
H. G. McCULLY UPSTATE CHAPTER 12

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Editor: Cheryl Abdus-Salaam

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ReCap of 2006 Council Activities

H. G. McCully Upstate Chapter 12 has accomplished so much this year. In this edition you can read about some of the Councils' individual projects. There are so many we can only list a few! Our members are well known volunteers meeting a variety of community needs, with special emphasis on education and the environment. The Pioneers do admirable work in the community and would welcome your participation in our efforts.

Essex has made a few contributions to the Arbor Glen Nursing Home in Verona, some of these projects were: Essex Council donated handmade Christmas stockings made by council members, conduct an on-going bingo game and planted flowers to help beautify the facility; Painted a U.S. playground map at Ebola Toussiant Louverture School in East Orange; Donated Easter Baskets to the children of the Isaiah House in East Orange; Sponsored 911 Puppet Show in East Orange for The Church at the Crossroads, Clark School and Wahlstrom Academy. Some of their fundraising activities included a Valentine Fundraiser, Barnes and Nobles storytelling session, a 70's dance and the selling of KidStuff Coupon books and participated in press conference to kick-off Seniors Connect first technology center in Irvington.

Morristown has prepared meals and provided food donations to the Dover Soup Kitchen, provided coupons, food, litter, toys, supplies, blankets and wish list items to the Noah's Ark and Common Sense for Animals shelters; Recycled o-rings and cell phones and given coupons for babies and pets; delivered 14 Be-My-Baby baskets that included crocheted blankets and hats, Collected soda can tabs with the Shriners to assist in the cost of dialysis treatments; made lap robes and Christmas gifts for the Morrisview Nursing home; Collected donations for the Seeing Eye in Morris Plains, Warren County Division of Special Children's Services, Book for Common Sense for Animals book sale fundraiser; and collected Easter Baskets for Collinsville Day Care.

Passaic-Paterson-Ridgewood Delivered 12 baby baskets to various centers; Delivered thousands of pull-tabs to the Ronald McDonald House; Monthly donations of food and clothing to the Father English Center in Paterson; Installed chair glide for a Passaic patient who was diagnosed with post-polio syndrome; Held a Beefsteak at the Barnyard in Totowa to raise money for Retinal Research; Delivered 50 pairs of slippers to the Battered Women's Shelter on Mother's Day; Held a workshop at the Clifton Adult Opportunity Center to help make door knob hangers, sunglasses and play bingo, sponsored an Annual Food and Coat Drive - donations were made to the Father English Center

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*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's Centers and much more. We can use your help. Please VOLUNTEER! Call: Joyce Peterson at (973) 350-5207 for more information.*

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Recap of 2006 Council Activities (cont'd)

Newark's projects include: a donation to DYFS for children - newborn to 4 years old; participated in Newark's We the People parade to bring awareness to the community about Newark Public schools; Donated toiletry items for Father's Day to St. Rocco's men's shelter; Collected gently used coats for men and women at the Integrity House, Newark; Chaperoned children at the Rutgers Sports Reading program; donated books from Season's Reading to the Broadway House and Convent Women's shelter, participated in March of Dimes fundraiser by selling glow in the dark tie-dye wristbands, March of Dimes paper sneakers and collecting recycled cell phones; Sold NBA tickets to raise funds for March of Dimes and participated in the Walk; sold Jersey Garden coupon books for their magical Day of Giving - proceeds went to non-profit organizations.

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**Hackensack-Englewood Hudson's** projects include: Bingo and Ice Cream nights at Brightside Nursing Home in Teaneck. They are very active in the Special Olympics, Clowning, Bowling, and various fundraising projects.

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Pictured below with a sampling of Anita's Hug-A-Bears are Club Members John Marra, Judy Tibenszky, Dottie McBride and Ginny List



Dress For Success (DFS)

The Pioneers helped Dress For Success by coordinating a drive at Newark's 540 Broad Street location. Seven sweaters, 11 blazers, one vest, 20 pants, 13 skirts, 12 dresses, 16 two-piece coordinates, four jeans, one pair of gloves, five hats, two scarves, three coats and two jackets were provided donations to the Sponsor-A-Child project - gifts were collected for 98 children and mothers at the Battered Women's Shelter in Kilbarchan.

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**Reading Olympics**

The Reading Olympics contest was held at area schools from October 2<sup>nd</sup> thru December. Participants attended St. Andrews School in Clifton, Newton Street School of Newark, Clark School of East Orange, Holy Spirit of Pequannock and Harry L. Bain School of West New York. Prizes were awarded for the top three students of each school who read the most books/pages. One student from Morristown read over 5,000 pages! Students were presented with Toys 'R Us gift certificates along with a pizza party to celebrate their achievements.

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Seniors Connect!

The H. G. McCully Pioneers along with the *It's Time For a Change* committee and the City Of Irvington, have opened their first Senior Technology Center at the Irvington Senior Citizens Center, Irvington, NJ. Irvington's Mayor, Wayne Smith also attended. Pictured below are David Bell, members of the Essex Council Pioneers along with some of the Seniors who frequent that facility.

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## 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>

## 2006 HALL OF FAME

Tina Callahan has been a Pioneer since 1981, serving as Council and Chapter Presidents, as well as holding various Chapter and Council chair positions. She was Project Mgr and Co-Creator of the Chapter's Clown RAP Program, a program focused on promoting the fun and enjoyment of reading to inner city school children. During her year as Chapter President, she created the Chapter's annual Holiday Party for physically and mentally challenged children and young adults, which she has chaired to present. Tina has held leadership positions for various charity walk-a-thons, receiving numerous Certificates of Appreciation and a Pioneer of the Year award. Tina's endless dedication to Pioneering and her willingness to lend a hand whenever and wherever it's needed has earned her the respect and admiration of the H. G. McCully Upstate Chapter #12.

## Changing of the Guard for 2007!

**Officers:** The Pioneers new officers for 2007 are President: Joyce Peterson; Past President: Jeanine Shabazz; First Vice President: Dorene DeWitt; Second Vice President: Tom Tissot; Senior Life Member Rep: Bruce Yennie; Junior Life Member Rep: Sally Killeen, Secretary: Mildred Wilcox; and Treasurer: Rick Ricca. Officer contact information can be found on the last page of this Newsletter.

**Councils:** The Pioneers Council Presidents for 2007 are: Mary Jenkins - Essex Council; Debbie Castellini - Hackensack-Englewood-Hudson; Donna Galluci - Morristown Council; Christine Williams - Newark Council and Jeannette Watson - Paterson-Passaic-Ridgewood. .

**Life Member Club Presidents:** The 2007 LM Presidents are: Helen Robinson - Essex Club; Marge Sellen - Hackensack-Englewood-Hudson; Judy Tibenszky - Morristown Club; Judi Plafta - Paterson-Passaic-Ridgewood; and Delores J. Smith - Warren Club.

Please feel free to make inquiries to our new leaders. They welcome your participation.

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Pictured in the bottom left corner is Steve Kohn, Telecom Pioneers - Vice President, 2006 Hall of Fame Winner, Tina Callahan and Jeanine Shabazz, 2006 Chapter President. Pictured below are the 2007 Council Presidents. . . from left to right: Christine Williams - Newark, Jeanette Watson - PPR, Donna Galluci - Morristown, Debbie Castellini - HEH, and Mary Jenkins - Essex.



DID YOU KNOW....

Did you know?... The Antpitta avis canis Ridgley is a bird that looks like a stuffed duck on stilts and barks like a dog

Did you know?... Today, there are more than 2700 different languages spoken in the world, with more than 7000 dialects. 365 different languages in Indonesia and more than 1,000 different languages are spoken in Africa

Did you know?... The amount of time that people spend on travel has been consistent at 1.1 hours per person per day in all societies. The average distance traveled is 12,000 km (7,400 miles) per year. In total, the world population travels more than 23 trillion km (16.6 trillion miles) per year, 53% of which is by car, 26% by bus, 9% by rail, 9% by high-speed transport such as airplanes, and 3% by bicycle, boat and other means

Did you know?... The largest flower in the world, the rafflesia arnoldi, weighs 7 kg (15 pounds) and grows only on the Sumatra island of Indonesia. Its petals grow to ½ meter (1.6 feet) long and 2.5 cm (1 inch) thick.

Information taken from <http://www.didyounow.com>

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 (Debbie Castellini, President); Essex (Mary Jenkins, President); Morristown (Donna Gallucci, President); Newark (Christine Williams, President); Paterson-Passaic-Ridgewood (Jeannette Watson, 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.verizonmccullyupstatepioneers.org
www.verizonpioneers.org
www.telecompioneers.org

Or they can call Joyce M. Peterson at (973) 350-5207 or email her at joyce.a.peterson@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 Joyce Peterson or e-mail us at : verizonmccullyupstatepioneers@yahoo.com.

Health Consciousness

Winterizing Your Body

Winter has arrived – although you can't tell because of the mild weather we've been having! We winterize our wardrobes, houses, and our cars, so why not ourselves?

An ounce of prevention is worth a pound of cure especially in the cold winter months. We are more susceptible to illnesses in winter, so we need to eat right and dress properly.

Some believe certain herbs taken before you get sick, like astragalus or any immunomodulating herb, helps boost the immune system. Eating properly and exercise can also contribute to good health!

Take care of your skin, too! Remember to moisturize the skin, turn the temperature down in the shower and use protection when out in the sun and don't forget the lip balm!

A balanced diet and regular physical activity is one of the keys for favorable health. Consult a doctor before engaging in new activity or taking any new medication, vitamin or herb to make sure it does not counteract with anything you may be taking.



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
verizonmccullyupstatepioneers@yahoo.com

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 Joyce Peterson, President: joyce.a.peterson@verizon.com

Officers

2007 President

Joyce Peterson

973-350-5207

joyce.a.peterson@verizon.com

1st Vice President

Dorene De Witt

973-509-5923

dorene.k.de.witt@verizon.com

2nd Vice President

Tom Tissot

973-898-9990

thomas.e.tissot@verizon.com

Past President

Jeanine Shabazz

973-649-0492

jeanine.a.shabazz@verizon.com

Secretary

Mildred Wilcox

973-338-6126

milliewil@verizon.net

Treasurer

Rick Ricca

973-773-9908

richard.p.ricca@verizon.com

Sr. Life Member Rep

Bruce Yennie

973-865-9030

bruceyennie@verizon.net

Jr. Life Member Rep

Sally Killeen

201-652-2568

Essex Council Pres.

Mary Jenkins

908-474-5393

mary.j.jenkins@verizon.com

Hackensack-Englewood-Hudson Council Pres

Debbie Castellini

908-474-5394

debbie.l.castellini@verizon.com

Morristown Council Pres

Donna Gallucci

973-898-4085

donna.m.gallucci@verizon.com

Newark Council Pres

Christine Williams

973-649-3912

christine.d.williams@verizon.com

Paterson-Passaic-Ridgewood Council Pres.

Jeanette Watson

973-389-7265

jeanntte.x.watson@verizon.com

Hackensack-Englewood-Hudson Life Member Pres.

Marge Sellen

201-261-1454

Paterson-Passaic-Ridgewood Life Member Pres

Judi Plafta

201-445-9469

Morristown Life Member Pres.

Judy Tibenszky

973-627-4994

Warren

Life Member Pres.

Delores Smith

908-689-5427

Essex

Life Member Pres.

Helen Robinson

973-761-6516

For more information regarding this Newsletter contact Cheryl Abdus-Salaam @ cheryl.abdus-salaam@verizon.com