
H. G. McCULLY UPSTATE CHAPTER 12

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Editor: Cheryl Abdus-Salaam

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October is Domestic Violence Awareness Month....!

Domestic Violence Awareness Month evolved around 15 years ago to link battered women's advocates across the nation working to end violence against women and their children.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. The Day of Unity is celebrated the first Monday in October.

H. G. McCully is packaging Verizon branded backpacks to distribute to police stations, social services and/or shelters that handle domestic violence for our *Brighter Tomorrows* project. These backpacks are meant to be a source of distraction for the children while the victim is being cared for. Please look for collection boxes with a list of items needed for the backpacks to make a donation. For more information on these backpacks, Contact Joyce.A.Peterson@Verizon.com or call her at (973) 350-5207.

Junior Achievement..... Volunteer Today!

The world's largest organization dedicated to educating young people about business, economics and free enterprise is Junior Achievement. Junior Achievement's focus is on business, citizenship, economics, entrepreneurship, ethics/character, financial literacy, and career development. These efforts have helped participating New Jersey schools raise the bar in teaching important concepts in financial literacy and entrepreneurship.

Verizon is doing their part in helping young people fulfill their potential with statewide fundraising and classroom support for Junior Achievement of NJ. Verizon was recently inducted into the New Jersey Business Hall of Fame for the commitment and leadership for implementing one of the most successful business education partnerships in New Jersey. For more information, visit www.ja.org.

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## ***Dress For Success (DFS)***

Dress for Success is looking for new and gently used suits, business attire and accessories. To determine if your donation is appropriate, ask yourself if *you* would be comfortable wearing them on a job interview! If you answer 'yes', it is exactly the type of clothing we are looking for. Your suits and other professional apparel could furnish another woman with the confidence to enter or return to the workplace, make a great first impression and land a job that could change her life.

Suggest items: Coordinated suits, contemporary, interview-appropriate skirt and pant suits, blouses, blazers, appropriate accessories, and professional shoes. Look for collection boxes in October at selected locations. For more info contact: [Jeanine.A.Shabazz@Verizon.com](mailto:Jeanine.A.Shabazz@Verizon.com) or call her at (973) 649-4861.

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### ***Reading Olympics***

The Reading Olympics contest is being held at area schools from October 2<sup>nd</sup> thru December 8<sup>th</sup> for 5<sup>th</sup> and 6<sup>th</sup> graders. Prizes are being awarded for the three students who read the most books/pages. Prizes are Toys 'R Us gift certificates. The Teachers and students are responsible for keeping track of pages read. The Pioneers will supply the reading material. Guidelines were distributed to each Council to be explained to the Teachers and students participating in the project.

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Seniors Connect!

The H. G. McCully Pioneers have purchased 10 computers to equip five Senior Citizen Centers. Each center will get two computers, work stations and a printer along with classroom instruction and job aids to assist them in becoming computer literate. The first center should be operational in early October.

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### ***Playground Map***

On August 5, 2006 volunteers from the Newark Council painted a playground map at St. Peter's in Belleville, New Jersey. Pam Coleman and Michele Freeman are pictured below.



### ***Doug Nearpass' 9-1-1 Puppet Show***

Four years ago, H. G. McCully Upstate Chapter 12 Pioneer's former President, Lynette Singleton, teamed up with fellow Pioneer, Doug Nearpass to educate children in northern New Jersey on how to use the 9-1-1 system. Doug created a puppet show to teach children when to place a 9-1-1 call. The first presentation was held on December 4, 2002, at the Jackson Academy in East Orange, NJ where approximately 200 students were in attendance.

Doug's 9-1-1 puppet show include a Police Officer, Fireman, Emergency Medical Technician, shop-keeper, small child and other puppets to act out scenarios on when to call 9-1-1 in certain situations and when you should not. Each character leaves a message as to what to do in certain emergency situations.

At the end of Doug's presentation, he picks a few students to assist in role playing. The students come up with situations they deem necessary for emergency assistance to show what they've learned about making a 9-1-1 call.

To date, this show has been presented to over a thousand students. At the end of the show, the Pioneers supply the children with a 9-1-1 coloring book and a box of crayons.



## 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. 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

### VERIZON SPORTS READING PROGRAM

**SATURDAY, SEPTEMBER 23RD.** - VOLUNTEERS NEEDED FOR PRE-GAME READING SESSION @ 11 AM. PARTICIPANTS WILL RECEIVE A FREE TICKET TO THE 2 PM RUTGERS VS. HOWARD UNIV FOOTBALL GAME AT RUTGERS' PISCATAWAY CAMPUS. CONTACT BRIAN.M.HESTER@VERIZON.COM OR CALL HIM AT (347) 452-9234.

### TRICKY TRAY

**FRIDAY, SEPTEMBER 29, 2006 @ 6:00 P.M.** - THE PIONEERS WILL BE HOSTING A "TRICKY TRAY" AT THE TOTOWA PAL IN TOTOWA, NJ. FOR MORE INFORMATION CALL MICHELE FREEMAN AT (973) 649-5053.

### SANDY HOOK BEACH CLEAN-UP

**SATURDAY, OCTOBER 21ST** - JOIN THE PIONEERS AT SANDY HOOK FOR THEIR ANNUAL BEACH CLEAN UP. CONTACT TOM TISSOT @ (973) 267-9992.

### AMERICAN HEART WALK

**SUNDAY, OCTOBER 22<sup>ND</sup>** - THE PIONEERS WILL BE PARTICIPATING IN THE AMERICAN HEART WALK. COME OUT AND JOIN THE FUN AT THE ADP CAMPUS. FOR MORE INFORMATION CONTACT TINA CALLAHAN (973) 408-8564.

### ART AUCTION

**FRIDAY, NOVEMBER 17TH** - WILL BE HELD AT THE CHURCH OF THE SAVIOR, MORRIS AVENUE IN DENVER, NJ. FOR MORE INFORMATION, CONTACT MICHELE FREEMAN AT (973) 649-5053.

*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.*

### Project Updates:

**H. G. McCully Clowns:** The Pioneer clowns attended the Clownfest held in Seaside Heights recently. This is the 25<sup>th</sup> year that the clowns have celebrated this event. The Clowns have workshops on applying face paint, humor, costumes, etc. H. G. McCully clowns are available for many different types of community events. For more information contact Cathy Powell at 973-324-4420 or at [sophia.c.powell@verizon.com](mailto:sophia.c.powell@verizon.com).

**School Backpacks:** The Pioneers are donating approximately 250 backpacks to area schools for children in need. The backpacks contain school supplies such as a one subject notebook, glue sticks, pencil box, colored pencils, crayons, washable markers, cap erasers, pencils, composition books, pencil sharpener, plastic folders w/pocket, child's scissor and book covers.

**I Like Me Book:** Pioneer, Julissa Roca holds the 'I Like Me' book presented to the Little Smiles preschool in Newark. The 'I Like Me' books are designed to instill a love of reading, foster self-concept, help build character, create positive associations toward learning and school and encourage positive behavior.



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

Did you know?... You burn more calories sleeping than you do watching television.

Did you know?... Apples, not caffeine, are more efficient at waking you up in the morning.

Did you know?... The average person eats eight spiders in their sleep in their whole entire lifetime!

Did you know?... Every year, you eat approximately 4 bugs in your sleep.

Did you know?... There are more coffee drug addicts in the US than drug addicts of any other kind.

Did you know?... Chewing gum while peeling onions will keep you from crying.

Did you know?... Americans, on average, eat 18 acres of pizza every single day.

Information taken from: <http://www.stunning-stuff.com/list-funny-facts/6.html?pg=4>

## ***Health Consciousness***

*Conquering Unhealthy Eating Habits* There are several key reasons why people develop unhealthy eating habits, most of it can be attributed to lack of planning and awareness.

*Too Few Meals During the Day* When most people go on a diet, they tend to skip meals and especially breakfast. Most meals are skipped early in the day only to fight overpowering temptation later in the day. This usually leads to poor eating habits and failure to maintain a sensible diet. So how do you break this cycle of unhealthy eating?

Include 3 low calorie meal plans in your diet each day. Total calories for each meal should range between 300 and 400 calories for women and 400 to 600 calories for men. A couple of low calories snack between meals such as a fruit or sugar free, low fat yogurt will help fight the temptation to eat unhealthy.

*Unaware of Calories and Fat* Most people eat foods with no idea of the calorie or fat value. This leads to weight gain and unhealthy eating habits because you can easily consume twice the normal calories required to maintain your weight, let alone lose weight, if you **don't know** how many calories you are eating.

Buy a calorie counter book and learn the calorie and fat value of every food that you eat. This way you can plan to eat nutritious foods instead of unhealthy foods that will expand your waistline.

*Junk Food Leads to More Junk Food* The problem with eating unhealthy foods is it makes you crave even more junk food. A handful of chips usually leave you wanting more. Once you break the cycle of unhealthy eating, it's easier to maintain good eating habits which lead to weight loss.  
<http://www.dietforum.com/unhealthy-eating-habits.htm>

## ***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)