

Tidbits

November 2020 — Vol. 26 Issue 3



Monthly Newsletter of the GFWC Woman's Club of West Deptford • PO Box 381 • Thorofare, New Jersey 08086 • <https://wdwomen.com>

NEXT MEETING
Tuesday, November 10
6:30 p.m. on Zoom

Refreshments

Whatever you want!

November Birthdays

- | | |
|-------------|-----------------|
| 3—Carla B. | 16—Lisa K. |
| 3—Denise P. | 17—Cynthia H-B. |
| 4—Chris T. | 21—Lisa H. |
| 7—Kim VZC. | |

COLLECTIONS

- ♥ Robin/Lisa H.: Soda/Soup Aluminum tabs for Ronald McDonald House
- ♥ Cynthia/Peg S.: Household items & food for South Jersey Dream Center
- ♥ Nancy B: Used Fitbits for Rowan Special Olympics swim team; unexpired canned goods for Colonial Manor Food Pantry; clean used sheets, towels & bedding for Gloucester County Animal Shelter
- ♥ Clara: Old cell phones, wallets, tools, keys, credit cards/used gift cards, bags & suitcases for K-9 training
- ♥ Carla: Boxtops for Education
- ♥ Joan/Dorothy: Feminine hygiene products & coupons for feminine products for Greater Woodbury Area Cooperative Ministries

Woman's Club of West Deptford

Member of General Federation of Woman's Clubs (GFWC), New Jersey State Federation of Woman's Clubs (NJSFWC), Garden District of NJSFWC.

President: April Maska

Membership: Cynthia Holmes-Butler

Info: 856-217-2962 or

membership@wdwomen.org



PRESIDENT'S MESSAGE

April Maska

There are so many seasons to be grateful for each year, but I look forward to and just love Fall the most. Beautiful colored leaves, apple picking, pumpkin carving, bonfires, crisp cool air, walks in the colorful woods, hayrides, hoodies, boots and of course Pumpkin Spice everything! As we move toward turkey, stuffing and cranberry sauce, I wish each and every one of you a Blessed and Happy Thanksgiving. May the trials of this year lessen as we think about the blessings we have in our lives.

"If you want to be a true professional, you will do something outside yourself. Something to repair the tears in your community. Something to make life a little better for people less fortunate than you. That's what I think a meaningful life is—living not for oneself, but for one's community".

—Justice Ruth Bader Ginsburg

When I found this quote, I just knew this was the one I wanted to share with you for November. As the President of this or any organization, people come up to you and say what wonderful things you are doing. Over and over again I tell everyone...nope, it's not me...it's the wonderful people I am blessed to work with. The Woman's Club of West Deptford has never stopped this year, Pandemic or not, we as a club have made such a great difference in our community. Thank you from everyone who has approached me...they all know it was all of you!

Let me share a few things our fantastic club ladies have done in the last month. As I referenced last month, Chris T., Linda M. and Carol M. met to work on how we could help families during the holiday season. Because of all of you, the ladies have figured out a way to help three

families for both Thanksgiving and Christmas. Covid-19 did not stop this club from helping those in need. Linda M is totally on top of making sure



that the families will have what they need to have a perfect Thanksgiving. As of this writing, I have not heard if any turkeys have been donated, so if you can donate one, let Linda M., Chris T. or Carol M. know. They will definitely take them.

Your Executive Board has also been busy. They discuss at every board meeting different ideas to share with you and ways to help, not only our members but the community as well. Our 1st Vice President and 2nd Vice President are my right hand and are constantly coming up with excellent ideas. Linda J. is not only our 1st VP but also is Co-Chair with Peggy G. on the Arts Creative Committee. Linda J. is instrumental in making cards for our teachers and veterans as well as heading CIP where we continue to help our teachers during this pandemic. This past week, because of their efforts and that of others who donated or helped prepare bags, our West Deptford Police Department were given 50 treat bags to show how much we appreciate what they do for us each and every day. Linda J. is just amazing with her ideas, and the men and women were overwhelmed with this gesture. It is because of her and those who helped that we once again showed how generous the WCWD is.

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President's Message, continued

Linda J. also heads up our internal fundraisers and handles all the hours our club generates each month. Our Operating Budget grows because of the work she puts in each month.

Cynthia HB. is continually working whether she is in the mountains or here at home. She continues to come up with ways to include our members in different activities, reaches out to members to see if they need anything and always shares what we do to show new prospective members why they should join the WCWD. She also has found a place for our cards to be donated to support our Veterans as well as asking our Middle School teachers to have their students write letters. Both ladies are in constant contact with me and because of their hard work, we continue to grow as a club. I don't say it nearly enough, but thank you ladies. You are two of the many gems that keep the rest of us polished.

Another lady who is always working in the background and does not seek attention is Denise H. She is constantly reading up on what is new in the Garden District, NJSFWC and GFWC to make sure we are up to date. Recently she just worked with her committee including Cheryl F, Louise A, Denise P, Nancy B and Sandy M to update our Club Bylaws to include electronic meetings, voting and increase our quorum number. Because of these dedicated ladies, we will have an updated version to vote on at our November meeting. Historical fact: Did you know that Cheryl F. and Denise H. helped create the first set of bylaws for the WCWD in Cheryl's dining room? Just a little trivia.□

To all our Committee Chairs...I have received the report forms for each of our Committees and will be delivering them to you in the next couple of weeks. I want to give you time to go over what you need for the report and give you time to do your narrative. I know some of you will not be able to finish yours until the end of the year because of what your committee is doing. For example, Chris T. and Jeanette W. will be working with their Co-Chairs and committees until December 31st. I will include the letter about writing your narrative so that you will have an

idea on what to do. Again...I don't say it enough but thank you to each and every one of our Co-Chairs who head up our very active committees.

This week I'll be sending out an email to those ladies who are listed on Tidbits and our Agenda that ask our members to collect things for different reasons: ie: Box Tops, Old Fitbits and more. I would like to update this list to make sure each of you are still collecting these items and if you have a drop off spot for anything collected. As we continue to clean out our homes while we are still social distancing, we come across items we no longer need. It is always nice to have a place to donate them; however, updating our lists will make sure you are not getting something you no longer collect.

Enjoy this first week of November and I look forward to our next Zoom meeting on November 10th.

Warmly,
April



SEPTEMBER BOARD MEETING:

President: April Maska
First Vice President: Linda Jones
Second Vice Pres.: Cynthia Holmes-Butler
Treasurer, Operating: Peg Shirey
Treasurer, LGCCC (Acting): Denise Hosier
Recording Secretary: Janice Morrison
Corresponding Secretary: Sherry Wolf
Federation Secretary: Isabella Cooper
Parliamentarian: Denise Hosier



FIRST VICE PRESIDENT

Linda Jones

Cool and crisp days are upon us as November is the month that seems to pass by the quickest each year. Our club, however, even during this pandemic, will remain active and engaged with club activities. Part of being a Vice President entails club fundraising. Presently, we had a quick, easy, and successful pie sale which will add a profit of \$255.00 to the operating account as of this writing. Fifty-one pies were ordered. We are grateful for your support and thank you as you enjoy your pies now or even for Thanksgiving if you decide to freeze them for the holidays.



Coming up for December is our annual poinsettia fundraiser; again being offered to decorate your home and add to our club treasury. We will send out a separate email once we finalize dates, colors, and the cost from the Michael William Greenhouse. We are looking at taking poinsettia orders up until the end of November with the delivery date of December 4, 5, or 6 while we await confirmation of these details.

As the weeks of November fly by, enjoy the cool and crisp air, cooking, baking, and holiday shopping too. Wishing everyone an enjoyable and a very **HAPPY THANKSGIVING DAY!**

SPECIAL STATE PROJECT

Jeannette Wood & Cheryl Fairchild

Operation Chillout: Homeless Veterans Outreach

At our October meeting the club voted to put \$78.00 into our collection for our Special State Project. We now have a total of \$168.00 to donate for our Special State Project 2020-2022. Thank you!

Ray Chimileski, a volunteer of Operation Chillout for the last 20 years, spoke at the NJSFWC State Fall Conference Zoom meeting. He provided background information on why and how they started helping homeless veterans. An interesting fact of this organization is that it is totally volunteer with no paid workers. He also spoke of how our clubs can continue to help with their **Winter Backpack & Emergency Response Fund Drive**. Just go online to help.

Donations of \$10 will rescue a veteran or get emergency supplies. A donation of \$25 will supply a winter gear backpack. If you want to help, go to operationchillout.org.



OVER 1,000 SWEATSHIRTS, including our 22, were loaded up from Headquarters into the Operation Chillout Van to help keep homeless veterans warm this winter.

Please email me if you donate so I can keep track of our clubs donations.

No more notecards are needed at this time. Thank you to everyone that made cards to give to homeless veterans.

Thank you for your continued support.

SPECIAL CLUB PROJECT

Jeannette Wood

Family Promise of Southwest New Jersey

Family Promise Week was October 18-25.

Karen Rogers from 6ABC has been supporting Family Promise since 2005. She usually speaks at the Taste of South Jersey Fundraiser, which many of us have attended in the past years. Instead, this year she helped promote **Family Promise's Online Giving Campaign** with a video on Facebook.

Family Promise also had a Q&A zoom asking for support of donations during this most difficult time. If you would like to see these videos, go to Family Promise of Southwest New Jersey on Facebook.

The homeless families in the program are not staying at the sponsoring churches or at the Day Center but in motels or with other family members. Family Promise is still helping these families and getting them to move into their own homes.

I purchased 8 duffle bags and will deliver them to the Day Center this month.

Thank you so much for your continued support to help the homeless in our community!

EDUCATION

Carol M.

Books for Children

As of this date I have collected 23 books. I just ordered 10 books. There is a great site to order from, Kidsbooks.com The age for the books is 5-8 years old. We do not have to worry about duplicates as we are working with three schools. I just received an email from the site that they are offering 15% off on any order. As many of us will be order gifts this season online, please check out the site.



OCTOBER CLUB MEETING brought us together to hear the latest news and transact some club business.

SOCIALLY SPEAKING

Jody Harris, Holly Revelas, Dorothy Allen

Book Club Rescheduled

Due to lack of interest, as this is a busy time of year, Holly and I have decided to CANCEL the NOVEMBER ZOOM BOOK CLUB MEETING that was originally scheduled for Monday, November 9, 2020. We are sorry for any inconvenience this may cause. We only had one person respond that they were available.

We are going to reschedule our discussion of *Behind Closed Doors* by B. A Paris for our February Zoom Book Club meeting. Date TBD.

Lights on Main

On another note, Mullica Hill is having their "Lights on Main." This is a three-day weekend event, the weekend following Thanksgiving from 5:30 to 9:30 p.m. This event features the Annual Tree Lighting, entertainment, food, and shopping. Stores will be open during the event. Main Street will be closed to traffic starting at 3:00pm. This is free! A great time to start your holiday shopping!

COMMUNITY IMPACT PROGRAM

Linda Jones

History

The GFWC CIP was introduced in 1949 as the "Build a Better Community Contest." Today, the current program is called the **Community Impact Program**. Using this GFWC platform, clubs can implement projects that meet the varying and changing needs of their communities. This is the GFWC's longest standing project!

As communities change, clubs have the opportunity to provide three or more projects that have a meaningful impact on a particular problem. The goal is to "encourage and recognize the positive impact that a club can have on a specific need in the community." Awards and grants are given under this program.

Our CIP Project

Our club has named our Impact Program, "Adopt-A-School." Our target is working on literacy within our elementary schools. So we identified and began with "needs" in order to make sure that the three elementary schools had enough supplies to address everyday issues

through the nurse's offices. Each school nurse used our gift cards to purchase supplies that were depleted. Next, we collected children's clothing/underwear to replenish the supply in the nurse's office.

Now our focus is on our target of literacy, which is the fundamental objective of assisting elementary students with their reading level through reading success at an early age. Our members read a book in various classrooms after which each child crafted a bookmark to assist in recalling and retelling the lesson taught in the book.

We will continue to find ways to "Adopt-A-School" until December 31, 2021. Then the award period begins with a club entry form, cover sheet, and project description. We will describe all the initiatives that we embarked in to reach our goal. Therefore, we will continue to look for ways to impact our community by working within our elementary schools.

DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

The month of October was **Domestic Violence Awareness and Prevention month** and we sent out a **Stop the Violence** banner for you to upload to your Facebook if desired.

This month we are providing SERV with the opportunity to participate in the 2021 GFWC scholarship program. This program was created in 2012 for survivors of Domestic Violence. The scholarship aims to provide survivors with a means to achieve both financial and personal independence. Since inception GFWC has awarded more than \$80,000 in scholarship funds. Eligible applicants have had the opportunity to receive \$2,500 toward an accredited public or private post-secondary school, including community colleges, technical schools, and four-year universities.



GENERAL FEDERATION
of WOMEN'S CLUBS

2021 GFWC Success for Survivors Scholarship

We provided SERV with an electronic copy of the application with instructions for completing. The deadline for submission is February 5th, 2021. Recipients will be notified between May and June 2021 and awards sent in July 2021. We will keep you informed if any survivors take advantage of this awesome opportunity.



STOCKINGS FOR OPERATION YELLOW RIBBON were delivered to Headquarters in October. Shown is State Chairman Gail Kovacs-Felici.

HEALTH AND WELLNESS

Chris Taylor, Carol M., Linda Marple

South Jersey Dream Center—\$2160 and 1887 lbs of food.

Seeds of Hope—We will be making snack bags every other week for the homeless and prostitutes starting in mid November. Carol will collect quart size bags, candy, granola bars, and chips. To help donate and/or make the bags every other week, contact Carol.

Two mats and two tote bags for the homeless were made by Joann Keefe (over 200 hours!). Two people now have a bed and satchel made from recycled bags!

The Angels Community Outreach—320 lbs of clothes (in kind \$2,275). Winter clothes are taken to Pitman monthly. Please put in front of my garage (1206 Parkland Commons).

GWCM (Greater Woodbury Cooperative Ministries)—50 hours (in kind \$1200) + \$560 for necessities

Linda is getting the gift cards for **Thanksgiving** to the guidance counselor. She will distribute them to the 3 families (each with 2 children) that we voted on last month. Linda will include a letter on club stationary wishing each family a Happy Thanksgiving.

Immunity and COVID (From AARP)

The basics of the immune system are that we detect an intruder (virus, bacteria), make white blood cells to fight it, and antibodies to remember it. Immunity function declines slowly with age (called "**immunosenescence**"). The difference in the rate of decline between individuals is not really known. How many of the white blood cells are produced when we're young versus over 70 is one of "science's big mysteries." We do know this about aging:

1. There are fewer immune cells, especially B and T cells, which are the ones that fight viruses.
2. Chronic low-grade inflammation can develop as we get older. Some causes for this are
 - a. a poor diet
 - b. weight gain
 - c. lack of sleep
 - d. chronic stress (COVID)—releases "cortisol" which suppresses the action of white blood cells
 - e. leaky gut (often results from a lack of fiber)
 - f. autoimmune diseases

When our bodies are in a state of chronic, low-grade inflammation, our immune system is constantly working and operating abnormally. Chronic inflammation is insidious and produces no symptoms. An example is stress (inflammatory) can cause you to eat highly processed sugary/fatty/salty foods (inflammatory). These can cause weight gain (inflammatory), promote poor bacterial gut balance (inflammatory), and, over time, lead to metabolic syndrome or type 2 diabetes (inflammatory).

Having a **preexisting inflammatory condition** just "throws gas on that fire" while distracting your immune system from the virus or bacteria. Only 6% of COVID deaths are attributable to just the virus. The rest are related to one or more underlying conditions. People who die from COVID "have an average of 2.6 contributing comorbidities." Between 30 and 60% of patients with COVID have hypertension.

If the preexisting condition is under control, the COVID risk may not be elevated at all. But "under control" is the key. Your body may not be able to fight an incoming stressor if you're depleted from fighting another disease such as diabetes, hypertension, obesity, asthma, COPD, chronic kidney/heart disease, cancer, or an autoimmune disease.

Ways to Boost Your Immunity

(from Healthline and AARP)

1. Besides a **healthy diet** (fresh fruit, vegetables, nuts, whole grains, "good" fats), eat:
 - a. Immune building food with **antioxidants**. Examples include raw garlic, berries, carrots, dark vegetables (especially broccoli), almonds, green tea, and dark chocolate. Steaming vegetables is the best way to keep the most nutrients available. Garlic also may lower blood pressure and slow down hardening of the arteries.
 - b. Foods with **Vitamin C** (oranges, papaya, cantaloupe, kiwi, spinach, and broccoli) are thought to increase the production of white blood cells. Ounce for ounce, red bell peppers have as much vitamin C as a Florida orange.
 - c. **Ginger** may help decrease inflammation, as well as help with nausea, decrease chronic pain, and lower cholesterol.
 - d. **Yogurt** with live and active cultures (like

Greek) stimulates the immune system and is a source of vitamin D.

- e. Foods with **Vitamin E** such as almonds, sunflower seeds, avocados, and dark leafy greens help regulate and maintain immune system function.
 - f. **Turmeric** has been used for years as an anti-inflammatory in treating rheumatoid arthritis and osteoarthritis.
 - g. **Fiber** changes immune cells from being "pro-inflammatory warrior cells to anti-inflammatory peacekeeper cells." The American Heart Association recommends eating 25-30 grams/day from food. Examples include pears (5.5 grams), avocado (6.7 grams), raspberries (6.5 grams), banana (3.1 grams), and blackberries (5.3 grams).
2. **Walk/exercise** regularly (30 min 4-5 times/week), especially outdoors. Fresh air and sunshine are a powerful combination since they boost our mood and provide **Vitamin D**. Several studies have shown that this vitamin might help protect against serious symptoms of COVID. A blood level should be done every year with your yearly checkup.
 3. Getting 7-8 hours of **sleep** can strengthen the immune system so it can fight off an infection. The CDC found in 2014 that 1 in 3 adults do not regularly get 7 hours of sleep.
 4. Periods of **meditation** offer the body a chance to refresh and recharge, leading to reduced stress and anxiety resulting in better sleep. Even 5 min/day is helpful. There are many apps that can be downloaded and used. Some are "Headspace," "Chopra," "Ten Percent Happier" (good book too!), and "Insight Timer." Many are free.
 5. Staying **hydrated** is important at any age, but especially as you get older. Sense of thirst can be decreased; keeping a water bottle with you can remind you about how much you're drinking.
 6. Staying **connected** via cell, zoom, or outside gatherings is important for helping combat mental stress, anxiety, and depression. These can cause inflammation levels to rise as the body releases various hormones to cope.
 7. Check for "**prediabetes**" by getting a hemoglobin A1c yearly. Approximately 88 million Americans have it, but are not diagnosed thereby increasing their risk of cardiovascular events.
 8. Have a 30-day supply on hand of any **medicines** that help a chronic condition.

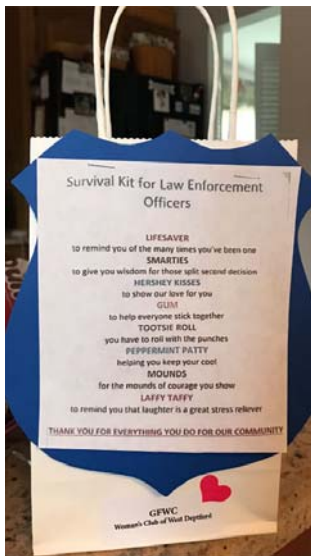
ARTS & CULTURE

Linda Jones & Peggy Grady

KINDNESS: Was passed on!

Fifty "TREAT BAGS" including a poem were assembled to thank and support the Law Enforcement Officers in West Deptford. Chief McKenna and officers accepted our sweet treats as we explained the attached poem. They indicated how glad they were to be thought about in this caring way. We were happy to show our appreciation for all they do in our community. Many thanks are going to Peggy G., Agnes, Peg S., Chris, Cynthia, and yours truly for donating candy and supplies for this project. Our act of kindness was indeed passed on!!

The art department also donated twenty handmade Veteran cards to assist Cynthia in her project for Veterans Day at the Vineland Veterans Home. Many club members have husbands who are veterans and we also thank them and appreciate them for their service to our country with their courage and patriotism.



Zoom Demonstration: Holiday Table Arrangements

by Peggy Grady

Create festive fresh floral arrangements using what you already have, plus a few easy to come by flowers and greens. Join Peggy Grady, horticulture teacher and floral designer, as she shares tricks and tips for making your holiday table sparkle. The demonstration will be live on Zoom, Tuesday, December 1st, from 7:00 to 8:00 pm.

Peggy will get us in the Christmas spirit by hosting this Zoom event for our club members. She is an expert in horticulture and uses natural materials to decorate in cost effective ways for the holidays. What a great way for her to share decorating ideas, tricks, and teach us how to assemble them! We hope that you will tune in to this informative evening event. Please email Linda Jones if you would like to be put on our Zoom list for the night of Tuesday, December 1st. Thank you 🙏!!



50 TREAT BAGS were assembled for our township POLICE OFFICERS. Peggy G. and Linda J. filled the bags with eight different types of candy. Thanks to Cynthia, Peggy G., Peg S., Chris, April, Linda J., and Isabella for delivering the 50 Police "TREAT BAGS" showing community appreciation for their service and dedication. Chief McKenna and some of his officers were on hand to receive the sweet treats and our thanks for all they do in our community.

CIVIC ENGAGEMENT & OUTREACH

Need Chairman

Veterans Day is November 11th. So far we have 89 cards made or purchased by members to deliver to the Veterans Home in Vineland. **Thank You!!**

There are 270 veterans at the home so we still could use more cards. Please put them in the box on Isabella's porch by Monday, November 10th. 240 Holly Ave., Woodbury Hts.

If you mailed a card yourself, please let us know. We will make a lot of veterans very happy.

Cynthia and Isabella



WITH SINCERE APPRECIATION for your service. Happy Veteran's Day. Cards made for the Vineland Veteran's Home.

FEDERATION NEWS

Isabella Cooper

State Fall Conference

Six of our members were among approximately 133 women who attended the State Fall Webinar Conference. State President Jan Hanson introduced State Board Members who presented information for their respective committees. Guest speaker Ray Chimilewski of Operation Chillout, our Special State Project, gave highlights of the many services the organization performs for our state's homeless military men and women. Celebrating its 20th anniversary, it is the only all volunteer mobile organization in our state. GFWC Secretary Jolie Frankfurth detailed their Strategic Plan's launch of the 2020-2022 GFWC Club Manual. A 25% decline in membership over the past nine years and the current pandemic show the need for GFWC's updated technology so that grass roots efforts for membership and our membership's missions can be achieved.

Sad News for NJSFWC

NJSFWC announced the passing of Past State President Cathy Southwick (1996-1998). Her special state project was NJ Domestic Violence Shelters. One hundred-fifty organizations were invited to a Day of Remembrance for a march and rally for Domestic Violence victims held in Trenton. Members raised \$170,146.25 and donated \$57,000 in-kind for domestic violence shelters.

Legislation: Resolution Passed

On October 17, 2020, President Trump signed into law a change to the National Suicide Hotline. The hotline will change from its current number of 1-800-273-8255 to 988. The change will be implemented across the country by July 2022, to ensure the switch goes smoothly for callers and service providers.

Suffragist of the Month

Alva Smith Vanderbilt Belmont (1853-1933) was a wealthy woman and committed suffragist who used her wealth to aid the efforts of the movement. She was the primary benefactor of the National Woman's Party (NWP) and served as its president. Her financial support enabled

the NWP to proceed with campaigning for the passing of the 19th Amendment. Initially she advocated each state passing their own voting rights bill, but after participating in a rally in London organized by a militant suffrage organization, the Women's Social and Political Union (WSPU), she instead fought for a federal amendment enfranchising women. Through her generosity, the NWP purchased a house at 144 B Street NE (now Constitution Avenue) in Washington DC as their headquarters. In 2016 the building was declared a National Monument, now known as the Belmont-Paul Women's Equality National Monument. An engaging and informative read about Alva Smith Vanderbilt Belmont, which a few of us Club members have recently read, is the historical fiction novel, *A Well-Behaved Woman*.

Remembering Suffragists: Turning Point Suffrage Memorial Park

November 14, 2019, the groundbreaking date of the Turning Point Suffrage Memorial in Lorton, VA, coincided precisely with the 102 anniversary of the infamous November 14, 1917, "Night of Terror." Scores of suffragists, ages 19-73, were illegally imprisoned, tortured, beaten, and force-fed at the historic Lorton Prison grounds nearby now known as the former Occoquan Workhouse. The women had peacefully picketed outside the Woodrow Wilson White House for the right to vote.

Doris Stevens, one of the brutally treated women imprisoned on that night, was a frail girl. A witness reported that the two men handling her twisted her arms above her head and then suddenly lifted her up and banged her down over the arm of an iron bench twice. When word leaked out about the

unconscionable treatment, it became a "turning point" in forcing President Woodrow Wilson to ask Congress to consider a Constitutional Amendment. In 1920, Doris wrote, "When all suffrage controversy has died away, it will be the little army of women with their purple, white and gold banners going to prison for their political freedom that will be remembered."

GFWC 2020-2022 Pin

If you are still planning to purchase the 2020-2022 GFWC Administrative pin, "Living the Volunteer Spirit," please contact me by our next Zoom Club Meeting on November 10, which is our final deadline for orders. The pin is \$5.00. Make the check out to "WCWC," with "GFWC 2020-2022 pin" written the check memo line. Mail it to me, or if needed, I can pick it up from you at your home. Isabella



Upcoming Events and Dates

- 126th Anniversary of NJSFWC:** 11/16/20
- Garden District Meeting** at Porch Club of Riverton: 1/21/21
- Civic Engagement Day:** 3/29/21
- 127th NJSFWC State Convention** at Bally's: 4/26-4/28/21
- REAL ID Driver's License or State ID** New Deadline: 10/01/21



OCTOBER BOARD MEETING. These ladies work hard for the club!

DEAR SECRET PAL

Dear Secret Pal,
Sometimes I think it should be "Sneaky Pal." You are so clever! I went out for the mail this morning and found a beautiful garden Pumpkin Stake in my flower bed along with a pumpkin. What a surprise! Happy Fall to you too! —Hugs, Debbie

Dear Secret Pal,
Thank you for our Anniversary gift. Bill & I will really enjoy our evening out. I love the cards you sent; they are so pretty! —Many Thanks, Clara

Dear Secret Pal,
Thank you so much for the fall themed gifts. The place mats are beautiful, and the fall leaves are hanging out by my front porch. Everything is very colorful and much appreciated!! —Joanne 🍂



Dear Secret Pal,
Thank you so much for the beautiful fall throw pillow. It looks great on my family room sofa. The candle is on the mantle waiting to be lit. Thank you for your generosity! —Jody

Dear Secret Pal,
What a wonderful surprise to find a special gift bag on my front porch! The bracelet is beautiful and definitely my style. The ceramic pumpkin is gorgeous and has already found a home with my Fall decorations. It is so perfect that I will be keeping it out for Halloween and Thanksgiving! I love both of my gifts! —Warmly, April

Dear Secret Pal,
Thank you so much for the monogram bag, candy and all the other special gifts inside! The yogurt pretzels are almost gone. Lol! Was having a bad day and it really cheered me up! Thank you again. —Robin E.

MINUTES were emailed to all members.

ADVOCATES FOR CHILDREN

Lisa Hunter & Robin Evans

The Children's Home Society of NJ Holiday Giving Event

There are two ways our club can give for this cause, which runs through November 30, 2020. This holiday season will be quite different for struggling families. Every child deserves a special gift - Donate a Toy, Coat, or Book online! To donate a gift, you will just click on the link below, purchase an item you would like to donate, and that item will be shipped directly to CHSofNJ. It's that easy! Another way we can help is to sponsor a child and their wish list. The list would be somewhere between \$50-\$75 dollars. The items are shopped right off the site, then once again shipped directly to CHSofNJ. If our club wants to participate this way, our own tab will be created for us on their donation page that we can shop from. We can also participate in both ideas if you would like. Let's make this Christmas extra merry!

 yougivegoods.com/chsnj-holidaydrive

KEEP ON TRACKING! 📅

Linda Jones

Reminder: Please continue to add up all the hours that you spend on club activities and log them on your monthly calendars. We will tally our totals to send them to the State Federation.

—Many thanks, Linda J. 🙏



Dream Center News

Since March our donations to the South Jersey Dream Center from members and friends total \$2160 and 1887 lbs. of food!

A freezer was donated to the Dream Center by a local business so they can now accept turkeys.

Thanks for your support helping our community. We are collecting food donations before the second and fourth Wednesdays each month.

—Cynthia & Peg S.



Proposed Bylaws Changes

Please read over the following proposed changes to our bylaws and be prepared to vote at the November meeting. A 2/3 majority is required to amend the bylaws.

The full bylaws are printed in your yearbook. If you have any questions, feel free to contact any member of the Bylaws Committee.

Article IV: Officers

NEW added Section 8

Section 8: Emergencies: In the case of a national emergency, state emergency, or any type of event (man-made or natural) that could potentially put members in danger, the President, with the consent of the majority of the Executive Board, may order that elections be held by mail or electronically.

Article V: Meetings

Section 4. The lesser of ~~ten (10)~~ **twenty (20)** members or one-half of the members currently on the roll, including two officers, shall constitute a quorum.

New Article IX, and re-number following Articles X, XI, XII

Article IX - Electronic Meetings

The general membership of the club, the Board of Directors and all committees shall be authorized to meet by telephone conference or through other electronic communications media as long as all members present can simultaneously hear each other and participate during the meeting.



Submitted by the
Bylaws Committee:
Denise Hosier, Chair
Nancy Barna
Cheryl Fairchild
Louise Marzin
April Maska
Sandy Mastrangelo
Denise Pitchford