



The Woman's Club of Paramus  
Palisades District  
February 2012

Fabulous February Ladies!

We started the New Year off with a little guidance from our Program speaker Linda Rosen. New Year, new beginnings.... That is what resolutions are for. This month's Almanac had a wonderful piece by Mary Lou Phifer on just this subject. Because it was in line with our last program, we reprinted it later in our own newsletter. It might help you be resolute in achieving some of your goals about home organization. (We will be having a spring rummage sale so keep that in mind when you are cleaning out your closets! Please contact Helen Bussanich as to drop off arrangements.)

Thank you in advance to Irma Leeds, Barbara Rudd McCann and their committee for all their hard work that went into Military Bridge. There is always a good turnout for this event!

Next month will be Bunco on March 2<sup>nd</sup>, 2012. Please see Shelley Rothstein and Rose Sondej for \$10 tickets. We always appreciate everyone's support! Bring some family and friends! This is always a fun night out!

Please support the District's State Project fundraiser Comedy Night on March 24<sup>th</sup>, 2012. Please see Phyllis Romeo for tickets and more details. Looking forward to our June 5th Installation Dinner, we have once again booked The Season's Banquet Facility. Get your tickets early this year by contacting Phyllis Romeo, our Installation Dinner Chairman.

We will have a speaker from Gilda's Club at our general meeting February 7, 2012. 7:30 pm. All are encouraged to wear red in support of Woman's Heart Health. The American Heart Association has wonderful tips on their website [www.americanheart.org](http://www.americanheart.org) Hope to see everyone!

Our quote this month is from Andre Maronian: **Commitment separates the doers from the dreamers.** The Woman's Club of Paramus is committed to helping those less fortunate. We don't just dream about a world without needs, we try to fulfill those needs a little at a time!

Happy Valentine's Day to all you little Sweethearts!  
Marie

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



# IMPORTANT INFO



## SPECIAL STATE PROJECT-PHYLLIS ROMEO

**Robin Gelman, Program Director of Gilda's Club, will be our guest speaker for the February meeting. She is widely recognized for her success in helping to lead this very worthy cause**

We would like to be able to present Ms. Gelman with 3 bags of donations, please bring at least one of the following to our February meeting:

Unscented tissues  
Toilet paper  
Paper towels

Pens  
Paper clips  
Scotch Tape

White #10 envelopes  
Post-it-notes  
Binder Clips



### **PLEASE ADD THE FOLLOWING NEW MEMBERS TO YOUR YEARBOOK:**

Meryle Fowlie  
129 Dean St  
Glen Rock NJ 07452  
201-493-7384  
Mfowlie7@aol.com

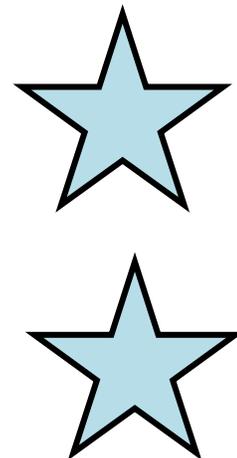
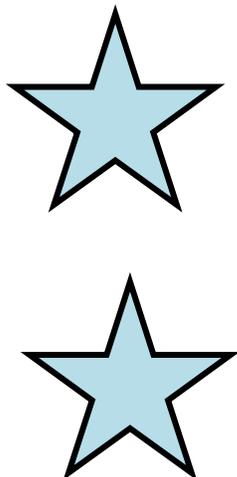
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### **SAVE THE DATE:**

**5<sup>TH</sup> ANNUAL BUNCO NIGHT  
FRIDAY, MARCH 2<sup>ND</sup> 7:30 PM  
\$10 TICKETS MAY BE PURCHASED AT  
THE FEBRUARY MEETING OR BY  
CONTACTING SHELLEY ROTHSTEIN OR  
ROSE SONDEJ**





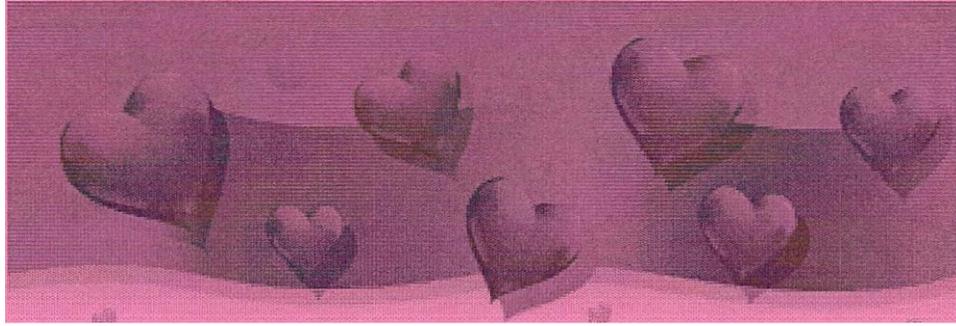
## Five simple ways to boost your energy levels

Want more energy? Who doesn't? We'd all like to be able to do more and feel better doing it. Fast-fix energy drinks aren't the answer, despite what TV ads tell you. The key to boosting energy is making healthy, lasting lifestyle changes. Here's a quick rundown on ways to keep from feeling run down:

1. **Move more.** In the short term, increasing physical activity to increase energy seems counterintuitive. In the long term, it works. You don't have to be a marathoner to see benefits. Just start where you are and do more. If you don't exercise, walk around the block and gradually work up from there. Your goal should be to get 30 minutes of brisk activity on five days a week for a total of at least 150 minutes per week. You don't have to do all 30 minutes at once. Three 10-minute hikes a day works too. If you try to do too much too fast, you might get hurt, so start slowly and stick with it. Get more tips on getting healthier through physical activity.
2. **Eat smart.** Eat fresh fruit and veggies; the calcium and potassium they contain is good for energy. If you need a quick snack during the day, keep a serving or two of your favorite fruit or vegetable handy wherever you are. Avoid big meals; heavy, fatty foods can leave you feeling groggy. Eating smaller and more frequent meals will help balance out your energy and blood sugar levels over the course of the day. Whole grain fiber-rich foods are a great filler-upper. Fiber causes food to stay in your stomach longer, so you feel full longer than with quick fixes like coffee, high-calorie energy bars and candy — which rely on caffeine and sugar — and can lead to energy spikes and crashes.) Drink lots of water, too. Dehydration reduces energy levels. Read our [5 Goals to Eating Healthy](#).
3. **Sleep.** How much is enough? Each person is different. Most adults need around seven hours, but you may need more. You need quality sleep, too. If you have sleep apnea, a condition that causes you wake up many times during the night, you won't get the quality sleep you need and may feel sleepy all day. Heavy snoring is a major sign of sleep apnea. If your spouse or partner says you snore or that you periodically stop breathing for brief periods during sleep, tell your doctor. Sleep apnea can put you at risk for stroke.
4. **Lose a few.** Carrying around extra pounds saps energy. It creates extra work for your heart and can raise blood pressure, too. Increasing your physical activity and eating a healthier diet to burn more calories than you take in is the way to go. Steer clear of fad diets; they don't work. Learn our [5 Goals to Losing Weight](#).
5. **Lighten up.** Stress is an inevitable part of life. That's why learning to manage it is important. Successfully managing stress means keeping a positive outlook and a healthy lifestyle, which helps fight energy-sapping depression. To take care of yourself, try taking physical activity breaks, meditating, taking time off and doing things you like. Avoid unhealthy ways to manage stress, include smoking, drinking excessive amounts of alcohol, overeating and relying on stimulants. Avoid these. Learn to fight stress by developing these healthy habits.

Most people who want more energy can get it. Following the steps above is a good start. You'll feel more energetic, and feel better overall. You'll also reduce your risk for heart disease and stroke.

# "HEARTS FOR HOPE"



Add your Heart to the NJSFWC Special State Project "HEARTS FOR HOPE" Contributions to the NJSFWC "HEARTS FOR HOPE" are made in honor/memory of a friend or loved one. The special person's name will be placed on a heart and displayed at Headquarters to celebrate HOPE throughout the spring. All donations will support the SSP Gilda's Clubs and Cancer Support Communities.

To honor a loved one with a Heart of Hope please complete the following:

Make checks payable to: NJSFWC, earmarked "Hearts of Hope"  
New Jersey State Federation of Women's Clubs of GFWC  
Attention: Lynne Berenbroick  
55 Labor Center Way, New Brunswick, NJ 08901-1593

NAME : \_\_\_\_\_

CLUB : \_\_\_\_\_ DISTRICT : \_\_\_\_\_

ADDRESS : \_\_\_\_\_ TEL : ( ) \_\_\_\_\_

Individual donation -  
\$5/Heart  
Club donation-  
\$25/Heart

I would like to honor  
the following  
individuals with a  
Heart

1. Name on Heart \_\_\_\_\_
2. Name on Heart \_\_\_\_\_
3. Name on Heart \_\_\_\_\_
4. Name on Heart \_\_\_\_\_
5. Name on Heart \_\_\_\_\_

Total Amount enclosed \$ \_\_\_\_\_