

# H. G. McCULLY UPSTATE CHAPTER 12

Volume 3, Issue 1

Editor: Cheryl Abdus-Salaam

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## 2008 Changing of the Guard

**Officers:** The Pioneers new officers for 2008 are President: Joyce Peterson; Past President: Jeanine Shabazz; First Vice President: Dorene DeWitt; Second Vice President: Tom Tissot; Senior Life Member Rep: Sally Killeen; Junior Life Member Rep: Dianne Dieumercy, Treasurer: Rick Ricca; and Secretary: Mildred Wilcox Officer; contact information can be found on the last page of this Newsletter.

**Councils:** The Pioneers Council Presidents for 2008 are: Elaine Russell – Essex Council; Patricia Malanga – Morristown Council; Christine Williams – Newark Council and Charlotte Whitfield – Paterson-Passaic-Ridgewood.

**Life Member Club Presidents:** The 2008 Life Member Presidents are: Helen Robinson – Essex Club; Marge Sellen – Hackensack-Englewood-Hudson; Paula Wright – 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.

## Hygiene Kits for the Homeless

On Saturday, December 22, 2007 the Newark Council Pioneers partnered with *Mission Entertainment* and *Through Future Eyes* on their 2nd annual "Bridging the Gap" December donation drive. This donation drive is an end of the year charity event that distributes care packages which contain: donated clothing, hygiene kits, food bundles and informational packets. The donation drive serves the impoverished and homeless in the Newark area. The event was held at *Sugar Ray's*, 10 Park Place, Newark, NJ from 8:00 a.m. - 5:00 p.m.

The Newark Council donated approximately 80 hygiene kits for men and women that were provided by fellow employees and Pioneers. The kits items list included a brush, comb, toothbrush, toothpaste, wash cloth, towel, razor, shaving cream, personal feminine hygiene products, etc.

## A Book and a Blanket

Children receive a book and a blanket while at a homeless shelter or when a parent is receiving a consult for Domestic Violence to allow time for the parent to be processed and give the child(ren) a comfortable distraction.

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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.*

**2007 Accomplishments!**

**Essex Council's** accomplishments and goals for year end 2007: collaboration with Jenkins Outreach for Youth (JOY) and the American Karate Academy, provided storytelling time to youths at Barnes and Nobles in Springfield, NJ, assisted four families who had experienced tragedies by providing food vouchers, collaborated with Verizon resource groups C.I.T.E and H.S.O. in sponsoring a program on the Newark Riots, made several donations including scarves to St. Phillips Methodist Church for the needy/homeless, seedlings to New Beginning Faith Ministries Church in Orange and Seth Boyden School, Maplewood, dictionaries to students of various schools and non-profit organization, Easter Baskets, carpet maps and dictionaries to Seth Boyden School in Maplewood, Christmas stockings to Karate for Youth Organization, carpet maps to Mildred Barry School, E.O and YMCA in Orange, shoes to a needy family, held bake sales in Montclair and Irvington, Handmade 20 seat covers for Mildred Barry School , East Orange, Adopted Seth Boyden School, Attended a Black History Month Celebration with Clark School in East Orange, gave Karate for Youth's children a Pizza Party, sent troop aid supplies to soldiers and provide on-going bingo games at Arbor Glen Nursing Home. Essex has Council has also received a Community Award from the Clark School in East Orange and has signed up over 35 new Pioneer members.



**Newark Council** donated over 400 dictionaries to local schools, after school programs, recreation programs and a juvenile facility, four carpet maps delivered to local schools, four learning tools delivered to various kindergarten through 3<sup>rd</sup> grade classes in the Newark Council area, 50 School Supply Backpacks delivered to Newark Council area schools, 25 Domestic Violence Backpacks delivered to Newark Beth Israel's Regional Child Abuse Diagnostic and Treatment Center, Over 5,000 hours volunteered to serve the communities where we work and live, Over 200 Scholastic books donated to local schools, after school programs, recreation programs and a juvenile facility, Over 40 coats delivered to Integrity House, Newark, NJ,

**2007 Accomplishments! (cont'd)**

**(Newark cont'd):** Approximately 80 hygiene kits donated to various homeless organizations in Newark, NJ, Approximately 25 pairs of Starbury sneakers donated to youth basketball teams at the YMCA, Newark, NJ, Sponsored a Health Fair and blood drive, partnered with CITE and HSO to speak about the Newark Riots, partnered with Integrity House to hand write 3,000 invitations for the Integrity House's Annual Fundraiser, participated in Season's Readings and books fair in Newark, NJ.



**Morristown Council's** 2007 accomplishments: donated carpet maps to Sacred Heart, Bright Horizons, Kiddie Academy, and Morristown Memorial children's corner, opened Senior Connect technology center in Rockaway Senior Center, painted a playground map at Salem School in East Hanover, donated bookmarks to St Rose of Lima, Interfaith Food Pantry, and Sacred Heart, donated dictionaries: 51 to St. Rose of Lima, 75 to Sacred Heart, 48 to Warren Life Members, 50 in the back packs with school supplies to Interfaith, donated Solar Map to Byram School, Hug-A-Bears were sent to Iraq, Parsippany Police Dept, and "Book and a Blanket" project, 50 lap robes and baby blankets were crocheted and donated, Easter Baskets and Christmas presents went to Collinsville Day Care Center and Christmas presents were given to Morris View Nursing Home. Funds were donated to the following: Fire victims in Mt. Arlington, The Seeing Eye, Jazmine Fenlator, Operation Sunshine, Collinsville Day Care, Michael J Doyle Foundation, Triolla Family, Pioneer Golf Outing and Common Sense for Animals. Goods have been donated to: Noah's Ark Animal Shelter, Interfaith Food Pantry, Common Sense for Animals, Jersey Battered Woman's Shelter, Morristown Life Members for their Baby Shower for Be my Baby, Supplies for Senior Connect, Warren Life Members for Tricky Tray, Room for One More Animal Shelter, and we also shipped goods to Iraq for Troop Aid. Our fundraising activities included two Hot Dog days and two Gertrude Hawk Candy sales; we also continued proceeds from vendor sales at 175 Park

**2007 Accomplishments (cont'd)!**

**Morristown Council (cont'd)** Ave. Madison. We have also helped with the Beach Cleanup project, ran the Scholastic Book Fair in Madison, assisted with M.L.C. corned beef lunch, decorated a room for Trick or Suites, Aided Collinsville with their Christmas party and attended the Holiday Party at the Brownstone.



**Hackensack, Englewood, Hudson's** 2007 accomplishments included: painted a map of the United States on a playground in Bayonne, hosted Bingo and Ice Cream night for Brightside Manor in Teaneck four times and also gave them presents and a final Christmas Party in December, we made four schools very grateful with the donation of the Dictionaries, we were thanked by another four Schools for the generous donation of the carpets, The Senior Center in Jersey City has a building full of Seniors, who are now more knowledgeable and grateful, due to the Senior Connect Project and the donation of the two Computers, two Libraries in Jersey City are enjoying the Learning Tools that were given to them, the Clown Troupe participated in several parties, walks for cures and events for the Disabled, Handicapped and Special Needs Children and Adults and brought joy to many, bags of clothing were collected on an on-going basis (which in return were given to Homeless people), backpacks were given to the Police Department for Domestic Violence and to the Women's Battered Shelter, we helped make our environment safer by cleaning up the Shore, collected books for Season's Readings, helped run a Book Fair, several membership drives were run with the hope of spreading the many rewards of being a volunteer Verizon Telecom Pioneer to new members, helped make Heart Pillows and Hug-A-Bears.



**2007 Accomplishments (cont'd)!**

**Paterson, Passaic and Ridgewood's** 2007 accomplishments include: the delivery of 12 Be-My-Baby baskets to Saint Joseph's Maternity Ward in Paterson, delivered 400 dictionaries to various schools in the area, delivered six Learning Tools to the Urban Crisis Day Care Center in Passaic and to #3 School in Paterson, delivered 50 backpacks to the Clifton Police Department, stuffed backpack and book bags with school supplies for several schools in the Paterson area, sponsored a Barnes and Noble project with great success, Scholastic Book Fair in Madison, delivered Carpet Maps to the Frank Napier School in Paterson, delivered seedlings to the kindergarten class at memorial School in Totowa, sponsored a 'Fun in the Sun' party and pizza part for the Passaic County Battered Women's Shelter, planted flowers, trees and bushes at the same facility, held a Book and a Blank project, and delivered Hug-a-Bears to the JFK Center in Paterson. The Council also held a food drive for the Cumac-Echo food pantry for the Paterson area, held a coat and blanket drive, delivered 30 emergency kits for the Help Out the Homeless project, held numerous clothing drives, served hundreds of meals, held several successful blood drives, continued to support Troop Aide with calling cards, snack, games, etc., delivered Afghans to hospice care and chemo treatment centers in various local hospitals, held Christmas parties, sponsored fundraisers with the following projects: Bartholomew's Chocolates, Easter Sale, Yankee Candles, Beefsteak, and on-going sales in our Candy store in the Totowa and Fairlawn offices. These proceeds go toward Christmas parties for the Passaic Battered Women's Shelter and the Kilbarchan Youth Center



### **2007 Hall of Fame Winner**

#### **Joan Dinger Inducted into the Pioneer Hall of Fame**

Soon after Joan joined the Pioneers in 1991, she became Council Historian. She has served as Council Member at Large and Warren Life Member Club President. As the project chair for Be-My-Baby, she purchases baby items and assembles and delivers the baskets to the hospital each month. Joan developed the Book Mark Project, designed the bookmarks and purchased a laminating machine for the Life Member Club. Joan signs new members and explains the benefits of Pioneering to these new recruits. She leads workshops at various chapter locations teaching others how to do projects and enlists partners to crochet baby blankets and sew Hug-A-Bears. Prior to retiring, Joan was the coordinator for the council vendor program at various building locations raising over \$15,000. She was recognized by the Morristown Council and the Warren Life Member Club as Pioneer of the Year. Joan received letters of recognition and a commendation from Norwescap for her participation as a driver for Meals on Wheels, the Meals at Home program, and her contributions to the Friendly Visitor Program. During the holidays Joan shops for toys for 45-50 children of the Collinsville Daycare center. Joan and her partner Harry have participated in major renovation and restoration projects undertaken at Historic Speedwell Village.

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### **2008 Upcoming projects**

Below are some of our upcoming projects - proceeds will be distributed to those in need:

- ❖ Coat Drive – coats will be donated to shelters chosen by each Council.
- ❖ Hug-A-Bears – 100 will be donated to shelters and rescue squads.
- ❖ Easter Baskets - 200 will be given to needy children.
- ❖ Baby Shower – Baby items such as diapers, clothing, wipes, blankets, etc. will be collected.
- ❖ Earth Day – Seedlings are planted in various communities.
- ❖ Make a Difference Day - Community service project.
- ❖ Plant a garden – plant gardens at senior centers and/or shelters.
- ❖ Liberty Science Center – 200 children will be attending.
- ❖ Food Drive - non-perishable foods are collected.
- ❖ Pajama Party – new pajamas are collected - sizes range from infants to adults.
- ❖ Golf Outing Fundraiser – funds are raised for the holiday party.
- ❖ Animal Shelter drive – collecting toys and food for pets.
- ❖ Health Kits – hygiene products are collected.
- ❖ Smart Bears - objective is to increase reading among youngsters - ideal for any child from kindergarten thru third grade. The child finds a new cuddly friend and reading companion.
- ❖ Trick or Suite – Annual costume party for children with special needs.
- ❖ Reading Olympics - Students compete and win prizes for the students who read the most.
- ❖ Holiday Party – Annual party for people with special needs. Santa is there with many of his friends!
- ❖ Christmas Stockings – Decorated and stuffed stockings are distributed to seniors.

## DID YOU KNOW□ .

**Did you know?...** That a camel's hair brush is made of squirrel fur?

**Did you know?...** The Canary Islands are named after an animal other than a bird? The Latin name = Insularia Canaria – which means 'Island of the Dogs'

**Did you know?...** Chinese gooseberries are actually from New Zealand?

**Did you know?...** A purple finch is actually crimson?

**Did you know?...** Panama hats are not made in Panama but in Ecuador?

**Did you know?...** There are approximately 19 major earthquakes a year. The largest earthquake ever recorded occurred in Chile in 1960: it had a magnitude of 9.5.

**Did you know?...** that there are more earthquakes in Alaska than in California?

**Did you know?...** A diamond is the hardest natural substance on earth, but if placed in an oven at about 763 degrees Celsius (1405 degrees Fahrenheit), it will simply vanish, without even ash remaining. Only a little carbon dioxide will have been released!

## Health Consciousness

### Eating and Stress

Many of us work more than 10 hours a day without stopping for a mere 15 minutes to eat. When we finally *steal* the time to eat, it's usually done in front of the TV or PC. Gulping food down is not the proper way to eat, nor is it healthy. Because of limited schedules we tend to eat while under stress – this may cause one to over eat. We should take the time to enjoy our food and allow it to digest properly.

Adding raw foods that are rich in compounds are healthier for you and can help combat stress symptoms. Flavonoids contain antioxidants that are most commonly known for their antioxidant activity. (Studies have shown that people who eat a diet rich in fruit and vegetables, are less likely to get diseases such as cancer, heart disease and stroke, however, it has not yet been proven that antioxidants alone are responsible for this drop in risk.). Good sources of flavonoids include citrus fruits, berries, onions, parsley, legumes, green tea, and dark chocolate to name a few.

Stress may eventually lead to greater risks of physical diseases if not managed in time. Drink lots of water and consider minimizing or removing your intake of caffeinated and alcoholic drinks! Check with your physician before changing your diet.

## 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).

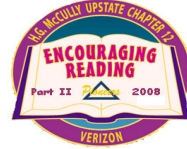
**Q: How does one sign up to become a pioneer?**

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

**Officers**

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