

## HIGHLANDS DISTRICT PROGRAM INFORMATION

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, please contact the club that sponsored the program. Many of the programs are either done for a cause or to keep members engaged or for fun, and many of the programs are town sponsored. Hope this gives you some great ideas for programs to be held at your meetings. 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 OF BLAIRSTOWN

**H.O.P.E. (Help our preservation effort)** presentation by local organization speakers Pete and Betsy Peterson and Bob May [info@hopepreservation.org](mailto:info@hopepreservation.org)

**ARC of Warren County** Speaker Annamarie Lalavee Chief Development & Communication officer 908-689-7525  
**"Township Happenings"** Speaker Joanne Van Valkenburk Blairstown Township Committee member 973-219-3933

**"GCI"** delegates spoke of their experiences

**"NJSFWC History of Douglass College"** speaker President Barbara McCloskey

**"Author Sherry Blackman"** international journalist and poet spoke about her books [sherryblackman.com](http://sherryblackman.com)

**"Health Restoration"** speaker Dr. Antonio Duardo the Wellness Way [randolph@thewellnessway.com](mailto:randolph@thewellnessway.com)

**"Transitional Housing Program for Homeless Vets"** speakers from Veterans Haven North

### DENVILLE ROCKAWAY AREA, GFWC WOMAN'S CLUB OF

**"Human Trafficking Presentation"** by Susan Panzica NJ Coalition Against Human Trafficking

**"NJ Children's Alliance"** Debbie Riveros Executive Director

**"Women's History Month"** Janet Walker presented a program and distributed information on past Woman's Club members featured in the NJSFWC newsletter as well as displayed a collection of quarters of notable woman in US history

**"Fire Safety"** Speaker Mark Rabson of the Rainbow Lakes Fire dept gave a presentation on fire safety

**"Child Abuse Prevention Month"** President Janet Walker gave a presentation on Child Abuse

**"Domestic Violence in Morris County"** Diane Williams President of JBWS discussed the mission and history of JBWS

**"Meet the Mayors"** the Mayors of Rockaway Borough and Rockaway Township came and introduced themselves to the club

**"Donuts with Dunn"** NJ State Assembly Woman Aura Dunn came and discussed several issues and bills regarding education, mental health school choice and veteran's Her Chief of Staff distributed donuts.

**"NJSFWC Legislation"** speaker Jacqueline Wisner NJSFWC Legislation Chair discussed how to put a resolution together and the history of NJSFWC and the Legislation projects they promote

**"Wendy Natale"** Author of "The letter R: A Love Story" spoke about her book

**“Six Thinking Hats -Decision Making** “Highlands DVP gave a presentation on decision makings based on the Book Parallel Thinking and Six Thinking Hats by Edward DeBono”

#### **ROXBURY WOMAN’S CLUB**

**‘Identity Theft’** presentation by Visions Credit Union

**‘Starting your Garden’** presentation by Ashley Farms 973-584-7578

**“Taekwondo”** Demonstration by Club Member

**“Roots & Wings** “Presentation about organization who helps children who age out of foster care

**“JBWS”** presenter Mary Jane McCarthy 973-267-7520

**“Benefits of Olive oil”** presentation from the Olive and the Stone

#### **SPARTA, JUNIOR WOMAN’S CLUB OF**

**Tips for better Nutrition** Kaitlyn Millian,MS,RDN Newton Hospital 973-383-2121

**“Ginnys House”** Speaker was the executive director 973-579-0770

**“Taking care of your Garden” Invasive** Plants Speaker Lisa Chiarello Rutgers Cooperative 973-948-3040

**“NJ Lottery”** Where your money goes speaker Jerry Guarino Special Assistant NJ Lottery 809-599-5887

[jerry.guarino@lottery.nj.gov](mailto:jerry.guarino@lottery.nj.gov)

**“DASI”** woman’s /family shelter Speaker Athena Storm MSOL Exec.Director of the shelter 973-579-2386

**“Sparta Food Pantry”** speaker Valerie Macchio Director

**“Holiday Music”** provided by the Sparta middle school Choir at the holiday luncheon there was a fee

#### **THURSDAY MORNING CLUB**

**“Tools to Thrive”** presenters from NewBridge Services

**Ultra processed Foods** “presenter Lenore Luckey 973-822-2916 club member spoke on why certain foods are labeled ultra processed”

**‘Dick Clark’s American Bandstand (1957-1963)’** presenter Rick Feingold teacher at Bergen Community College Fee:\$250.00

**“Madisonians”** presentation by Dr.Douglas Simon Madison Historical Society

**‘CASA’** speaker Lisa Firkser Executive Director Morris /Sussex Division

**‘Entertainment’ Solo** Guitarist Vocalist Joe Blanko 914-879-1727 Fee \$300.00

#### **WASHINGTON WOMAN’S CLUB INC.**

**“Kara-About Your Body”** speaker Kara Fragale, Certified Nutritionist [karafragale@gmail.com](mailto:karafragale@gmail.com)

**“Habitat for Humanities”** speaker Kyle Stuber Director of Development at local Habitat

**“911 Rescue Experience** “speaker Don Mormino, Retired NYC Fireman

**“DASACC “Pocketbook Project”** speaker Caitlyn Apgar, Legal Advocacy & Crisis Response Manager

[capgar@dasacc.org](mailto:capgar@dasacc.org)

**“Homeless Vectren’s Services”** speaker SFC (Ret) Richard P Wiegers USA Management Assistant Director  
Richard.weiger@dmava.nj.gov