

H. G. McCULLY UPSTATE CHAPTER 12

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2009 Changing of the Guard

Officers: The Pioneers new officers for 2009 are President: Dorene DeWitt; Past President: Joyce Peterson; First Vice President: Tom Atkinson; Second Vice President: Jeanette Watson; Senior Life Member Rep: Dianne Dieumercy; Junior Life Member Rep: Tina Callahan, Treasurer: Rick Ricca; and Secretary: Mildred Wilcox.

Councils: The Pioneers Council Presidents for 2009 are: Marcelyn Strickland - Essex Council; Patricia Malanga - Morristown Council; Tonya Smith - Newark Council and Dorothy Miller - Paterson-Passaic-Ridgewood.

Life Member Club Presidents: The 2009 Life Member Presidents are: Evelyn Matos - Essex Club; Marge Sellen - Hackensack-Englewood-Hudson; Paula Wright - Morristown Club; Ed Callahan - Paterson-Passaic-Ridgewood; and Barbara Hamilton - Warren Club.

Mall Networks Program

The Verizon TelecomPioneers has a new member benefit in partnership with the TelecomPioneers Association, the Pioneers Online Mall. This program is so full of benefits that it is truly win-win, for the member and the organization. Shopping has never been easier or more secure with more than 500 best-in-class retailers in over 20 categories, such as Sears, Macy's, Target, Circuit City, Barnes & Noble, Teleflora, Expedia, eBay and many more.

You'll find all of your favorite merchants in one place and you'll be able to take advantage of exclusive offers and rebates not available in stores. Plus, you'll earn rebate points on every purchase you make that convert to cash back to you paid automatically each quarter (once member reaches the \$10 threshold of 1,000 points). So the more you shop, the more you'll save. You'll be supporting the Verizon TelecomPioneers while you shop and save because a portion of every purchase will be paid back to the organization.

<http://shop.telecompioneers.mallnetworks.com>

2009 Pioneer Calendars

The 2009 limited edition Pioneer calendar features full-color, nostalgic images of telecommunications magazine covers from the archives of our sponsoring companies as a celebration of our rich and long legacy. It's also brimming with great information about Pioneering and photos of Pioneers in action today across the United States and Canada. Buy one for yourself and another for a friend.

To order by phone call: 1-877-619-5276

To order online visit: <http://www.verizonpioneers.org/>

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: Dorene De Witt at (973) 509-9903 for more information.

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2008 Accomplishments!

Essex Council's accomplishments for 2008 include: Facilitated Bingo game at Arbor Glen Nursing Home and collected items for Troop Aid. Twenty seat covers were delivered to the kindergarten class at the Mildred Garvin School in East Orange; Scarves for the homeless delivered to St. Phillips Methodist Church; two food vouchers were delivered to families in Newark that lost a loved one; delivered Carpet Maps to the East Orange Y.M.C.A; delivered Learning Tools; . Collected a total of 22 coats that were delivered to the Deliverance Jesus is Coming Church in South Orange; delivered books and blankets to the Battered Women's program of the YWCA in Jersey City; donated Hug-A-Bears to the Pantry; donated coats to St. John's in Newark; delivered baskets to the Clark School, Magic Acorn and the Irvington Day Care Center; delivered Carpet Maps to the George Washington Carver School in East Orange and the Chancellor Ave. School in Irvington; delivered 100 dictionaries to the Roosevelt School in Weehawken, 40 dictionaries and 50 Astronomy books to the George Washington Carver School in East Orange, and 30 to My Sistah's Keeperz; delivered 50 backpacks to the Park Ave. School in Orange.

Members participated in the Breast Cancer Walk-A-Thon; donated several bags of clothes and delivered them to My Sistah's Keeperz; Made baskets for Thanksgiving which were donated to four needy families and the Serenity House for Women; Painted art murals were at the YMCA in East Orange.

Delivered 200 books to the Chancellor Ave. South School in Irvington and donated books to the Jenkins Outreach For Youth Foundation; delivered dictionaries to St. Leo's in Irvington; Christmas gifts were given to two families in need - One family had seven children and the other had three children.



2008 Accomplishments (cont'd)!

Newark Council Held bake sale fundraisers; Pioneer members and friends distributed 80 hygiene kits along with clothing and other items to various homeless residents; delivered dictionaries and backpacks to the Boys and Girls Clubs of Newark; Collected over 100 coats for coat drive that were distributed at the Integrity House and St. John's; Conducted a Hug-the-Homeless Scarf project and distributed to Broadway House and Roseville Presbyterian Church, both in Newark. Over 100 scarves were given out; delivered a Map to the 4th grade class at the Camden St. Elementary School along with 40 dictionaries and 50 books; delivered dictionaries to the children participating in the after-school programs of El Club Del Barrio in Newark; the Lafayette School and the Ridge Street School each received 30; delivered 50 reading books to the 4th grade classes at the Camden St. Elementary School; delivered 25 books and blankets to Babyland Family Services in Newark. Easter baskets were delivered to the Broadway House; provided a playground Map and 50 dictionaries to the Cleveland St. School in Newark.

Donated one Carpet Map, along with 35 dictionaries to the Essex Life Member Club to be given to an organization in the Newark Council are; One Carpet Map and 35 dictionaries were donated to the 18th Ave. School of Science and Technology in Newark; donated 175 to Ann St. School and 35 to the Marion P. Thomas Charter School, and 70 to the Team and Rise Academies.

Held a Father's Day Dance fundraiser, and had two bus rides - Baltimore Harbor Crab Feast and Nordic Lodge. Held a BJ's Membership fundraising drive; sold 2009 Entertainment Books; Provided special program for the Boys & Girls Club offering Tutoring, how to create a resume and PowerPoint and Excel spreadsheets; Participated in Seasons Readings and the Greater Newark Holiday Fund; bought a Bicycle for a DYFS child and provided gift cards to purchase an MP3 player for another child.



2008 Accomplishments (cont'd)!

Morristown Council: The Council participated in coat drives, goods for animal shelters; Delivered Be My Baby Baskets to Morristown Memorial Hospital; Maps to Sacred Heart School in Rockaway, Birchwood Hill School in Rockaway, the Knowlton Elementary School in Knowlton and St. Mary's School in Denville; a U.S. Map and a World Map was donated to the Academy St. School in Dover; I Like Me books for a First grade class at the Academy St. School in Dover; dictionaries and bookmarks to the Sacred Heart School in Rockaway, dictionaries to the Academy St. School in Dover and the North Dover Elementary School, six Health Kits were made by the Warren Life Member Club; held a workshop to assemble Easter Baskets that were then distributed to the Collinsville School; gave 96 dictionaries and a V-Tech Touch Tablet to the Warren Life Member Club to give to the Andover Morris School in Phillipsburg. A V-Tech Touch Tablet was given to the Morristown Life Member Club to donate to one of their local schools; Purchased turkeys and other food items to be delivered to the Interfaith Food Pantry's Thanksgiving food drive, Lap robes and baby blankets were made.

Certificates of thanks were received from the Pompton Lakes Domestic Violence Response Team for donation of Hug-A-Bears and stuffed teddy bears; School supplies were delivered to the Academy St. School in Dover, had a fundraiser selling Gertrude Hawk Candy; sent a box of goodies to the troops bought with money from the cake sale; Purchased and distributed 40 presents with the help of Santa to the Collinsville School Christmas Party; Thirteen lap robes and presents were delivered to the Morris View Nursing Home, Ten children's hat, glove and scarf sets were delivered to the Interfaith Food Pantry; presented the first grade class at the Academy St. School in Dover with their personalized I Like Me books; donated a Leap Frog Alphabet Drum, V=Tech Create A Story and a V-Tech laptop to the Children's Circle Daycare Center in Parsippany.

2008 Accomplishments (cont'd)!

Paterson, Passaic and Ridgewood In conjunction with Eva's Village, served lunch to the homeless monthly; Assisted the Passaic Homeless Shelter; Delivered backpacks and clothing to the First Presbyterian Church of Passaic; Ran the Sponsor-A-Child project; Purchased and delivered 90 gifts for the Passaic County Women's Shelter, Kilbarchan, Catholic Charities and handicapped children; Held two parties at Kilbarchan and the Passaic County Women's Shelter; Held a coat and glove drive for Catholic Charities and 50 sets were delivered to various families; Provided a delivery of bedding, clothes and toys to the Father English Center; Delivered Be My Baby Baskets to St. Joseph's Clinic; helped load a Shop-Rite tractor-trailer with various donated items. Delivered Carpet Maps and books to Mt. Carmel School in Passaic and the LT School in Clifton; Provided LaGarde Academy School in Paterson with 14 more dictionaries; 25 Teddy Bears and a Book to the Urban Crisis Day Care Center in Passaic. Delivered: Map and dictionaries to the Frank S. Napier School in Paterson and I Like Me books to St. Mary's School in Pompton Lakes. Donated coats to St. John's in Newark; also delivered 162 coats to the Father English Center.

Held a Hug-A-Bear workshop completing 86 Bears; delivered learning tools: Leap Frog tablet and the Cinderella Cassette; Smart Globe and a Laptop to School #3 in Paterson; donated the Alphabet Drum, Bright Lights and the Talking Train to the Urban Crisis Nursery in Passaic; participated in the Shelter Me Reading program; provided books to the Passaic County Women's Shelter in Paterson; Conducted bingo at the Passaic County DIAL at St. Brendan's Church in Clifton; Pioneer Partners attended the bingo and ice cream night at Bright Side Manor in Teaneck; Organized the Passaic Pantry and handed out backpacks to the homeless; donated a crib to the Homeless Shelter in Passaic; Sent ten Hug-A-Bears to a soldier in Iraq to be distributed to the Iraqi children; Sent five soldiers Easter packages; delivered Teacher's Aide Kits to the Passaic Battered Women's Shelter; delivered dictionaries to Mt. Carmel School in Passaic; sold Salt City Candles.

**2008 Accomplishments
Life Member Clubs**

ESSEX donated 50 hand exercise balls, 10 Gussie bags and a total of 87 magazines to the New Community Extended Care in Newark. Special donations of pants and shirts for boys, 12 sweaters, 12 coats and 15 Christmas Stockings were donated to a special needs class at the Oakwood Ave. School in Orange. Twenty-Five magazines were donated to the Summit Ridge Nursing Home in West Orange. Two Heart Pillows were donated to Beth Israel Hospital.

Over 200 preemie hats, baby blankets, mittens, 10 Hug-A-Bears and 25 Heart Pillows were donated to Beth Israel Hospital in Newark, three lap robes donated to Chancellor Specialty Care in Irvington and 36 magazines donated to Brook Haven in East Orange. 25 hand exercise balls to Brook Haven; Three sweaters, four afghans and magazines were donated.

Contributed to 'Pennies Make Sense' project and provided items for the Health Kits. Be My Baby basket and two baby blankets was donated to Clara Maass Hospital in Belleville; Donated 7 lap robes and 40 exercise balls, and a wheelchair bag to the Brookhaven Nursing Home in East Orange; Distributed lap robes to Newark Extended Care in Newark. Six bags of clothing were delivered to Beulah Freedom Ministries in Newark. Hosted 12 youths who volunteered by helping seniors in the neighborhood; 128 Christmas Stockings were made – of these, Newark Council distributed 80 stockings to employees for stuffing.



PATERSON-PASSAIC-RIDGEWOOD Five bags of pull tabs were collected and donated. Held a St. Patrick Day Luncheon at the Brownstone; Held a workshop to make Easter baskets; Donated monies for the March of Dimes Walk-A-Thon; Donated Map to the Boys and Girls Clubs in Clifton; participated in a flea market.

Held workshops on Medicare, tax preparation, DTV, fitness. Filled Christmas Stockings to be delivered to the children of the Battered Women's Shelter.



**2008 Accomplishments
Life Member Clubs**

HACKENSACK-ENGLEWOOD-HUDSON Six baby blankets donated to Englewood Hospital; Animal coupons were collected for the Ramapo Bergen Animal Shelter in Oakland; Food coupons were collected and shipped to the armed forces; Facilitated Bingo at the Veteran's Hospital in Paramus.

Blankets were donated for the Be My Baby project; Organized a St. Patrick's Day luncheon; Trained new volunteers for the audiometer screening; Carpet Maps were delivered to the Hackensack Christian School and the Guttenberg Grammar School

One hundred Heart Pillows were stuffed, sewn and distributed to Englewood Hospital; the Audiometer group tested the Administrator and 28 children at the Hackensack Christian School; Collected gifts for Be My Baby baskets (including 5 hand-crocheted baby blankets); Collected tea tags, animal food, eyeglasses and cases and over a thousand pull-tabs. Carpet Map given to the Eastern Christian School.



WARREN Almost 900 Bookmarks were made and distributed (some were sent to California!); held bookmark workshops; Made monetary donation to the Habitat For Humanity to purchase tools, etc. for a Warren County resident; Held a 'cakeless cake sale'; delivered the Leap Frog to the Washington Nursery School and Carpet Map to the Knowlton Township School's 4th grade. Adopted the Pennies for Peace project; donated baby items for their Be My Baby baskets; donated pajamas for the PJ program; Made Health Kits, to be given to the Morristown Council. Stamps were collected and donated to Hackettstown Hospital; 96 dictionaries were delivered to the Andover School in Phillipsburg.

Carpet Map and a V-Tech Touch Tablet were delivered to Andover Morris School in Phillipsburg. Leap Frog laptop was presented to the White Township School and a Leap Frog Britelite was donated to the Washington Nursery School. A monetary donation was made to the Special Child Health Services. Several members assisted at the Toys for Tots project. Participated in a Be A Santa to a senior for Christmas; baked and filled 141 coffee cans with cookies that were delivered to three food pantries in Washington, Hackettstown and Belvidere; Christmas cards were sent to several veterans in the hospital.

DID YOU KNOW....

Did you know... It takes 40 days for the average American to earn enough money to pay for a year's supply of food. It takes 129 days to earn enough money to pay a year's worth of federal, state and local taxes?

Did you know... lemons contain more sugar than strawberries?

Did you know... The US Post Office handles 43% of the world's mail. Its nearest competitor is Japan with 6%?

Did you know... the croissant was invented in Austria?

Did you know... the average human brain contains around 78% water?

Did you know... a third of Americans flush the toilet while they're still sitting on it?

Did you know... the number 1 cause of blindness in the US is diabetes?

Did you know... wearing headphones for just an hour will increase the bacteria in your ear by 700 times.

Did you know... in 1878 the first telephone book made contained only 50 names?

Health Consciousness

Seasonal Affective Disorder (SAD)

Seasonal affective disorder, or SAD, is a type of [depression](#) that affects a person during the same season each year. If you get depressed in the winter but feel much better in spring and summer, you may have SAD.

Experts are not sure what causes SAD, but they think it may be caused by a lack of sunlight. Lack of light may upset your sleep-wake cycle, or [circadian rhythms](#). Or it may cause problems with a [brain chemical](#) called serotonin that affects mood.

It can sometimes be hard to tell the difference between depression and SAD, because many of the symptoms are the same.

If your doctor prescribes antidepressants, be sure you take them the way you are told to. Do not stop taking them just because you feel better. This could cause side effects or make your depression worse. When you are ready to stop, your doctor can help you slowly reduce the dose to prevent problems.

<http://www.peacehealth.org/kbase/topic/mini/hw169553/overview.htm>

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?

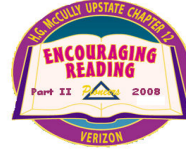
A: If you know someone who is interested in becoming a Pioneer they can sign up at:

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:**

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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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