



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

Happy Valentines Day!

As you know, we are working on providing as much information as possible through the weekly eConnection, the NJSFWC website and Facebook page.

We have also been working closely with the office staff to find ways to become more efficient and stay within our budget.

Due to the rising cost of postage, delay of the mail and the costs of printing, the May issue of the ALMANAC will be the last issue that will be provided free to club Presidents.

- Any member, including club Presidents who would like to continue receiving a printed copy of the monthly ALMANAC, starting for the September issue, the subscription rate will be \$40.00.

Order forms will be available in the Round Table packet at Convention, and on the NJSFWC website.

Clubs may want to discuss adding this expenditure when reviewing their club budgets.

As a reminder, the ALMANAC, including all forms and flyers will always be available to all members on the NJSFWC website.

Thank you to all the clubs that submitted their Annual Report Forms. This President is excited to hear, see and read all about your projects and fundraisers for the past year.

Please share and brag about your accomplishments with your members, so they know how much your club has accomplished over the past year.

- Now is a great time to start using those Project Report forms, so you have all the information available to you when you start compiling your reports for 2025.

- Sample forms are on the NJSFWC website, under Materials.

Thank you to all the members and clubs that participated in our Day of Service. The Center for Family Services was thrilled with all the donations we were able to provide for them.

The Credentials and Registration Committee has been hard at working putting together the CALL to Convention, and Presidents should receive the CALL in early February.

- Please review all deadlines and share the information with all your members. You may be surprised that someone new may wish to attend!

- The Sunday night dinner will be open to all members.

This President will continue to encourage you to share all materials with your members, as we continue to provide additional 'benefits of membership' to all our members.

If you have any questions or suggestions, please feel free to reach out to me at mccloskey@njsfwc.org.

In Federation Friendship,

Barbara

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**Together in Service
United in Friendship**



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

In December, we discussed ways to communicate with members – including through newsletters, social media, emails and phone calls. Now let's look at another form of communication: how you present yourself when speaking in public. Here are some tips that will ease you out of your comfort zone and into the spotlight!

Organize what you want to say; state the purpose of your topic and main point to grab your audience's attention. Work from an outline – don't read from a script.

Let your personality shine through; use humor, tell stories, give a personal touch. Use your voice, body and hands effectively. Speak at an even pace; stand with shoulders back, head held high and feet planted firmly on the floor (shoulder width apart); keep eye contact with your audience. Use your hands only to emphasize a point; otherwise, keep them at your side. Don't clasp them and NEVER POINT at anyone.

Facial expression is essential. SMILE (if appropriate to your topic). Show the emotion that reinforces your topic. A little nod after you make a point is a powerful nonverbal tip.

Before you reach the podium, practice deep breathing, have a drink of water, massage your forehead to energize your frontal lobe and speech center. JUST BEFORE you begin to speak, take a breath, pause, make eye contact with your audience. DO NOT ADMIT YOU ARE NERVOUS! You want to appear levelheaded, assured, capable and candid. Don't fidget and don't lock your knees. (No one wants a speaker to faint!) Remember the old joke "How do you get to Carnegie Hall? Practice, practice, practice!"

Well, that goes for public speaking, too. Practice your presentation over and over and over. Preferably in front of a mirror or better yet if you can video tape yourself.

And visualize SUCCESS! Remember that your audience wants you to succeed. They're on your side and are looking to you to lead the way to success.

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

Time waits for nobody. This universally accepted statement is so true that Freddie Mercury, the lead vocalist of Queen, felt the need to write and sing a song about it. It's true for everyone and it is also true of our clubs. All of a sudden, we are in February and soon we will be at Convention celebrating our accomplishments and wondering where the club year went.

The art of using your time efficiently and productively is the essence of time management and important in all our club work. There are some people who can split their time between various tasks and accomplish them without feeling stressed and overwhelmed. Is there a secret? No, it can be done and everyone has the ability to manage tasks and all of your members can do this efficiently. Let's walk through the ways you can utilize of time management.

Be a woman with a plan. Without a plan, you might find yourself scrambling on last minute details of a project and staying up very late to get it all done. Plan your tasks for the project ahead of time. Make a master list of all the tasks you need to do for that project.

These lists can then be divided into weekly goals and then shared with others in your club or committee. This should ideally be done when you first decide to begin a project.

When club members have tasks to complete it makes for shared work and a successful project. And of course happy members.

To avoid gradually descending into madness and maybe taking others with you, review your work at the end of the week to determine what has been accomplished and what is needed.

Focus on those tasks for the following week and you will find that time is your friend. And don't forget to write it all down and complete a project report at the end. You will find that December 2025 comes quickly and you'll be ready for 2025 End of Year Reports and in record time

NJSFWC SECOND VICE PRESIDENT**dahl@njsfwc.org****Patricia Dahl**

Thank you to all clubs that sent in reports. It is exciting to read about how clubs are taking membership seriously, finding unique ways to attract new members.

Make sure that membership is a priority in your club and remind your members that everyone is responsible for membership.

If your club brought in new members over the Fall, this would be a good time to find out if your club is meeting their needs. If there are several new members, consider having a meeting to see if they have any questions or concerns. You could meet before or after a regular meeting. Whatever you do, you want your new members to feel welcome in your club. New members can bring fresh energy and fresh ideas, but only if they feel comfortable in your club.

We all remember what it was like when we first joined a club. You wouldn't raise our hand to volunteer for anything. Make sure to ask new members if they would like to help in some small way but ask them personally. If you are an officer or chairman, call them on the phone and see if they would like to help. This is how you train new members to be chairman or even officers down the road.

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

Please note 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.

A reminder if you have any questions for the Treasurer's Workshop to be held in the Spring, please email them to carbley@njsfwc.org or call her at 732-522-1314.

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

As this Officer reads your Reports, she wishes to thank all clubs who submitted their Reports for Fundraising. These Reports are an important part of your club's history as they provide ideas for future leaders to refer to when wanting to repeat a successful event.

They are useful tools to share your accomplishments with members and evaluate if the fundraiser was a success and/or what might need to be changed.

These Reports will be compiled for the top ten fundraisers and will be shared with all of you. Maybe one "fun"drasier will resonate and your club will be interested in replicating it.

As you complete each fundraiser, it is so easy to keep track of the project on the Project Report Form.

- When it is time to fill out the Report Forms, you will have all the necessary information in one place.
- If you haven't used one, you can find a sample on our website-njsfwc.org: Choose Materials.
- Click on Annual Report Forms and Instructions, scroll down to Project Report Forms for Clubs and click on the form, as well as the Project Report Explanation.

If you have any questions, please feel free to email this Officer at cibelli@njsfwc.org.

COLLEGE DISTRICT**dobalo@njsfwc.org****Laurel Dobalo**

The clubs of the College District will be showing their love for each other and those in need in February.

Woman's Literary Club of Bound Brook will have a game day at the Van Horne House in Bridgewater. There will be some colonial era games and music and all are invited to bring their own games.

COLLEGE DISTRICT continued

Branchburg Woman's Club will hold their annual fundraising auction. They will be inviting the community to participate and help raise funds.

Bridgewater Woman's Club will celebrate Black History Month with an exciting program "Black History Through Jazz". Dr. Sanford Josephson will present Harlem Renaissance, Road Warriors, Expatriates and Resistance to Racism with videos of Louis Armstrong, Bessie Smith, and more.

Woman's Club of Clinton will show their love by collecting valentines made by local school children and delivering them to shut-ins through Meals on Wheels.

Friday Club of Hightstown will have a presentation by Ken Britschge, co-founder of the PMC Theatre Company, on his writing for the theater.

Hightstown Woman's Club will have a speaker at their February meeting who will explain the value of texture in floral design.

Kalmia Club will visit the Stoutsburg Sourland African American Museum in honor of Black History Month. This is the only African American History Museum in NJ.

Metuchen Edison Women's Club will have a speaker on George Washington in honor of President's month. They will be collecting items for Moms Helping Moms and their local food pantry.

Princeton Area Woman's Club is hoping to have and Paint and Sip Galantines Event to celebrate the month of love.

Somerville Civic League, Inc. will be planning for their full year program in January and February. It is an opportunity to engage old and new members.

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

Gloucester County Woman's Club donated linens, blankets, and pillows to the local Center for Family Services. The walking group is now meeting inside an area mall to walk.

Marlton Woman's Club donated socks, hats, and mittens to Little Hands, Little Feet at their library. The Evesham School District's Spelling Bee took place on January 30th. Six (6) members are going on the GFWC Cruise this month.

Woman's Club of Merchantville will hold A Day of Bunco on February 4th. On February 12th, the club will hold a Card and Game Day with a Valentine's theme, and a representative from the NJ Lottery Commission will be speaking at their meeting.

GFWC Woman's League of Mount Holly made 50 "Love Bags" for the HandnHearts organization. With the help of a local school program and Girl Scout Troop, members will write "Thinking of You" cards to residents in nursing homes this month.

Woman's Club of Penns Grove/Carneys Point, Inc. holds their annual soup fundraiser this month. Members sell three (3) homemade varieties – Chicken Noodle, Wedding Soup, and Chili. The club recently donated \$500 to the church where they hold their meetings and gift cards to seniors at a senior living facility.

GFWC Woman's Club of Runnemede is helping coordinate and hosting a Community Game Night in their town. The club is collecting items for GCI, and gently used bras and period products. They helped with their town's 10th Annual Coat Drive for the needy.

Waterford Township Woman's Club is getting ready for their annual Prize Auction this month. All the money raised goes back to their community. Recently they donated \$500.00 to help a family in need.

GFWC Woman's Club of West Deptford donated 11 duffel bags to Family Promise's office in Mickleton and donated newborn and baby essentials for the Day of Service. Members will hold a Galantine's Day Pollyanna at this month's meeting.

HIGHLANDS DISTRICTjeisi@njsfwc.org**Karen Jeisi**

Blair Woman's Club graciously hosted the January Highlands Council meeting at the Brook Hollow Winery in Columbia, NJ.

Woman's Club of Denville-Rockaway Area will be participating in the Spelling Bee in 2025 and held its club bee in January for 4th and 5th graders in the Rockaway and Denville School districts. In February, baking cookies for the Cheshire Home in Florham Park.

Woman's Club of Newton whose seven members strong, donated 4 complete turkey dinners to the Sussex County Child Protective Agency. Held a Red Stocking luncheon fundraiser for a local county food bank.

Woman's Club of Parsippany Troy Hills decorated 192 empty coffee cans with holiday paper and filled them with cookies and candy for local nursing homes.

Roxbury Woman's Club held a successful Paint a Porch Leaner Fundraiser; donated baby essentials for the Day of Service; a speaker discussed cyber security at the January meeting. Baking cookies for Roots and Wings for Valentine's Day.

Junior Woman's Club of Sparta held our annual Wish Tree event for local children of families in need. Facilitated the annual 'Make a Senior Smile Drive' that benefitted local senior citizens. Held our annual 'Big Money Bingo' event to benefit a local animal shelter.

Sparta Woman's Club in February, is celebrating 'Wear Red for Health' month with speakers providing tips for healthier eating. Participating in the NJSFWC 'Let's Get Moving Challenge' with the goal of reaching a collective total of 130 hours of exercise.

Sussex Woman's Club had their 2024 GCI recipient spoke about how much she gained from attending GCI.

Thursday Morning Club held a successful annual Bazar de Noel, raising funds to support the Madison Community House; purchased holiday gifts for residents of the Pine Acres Nursing Home; held a Scholarship Social to raise funds for candidates for GCI and HOBY with last year's GCI and HOBY recipients speaking.

Washington Woman's Club collected 130 books for the Federation 130 initiative. The Festival of Trees was a big success with everyone in town getting the message that the Washington Woman's Club will be celebrating its 100th anniversary in 2025. Provided refreshments for the January Highlands Council meeting. Continuing to collect detergent caps to make 90+ Meals at Home Trays at the March meeting.

LIBERTY DISTRICT**Susan Chambers, Interim**

Woman's Club of Allwood held a Tricky Tray in November. Proceeds benefited the Allwood Branch of the Clifton Library, Clifton High School Music Angels, St. Peter's Haven Food Bank and Tunnels to Towers, among other charities.

GFWC Junior Women's Club of Belleville partnered with a local Boy Scout troop to collect and distribute gently used uniforms.

Women's Club of Caldwell holds a monthly pizza lunch for members. Their holiday celebration included a cookie exchange; the party featured a craft where they decorated an oven mitt. The club made holiday cards with the residents of Crane's Mill Retirement Community.

Woman's Club of Arlington EMD is collecting paper products for their local food pantry.

LIBERTY DISTRICT Continued

Women's Club of Maplewood held a Wellness Celebration featuring yoga – some from chairs others on their feet. "We won't be recruited for DWTS (Dancing with the Stars) but we had fun!"

Montclair Women's Club enjoyed the Woman Song Chorus concert along with a string quartet from Montclair State University. They also held a Friendsgiving Potluck.

Woman's Club of Upper Montclair enjoyed a Christmas Tea at their beautiful clubhouse.

Woman's Club of Verona faithfully thanked on their Facebook page all of the sponsors of their Holiday Luminaries Fundraiser.

West Orange Woman's Club held a Zumba fundraiser that was open to the public. They also held a wreath, poinsettia and winter décor sale.

PALISADES DISTRICT**drogo@njsfwc.org****Janet Drogo**

The **Palisades District Clubs** are busy rehearsing for the District Arts Performing Festival and working on their projects for our District Achievement Day. Day of service was a great success, thank you for your support and generosity.

Book & Needle Club of Oradell are collecting ShopRite gift cards to donate to the Center for Food Action.

Woman's Club of Carlstadt will focus on Heart Health at their February meeting. Members will wear red and will receive information from the American Heart Association.

Cresskill Woman's Club will be baking cookies and placing them in decorated coffee cans with candy to deliver to the Concerned Food Bank of Englewood.

Woman's Club of Dumont is planning to have a speaker from the Attorney General's office of Outreach Programs speaking about senior fraud.

Lyndhurst Woman's Club will be celebrating 95 years of service to the community with an Afternoon Tea. They are also busy planning their Mardi Gras celebration at Michael's Riverside on March 4.

New Milford Woman's Club will take part in National Wear Red Day to bring awareness to American Heart Health Month. Member Darlene Minko will present an informative talk on salt in our diets.

Woman's Club of Paramus is busy planning their Mardi Gras fundraiser.

Woman's Club of Rutherford will be hosting their annual Thrift Shop at their clubhouse during the weekends of February 15th -16th and 22nd -23rd.

RAMAPO DISTRICT**witty@njsfwc.org****June Witty**

Saddle Brook Woman's Club: The Senior Valentine Day Cookie Project has all members baking for the seniors, and additional cookies for members.

Woman's Club of Ridgewood will be collecting items for Strengthen our Sisters.

Pompton Lakes Woman's Club will be having fun playing Bunko; Health & Wellness will be tracking participating members "Walking Group"; they will have a Report Writing Workshop; and they reached a goal of collecting 1,000 shoes for Soles for Souls.

RAMAPO DISTRICT Continued

Allendale Woman's Club will hold a Galentine Soup Supper at a member's home and Lunches with Love on 2/14/24. There will be a Crochet workshop. They are collecting baskets for their BINGO event. And save the date for their Paws for Fashion Show 4/9/25.

Past President's Club of the 11th District: will have their Brown Bag Auction.

Montville Township Woman's Club is collecting socks for Veterans, men and women; they're coordinating with high school students to help cut and sort manufactures coupons.

Suburban Woman's Club of Pompton Plains: Preparations are underway for the Tricky Tray (soliciting, arranging and wrapping).

Woman's Club of Ramsey collected Arts-n-Crafts kits for children, held a Lunch Bunch Outing and welcomed new members. Birthday kits for the Food Pantry were created. The club honored member Katie Parker who was named Volunteer of the Year.

SHORE DISTRICT**osborne@njsfwc.org****Karen Osborne**

Brick Township Woman's Club will be busy planning an activity for bringing attention for Heart Health month.

Woman's Club of Brielle has received approval for their Juniorette Club. Their book club continues to meet on the last Wednesday of the month and has an ongoing collection of Items for the food pantry.

Woman's Club of Lacey collected 1,000 plus children's books for Bridge of Books. They founded the LTSD Autistic Decompression Room.

Little Silver Woman's Club is organizing "Another Woman's Treasures" fundraiser which includes the sale of handbags, scarves, and jewelry. They teamed up with the high school and donated 8 bags of coats, sweaters, gloves, hats and scarves. They also donated 88 gowns, shoes, and jewelry to military women.

Woman's Club of Matawan made cards for women in the military. They are covering cans for their Easter candy/cookie project, and will hold a Valentine's Day Games luncheon as a fundraiser.

Woman's Club of Point Pleasant will hold a Blood Bank Drive for Heart Health Month.

Woman's Club of Spring Lake will have a "Galentine's" Day Luncheon and launched the Team Reach App.

Stafford Township Woman's Club will hold a new member orientation to provide a better understanding of the organization and ways to get to know other members.

SOUTHERN DISTRICT**speechley@njswc.org****Carole Speechley**

Woman's Club of Absecon collected Backpack Care Kit items and helped assemble kits at Day of Service. At the February Club meeting a Red Cross Certified Emergency Response team member will talk about this all-important function of the American Red Cross.

Women's Community Club of Cape May collected items for the Backpack Care Kits for the NJSFWC Day of Service. Three members attended to help assemble the items. Members will visit veterans in local nursing homes to deliver the valentines made at the January meeting.

Congratulations to the **Country Shore Women's Club** on their 55th Anniversary.

SOUTHERN DISTRICT Continued

Colony Club of Ocean City presented a \$200 check to the American Legion Post 524, for their dinner Program. At the OC Historical Museum 60th Anniversary they spoke with an accomplished author who was a recipient of the Colony Club scholarship in high school.

The basement in the **Woman's Civic Club of Hammonton's** clubhouse is the "Kid's Closet". As the "Blueberry Capital of the World", there are a lot of migrant workers and their families in the area. This "closet" is full of much needed clothing and other items for them.

Millville Woman's Club held their annual Soup and Salad Luncheon and their 2nd Game Day in January. They'll hold their annual Valentine's Luncheon this month.

Woman's Club of Vineland kicked off the new year focusing on their health by forming a walking group and they've been walking every week since. Their Unraveled Ladies crocheted hats for Code Blue to help warm the homeless. The Antiques & Collectibles returns on the 7th and 8th in their clubhouse.

The **EX-Presidents Club of the Southern District** will hold their semi-annual meeting and luncheon at the La Vita Restaurant In Vineland on February 26th.

THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM reddick@njsfwc.org

Kathleen Reddick

Love is in the Air! Or is it?

February embodies the romance, companionship, and joy that we all crave, this Chairman wishes that for each of you. How can our creative talents bring a sparkle to the eyes of those lonely or unwell this month?

This February, let's blend creativity, laughter, and service to our communities together in a delightful way. Gather your club members, sip on some hot cocoa, and let the giggles flow as you make a difference. In a world that can often be serious, making someone laugh can be the best gift of love.

Why not upgrade the traditional Valentine's Day card and write funny, upbeat messages on balloons, and deliver them to shelters and children's floors of your local hospital? Gather your members to make uplifting drawings and jokes on dollar store poster board. Deliver them too.

Were you "Ghosted" last Halloween? You anonymously received some candy. We could start a new trend of "Cupiding." Google a drawing of Cupid. Draw it, make copies, color it, add a chocolate kiss and sneak around leaving them for fellow members, friends, and family. Charity begins at home. Some of our members may experience loneliness, isolation, and memories of lost loves. Let's not forget them.

As you travel or go for a walk, gather some smooth stones that can be used to paint, but not on private property or parks. Bring out your inner artist by painting comical faces. Hold a friendly competition for the funniest expressions, most creative, prettiest, ugliest. Think crazy hair, wacky glasses, or even grumpy faces! Once done, you know what to do. Gift them to a nursing home or shelter to bring some smiles.

February is also the most perfect month for checking the NJSFWC website for the Achievement Day Supplement and District Applications. Finish up all your projects; and encourage your friends in Federation to create a masterpiece to enter in the Spring Achievement Days. March and April will be here before we know it.

Thank you for all your hard work in completing the Annual Reports. Good luck to all your Clubs in the District and State Awards. The work you all do is astonishing. Happy crafting, and here's to spreading love, joy, and kindness this February!

THE ARTS/PERFORMING COMMUNITY SERVICE PROGRAM

brown@njsfwc.org

Ann Ribinsky Brown

Most of us, as women, love attending good, live theater, and living in the suburbs of New York and Philadelphia makes this type of outing relatively easy. But have you ever considered local theater as a source for fundraising? Several clubs across the state have had theater parties and with a little effort from all members, this type of outing becomes profitable.

To organize this type of fundraiser, well in advance of the production, contact the theater manager of your local theater. Together decide whether you could rent the theater for one production or buy a set of tickets at group rate and sell them at regular price, hence the beginning of your profit. Hold a 50/50, and/or sell refreshments at intermission.

East Brunswick Woman's Club has been doing this for many years. Not only have they enjoyed many excellent plays, but it also allowed them to meet new community members at the reception they had after the show.

Attending shows at your local community college is another way to support local theater. Look up your community college schedule and you will be astonished at the variety of shows they sponsor. Individually, if a member attends a professional performance, ask her to review it at a meeting, or publish it in your newsletter.

EDUCATION AND LIBRARIES

murdock@njsfwc.org

Joan Murdock

Thank you to every club who submitted a Year End Report! This Chairman can't wait to read about everything you accomplished this year.

NOW... Are you ready for some...? No not football.... It's SPELLING BEE time!!

Here is a list of when and where our District Spelling Bee's will "bee" taking place.

Garden: 2/23/25, 1:00 p.m. The Haddon Fortnightly, 301 Kings Highway East, Haddonfield

Highlands: 2/22/25 10:00 a.m. Rockaway Assembly of God, 113 East Main, Rockaway

Palisades: 3/2/25, 1:00 p.m. Oradell Public School, 35 Prospect Ave., Oradell

Ramapo: TBA

If you can, please visit or even offer to help out! Contact your District Spelling Bee Chairman listed below for more information.

Garden: Marie DiMattis 865-261-6911 medimatties@gmail.com

Highlands: Cathy Haney 973-335-9769 tandchaney@gmail.com

Palisades: Lauren Cerullo: 201-741-6935 cerullo23@gmail.com

Ramapo: Jane Birnbaum: 973-222-4151 janebirn@optonline.net

Did you know?

The Margaret Yardley Fellowship Fund provides fellowship grants to deserving women who are New Jersey residents pursuing post-graduate advanced studies at the school of their choice. If you know anyone who might be eligible for this Fellowship Fund please go to our State Website, Materials, Education and Libraries for more information and application forms.

Application forms are due to this Chairman by March 1, 2025.

ESO News

In order to advance to each level, a clubwoman must read books from **five** categories on that level. Four books are to be read from each category and from different authors making a total of 20 books read. Once that is achieved, you will be informed you can move to the next level.

Please also make note that a Category box has been added to the fillable form page 3.

Book Clubs: What are your book clubs reading? Send me some titles so they can be passed along to our sister Book Clubs.

ENVIRONMENT COMMUNITY SERVICE PROGRAM**bernice@njsfwc.org****Dorothy Bernice**

As we sit in the house feeling cold and with some rain and snow having fallen, we can easily forget that the reservoirs have not sufficiently recovered. It is important to keep following the conservation of water. If we practice these water conservation tips, we will be able to enjoy our pools in the summer and take care of our gardens. If the reservoirs are not restored, we will be on much stricter restrictions.

1. Turn off the taps

Don't let your water consumption run out of control. Save 6 liters of water a minute by turning off your tap while you brush your teeth. Fix leaky taps too – and stop what could be 60 liters of water going straight down the drain every week.

2. Shower with less

Every minute you spend in a power shower uses up to 17 liters of water. Set a timer on your phone to keep your showers short, sweet and water-saving. Switching to an efficient shower head will allow you to lather up in less water, which means you'll save water and cut your bills.

3. Save up your dirty clothes

Washing a full machine load of clothes uses less water and energy than 2 half-loads. This means lower bills as well as saving water.

Earth Day, April 22, 2025

Please remember that one of President's McCloskey's Grand Initiative's is for our clubs to plant a total of 130 Arbor Day or complete Earth Day projects. February is also a great time to plan for it. Growing out of the first Earth Day in 1970, EARTHDAY.ORG is the world's largest recruiter to the environmental movement. The website has many resources, such as quizzes, fact sheets, and other articles to help to help you get started.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM**chambers2@njsfwc.org****Katie Chambers**

Thank you to everyone who submitted your year-end reports for 2024. We look forward to announcing winners soon. This Chairman promised she'd never tell you not to eat foods you enjoy, and she'll stick to that. In the spirit of Valentine's Day, let's talk about chocolate. Chocolate can have both health benefits and risks, depending on the type and amount you eat.

White chocolate is usually the least nutritious type of chocolate because it's heavily processed, contains the most added sugar, and doesn't have any cocoa. Milk chocolate contains much less flavanol than dark chocolate. Many types of milk chocolate and some forms of dark chocolate are also loaded with sugar and other artificial ingredients.

Dark chocolate can have health benefits, including:

- Antioxidants: Dark chocolate contains flavonoids, which are antioxidants that may help manage cholesterol and reduce the risk of heart disease.
- Blood pressure: It can lower blood pressure.
- Heart health: Dark chocolate can increase blood circulation to the heart and reduce the risk of clotting.
- Immune system: Flavonols in dark chocolate can prevent the immune system from going into overdrive.
- Fiber: A 100-gram bar of dark chocolate contains around 11 grams of fiber, which is beneficial for gut health.
- Vitamins and minerals: It's a good source of vitamins and minerals, like iron, zinc, magnesium, copper, and manganese.

So, with Cupid's permission and mine, go ahead and indulge! In moderation, of course.

February's exercise tip for Let's Get Moving: In these cold weather months, you can't bank on being able to exercise outside. But that's OK – there's plenty to do indoors... like dancing! Dancing is not just a creative activity. It's also cardiovascular exercise and major calorie-burner.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM Continued

Zumba is a fun, high-energy workout that combines dance and fitness, set to Latin and international music. It's a great way to improve cardiovascular health, build strength, and burn calories while having fun. Suitable for all ages and fitness levels, Zumba's adaptable routines make it easy for participants to move at their own pace.

Line dancing is a choreographed dance where participants follow a sequence of steps in unison, making it a social and engaging activity. It's a low-impact exercise that improves balance, coordination, and memory, making it especially beneficial for people of all ages.

ADVOCATES FOR CHILDREN

dimatties@njsfwc.org

Marie DiMatties

HAPPY VALENTINE'S DAY!

This month thoughts turn to LOVE! What better way to show your love than to help lift the spirits of children in difficult or stressful situations. Organizations that help low-income families, foster care organizations, shelters and youth centers have children who could use an expression of love to warm their hearts.

Make Valentines

Create Valentines at a workshop with your members and deliver them to the organization of your choice, providing an opportunity for members to tap into their creativity and socialize with other members. It will warm their hearts as well. Perhaps you could even provide heart shaped cookies or other treats!

This Chairman has been treated to reading your year-end reports and have been amazed by the kindness, generosity, and creativity demonstrated by your club members implementing projects under Advocates for Children.

It's never too soon to start planning for the national observance of **Child Abuse Prevention Month in April**. That is when Prevent Child Abuse New Jersey (PCA-NJ) launches its Pinwheels for Prevention® campaign. They ask organizations like NJSFWC to "plant" one or more pinwheel gardens.

The pinwheel is joyful and evokes childlike notions, symbolizing our desire for all children to have happy and healthy childhoods.

President McCloskey has challenged clubs to plant 130 pinwheel gardens to honor the 130th Anniversary of NJSFWC. Let's try to achieve if not exceed President McCloskey's challenge! Pinwheels can be obtained through the PCA-NJ website: <https://www.preventchildabusenj.org>

COMMUNICATIONS

rothstein@njsfwc.org

Shelley Rothstein

This Chairman would like to offer a huge THANK YOU to all the clubs that completed their year-end reports and to those who entered the Newsletter, Pressbook and Scrapbook contests. The submissions this year have just been fabulous!

As we go forward into the new year, please continue to use the many tools that Federation offers to help you promote your club. Under Communications in the Materials section of the website- www.njsfwc.org -you will find the 2024-2026 Supplement which contains ideas, projects and general communication information for clubs.

There are also sample documents for club use.

- Consider using the recently updated Club Trifold template that can be customized, printed and distributed to prospective members at your town functions.
- Celebrating a club anniversary? There is a sample Anniversary Proclamation that can be customized and sent to your town officials.
- Sample Boilerplate and Press Release templates are available to assist your club with promoting your projects and events to your local press.

COMMUNICATIONS Continued

Has your club had an article or feature printed in your local newspaper or magazine? We would love to display it on the Federation "brag board" at Headquarters! Mail the original or a clear copy to the office marked "Attention: Communications Chairman".

With so many tools available, make Communication a priority for your club in 2025!

COMMUNITY IMPACT PROGRAMS

battaglia@njsfwc.org

Jean Battaglia

Your year-end reports are now finished and submitted. As you compiled them, did you think about a project that might fit a submission for the Community Impact Program? It's not too late. The contest period is from January 1, 2024-December 31, 2025.

Using hints from a recent communication from GFWC Community Impact Program Award Chairman Katie Moydell, the project should be an original or updated version of a current project that is solving a community need. Note the word "current." This is not "one more project," but one the club has and is working on and that might be expanded if you involved others in the community. In sharing your work, you have an opportunity to grow club membership, build relationships and create awareness of the impact your club has on the community.

What kind of projects have won awards in the past?

- The GFWC Botetourt Town and Country Women's Club in Virginia helped a local museum being moved to a new building by painting rooms, supplying packing materials for moving artifacts, preparing food for workers and helping with yard work.
- The GFWC Lawrence Classics in Kansas expanded a garden at a foster care youth home, expanding on the foods grown, adding a pumpkin patch and pollinator garden and teaching food preservation.
- The GFWC of Central Oregon raised awareness of the city's history through the eyes of "founding mothers," doing research and identifying appropriate landmarks for a driving and walking activity.

During the 2024-2026 administration GFWC is encouraging clubs to consider Community Connection projects under each of the Special Program Areas. A description of the contest and its rules can be found in the Community Impact Supplement on the NJSFWC website. The GFWC 2024-2026 Club Manual, pages 203-211, includes a full description of the contest, along with the entry form. Community Connection Initiatives with suggestions for projects can be found in the Manual under each of the Special Program Areas.

CREDENTIALS AND REGISTRATION

thompson@njsfwc.org

Carole Thompson

REGISTERING FOR THE 131ST NJSFWC CONVENTION – May 5 – 7, 2025

On Saturday, February 8, 2025, the CALL TO THE 131ST ANNUAL CONVENTION will be prepared for mailing to the President of each General Club, State Organization, and Affiliate Club, and to State Board Members and Past State Presidents by the Credentials and Registration Committee.

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

NOTE: THE DEADLINE FOR ALL FORMS WITHOUT A LATE FEE IS APRIL 5, 2025.

Forms postmarked between April 6TH to April 12th must include the appropriate late fees. **Registrations postmarked after April 12th will not be accepted.** No exceptions!

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

CREDENTIALS AND REGISTRATION Continued

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

IF YOUR MEMBERSHIP IS:

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

THEN YOU MAY HAVE:

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

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

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

Responsibilities of a Delegate:

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

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

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

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

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

This chairman is seeking additional volunteers to serve on the Credentials and Registration committee. Please contact this chairman for more details. All are welcome!

If you have **any questions**, please feel free to contact the Credentials and Registration Chairman, Carole Thompson, thompson@njsfwc.org or 609-468-4039.

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

Claire Hill

This Chairman would like to thank all the clubs for sending the Department reports so promptly. Your hard work is truly appreciated by all living in Domestic Violence situations.

February is a great time to plan a collection for shelters. This may include new bras, underwear and socks. Think in terms of items that many women and teens need when they leave home quickly with just the clothes they are wearing. This could also include pajamas and robes. Also, remember the children who also flee with their moms and need items such as pajamas and underwear or warm clothes.

Think of the shelters when making and donating Cookies and Candies during February. Many of the residents do not receive goodies at this time of the year. Include a note of hope and positive thoughts.

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

Under the leadership of GFWC President Rebecca Douglas Lowe, the General Federation of Women's Clubs (GFWC) was officially granted a charter by the United States Congress. This monumental event took place during the presidency of Johanna Hartshorn, who served as the New Jersey State Federation of Women's Clubs (NJSFWC) fourth president

from 1900 to 1902. Below is a portion of the original documentation outlining the establishment and ongoing evolution of the GFWC.

Charter of the General Federation of Women's Clubs:

The General Federation of Women's Clubs shall be organized and operated exclusively for charitable and educational purposes, as defined under section 501(c)(3) of the Internal Revenue Code of 1954. The Federation shall comply with all necessary requirements for classification as an exempt organization under this section. The organization's charitable purposes shall be pursued through volunteer efforts, specifically encompassing the following programs:

- Arts programs
- Conservation programs
- Education programs
- Home life programs
- International affairs
- Public affairs programs
- Advancing information regarding public affairs
- Community improvement programs

The General Federation shall have a constitution and the authority to adopt by-laws governing membership qualifications, property management, and organizational affairs. It also has the power to amend its constitution and by-laws as needed. The Federation's headquarters shall be located in Washington, D.C. Additionally, the Federation is authorized to hold meetings outside of Washington, D.C., as deemed appropriate.

Timeline of Amendments and Approvals:

- Enacted by Congress on December 3, 1900
- Approved by President William McKinley on March 3, 1901
- Amended by the 56th Congress on December 7, 1903
- Approved by President Theodore Roosevelt on April 28, 1904
- Filed with the Department of State with seal affixed by Secretary of State John Hay on December 12, 1904
- Amended by the 67th Congress on December 5, 1921
- Approved by President Warren G. Harding on April 26, 1922
- Amended by the 73rd Congress on January 3, 1934
- Approved by President Franklin D. Roosevelt on June 7, 1934
- Amended on December 15, 1975
- Amended again on August 7, 1986

This documentation showcases the history and continued growth of the GFWC, a key institution in advancing the charitable and educational endeavors of women's clubs across the nation. As we celebrate Valentine's Day, the New Jersey State Federation of Women's Clubs is especially grateful to be part of such a large and impactful organization, united in our shared commitment to community improvement and the empowerment of women—truly a cause that reflects love and dedication.

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

There is some exciting news about three new federal bills which deal with Alzheimer's and Dementia

- On November 2, 2024, Congress enacted **BOLD (Building Our Largest Dementia Infrastructure Act - H.R. 7218)** which provides state, local and tribal public health officials with the essential funding and resources to advance brain health education, enhance early detection and diagnosis and support caregivers.

LEGISLATION/RESOLUTIONS Continued

As of October 1, 2024, **NAPA (National Alzheimer's Project Act,- P.L. 118-92)** was reauthorized, extending the program through 2035. This bill focuses on healthy aging, risk reduction and addresses health disparities in underrepresented populations.

- The **Alzheimer's Accountability and Investment Act** became law (P.L. 118-093) on October 1, 2024, continuing the prioritization of Alzheimer's and other dementia research funding at the National Institutes of Health (NIH).

Through the GFWC's Legislation Action Center, clubwomen supported the GFWC's alliance with the Alzheimer's Association by sending more than 3,000 responses to their local, state and federal representatives! Applause all around! And we know that our united voices, joining with others has clearly made a difference.

If you haven't already, please go to the [GFWC.org](https://www.gfwc.org) website, click on the Legislative Action Center tab and submit your information. Remind your club members to do the same. You do not have to support all the resolutions, but for those that you care about, your response makes a difference.

SPECIAL STATE PROJECT

shoemaker@njsfwc.org

April Shoemaker

This Chairman is grateful to all the clubs who have sent in their Year End Reports. It's so exciting to see the many ways clubs have supported the New Jersey Children's Alliance.

The Special State Project's statewide fundraiser is also a way to help raise awareness of child abuse. Lanterns, signifying "Shine for Children" to help light the path to safe and healthy childhoods, can be purchased through this Chairman by completing the form in this ALMANAC, which were also distributed to clubs in January.

The lanterns can be displayed in your homes or given as gifts to help demonstrate the importance of helping children who struggle with child abuse. We will also carry the lanterns when we join the New Jersey Children's Alliance and other organizations, in a Walk at the Trenton State House on April 18th, 2025. Further information concerning the Walk will be sent to all clubs and on the website. This Chairman will notify all who purchased lanterns when they can be picked up at Headquarters.

A "Know and Tell Workshop" will be held at Headquarters on March 25th at 10:00 a.m. - 12:00 p.m. and it will be open to everyone who wishes to be educated on the signs of abuse in children and how to help if you should encounter a situation that seems suspicious.

The Director of New Jersey Children's Alliance, Debbie Riveros, will be conducting this workshop. Signups for the Workshop have been distributed at January Councils and on the website. There is no charge for the workshop and a limited number of seats are available.

WEBMASTER

webmaster@njsfwc.org

Denise Hosier

It's Time to Enter our Website Contest!

Submit your intention of entering the competition by **emailing the NJSFWC Webmaster** (webmaster@njsfwc.org) **during the month of February (1-28)**. Websites will be judged between March 1 and March 15.

- In the 'Subject line' of the email, reference 'NJSFWC club website competition.'
- In the body of the email, include your club's name, contact person, the 'link' to the website, and whether it is a free or paid site. A free site means you are not paying for hosting or anything other than a domain name (approx. \$20 per year).
- **NO LATE ENTRIES WILL BE ACCEPTED.**

Rules for Submission & Judging:

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

WEBMASTER Continued

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

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

Judges will use their own discretion as to awards given.

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

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

DEADLINE FOR ENTRIES: February 28.

PARLIAMENTARY CONSULTANT TO CLUBS

Patricia Dahl, Interim

Many times, members want to talk about some subject during a meeting, they often want this to be a new subject.

The current addition of Robert's Rules of Order notes that "Until a matter has been brought before the assembly in the form of a motion proposing specific action it cannot be debated in page 386.II, 6-8". Debate is a consequence of making a debatable motion".

Occasionally, some member will even make a motion, "That we discuss_____". The motion is out of order, on the ground that the motion "contains no rational proposition".

The member usually not skilled in parliamentary procedure, wants to discuss something and hopes that talking about the issue will lead to some result. *If permitted, it would be more likely to lead to a great deal of confusion, and wasted time, with the members not even agreeing on the conclusion.*

In a roundabout way the assembly can discuss a new topic without a main motion. A main motion is needed, but that main motion need not be the one that would propose something substantive to be done. It is possible for the assembly to make a main motion to refer the matter to a committee. It may contain all the provisions of a main motion i.e.: "that the committee report back to the assembly to discuss the issue".

The assembly would then discuss the matter as a committee of the whole. While the members of the assembly remain in the room, the committee made up of all the assembly members may discuss the matter as a committee.
