

# H. G. McCULLY UPSTATE CHAPTER 12

Volume 2, Issue 4

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November, 2007

## Newark Riots Revisited

The Newark and Essex Councils along with HSO and CITE-NJ are sponsoring a networking and presentation session In Commemoration of the 40<sup>th</sup> Anniversary of the Newark Riots - 1967.

The 1967 Newark Riot lasted six days (between July 12 and July 17), 26 people were killed, 725 people injured with almost 1,500 people arrested. Property damage was in excess of \$10 million.

On Monday, December 3, Keynote Speaker, Dr. Clement A. Price (Professor of History and Director, Rutgers Institute on Ethnicity, Culture and Modern Experience) will speak. Dennis Bone and Special Invited guest, Newark Mayor Cory Booker will also be on hand to discuss the riots.

The session will be held on Monday, December 3, 2007 . The Networking Session will be from 5:30pm - 6:30pm and the Presentation will begin at 6:30pm. Light refreshments will be served.

## Book fair is Coming

Looking for a gift for the holidays or any occasion? The Newark Council is sponsoring a Book fair from December 17th through December 21<sup>st</sup>. The book fair will be held at 540 Broad Street, Newark on the 19<sup>th</sup> floor. Books for all ages will be on sale. Give the gift of knowledge to your friends, loved ones, and even yourself! Reading keeps our minds sharp and enhances our imagination.

For more information about the fair, contact Christine Williams at (973) 649-3912.

## 250 Backpacks Distributed

Some of the distributions went to the Hackensack-Englewood-Hudson Council who donated backpacks to a Jersey City Church Youth Group.

The Newark Council donated backpacks to special needs children and the Boys and Girls Club - Broadway Unit. The backpacks contain school supplies such as pencils, rulers, dictionaries, markers, book covers, crayons, folders, erasers, pens, notebooks, and child safe scissors.

## Pioneer Elections

Elections for the H.G. McCully Upstate Chapter #12 Chapter, Councils and Clubs results will be announced in the next issue of this Newsletter.

*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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***Hackensack-Englewood Hudson Council to be Disbanded***

At the October 24, 2007 Chapter Executive Board meeting, a motion was made and passed that the Hackensack-Englewood-Hudson Council be disbanded effective January 1, 2008.

Unfortunately, the Council had no members in line to assume the leadership positions necessary to continue as an active Council within the McCully Upstate Chapter. Although there were a few members who volunteered to save the council, it was not enough volunteers to sustain the Council through 2008.

In an effort to allow these members to continue supporting Pioneer efforts, we ask that all Hackensack-Englewood-Hudson members re-direct those efforts into one of the remaining councils: Essex, Morristown, Newark, or Paterson-Passaic-Ridgewood.

A letter is being mailed to members to make a selection to transfer to another council by December 15<sup>th</sup>. If a transfer is not received a council will be chosen for you.

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***Integrity House Fundraiser***

Seven volunteers from the Newark Council worked with the Integrity House volunteers to hand write 3,000 invitations for the Integrity House's Annual Fundraiser.

The fundraiser helps the residents of the Integrity house who are managing mental health and substance abuse treatment, and detoxification.

The Halfway house cares for persons with co-occurring mental and substance abuse disorders, persons with HIV/AIDS, pregnant/postpartum women, and DUI/DWI offenders.

The residence contains beds for women, men, and their clients' children.

***Seniors Connect!***

On October 15<sup>th</sup>, Morristown held their grand opening of the computer room at the Rockaway Township Senior Center.

The Mayor of Rockaway Township, the Business Administrator, a representative from the Recreation Department, along with Pioneers, attended the opening.

A DSL line has been installed for faster broadband speed with a possibility of installing FiOS in the near future. Two Pioneer volunteers will help with the training.

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***Clowning Around***

Essex attended the Bloomfield Harvest Fest and the Clifton Street Fair and also clowned at a church in North Arlington and a picnic for Prudential in Newark. Essex and Hackensack-Englewood-Hudson face-painted at the Light the Night Walk - Brookdale Park, Bloomfield.

Hackensack-Englewood-Hudson face-painted for the Hackensack Medical Center's picnic. HEH and Paterson-Passaic-Ridgewood painted at this year's Trick or Suite.

Paterson-Passaic-Ridgewood visited the Wood-Ridge Senior Group, entertaining with skits, jokes, magic trivia and songs. There was a Movie Day set up for the Passaic County DIAL - they watched "Keep 'em Flying", had popcorn, cupcakes and a barbecue.

They sponsored a Halloween party along with several other groups at the Mountainside Inn in Clifton.

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***Books, Books, Books!***

Newark Council donated books to the Essex County Youth Detention Center on September 7<sup>th</sup>.

Paterson-Passaic-Ridgewood will be working with the Frank Napier School in Paterson to help rebuild their library. All of their books were recently lost in a fire. Books, dictionaries and carpet maps will be donated to the school.

## DO YOU KNOW THESE QUOTES...?

Even if you're on the right track, you'll get run over if you just sit there - *Will Rogers*

A little learning is a dangerous thing, but a lot of ignorance is just as bad - *Bob Edwards*

The belief in a supernatural source of evil is not necessary; men alone are quite capable of every wickedness - *Joseph Conrad*

Sometimes you gotta create what you want to be a part of - *Geri Weitzman*

Don't be in a hurry to condemn because he doesn't do what you do or think as you think or as fast. There was a time when you didn't know what you know today - *Malcolm X*

A journey of a thousand miles must begin with a single step - *Lao-Tsu*

One of the things about equality is not just that you be treated equally to a man, but that you treat yourself equally to the way you treat a man. - *Marlo Thomas*

It's not what you look at that matters, it's what you see - *Henry David Thoreau*

## Health Consciousness

### Boosting Your Energy

Sleeping well and the right diet and exercise program can help raise your energy levels, so that you feel great, look good and keep your engine revved up

Feeling energetic is a vital to feeling happy. Studies show that when you feel energetic, you feel much better about yourself. So, it should be no surprise that when you feel exhausted, tasks that would ordinarily make you happy—overwhelm you and seem like a major chore.

Below are tips to boost and keep up your energy throughout the day.

### Energy Booster Suggestions

- Walk Around the Block
- Take a Power Nap
- Don't Skip Breakfast -- or Any Other Meal
- Reduce Stress and Deal With Anger
- Drink More Water and Less Alcohol
- Eat More Whole Grains and Less Sugar
- Have a Power Snack
- Regular Exercise

As always, consult your doctor when making any changes to diet, medications and exercise.

## 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](http://www.verizonmccullyupstatepioneers.org)

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

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

Or they can call Joyce M. Peterson at (973) 350-5207 or email her at [joyce.a.peterson@verizon.com](mailto: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](mailto: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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