

H. G. McCULLY UPSTATE CHAPTER 12

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Liberty Science Center

H. G. McCully Upstate hosted a school trip to the Liberty Science Center. Four schools arrived, loaded with children, teachers and chaperones. The children participated in visual and hands-on exhibits, took a subway ride that explained how different diseases in the world could affect them, visited the Imax Theatre, had pictures taken and had lunch and snacks during their stay.

There were approximately 200 students, teachers, chaperones and Pioneer volunteers on staff to assist the children.

You can now experience the Liberty Science Center on-line. Many new exhibits are available from your home computer, and allow you to contribute to them by blogging, questioning the experts, providing content and much more. You can keep track of the skyscraper construction, share your thoughts about current events and cutting-edge science, and drive the underwater submersible at anytime, day or night! For more information, go to:

<http://www.lsc.org/interactive/exhibits-live>

Clowning Around

Essex Life Members: Face-painted for the Special Olympics fundraiser at Friendly's in Wayne, entertained the children at Friendship Day at Turtle Back Zoo, attended the Glen Ridge Street Fair, clowned at the March of Dimes March for Babies at Brookdale Park and attended the Mother/Son dance in North Arlington.

Paterson-Passaic-Ridgewood: Made balloons and bowled at the Junior Achievement bowling event, face-painted at the March For Babies in Wayne, ran the monthly bingo and entertained their friends from Passaic County DIAL at St. Brendan's in Clifton, face-painted for Friendship Day at Turtle Back Zoo, ran the Council sponsored bingo at Bright Side Manor Nursing Home in Teaneck and assisted at the Passaic County Special Olympics Track and Field competitions.

The managers of the Friendly's in Wayne were so pleased with the joy and excitement our volunteers brought to their restaurant that they have asked the Clowns to come back again - Kudos to all Partners and Life Members that assisted them at all events.

Baby Shower

The Councils displayed items collected for their Baby Shower. The new baby items were collected and distributed to needy parents.

Some of the items included sleepers, onesies, tee-shirts, clothing, wipes, lotion, diapers, baby powder, shampoo, bibs, bottles, receiving blankets, booties, etc.

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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Member Benefits

The Pioneers offer a lot of benefits for its members. Below is a partial list of Benefit Providers. To get a more complete list please go on-line for more links on our website at:

www.verizonmccullyupstatepioneers.org:

Mall Networks Program: The Verizon Pioneers has a new online shopping network called Pioneers Online Mall. Savings and bonus rebate points can be earned when shopping from over 500 retailers in over 20 categories. The Verizon Pioneers will receive a portion of every purchase. Visit the site at: <http://shop.telecompioneers.mallnetworks.com>

Pioneers Banking Center: The Pioneers Banking Center is dedicated to providing you with quality banking products and services that suit your financial needs. Combining the convenience and security of online banking with industry leading yields provides TelecomPioneer members a smart banking solution.

Visit the site at:

<http://www.pioneersbankingcenter.com>

Universal Studios: As a member of the Universal Studios Fan Club, you will receive discounts at Universal Studios parks and other properties. To join, simply call the TelecomPioneers Resource Center at 1-800-976-1914 or email at:

info@telecompioneers.org or

<http://www.telecompioneers.org/members/universalstudios.aspx>

Beltone Hearing Aids: Beltone is a premiere manufacturer and distributor of hearing aids. Beltone will encourage the Authorized Dispensers to agree to provide the Individual Subscribers and immediate family members (children, parents, grandparents, spouse) a discount of 15% off of their usual and customary retail sales price with respect to sales of Beltone brand hearing aids. Visit our site at:

<http://www.telecompioneers.org/members/beltone.aspx>

Member Benefits (cont'd)

Jenny Craig: Save up to 20% on Jenny Craig Programs!* The Jenny Craig program is about balancing food, body and mind, the three essential components of successful weight management. Together with one-on-one support, Jenny Craig will design a personalized comprehensive program that fits your lifestyle. Each day your menu includes three meals and snacks chosen from over 75 delicious menu items. Visit here for more info:

<http://www.telecompioneers.org/members/jennycraig.aspx>

Long Term Care Resources: You probably recognize the need for long-term care insurance. It's not simply "nursing home" coverage, but insurance that helps assure you of continued independence as you age - without depleting the personal assets you've worked hard to acquire. But choosing the right protection from the many plans available can be a daunting task. Found out more at:

<http://www.telecompioneers.org/members/ltrc.aspx>

Golf Fundraiser

This year 's Golf fundraiser is scheduled for Wednesday, July 16th at the Great Gorge Country Club in McAfee, NJ.

Breakfast and registration will begin at 7:30 a.m., followed by a shotgun tee-off. There is a \$110 fee per golfer and advanced registration is required.

Prizes will be awarded for the closest to the pin (1st, 2nd, 3rd, low gross) and longest drive (1st, 2nd, 3rd, low net).

The proceeds will benefit our annual Holiday party for special needs children. For more information or to sign up, please contact Rick Ricca at 973 773-9908.

DID YOU KNOW? .

Did you know?... Toxic house plants poison more children than household chemicals.

Did you know?... Humans shed about 600,000 particles of skin every hour - about 1.5 pounds a year. By 70 years of age, an average person will have lost 105 pounds of skin.

Did you know?... The majority of dust in your home consists of your own dead skin.

Did you know?... The water that we drink into our body is already 3 billion years old

Did you know?... An elephant will still remain at its standing position even when it has died.

Did you know?... A rat and a horse cannot vomit.

Did you know?... that the number of people posting marriage ads, 35% are already married.

Did you know?... $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$... do the math!

Did you know?... Every time you lick the back of a stamp, you absorb 1/10th of a calorie.

Above facts taken from www.stunning-stuff.com; teach-nology.com; answers.yahoo.com and gambino.com

Health Consciousness

Over hydration / Water Intoxication

Over hydration, also called water intoxication, is a condition in which the body contains too much water. This can result in digestive problems, behavioral changes, brain damage, seizures, or coma. An adult whose heart, kidneys, and pituitary gland are functioning properly would have to drink more than two gallons of water a day to develop this.

Over hydration occurs in about 2% of all hospital patients. People with heart, kidney, or liver disease are more likely to develop over hydration because their kidneys are unable to excrete water normally.

The patient may become confused, drowsy, or inattentive. Other symptoms of over hydration may include shouting, delirium blurred vision, muscle cramps and twitching, paralysis on one side of the body, poor coordination, nausea and vomiting, rapid breathing, sudden weight gain, and weakness.

Mild over hydration can generally be corrected by following a doctor's instructions to limit fluid intake. In more serious cases, diuretics may be prescribed to increase urination. Identifying and treating any underlying condition (such as impaired heart or kidney function) is a priority, and fluid restrictions are a critical component of every treatment plan.

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).

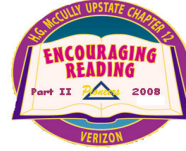
Q: How does one sign up to become a pioneer?

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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