to raise money, each member who lived on a farm taking one hen from her flock to a meeting where they were sold. Home vegetable gardens were encouraged. On "bundle days" used garments were collected, repaired and re-distributed to families on relief. In 1929 a campaign for a Foundation Fund with a goal of raising two million dollars by 1932 to be shared fifty-fifty between GFWC and the state federations had been launched. Dr. Clara Burdette served as chairman, saying, "a thing worth having is a thing worth paying for" and "no organization of any kind cannot be maintained without financial support." The campaign fell short; \$160,482.32 was raised.

For discussion: Clubs coped with challenges during the Covid pandemic just as clubs had during the Great Depression. How did your club need to adjust to maintain membership, to raise funds, to meet? Did the club initiate any new programs? Did results fall short or exceed expectations? Have any of these changes been kept?

HONORS**Jill McDonald**

Ten submissions for the **Women of Achievement** award were received at Headquarters by the prescribed deadline. Jennie McQuaid, WOA Chairman, reviewed all nominations. They were processed and sent to the judges. Nominators and selected nominees will be notified following presentation to the NJSFWC Board of Directors. Those not selected this year may be submitted again next year if this was their first nomination.

Now the emphasis for honoring some of our most outstanding members has come. Nominations, fees, and tributes for **Honor Roll** and **Order of the Lily** must be received by April 1, 2023 at NJSFWC Headquarters. Think of your fellow club members. Who volunteered as coordinator for a food bank project? Who recognized a community need and brought the matter to the attention of the club? Who was a steadfast contributor to a sock or warm clothing drive? Who is an unsung hero who consistently brings sunshine into the club or mentors and encourages new members? Each member contributes in her own way to making your club shine. Be a spark of encouragement to the member who has gone the extra mile.

Members who have made special or multiple contributions to the club should be recognized sooner than later. Let them know how this recognition is deserved when you prepare a short tribute to be read at convention.

For members who have already achieved **Honor Roll** recognition, but continued to benefit the club in a special or long term way consider choosing the **Order of the Lily** to recognize them once again.

LEGISLATION/RESOLUTIONS**Gail Kovacs-Felici**

Thank you to the clubs who submitted year-end reports and to those who also sent this Chairman Resolutions to be considered by the Legislation/Resolutions Committee. They indeed made for very informative reading.

The state's top 10 reports will be forwarded to the GFWC Legislation/Public Policy Chairman by this Trustee. Good Luck in being one of the national winners!

Soon after March 15th, club presidents will receive in the mail a final copy of the Resolutions that will be presented at Convention. Please share these with your members, since the club delegates will be empowered to vote on them at the Annual Convention.

SPECIAL STATE PROJECT**Marie Sullivan**

When we think of February, we usually think Valentine's Day and we think of Love. Since NJSFWC Clubs are always looking for service projects to help the Emmanuel Cancer Foundation, and the families they support, why not write "Letters of Love"? These are notecards with words of loving encouragement for the parents of children in the hospital battling cancer. Parents are often exhausted and mentally depleted while watching their children go through cancer surgery and cancer treatments. ECF Caseworkers visit these families in the hospital and drop off Parent Survival Bags. "Letters of Love" can be dropped off any time a caseworker visits the hospital and can be a real life-line for a parent. In fact, one of those parents actually told this Chairman how she was at the end of her rope and someone had left a "Letter of Love" on the table and when she opened it and read just a few short words, she cried and cried and that was all she needed, to know that someone out there was thinking of her and her child.

These can be written on pretty notecards and can be very simple words of encouragement. Please be mindful not to include anything religious, just encouraging. Some examples: "You are a wonderful Parent. Remember to take care of yourself too!" or "You are stronger than you realize! There are people rooting for you and thinking of you and your child." Use your own words and remember kindness helps touch the soul. You can drop these at your local ECF Office or send to Headquarters marked "Letters of Love".

Inessa Rome, Northern Regional Director irome@emmanuelcancer.org
174 Paterson Ave. Midland Park, NJ 07432 (201-612-8118)

Barbara Kopel, Central Regional Director bkopel@emmanuelcancer.org
77 Brant Ave. Clark, Nj 07066 (908-322-4323)

SPECIAL STATE PROJECT (continued)

Mary Ann Sullivan, Southern Director msullivan@emmanuelcancer.org
451 Beech Ave. Woodbury Heights, NJ 08097 (856-853-4803)

Rose Contreras ~ Eastern Director rcontreras@emmanuelcancer.org
1710 Highway 71 Wall, NJ 07719 (732-282-2324)

Thank you in advance for all you do and of course this Chairman is always available for ideas or to answer questions sullivan@njsfwc.org (201-314-7945)

WEBMASTER**Tammy Levinson****It's Time to enter our Website Contest!!**

If you have a website, please enter our website contest. Intention to enter the competition should be done NOW - by **emailing the NJSFWC Webmaster during the month of February (1st – 28th)**. Websites will be judged between March 1st and March 15th.

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

***Rules for Submission & Judging:**

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

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

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

***Judges will use their own discretion as to awards given.**

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

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

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



Happy
Valentine's Day
from the
NJSFWC Board
& Staff