



Bits & Pieces

GFWC Vernon Township Woman's Club

October 2024

Volume 15, Issue 8

Next Meeting: October 24, 2024

PRESIDENT'S MESSAGE

**Lisa DeRitter
Fran Gialanella**

Happy Fall to all and here's hoping you are all able to get out with your families and enjoy this beautiful weather and time of year. The mountains are at their finest right now. For those who have already worked at Heaven Hill this season, thank you and let's make sure that we continue to have a successful fundraiser with lots of different and new volunteers.

Our first meeting was a great success with lots of great food and varieties (too much). Thanks to MJ, our program chair and the others who worked so hard to make sure that we all had good food, a delightful speaker from the Girls' Career Institute and about half of our membership in attendance.

We are just getting our new season with the Vernon Township Woman's Club underway and we are looking forward to a continuation of the wonderful things we are all doing to make a difference in the lives of others. See you in October.

Fran and Lisa

2024-2026 VTWC Leadership

Executive Board

Co-Presidents	Lisa DeRitter, Fran Gialanella
First Vice President	MJ Palmer (Programs)
Second Vice President	Fran Janusko (Fundraising)
Treasurer	Judy Phillips (Ways & Means)
Recording Secretary	Donna Maher
Corresponding Secretary	Linda Hibbert
Federation Secretary	Maria Dorsey (traditionally outgoing President)

Committee Chairs

Communications	Maria Dorsey (Facebook and Media)
Internal Communications	Karen Breese (Newsletter “Bits & Pieces”)
Membership	Joan Danaher, Marie Flores

Department Chairs

Advocates for Children	
Birth Haven	Rosetta Patterson
Dulce Esperanza	MJ Palmer
Ginnie’s House	Donna Maher
St. Jude’s Ranch for Children	Dee Garbarino
Arts Performing & Arts & Culture	Dee Garbarino
Civic Engagement & Outreach	Debra Piccirillo
Veterans & Military Support	Debra Piccirillo
International Affairs	Lisa Mills
Birthday Bags	Arleen Hill, Judy Phillips
Benny’s Bodega	Lisa DeRitter
Project Self-Sufficiency	Marie Flores
WAFO (Warwick Area Farmworkers Organization)	MJ Palmer
Domestic Abuse & Prevention	Lisa Murphy
Education & Libraries	Valerie Seufert
Environment & Conservation	Vacant
Health & Wellness	
Blankets with Care	Karen Szepietowski
Comfort Pillows	Reba Burrell
Vial of Life	Rosemarie Guidice
Special State Project (The NJ Children’s Alliance)	Fran Gialanella
President’s Scrapbook	Nancy Speruta and Maryann DiCola

2024-2025 EVENTS CALENDAR

2024

- October 21 - NJSFWC Fall Conference—APA Hotel Woodbridge
- October 24 - VTWC—CancerCare NJ speaking about its free programs/services
- November 17 130th Celebration 12-4 PM—NJSFWC Headquarters
- November 21 VTWC— Sheriff's Office speaking re: internet scams; annual book exchange
- December 4 - GFWC Holiday Open House GFWC HQ Washington, DC
- December 19 VTWC— Holiday Party

2025

- January 8 - Highlands District Council Meeting
- January 20 - NJSFWC Day of Service
- January 23 - VTWC—What is the Scenic Byway Project?
- February 27 - VTWC—Annual Cookie Baking and gifting project for the nursing home
- March 12 - Highlands District Performing Arts Festival
- March 27 - VTWC—Presentation related to Women's History Month
- April 9 - Highlands District Spring Conference
- April 24 - VTWC—Program TBD
- May 5-7 - NJSFWC Convention—Atlantic City, NJ
- May 22 - VTWC—Program TBD
- June 6-9 - GFWC Convention—Atlanta, GA
- June 11 - Highlands District Council Meeting
- June 26 - VTWC—Program TBD

OCTOBER MEETING
THURSDAY, OCTOBER 24th, 6:30 pm
MJ Palmer, Program Chair



Our speaker for the October meeting is Nikki Molfetas, LMSW, who is an Oncology Social Worker at *Cancercare* NJ. She will speak about *Cancercare*'s free program and services.

October is Breast Cancer Awareness month. 1 in 8 women in the US will be diagnosed with breast cancer in her lifetime. In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years and there are currently 4 million breast cancer survivors in the US.

Chances are you know at least one person who has been affected by breast cancer. If you are a breast cancer survivor, know someone who is, and/or wants to show support for anyone experiencing this challenging condition, feel free to **wear pink** to our October meeting.

MJ

TREASURER'S REPORT

Judy Phillips

In addition to attaching the Treasurer's Report, I am including a copy of an **EXEMPT ORGANIZATION CERTIFICATE** for all members to have in the event they are purchasing an item to be used for philanthropic use. It can be reproduced. If you have any questions, please feel free to reach out to me at 973-670-0091.

Judy

BIRTHDAY BAGS

Arleen Hill and Judy Phillips

This past month, Kathy VanDerSluys and Joan Danaher helped Arleen and me sort and wrap 9 gift bags for the residents of the Homestead Rehabilitation Health Care Center in Newton who will be celebrating birthdays during the months of October and November. One resident will be turning 100 years old!

We filled them with items such as homemade lap blankets, blankets, toiletries, magazines, hot cocoa, soft cookies, chocolates, flavored tea bags, lip balm, pocket tissues, socks, baseball caps, decks of cards, costume jewelry, note pads and other fun items that are either donated by club members or purchased through club funds.

We would like to thank all of you for your time, talent and treasure!

Judy and Arleen

BIRTHDAY BAGS

PHOTO

Judy Phillips

Joan Danaher

Kathy VanDerSluys



FUNDRAISING

Fran Janusko

Shop with RaiseRight Gift Cards (Shop with Script Program):

We will only participate in this program in November in anticipation of Christmas as the program has not proven to be financially beneficial to the club. I will have forms available at the October and November meetings and payment should be made at time of completion of the form(s).

Make checks payable to Vernon Township Woman's Club or send payment by Venmo (@VernonTownship-WomansClub). With large orders, checks need to clear before putting in order. Once the order is placed, cards arrive in a few days. Remember to include \$1.50 for shipping charges. If checks are mailed, please mail to Judy Phillips at her mailing address: 128 Lake Pochung Road, Sussex, NJ 07461. I will be sure to let Judy know who is participating in the program so she can look for your payment(s).

Fran

CORRESPONDING SECRETARY

Linda Hibbert

July—October 2024 Correspondence:

Thank you notes from:

In July, Project Self Sufficiency to Marie Flores thanking us for our gifts of baby blankets, bibs and 12 \$10 Walmart gift cards.

In August, Project Self Sufficiency to Marie Flores thanking us for our support throughout every season of service.

In September, DASI thanking us for the 6 bags of pantry items and diapers on September 3, 2024 and the 9 bags of pantry items on September 30, 2024. Also included was a receipt of the 9 bags of pantry items.

In October 2024, Michael Evanick thanking us for the scholarship we awarded him. He is pursuing a degree in civil engineering at Bucknell University.

Linda

Warwick Area Farm Workers (WAFO)
Volunteer Opportunities
MJ Palmer



Volunteers are needed at the WAFO food pantry, especially someone who can help input member visits to the food pantry database as they come in. This type of volunteer is needed for any food pantry day, Tuesdays 4-7pm, Thursdays 4-7pm, and Sundays 10:30am-2:30pm. If you do not feel comfortable with computers and just want to help with the food distribution, you can volunteer on Tuesdays and Sundays.

The food pantry activities take place at The Alamo Community Health Center, 888 Pulaski Highway, Goshen NY. If you can help with the food pantry please contact Jobeth Leon, Outreach Coordinator, Sun River Health jleon@sunriver.org.

The Homework Club has started again and Jobeth needs a couple tutors. The tutors would need to commit to each Tuesday from 4:30-5:30pm at the St Peter's Lutheran Church in Pine Island. The club follows the academic calendar. If you are interested in helping, please contact Jobeth.

In the past few years, VTWC has helped prepare and deliver Thanksgiving turkey dinners for farm workers who otherwise would not have a hot turkey meal. Most of these workers are the single men who live in the camps in and around the farms. This year the plan is to have the meal at St. Peter's Church in Pine Island. Kathryn Meyer, who is organizing the dinner, is asking for donations of roasted turkeys to be delivered to the church by 3pm on Tuesday, November 26th. They will be serving approximately 100 people in shifts, 30 at a time, starting at 5pm. If you can donate a roasted turkey or help with delivering them to the church, please see me at the October meeting or email me at mjp307@aol.com, or call or text me 732.616.4243.

The location of the Homework Club and the Thanksgiving meal is St. Peter's Church, 70 Little York Road, Warwick, NY 10990.

Thank you, members, for your kindness and generosity!

MJ

COMMUNICATIONS CHAIR

Maria Dorsey

NEWS OF INTEREST

For those members who enjoyed the Barbershop Quartet “Cohesion” at our December 2023 holiday meeting, I thought you might like to know that they will be appearing in concert at the Dorothy Henry Library on November 9 from 1:30 pm—2:30 pm.

Cohesion is a vocal band and member of the Barbershop Harmony Society, specializing in four-part harmony with a comedic flair.

The group has entertained audiences in the tri-state area for more than ten years. Its members hail from Hunterdon, Morris and Sussex counties and belong to the Montclair and Hunterdon Chapters of the Barbershop Society. The quartet* will present a variety of music and some insight into the history and musical science of barbershop quartet singing.

Don’t miss this musical entertainment for all ages. Registration begins October 25, 2024.

*

Lead Singer:	Charles Ross, Clinton
Tenor:	Winfield Winter, Highland Lakes
Baritone:	James Bazewicz, Succasunna
Bass:	Patrick Cafaro, Hamburg

Maria

FEDERATION SECRETARY

Maria Dorsey

LET'S GET MOVING

Just a reminder that clubwomen should start tracking their exercise hours to provide to their club's Health & Wellness Chairperson for year-end reporting! Materials are now available on the NJSFWC website under 'Materials'.

Did you know that cardiovascular disease is the world's number one killer? Conditions affecting the heart and blood vessels—such as a heart attack, stroke and heart failure—kill more than 20.5 million people combined each year. 80% of premature deaths from CVD are preventable by making small changes to our lifestyle: what we eat, drink, how much we exercise and how we manage stress.

Tally the total combined exercise hours completed by your members on your year-end report under the "Let's Get Moving" challenge. The club to log the most workout hours within their membership category will be recognized at Spring Conference.

Maria



SENIOR EARTH ANGELS

Valerie Seufert

If possible, please donate any 2025 calendars you may have so we can provide them to the seniors in the Earth Angels program.

Also, we will be putting the packets of greeting cards together in early November, so we are looking for 4 volunteers to help. If you are interested in volunteering for this project, please contact me at seufertvalerie@gmail.com. The location is at the Dorothy Henry Library in McAfee-Vernon. Date to be determined.

Thank you.

Valerie

PROJECT SELF-SUFFICIENCY

Marie Flores

I will be purchasing \$10 gift cards through the club for the 'Teen Room' at Project Self-Sufficiency's Season of Hope Toy Fair. The cards consist of 8 Walmart cards and 8 Marshalls cards. PSS is in need of teen gifts more than younger kids. If anyone is interested in donating privately, please let me know at mpf7457@gmail.com.

Whatever I bring to PSS, they need the items before December 9th. If anyone wants to donate anything, please bring it to the November meeting. I plan to go to PSS on Monday, December 2.

Thank you.

Marie

BIRTH HAVEN
Rosetta Patterson

I spoke with the case manager at Birth Haven, Melissa, last week and she indicated that they are back up and running and is very appreciative of our help. Melissa expressed that they do need help so she is going to speak with Tina (the Director) and, at that point, will email all information as to what they are in need of. When I receive this information, I will communicate it to the club.

Thank you.

Rosetta

HEAVEN HILL VOLUNTEERS
Fran Janusko

Thank you to all of the members who have participated in this, our biggest fundraiser. We have two open dates for **Saturday, October 26 and Sunday, October 27** from 2-6 at present. It would be great if member(s) could help fill these dates before we meet on the 24th.

In the event you are unable to meet your commitment to volunteer, please contact either Maria Dorsey or me.

Your cooperation in the above is greatly appreciated.

Fran

DASI
Lisa Murphy

REMINDER

For October, food donations will go to Benny Bodega and the club will alternate months between DASI and Benny Bodega.

Lisa

DASI
Maureen Blandino

I received an email from Kimberly Prentiss of DASI asking about afghans.

Paula writes:

“We would get beautiful afghans in the *just for you bags* and the clients like them quite a bit. Would the woman’s group donate a few even though they are no longer in the *just for you bags*?”

Let’s discuss at our meeting. Thank you.

Maureen

BLANKETS WITH CARE

Karen Szepietowski

Below are the measurements for the blankets we donate to local organizations:



Chemo & Dialysis	28 wide by 45 long	(maximum 30 wide by 50 long)
DASI	36 wide by 60 long	(for beds)
Lap Robes	26 wide by 26 long	
Baby Blankets	29 wide by 29 long	
Rectangles	7 inches by 9 inches	

1. Even though 3 knitted/crocheted blankets were collected at our September meeting, there are no recent blanket distributions to report.
2. To any new members interested in knitting or crocheting blankets to be distributed to various local organizations, please be mindful of the dimensions listed above. While it doesn't have to be exact, as close as possible will be appreciated.
3. REMINDER: Our club is happy to accept donations of yarn for our knitters and crocheters to use for our Blankets With Care projects. If any members hear of prospective yarn donations, please be sure to contact VTWC member, Joan Dana-her. Many thanks to Joan who has been very kind to store donated yarn at her home and in letting any interested club members check out the yarn supply.

Karen

NJSFWC Website

The New Jersey State
Federation of Woman's Clubs'
website
is packed full of information.
www.njsfwc.org

No log in is necessary.

Margaret Conti

Margaret is our special friend and likes
to receive cards and small "gifts" from
us. Any time you would like, send her
a card to say "HI".

Margaret Conti
PafaCom, Inc.
543 East Garden Road
Vineland, NJ 08360

****Reminder:** The cost for Margaret's cards, gifts, etc.
each month is the responsibility of the "friend" mem-
ber. Our budget does not have any monies allocated
to reimburse for postage, etc.

Thank you for understanding.**

I will be sending a Halloween greeting gift box to our club's special friend, Margaret Conti. Anyone wishing to contribute a little Halloween treat (i.e. small treat-size candy bar or small bag of chips, just one of whatever you might hand out to trick-or-treaters at your house) for Margaret can bring it to our club's October meeting. There will be a Halloween themed bag with Margaret's name on the dump table for any contributions.

Thank you!

Karen Szepietowski



PLEASE KEEP SAVING

(Ongoing collections)



Pop Tabs

They are found on soda cans, pet food, soup cans, etc.



Greeting Card Fronts

Please save the fronts of your recycled/used cards. This recycled card program is an ongoing program that provides teens with life and work skills.

Children's
DVDs
For DASI



Just for You Bags

Some items needed: Towel sets, pillows and pillow protectors, full sized toiletries and specialty feminine hygiene items and dish towels.



Greeting Cards

Valerie Seufert volunteers for the Senior **Earth Angels** in Sussex County. One of the projects she works on involves putting together packages of assorted greeting cards for each homebound senior for them to use throughout the year. All types of greeting cards are needed **except for Christmas**. We often get cards in the mail from organizations — these are great. Also, the Dollar Store has 2 cards for \$1.00 and packages of cards can also be purchased there. Any donations are appreciated!

This is an ongoing project.

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Newsletter information due to Karen Breese by the 11th of each month.

As voted on in our September meeting, we will be selling 50/50 tickets to our members at 8 for \$5.00.