



The Woman's Club of Paramus
Palisades District
February 2011

My Dear Fellow Members,

I just can't believe it is already February! Where does the time go?
I hope that everyone is staying warm, and being very careful with all this ice and snow!
Many of the Departments have been busy at work on their respective endeavors. Please keep in touch with each other on any projects so all who want to can feel welcomed to participate.

We have Military Bridge this month on February 18th, so please come out and support this event!

Next month will be Bunco Night On March 18th. Bring your friends and family!

You may buy tickets for each event at our General Meeting on Tuesday February 1st.

An old Chinese Proverb states that one kind word can warm three winter months!

Lets stay warm by coming to our next meeting and hearing all our kind words as we help our community through our service projects.

Warmly,
Marie

Congratulations to Rosalie Valjavec & Anita Bagner (co-chairs) and the entire Arts Performing-Music Department for their wonderful performances at The Palisades District Arts Performing Day held on December 3rd, 2010.

Members of the District voted and awarded Paramus 1st Place, for the second year in a row. Paramus's Music Department will represent The Palisades District at The State Convention in Atlantic City in May!

The Department will perform two numbers on stage at Trump Plaza on Tuesday May 3rd, 2011. It would be wonderful to have member support in the audience, so please consider coming down for the Convention this year!



**Don't forget to wear RED to our February Meeting!!!
Our guest will be The Food Network~ anyone with food allergies
please let Renee know**



www.paramuswomansclub.org

Literature Department

LORETTA GUIDO

The Monday, February 21st meeting will be at Irma Leeds home at 12:00 PM. Mary Vergano will present the program. Please call Irma if you cannot attend. New members are always welcome. Our Department donated 48 books to a public elementary school in the Bronx, thanks to a generous donation of books from a club member.

Home Life/ Social Services

SHELLEY ROTHSTEIN- EVENING DEPARTMENT

The department will meet on January 27th at the home of Shelley Rothstein.

RICKY VOLTZOW-DAYTIME DEPARTMENT

The department really out did itself. Over 40 Blizzard Bags were filled for Paramus Human Services. Breakfast foods as well as a complete meal were in each bag.



A Note from Kay Garcia~ Federation Secretary:

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



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

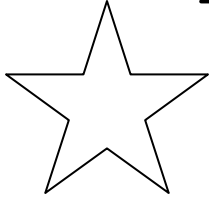


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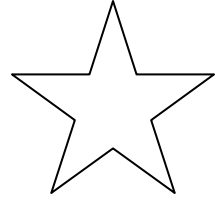
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UPCOMING EVENTS:

MILITARY BRIDGE



ADMISSION	<p><i>The Woman's Club of Paramus Presents a Night Of...</i></p> <p>MILITARY BRIDGE</p> <p>Friday, February 18, 2011 7:30 pm</p> <p>\$10 Admission includes coffee & dessert</p> <p>W-65 Ridgewood Ave. Paramus NJ</p>	ADMISSION
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**The Women's Club of Paramus
4th Annual**

BUNCO NIGHT

BUY TICKETS AT THE FEBRUARY MEETING

Come enjoy a night of this fun dice game with friends.

Never played before? No worries we'll teach you!

WHEN: Friday, March 18th at 7:30 pm

(game begins promptly at 8:00)

ADMISSION: \$10 per person

Dessert and beverages will

be provided.

BYOB 50/50

Tickets are a must and can be bought from

Rose Sondej 201-493-9413 or

Shelley Rothstein 201-845-7471

******All proceeds will go towards Clubhouse
upkeep******

February is a month dedicated to the heart – in more ways than one. This is the time to celebrate love and give your sweetheart a valentine. This is also the month to wear red and call attention to prevention of the No. 1 killer of women – heart disease.

National Wear Red Day is Friday, Feb. 5, 2010.

During February, the [American Heart Association](#) wants people to “Go Red for Women” by wearing something red or a special pin to raise awareness of heart disease. The campaign is a call for women to take charge of their heart health.

“The campaign’s aim is to empower women to take charge of their heart health, make it a top priority and live a stronger, longer life,” says LSU AgCenter nutritionist Beth Reames.

Cardiovascular diseases claim more women's lives than the next seven causes of death combined. “That’s about 500,000 lives a year,” Reames says.

American Heart Association data reveal that:

- Heart disease and stroke are the No. 1 and No. 3 killers of American women over age 25.
- Heart attack, stroke and other cardiovascular diseases kill more than 500,000 women each year – about one death a minute.
- 1 in 29 women dies of breast cancer. About 1 in 2.4 women dies of heart disease, stroke and other cardiovascular diseases.
- 1 in 5 women has some form of cardiovascular disease.
- 63 percent of women who die unexpectedly of heart disease have no previous symptoms.
- Black and Hispanic women have higher risk factors than white women of comparable socioeconomic status.

The campaign has three basic health messages.

First, know your risk factors for heart disease and stroke, which include obesity, [high cholesterol](#), [diabetes](#), physical inactivity, smoking and high blood pressure.

Second, reduce your risk.

- Maintain a desirable weight. Keep [body mass index \(BMI\)](#) below 25 and waistline less than 35 inches.
- [Exercise](#) for 30 minutes on most days of the week.
- Don’t smoke; if you do, stop.
- [Eat a balanced diet](#) (fruits, vegetables, cereal and grain products, fat-free and low-fat dairy products, legumes, nuts, fish, poultry and lean meat).
- Maintain a total cholesterol level under 200 and an [HDL level of 50 or higher](#).
- Control your blood pressure. Try to keep it below 120/80.
- Schedule regular visits with your doctor.

Third, know the warning signs of heart attack. Call 911 immediately if you experience:

- Discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Pain or discomfort in other areas of the upper body: one or both arms, the back, neck, jaw or stomach.
- Shortness of breath: often comes along with chest discomfort, but it can occur before the discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.