



Dot Dedrick celebrated her 80th birthday with an unusual twist. Friends traded armloads of non-perishable food and monetary donations to Project Self-Sufficiency's food pantry for a French-themed luncheon, including games and serenades by professional musicians. The party benefited the food pantry at Project Self-Sufficiency, a local non-profit agency specializing in services for low-income families in Sussex County and northern Warren County.

Dot describes herself as a longtime supporter of Project Self-Sufficiency. She regularly attends fundraising events, such as Project 250 and A Taste of Talent, and supports the agency through her work with the Sparta Women's Club. Dot has organized the distribution of toys to the agency's holiday toy drive, and she spearheads the Sparta Women's Club annual effort to provide a scholarship for agency participants who are attending college. The idea to hold a birthday party to benefit Project Self-Sufficiency was a natural outgrowth of her previous experiences as a benefactor.

"The attendance requirement was to bring donations of food for the Project Self-Sufficiency food pantry," commented Dot. "I estimated the value to be over \$300.00 worth of high-protein, non-perishable foods. The luncheon was attended by seniors in their 90's, 80's, 70's, 60's and even some 40-something's! We served Perrier champagne, Crème de Cassis, French wines, Filet Mignon canapés, Vichyssoise, quiche, Crème Brule and Madeline cookies. Musical entertainment was provided by Laura and Bernie Francs, and mementos of lavender candles, lavender sachets and hand painted book marks were presented to all of the guests. Friends and family were united in having a lovely afternoon and also remembered those who are less fortunate than us."

Donations to Project Self-Sufficiency's food pantry are welcome year round. Suggested items include canned soups and stews; canned fruits and vegetables; fresh seasonal fruits and vegetables; frozen meals; coffee; tuna; pastas and sauces; peanut butter and jelly; toothpaste; shampoos and conditioners; hair care products; skin care products;

laundry detergents; diapers and baby wipes; toilet tissue; facial tissue; and feminine hygiene products.

To make a donation to the agency's food pantry, or to find out more about the programs and services offered to local low-income families by Project Self-Sufficiency, visit www.projectselfsufficiency.org or call 973-940-3500.



Dot Dedrick also spearheaded an annual toy drive among the Sparta Women's Club on behalf of the Season of Hope Toy Drive which benefits families in Sussex and northern Warren Counties.

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