

HIGHLANDS DISTRICT PROGRAMS

At the January council meeting or through your sent Program report sheets, clubs shared the following information. If your club is interested in a particular program and there is no contact or information about the program/project, please contact the club that sponsored the program.

Many of the programs/projects that are done with the club members' participation are either done for a cause or to keep members engaged or for fun, and many of the programs are town sponsored. I Hope this gives you some great ideas for programs or projects. If you are interested in what other clubs are doing from other districts, information can be found on the NJSFWC Website under Materials under Program Assistance

BLAIR WOMAN'S CLUB-BLAIRSTOWN

CHAIR YOGA given by local instructor.

WILDLIFE RESILIENCY AND ENVIRONMENTAL CONSERVANCY info given by Kathlyn Moore from the Development and Outreach Administrator for the Ridge and Vally Conservancy

MEALS AT HOME PROGRAM in Warren County

AVAILABLE SERVICES FOR AGING/DISABLED in county a presentation by Rigina Fitzpatric

FUNERAL PLANNING Given by local Funeral Director

THE STORY AND FASHIONS OF CHARLES DICKINS presented by Johannas Boutique Showtime

GFWC WOMAN'S CLUB OF DENVILLE- ROCKAWAY AREA

ST PETERS ORPHANAGE a presentation by Kelly McNamara, Director on the history of this nonprofit and services provided to the boys housed in the facility.

ROOTS & WINGS Operations Director Stephany Tansey gave a presentation on this organization who assist children who age out of foster care.

THE BLUE CAMPAIGN Members were encouraged to participate in the Blue Campaign and given information about National Human Trafficking Prevention Month and Awareness Day January 11

AMERICAN HEART MONTH Members wore Red for American Heart Month

DEVELOPMENT FOR COMMUNITY HOPE Director Peggy Banko gave a presentation on the organization who helps with the needs of people with severe mental illness.

Members were provided with information on Prevent Child Abuse Month identifying PCA-NJ and CASA and then planted Pinwheels.

CASA -MORRIS COUNTY Executive Director Lisa Barskey-Fsher gave a presentation on CASA's Mission and how it functions and how you can become a volunteer and their need for donations.

NOURISH NJ Nancy Rudgers Corporate Engagement Manager gave a presentation on their mission. Goals and services www.nourishnj.org

GCI DELEGATES discussed their experience at GCI.

THE ROCKAWAY TOWNSHIP MAYOR gave a presentation of upcoming events and how the club can participate in the cleanup of a local lake.

WEBMASTER of club **gave** a presentation on how to navigate the website.

BREAST CANCER AWARENESS MONTH members participated by Wearing Pink and received information on awareness and prevention.

LEGISLATIVE ACTION NJSFWC1st VP Chris Sienkielewski gave informative presentation on Legislative Action

HOPATCONG WOMAN'S CLUB

TRAVEL LOG A club member gave a presentation of her trip to the Galapagos and Manchu
DASI SHOWER and gave kind donations to DASI a shelter in Newton Contact: Kim Prentiss
CARE OF LOVED ONES AT HOME presentation by Kathleen Whelan Perlett preferredcare@home.com
973-512-5131
FIRE SAFETY" AT HOME a presentation by the Hopatcong Fire Department
CUISINE INSPIRATIONS, a local company, gave a presentation on the proper use of knives in the kitchen.
Scott Savokinas 973-219-

6954

NEW JERSEY CHILDREN'S ALLIANCE speaker Olga Aramini from New Jersey Children's Alliance

LONG VALLEY WOMEN'S CLUB

THE PINE BARRENS presentation by Author Niel McNeill
BARBIE TRIVIA /w prizes presented by Dorothy Prisco daprisco@aol.com
LESSER-KNOWN PRESIDENTS WIVES a presentation by Joan Schaible Fosterfield Farms
"BULLIES" a one ac play written and performed by a club member.
"MY ANTIQUES JOURNEY "a presentation by President Bill D'Anjoie of the Bucks County Antique Dealers
Ass.
WW1 US NURSES a presentation by John Turkos
HOLIDAY GAME NIGHT

WOMAN'S CLUB OF PARSIPPANY TROY HILLS

PROJECT LINUS Made no sew blankets for Project Linus,
COLOR SMILE Held a coloring session with their projects going to colorasmile.org.
70 ANNIVERSARY with music provided by the Parsippány Hills high school Band.
BRAIN HEALTH ALZHEIMER'S PREVENTION AND HOW WE MAY PREVENT ALZHEIMER'S IN WOMEN
A presentation by Dr Hu from Rutgers University
NEW JERSEY CHILDREN'S ALLIANCE NJCA director Debbie Riveros spoke about the organization.

ROXBURY WOMAN'S CLUB

HEALTH COOKING including demonstration given by 2 club members.
WOMAN OWNED BUSINESSES and home improvement tips Precentor Amanda Veionti-Prami Maven
Roofing and Exteriors 201-317-2198
LATIN DANCING STYLES presented by a club member.
GCI DELEGATE spoke on her experience at GCI.
THE BENEFITS OF MEMBERSHIP presenter NJSFWC President Barbara McCloskey
ELDER CARE AND HOW TO PREPARE FOR AGEING Precentor Gladys Harris of the Olive Group 954-
892-8209

SPARTA WOMAN'S CLUB

TRICKY TRAY.
COOKIE/CANDY PROJECT
TALENT AUCTION. Members held a Talent Auction
WISH TREE Had the Sparta Middle School Choir singing and did wish tree ornaments.
INTERPERSONAL COMMUNICATION-EMPOWERMENT. A presentation by Celeste DeCamp
ANTIQUES/APPRAISALS Antique shop owner/Appraiser Edith Maglorie spoke on antiques.
PRESERVING THE HIGHLANDS WATERSHED a presentation by New jersey Forest Watch & Friends of
Sparta Mountain

THURSDAY MORNING CLUB INC MADISON

833-KIDSBAG a presentation By Olivia Costello 501C3 helping children

SIZE MATTERS...CHOOSING JUST ENOUGH FOR YOU Nutritionist Lenore Luckey demonstrated the importance in keeping a healthy and happy body 973-822-2916

FLORALS FOR INTIMATE TABLES AND GATHERINGS Kerry Patel demonstrated and gave suggestions on how to develop Website: Kerry Patel Poetic Flowers

MADISON'S PERSONAL STORYTIMES Dr, Douglas Simon Professor Emeritus of Political Science and Trustee of the Madison Historical Society gave a presentation of biographies of past residents who formed the town.

MOMS DEMAND ACTION Speakers gave a description of EPRO (Extreme Risk Protection Order 2019 in New Jersey) Leslie Moran lesliemoran31@hotmail.com

CULTIVATING A LIFE OF HAPPINESS AND INNER PEACE. a presentation by Holistic life coach and author Janet Pfeiffer Janetpfeifferpowerseminars.com 202-213-8499
Fee \$250.00

VERNON TOWNSHIP WOMAN'S CLUB

VILE OF LIFE Held a hands-on project for Vile of Life

COOKIE PROJECT Made cookies for Nursing homes.

GETTING TO KNOW YOU Held a Getting to know your members program

NUTRITION: A presentation from the Sussex County Office of Public Health 973-579-0570

COLOR A SMILE Director Jerry Harris gave a presentation on non-profit out of Morristown who distributes coloring pages to people of all ages to color and send jerryharris@colorasmile.org

CANCER CARE N.J. presenter Nikki Molfetas LMSW Oncology Social worker nmolfetas@cancercae.org

INTERNET & CELL PHONE SCAMS Presenter Detective Chris Grogan Sussex County Prosecutor's office Contact: Harry Manser hmanser@sussexcountysheriff.com

POTLUCK DINNER

HOLIDAY PARTY and Gift exchange.

WASHINGTON WOMEN'S CLUB INC

RESEARCHING YOUR GENEALOGY a presentation by Jean Pellicane, Genealogist 908-537-2037

MEMORIES OF A COMBAT PILOT John Hawk a Combat Helicopter Pilot in Vietnam and Afghanistan gave a power point presentation of pictures of his time in service.

RIDING WITH A HEART a 501c3 nonprofit located in Pittstown spoke on their programs and mission to improve the quality of life of physically and cognitively challenged adults, children and their families through diverse equine-assisted programs
Carla Harbour 908-735-5919

AMERICA'S GROW A ROW a 501c3 organization they grow and donate excess vegetables to organizations across the nation they also teach and educate people on how to eat healthy they have over 10,000 volunteers harvesting Project manager Jacqui Witte 9908-662-6304