

H. G. McCULLY UPSTATE CHAPTER 12

Volume 2, Issue 2

Editor: Cheryl Abdus-Salaam

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Mt. Everest Klimb for Kids

MOUNT EVEREST "KLIMB FOR KIDS" is an educational project presented by the Verizon Foundation, Verizon Foundation's Thinkfinity and Verizon TelecomPioneer Volunteers in conjunction with Dr. Tim Warren's Klimb for Kids. Dr. Tim Warren of Rhode Island will attempt to climb to the summit of Mt. Everest, the highest mountain in the world.

A "live" broadcast on April 3, 2007 from Mt. Everest was coordinated with Dr. Tim Warren by the Verizon TelecomPioneers and Verizon External Affairs took place. This is a Verizon Pioneer region-wide project that will integrate technology and information for school children throughout the Verizon Pioneer footprint.

In support of this project, the Verizon Foundation has made a donation to the *A Wish Come True* organization and the Verizon Group of Pioneer Chapters donated the funds to purchase the satellite broadcast equipment Dr. Tim will use to communicate with schools during his climb. Verizon Foundation's Thinkfinity (previously referred to as the Marco Polo program) will provide the educational resources the teachers may reference during this project to enhance the children's learning experience.

Cell Phone Drive

H. G. McCully Pioneers are teaming up with the Verizon Foundation in their upcoming cell phone drive scheduled for April 16th thru April 20th, in support of the Verizon Wireless HopeLine® program. Collection boxes will be available in more than 300 work locations. The phones help victims of domestic violence. Phones that cannot be reused will be sold, with proceeds going to domestic violence shelters.

Since 2001, HopeLine has recycled or refurbished more than 2.5 million phones and kept more than 200 tons of electronic waste and batteries out of landfills.

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## ***Barnes and Noble Reading***

The Barnes and Noble Book Project will take place on Saturday, June 9, 2007 at the Barnes and Noble store, 240 U S Highway #22, Springfield, NJ. Stories will be read to the children by the Pioneers as well as by Mayors of Irvington, Newark, and Orange. We will also have clowns available for face painting. The participating councils are Essex, Newark and Morristown. If you'd like more information on the project, please contact Joyce Peterson at 973 350-5207 or 201 463-1811.

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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.

INSIDE THIS ISSUE

- 1 Klimb for Kids, Cell Phone Drive, Reading Project
- 2 Read-Out on Several Projects
- 3 Pioneer Contributions
- 4 E-Store, Calendar of Events, Smart Globe, Poem
- 5 A Few Tidbits
- 6 How To Contact Us

Mt. Everest Klimb for Kids (Cont'd)

Verizon Pioneer volunteers will be coordinating the efforts in their local area schools that want to participate in this project. A package will be given to each chapter which will include a School Reference Package, detailing the project and how they can be involved. It will also include what technology will be needed depending on the level in which they want to participate (a mutable speaker phone, a computer with internet connection, and a projector or smart screen to project the website images are some of the equipment needed).

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**Morristown Seeing Eye**

Paterson-Passaic-Ridgewood Council made a donation to the Morristown Seeing Eye of New Jersey. The Seeing Eye breeds, raises and trains dogs to be guides and instructs people who are blind and visually impaired in the use and care of their dogs. Puppies are raised by volunteers, who are responsible for the dogs' basic obedience training and socialization until they are 18 months old.

Formal training at the Seeing Eye campus lasts four months, where they learn advanced obedience and skills such as pulling in harness, stopping at curbs, and "intelligent disobedience" to keep themselves and their handler from danger. Afterwards, they spend 20-27 days training with their future human partner before they are formally released.

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The Warren Council donated a Vtech Nitro notebook to the Franklin Township School. This computer looks like a *real* notebook computer, complete with a full working keyboard and mouse. It contains dozens of simple learning games organized into categories and comes with two cartridges that can be plugged in for additional games.



Newark YMCA's Saturday Morning Sports & Education Fun Club

The Newark Council Telecom Pioneers lent their support to the YMCA's basketball program. They provided 16 children with brand new *Starbury basketball sneakers* (designed by Knicks basketball player Stephon Marbury) and provided the youth basketball league, "the Juggernauts," with sneakers in time for their championship play-off games in their 1st successful year lead by Coach Rob and Coach Mike.

Leonore Dickenson, Community Service Co-chairperson (and past president) and Christine Williams, President were on hand to present the children their sneakers for the upcoming basketball schedule and tournaments for this 2007 spring season.

The presentation was to the children of the program, but was a showcase of things to come. The parents were just as excited as the children! Other YMCA staff members that were present included: Mr. Eddie Grant (Senior YMCA staff coordinator), Greg Farrar (coach), Charles Good (coach), Coach John and Dell "Bird" Holmes (photographer, writer & arts coordinator).

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Pictured below are members of the Newark YMCA's Juggernaut basketball team.  
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Community Service Project Coat Drive

The Newark Council's Community Service committee sponsored a coat drive at 540 Broad Street, Newark for men, women and children coats for the Integrity House in Newark, NJ. On March 1st, the committee was able to deliver 45 coats to them. Christine Williams and Donnessa Victor presented the coats to Ernesto Torres and the co-ed community.

Integrity House was started by Dave Kerr because he saw a need for a support system to help the many drug addicted clients on his caseload. From that one club house back in the 1960s, Integrity house has grown to provide residential facilities for substance abuse, preventive programs, apartment buildings for those released from various programs, job training, education opportunities and a variety of workshops for family building.

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### ***Thank You's Received!***

Essex Council recently received several handmade *Thank You* cards designed with a personal message from each of the students from Ms. King's Special Education Class from Seth Boyden School in Maplewood, New Jersey thanking the council for the beautiful carpet map and dictionaries that were donated to their class. Some future projects for the council include: collecting shoes/sneakers for a homeless shelter and a Spelling Bee Contest to be held with students from Clark School in East Orange, New Jersey.

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Hearing Tests Given

Hackensack-Englewood-Hudson Council provided hearing tests to 40 children at St. Francis in Hackensack. Some hearing problems are temporary and can be improved with medical treatment; others are permanent and may require the use of hearing aids. Early education programs also are available and play an important role in helping children with hearing concerns reach their full potential.

Parents or caregivers are usually the first to notice differences in their child's health and development. Early management of hearing loss is essential to a child's social, academic, speech and language development.

National Child Abuse Prevention

April has been declared *National Child Abuse Prevention Month* with child abuse and neglect awareness activities promoted around the country.

Increasing public awareness of the need to ensure the safety and welfare of children led to the passage of the first Federal child protection legislation, the Child Abuse Prevention and Treatment Act three decades ago. Today, the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services, is the Federal agency charged with supporting States, Tribes, and communities in providing programs and services to protect children and strengthen families.

Recognizing the alarming rate at which children continued to be abused and neglected and the need for innovative programs to prevent child abuse and assist parents and families affected by maltreatment, the U.S. Senate and House of Representatives designated April as the first National Child Abuse Prevention Week. They asked the President to issue a proclamation calling upon Government agencies and the public to observe the week with appropriate programs, ceremonies, and activities. The Essex Council wants to remind everyone that it is the responsibility of every citizen of New Jersey to report Child Abuse and urge us all to help keep our children safe.

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### ***Afghans Donated***

The Life Members of the Paterson-Passaic-Ridgewood Council donated eight afghans to the St. Joseph's chemotherapy department in Paterson, NJ. Some patients feel cold from the medication that is supplied into the patient's blood stream, the afghans provided will aid in keeping them warm during their procedure.

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Clowns in Demand!

The Pioneer Clowns are in high demand. They will be entertaining at several upcoming events including the Turtle Back Zoo in West Orange on May 7th. The zoo will be open for thousands of handicapped children where the Clowns will entertain and face paint.

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

LEARN TO FACE PAINT!

FRIDAY, APRIL 20TH - PLEASE JOIN US FOR AN EVENING OF FACE PAINTING. COME LEARN THE LATEST STYLES AND TECHNIQUES OF FACE PAINTING. THE FUN STARTS AT 4:30 PM AND WILL LAST UNTIL 8 PM. FOR MORE INFORMATION OR TO RESERVE A SPOT, PLEASE CONTACT BECKY MCDONALD AT 973-408-8536.

BEEFSTEAK

FRIDAY, APRIL 27TH - JOIN THE PIONEERS FOR A BEEFSTEAK AT THE CARRIAGE HOUSE/BARNYARD – 754 TOTOWA ROAD, TOTOWA, FROM 7 PM TO 11PM. TICKETS ARE \$40 PER PERSON. PRIZES WILL BE AWARDED – INCLUDING BEST DRESSED WESTERN ATTIRE. PROCEEDS WILL GO TOWARD COMMUNITY PROJECTS. FOR MORE INFORMATION, PLEASE CONTACT MICHELE FREEMAN-BROWN (973) 649-5053, CHARLOTTE WHITFIELD 973-225-8440 OR JOYCE PETERSON AT 973-350-5207.

14TH ANNUAL CHARITY GOLF TOURNAMENT

WEDNESDAY, JULY 18TH - GREAT GORGE COUNTRY CLUB, MCAFEE, NJ. \$110 PRICE INCLUDES A CONTINENTAL BREAKFAST, GREENS FEES, GOLF CART, HOT & COLD BUFFET LUNCH. PRIZES WILL BE AWARDED! PROCEEDS WILL BENEFIT THE ANNUAL HOLIDAY EVENT FOR SPECIAL NEEDS CHILDREN! PLEASE CONTACT RICK RICCA AT (973) 773-9908 FOR REGISTRATION AND INFORMATION.

Explorer Smart Globe!

McCully Upstate Chapter 12 has been providing Leapfrog Explorer Smart Globe throughout all Councils.

The Leapfrog Explorer Smart Globe is a talking globe that engages children with facts, fun games, and a magic pen that opens up a world of discovery. The pen is used to play geography games at three different levels, and learn amazing facts. Besides names and places, the facts contained in the Smart Globe teach about time zones, currencies, music, distances between locations, and more.

Leapfrog tailors each product to specific ages and to specific learning needs. The Explorer Globe teaches geography of name and locations of countries, capitals, continents, bodies of water, music, population, currency, highest point, time zone, distances between locations, and comparison of land area and population between locations.

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### *To Let Go . . . a poem submitted by Mary Jenkins*

- To "let go" is not to care for, but to care about.
- To "let go" is not to fix, but to be supportive.
- To "let go" is not to judge, but allow another to be a human being.
- To "let go" is not to be in the middle arranging all the outcomes, but to allow others to affect their destinies.
- To "let go" is not to be protective, it's to permit another to face reality.
- To "let go" is not to deny, but to accept.
- To "let go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them.
- To "let go" is not to adjust everything to my own desires, but to take each day as it comes and cherish myself in it.
- To "let go" is not to criticize and regulate anybody, but to try and become what I dream I can be.
- To "let go" is not to regret the past, but to grow and live for the future.
- To "let go" is to fear less and love more

*Author .... Anonymous*

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National Volunteer Week takes place From April 15 to 21, this special week offers opportunities to thank some of America's most valuable assets – our volunteers. Let's try to rally more volunteers in the community and to further increase the spirit of volunteerism among family, friends and neighbors.

DID YOU KNOW....

Did you know?... A honey bee must tap two million flowers to make one pound of honey

Did you know?... California's Frank Epperson invented the Popsicle in 1905 when he was 11-years-old

Did you know?... During the Alaskan Klondike gold rush, (1897-1898) potatoes were practically worth their weight in gold. Potatoes were so valued for their vitamin C content that miners traded gold for potatoes

Did you know?... In the United States, a pound of potato chips costs two hundred times more than a pound of potatoes.

Did you know?... Potato chips are American's favorite snack food. They are devoured at a rate of 1.2 billion pounds a year

Did you know?... The average child will eat 1,500 PB sandwiches by high school graduation.

Did you know?... The FDA allows an average of 30 or more insect fragments and one or more rodent hairs per 100 grams of peanut butter.

Health Consciousness

Allergies

Even when people are allergic to a substance, there is a certain level they can tolerate before symptoms will appear. Exceed that 'threshold' and up pop the symptoms.

Most people already understand that the same amount of pollen can bother one allergic person and not another. What they often fail to understand is that thresholds can also vary widely in the same person from one day to the next.

Edema (swelling) is the most common result of an allergic reaction, but the actual symptoms it produces depend entirely upon the area where the swelling occurs. In the upper respiratory tract, for instance, swelling can cause nasal obstruction or sinus obstruction, close the ear's Eustachian tube, or cut off a person's sense of smell by obstructing their olfactory recess.

A lot of people will claim that their allergy symptoms have suddenly appeared after a lifetime without allergies. In almost every case, careful questioning will reveal that allergy symptoms may have been minimal and tolerable, but were certainly there in the past. This is important because true allergy doesn't just suddenly appear.

A cold is an upper respiratory infection, and it displays the typical symptoms of infection: low grade fever, purulent nasal discharge and a general malaise that lasts from 3 to 5 days. It also has a tendency to be transmitted from one family member to another. Continuous episodes of sneezing with a watery nasal discharge, nasal obstruction and head congestion accompanied by a sense of fatigue that lingers for weeks or longer can be reasonably assumed to be allergic.

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.



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

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