

# Tidbits

January 2021 — Vol. 26 Issue 5



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

**NEXT MEETING**  
Tuesday, January 12  
6:30 p.m. on Zoom

## Refreshments

Whatever you want!

## January Birthdays

7—Nancy D.            21—Sue N.  
10—Holly R.        25—Karen D.  
12—Margie M.

## COLLECTIONS

- ♥ **LAST MONTH FOR BOXTOPS FOR EDUCATION.** If you still have any, please give to Carla by Dec. 31.
- ♥ Robin/Lisa H.: Soda/Soup Aluminum tabs for Ronald McDonald House
- ♥ Cynthia/Peg S.: Household items & food for South Jersey Dream Center
- ♥ Chris T.: Clothing and items for Angels Community Outreach
- ♥ Nancy B: unexpired canned goods for Colonial Manor Food Pantry; NEW hats gloves & scarves, adult & children; dry cat food for the local TNR feral cat program
- ♥ Clara: Old cell phones, wallets, tools, keys, credit cards/used gift cards, bags & suitcases for K-9 training

### Woman's Club of West Deptford

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

President: April Maska

Membership: Cynthia Holmes-Butler

Info: 856-217-2962 or

[membership@wdwomen.org](mailto:membership@wdwomen.org)



## PRESIDENT'S MESSAGE

April Maska

Happy New Year Ladies! We are finally into 2021 and I know all of us are hoping for joy, peace, happiness, and good health moving forward. There was not a switch that was flipped at midnight on 12/31/2020 but we have entered this New Year with a blank slate, fresh perspectives, and hope that some normalcy will soon be upon us. I will say that if nothing else, 2020 had us focus more on family and the little joys that we do have right here in our own homes. This past year has been hard on so many of us; however, we all supported each other and had our prayer warriors keeping each other in our thoughts and prayers each day. We never wavered in our help of others and it always started right in our own club.

*My wish for the New Year- That you have someone to love, have meaningful work to do, and have things greater than yourself to believe in; that you have a reason to smile every day and a shoulder to cry on when you need it; that you keep your integrity even when the choices are hard; THAT YOU LOVE DEEPLY, give freely, forgive willingly, laugh easily, and live well enough to be grateful for every day. ~Margaret B. Moss*

The quote I chose for our January Tidbits and the start of a brand-new year is the inspiration we can follow for the next 12 months. It is so hard to keep upbeat and positive at times, and I hope that these words will inspire us as we travel this new book called "The year of 2021." I am going to clip this quote and put it on my refrigerator. I don't know about you but that is the one place I go to several times a day—That and the coffee maker!!!

Wrapping up 2020 was definitely not the way we planned to end our year with our club friends. No dinner, fellowship, fun activities and just enjoying the holiday season. However...



we had a very festive Zoom meeting and had a great time chatting as we finished up our work for the year. Thank you to all who participated, contributed, and continued to support our good works that we do each week. The families we helped, the gifts given, monies donated and the care that you have shown all to make sure so many children had smiles on their faces on Christmas morning, and we did it. All of you have made the Woman's Club of West Deptford shine. You are definitely the stars of the show! □

Holly R. did a fantastic job hosting our virtual cookie bake before Christmas. We had so much fun making the delicious chocolate chip cookies and healthy chocolate cookie balls. Seriously scrumptious and we had a great time too. Thank you, Holly. I can't wait for the next cooking experience!

Cynthia H-B also did an amazing job with our Secret Pal reveal! It was exciting to find out who our secret pals were and thanking them in virtual person. (Is that a word?) Our Secret Pals helped make a crazy year so much better and it was nice to chat with all of the ladies who participated and see the gifts for December being revealed! I am looking forward to our next Secret Pal pick so we can get started on this year!

Continued on next page —>

## President's Message, continued

Moving forward, our first item on the agenda is getting the committee reports to me by the 15th of the month. I already have several and the summaries are amazing. I will be sending out a reminder to the committee chairs and sub committees this week. I will be reaching out to everyone to check on your progress and help where needed. All reports are due to headquarters by the 31st. I need to go over them, copy them for our files and send them to make the 31st deadline. Please feel free to contact me should you have any questions.

Jody H. has officially taken over the LGCCC account. You will be hearing from her each month with the treasurer report for this account. Thank you again Jody for taking care of this account for us. A big shout out to Denise H. who graciously took care of this account for the last few months. We appreciate it more than you know.

Next up for this month is the Garden District Zoom Meeting, which is being held on Thursday, January 21st at 10:00 a.m. Anyone who wishes to participate, please let me know and I will send the Zoom link to you. I have it now and will be happy to forward it to you. Just let me know so that I can let our DVP Jill M. know you want to join in the fun. I already have Isabella C., Denise H., and Cynthia H-B. participating. Thanks, ladies!

Thank you to Isabella C. who took the time this first weekend in January to deliver our Federation Pins. She quickly made sure each of us received our pins before our next meeting. Another Rock Star!

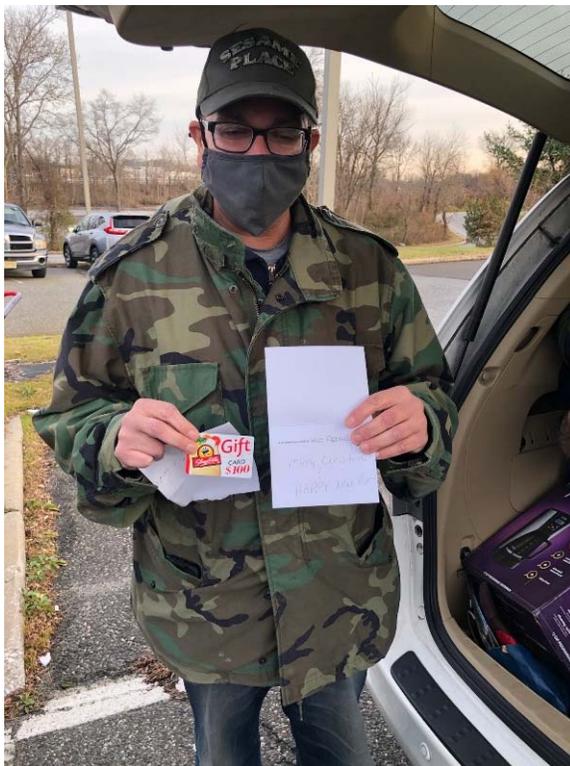
I just ordered the book "Lost Friends" for our next Zoom book club meeting. I am looking forward to receiving my book and enjoying reading in front of the fireplace with a glass of an adult beverage. I find January can be dreary and a good book helps those quiet nights. (Especially since the Hallmark Christmas movies are over. 😊)

Finally, as we have not been able to have our formal installation dinner for the new board, I will be making arrangements with our District VP Jill M. to come down one Saturday and quickly do an installation for

our Board Members. We will do a formal one when we can meet again socially and have a dinner, but this way we can check this off our list. I know we are not the only club who has not been able to do this, but I want to start the new year with all the boxes checked and our board members deserve to be installed properly...I will let all of you know when this will take place so if you wish to be there, you can...it will only take a few minutes.

Ladies, have a wonderful week and quiet weekend...I look forward to seeing all of you at our next Zoom meeting on Tuesday, January 12th at 6:30 pm. It is always nice to catch up while in the comfort of our warm homes. Please keep our club ladies in your warm thoughts and prayers. With so much going on in everyone's lives, sending our good wishes helps more than you know!

Warmly,  
*April*



THANK YOU ALL SO MUCH! Eric, who lost his wife, was given a \$100 ShopRite gift card from the club. He really appreciated it for him and his children.

## FIRST VICE PRESIDENT

Linda Jones

### How Do We Kick Off the New Year?

What the New Year brings to our club depends greatly on what we all bring to the new year.



"Year's end

is neither an end nor a beginning but a going on." Beginning 2021 will be an ongoing challenge, but we can use our club spirit to accomplish many community endeavors as we volunteer to help brighten the lives of others. January begins the first blank page in our club diary until we start to fill up the pages with volunteerism.

Last year our club theme was kindness. We found kind ways to help our elementary school nurses, students with literacy, goodie bags for the police, community food donations, clothing, and holiday family donations. Kindness was hand made through the numerous "cards for kindness" that we made for teachers, veterans, nursing homes, and Serv. We certainly achieved our kindness goal during Covid-19!

Let's continue with a new theme and respond to the needs of our community. I propose the new theme of "selflessness." This is the practice of concern for the welfare of others. I am certain that we will continue to work on the needs and happiness of others as we continue in our club work and activities. Together we will determine the most effective ways to help and benefit those in need.

Thank you, ladies, for all the dedicated ways that you continue to volunteer in donations of time and goods to help our community. I'm wishing everyone a great New Year 2021 in club spirit, friendship, and "selflessness" as we begin new endeavors together!

## SPECIAL STATE PROJECT

Jeannette Wood & Cheryl Fairchild

### Operation Chillout: Homeless Veterans Outreach

A special thank you to those members who donated online for the Winter Drive. We had one more backpack donation last month.

**The Winter Backpack & Emergency Response Fund Drive is continuing in January. 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](http://operationchillout.org).**

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

**Thank you for your continued support.**

## SPECIAL CLUB PROJECT

Jeannette Wood

### Family Promise of Southwest New Jersey

Happy New Year to Everyone!

A special thank you to all for what you have done to help homeless families in our area in 2020. You did a fabulous job in this most difficult pandemic year.

Here are the final numbers for last year: **We collected and delivered a total of 28 Duffle Bags to the Day Center. The total of in-kind donations was \$700.00 and the total number of volunteer hours was 175.**

All of the families graduated and moved into their own homes in December. New homeless families will come into

the program beginning in January. So we will need more duffle bags. Our club is the only one who donates these much-needed duffle bags.

If you want to help with this project, order online and have the bag sent to my address. I have found 17-inch duffle bags on Amazon for as low as \$15.99. If you want to send me a donation toward purchasing duffle bags, feel free to mail it to me.

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

---

## ARTS & CULTURE

Linda Jones & Peggy Grady

*"Creativity is taking the best skills and techniques from experts around you and improving upon them."*

Creativity was abundant as Peggy Grady inspired us using natural materials, greens, and a few flowers to teach our club members tips and tricks on how to easily assemble centerpieces that made our holiday tables sparkle. One good tip was how to apply pieces of ribbon throughout the arrangement. We learned about the correct length to cut flowers and how to choose a container. Peggy was helpful in answering all of our questions too.

Thank you to so many ladies who enjoyed and participated and then made their own table arrangement. The evening was fun and informative. In a few months, Peggy will instruct us again by teaching a spring or an Easter basket arrangement again using fresh materials. We have some pictures on this page and others of the lovely ideas that Peggy shared with us.

Art continued last month with the "Art of Baking" fun that our club members enjoyed with Holly Revelas. The ovens were revved up; mixing bowl and ingredients measured out; and the fun began. Holly inspired all the Zoom participants to make "the best chocolate chip cookies you will ever taste." The healthy, no-bake, chocolate balls were delicious as well! We are sharing some pictures of our baking night and would like to thank Holly for all the fun!



The Art Department is preparing a booklet of shared holiday cookies and sweet treat recipes. It is our virtual cookie swap booklet which includes pictures to share with all those who submitted a favorite holiday recipe. It's especially interesting to read the history of how each recipe was passed down to future generations. Many thanks to all who participated! Linda will collate the booklets and pass them out.



## DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

We hope you had a wonderful holiday this year and want to thank everyone who contributed to the SERV family holiday present drive. Our response was FANTASTIC! We supported most of the 12 families with gifts and gift certificates to the tune of more than \$1000. With so many competing requests this year we were so blessed to be able to support these families. They and we really appreciate you.



The support need does continue as we enter into final phases of COVID and people are getting vaccinated. If you find yourself in a Wawa, ShopRite or Target in the coming days/weeks and can purchase a gift card (even \$5.00) you can drop it off to either Linda or Janice. We will collect them and get them to the SERV community.

Here's to a fabulous New Year! We can't wait until we can all meet again!



## MEMBERSHIP

Cynthia Holmes-Butler

### Secret Pals

We had a Secret Pal Reveal on Zoom December 9th since we were unable to meet in person this year. It really was a fun time!! It was like being at a birthday party for everyone.



Secret Pals delivered their gifts before the Zoom (or asked a Board member to help delivering them). One by one we tried to guess who our pal was. Lots of laughing and thank yous for the great gifts were shared. It was a nice way to end our year and spread some cheer!

For the 2021 Secret Pal until we can meet again let's start with a lot of gift cards or gifts through Amazon. You can also use my return address or deliver them personally as we've been doing of course.

2021 Secret Pal Form is attached!

Wishing you all a happy, HEALTHY, New Year!

## ADVOCATES FOR CHILDREN

Lisa Hunter & Robin Evans

We would like to wish a Happy New Year to you and your families. Thank you for your generous donations to Inspira In Mullica Hill Hospital! We received 10 toys, 3 blankets 2 are homemade, 13 homemade infant hats, 30 pairs of socks. The children will be so happy and their families I am sure will be grateful.

It such an honor to part of such a generous group. Thank you for taking the time out of your busy schedule to bring the Christmas spirit to our community.

We will be sending out something to do in February soon. I would also like say a special thank you for all the donations for my co-worker and friend Eric. You all are truly amazing how much you helped out him and his sons! He was so grateful!



# HEALTH AND WELLNESS

Chris Taylor, Carol M., Linda Marple

## The Pandemic struck and the women of West Deptford went to work!

Totals for the main projects this year are:  
**South Jersey Dream Center**--\$2681,  
\$5707 in kind 150 hours

**Seeds of Hope**--\$1690 in kind 431 hours

**GWCM** (Greater Woodbury Cooperative Ministries)--\$1660, \$4103 in kind 269 hours

**Angels Community Outreach**--\$3625 in kind 70 hours

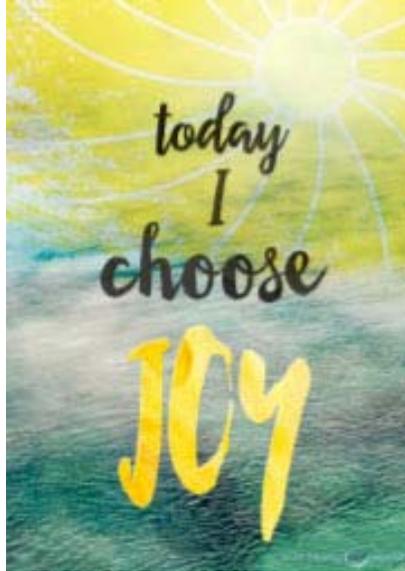
Other projects include Family Promise, making masks, cards for Manor Care, helping a WCWD member and WD family in need, and donating Christmas and Thanksgiving gift cards.

**Totals for the year (drum roll!)---\$7921  
\$16,376 in kind 1316 hours.**

## Tips for cultivating joy and self-compassion during the Pandemic (from the CDC and the Chopra Center)

**1. Take a broader view**—what you are experiencing now may be uncomfortable, but it is not the end of the story. Instead of focusing on the current level of discomfort, try to keep your focus in the present. Eckhart Tolle, the great spiritual teacher, summed up the value of living in the present moment, “Unease, anxiety, tension, worry—all forms of fear—are caused by too much FUTURE, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much PAST, and not enough presence. There are no real problems in the present moment, only situations that require a response.”

**2. Take care of yourself**— physically and mentally. Your body needs nutritious foods, walking outside, and getting enough sleep. Adequate sleep should be the number one priority. According to Dr. David Dinges, a physiological psychologist from Penn Medicine, “Good sleep is like seeing a good friend.” Mental health is also an important part of overall health and well-being. It affects how we think, feel, and act. It may also affect how we handle stress.



- Take deep breaths when starting to feel anxious
- Meditate—there are several free meditation exercises on apps or YouTube. Five minutes daily can make a difference
- Make time for activities that you enjoy that can be done during this difficult time
- Connect with others virtually
- Take a virtual class—something that you have always wanted to learn about. (I took a free class from Yale on “The Science of Well-Being,” Fascinating!)
- Rethink family traditions—explore how to get similar experiences with less effort (eat in the garage). Invite friends and family to brainstorm.

### 3. Give to those with greater need than yourself.

- Fred Rogers once said, “When I was a little boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers: you will always find people who are helping.’”
- Call to check in on a neighbor
  - Offer to pick up groceries for a friend
  - Send virtual cards
  - Make soup for the elderly in your church/neighborhood
  - Leave birthday posters/signs on the doorstep of local children
  - Volunteer at a food pantry

**4. Reevaluate your priorities**—since many usual activities have been suspended, it’s a good time to reassess which ones were adding value to your life and which ones were simply “time fillers.” It’s easy to become involved in book clubs, classes, and obligations that feel more like a chore than self-care. Quarantine offers a unique opportunity to reevaluate which activities you should keep, add, or drop.

**5. Practice self-compassion**—Practice acceptance (of external situations like COVID and yourself). Both are liberating—one from the outside world and one from struggling against yourself, what you’re feeling, and how you believe you should be dealing with the experience.

- Cultivate patience—in these times impatience breeds frustration, anger, and hostility that can get directed at others as well as yourself. It’s triggered by things not happening in accordance with your timeline; a reflection of trying to control that which is beyond your control.
- Manage your expectations—the more expectations you have, and the more rigid they are, the more frustration you will experience when they are not met.
- Be easy with yourself—treat yourself with care, love, openness, and compassion as you would a dear friend. Do what you feel you’re able to handle. You have nothing to prove; no one is keeping score. Practice the “Law of Least Effort”—do less to accomplish more by giving yourself the nourishment you need to stay healthy, rested, and grounded.
- Release guilt and Self-Judgement—cut yourself some slack during these trying times by releasing negative feelings like guilt and remorse over past choices or judging yourself harshly for not living up to your expectations.
- Practice gratitude—think of one thing that you are grateful for each day.



# FEDERATION NEWS

Isabella Cooper

## January District Council

Our Garden District Council Meeting is slated for Thursday, January 21, at 10:00 A.M. It will be a Zoom meeting. In addition to hearing news from each of our clubs, three special guests will be speaking: Convention Chairman Susan Fosdick, Environmental CSP Chairman Dawn Pogawsaew, and Arts and Culture CSP Chairman Lynn Webb. They will be updating information about the contests and current plans for the April 26-28 NJSFWC Convention at Ballys. If you wish to attend, contact April Maska who can send you the link.

## Upcoming Dates and Events

1/06/2021, 7:00 p.m.: Report Writing

1/07/2021, 7 p.m.: NJSFWC Website Workshop—Join our very own **Denise Hosier**, our NJSFWC Webmaster, at a Zoom Workshop and learn how to navigate the NJSFWC’s website. She has a lot of information to share. The workshop is for club presidents, chairmen, and any club members who may need to use the NJSFWC website for information. If you wish to attend, email Denise at [webmaster@njsfwc.org](mailto:webmaster@njsfwc.org).

1/13/2021, 7 p.m.: If you are up for a quick read, *The Girl in the Letter* by Emily Gunnis is the feature book for ESO Chairman Pat Trainor’s second book in our federation’s book discussion series. The Zoom meeting will begin at 7 p.m. Use the following: Zoom Meeting ID 878 950 4400 and Passcode ESOJA21.

3/18/2021: Civic Engagement Day will be held as Zoom meeting. Note: This is the former date for the in person Performing Arts Festival which had to be cancelled.

4/26-28, 2021: NJSFWC Convention “Back to the Future” at Ballys, Atlantic City

## NJSFWC New Award

At the 2021 Convention, NJSFWC will be recognizing the top five clubs in the State who donate the largest per capita on the Continuing Fund Sheet. If a 40-member

club donates \$40, that would be 100%; however, if that club donates \$80, that would be 200 percent. Thus, the amount a club donates in relation to their membership number, determines the winners. No registration is required when the Continuing Fund sheet is postmarked by April 1; the club is automatically entered to win.

## Women’s History

In the early 1900s, suffragists realized that they needed to publicize what they were doing to gain attention and support for their cause. Through concerts, lectures, and various performances, they raised money. In addition, they used parades, auto processions, and ball games to capture male voters.

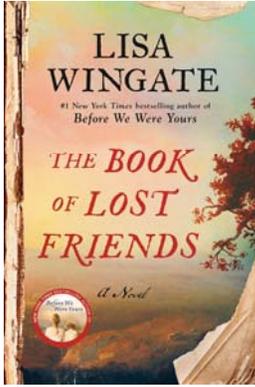
In 1915, the Women’s Political Union decided that the suffragists in New Jersey, Pennsylvania, and New York would work together in an event in which suffragists would carry the Torch of Liberty across three states. The torch was carved out of wood and painted bronze. In August 1915, when the torch crossed the Hudson River, suffragists from New York and New Jersey traveled by tugboat to meet in the middle of the river to pass the torch. The torch then traveled to Rahway, Perth Amboy, Keyport, Keansburg, and Atlantic Highlands and to the shore until it arrived at Asbury Park. At this point, the torch mysteriously disappeared. Not too long later, it was found on a streetcar in Philadelphia, wrapped up in the suffrage colors of green, white and purple. It was returned to Dr. Hanna Shaw, president of the National American Woman’s Suffrage Association in Newark where she was giving a speech.



## SOCIALLY SPEAKING

Jody Harris, Holly Revelas, Dorothy Allen

Holly R. and I hope everyone had a wonderful holiday and maybe even got a gift card or two to purchase some new books, so you are ready to go with our January "Zoom" book club meeting. We



will be discussing Lisa Wingate's novel

called The Book of Lost Friends. This book falls into the Historical Fiction Genre. Below is a summary for you:

A new novel inspired by historical events: a story of three young women on a journey in search of family amidst the destruction of the post-Civil War South, and of a modern-day teacher who rediscovers their story and its connection to her own students' lives.

Lisa Wingate brings to life stories from actual "Lost Friends" advertisements that appeared in Southern newspapers after the Civil War, as freed slaves desperately searched for loved ones who had been sold off.

Louisiana, 1875: In the tumultuous aftermath of Reconstruction, three young women set off as unwilling companions on a perilous quest: Lavinia, the pampered heir to a now-destitute plantation; Juneau Jane, her illegitimate free-born Creole half-sister; and Hannie, Lavinia's former slave. Each carries private wounds and powerful secrets as they head for Texas, following dangerous roads rife with ruthless vigilantes and soldiers still fighting a war lost a decade before. For Lavinia and Juneau Jane, the journey is one of inheritance and financial desperation, but for Hannie, torn from her mother and eight siblings before slavery's end, the pilgrimage westward reignites an agonizing question: Could her long-lost family still be out there? Beyond the swamps lie the seemingly limitless frontiers of Texas and, improbably, hope.

For first-year teacher Benedetta Silva, a subsidized job at a poor rural school seems like the ticket to canceling her hefty student debt—until she lands in a tiny, out-of-step Mississippi River town. Augustine, Louisiana, seems suspicious of new ideas and new people, and Benny can scarcely comprehend the lives of her poverty-stricken students. But amid the gnarled oaks and run-down plantation homes lies the century-old history of three young women, a long-ago journey, and a hidden book that could change everything.

I'd like to **schedule our meeting for either Monday, 1/11 or 1/18, or Tuesday 1/19** at 7:00 p.m. If you are interested in participating in this "Zoom" activity, please let me know as soon as possible which date(s) work for you. Please get back to me no later than Sunday, January 10. On Monday January 11, I will send out a text to the group at large letting you know the exact date. Also, please be thinking of the next book you'd like us to discuss in March.



DECEMBER GENERAL MEETING: Thirty members made it onto zoom to discuss the business of the club and our many charitable donations. In spite of the pandemic, we are still doing much good work.

## DEAR SECRET PAL

Dear Nancy D.

Thank you for the amazing gifts for Christmas. The Bath and Body Set is fabulous and I am using it every day. Perfect lotions and soaps for this time of year. I loved and appreciated all the wonderful gifts you gave me as my Secret Pal. You definitely knew how to lift my spirits during the Pandemic. I LOVED finding gifts on my porch! (And so did my grandchildren ;-)  
You have been a fantastic Secret Pal. Happy New Year and may 2021 bring you only peace, joy and happiness!

—Warmly, April M.

Dear Jodi,

Thank so much for all my gifts! You got everything spot on! You were too generous! Thank you again! —Robin E.

Dearest Debbie H.,

You are an awesome Secret Pal. I loved every gift you gave me. They are displayed



Thank You  
SNOW Much!

throughout my home. Whoever gets you in 2021 will be truly blessed!! I hope you have a happy, healthy New Year!!

—Luvs, Joanne 🧡

MINUTES were emailed  
to all members.

## KEEP ON TRACKING! 31

Linda Jones

Reminder: Please begin the New Year tracking all the hours that you spend on club activities and log them on your monthly calendars. Or just add up the hours and email to me.

—Many thanks, Linda J. 🧡

## From the Editor

To all my faithful contributors of articles and photos for this newsletter: Please forgive me if I missed your email! It has been a chaotic holiday season. If I missed something, please send again and I'll get it in next month! —D

## GRATEFUL & BLESSED!

Dear Ladies...your special ways and kind hearts made a beautiful difference. The thoughtful and caring phone calls, cards, and emails embraced us and, in gratefulness and friendship, Steve and I thank you for sharing your feelings of sympathy for our loss.

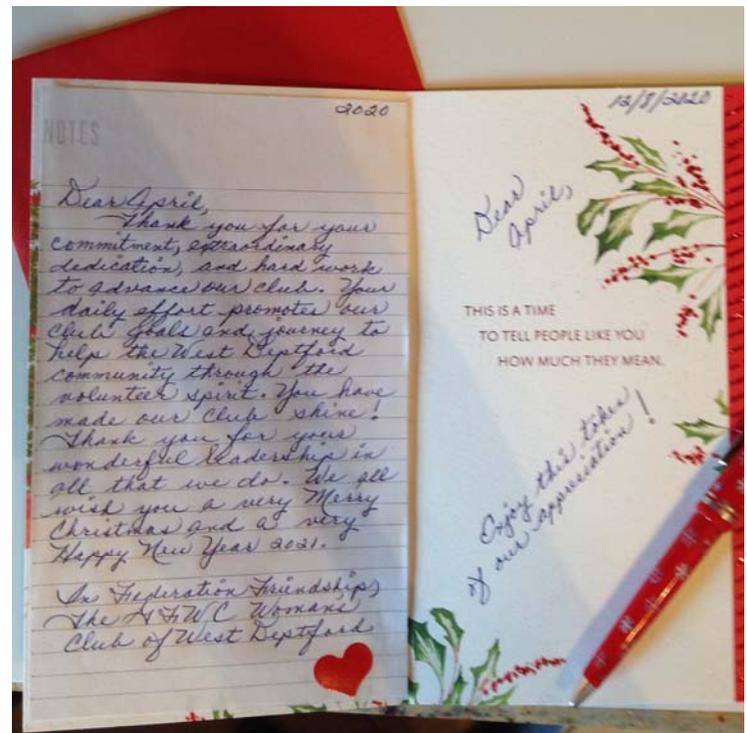
Bart Bookman was a gracious man who cherished life, soldiered on against adversity, gave freely of his knowledge and opinions, loved deeply, and his brightness will continue to shine... especially when, in May, we will find great joy in welcoming his newest grandchild, his namesake.

I always believed that the goodness and positive vibes we send into the universe reflect back to us. Your prayers for our daughter and family genuinely touch us and we can say that the slow progress back to full health has begun.

For 2021, we extend our desire that you only know days surrounded by peace and wrapped in happiness!

Shalom, Donna Blocher

THANK YOU, APRIL! Club members donated toward a gift card and First VP Linda wrote a note expressing our gratitude. We are lucky to have April as our President!



SECRET PAL FORM



Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Ring Doorbell? Yes No

Phone \_\_\_\_\_

Directions \_\_\_\_\_

\_\_\_\_\_

Birthday \_\_\_\_\_

Anniversary \_\_\_\_\_

Favorite Color \_\_\_\_\_

Favorite Foods \_\_\_\_\_

Favorite Scent \_\_\_\_\_

Things I collect \_\_\_\_\_

\_\_\_\_\_

Favorite Music \_\_\_\_\_

Favorite Books \_\_\_\_\_

Favorite Movies \_\_\_\_\_

Hobbies \_\_\_\_\_

\_\_\_\_\_

Things not to give me (don't like, don't need, allergic to) \_\_\_\_\_

\_\_\_\_\_

Gift Suggestions \_\_\_\_\_

\_\_\_\_\_

Shirt/Sweater Size \_\_\_\_\_