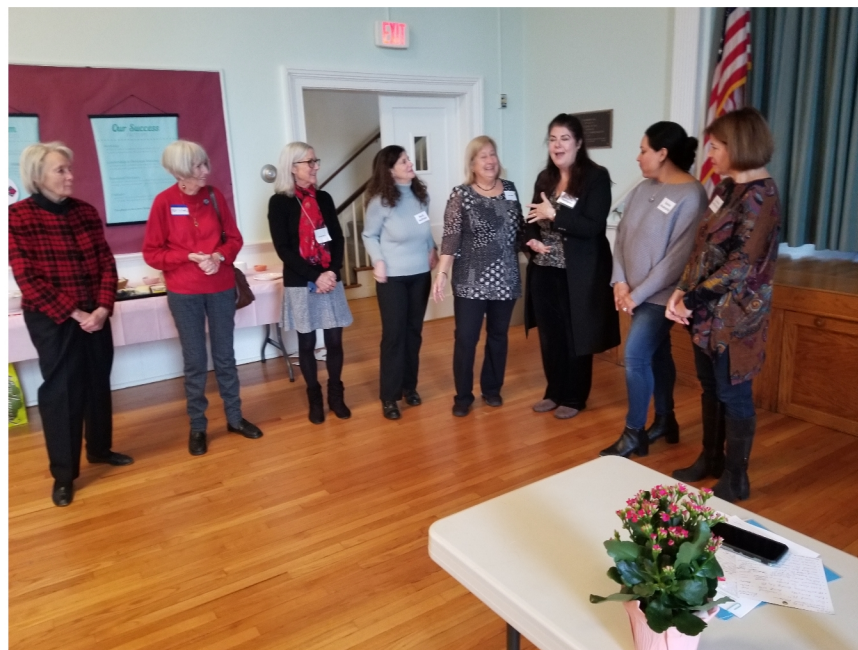




Our speaker was Sue Matula-Seyfert, a 20-year resident of Monroe Township.. She works for PSEG as a continuous improvement manager. In her spare time and for fun, Sue has visited over 600 parks in NJ. She records her visits with a photo and notes. She logs these adventures on Instagram to share with family and friends. Sue's hiking buddies are Max (a black Shih Tzu-poodle mix) and Riley (a white and brown Havanese-Poodle Mix). Her theme: "The NJ Parks - They're Not Just Trees"



Her pups at favorite locations >

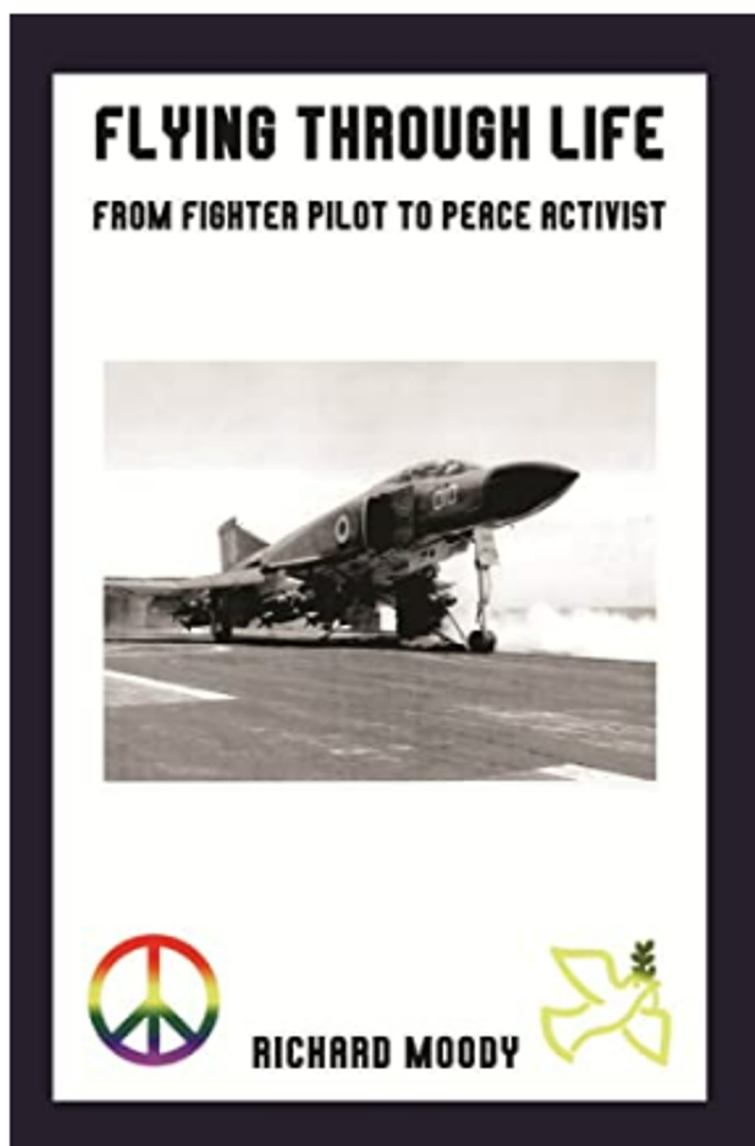


Left to Right, Peggy Brennan, Patricia Wood, Colleen Marsh, Barb Hoffman, Sally O'Grady, Maria Ivy Blomgren, Sonia Asarpota, and Deanna Anderson. Patricia returns to the Club while Barb, Maria, and Sonia were welcomed as new members.

Environment Hosted



February 1, 2023 - New Jersey Parks



Richard was born in the town of Fleet in the county of Hampshire in southern England and spent his early childhood in Simon's Town outside Cape Town in South Africa. After school in South Africa, he was a student at two boarding schools in England before attending Britannia Royal Naval College, Dartmouth - the Royal Navy's equivalent of the US Naval Academy in Annapolis Maryland. After receiving his commission as a Naval Officer in the Royal Navy and serving in the Fishery Protection Squadron, he was appointed as a Navigator and the Meteorologist on the Royal Yacht Britannia for Her Majesty the Queen's Royal Tour of Fiji, New Zealand, and Australia before receiving his Wings with the Royal Navy. He flew as a pilot onboard two Royal Navy aircraft carriers operating in the Far East over a four-year period with time also spent operating from shore bases in Singapore, Hong Kong, Malaysia, and Western Australia. He was then sent to fly with the US Navy during the Vietnam era and was a member of the first staff of the Navy Fighter Weapons School (Top Gun) in San Diego California. After a final two-year aircraft carrier tour with the Royal Navy in the Mediterranean and the Eastern Atlantic, he retired as a Lieutenant Commander RN after 15 years of service.

March 1, 2023 - Richard Moody Spoke of his life



Katie Harmon's 5th grade Girl Scouts made cupcakes and other tasty treats for our meeting. They also helped at the sign-in desk.



Ann Huston, co-chair of Health & Wellness, introduced our guests from **Aquatic Performance Training**. John Dohanovic is Founder and Trainer. Brianna Logue is Operations Manager and Trainer. John explained the benefits of aquatic-based training. They call their clients **"Water Warriors."**



Ann and Brenda delivered gift cards and a check totaling \$490 to Women Aware.



21 members attended, 1 guest, 8 girls scouts, and 3 mothers.