



ALMANAC

New Jersey State Federation of Women's Clubs of
GFWC
September 2026



Even though it's tradition to say "Welcome to a new club year" in September, this Officer knows your clubs have not stopped volunteering over the summer! Backpacks with back-to-school items have been filled for our Special State Project, embrella; and Holiday Stockings are being filled for Operation Jersey Cares. And clubs have held social get-togethers throughout July and August to enjoy friendship and summer delights.

NJSFWC has lots to offer your club members: info on GFWC's Day of Service, workshops galore on a variety of topics, State Fall Conference, and more! Flyers and articles included in this ALMANAC will give you the low-down you need for successful projects.

Be sure all members are signed up for the eConnection that is published every Wednesday to keep up-to-date with the latest happenings.

Remember the words of Lynn Berenbroick, member of the Woman's Club of Ridgefield Park and former Woman's Club of Leonia President, "Each of us is special. But together, we're SPECTACULAR!"

Indeed, we are A FORCE FOR GOOD!

In Federation Friendship,

Susan Chambers
NJSFWC President
NJSFWC: A Force for Good



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- *GFWC Open House, Washington DC*

NJSFWC President-elect
Chris Sienkielewski,
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Our members are the lifeblood of NJSFWC. They provide their time, skills, and passion to advance every club. But even the most committed members can become disengaged, leading to increased turnover and decreased impact. Before you can effectively lead your members, you need to understand why they're showing up in the first place.



Each volunteer brings her own unique combination of personal goals, life circumstances, and values to your club. Some primary motivations that drive people to volunteer include:

- Contributing to their community;
- Utilizing their skills and experiences;
- Personally affected by a cause; and
- Wanting to meet new people.

Understanding these motivations allows you to match your members to appropriate roles and create experiences that fulfill their individual needs while advancing the club's goals. As you move through your club year, try to schedule one-on-one check-ins through phone calls, personal emails, coffee chats or a lunch with a few people at a time. Ask about their experiences and actively listen to their feedback. When our members feel seen and valued as individuals, they're more likely to stay engaged and take on new leadership positions, whether it be a committee Chairman or a Board member.

Throughout this administration there will be workshops on leadership development with the first one on **September 29th** from 10:30 to 12:30 at Headquarters. It will be in person and on **Zoom** with a **repeat Zoom meeting only** on October 15th from 7:00PM to 9:00PM. This is an excellent opportunity for all members. A flyer is included in this ALMANAC with further information on registering

Lessons from LEADS: Decluttering, Delegating, and Finding Your "WHY"

By Linda Foy, GFWC LEADS Graduate, New Jersey

**Leadership
Education
And
Development
Seminar**

It is truly an honor to serve as New Jersey's LEADS graduate. Out of 63,000 GFWC members worldwide, only 60 women are chosen for this incredible opportunity to refine their leadership skills and bring fresh perspectives back to our local clubs. Wearing my "Miss New Jersey" sash at convention was a proud moment, but the real gift was the wealth of practical leadership and life lessons I brought home.

What is LEADS? LEADS stands for Leadership, Education and Development Seminar. As a LEADS graduate, I now belong to a group of Clubwomen who have learned, grown, and gone on to become leaders in their clubs, districts, state, and international federation.

The LEADS handbook states that candidates have the opportunity to refine their leadership abilities and grow both personally and professionally during the seminar. The valuable GFWC program helps participants bring stronger skills and fresh perspective back to their clubs and communities.

Here are a few key takeaways from my LEADS experience to help you thrive personally and in your Club.

1. Declutter Your Space & Mind

Clutter equals stress! When we leave tasks unfinished, we drain our mental energy. Try using Power Hour: divide 60 minutes into four 15-minute blocks to tackle long-overdue tasks, file papers, or clean out that cluttered drawer. Completing a task triggers endorphins—our brain's "happy hormone"—giving you an immediate boost.

2. Delegate with Confidence

Many of us fall into the "I'd rather do it myself" mindset. But strong leaders share the work. To delegate successfully:

- Follow up and show genuine gratitude.
- Resist the urge to micromanage.

LEADs (continued)

concise, and specific. Avoid "I" and "You". Concentrate on "we". Strive for the "win-win." Conflicts occur for different reasons:

- Different personalities or perspectives
- Unresolved problems from the past
- Feeling of competition with others
- Poor communication skills
- Uncertain about roles and responsibilities.

4. Master the Art of Public Speaking

You have just seven seconds to make a great first impression. Whether presenting to your club or leading a committee:

- Be super prepared: Write out your script and practice continuously.
- Remind yourself: Jot down "SMILE" and "SLOW DOWN" at the top of your notes.
- Connect: Maintain eye contact, stay positive, and take a deep breath.

What Is Your "WHY"?

The woman's club movement was sparked in 1868 when Jane Cunningham Croly (Jeanne June) founded Sorosis after being denied entry to an all-male press event. Today, we carry that torch forward under our motto of Unity in Diversity. As leaders, our mission is to encourage, mentor new members, share Federation knowledge, and celebrate each other's contributions.

We are all dedicated to improving the lives of others through our volunteer services and to work for the success of our Club. We are united in this dedication. I am honored to be a small part of this Federation with so many talented and generous women.

Serving alongside such talented, generous women is my WHY. What is Yours???

- Why? – The Purpose – What is your cause? What do you believe?
- How? – The Process – Specific actions taken to realize the Why.
- What? – The Result – What do you do? The result of Why and then the Proof.
- Why do you volunteer? What drives you to maintain your membership in GFWC?
- Do you want to be a GFWC Leader?

- Listen with empathy—listen with your heart, not just your ears

3. Communicate Through Conflict

Resolve a conflict with negotiation. Nothing is going to resolve itself unless you speak up. Be clear,

What drives your passion for service, and what is your WHY?

NJSFWC First Vice President, Patricia Dahl
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Make Your Club's Year End Report Tell the Story:

Have you ever read a book made up only of statistics, or a magazine article that was nothing but bullet points? Probably not. Now imagine being a State Chairman reviewing a club report that includes only numbers or brief bullet ideas.



Without a clear narrative, the chairman may not understand how meaningful, successful, or exciting your project was. Important details that could be shared with other clubs across the state may be missed.

A well-written report also makes it easier for the chairman to identify standout work, including the Most Creative Project in their area.

Start Gathering Your Project Information:

If you have not already started, now is the time to bring together the statistics for your projects. These details are part of your club's history, so it is important to compile both the numbers and a clear narrative for each project.

The State Chairmen look forward to reading the information you have prepared. Be proud of what your club has accomplished—and do not be afraid to highlight your successes.

NJSFWC Second Vice President

Linda Carbley

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The **GFWC Unity Membership Challenge** is designed to strengthen our clubs by encouraging connection, creativity, and community impact — all while growing and retaining members. Each “STAR



point” represents a key area of club vitality: **Shine, Tell, Activate, Recruit, and Spark.** Together, these five challenges guide our clubs through a well-rounded approach to building membership, visibility, and unity.

Each “STAR POINT” represents a key area of growth and connection. Through the GFWC Unity Membership Challenge, clubs are encouraged to:

S — Shine: Let your club’s light sparkle in the community by increasing visibility and sharing the GFWC spirit.

T — Tell: Tell your story — proudly share your projects, impact, and member experiences through local media, social posts, and conversations.

A — Activate: Build partnerships and engage your community by collaborating with other organizations and groups that share our values.

R — Recruit: Invite others to join you in service! Every project is a chance to welcome new faces and fresh ideas.

S — Spark: Keep that spark alive by nurturing connection, friendship, and belonging among all members — new and seasoned alike.

Together, these five challenges inspire clubs to reach out, lift up, and shine brightly as one united GFWC. The GFWC Unity Membership Challenge celebrates not only numbers but relationships — the friendships, partnerships, and shared purpose that make GFWC shine.

Complete all five STAR POINT challenges by **February 1, 2028**, and your club will be recognized for outstanding achievement in membership unity and growth. You can find all details for the challenge in

Second Vice President (Continued)

the GFWC Unity Membership Challenge Toolkit in the Digital Library on the Member Portal.

Remember the **NJSFWC \$100 MEMBERSHIP Grant** to help your club with recruitment. Apply for the grant by filling out the form found on the NJSFWC Website under Materials, Membership and send it to NJSFWC Headquarters by **October 1st**. Two clubs per Membership Category will be selected and presented the grant at State Fall Conference. See the flyer in this ALMANAC for details.

Nominations for **WOMEN OF ACHIEVEMENT** are due by November 13. See the flyer in this ALMANAC for details.

NJSFWC Treasurer

Linda Hrycenko

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Hope you had a great summer; you are re-energized and excited to be back for a new club year! Club presidents will soon be receiving a mailing from the NJSFWC containing:

- The Charitable Registration Form for 2027
- The Continuing Funds Form for 2026-2027 (with an Explanation of the Continuing Funds)
- Girls Career Institute Reservation Form

It would be helpful if the Presidents make a copy of the forms found in the envelope for their files and note the deadlines before giving the envelope to their Treasurer. You and the Treasurer will then have the necessary and correct information when mailing the checks to Headquarters by the deadline.



Each month you will see a reminder from this Treasurer that we are team. We’ll all be working together to meet job/project deadlines and making everything more fun while creating better solutions.

If you have any questions or concerns, please feel free to contact this Treasurer at (732) 406-3983 or hrycenko@njsfwc.org.

NJSFWC Financial Secretary
Laurel Dobalo
dobalo@njsfwc.org

We began our fundraising year with a bang! The Summer Luncheon and Basket Raffle was a big success thanks to all of you who donated baskets and silent auction items and especially to all who attended. Thank you for supporting the Federation and the Headquarters' Fund.



Many clubs have new officers so it's important to remind you about IRS 990 Tax filing. If your club falls under the NJSFWC umbrella, as a 501(c) (3), your club is responsible for filing a 990-form required by the IRS by November 15, 2026. This form is for tax-exempt organizations with gross receipts of less than \$50,000 per year. Clubs that fail to file for three consecutive years will automatically lose their tax-exempt status. Please make sure to file—it is time consuming and costly to reestablish your tax-exempt status.

Once you have filed (electronically), you will receive a confirmation that states "You have successfully filed your 990". Please take a screen shot and send it to this Officer, Laurel Dobalo, Financial Secretary, 55 Labor Center Way, New Brunswick NJ 08901 or email it to dobalo@njsfwc.org. If your club's name does not appear on the confirmation, please make sure to hand write it on the confirmation. This Officer is available to help if you have any questions.

We are pleased to announce that the NJSFWC website has been updated with new ideas for fundraising. Go to NJSFWC.org, click on the Materials section and go to the Treasurer and Financial Forms section. Best wishes for a successful fundraising year for your clubs.



Vice President, College District
April Shoemaker
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The **East Brunswick Woman's Club** has a few upcoming events in the fall. On September 26, their annual garage sale will be held at 11 Darby Road from 8:00AM to 1:00PM. In October they will host their annual Charity Luncheon benefitting embrella. Club members will be celebrating their annual Friendsgiving celebration on Tuesday, November 10th at Headquarters.

The **Bridgewater Woman's Club** will participate in the GFWC Day of Service in September as they collect new pajamas for the Safe and Sound Woman's Shelter. In October, the members will be volunteering at Mom's Helping Mom's warehouse. At the "Singing Florist" fundraiser on November 15, they will collect new baby care donations to help Mom's Helping Moms. Everyone who donates an item will be eligible for a free raffles ticket at the event.

The **Greater Brunswick Woman's Club** plans to participate in a September Community Flea Market. They are also partnering with the East Brunswick Woman's Club at a Road Cleanup in September and October.

Vice President, Garden District
Cheryl Fairchild
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The **Woman's Club of Merchantville** hosted a bus trip to a Philadelphia Phillies game, bringing 50 attendees together for a day of baseball and camaraderie. Their seats were four rows behind Eagles head coach Nick Sirianni, who was celebrating his birthday with family and friends. Members enjoyed the moment when the stadium erupted into the EAGLES chant. The day ended on a high note as the Phillies delivered a decisive 7-0 win.

The **Evening Membership Department of the Haddon Fortnightly** spent countless hours collaborating on a float for the Haddonfield Fourth of July Parade. In recognition of America's **250th anniversary**, they chose "**Don't Forget the Ladies**," paying tribute to notable women throughout history who made significant contributions to the country's progress. Their float served as both a

Garden DVP (Continued)

celebration and a reminder of the vital roles women have played in shaping the nation.

The **Gloucester County Woman's Club** carried out a community literacy initiative called "Look for a Book." Members collected children's books and carefully placed each one in a resealable plastic bag along with a flyer identifying it as a Woman's Club project and the purpose of the activity. After reading the book, each child is encouraged to hide it again so another young reader can enjoy discovering it. Club members placed the books in spots where children are likely to explore.

Monroe Township Woman's Club ended the summer season with a Pool Party, bringing members together for an evening of relaxation, laughter, and connection. The event blended fun activities and summertime energy, creating a perfect close to summer and a kickoff to the club's upcoming fall initiatives.

Vice President, Highlands District

Joan Garbarino

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The **Blair Woman's Club** hosted a summer picnic with several special guests. Nex Goetz, who attended HOBY, and Kaydence Iwanicki, who attended GCI, thanked the club for its sponsorship. Jack Werner, the club's 2025 HOBY recipient, also attended and shared information about "Light the Candle," a mission-based organization he learned about through HOBY, and the chapter he started at North Warren.

Over the summer, the **Hopatcong Woman's Club** has been actively supporting two local elementary schools by collecting teacher-requested supplies which were distributed in August. The club also held a July fundraiser at the Hopatcong Market Place, selling gently used jewelry and purses to benefit local charities and school scholarships.

The **Woman's Club of Parsippany-Troy Hills** held a successful Tricky Tray in July, with proceeds from this annual event supporting the club's Scholarship/Education Fund. Members worked for several months soliciting businesses and planning for the event. Last year's fundraiser provided thirteen \$1,000 scholarships, six Citizenship Awards, and ten Reading Awards. The club also made donations to the library for goods and programs.

Vice President, Liberty District

Vivien Finn

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The **Woman's Club of Allwood** celebrated the 250th anniversary of our country with a festive "Tea with Betsy Ross" event at the local library. Along with club members, forty guests attended the celebration, where tea and cakes were served. One member dressed as Betsy Ross, creating a memorable photo opportunity for guests. Each attendee left with a gift bag, and everyone enjoyed a wonderful afternoon.

The **Woman's Club of Berkeley Heights** began its club year by hosting a "Meet and Greet" for prospective new members. The club will also honor longtime member Meryl Hof as she celebrates her 100th birthday.

The **Montclair Women's Club** will partner with Mosaic Dance Theater for an original performance featuring Cassandra, the ancient Greek figure cursed to see the truth but never be believed, as she journeys through history. Following the performance, theater leaders will visit the club to lead a discussion and offer deeper insight into the production.

Vice President, Palisades District

Shelley Rothstein

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Cresskill Woman's Club held a summer barbecue at the town pool. Members assembled backpacks filled with school supplies for embrella and other local organizations. At their September meeting, they will host Cresskill High School students who will share their experiences at GCI and HOBY. The club will also participate in the GFWC Day of Service in late September.

Woman's Club of Dumont held a restaurant fundraiser in June. In July, members hosted an Ice Cream Social for residents of the Paramus Veteran's Home and assembled two backpacks for embrella. In September, they will participate in Dumont Day, where they will offer club information and hold a membership drive.

Woman's Club of Lyndhurst participated in the town's Fourth of July celebration, where members distributed membership information and patriotic items for children. Members also attended the NJSFWC Summer Luncheon, and a bus trip to Wind Creek Casino is planned as a September fundraiser.

Vice President, Ramapo District
Maria Kent
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Montville Township Woman's Club supported two working families by driving students to summer school helping with their summer schedules. NJSFWC's Girls Career Institute (GCI) received a \$400 donation to support a scholarship for a delegate. This fall the club will continue to support Birthright, Domestic Violence and Ronald McDonald House, as well as continuing their ongoing collection of shoes for Soles4Souls, soda can tabs for Ronald McDonald House, donations for Operation Smile and items for the local food pantry.

The **Past President's Club of the 11th District** will hold a "Queens Tea" at High SocieTea House in Wayne, NJ on September 25, along with a silent auction and party games. Three backpacks filled with school supplies were donated to embrella the Special State Project.

Pines Lake Woman's Club prepared two backpacks for the embrella State Project. In the fall, they will have a Social and Sandwich Spectacular meeting and a creative arts project.

Saddle Brook Woman's Club members supported the Saddle Brook's National Night Out event by providing free children's giveaways, including patriotic wristbands, patriotic pinwheels and snacks.

Vice President, Shore District
Kathleen Reddick
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The **Howell Women's Club** supported foster youth and local families by donating a dozen supply-filled backpacks to both embrella's special project and the Howell Emergency Food Pantry. Members also stayed active throughout the summer through the ongoing Howell Clean-Up Community initiative, a Bunco game night, and regular book club meetings.

The **Women's Club of Lacey** supported local education and community outreach by donating \$300 in back-to-school supplies to the Lacey Food Bank and preparing 10 fully stocked backpacks for Providence House. Members also hosted a regular Farmers Market fundraiser featuring member-baked goods and continued their Adults with Special Needs Dances throughout the summer.

DVP Shore (Continued)

The **Woman's Club of Spring Lake** brought the community together for the country's 250th birthday celebration with a highly successful town-wide "Bike, Carriage, and Stroller Parade" on July 4. In August, members continued their momentum with a sold-out fundraiser at the Spring Lake Theatre's dress rehearsal of *Bye Bye Birdie*.

Vice President, Southern District
Myrna Crawford
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At the May meeting held at the Smithville Inn, the **Woman's Club of Absecon** installed its officers using the Candy Ceremony. The club also agreed to serve as the host club for the 2027 Spring Conference and Achievement Day, demonstrating their continued leadership and commitment within the district.

On May 14, 2026, members of the **Community Club of Cape May** gathered for a delightful Spring Luncheon at the Lobster House, enjoying fellowship and seasonal celebration. The club also held its annual picnic at Cape May Point State Park, a tradition that brings members together in a relaxed outdoor setting.

The **Colony Club of Ocean City** celebrated a major milestone with its 76th Anniversary Fashion Show and Scholarship Fundraiser on June 9, 2026, an event noted for its success and community impact. Additionally, the club's "Fun for Us" Chair organized a special outing — a dinner at the Pitman Theater followed by the Michael Jackson Experience, offering members an enjoyable cultural evening.



Arts & Culture Chairman
Adrienne Fowler
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As summer closes and autumn begins, we start to look for indoor activities. Here is a list of various museums as well as other sites of interest. There are the Battleship New Jersey Museum and Memorial in Camden, Liberty Science Center in Jersey City, Aviation Hall of Fame & Museum of New Jersey in Teterboro, InfoAge Science & History Museum in Wall Township, Noyes Museum of Art in Oceanville, Museum of Russian Art in Jersey City and let us not forget the Zimmerli Art Museum in New Brunswick. If one prefers other cultural activities besides museums, this Chairman suggests the various light houses, or Turtle Back Zoo in West Orange, Cape May Zoo in Cape May, and of course the Grounds for Sculpture which are located in two different locations, either Hamilton or Princeton. Enjoy!



Arts Performing Chairman
Joyce Dreger
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Another opening, another show...From our Southern District up to Ramapo! These clubs and performers entertained us with a variety of talent at the NJSFWC Convention in May. There were skits, raps, taps, comedy, singing, twirling and a rousing ending celebration for our country's 250th birthday! Congratulations to all!

This Chairman is encouraging every club and District to start now and think of how YOU can participate in your District's Arts Performing Day. New Jersey has so much talent to offer but it just takes the encouragement and willingness to do it!

There is still a need to fill the Arts Performing Chair for the Ramapo and Palisades Districts. Without a Chairman, there will be no Arts Performing Day. Please consider it! Choose a buddy to co-chair with you! It will bring a great deal of pride and satisfaction to you and you'll be engaging with your Federation sisters!

Arts Performing (Continued)

For your Fall entertainment, there are many events for you to consider attending. Check the Bell Theater Holmdel for a performance of "Come From Away."

"...September 25-October 5. The Pulitzer Prize play, "The Piano Lesson" will be at Two River Theater in Red Bank from September 23-October 4th. The State Theater, New Brunswick N.J. Is offering "Beetlejuice" from September 25-27th.

New Jersey Performing Arts Center is once again hosting the Dodge Poetry Festival which is North America's largest celebration of poems and poets. It is being hosted at the NJPAC campus. It runs from October 15-17. Our U.S. Poet Laureate Arthur Sze will be performing. If you are one that submits poetry or is contemplating it for our Literature Contests, perhaps consider attending for inspiration! Information is on their website.

Thank you and remember to visit the Arts Performing Project Ideas in the NJSFWC State Yearbook as well as on the NJSFWC website.

Civic Engagement & Outreach
Chris Burlew
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Again, this year NJSFWC will be sending Holiday Stockings to our troops through Operation Jersey Cares. While shopping for items for the stockings, please include the medical and other items listed on this year's flyer. If the stocking is for a female, please put a post-it on the stocking and place them in a separate box. Since the stockings will be checked before they are shipped, do not stitch them completely closed. You may use safety pins.

Stockings can be dropped off at Headquarters on Tuesday, October 22nd, Thursday, October 24th or Tuesday, October 27th from 9 a.m. to noon. Please do not leave them in the Headquarters building. A storage pod will be located in the parking lot outside of the building. Shipping boxes can be obtained for free at your local post office. Please use these boxes to transport the stockings to Headquarters. Do not seal the boxes



Education & Libraries

Randi Quilici

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The second year of the Between the Pages Book Club launches on September 15! If your Women's Club has members who enjoy reading, consider participating as individual readers or as a club reading group. Simply review the Between The Pages Book Club flyer on the NJSFWC website, register, and start reading. Certificates will be awarded based on the number of books read and reported. Cheryl Dyer is pleased to serve as the 2026–2027 Between the Pages Book Club Chairman. If you have questions, please contact her at dyer@njsfwc.org or 732-278-7816.

Epsilon Sigma Omicron (ESO) is GFWC's International Honorary Reading Society within the Education and Libraries Community Service Program and is open to all club members. Unlike Between the Pages, ESO follows a structured reading program using selections from the official ESO Reading List, which has recently been updated and expanded. After completing 100 books, members may choose books beyond the reading list. Brief reports are submitted as members advance through award levels. Reports should be sent to ESO Chairman Christine Novak at gwd3333@aol.com or electronically at <https://tinyurl.com/NJSFWCESO>. Award certificates are presented annually at the NJSFWC Convention.

Spelling Bee

The NJSFWC Executive Committee has decided there will not be District or State Spelling Bees this year. However, clubs are welcome to conduct Bees on their own, following the NJSFWC Club Spelling Bee Manual on the NJSFWC website under Materials – Education and Libraries – Spelling Bee. State Spelling Bee Chairman Marie DiMatties is available to answer questions and provide support. She can be reached at medimatties@gmail.com or 856-261-6911.



Environment

Rosemarie Woodruff

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This is going to be an exciting year on environmental issues. Do you know? September has a calendar of many environmental celebrations. All month we celebrate regenerative production. This is improving the water cycle, enhancing ecosystem services, and increasing resilience to climate change in which to actively heal and revitalize the environment. Organic production relies on natural biological processes to maintain the health and productivity of interdependent communities of soil, plants, animals, and people.

September 7- 11 is Zero Waste Week which focuses on waste prevention and reuse. The core mission of the global event is to reduce landfill waste, preserve resources, and save money by rethinking consumption habits. September 20, 2026, is World Clean Up Day. It is an official United Nations Awareness Day. We are the official USA partner. Take a lead and start your own cleanup to make a difference in your community. This summer during the World Cup, the Japanese soccer team cleaned up the mess in each stadium they played in. The message is simple. What if everyone picked up just one piece of litter? What a difference we could make!

Health & Wellness

Kim Otto

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This Chairman is continuing, for the next two years, the "Let's Get Moving" project, tied to World Heart Day, which is observed annually on September 29th, recognizing cardiovascular disease as the world's number one killer. Members will be encouraged to sign up that day to start tracking their walking, running, or exercising throughout the year. Clubs will be encouraged to hold their own exercise events to help members log hours. Then they can report the club's total of exercise hours on their year-end reports.

- Challenge members to walk and track steps.
- Coordinate days to walk as a group and incorporate seasonal/ local events.
- Look for indoor walking tracks at parks and area gyms to use.

Health & Wellness (Continued)

- Create walking trails or paths around your area and document the path in half mile increments. Share with the community to encourage participation.
- Connect with local organizations that work with senior citizens and share chair yoga weekly or monthly.

Did you know that September is Self-Care and Healthy Aging Month? Key September Health Observances include:

National Recovery Month: Focuses on substance use recovery and mental health. Look for ways to partner with NAMI NJ. (<http://www.naminj.org/>) which offers Crisis Intervention, Resources, Education, and tips on advocating, using the power of lived experiences to shape how our country deals with mental illness.

The state of NJ's harm reduction efforts include providing Narcan (naloxone) to anyone over the age of 14. This has proven effective in reducing mortality from Opiate Use Disorder in that it reverses the respiratory depression of opiates. To access:

1. Walk into any of over 700 participating pharmacies, request the rescue medication through the "Naloxone365" program, and receive a kit anonymously.
2. Mail Delivery: If you prefer to have the kit mailed discreetly to your home, call or text the New Jersey Harm Reduction Coalition at 1-877-4NARCAN.

Advocates for Children Chairman
Carol Winkler
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September is the month that we think about starting back to school and for many clubs that meant donating backpacks and school supplies. Another area that could use our help is the food banks at many of the two-year and four-year colleges in our state. Most of them have food banks and accept donations. We frequently think that the students at these institutions get their meals, but meal plans are expensive and many students live in off-campus housing and are struggling to pay for their housing and classes. Some examples of college food banks are Ocean County College which has a Helping Hands Pantry Donation Guide, Rutgers has a Basic Needs

Advocates for Children (Continued)

Donation Form for food and toiletries, Hudson County Community College has Hudson Helps Resource Center, and Ramapo College has the We Care Program. There are colleges located throughout the state so there should be one near your Club. Check their website for items needed and ways to donate. During this Club year, have your Club consider a food drive to help these students.

Bylaws Chairman
Jan Ralls
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It is time for the annual review of the NJSFWC Bylaws. Bylaws establish the procedures that guide an organization's work, and each NJSFWC club has an important responsibility to review the Bylaws and Standing Rules printed in the 2026–2027 NJSFWC Yearbook. Key questions to consider during the review include:

- Are the bylaws aligned with NJSFWC's current mission?
- Do the bylaws accurately reflect the current responsibilities of officers and board members?
- Are committee roles and responsibilities clearly stated and consistent with current practice?

After proposed revisions are received, they are reviewed by the NJSFWC Bylaws Committee and the NJSFWC Board. This annual review ensures that the Bylaws remain current and aligned with NJSFWC operations. Proposed amendments are then submitted for delegate approval at the annual Convention.

Every club is asked to review the Bylaws and submit identified proposed amendments to the NJSFWC Bylaws Committee by October 15

Communications Chairman

Katie Chambers

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This Chairman is happy to be back as your Communications guru after a foray into Health & Wellness for the last administration. There are many exciting changes underway as NJSFWC continues to grow and adapt to evolving technologies.

Here are new opportunities and policies to remember:

- 1) **AI Workshop:** Interested in Artificial Intelligence? A bit leery? Unnerved? Frightened? Learn about AI in the NJSFWC Workshop at Headquarters, September 14, 10:30am-12:00pm. See how AI can help you and your club without losing the human touch. Reserve your spot with this chairman.
- 2) **New Webmaster:** Thanks to Dee Hosier for her longtime service as NJSFWC's webmaster. We're pleased to announce that new webmaster Heather Zises is taking the helm. Heather is a PR and marketing professional, a member of the Women's Club of Upper Montclair, and a recent participant in the GFWC LEADS program. To streamline, the webmaster is no longer a board position but a subcommittee of Communications. Reach Heather at webmaster@njsfwc.org.
- 3) **NJSFWC Facebook Page:** Your new Facebook Co-Chairs are Kimi McKeever and Michelle Carbonara – and they're fabulous! Email facebook@njsfwc.org with photos and updates from your club and they'll share on the NJSFWC page.
- 4) **NJSFWC Podcast:** You might have heard President Chambers announce we're starting a podcast! We'll be launching soon – stay tuned.
- 5) **Scrapbook Contest:** The scrapbook contest is moving from Communications to Arts & Culture to allow more clubs to see your work and to better reflect the art form. Please refer to the yearbook for guidelines, submission deadlines, and Arts & Culture showcase dates.

Please feel free to reach out to this Chairman, as she is always happy to help with communications queries technical, philosophical, logistical or otherwise.

Community Impact Program Chairman

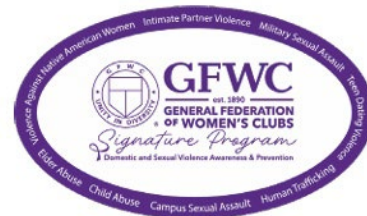
Dawn Pogosaew

pogosaew@njsfwc.org

The GFWC's Community Impact Program Award is available for clubs with projects that are implemented and completed from January 1, 2026, through December 31, 2028. This is your club's chance to create and implement a program/project that creates a measurable impact in your community and also helps to promote our volunteerism for NJSFWC clubwomen throughout the state and GFWC clubwomen internationally!

Your club may already have an on-going project that has been established and continues each year. See if your project will fit into one of the following sections:

Signature Program: GFWC Pledge to Stand with Survivors



Juniors' Special Program: Being a Unified Force for Children

Arts and Culture: The Octopus Challenge

Civic Engagement and Outreach: Save the Beat!

Education and Libraries: Unity through Reading: Every Story Matters

Environment: The Right Plant in the Right Place

Health and Wellness: Move for a Healthier You

Make sure to read through the Community Impact Program Awards on the NJSFWC Website under, CIP Materials tab or the GFWC.org website.

And don't forget...your outstanding project could win your club \$100.00 for First Place for NJSFWC State Award and \$2,500.00 for First Place for GFWC National Award.

Fall Conference/Program Assistance Chairman
Rosemarie Saviello
saviello@njsfwc.org

Hope you had a great summer! Now that Fall is approaching, so is the NJSFWC Fall Conference. Please inform your club presidents/members that the invitation, directions and registration form can be found in the flyers section of this ALMANAC. A notice was also posted in the e-connection in August.

The venue this year is Harbor Point in Point Pleasant; this is a newly renovated Lobster Shanty. The deadline to register is September 23, 2026, so please give your immediate attention to the registration forms since no late registrations will be accepted. There are also no refunds.

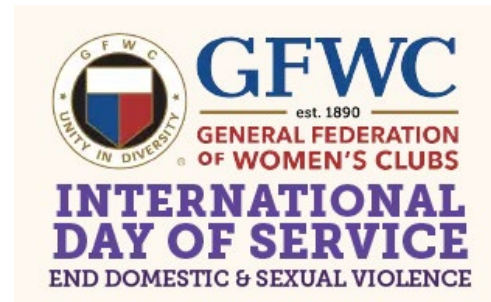
Once again, we will have good and interesting speakers at our conference. In the morning we will have Lorraine Joewono, Executive Director of Senior Services in Bergen County who will inform us of "Senior services available in addition to volunteer opportunities throughout the state." The afternoon session will have Connie Palmer, MSW, speaking on "How to have a healthy club and organization."

Do you know who won the GFWC awards? You will learn about these awards and who should be congratulated as well as the Membership awards that will all be given out in the afternoon.

Please don't forget to visit the many vendors before the meeting and during lunchtime.

Hotel and dinner for those coming the night before will be held in The Breakers in Spring Lake. The dinner on Sunday, October 18, 2026 will be a delicious buffet for the cost of \$36. Please make your check payable to Rosemarie Saviello and send to her at 2946 Springwater Court, Toms River, NJ 08755. Hotel reservations can be made by calling the Breakers Hotel, 732-449-7700. Special rate of \$125 plus additional charges. You must mention you are from the NJ State Federation of Women's Clubs to get this special rate. If you have any problems, please call Ro Saviello at 973-981-0057. Come to the dinner on Sunday even if you are not staying overnight. All are welcome!

GFWC Signature Program:
Domestic & Sexual Violence Awareness and Prevention Chairman, Karen Osborne
osborne@njsfwc.org



The 2026 GFWC International Day of Service is a day to unite all clubs, states, regions, and International affiliates to focus on helping to end Domestic and Sexual Violence. Approximately 1 in 3 women and 1 in 10 men experience domestic violence. Domestic violence is responsible for over 1,500 deaths in the United States each year.

We will come together on Saturday, September 26, 2026 with one purpose, that of raising awareness to combat this serious and challenging problem. GFWC encourages clubs to contact their local Department of Family Services – Domestic and Sexual Violence office along with shelters that specialize in serving women and children, and any community-based facility that focuses on this issue to hear their most immediate needs. There are eight subcategories to consider: Campus Sexual Assault, Child Abuse, Elder Abuse, Human Trafficking for Sexual Purposes, Intimate Partner Violence, Military Sexual Assault, Teen Dating Violence, and Violence Against Native American Women. You may decide to continue a project you are already involved in or decide on a new project after researching areas of need.

Remember to go on the GFWC.org website to register to be part of this Day of Service.

<https://www.gfwc.org/gfwc-international-day-of-service/>

Girls' Career Institute
Ellen Lund, Chairman
lund@njsfwc.org

Another successful year for the Girls Career Institute. One Hundred Sixty Junior High School girls had a great time attending workshops, doing community service projects, and making new friends.



Thanks to Katie Chambers, we had a celebrity as one of our keynote speakers, Nancy Giles. You may have seen her on the CBS Sunday Morning show. She has also appeared in movies and on other shows. She said she will be back next year to spend the entire day with us. We of course had our GCI Ambassador Donna Hernandez as our other keynote speaker. Both were well received by all.



All Orientations will again take place in the month of April. Orientation dates, places, and times will be posted on the NJSFWC website under GCI.

A very important meeting concerning all aspects of GCI will be held in person and on zoom at Headquarters, on Saturday, September 19th at 10:00 a.m. Please plan on having a club member attend either in person or on zoom. If you work with a High School Counselor, please pass this information to them so that they may also attend. It is important that we are all on the same page when it concerns GCI.

This Chairman was lenient with deadlines and Orientations in 2026. That will NOT be the case for GCI 2027. That is why it is imperative that every club interested in sponsoring a Junior student for GCI 2027 attend the September meeting. Zoom information will be forthcoming.

GCI 2027 is tentatively scheduled for Wednesday, June 2nd to Saturday, June 5th.

Headquarters Chairman
Kathleen C Karthaeuser

The New Jersey State Federation of Women's Clubs is one of the few state federations fortunate enough to have its own Headquarters Building.

The one-story brick Headquarters Building is located on the campus of Douglass College and has an annual lease of \$21,000. Lease costs are supported through the NJSFWC budget and donations to the 1894 Society. Each club may hold one meeting per year at Headquarters.

Headquarters includes a welcoming reception room, a meeting room accommodating up to 100 people, offices, and a private office for the president's use. Dedicated staff members work from Headquarters to keep clubs informed and ensure information is shared throughout the Federation.

One of Headquarters' greatest treasures is its library, home to an extraordinary collection of Federation history. The library contains nine volumes of NJSFWC history, 15 Honors and Memorials books, handwritten minutes dating to approximately 1907, bound Almanacs beginning in 1894, and early Records Books. Highlights include *New Jersey Club Woman* (1928), *A Century of Challenge: NJSFWC's First 100 Years*, and *From the Beginning: 1894-2006*, which chronicles the founding of every club and its earliest leaders.

THE 1894 SOCIETY

The NJSFWC Headquarters Building, built with trading stamps, is located on land leased from Rutgers University. The Federation's lease with Rutgers sets the rental amount at a percentage of the value of the land. The value of land has increased. The 1894 Society was initiated in 2002 in an effort to build a fund that will enable the NJSFWC to meet any increase that may be assessed by Rutgers

*Purchase your trading stamp pin today
With a donation of \$60 to Headquarters
while supplies last.*



Historian
Jean Battaglia
battaglia@njsfwc.org

It's not too late to add a history-focused project to this year's club calendar. Your club doesn't have a Historian? Team up a long-time member with a new member to plan a club program or activity, a way to get a new member engaged and keep a current member involved.



If your club is observing a milestone anniversary, consider adding a new aspect to the event.

- Invite a speaker from a local historical society to talk about aspects of the community at large in the year the club was federated.
- Ask members to jot down a prediction for the club for 10 years or more into the future or what is current that they could not have predicted even 10 years in the past. Share them with the club.
- Prepare a list of events or trends or popular songs since the club was federated and make it into a game, asking members to put them in the correct decade.

When doing things to be more visible and attract new members, add your club's history to programs.

- Include history in your media posts.
- At community events, add photos and examples of past partnership projects to your display.
- Include a display of club history at fundraising events and then be prepared to talk to those who stop by about what was then and what is now in your club programs and activities.

Remember to capture all you did to make it happen and include it in your year-end report. You could be an award winner.

Legislation/Resolutions Chairman
June Witty
witty@njsfwc.org

Advocacy in Action; Your Voice Matters in the Fight against Human Trafficking.

At the New Jersey State Federation of Women's Clubs, we are more than volunteers—we are advocates. For over 130 years, NJSFWC members have improved life in our communities through education, service, and civic engagement. Our projects make an immediate impact, and our informed voices create lasting changes through public policy.

Human trafficking—modern-day slavery—exploits people through force, fraud, or coercion for labor or commercial sexual exploitation. Victims include women, men, and children from every background. It is not confined to big cities or distant places; it occurs throughout New Jersey, often hidden in plain sight.

As clubwomen, we have the opportunity and responsibility to help end this crime through education, awareness, and advocacy. Guided by member-adopted resolutions and a steadfastly nonpartisan approach, the NJSFWC supports legislation that protects vulnerable people and strengthens families. Through our Legislative Committee, members receive timely Legislative Alerts on issues that reflect our priorities and encourage appropriate action.

This legislative session, New Jersey lawmakers are considering measures to strengthen protections for survivors, improve prosecution of traffickers, and expand education and prevention. These proposals recognize that survivors often need time before they can safely report, and that stronger laws give law enforcement additional tools while ensuring victims receive the support they deserve.

Legislation alone will not end human trafficking. Equally important are informed citizens willing to advocate for meaningful change. Throughout our history—from preserving the Palisades and supporting public libraries to protecting the Highlands and advocating for women and families—our members have proven that grassroots advocacy works. That tradition continues today.

What you can do: When the NJSFWC Legislative Committee issues a Legislative Alert, take a few minutes to respond. Read the Alert and become familiar with the issue.

Special State Project – embrella

Kathy Marino

marino@njsfwc.org



The NJSFWC Special State Project (SSP) was established through a partnership with embrella, a New Jersey nonprofit organization dedicated to supporting children, youth, and families involved in foster care, adoption, and kinship care within the child welfare community. Through advocacy, education, family support services, training programs, youth development initiatives, scholarships, and career readiness opportunities, embrella works to strengthen families and help children build successful futures.

To support the needs of children within the child welfare community, the kickoff project this summer was a backpack collection so embrella could distribute backpacks to children throughout the state. Clubwomen were invited to fill backpacks with supplies for children in grades pre-K through college. Embrella provided a list of items for the backpacks, organized by age group. 561 backpacks were filled by our members and were distributed throughout the entire state by embrella.

Planning for the fall holiday project is underway. For the holiday project, embrella creates pop-up stores in northern and southern New Jersey where families can come and select donated toys or gift cards for the children in their care.

The New Jersey State Police will also partner with embrella for this event. Information on donations and delivery is on the attached flier.

Planning for the year ahead? There will be three family events where you may volunteer in the fall, winter and spring. More Information regarding ongoing support will be forthcoming from embrella.

Essential and comfort items are always needed for children entering the child welfare system. Clubwomen are invited to participate in item collections year-round at their club gatherings and special events. In addition, gift cards from any retail establishment are always welcome, as are monetary donations. Checks must be made payable to NJSFWC, with a notation of "embrella," and mailed to NJSFWC Headquarters. The list of items is available on the embrella website or by contacting the SSP Chairman at marino@njsfwc.org for questions. We thank all clubwomen for their support and generosity.

Parliamentary Consultant To Clubs

Maribeth Hugelmeyer

Hugelmeyer@njsfwc.org

You may ask~ *Who is this Robert person, and why are there so many rules?*

In the NJSFWC Bylaws, Article XVII Parliamentary Authority states: "*The rules contained in the current edition of Robert's Rules of Order Newly Revised shall govern the NJSFWC in all cases to which they are applicable and in which they are not inconsistent with these Bylaws.*" Our Federation is a deliberative assembly so we follow parliamentary procedure to manage situations that may arise.

In the Beginning~

Henry Martyn Robert (1837-1923) was an engineering officer in the U.S. Army (retired as a U.S. Army Brigadier General). He was active in church organizations, civic and educational work wherever he was stationed as his time allowed. His interest in parliamentary procedure came about in 1863 when he was asked to preside over a meeting and didn't know how. This meeting dealt with the defense of the city he was living in, in the event of a Confederate attack from the sea. The meeting lasted for fourteen hours. From this experience, he was determined never to attend another meeting before he knew some parliamentary law. What followed was several years of research and study. The first edition of his work was published in February 1876, titled *Pocket Manual of Rules of Order for Deliberative Assemblies*. The publisher, however, placed the title of *Robert's Rules of Order* on the cover. His work on meeting rules became known as the standard authority on procedures.

When Henry Robert was preparing the first book, he wanted it to be brief so that meeting attendees would be able to use it. He thought that he could do that in 50 pages. He needed 176 pages. The 12th Edition was published in 2020 and contains 633 pages of just text.

