
H. G. McCULLY UPSTATE CHAPTER 12

Volume 1, Issue 2

Editor: Cheryl Abdus-Salaam

June, 2006

Dictionary Project

In conjunction with Verizon's focus on literacy, The Telecom Pioneers provided 150 dictionaries geared toward 3rd graders to External Affairs Field Managers all over the U.S.

The External Affairs Field Managers and the Pioneers will distribute the dictionaries to schools, free of charge. We plan to distribute 2,000 more by year's end. Last year's efforts resulted in the distribution of 120,000 dictionaries!

~~~~~

## ***Scholastic Book Fair held***

The McCully Upstate Chapter #12 sponsored a Scholastic Book Fair in May in the Anton Campanella Conference Room (19th floor) at 540 Broad Street, Newark and in the cafeteria at 175 Park Avenue, Madison. This was a great chance to stock up on titles for the summer reading lists for students and to support the Reading Olympics sponsored by the Pioneers. The profits of these two book fairs netted over \$800 that will be donated in books to various schools.

## ***FiOS ....Coming to a town near you?***

Verizon has supported video choice bills that would allow for FiOS TV to compete with Cable TV providers throughout most of New Jersey. Though the bills passed in the General Assembly and the State Senate, another Senate vote is necessary, due to a technicality. These bills will allow Verizon to roll out its New Jersey fiber network, offering video service, along with telephone and high speed Internet service.

Verizon FiOS is the name for our new fiber-optic services offered over the fiber-to-the-premises network. Verizon currently offers FiOS Internet Service over the network.

Verizon FiOS Internet Service is the fastest and most powerful connection Verizon has ever offered. With FiOS you can buy and download movies and CD-quality audio. You will also have the capability of video chatting, similar to the way instant messaging is done today.

FiOS TV is delivered over Verizon's fiber-to-the-premises network; it has the capacity to transmit a wide array of programming that is exceptionally clear and available in high definition.

For more information about FiOS:

<http://www22.verizon.com/fiosforhome/channels/fios/root/faq.asp> or [www.verizon fios.com](http://www.verizon fios.com)

~~~~~

The Pioneers of H. G. McCully Upstate Chapter #12 perform many community service projects throughout northern New Jersey. We are always looking for new and veteran members to help with these projects. Besides the projects above, our efforts include painting playground maps, reading to children at various schools, working with Women Centers and much more. We can use your help. Please VOLUNTEER! Call: Jeanine Shabazz at 973-649-4861 for more information.

INSIDE THIS ISSUE

- 1 Dictionary Project, Book Fair, FiOs TV
- 2 What's on our Plate?
- 2 Pioneer Contributions
- 3 Upcoming Events and Project Briefs
- 4 A Few Tidbits
- 5 How To Contact Us

Environmental Essay Contest held

Students in the 3rd thru 6th grades competed in an essay contest on how they would beautify the environment. Contest winners Jesus Ruis and Ian Martinez of the Robert Waters School in Union City received Toys-R-Us gift cards to be used at any Toys-R-Us store.

~~~~~

**Junior Achievement Bowl-A-Thon**

H. G. McCully Upstate Chapter 12 participated in the Junior Achievement Bowl-A-Thon on Friday, April 28th helping to raise \$5,000.00.

~~~~~

Children's Shower

The Newark Council is giving the Division of Youth and Family Services (DYFS) a Children's Shower. Hundreds of children are placed everyday at all hours of the day and night in Foster homes. The Newark Pioneer Council is donating baby items such as bottles, pampers, blankets, formula, wipes, baby wash, toys, clothing, etc. for babies up through age 4. These items are being collected in a box in the lobby of the 540 Broad Street, Newark location until July 31, 2006. For more information, please contact Julia Calero at (973) 649-1904.

~~~~~

**Seniors Connect!**

Seniors Connect is the signature project by H. G. McCully Chapter President, Jeanine Shabazz, to help senior citizens be an active part of the computer age. The Pioneers will set up a technology center at five different Senior Citizen facilities.

There will be free class instructions geared toward seniors on how to: access the internet, compose and read emails, engine searches, shopping, chat rooms, travel, financial news, banking, health information and other useful material.

Our mission is to help Seniors retain their independence as they age by providing resources that can keep them self-reliant and connected to family, friends and the world! Seniors will have the opportunity to communicate more often and broaden their ability to explore, educate themselves on a variety of topics and even 'visit' places they are unable to go to see *physically*.

~~~~~

Body Wars Exhibit Museum Excursion

H. G. McCully Upstate Chapter 12 participated in educating school children in grades 4 through 8 on bacteria and disease - the immune system, how it affects the body and prevention.

The project encompassed 5 schools during the months of May and June. The students were provided a pamphlet on germs - its benefits and detriment. This pamphlet was distributed during national Volunteer Week. This pamphlet gave the children an opportunity to familiarize themselves with the subject matter so they could go into the project with prior knowledge.

The Pioneers assisted the students on a guided tour of the Newark Museum where they explored the Body Wars exhibit which included interactive learning through video games, computer games and experiments in a lab to observe how bacteria reacts to antibiotics and what happens when there is no treatment to the bacteria.

The exhibit allowed the students hands on experiments via animations, 3-D models, puzzles and by the performance of tests on computer patients.

At the conclusion of this project the students were able to identify and incorporate means of prevention of certain communicable diseases and even share their knowledge with others to advocate further prevention of disease.

~~~~~



## VISIT THE E-STORE

H. G. McCully Upstate Chapter 12 is selling 'End Domestic Violence' bracelets in the E-Store for \$2.00. You can purchase these bracelets along with other items such as t-shirts, socks, collectibles, and gift certificates. Log on today! <http://www.verizonpioneers.org/Estore.htm>

H. G. McCully Upstate Chapter 12 has partnered with [flowerpetal.com](http://flowerpetal.com). The Pioneers will receive 12% of your purchase when you buy flowers from our website. Log on at: <http://verizonnorthjerseypioneers.flowerpetal.com>

## CALENDAR OF EVENTS

### CHARITY GOLF OUTING

BEAR BROOK GOLF CLUB, RTE 94, NEWTON, NJ  
JULY 19<sup>TH</sup> 7 AM (BREAKFAST AND REGISTRATION) 8 AM START  
This is a 10 year tradition. Each year approximately 150 golfers play to raise money for a local charity with some monies being distributed to the Chapter's charitable account. Contact Rick Ricca @ (973) 773-9908 for more information.

### CHILDREN'S SHOWER (NEWARK COUNCIL)

NOW THRU MONDAY, JULY 31, 2006  
Donations of bottles, pampers, blankets, formula, baby powder, baby wash, wash cloths, towels, lotion, books, toys, etc. For more information please contact Julia Calero at (973) 649-1904.

### TRICKY TRAY

FRIDAY, SEPTEMBER 29, 2006 @ 6:00 P.M.  
The Pioneers will be holding "Tricky Tray" workshops at the Paterson Central Office on the following dates: 6/24, 7/22, 8/19, 9/16, 9/23. Prizes and baskets are needed. For more information call Michele Freeman at (973) 649-5053.

### NEW ENGLAND SEAFOOD GET-AWAY

JULY 28<sup>TH</sup> THRU JULY 30  
The Newark Council is hosting a Seafood Get-Away in Framingham, MA. Round-trip transportation, full breakfast buffet 2 nights accommodation, , tickets for Crab fest and more! Tickets are \$279++ (dependent upon room occupancy). Contact Leonore at (973) 649-4731 or Aisha at (973) 649-3423.

## Project Updates:

**Life Member Bookmark Project:** On Monday, May 22nd, the Members of the Warren Life Member Club held a Bookmark Workshop at the American Legion Hall in Hackettstown, NJ. Fifty bookmarks were made that day and will be donated to the Warren County Public Library in Independence, NJ. This brings the total number of bookmarks made by the Warren Life Members to 180 for 2006.

For more information about the Club's continuing Book Mark Workshops, contact either Joan Dinger, Book Mark Workshop Chairperson, at 908-852-2364, or Margee Rush, Warren Life Member Club President, at 908-689-1025.

**911 Simulator:** Pioneer Doug Nearpass and his puppet friends have had several presentations teaching elementary school students how to use Verizon's 911 phone system. The most recent presentations have been held at Lincoln School, Bergenfield; Byram School, Byram Twp; Early Children's Center, Passaic; School #8, Belleville and Lake Hiawatha School, Lake Hiawatha. The Byram Lakes School had 640 children in attendance! This will bring the number of presentations to 8 for 2006!

**Salvation Army Camp - Star Lake Belmon Village**  
The Pioneers cleaned cabins on Saturday June 3<sup>rd</sup> in Butler, NJ to prepare for the upcoming season. This camp is used by veterans, shelters, and people living with aids.

~~~~~  
***** **We Moved to a New Location!** *****

The H. G. McCully Upstate Chapter 12 Pioneers moved to 900 Clinton Avenue - 1st floor, Irvington, NJ 07111 (Mac Code: 643-1). Our new number is (973) 375-9933 or fax us at (973) 372-1682.

Also, If you have any changes in your membership status such as: a building code change, name change (through marriage or divorce) home address change or if you are now retired, left Verizon or are no longer participating in Pioneering, please contact Millie Wilcox at the chapter number above or you may email her at milliewil@verizon.net

~~~~~

## ***DID YOU KNOW....***

Did you know?...The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.

Did you know?...Our eyes are always the same size from birth, but our nose and ears never stop growing.

Did you know?...Only one person in two billion will live to be 116 or older.

Did you know?...More people fear spiders more than they do death.

Did you know?...The strongest muscle in the body is the tongue.

Did you know?...Your stomach has to produce a new layer of mucus every two weeks or it will digest itself.

Did you know?...Right-handed people live, on average, nine years longer than left-handed people.

Did you know?...It is impossible to hum if your nose is plugged. Try it!

## ***Health Consciousness***

Let's say it's 6:15pm and you're driving home (alone of course) after an unusually hard day on the job. You're really tired, and frustrated

YOU ARE REALLY STRESSED AND UPSET .... Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far

WHAT TO DO ??? You have been trained in CPR, but the guy that conducted the course did not tell you how to perform it on yourself!!!

HOW TO SURVIVE A HEART ATTACK WHEN ALONE? Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing conscious.

WHAT TO DO ?? Do not panic, but start coughing repeatedly and very vigorously. A deep breath should be taken before each cough; the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital

Article Published On N.º 240 Of *Journal Of General Hospital Rochester*

TELL AS MANY OTHER PEOPLE AS POSSIBLE ABOUT THIS It could save their lives!!! Don't ever think that you are not prone to heart attack if you are less than 25 or 30. Nowadays due to the change in lifestyles, heart attack is found among people of all age groups. *Submitted by Doreen Senatore*

## ***IN CASE YOU'RE EVER ASKED....***

***Q: What projects are the pioneers involved in?***

A: There are several on-going projects addressing the needs of our communities. Projects that encourage Education (Verizon/Season Reads, Carpet Maps, Project Connect, 911 Simulator); Community Service (Troop Aid, Ramps, Camp Clean-up, Food Pantry); Environmental (Tabs for dialysis treatment, Outings, Beach/Park Clean-up); Entertainment (sponsors activities for family and friends)

***Q: What areas does H. G. McCully Upstate Chapter 12 cover?***

A: H. G. McCully Upstate covers the following areas: Hackensack, Englewood-Hudson (Rachel Keenan, President); Essex (Mary Jenkins, President); Morristown (Dorene DeWitt, President); Newark (Leonore Dickenson, President); Paterson-Passaic-Ridgewood (Lauren Cucuzza, President).

***Q: How does one sign up to become a pioneer?***

A: If you know someone who is interested in becoming a Pioneer they can sign up at:

[www.verizonnorthjerseypioneers.org](http://www.verizonnorthjerseypioneers.org)

[www.verizonpioneers.org](http://www.verizonpioneers.org)

[www.telecompioneers.org](http://www.telecompioneers.org)

Or they can contact Jeanine Shabazz at (973) 649-4861 or at [jeanine.a.shabazz@verizon.com](mailto:jeanine.a.shabazz@verizon.com).

***Q: How can you volunteer to work on a project?***

If you are already a Pioneer and would like to sign up to work on a specific project, please visit the websites above or contact Monique Hargrove at the above email address or contact number.



***We want to keep in touch with you!***

**If you have recently retired, moved, changed your name, or if you know of someone who has,**

**Please contact us at:**

**Verizon TelecomPioneers - H. G. McCully Upstate Chapter 12**

**900 Clinton Avenue – Floor 1**

**Irvington, NJ 07111**

**Tele: 973-375-9933 or Fax: 973-372-1682**

H. G. McCully Upstate Chapter 12 located in Northern New Jersey. Our Councils and Life Member Clubs cover an area from High Point at the northern tip of New Jersey to the southern end at Newark, east to New York and the Atlantic Ocean and west to Pennsylvania.

H. G. McCully Upstate Chapter 12 has been in existence for more than 70 years. Our active members and Life Members are well known volunteers meeting a variety of community needs, with special emphasis on education and the environment. The Pioneers of H. G. McCully Upstate Chapter 12 looks forward to welcoming new members and working alongside our Life members on a wide variety of projects. There is something for everyone in H.G. McCully Upstate Chapter 12! For project information, e-mail Jeanine Shabazz, President: [jeanine.a.shabazz@verizon.com](mailto:jeanine.a.shabazz@verizon.com)

**Officers 2006**

**President**

Jeanine Shabazz

973-649-4861

[jeanine.a.shabazz@verizon.com](mailto:jeanine.a.shabazz@verizon.com)

**1st Vice President**

Joyce Peterson

973-350-5207

[joyce.a.peterson@verizon.com](mailto:joyce.a.peterson@verizon.com)

**2nd Vice President**

Brian Hester

347-452-9234

[brian.m.hester@verizon.com](mailto:brian.m.hester@verizon.com)

**Past President**

Jane Ore

973-324-4388

[jane.t.ore@verizon.com](mailto:jane.t.ore@verizon.com)

**Secretary**

Mildred Wilcox

973-338-6126

[milliewil@verizon.net](mailto:milliewil@verizon.net)

**Treasurer**

Rick Ricca

973-773-9908

[richard.p.ricca@verizon.com](mailto:richard.p.ricca@verizon.com)

**Sr. Life Member Rep**

Barbara Hamilton

973-726-7676

[erthakitten@earthlink.net](mailto:erthakitten@earthlink.net)

**Jr. Life Member Rep**

Bruce Yennie

973-865-9030

[bruceyennie@verizon.net](mailto:bruceyennie@verizon.net)

**Essex Council Pres.**

Mary Jenkins

908-474-5393

[mary.j.jenkins@verizon.com](mailto:mary.j.jenkins@verizon.com)

**Hackensack-Englewood-Hudson Council Pres**

Rachel Keenan

201-845-9905

[renee2992@yahoo.com](mailto:renee2992@yahoo.com)

**Morristown Council Pres**

Dorene DeWitt

973-509-5923

[dorene.k.de.witt@verizon.com](mailto:dorene.k.de.witt@verizon.com)

**Newark Council Pres**

Leonore Dickenson

973-649-4731

[geandlasd@juno.com](mailto:geandlasd@juno.com)

**Paterson-Passaic-Ridgewood Council Pres.**

Lauren Cucuzza

973-408-8589

[lauren.cucuzza@verizon.net](mailto:lauren.cucuzza@verizon.net)

**Hackensack-Englewood-Hudson Life Member Pres.**

Marge Sellen

201-261-1454

**Paterson-Passaic-Ridgewood Life Member Pres**

Emil Brandes

201-796-1854

**Morristown Life Member Pres.**

Judy Tibenszky

973-627-4994

**Warren**

**Life Member Pres.**

Margaret Rush

908-689-1025

**Essex**

**Life Member Pres.**

Barbara Phipps

973-675-5785

For more information regarding this Newsletter contact Cheryl Abdus-Salaam @ [cheryl.abdus-salaam@verizon.com](mailto:cheryl.abdus-salaam@verizon.com)