



ALMANAC



THE STATE NEWSLETTER

New Jersey State Federation of Women's Clubs of GFWC

55 Labor Center Way, New Brunswick, N J 08901



President's Message— Barbara McCloskey

As we move into November, this Officer is sure that clubs are in 'full swing' and keeping extremely busy!

Be sure to take the time to look over all the materials, information and deadlines for upcoming events included in this edition of the ALMANAC. Don't forget to share all this information with your members, which is also available on the NJSFWC website.

Although 'Giving Tuesday' is not celebrated this year until Tuesday, December 3rd, I wanted to give you time to think about joining in the 'Celebration'. Around the world people will be celebrating the generosity of all organizations, just like the New Jersey State Federation of Women's Clubs.

As we have celebrated 130 years in 2024, take a moment to think about what we, as a Federation have accomplished, such as sending holiday stockings to the troops since 2009, continuing Girls Career Institute (GCI) for over 76 years, our Day of Service and continuing to support our Special State Projects.

- These projects, and so many more do not happen without people and places to plan, organize, educate and inspire!
- We are proud to be one of the few Federations that has a Headquarters building where members can meet and work with our office staff to make it all happen.
- But maintenance and other day-to-day expenses are increasing each year.

...a thing worth having is a thing worth paying for; no organization of any kind can be maintained without financial support." This was written in 1932 by GFWC Foundation Fund Chairman Dr. Clara Burdette, in a campaign to raise money to meet organizational expenses. The world has changed a lot in 92 years. What

has not changed is that an organization cannot be maintained without financial support.

- We will be happy to accept any monetary donation to our Headquarters maintenance fund from members, clubs and even friends!
- In addition, any donations up to \$1,000 will be matched by an anonymous donor.

You may send a check or visit our website njsfwc.org and 'click' on the **Donate** button on the top right corner. Please include a note that your donation is for 'Giving Tuesday' so we can keep track for the \$1,000 match.

Another way to support NJSFWC is to purchase merchandise items we have for sale at Headquarters.

- Some items include President, membership and special state project pins, 25- & 50-year membership pins, sweaters and shirts with the NJSFWC logo, pens, note cards, coasters and even umbrellas!

Visit the NJSFWC website, and under the Materials section, look for **Federation General Forms**. You may also call the office and order by phone.

Again, this President is very thankful to every NJSFWC clubwoman and the work each of you do in your communities all year long.

Happy Thanksgiving to you and your family!

In Federation Friendship,

Barbara

Together in Service
United in Friendship

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LEADS

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Together in Service

United in Friendship



NJSFWC PRESIDENT-ELECT**chambers@njsfwc.org****Susan Chambers**

Our parent organization, The General Federation of Women's Clubs, notes in their 2024-2026 Club Manual that "leadership development involves personal growth and improvement and influencing and fostering others."

How do you become a leader? Leaders constantly learn new ideas and approaches; they think out of the box. Leading involves being innovative and fearless in changing direction. It often involves risk taking. This month we'll look at the basics of strong leadership.

Leadership requires LISTENING to your members – their needs, wants, passions and skills. It does not move your club forward if the leaders dominate conversations or force their ideas. A leader who never stops talking about her ideas is either trying to push her ideas onto others ... or is not confident in her plans so she feels she must dominate the conversation in order to "win." A good leader "reads the room" and listens more than she speaks.

Passion is required of a strong leader. A club leader needs to be committed to the goals of her club. She needs to believe in her members and that what they accomplish matters.

Humility is a sign of a good leader and as GF says a good leader comes "from a place of community and in the spirit of making life happier for everyone." And great leaders smile often! Remember your mother saying it takes fewer muscles to smile than frown? A smile brings encouragement and gratitude and can light up members' hearts and minds.

Stay tuned: next month we'll look at the role of communication in leadership!

NJSFWC FIRST VICE PRESIDENT**sienkielewski@njsfwc.org****Chris Sienkielewski**

One of the brightest spots (and there are many!) of being a NJSFWC Officer is going to club, District and State meetings. Getting to know club members and learning about the many projects of our members throughout New Jersey is a privilege and honor. Inevitably, members will ask questions and this is one that is asked many times: "Why do we report?"

A great question! And there are some answers. Some you may have heard before, and some answers may surprise you. So, here we go...

WHY DO WE REPORT?

Historical Account: When an organization lasts as long as GFWC and NJSFWC, it is important to see the impact our members have had over the years. Looking back through our history, we have found that women were concerned about the very same issues we see today: clean food, childhood and adult safety, maternal and childhood health, libraries and education for all. Yes, we have come a long way from the 1890's, but we still see variations of these issues and so much more AND our members are still making a significant impact. Every club, no matter how many projects they can do, is a part of this history. And, more importantly, your own club history!

Statistical Impact: Your reports allow GFWC and NJSFWC to demonstrate our impact across the state, the nation and the world. When we show this united impact to outside organizations and local, state and national legislators, we are able to influence decisions and also partner with other larger organizations. While, last October, one club generously donated 25 Holiday stockings for the military, 95 clubs donated 2,357 stockings. It is why Operation Jersey Cares wants to work with NJSFWC for this year's Holiday Stockings. That impact creates change in thought and reflection and each club is a part of that. But, unless we can receive that information from your reports, we cannot make that connection with legislators and other organizations.

Your story: When you write about your club story of a project – the why, the how and the what – you are letting others know about the volunteer spirit of our members. Statistics may create power and influence, but your club's story creates strength and unity. Volunteerism may seem elusive to some, but it is alive and well in our clubs and hopefully, by telling your volunteer stories and the impact volunteering has on every member of your club, we rejuvenate that spirit throughout our communities.

Last spring, I had the opportunity to speak with members of the new NJSFWC club, the Douglass Woman's Advocacy Club. I asked them why they chose to become a part of NJSFWC. The president said, "I knew a little about how Douglass College started and then I learned more about NJSFWC and all the work they have done and continue to do, and I wanted to be a part of that." Your stories make a difference to future generations.

NJSFWC SECOND VICE PRESIDENT**dahl@njsfwc.org****Patricia Dahl**Things you can do to retain members:

- Everyone needs a healthy dose of external appreciation to keep them going.
- Never forget to tell your volunteers – as often and in as many ways as possible – that your club couldn't accomplish all it does without their help.
- Ask members to help in specific ways. Take a job and divide it up to make the job easier.
- Always stay connected and communicate.
- Offer training and/or tips to help a member understand the job and what it's purpose would be...why her job is needed.
- Listen to what your members need to say.
- Highlight your volunteers' successes to show them how their hard work helped the cause. Whether it's the smile on a child's face when they receive the food package a volunteer packed, or the first book a child with a learning disability reads after months of tutoring, let your volunteers see the results of their efforts. There's no motivation as powerful!
- People volunteer for a variety of reasons; your organization must consider these motivations when placing a volunteer into a role.

Volunteering provides physical and mental rewards. It:

1. **Reduces stress:** Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
2. **Makes you healthier:** Moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.
3. A valuable community service so more money can be spent on local improvements.
4. The estimated value of a volunteer's time is \$15.39 per hour.
5. Brings people together. Uniting people from diverse backgrounds
6. Building camaraderie and teamwork
7. Strengthens your community.
8. Some members realize their hidden talents.

Community service and volunteerism are an investment in our community and the people who live in it.
Every person counts!

NJSFWC TREASURER**carbley@njsfwc.org****Linda Carbley**

Club dues were due to Headquarters by November 1st. If your club has not submitted a check for Club Dues, please do now. If you have misplaced your Dues Bill sent to all Club Presidents in the September mailing that included your Charitable Registration Form, the Continuing Funds Form for 2024-2025, and Dues Bill, please contact NJSFWC Headquarters to inquire what your club owes.

A reminder the new Bylaw 3.4 Annual Dues section that was passed at Convention now reads:

Dues are due and payable with the submission of the Yearbook Data Form, AKA the Blue Sheet by May 1, 2025.

If you have any questions or need assistance, please call me at 732-522-1314 or email me at carbley@njsfwc.org.

NJSFWC FINANCIAL SECRETARY**cibelli@njsfwc.org****Debbie Cibelli****Donations**

As President Barbara McCloskey wrote, Giving Tuesday is December 3rd. With that being said and the holidays in tow, most of us are busy gearing up for the season. As we get into the spirit of giving and being "Thankful" why not think of others in need and "give back" either of yourself or monetarily.

NJSFWC FINANCIAL SECRETARY (continued)

It has been proven that giving back increases endorphins and leads to a feeling of euphoria called a "helper's high". We all give back of ourselves through the volunteer work we do with our clubs. The NJSFWC provides you with the means, tools and resources to raise funds and continue on with your corporal works.

Why not consider supporting our Headquarters Foundation so we can continue to provide you with these benefits. These donations are tax deductible and are "unrestricted".

I'm sure you're asking yourself, "What does that mean"...

Restricted Funds are monies received by a nonprofit with conditions attached, dictated by the donor, like the donations the NJSFWC receives through our Continuing Funds drive. These funds can only be used for specific purposes, such as a project or a scholarship program. We need to maintain detailed records of restricted funds to ensure they are used in accordance with the donor's stipulations and only for the specified stipulations.

Conversely, Unrestricted Funds are contributions without restrictions and can be allocated at the discretion of the NJSFWC Board of Directors. These funds offer invaluable flexibility to the NJSFWC, allowing us to continue to meet various operational needs including, but not limited to, administrative expenses, program funding, tools and resources that we can provide you with.

So, in the spirit of giving during this thankful holiday season, think about giving back to the NJSFWC and making a donation through our website, njsfwc.org or sending a check to Headquarters. Donations can be made in honor or in memory of a fellow member, friend or family member.

COLLEGE DISTRICT

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Laurel Dobalo

The women of the **College District** will be working in November to give back to the community in this month of Thanksgiving.

The **Woman's Literary Club of Bound Brook** will have a speaker talking about the inspirational Agnes Joan Negra who would listen to Radio Berlin during WWII to hear names of American POW's and then write to their families to let them know their loved one was alive.

The **Woman's Club of Bridgewater** will hold their big fundraiser "A Magical Afternoon" with magician Simon Mandel. A hot Italian Buffet lunch will be served.

Every year, the **Cedar Wood Woman's Club** comes to Headquarters in November to decorate the Christmas Tree in the lobby in honor of Carol Sas, longtime Executive Director of NJSFWC.

The **Flemington Woman's Club** will have Rose Miller from "Rose Knows Where It Goes" who will speak on decluttering your home.

The **Hightstown Woman's Club** will have a Trivia Game at their November meeting to help members get to know each other better.

The **Holland Township Woman's Club** received a Certificate of Appreciation from Veteran's Haven North for their contribution of hand-knitted hats at their Appreciation Dinner.

The **Metuchen Edison Women's Club** will have a Boscov's fundraiser to benefit our local Buddy Ball organization and a Mahjonn Tournament fundraiser to benefit our SSP, NJ Children's Alliance. They will also have an outing to Grounds for Sculpture.

The **Woman's Club of Tewksbury Township** Gourmet Club will meet in November and December to enjoy a homemade meal from the club member host of the event. They will also have their Bag Lady Tricky Tray event fundraiser in November.

GARDEN DISTRICT**schneider@njsfwc.org****Mary Schneider**

Woman's Club of Edgewater Park held a Stock's Pound Cake Sale.

Gloucester County Women's Club - Bag Bingo on November 22nd. Members will be shopping for their adopted Christmas families.

The Haddon Fortnightly celebrated their 130th Anniversary. Their raffle to win \$500 in gift cards ends November 15th.

The Haddon Fortnightly EMD in collaboration with the Markeim Arts Center in Haddonfield held "Art of the Lego" Design Competition for children and adults.

Marlton Woman's Club celebrated their 60th anniversary by dedicating a park bench to the Township of Evesham and held a Bag Bingo.

Woman's Club of Merchantville held a card party, butterfly release, Tea Luncheon, Mum sale, sponsored trip to Peddlers Village and a 5-day trip to Williamsburg.

GFWC Woman's League of Mt. Holly left books in baggies in local parks for children to read and return for another child to find. They will participate in the Annual Burlington County Scarecrow Contest.

Woman's Club of Penns Grove/Carneys Point donated 22 filled stockings to the Holiday Stocking Drive.

Woman's Club of Pennsville celebrated its 85th Anniversary, sold mums, and filled stockings for the Holiday Stocking Drive.

Woman's Club of Pitman distributed paper fans made by club members with their message to "get out and vote" on one side and their club information on the other. They are getting ready for their biennial Christmas House Tour.

GFWC Women's Club of Runnemede held a successful Fall Fair.

Woman's Club of Wenonah is planning their annual Friendship Dinner.

GFWC Woman's Club of West Deptford's held a Basket Raffle, started a Walking Group and collect #4, #5 plastics and plastic bottle tops to have benches made.

Woman's Club of Westville celebrated its 85th Anniversary.

Woman's Club of Woodstown is donating seasonal decorations to Vineland Veterans Home. Written holiday cards, socks and gloves will be delivered by Veterans Day.

The Garden District Clubs donated 264 items to the Advocates for Children Project.

HIGHLANDS DISTRICT**jeisi@njsfwc.org****Karen Jeisi**

The Highlands District donated 178 items (shampoo, body wash, and laundry detergent) for Prevent Child Abuse.

Blair Woman's Club: holding their major fundraiser, a Silent Auction, at the Book Hollow Winery in Columbia, NJ on November 7th at 6:00 p.m.

Woman's Club of Denville-Rockaway: in September, placed voting information displays in four local libraries and distributed voter registration forms in high schools and vocational schools. In October, filled 25 stockings for Operation Holiday Stocking, and, in support of Operation Chillout, provided 25 backpacks filled with winter clothing for homeless veterans.

HIGHLANDS DISTRICT (continued)

Long Valley Woman's Club: held an anniversary luncheon on October 17th to celebrate 110 years.

Woman's Club of Newton: a club of 7 women -- in September, donated backpacks to the local grammar school and filled stockings for Operation Holiday Stocking. In November, will collect and donate food for three needy families for Thanksgiving. In December, will hold a Redstockings luncheon to raise funds for donations to be given to the Sussex County Food Bank.

Roxbury Woman's Club: formed a club team to walk in the Walk to End Alzheimer's on October 20th in Succasunna.

Sparta Woman's Club: held the annual Game Day Luncheon, Raffle, and Silent Auction on October 16th to benefit scholarship awards and local charities.

Thursday Morning Club: on September 28th, volunteered at the Madison First Baptist Church Food Bank for the GFWC Day of Service. On November 15th & 16th, will hold their major fundraiser, La Bazar de Noel, at the Madison Community House.

Washington Woman's Club: Collecting plastic to donate a NEXTREX Bench to the Karen Nash Memorial Butterfly Garden, located in front of the Washington Memorial School. Collecting coffee, filters, and personal items, such as deodorant, to take to the Veteran's Haven North veteran's home.

LIBERTY DISTRICT**Susan Chambers, Interim**

The Woman's Club of Arlington, the Arlington EMD and the Arlington Juniors sponsored Jump Start for Reading in October at the Kearny schools. The three groups read "Piper Chen Sings" in all Kearny kindergartens in October.

The Arlington EMD is collecting gifts for teen that the Salvation Army will distribute for the Holidays.

The Woman's Club of Belleville held a successful Tricky Tray. In the spring, they awarded six scholarships to Belleville High Senior girls and sent three Junior girls to GCI. Members supported their town's First Place Baseball team with a pizza party and Certificates of Achievement to each girl and their coach. In September, two staff members of New Jersey Children's Alliance spoke to the club about our SSP.

Woman's Club of Berkeley Heights held a Fall Festival Fundraiser in October that featured Bunco, door prizes and a 50/50. They've collected food through November for the LINC Program. On November 19th, they will create and decorate a glass Holiday plate.

Women's Club of Caldwell on November 15th will present Flavian in a Mind Reading Game Show. He'll read your mind and make you laugh! Contact president@womensclubofcaldwell.org or call 973-641-9007 for details and reservation.

Montclair Women's Club pianist Youn-Hee Kim of Montclair State University provided a concert "Epic Narratives on the Piano: A Journey Through Ballades" to members and guests. Montclair author Anastasia Rubis joined the club for wine and cheese and discussed her book "Oriana: A Novel of Oriana Fallaci."

Woman's Club of Upper Montclair held its annual Blood Drive in October as well as a Benefit Luncheon for Human Needs Food Pantry and MESH. Their Holly Berry Craft and Gift Show will be November 2nd and 3rd.

The Woman's Club of Verona participated in a town-wide garage sale. Members are filling stockings for our troops.

PALISADES DISTRICT

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Janet Drogo

The Palisades District had been busy stuffing stockings for Operation Holiday Stockings.

Book And Needle Club held their Annual "Food for Thought" Education Fundraiser for their GCI and HOBY Sponsorship. The previous candidates to GCI and HOBY were invited to speak.

Woman's Club of Carlstadt will be pulling the winners for the first month of their Calendar raffle. The program for their November general meeting will be a member Talent Show.

Cresskill Woman's Club will hold a fundraiser for NJ Children's Alliance on November 6th at Dante's Restaurant in Cresskill N.J.

Woman's Club of Dumont will hold a Holiday Glass Paint Party.

Woman's Club of Englewood held a Domestic Violence panel consisting of advocates, judges and support personnel.

Greater Pascack Valley Woman's Club collected and recycled 75 pairs of sneakers and 210 pairs of shoes for Soles4Souls. Members continue to collect and recycle cell phones, iPads, laptops and E-readers.

The Woman's Club of Haworth will hold their annual "All you can Eat" Beef Steak Dinner on November 2nd.

Lyndhurst Woman's Club is collecting food and staples for the local food pantry and working on the Annual Holiday Market.

Woman's Club of Maywood is selling tickets for their annual raffle.

Woman's Club of Old Tappan collected and donated 180 pairs of eyeglasses to the local Lion's Club.

Woman's Club of Paramus will hold a Paint and Sip Fundraiser.

Woman's Club of Ridgefield Park donated books to Libraries and schools in Ridgefield Park and Bogota.

Woman's Club of Rutherford will be celebrating the 100th Birthday of a long-time member and preparing to play Bunco.

The Woman's Club of Westwood held the first Cornhole tournament to benefit Breast Cancer.

RAMAPO DISTRICT

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June Witty

Allendale Woman's Club will be organizing a town-wide garage sale. This year their goal is to increase public relations in hopes of growing the benefits of the AWC and all their social and philanthropic achievements. They continue to plan on their Fashion Show, year 20! They collect food for the Center for Food Action, Mahwah. They will have a presence at Allendale Day where they will display their short video on what the Club accomplished over last year.

Montville Township Woman's Club will be hosting a Fish-n-Chips on October 25th. The Club is participating in Montville Day in hopes to increase awareness of the Club and what activities they participate in, and, recruit new members. A raffle is underway and tickets have been on sale since June; pulling will be in October. Operation Smile items are being assembled for bags.

Pompton Lakes Woman's Club's first meeting will be in October with a Potluck dinner. Members continue to prepare for their Victorian Tea and Tricky Tray fundraiser for November.

Woman's Club of Ridgewood meetings take place for lunch. The Club has an active Book Club and Movie Club. This Club will be collaborating with the Girl Scouts to collect Christmas gifts for Veterans'.

Woman's Club of West Milford Township is already working on their Victorian Christmas at The Skylands Manor.

Suburban Woman's Club of Pompton Plains is already collecting items for their Tricky Tray.

SHORE DISTRICT

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Karen Osborne

The **Woman's Club of Asbury Park** is holding their 12th Annual High Tea with a Gift Basket Auction and a Super 50/50 drawing.

Belmar Woman's Club has begun holding evening meetings for members who are not able to attend daytime meetings.

Brick Township Woman's Club collected food at two locations as part of the GFWC Day of Service.

Woman's Club of Brielle held their annual craft fair, which included a Kid's Corner with face painting, balloon animals, homemade slime and ice cream truck.

Woman's Club of Colts Neck is finalizing celebrating our Veterans. November 11th is their Veterans luncheon immediately after the ceremony at Town Hall.

Jersey Coast Women's Club will be collecting and donating Thanksgiving items to our local food pantry. They will have their first Dine Out and Bake Sale fundraiser. They will bake treats for the local Senior Center.

Woman's Club of Lacey has started selling Calendar Club tickets for their 2025 drawings. Each ticket is \$25 and enters you in 5 drawings each month. There will be one drawing for \$500 and 4 drawings of \$100 from January to June. Proceeds benefit their student scholarship fund.

Little Silver Woman's Club is having a first Membership Open House. They are also starting the Raise Right - Gift Card Fund for the club.

Past Presidents Club had a September meeting with a beautiful turnout. The meeting included a fundraiser gift auction and 50/50. They welcomed the new past club presidents.

Woman's Club of Point Pleasant is boosting their health practices in November by getting flu shots and learning about fall prevention. This was arranged by the Health and Wellness Department.

Stafford Township Woman's Club is happy to welcome back President Jessica Sparkman after her recovery.

SOUTHERN DISTRICT

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Carole Speechley

The **Woman's Club of Absecon** will be supporting needy families in Absecon. They work with the School Nurse to provide Shop Rite gift cards for holiday shopping. This also adds to the funds they receive from their Shop Rite gift card project.

The **Women's Community Club of Cape May** participated in New Jersey's annual Run For The Fallen, which starts at Sunset Beach in Cape May. Six members met at the 3rd marker to honor 2 service men who died in the Global War on Terror and then went to a member's house for breakfast.

The **Country Shore Woman's Club** held a Paint the Night fundraiser at a local studio to benefit community-based organizations and scholarships. There were artist guided instructions, glassware and supplies, and light refreshments.

The **Colony Club of Ocean City** held their "Fun Fundraiser" at a café in a neighboring town. They raised funds for their scholarship fund at a local restaurant – a portion of the cost of everyone's meal was donated to the club by the restaurant.

The **Woman's Civic Club of Hammonton** will invite the female officers of the Hammonton Police department to their Annual Thanksgiving "Friendsgiving" Dinner to thank them for their service. The kids' closet is open and serves school nurses and local families.

SOUTHERN DISTRICT (continued)

The **Millville Woman's Club** is having a luncheon with a program on miniature doll houses. They will have a Thanksgiving Tea Social with music by their wonderful chorus for entertainment.

The **Woman's Club of Vineland** will hold their annual Antiques and Collectibles at their clubhouse on November 1st and 2nd. They will hold an orientation for their new members. Their new project for Advocates for Children is collecting snacks for children throughout the year for teachers at local elementary schools to distribute as needed.

THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM

Kathleen Reddick
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Igniting Creativity Amidst Change: With crisp air and colorful foliage, this month is an ideal time for reflection and the exploration of creativity. Emphasizing gratitude and connection, November invites us to tap into our imaginative potential and find joy in every aspect of life.

Gratitude for Creative Connections: While celebrating Thanksgiving, let's express appreciation for the creative voices around us. Acknowledge friends, authors, and mentors whose contributions inspire us.

Nurturing Your Creative Spirit: November is also the perfect time to click on njsfwc.org and check out the new Supplement for **Achievement Day** and to nurture and nudge your Creative Spirit into award-winning projects. You'll find many updates and changes that will motivate you.

Explore New Hobbies: Dive into activities you've always wanted to try—like painting, needlework or photography.

Change Your Environment: A shift in scenery can awaken creativity. Consider rearranging your workspace or taking a project outdoors.

Set Aside Time for Creative Play: Dedicate time each week for activities that excite your imagination. Engage in a new medium as a pure amateur, without the pressure of judgment.

Connect with Fellow Creatives: Join workshops or online groups to collaborate and share ideas with like-minded individuals. Do this as a small group within your club and share the experience. This can provide motivation and fresh perspectives.

From Inspiration to Action: While finding inspiration is vital, putting ideas into action is equally important. Challenge yourself this November to set a creative goal—whether it's completing a small project, restarting an unfinished work, or visiting an art gallery for inspiration. Document your creative journey and share your progress.

As November unfolds, let's uplift one another and embrace the beauty of creativity in our lives. Here's to a month filled with innovation, expression, and endless possibilities!

Don't forget to visit njsfwc.org – Achievement Day Supplement.

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM

Ann Ribinsky Brown
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Dance

How many of you remember taking ballet or tap dancing when you were young? In high school, did you learn how to square dance? Or as a young adult, doing line-dancing? Weren't they fun? Today, we can be in the audience for *Swan Lake* or *The Nutcracker*, but except for clubbing, participatory dance for adults is somewhat limited; enter **Zumba**.

Zumba is a fitness program that involves cardio and Latin-inspired dance. It was founded by Columbian dancer and choreographer Beto Perez in 2001 and it currently has 200,000 locations with 15 million people in 186 countries taking classes weekly. Zumba is great for older adults because it is low impact exercise. Becoming active can help to loosen up the painful joints or stiffness. Zumba is known to improve physical and mental health. These low-impact workout routines feature Latin American inspired dance styles that increase heart rate and overall strength,

ARTS/PERFORMING (continued)

There is a special program designed for seniors called Zumba Gold. This is a low intensity version designed to meet the anatomical, physiological, and psychological need of seniors. To find Zumba Gold classes near you, go to Zumba.com and put in your zip code. Ask some club friends to join you, or better still, have an instructor come to one of your meetings and do a sample class. It's sure to be a fun meeting.

NJSFWC treasurer Linda Carbley has been participating in Zumba for 16 years and finds Zumba invigorating. To quote Linda, she "likes the music, made a lot of good friends, and took off over 75 pounds doing Zumba and walking." If you are looking to improve your physical and mental health, Zumba can be the perfect answer.

CIVIC ENGAGEMENT & OUTREACH COMMUNITY SERVICE PROGRAM

Dawn Pogosaew
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Each year on November 11th we observe Veterans Day to show our support for those who have fought and continue to fight for peace and our freedom. Throughout the years, NJSFWC has supported veterans by donating thousands of items, monetary, volunteer hours, and other organizations that support our military. One organization, Soldiers Angels has a campaign to collect and donate 75,000 pairs of socks to our military.

Let's help them meet their goal by our clubs collecting and donating 130 pairs of new, warm weather socks for both men and women. The website has a link to Amazon to directly purchase and ship socks to them at:

soldiersangels.org/volunteer/special-campaigns/warmfeetforwarriors/

Or donations of socks can be collected and shipped by April 30th 2025 to:

Soldiers' Angels Warm Feet for Warriors
2895 NE Loop 410, Suite 107
San Antonio, Texas 78218

There is still time to sponsor a wreath from Wreaths Across America which will be held on Saturday, December 14th. You can participate by using the links below:

www.wreathsassamerica.org/NJ0176

www.wreathsassamerica.org/NJ0177P

EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM

Joan Murdock
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On the Continuing Funds Form there is a donation line for Margaret Yardley Fellowship. But how many of you actually know about this?

Margaret Tufts Yardley was elected the first President of NJSFWC, 1894-1896. She was from the Woman's Club of Orange, the oldest club in NJ. Margaret served as director and President of the Orange Orphans Society, helped start the first Homeopathic hospital of the Oranges, pioneered the improvements of NJ's child labor laws, and remained active in political work in East Orange well into her eighties. She also founded the Essex County Chapter of the Daughters of the American Revolution.

Mrs. Yardley was 50 yrs. old when she became President and died at the age of 84.

The Margaret Yardley Fellowship Fund was established in 1929 with a donation of \$5,000 by her son Farnham Yardley in memory of his mother, the first President of the NJSFWC. It provides fellowship grants to deserving women who are New Jersey residents pursuing post-graduate advanced studies at the school of their choice.

EDUCATION AND LIBRARIES (continued)

NJSFWC has been able to award between six and eight \$1,000 fellowship grants to deserving women annually. Information (including application forms) regarding this fellowship fund is forwarded to all New Jersey universities, state colleges and independent four-year colleges plus graduate departments at Harvard University and New York University.

Considerations used when judging applicants' qualifications include:

- Scholastic achievement
- Career service potential
- Charitable endeavors

The grant is applied solely to tuition expenses. If you know of a young woman who is eligible for this grant, applications are available on our website under Materials, Education and Libraries.

The deadline for all information must be received by the committee at Headquarters by March 1. Your club can help promote this fellowship grant!

The Chairman for Margaret Yardley is Barbara Spillane, email myf@njsfwc.org

ENVIRONMENT COMMUNITY SERVICE PROGRAM

Dorothy Bernice
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As the cold weather comes back, you can help your club members conserve energy. PSE&G has a speaker's bureau and they can come to your meetings with ideas, handouts and information on little tweaks that may be just what you needed. Natural Gas of New Jersey has a fabulous program that invites you into their training facility for an over view of their work and ideas to help you get the most energy efficient home. A training town behind their building uses simulations of all kinds of problems in your home and addresses ways to overcome them.

Don't throw away that pumpkin you bought for Halloween, as is a vegetable from the squash family! Try these ideas for your next club gathering.

1. Seeds: Cut it open and take out the seeds. You need to rinse the seeds and take off as much of the stringy part as possible. Place them on a cookie sheet, add a little salt and broil for about 2 to 4 minutes. Let cool and enjoy! Pumpkin seeds are high in protein, fiber, copper, magnesium and other nutrients.
2. Rind: Boil the outside skin and rind of the pumpkin in water for about 5 minutes. The hard outer skin should fall off. If the pumpkin has been off the vine for a long time, you may need to peel it off. Slice and sprinkle with cinnamon and sugar. Sprinkle less sugar for a vegetable and more if you are serving as a dessert. Broil for five minutes or until slightly brown and serve. You can also make Pumpkin Chips by peeling the skin into long thin slices. Sprinkle with some salt and let them set for about 10 minutes before cooking. Add your choice of cooking oil and seasonings and bake in the oven.
3. Whole Pumpkin: Put all the gooey guts (seeds too, if you like) into a big pot of water, adding whatever veggie cutoffs you would like. Boil for 30 minutes and strain. You can also use an immersion blender after draining. You now have the beginning stage for pumpkin soup.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Katie Chambers
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With Turkey Day just around the corner, this Chairman is not here to lecture you about overindulgence – celebrate and (within reason) eat to your heart's content on this one special day. But it's important to acknowledge that Thanksgiving can be both a joyful *and* stressful time. To maintain your health and wellness during the holidays, start by setting realistic expectations. It's okay if everything isn't perfect; focus on enjoying the moments with loved ones. Practice mindfulness by taking short breaks throughout the day to breathe and ground yourself. Address difficult family dynamics with open communication and active listening.

HEALTH AND WELLNESS (continued)

Prioritize self-care by carving out time for activities you enjoy, whether it's a brisk walk, reading, or meditating. Hydration and balanced meals will help keep your energy levels steady amidst the feasting.

Lastly, remember to express gratitude—not just for others, but for yourself. That's what the day is all about, after all! Reflect on your achievements and what brings you joy. This mindset can enhance your mental wellness and make the holiday season more fulfilling.

November's exercise tip for Let's Get Moving: With the December holidays just around the corner you may already have gotten a jump on your shopping. Why not get your steps in at the same time? Mall walking – when you hit the mall before it opens to take a big indoor walk – is a popular activity especially as the days get shorter and colder. If you're planning to hit the malls to shop for family, try meeting up with sister clubwomen at the mall one hour before it opens so that you can get some exercise together first. Then you'll also enjoy the added benefit of getting into the stores nice and early to avoid the crazy crowds!

ADVOCATES FOR CHILDREN

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Marie DiMatties

Is your Club participating in President McCloskey's 130 Challenge?

One way is to challenge your club members to bring at least one **juice box** to your next meeting. The donated juice boxes should then be taken to your local Child Advocacy Center (CAC). Juice boxes help CAC staff build rapport with children as they discuss difficult situations. Be sure to report the 130 juice boxes collected on your Report Form.

Another way is to ask your members to bring a **children's book** or two to a meeting and then donate the collected books to the children's organization of your choice, i.e. schools, day care centers, libraries, and of course Child Advocacy Centers.

The Center for Family Services www.centerffs.org supports families in need throughout New Jersey and is an excellent resource for places to donate the collected items.

Did you know that 1 in 10 babies is born preterm each year in the United States?

Between 80 and 90 percent of premature babies who reach 28 weeks gestation survive. Only one in 10 preemies born at 28 weeks will have long-lasting health problems. Encourage your members to **"Go Purple"** during November which is Prematurity Awareness Month. For further information go to www.marchofdimes.com, a GFCW Partner.

COMMUNICATIONS

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Shelley Rothstein

Using Social Media to Promote Your Club:

Did you know that in the U.S., 54 percent of social media users are females who spend over 2 hours a day online? Promoting your club to these women is the key to your club's future growth. There are many social media platforms but many of them simply do not fit with our goals and interests. This month we will focus on Facebook. Facebook is the largest social networking site in the world. If you have not yet established a Club page, consider doing so today!

Use your club's name, including GFCW, as the title. The GFCW and NJSFWC Emblem should be in a prominent place. Appoint someone in your club to be the administrator. It is important to have a second person with "administrative permissions" on the account in case someone's personal account is compromised.

Regularly post updates and photos of your activities, create events for your meetings, and share other community posts that your followers may find interesting. Encourage all members of your club who are on Facebook to "like" your club's page so they can share the information you post with their friends. Your club's page should also "like" the pages of groups you work with, such as national and local partner organizations, news stations, civic organizations, and your town's Facebook pages.

COMMUNICATIONS (continued)

Posts should contain pertinent information and most importantly, pictures. Smartphone photos are fine! Plan your pictures to show your members in action. Remove items such as purses, water bottles and clutter from the photo area. Tap the screen to focus on your subjects and avoid using the Zoom function. Once taken, photos can be cropped and brightened to improve image quality. A picture is worth a thousand words, make yours the best they can be and watch your membership grow!

CONVENTION**finn@njsfwc.org****Vivien Finn**

The 131st Annual Convention will be held at the Hard Rock Hotel and Casino from Sunday, May 4th through Wednesday, May 7, 2025. This Chairman along with President McCloskey and Vice Chairman Linda Babeuf met with the staff at the Hard Rock in August to begin initial plans for what will be a great Convention.

Do you know of a Vendor who would like to participate? Please contact Vendors Chairman Susan Fosdick at fosdick@njsfwc.org.

Further details will follow each month in the ALMANAC. Don't forget to mark your calendars and inform your members of the dates as we "Celebrate Good Times"!

**GFWC SIGNATURE PROJECT:
DOMESTIC & SEXUAL VIOLENCE AWARENESS AND PREVENTION****hill@njsfwc.org****Claire Hill**

- The Joyful Heart Foundation was founded by Marissa Haggarty, and has phone numbers available for rape victims, dating abuse help and suicide prevention. It is a great resource to share with your members and the local high schools. You can get further information at info@joyfulheartfoundation.org.
- Check with the local police department for collection of used cell phones. They can be rewired to be automatically dial 911 and given to women in danger. Call "Call to Protect" at 202-736-3200 or www.wirelessfoundation.org.
- Also check with your local Police Dept. to see if they could use stuffed toys to give to children in stressful situations.
- Check with your local Shelters to see if they need prepaid phone cards or gift cards. Many clients can use the gift card to purchase food or holiday gifts for the family.
- Make up Activity Bags for children, using child appropriate tote bags filled with books, coloring book, crayons, small toys, small stuffed toys.

HISTORIAN**quilici@njsfwc.org****Randi Quilici**

Thank you for stopping by the Historian table at the Fall Conference to view the history of GFWC and NJSFWC. The hand-outs were a reminder of the Federation's history to share with your club.

Veterans Day is a federal holiday in the United States observed annually on November 11 honoring military veterans of the United States Armed Forces. During the Presidency of NJSFWC Elizabeth Middleton Maddock, 1941 to 1944, when Americans were plunged into World War II, NJ members worked tirelessly. They collected furniture, recreational equipment, radios, and pianos for Army posts along with washing machines and fur coats for Merchant Seamen, victrolas, and musical instruments for the military throughout the war. One thousand Buddy Bags were sent to the Battleship New Jersey. Two thousand three hundred filled bedside bags were sent to Tilton General Hospital at Fort Dix, and bedside radios were installed and repaired at the Thomas England General Hospital in Atlantic City.

HISTORIAN (continued)

Bonds were allocated to buy six ambulance planes by the Committee on War Bonds and Stamps. The Junior Department collected more than \$22,000 to purchase 15 army field ambulances and 10 more were donated by individual clubs.

In 1944, the GFWC's "Buy A Bomber" campaign was so successful that the state Federations sold over \$154 Million in war bonds to purchase 431 planes. At the close of the war in 1945, the GFWC was one of five women's organizations chosen to participate in a conference to form the United Nations.

Thank you to all veterans for your service.

LEGISLATION/RESOLUTIONS**wisner@njsfwc.org****Jacqueline Wisner**

The GFWC is targeting attention on the increasing crisis of Alzheimer's cases in the US.

According to the **Alzheimer's Association's 2023 Alzheimer's Disease Facts and Figures** report, an estimated staggering 6.7 million Americans, or 1 in 9 aged 65 and older are living with Alzheimer's in 2023. And more disturbing: 1 in 3 seniors are dying with Alzheimer's or another dementia. Of course, this causes a severe strain on family members, loved ones, caretakers, medical resources and society as a whole as the needs of these patients must be addressed. And most often the caretaking job is usually placed on women to perform.

As a voting body, the GFWC is asking members to demand that Congress prioritize, with appropriate legislation, the need for public education on brain health, promote early detection and diagnosis, reduce risk factors, and provide crucial support to caregivers.

As the backbone of our families and communities, women must rise and urge Congress to take immediate action in addressing the Alzheimer's crisis. You can write directly to your Congressional representatives. Or an easy route is to sign up/log into the Legislation Action Center on the GFWC website. By putting in your zip code, the names of your representatives with their contact information will appear. And best of all, a letter is prepared and sent for you...voila! Let our voices be heard.

SPECIAL STATE PROJECT**shoemaker@njsfwc.org****April Shoemaker**

This Chairman attended 4 Councils in October, College, Highlands, Ramapo and Palisades. This Chairman enjoyed getting to know women from these various locations and how enthusiastic they are about supporting the New Jersey Children's Alliance with fundraising for our Special State Project. Your donations at the Fall Conference and the 700 backpacks are true testaments to NJSFWC's volunteer spirit! Thank you!!

Please consider hosting a free "Know and Tell" Child Abuse Prevention Training in your local community. It is a 2 1/2-hour training to ensure all adults are aware how to detect child abuse and steps to prevent child abuse. The NJCA trainers will actually run the Program and all that is needed is a space to hold it and advertise the event. The executive director of NJ Children's Alliance is Debbie Riveros and she can be contacted for speaking engagements as well as arranging the "Know and Tell" Program. (debbie@njcainc.org You can also contact this Chair for information.

Going forward you will be hearing about some exciting things we have planned in the next few months that your club will be able to participate in!

WEBMASTER**webmaster@njsfwc.org****Denise Hosier****Do You Recognize Your Club?**

The NJSFWC Office recently received this email:

Hello....

I was hoping to get some information on the women's club of ---town, NJ. Everything I see online seems to be old information. There is no website I can find, and the Facebook account hasn't been updated since 2019. I would appreciate any information you can provide on the group. Thanks!!! --A Potential Clubwoman

Is this your club? If so, please contact the webmaster! She'd be happy to help you develop an online presence. Email: webmaster@njsfwc.org.

DAY OF SERVICE**hrycenko@njsfwc.org****Linda Hrycenko**

On January 20, 2025, the National Day of Service, the women of the NJSFWC will be working together at 8 different sites to support the Center for Family Services by collecting new items. We will be supporting three areas for this Day of Service... new expectant parents learning parenting skills, young adults needing a safe place to stay, and victims of domestic violence. Although there are three areas to support on the Day of Service, this doesn't mean a club has to contribute to all three. No pressure, a club can support 1,2 or all 3. This is about your choice as a club.

Everyone is already working hard to make the Day of Service a success. There was a discussion about the Day of Service at all District Fall Councils, District Vice Presidents have distributed donation lists and District Chairmen have been reaching out to clubs with information. The collection location for your District is available through your DVP or District Chairman. Additional information is available at the website NJSFWC.org in the Material section. Make this a memorable Day of Service for your club and the individuals we serve. Create places where your club members can work together for the Day of Service. Volunteer to help in your club and/or with your District Chairman. Above all, have fun!

Please reach out to this Chairman at hrycenko@njsfwc.org if you have any questions or there is anything you don't understand. This Chairman looks forward to working with members to assist in service to those in need

PARLIAMENTARY CONSULTANT TO CLUBS**Patricia Dahl, Interim****Quorums**

So, you thought you knew everything about QUORUMS. Such an easy concept for club members to grasp – right? Not so fast. Let's see what you really know about this essential parliamentary tool.

The Quorum is the number of members that must be present in order to transact business. The authority to take action is passed from the entire membership to a smaller group. The QUORUM can be set by Statute, in the BYLAWS or in the PARLIAMARY AUTHORITY. STATUES normally set a minimum quorum but not a maximum. In the absence of a specific provision in a club's bylaws, a quorum is a majority of the members. This is sufficient for a board of directors, for instance, but achieving a quorum gets very difficult when the membership is very large or spread over a large geographic area. Therefore, the quorum should be clearly stated in the bylaws to meet the unique circumstances of each club.

A quorum set too low can allow a small unrepresentative group to take action when, had a larger quorum been required, better decisions might have prevailed. A quorum set too high means meetings are stopped or can't even begin due to lack of a quorum. If the pattern of attendance indicates a trend toward not having a quorum, or if getting a quorum becomes more work than putting together the AGENDA, it's time to address the problem before it becomes impossible.

The quorum can be expressed as a whole number or as a percentage. There are pros and cons to both. If the quorum is a whole number, it is easy to tell when a quorum is present, as the number stays constant from meeting to meeting. However, if the club membership grows, the quorum may become too small and need to be adjusted on the "as need" basis. If the quorum is expressed as a percentage, it must be reestablished at each meeting. Clubs would need to make new calculations each time the membership number changes.

Some statues state that, if a quorum is present at the start of a meeting, it continues until adjournment regardless of the number of people who leave early. That means that members who leave before the meeting adjourns have given their inferred consent to whatever happens afterward.

If you're still wondering if quorums are absolutely necessary for clubs to function properly, actions taken without a quorum are NULL & VOID, although it's possible to ratify actions at the next meeting – provided there is a quorum. Any actions taken by club members such as purchases are the responsibility of the individual, not the club, until the action is ratified.

QUORUMS SERVE THEIR PURPOSE WELL. EMBRACE THE CONCEPT!!