



The Woman's Club of Paramus
Palisades District
January 2011

Happy New Year Ladies!

Can you believe it's Twenty Eleven? (2011)??

We are through the wonderful Holidays. Seeing our families and friends, remembering good old times, and making new memories! New blessings and new beginnings. That's what each New Year brings.

Speaking of the New Year, we have a wonderful new program for January, and I hope you can all come out and bring your family and friends to our meeting on January 4th.

The topic of the program is "How to Be a Great Financial Role Model"

Summary:

Being a good financial role model is not about being perfect. It's not even necessarily about saving, being debt free, or balancing your checkbook. It's about being real. Join the Paramus Woman's Club on January 4th for a discussion with Christine Haviaris, CPA about what makes a great financial role model and how you can be one!

We also have some fun events coming up, Military Bridge, Bunco and the Atlantic City Bus Trip, to name a few! We are still working on one or two surprise nights, so we will keep you posted!

The quote for this month:

"To the outside world we all grow old, but not to (brothers and) sisters. We know each other as we always were. We know each other's hearts. We share private family jokes. We remember family feuds and secrets, family grief and joys. We live outside the touch of time." ~Clara Ortega

We are like sisters Ladies. We help each other through this journey of life, whether it is during rough times or good ones. We are here for each other in one way or another.....

With deep sincerity,

Marie



www.paramuswomansclub.org

Home Life/ Social Services

SHELLEY ROTHSTEIN- EVENING DEPARTMENT

The department wishes everyone a Happy and Healthy New Year. Our January meeting date will be announced at the meeting.



A Note from Kay Garcia~ Federation Secretary:

January Council/Program Assistance Day

Thursday, January 27, 2011 Friday, January 21, 2011

Registration: 10:30 A.M. – Meeting 11:00 A.M. Registration: 9:15 A.M. – Meeting 10:00 A.M.

NJSFWC Headquarters Clubhouse, Woman's Club of Westwood
(Snow Date – January 28, 2011)

Save the date:

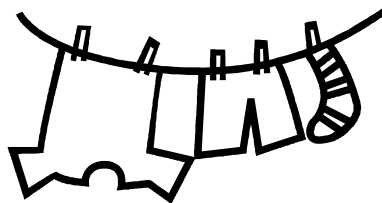
NEW JERSEY FEDERATION OF WOMEN'S CLUBS OF GFWC
117TH ANNUAL CONVENTION

TRUMP PLAZA HOTEL & CASINO, ATLANTIC CITY May 2-4, 2011



Start saving now!!!

*Don't throw that stuff away!
Save it for us!*



*~Clothing~ Shoes~
~Handbags~
~Stuffed Animals~*

**SPRING CLOTHING DRIVE DATE TO BE
ANNOUNCED!!**

"Well-behaved women seldom make history." —Laurel Thatcher Ulrich

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SPECIAL STATE PROJECT

The Woman's Club of Paramus along with our Palisades District of Woman's Clubs, for the next two years will be supporting The Gilda's Club in Hackensack NJ.

Our job will be to provide general supplies for the club. If possible, please bring one item from the list below to each of our general meetings.

On Behalf of Gilda's Club and Myself,

Thank You and God Bless You,

Phyllis Romeo

Chairperson

Items needed on an ongoing basis:

Unscented tissues 8.5x11 lined note pads
Toilet Paper Pens Paper clips
Kitchen garbage bags Post-it-Notes Copy paper
Paper Towels Scotch tape Blank DVDs and CDs
Napkins White #10 envelopes
Hot and cold cups Plastic utensils Sugar packets Parmalat milk Non-
dairy powdered creamer
Juice Boxes White construction paper Glue Sticks
Tacky Glue Colored ink pads Glitter
Colored Tissue Paper Blank folding cards
18x24 pads of paper for painting



JANUARY IS NATIONAL BLOOD DONOR MONTH

January is National Blood Donor Month. Did you know every 2.5 seconds, someone needs blood...it could be a friend, a family member, or even you. Thanks to the commitment and generosity of its donors, Community Blood Services has been serving the community's transfusion medicine needs for 50 years. They provide life-saving blood and blood products to 30 hospitals in northern NJ, New York City, and southern NJ. They also provide bone marrow registration and donor services, as well as public and private umbilical cord blood collection and storage.

It takes all types of donors and the combined efforts of many to support a life saving service. You can help save lives!

Donating blood is safe. Every possible precaution is taken to protect the donor and the blood supply.

Donating blood saves lives---a single donation can save 3 people. Blood can be separated into 3 components---red cells, platelets and plasma. Each one of the components has a special function. Red blood cells are used to treat anemia, plasma is used to treat burn patients, and platelets to treat cancer patients.

Anyone in good health can donate.

You must be between 17 and 75 years old (16 in NJ with parental consent)

Weight at least 110 pounds

Medications such as aspirin, thyroid, diabetic and blood pressure medications are not reasons for deferral

Need to show a form of identification such as a driver's license

Eat a good meal and drink plenty of fluids before donating

Remember, 1 out of every 3 people will need blood. You never know when you or someone you love will be the one.