



The Woman's Club of Paramus
Palisades District
March 2011

Dear Ladies,

This seems to be the never ending winter! Hope everyone is staying warm, and remembering to keep moving and keep hydrating! We must remember to drink plenty of fluids, even in the cold weather!

A big "thank you" to Barbara Rudd McCann and Irma Leeds for another successful Military Bridge Fundraiser! Great job Ladies!

Our next Bunco Night will be held on March 18th, 2011. Please call Rose Sondej or Shelley Rothstein for more info. The \$10 Tickets will be on sale at the March 1st Meeting.

We have so much coming up in spring, Vendor Night, AC Bus Trip April 3rd, CPR Training Course, and our Spring Gala. Specific Information forthcoming at our meetings, in our newsletter, and on our website!

Our quote for this month is by the author Maya Angelou. She writes: **"If you don't like something, change it. If you can't change it, change your attitude. Don't complain."** We are helping to change things for our charities Ladies! Making things a little better for everyone! We are all part of that change!

See you at the March 1st meeting!
Marie

Our March meeting will feature a Zumba class

Come dressed to exercise!!



www.paramuswomansclub.org

Please add the following new member to your yearbook

Abbe Estevez
810 Highland Ave
Paramus NJ 07652
201 265-1961
abbeestevez@verizon.net

Literature Department

LORETTA GUIDO

The March 21st meeting will be at Loretta's home. at 12:00 PM. The program will be given by Joyce Geils on the book "A Fierce Radiance". Please call Loretta if you are not able to attend.

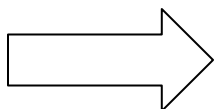
New members are always welcome. Call Loretta for information.

The department has donated 6 Dr. Seuss books to the Paramus Library in honor of Read Across America Day which is Dr. Seuss' birthday.

Home Life/ Social Services

SHELLEY ROTHSTEIN- EVENING DEPARTMENT

The department met and assembled another 17 cans of goodies for the Paramus Social Services Department.



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	Glitter	Parmalat Milk
Hot and cold cups	Plastic utensils	Sugar packets	
Non-dairy powdered creamer	Juice Boxes	White construction paper	Glue
Sticks Tacky Glue	Colored ink pads	Colored Tissue Paper	Blank
folding cards	18x24 pads of paper for painting		
Snack sized chips, pretzels,	cookies (no peanuts)		



BUY TICKETS AT THE MARCH MEETING



**The Women's Club of Paramus
4th Annual**

BUNCO NIGHT

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******



ATLANTIC CITY BUS TRIP

Date: Sunday, April 3, 2011

Place: Hilton Casino

Bus leaves Paramus Woman's Club at 9:00 am

Price: \$25.00 includes \$15.00 back in casino play money, coffee and light refreshments

We are at the casino for 6 hours. We leave AC at 6:00 pm and should return back to Women's club about 8:30 pm. Tickets will be available from Bonnie Rickenberg at the March 1st meeting.

We had a wonderful Military Bridge and netted \$760 for the Club

Thanks to all who bought tickets and helped out Loretta Guido, Ricky Voltzow & Maria Cogswell~The cakes were delicious!!!