



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

As you read this, Spring has arrived although I'm not sure the weather realizes the season change!

Fast approaching is the deadline for the 129th Annual Convention. You won't want to miss this exciting Convention filled with workshops, great speakers, informative business sessions and time spent with Federation friends! If you are a music fan and have never been to the Hard Rock Hotel & Casino, the memorabilia are fascinating!

Join your District Vice President's on Monday as they share highlights of each clubs' accomplishments, then hear GFWC International President, Deb Strahanoski, speak during the Business Session along with proposed Bylaws.

Tuesday's Business Session will feature Kim Guadagno Executive Director for the Mercy Center along with Awards and Resolutions. Tuesday evening, the First Annual Carol J. Sas Awards will be announced, after you hear Donna Hernandez speak on "Being Your Best Self". You won't want to miss the excitement!

Thank you to every club who submitted year-end reports. It is because of your wonderful reports, NJSFWC State Chairmen were

able to write and submit their reports to GFWC. Reading those reports was truly awe inspiring and we are so proud of the reports that went to GFWC! Thank you, thank you! **What We Do Matters!**

Thank you to Arts Performing Vice Chairman, Ro Saviello for overseeing all of the District Performances. Ro says that there is no lack of talent when it comes to clubwomen performing and it's going to be a wonderful show at Convention! Come to Convention to see the Arts Performing show Tuesday afternoon after the workshops.

Spring Conferences and District Achievement Days are just around the corner. President-elect Barbara McCloskey and I are looking forward to being the Keynote Speaker and meeting with members of each District. Have you bought your tickets for the Mega 50/50? They are \$10 a ticket and will be available at Spring Conferences. The winning ticket will be pulled at the Wednesday morning Business Session of Convention.

Happy Spring!

In Federation Friendship,

Shirley

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Love, Loyalty,
Friendship -
The Bonds of
Volunteerism



NJSFWC PRESIDENT-ELECT**Barbara McCloskey**

What is the GFWC Jennie Award - The Jennie Award is the highest individual honor given by GFWC. The award is named in honor of GFWC's founder Jane Cunningham Croly, who wrote under the pen name of "Jennie June". The Jennie award gives clubs, states and regions the opportunity to identify and pay tribute to outstanding clubwomen on each level of our organization.

Nominees are selected based on their outstanding personal commitment to their club, community and family. By promoting the Jennie Award nominees, our communities learn about who your club is and what it is you do, as a part of NJSFWC and GFWC.

The nomination process begins with the individual clubs who nominate one of their own members for the state recognition. Once a winner is chosen on the state level, this winner's name then goes onto the region. Two winners are chosen in the region and sent onto the GFWC National level. One winner from each region will be chosen by GFWC for presentation at the GFWC International Convention.

The Jennie Award Nomination Form is included in this ALMANAC. The form and additional information can also be found on the NJSFWC website, in the Materials section, under Leadership.

GFWC Jennie Award Nominations – Don't miss out on this opportunity to honor an outstanding club woman. Each club can nominate a member of their club for the GFWC Jennie Award.

Deadline – Club nominations are due to President-elect, Barbara McCloskey by June 1, 2023

NJSFWC FIRST VICE PRESIDENT**Susan Chambers**

This month you'll be attending Spring Conferences and our Annual Convention and learning about which clubs won awards for their work based on their Year End Report submissions. Hopefully, you'll hear your club's name!

Do you want to write a better report? Don't know how to get started? Presidents, do you want someone other than YOU to complete the reports? Why not sign up for the Report Writing Workshop that this Officer will conduct at Convention? And make sure a few of your Chairmen sign up as well. We'll be discussing tips on how to complete a report in record time, how to write an award-winning narrative ... and how to have fun while doing it! Examples of winners – and maybe some non-winners, too – will be available for you to see. Don't worry, names will be changed to protect the innocent!

Let's make Report Writing fun and NOT a chore! Join me at Convention on Tuesday, May 2nd at 8:00 a.m. for "All You Ever Wanted to Know About Year End Report Writing but Were Afraid to Ask." Sign up with your Convention Registration forms and let's have a good time together!

NJSFWC SECOND VICE PRESIDENT**Chris Sienkielewski****Embracing Change In Your Club**

As we enter into the late spring and summer months, it's a good time for your club to consider changing things up a bit. After all your club, NJSFWC and GFWC still has the same mission from the moment of its creation: to make an impact and effect change locally, nationally and globally. Every club has the challenge to stay in tune with that goal while embracing change that keeps up with our modern world. For example – many women have decided to go back to work and need to meet in the evening. Can you make some changes that might include these women? Think about it...technology was rarely in our vocabulary in the 90's and now, we are finding ways to communicate with our members through many types of social media, not to mention email.

Take some time to evaluate what your club is currently doing and what changes can be made or implemented. Begin the process of implementing small changes:

NJSFWC SECOND VICE PRESIDENT continued

1. Entry: Break up the idea that you can “keep on keepin’ on”– especially when it comes to recruitment and retaining new members. How do you recruit? Newspaper? Invitation? Facebook? Did they work? If you gained new members, what do you do to help them integrate positively into your club? Discuss methods and outcome and list them in order of what worked and what didn’t.
2. Diagnose: Once you have your list, communicate the need to change with your members. You can interview them, create a survey, or just start a focus group consisting of your officers, membership chairman, and other members who have an interest or talent in using technology and/or communication. Be sure to include all members in your diagnosis.
3. Planning: Now that you have some suggestions and data, commit to making a change. – even if it’s just a small one. Plan out your new club year to address fundraising, leadership training, recruitment, rewarding members, communications and programs that reflect the diagnosis. Look to NJSFWC Officers, Board members and the NJSFWC tools for ideas.

Two of the most important aspects in this process is to have an open mind and an open heart for change. As you dig into your plan, always consider the roadblocks you may encounter, and this may include members. But, even the most indelicate members can embrace change if you include them in the process. And always remember – have fun. Summer is a perfect time to come together to incorporate change by embracing your members needs and suggestions.

COLLEGE DISTRICT

Linda Carbley

The **Woman’s Literary Club of Bound Brook** will be continuing with their project Birthday Bags and will do Truffala Tree “Seed Packets” which are filled with Fruit Loops and give to Preschool and Kindergarten classes for Earth Day.

Bridgewater Woman’s Club will host naturalist Ben Berkley from SCOC Environment Center who will present the program on “The wackiest, funniest, and most bizarre bird special from the globe” at the PeopleCare Center in Bridgewater.

Woman’s Club of Cranbury will host a speaker to cover aquatic performance training benefits.

East Brunswick Woman’s Club will host a Charity Luncheon to benefit St. Vincent de Paul on April 18th at 12:30 p.m.at the East Brunswick VFW.

Greater Brunswick Area Woman’s Club will be collecting food items for a local College food pantry and items for EC Hospital Survival Kits and will make snack or lunch bags for Elijah’s Promise.

Kalmia Club will host speaker Barbara Fox who will present Every Button Has a Story on April 10th.

Metuchen Edison Women’s Club will hold a fundraiser at LaRosa for their Scholarship Fund. An outing to Hunterdon Hills Playhouse and will plant Pinwheels for Prevent Child Abuse month.

Flemington Woman’s Club will host a program on April 12th at 1:00 p.m. featuring a presentation on Native Americans, “Better Halves, Strong Women” with Carla Messinger, who is herself a Native American woman and a historian. They will review exhibits including creative arts and costumes. Donations for Safe in Hunterdon will be collected that day.

Woman’s Club of Hillsborough will be working with GiGi’s Playhouse a local center for Developmental disabilities.

North Brunswick Woman’s Club will hold a Clothing Drive.

Suburban Woman’s Club of South Plainfield will sponsor the third-place winner of the Woman’s Leadership Committee Essay Contest in town and plant Pinwheels Garden at local library.

GARDEN DISTRICT**Marie DiMatties**

This District Vice President had the honor and pleasure of presenting anniversary certificates to the following clubs in the Garden District celebrating special anniversaries this Spring.

Congratulations to:

Porch Club of Riverton - 115 years
Woman's Club of Westville - 110 years
GFWC Woman's Club of Wenonah - 100 years
Woman's Club of Edgewater Park - 50 years

Thank you to **Marlton Woman's Club** and June Adair, Garden District Civic Engagement and Outreach Day Chairman for arranging a very informative day of presentations by Larry Abrams of Book Smiles, Sandra Ortega, the first black female direct commissioned officer in the US Air Force and Officer Carly Szwajkowski, of the Evesham Police Community Engagement Unit.

Thank you also to Geri Tobako, Garden District Arts Performing Chairman and **Woman's Club of Penns Grove/Carney's Point** for a delightfully entertaining Performing Arts Day. Who knew there were such talented entertainers in our own back yard! Looking forward to a repeat performance by some at Convention.

GFWC Woman's Club of Runnemede collected crayons, washable markers, paper, color pencils, stickers, glue sticks, coloring books, etc. for twelve craft kits filled with art supplies and donated them to children at Cathedral Kitchen in Camden for Youth Art Month.

The **Woman's Club of Woodstown** will be participating in a town wide yard sale with one of the members collecting items and holding the yard sale on her property. Unsold items will either be donated to Ranch Hope, The Arc Thrift Store or offered to an organization willing to pick them up. This fundraising project benefits the club as well as other community organizations.

The Haddon Fortnightly is welcoming New York Times Best Selling Author, Martha Hall Kelly for a return engagement on May 7th following the release of her latest novel *The Golden Doves*. Tickets are available through Eventbrite.

HIGHLANDS DISTRICT**Lynn Webb**

Woman's Club of Parsippany-Troy Hills, GFWC Woman's Club of the Denville-Rockaway Area, Long Valley Area Junior Woman's Club, Junior Woman's Club of Sparta, Junior Woman's Club of Jefferson Township, and West Morris Junior Woman's Club had successful club Spelling Bees.

GFWC Woman's Club of Boonton will install five new members who attended the club's open house in January. The club partnered with the Boonton Public Library for Women's History Month.

Long Valley Woman's Club's 50/50 raffle tickets will be pulled on May 18, 2023, at their banquet. A fundraiser on Tuesday, April 25, 2023, from Noon-8:00 p.m. will be at the Tap House, and they will donate 10% of their sales to the Club.

Long Valley Area Junior Woman's Club had a successful Trivia Night. Racks Thrift Shop, which the club owns and operates, looks forward to donations for their shop.

GFWC Woman's Club of the Denville-Rockaway Area set up and collected Easter baskets in their community. These baskets benefited two social services.

Woman's Club of Parsippany-Troy Hills members went to Jersey Battered Women's Service (JBWS) to make molded chocolate valentines with the children. Their Tricky Tray is scheduled for July 11th.

Roxbury Woman's Club completed 12 no sew blankets with adult prints and were donated to Merry Heart Nursing Home, and the kids' print blankets were donated to Family Promise. They are working on six more quilts.

HIGHLANDS DISTRICT continued

Sparta Woman's Club will be having a Tricky Tray at their June general meeting. The proceeds will go to charities.

Thursday Morning Club had a successful Enchanted Princess Valentine's Tea for four-to-eight year-olds with their mothers and grandmothers.

LIBERTY DISTRICT**Joan Murdock**

The **Liberty District Past Presidents Club** will be holding their meeting/luncheon on April 18, 2023 at the Upper Montclair Clubhouse.

Two \$2,500 Continuing Education Scholarships for women 25 years and older following a non-traditional education path will be awarded by the **Woman's Club of Caldwell**. They are collecting women's sanitary products for Eva's Village in Paterson and continue to collect Baby Shower items.

May 5th, the **EMD of Arlington Woman's Club** is sponsoring a Cinco de Mayo Bunco at the **Rutherford Woman's Club** – Club House.

West Essex Woman's Club sent Thinking of You greeting cards to the parents of the children in our Special State Project – Emmanuel Cancer Foundation. In honor of Woman's History Month, they ordered materials from National History Project to distribute to the local public libraries, college and public schools.

The **Woman's Club of Upper Montclair** held their annual St. Patrick's Day Luncheon, that featured homemade Shepherd's Pie. They filled Easter Baskets for a local Woman's Shelter and will hold a Flea Market at the clubhouse.

A successful Bunny Brunch was held by the **Junior Woman's Club of Verona**. They are planting a Pinwheel Garden and also displayed "pinwheel cards" with the number of the Child Abuse Hotline at different locations in their town. The town issued a Proclamation in honor of their efforts to raise awareness for Child Abuse Prevention Month.

Woman's Club of Montclair held a gardening talk with Deb Ehlis, founder of Essex County Chapter of Native Plant Society of NJ. on April 14th. On May 7th, a Big Band comes to the club for a night of dancing and May 12th they will host Suki Kaur, a certified Life Coach who will speak on how to fight imposter syndrome.

PALISADES DISTRICT**Claire Hill**

Woman's Club of Maywood is planning a small tricky tray with vendors on April 22nd at the Senior Center.

Junior Woman's Club of Harrington Park is planning a Designer Bingo & Tricky Tray in May. Plans are underway for social events this summer. Membership drives, like the "new to town mixer" to connect new residents of Harrington Park are planned.

New Milford Woman's Club will host representatives of New Milford's Green Team, a volunteer group appointed by the Mayor. New Milford recently attained a bronze status for Jersey Sustainability.

Lyndhurst Woman's Club is making Easter baskets for COMPREHENSIVE BEHAVIORAL CARE their club project.

Woman's Club of Haworth will have Lorianne Braunsch lead a discussion on how to save a tree at their general meeting. Discussing the book, The Magnolia Place.

Woman's Club of Leonia collects items to support a local Center for Hope and Mercy.

Woman's Club of Ridgefield Park is planning their May dinner at a local restaurant. Several members are planning to attend NJSFWC Convention.

PALISADES DISTRICT continued

Greater Pascack Valley Woman's Club is planning their Military Bridge for April 27th at the Montvale Senior Center. There will be a basket raffle and a 50/50, as well as refreshments.

Cresskill Woman's Club is planning a fundraiser in April. The April General Meeting will have a psychic come to give a program; May will have a speaker from the Special State Project.

Woman's Club of Paramus held Bunco night to benefit their charitable endeavors. Prizes were given to winners of each game. They held the Second Annual "Pedals for Progress" drive where they collected slightly used bicycles and sewing machines, destined for U.S. landfills, and will be shipped to developing countries.

Woman's Club of Englewood - April 17th Literature: Natalie will read from her book Memoirs of a House. April 25th, The Women's Diversity Book Group has invited the club to join them on Zoom to hear author/teachers Julie O'Connor and Elaine Mroczka talk about their book United States of Friendship.

RAMAPO DISTRICT**Tin Ree**

Allendale Woman's Club will be having their fashion show fundraiser, a 50/50 offsite raffle, and a spring flower sale and sponsoring an event for children at the library.

Montville Township Woman's Club, Inc. will be purchasing baking tools for Strengthen Our Sisters as well as purchasing personal items for Vectren's Haven.

Pines Lake Woman's Club will be updating the table cards and signs for registering the entries for Achievement Day at Indian Trail Club

Pompton Lakes Woman's Club will be holding their annual Bunny Basket Breakfast Fundraiser.

Suburban Woman's Club of Pompton Plains will have a speaker from Emmanuel Cancer Foundation speak on ways their club can provide aid to their families.

Ridgewood Woman's Club will consider going to a trunk show and collecting for CASA since CASA had their funding reduced this year.

Riverdale Woman's Club will be welcoming individuals from City Green a nonprofit for farming and gardening who offer advice and resources for sustainable and healthy communities, and will collect donations for them to use within the communities they work with.

Saddle Brook Woman's Club will be making 23 Easter Baskets for the food pantry.

Woman's Club of Upper Saddle River will be making parent bags for ECU, attending the Papermill Playhouse and participating in Achievement Day.

Woman's Club of West Milford Township will continue making entries for Achievement Day and preparing their donations for scholarships and other charities, and holding workshops for craft projects.

Past Presidents of Eleventh District had a successful Brown Bag Auction and in March, had representative Brian Bergen speak on a bill which our resolution supports.

SHORE DISTRICT**Kathy Doty**

Woman's Club of Asbury Park the Shore District Performing Arts Day was at their clubhouse. They will be highlighting one of their members for her contributions to the community.

SHORE DISTRICT continued

The **Belmar Woman's Club** held their scholarship luncheon which brought in approximately \$8,600. A representative from the Jersey Shore Blue Claws spoke at a meeting about a fundraiser this summer at the Blue Claws.

Woman's Club of Brielle sponsored a Bitty Basketball Team with 1st and 2nd grade girls learning to play the game with Brielle Woman's Club name written across the back of their shirts.

Brick Township Woman's Club collected sneakers for "Got Sneakers", over 500 pairs were collected.

Woman's Club of Colts Neck received several Thank You cards from members of the military, for the loving stuffed stockings. They held "Hearts of Hope Breakfast" at Brookdale Community College, benefiting Collier Youth Services.

Freehold Township Woman's Club will be collecting cookies for Open Door as part of Operation Candy Cookie.

Howell Woman's Club gathered to make cupcakes for a local senior center, along with a social night out.

Woman's Club of Lacey celebrated 58 years as a Federated Club with a birthday party at their March meeting. They had a speaker from Providence House, and are making Easter baskets for their client's children.

Little Silver Woman's Club had Rosemary Contreras from Emmanuel Cancer Foundation speak at their March meeting. Their fundraiser is May 6th and 7th called Another Woman's Treasurer, selling new and gently used handbags, scarves, and costume jewelry.

Woman's Club of Matawan collected personal items for Mothers Matter and Operation Cookie Candy for their local food pantry. Members will participate in the Shore District Spring Conference and Arts and Culture competition.

The **Woman's Club of Middletown** delivered Dr. Seuss books to local day care centers. They held an auction called "Gift That Didn't Make It".

Woman's Club of Point Pleasant will have their 18th Annual Tea will be May 21st. They are holding a Bunco fundraiser, a Blood Bank at the clubhouse, and a coloring raffle contest at local public libraries for Dr. Seuss Day.

Past President's Club sent a donation in memory of Art Brown to St. Jude's on behalf of their club and the President sent a donation in memory of Kathi's Baxter's mom to the Ocean Grove Choir.

Woman's Club of Red Bank had a speaker discussing Conscious and Confident Motherhood Event.

Woman's Club of Spring Lake is holding an event at The Spring Lake Theatre for the performance of Mary Poppins, proceeds go toward the Scholarship Fund.

Stafford Township Woman's Club is holding a Traveling Chick lunch program to get to know members four at a time. Fifty-five members attended the soup luncheon.

SOUTHERN DISTRICT**Laura Badger**

The **Woman's Club of Absecon** donated socks to the Women's Abuse Center and will continue to collect socks, to complete the goal of 130 pairs, or more! After co-hosting the April Spring Conference and Achievement Day, they will have a May Social to end the club year.

The **Women's Community Club of Cape May** has supported for several years Project Lifesaver, and will hear an update from the local sheriff's department. The primary mission of the project is providing timely response to save lives and reduce injury for adults and children with cognitive conditions who tend to wander. May is a luncheon meeting to officially end the club year, June will find them at the Cape May Point State Park for a potluck picnic!

SOUTHERN DISTRICT continued

The **Colony Club of Ocean City** will supply Caring for Kids and the residents at the Shores with Easter Eggs! In May they will support Project Ukraine.

The **Woman's Civic Club of Hammonton** will host the Director of the Camden Country Pop Up Library at the general meeting. They will be participating in Hammonton's Spring Extravaganza.

The **Millville Woman's Club** is busy collecting pet foods, toys and grooming items for the SJRAS; and a Barbecue Bash Lunch with a talk on Happy Bee Day. Spring Fling Game Day will complete April. In May, Officers will be installed and will host the Girls' Career Institute Reception. Trustees will host a thank you lunch for the members in June. The members are doing 130 notes for ECF Parents.

April finds The **Woman's Club of Vineland** collecting for Gilda's Club. May brings the yearly Blossom Tea and the Flower and Book Sale in the clubhouse parking lot. June is the Summer Salad Supper. Game Day, Book Discussion, and the June President's Lunch will complete the club year.

THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM

Barbara Rose

"April" comes from the Latin word "aperio", to open (bud) because plants begin to grow now. Passover and Easter are the two most common celebrations this month. The spring equinox was, at times, the beginning of the new year, and April fools began as people who refused to accept the new calendar. The oval egg has been a symbol in many religions across the millennia, as a symbol of fertility, new life, and rebirth. There was a time when eggs—representing Jesus' resurrection—were not eaten during Lent, thus there were extra eggs available afterwards, for decoration, hunting, and—in the Middle Ages—to pay rent to the lord of the manor.

As you receive this ALMANAC, Achievement Day will fill this Chairman's month, and hopefully many of you will also be participating, either as entrants or observers. This is a time for individual members to shine and inspire others, both at the District and State level. This Chairman hopes to see many old friends and to make some new ones. She also wishes to thank all the District Vice Presidents, District Arts & Culture Chairmen and all of their helpers and judges who make a successful Achievement Day possible.

Annual Reports are being processed as this is being written and this Chairman is impressed with the creativity and generosity of our clubs and members. While the larger clubs have larger numbers, they do not have a monopoly on great ideas for ways to improve their communities. Even though completing reports may not be one's favorite activity, they are truly inspiring to read and report to GFWC. Thank you to everyone who took time to do the projects and to those who wrote the reports to share their efforts!

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM

Joyce Fredericks

This is the third in the series of Theaters in New Jersey – Southern Theaters.

Theatre of Pitman

43 S. Broadway, Pitman, NJ 08071
856-384-8381
<https://www.thebroadwaytheatre.org/>

The theatre is committed to productions written for a diverse audience. They bring this about by using the stage as a place where professional and aspiring actors can learn, explore, grow and produce excellence together.

Levoy Theatre

126-130 N High St, Millville, NJ
(856) 327-6400
Tickets

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM continued

A not-for-profit organization committed to reviving and continued operation of Millville's century old Levoy Theatre as a performing, screen arts and educational center serving Southern New Jersey and surrounding areas. The venue has a 1,100 seat lower level, a 400-seat balcony with box seating. Performances include concerts, Broadway style plays and musicals, and comedy.

CIVIC ENGAGEMENT & OUTREACH COMMUNITY SERVICE PROGRAM Ann Ribinsky-Brown

This Chairman would like to thank the 113 Clubs that completed reports for the Civic Engagement Community Service Program. It is amazing that reporting Clubs have completed 1,747 projects, and spent 41,701 hours, that allowed them to donate \$157,714 in cash donations, and \$499,966 in in-kind donations. Overall, Clubs worked both with the community and for the community. Outstanding work!

Are the members of your club looking for a small project to knit or crochet? Investigate Soap Sacks. In September of 2017, S.A.C.K. (**S**upporting **A** Community with **K**indness), was started as a grassroots effort to connect people from all over the world while crocheting/knitting soap sacks and then donating them (with a bar of soap in each one) to homeless shelters, food pantries, veteran clinics, relief efforts and social service agencies.

Stacy Wiener, Founder of S.A.C.K., discovered through volunteering at food pantries, that there was a lack of essential toiletries available. One key reason is that people cannot use government subsidies, such as food stamps, to purchase them. When it comes to deciding on whether to eat vs. buy soap and shampoo, the choice becomes obvious. So, S.A.C.K. was created to help fill this need.

S.A.C.K. is a 501(c)(3) Public Charity Organization. On its website, www.soapsacks.com, there are simple, specific directions on how to complete this project as well addresses where to send the completed soap sacks. This could be a good project to use to teach members how to knit or crochet.

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM Marta Cirilli-Kuebler

Encouraging young readers to continue to read over the summer can sometimes be a challenge. Here is an idea for your club that will put the fun back into reading while not posing a constant obligation and impending doom during the summer months.

"GET CAUGHT READING" that encourages young readers to read in fun and unique places is a great way to entice them. Provide your librarian with small prizes for photos submitted of the coolest place a reader was caught reading, such as on a trampoline or in a tree. Take it one step further and have the child provide a review of the book they were reading in the picture. The review does not have to be long and you can provide large index cards on which to write it. Photos and reviews can be placed on a large bulletin board in the library for all to see.

You can expand your presence by having bulletin boards setup not only in your library but also in your Town Hall, senior center, and recreation house. This will allow maximum visibility for both your young readers and your club.

If you need help getting started, please feel free to contact this Chairman for support or additional ideas. (cirilli@njfswc.org)

ENVIRONMENT

Jacqueline Wisner

Make your garden, terrace, or window box an oasis for pollinators e.g., bees, ants, beetles, moths, butterflies, birds...by planting native flowers that produce the most ecologically compatible nectar and pollen. Plus, native species tend to require little irrigation and bloom without fertilizer. Ideally, you'll want to offer our little friends a veritable buffet of flowers in various colors, sizes, shapes and bloom times. This will keep them busy, full and happy as they begin waking up in the spring and through the summer and fall. Here are a few examples of flowers to consider: New England Aster, Butterfly Weed, New Jersey Tea, Field Thistle, Eastern Redbud, Lockspur Hawthorn, Coneflower, Closed Bottle Gentian, Gayfeather, Wild Bergamot, Great Blue Lobelia, Seaside Goldenrod, Pussy Willow, Wingstem, New York Ironweed.

ENVIRONMENT COMMUNITY SERVICE PROGRAM continued

And remember to celebrate Earth Day, April 22, 2023. You can go to earthday.org and review their toolkit of ideas for your club as well as other groups that are of interest to you. Join with others, inspiring initiatives to take action to care for our only shared home, our awesome Earth!

Lastly, I was filled with pride reading through the district environment reports. So many members and clubs are actively working towards reducing plastic, teaching children how to grow plants and trees, recycling clothing, household items etc., attending talks on the environmental issues, addressing community needs for cleaning the land and waterways, and more. We are an amazing group of women who clearly are changing our communities and building awareness for the betterment of our environment. Kudos to all!

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

As we age, our eyes are more prone to cloudiness, floaters, cataracts, glaucoma, and light sensitivity. Plus, the light emitted from cell phones, computer screens, also known as “blue light” can strain your eyes and has the effect of aging them.

There are quality eye health supplements containing an array of antioxidants known as “carotenoids” which work to support different parts of your eyes and your vision. Strain from age or blue light can tire out your eyes and worsen vision. However, carotenoids can help strengthen your eyes so they can withstand this damage.

This Chairman is sure many of you have heard your own Mother say “eat your carrots they’re good for your eyes!” And guess what, it’s true! Some other foods that are good for your eyes are pumpkin, grapefruit, bell peppers, leafy greens, eggs, broccoli and tomatoes.

It is very important to have a yearly eye checkup preferably with an ophthalmologist or optometrist.

Now what about your feet? So many things can happen to our feet. Corns, calluses, bunions, blisters, heel spurs, fungus, ingrown toe nails, etc.

Your feet need TLC too! Think how many steps they take each day. They have to bear your weight and stand for long periods of time. Those hard-working feet deserve more attention than you are probably giving them.

This Chairman found six tips to maintain healthy feet. They are:

1. Clean your feet daily and wear clean dry socks
2. Inspect your feet regularly
3. Cut your toe nails carefully and regularly
4. Always wear well fitted shoes
5. Moisturize your feet at night
6. Keep your blood sugar under control
- 7.

If you have any problems you will want to see a Podiatrist.

April is National Autism Awareness Month, Alcohol Awareness Month, National Child Abuse Prevention Month, and Women’s Eye Health and Safety Month.

Hint #15 – Check your weight the same time each day.

Hint # 16 – Listen to music when exercising.

ADVOCATES FOR CHILDREN**Nancy Levy**

Spring is here, with summer just around the corner. With that in mind, here are ideas for projects you can work on in the next several months.

ADVOCATES FOR CHILDREN continued

Prom and Party Dress Collections

Consider helping teens who might not be able to attend special events because of the cost of the attire; collect and donate prom and party dresses. Ask for donations of gently used dresses through social media outlets such as your club's Facebook page or website, your town's website, and/or press releases. Donate dresses wherever there might be a need. Find students through school guidance departments, your local Social Services Department, or organizations that work with underserved youth.

Outdoor Activities

Warmer weather means outdoor fun.

- Contact organizations that work with autistic, handicapped, or sight-impaired children. Your Club can volunteer at events or donate needed items.
- Contact youth centers or schools to run or help with an outdoor activity or enrichment program for children.
- Check out the website for Project Learning Tree at www.plt.org, or Google Project Learning Tree Free Activities. Look for "Free Nature Activities," "Free Activity Guides" or "Free Activities for Families." There are nature-themed guides listed by age group (early childhood through High School).

If you're looking for additional project suggestions and resources and weren't able to stop by the Advocates for Children table at Fall Conference, contact this Chairman at levy@njsfwc.org to get a 7-page packet of information with lots of ideas.

BYLAWS

Jean Revis

Amendments to the NJSFWC Bylaws will be presented at the Business Session of our Annual Convention on Monday, May 1st and voted on at that time. The Amendments proposed by the Bylaws Committee were approved by the Executive Committee and the NJSFWC Board of Directors for presentation at Convention.

Club Presidents received a copy of the proposed amendments with the "CALL to Convention". Club delegates should be given a copy of the amendments so that they may familiarize themselves with them in order to cast an informed vote. If there is something you do not understand, please don't hesitate to reach out to this Chairman.

Remember, NJSFWC Bylaws provide the necessary structure to effective governance. And good governance establishes a foundation for good work enabling members to continue to make a difference in the lives of others "One project at a time".

This Chairman is grateful for the help and guidance of the 2022-2024 Bylaws Committee including Susan Fosdick, Marilyn Marion, Jane Pullaro, Sue Stenson and Ex-officio members Shirley Holly, Chris Sienkiewski and Ann Quinn.

COMMUNICATIONS

Katie Chambers

Last month we discussed best practices for setting up a Facebook page for your club. But pages are not the only way to use Facebook to connect with your wider community! Facebook also has Groups. Groups are a place to connect, learn and share with people who have similar interests. You can create or join a group for anything — stargazing, baking, parenting — with people across the globe or across the street. Groups can be public or private.

To join a group:

1. From your Feed click Groups in the left menu.
2. In the search bar at the top, enter the name of the group you're looking for.
3. Select the group then click + Join Group below the cover photo.
4. Click Join Group.

Depending on the group's settings, you may have to wait for a group administrator to approve your request. Hidden groups you're not a member of won't appear in search results. When you join a group, members of the group will see that you're a member. Non-members may also see that you're a member, depending on the group's privacy level.

COMMUNICATIONS continued

You can join a group either as your Page or as yourself. Since some groups do not allow pages to join, this Chairman suggest joining with your personal account.

Search Facebook for Groups tied to your community – town groups, resident groups, groups for parents at your local school etc. There you can start to interact with people by commenting on posts, answering questions, and creating your own posts about your club's activities. It's a way to reach directly to local people who are interested in community building and might want to attend your event, support your club, or become a member.

It's smart to join Groups – not only because you can reach people who may not yet follow your page, but also because of the way Facebook itself is built. If you're already in some Groups, you may notice they almost always appear at the stop of your feed when you log in. That is because Facebook gives special preference in its algorithm to Groups – it wants people to connect in this way and therefore boosts the visibility of activity within them. So, join Groups and post to reach more eyeballs!

CONVENTION

Patricia Dahl

An informative Treasurer's Workshop has been scheduled on Monday morning from 9:30 a.m. to 12:00 Noon in Immokalee B. You don't want to miss it. A representative from the New Jersey's Legalized Games of Chance Control Commission will speak and answer questions.

On Wednesday, Achievement Day Entries **must be** picked up between 8:00 a.m. – 9:15 a.m. or after the morning Business Session in the Brighton Ballroom. They **cannot** be picked up during the Business Session.

Our closing Business Session on Wednesday, will begin promptly at 9:30 a.m., at which time the doors will be closed, for the very moving "In Memoriam Ceremony". This special ceremony recognizes former State Board members who have passed away during the past year.

The morning business session will conclude with our Honor Roll and Order of the Lilly ceremonies followed by all joining hands and singing "Let There Be Peace on Earth".

So, remember: Set your calendar for "Volunteerism Will Rock Your World" at the Hard Rock Hotel and Casino beginning May 1st until May 3rd, 2023! See you there!

CREDENTIALS AND REGISTRATION

Carole Speechley

Convention is just a month away and this Chairman is confident that all registration and meal request forms have been mailed by March 31, 2023 to avoid a late fee. Any registration forms mailed with a postmark of April 1 – April 7th must pay the additional late fee of \$10. **No reservation will be accepted if it is postmarked after April 7th.**

During Convention, **on-site registration** is \$20 for one day, \$40 for two days or more. Payment must be either cash or club check. Please remember if you register on-site at Convention, no meal reservations can be made. There will be a bulletin board by the registration tables with meal tickets of those who made a reservation but cannot attend. Please refer to it if you need a meal ticket.

Registration times at Convention will be Monday and Tuesday, 8:00 a.m. to 4:00 p.m., and Wednesday morning from 8:00 a.m. to 10:00 a.m. in the Big Cypress Foyer. For **late arrivals** on Monday or Tuesday with banquet tickets, registration will be available from 6:30 p.m. to 7:00 p.m. in the back of the Hollywood Ballroom.

All attendees, including delegates, alternates, members, guests and visitors must register when they arrive as soon as possible.

Each delegate and alternate must pick up her own credential and meal tickets. Credentials (badges/name tags) must be worn at all meetings, programs, workshops and exhibits. If an alternate delegate needs to become a delegate,

CREDENTIALS AND REGISTRATION continued

this change can only be made by the Credentials and Registration Committee at the registration desk. Only delegates are permitted to vote at the Business Sessions.

Delegates and alternates must be listed on the Voting Registration sheet returned by the Clubs.

The Credentials and Registration Committee is prepared to make registration as easy as possible. We are all looking forward to seeing you on May 1st, 2nd and 3rd.

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

The National Coalition Against Domestic Violence estimates that each year, over 10 million women and men have been physically assaulted. The World Health Organization estimates that globally, up to 1 billion children ages 2-17 have experienced some form of violence in the past year. It is not enough that we are aware of these statistics, we need to do something to protect ourselves and those around us.

One way to start doing just that, is to sponsor a Self-Defense Workshop either for your club, local school, or community center. A place to start is contacting your local Police Department and see if they offer a free course and if they don't, they may be able to recommend a class near you. There is also website, Raisingtacticaldaughters.org which has online courses and www.rad-systems.com (The Rape Aggression Defense System) has a list of classes held throughout New Jersey. Classes can be tailored specifically toward age groups, so it is never too early or late to benefit from taking one. Most classes not only teach ways to protect yourself, they also help to give you practical safety knowledge, improve your mental and physical wellbeing, and ultimately may give you the tools to help prevent you from becoming a victim.

GIRLS' CAREER INSTITUTE**Mary Kay Tokar**

This month Delegates and Alternates will be receiving invitations to the GCI Orientation Reception in their District. They will also have a list of all Orientations. If they cannot make the reception in their District, they are strongly encouraged to attend a different reception. Their parents are invited to attend with them. Club GCI Coordinators may wish to attend as well and should RSVP to the host club. Coordinators may also wish to invite Guidance Counselors who must also RSVP to the host club.

By now, your Delegates and Alternates should be registered via the online process. As Delegates find they must drop out, this Director will replace them. The first choice will be an Alternate from the same club, then from the same District, and finally with any Alternate available. Alternates who attend Orientation Receptions are given priority over those who do not attend for filling open spots. In past years, nearly all Alternates who attended an orientation were ultimately used as Delegates.

We are again asking clubs to donate items for GCI. Items may be delivered to Headquarters by June 3rd, or may be delivered to this Director at Convention. There will be a GCI table in the vendor area. Items needed are bottled water, juice boxes, individually wrapped snack items such as chips, pretzels, granola bars, etc. The girls will be making no-sew blankets as one of the service projects. Fleece or no-sew blanket kits would be appreciated.

Anyone interested in volunteering during GCI is encouraged to speak with this Director at Convention in Atlantic City, or to contact her by email tokar@njsfwc.org or phone 201-320-8403.

We are looking forward to making the 75th GCI the best one yet.

HISTORIAN

Jean Battaglia

Many clubs do not have formal meetings in the summer months, but that does not mean that there could not be programs or activities to bring members together. The **Woman's Civic Club of Hammonton** used a meeting program to have members bring photos, albums, and special mementos they wanted to share, especially anything from their family tree. Tables were used for display and members browsed and chatted and then were treated to snacks and beverages from family recipes. This sounds like a fun summer social theme.

The **GFWC Woman's League of Mount Holly** remembered events from the past by having members bring in pictures, clothing and other items from the club's dance parties held in the 60's and 70's. Past presidents who had moved from the area were contacted so that newer members could be entertained with stories from the past. Do your members reminisce about "what we used to do?" Ask them what kind of things and use this as a springboard for a "looking back" social.

The **Franklin Woman's Club** ended their 100th Anniversary year by having members make a take-home ornament as keepsake, reflecting the club history they had heard about throughout the year. Your club need not wait for an anniversary or the year-end holidays. Have fun getting together with craft supplies, creating a keepsake bookmark symbolic of your club, and then enjoying refreshments and friendship.

Each of these, casual and social, lend themselves to having members bring friends, perhaps a way to attract new members!

Thank you to clubs who submitted year-end reports, sharing data and projects. You will need to wait until District Spring Conferences and the NJSFWC Annual Convention to learn which clubs were District and State winners, but you were all winners in making history come alive for your members and communities.

HONORS

Jill McDonald

National Volunteer Week is celebrated in Mid-April by many organizations and municipalities across the United States of America. Clubs and individuals within NJSFWC have been especially busy in the months leading up to now. Your Honors Committee is charged with handling the nominations for various special awards to members and outstanding New Jersey women.

Five New Jersey **Women of Achievement** were selected from the 9 nominations received. Dr. Jennie McQuaide, WOA Chairman and a member of the Woman's Club of Wenonah, prepared packets of the nomination materials, wrote summaries, and designed a scoring system. A panel of 5 judges, selected from the NJSFWC Executive Committee and Douglass Residential College read and voted individually on the candidates. These women and their accomplishments will be celebrated at the Monday, May 1st dinner at the NJSFWC Convention in Atlantic City.

Established in 1944, the **Cecilia Gaines Holland** Award is the highest honor that a New Jersey club woman can receive from NJSFWC. One member will be recognized at the Tuesday, May 2nd dinner as the award winner. Mrs. Holland, the second President of NJSFWC, left the bequest to fund an award to a club woman each year who has demonstrated her commitment to her community by performing outstanding civic and volunteer work that extends above and beyond service to her club.

At the Wednesday morning closing Business Session clubs will recognize members who have provided special or long-time service to their club by enrolling them on the **Honor Roll** or the **Order of the Lily** if she was previously named to the Honor Roll.

Enjoy the recognition ceremonies and then begin immediately to consider other club women to be nominated for these special awards in 2024.

LEGISLATION/RESOLUTIONS**Gail Kovacs-Felici**

When asked to accept the position of NJSFWC Legislation/Resolutions Chairman, this Trustee knew what was expected in regards to the duties of the position. That those resolutions, amendments and recensions presented at the

NJSFWC Annual Convention (as well as those presented at the GFWC conventions) need to be approved by the members present as delegates.

What was not realized by this Chairman, however, was that how a bill dies. Let's look at how a bill progresses. After a sponsor/s introduces a bill in either the House or the Senate it is assigned a number (HR or H for a House bill and S for a Senate bill). The bill is then referred to a respective committee, for example Energy and Commerce or Veterans Affairs).

If the committee takes no action during the current session (currently 2023-2024 is the 118th session), then the bill is considered dead. The only way for that bill to move forward is to be reintroduced to the new congress and begin the process again.

This is why it is important when writing to support an Active NJSFWC Resolution, that a bill number is carefully researched – by stating the year and original bill number, since bill numbers may be reissued at a later time.

SPECIAL STATE PROJECT**Marie Sullivan**

NJSFWC members have been sooooo generous this club year, so much so that Emmanuel Cancer Foundation Directors can't thank you enough! You have generously come through on every single request so far, whether it was Filled Backpacks, Food Donations, Wishlist Requests for the Holidays, Love Letters of Encouragement, NJ Transit Bus Passes, Guardian Angel Bags, Birthday Bags to name only SOME of the ways NJSFWC Members have helped.

Going into the summer you might think about a few other projects to help the families get through the summer months. When parents are in the hospital with their children, Gift Cards to order food REALLY would be appreciated. Grub Hub, Door Dash, Uber Eats all deliver food to the hospitals. Summer Bags might also include natural sun tan lotion (for medically sensitive skin), cooling towels that help with the hot flashes, misting bottles, natural insect spray.

In addition to the Guardian Angel Bags and the Parent Hospital Survival Kits, Treatment Bags can come in handy too. These could be small bags with Lip Balm to help dried and cracked lips, glycerin lollipops to help with the constant dry mouth, small size udder butter balm to help with the dried and flaky skin, ginger chews to help settle the stomach, no scent natural deodorant, natural toothpaste, and insulated water bottles.

Everything you donate is appreciated. You can call this Chairman (201-314-7945 or sullivan@njfswc.org) or a Regional Director any time for other ideas and projects

Central Regional Center, 77 Brant Ave. Clark, NJ 07066, Barbara Kopel, 908-322-4323
Eastern Regional Center, 1710 Highway 71 Wall, NJ 07719, Rosemarie Contreras, 732-282-2324
Northern Regional, 174 Paterson Ave. PO Box 212 Midland Park, NJ 07432, Inessa Rome, 201-612-8118
Southern Regional, 451 Beech Ave. Woodbury Heights, NJ 08097, MaryAnn Sullivan, 856-853-4803

WEBMASTER**Tammy Levinson**

Now that a new club year is beginning, it is important to revisit some valuable information about your website.

Password Security – How often do you change your passwords?

Some websites prompt you to change passwords every so often. This becomes exceedingly difficult to manage, as many people have usernames and passwords for MANY websites! Many sites have rules about how many characters are needed for your password (capital and lower-case letters, numbers, and/or special characters like: !#%&*.)

WEBMASTER continued

Passwords are often how hackers enter websites or steal identities. The biggest problem is that people tend to choose ones that are easy to remember and easy to predict, like "password," "123456," or a name or birthday.

The best passwords are a complex mix of letters, numbers, and special characters. Experts recommend they be 15 characters long, and different for every website. If your password is long, complex, and unique, it is not necessary to change it unless you are notified that the website has experienced a breach, or you think your data has been compromised.

There's software out there that will help you remember and organize all your passwords for the many sites you are part of these include Keeper, Blur, and Sticky Password. Some even offer free versions!

*Please send your Convention pictures to post on Facebook! All submissions should be emailed to webmaster@njsfwc.org.

Thank you to all our clubs who continue to share Club News that we put on our Facebook page.
