

# Tidbits

February 2021 — Vol. 26 Issue 6



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

## NEXT MEETING

Tuesday, February 9  
6:30 or 7 p.m. on Zoom

Watch for an email on the time.

## Refreshments

Whatever you want!

## February Birthday

10—Joanne Kg

## COLLECTIONS

- ♥ 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
- ♥ Jeannette: 17" duffel bags for Family Promise
- ♥ Linda M. & Janice: Items & money for SERV. Watch for monthly suggestions.
- ♥ Nancy B: unexpired canned goods for Colonial Manor Food Pantry; NEW hats gloves & scarves, adult & children; dry cat food for the local 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 (NJSFWC), Garden District of NJSFWC.

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 Valentine's Day and Happy Heart Health Month! I hope all of you are doing well, staying warm and keeping safe and healthy. I know we all had hoped to be a little more social as we entered the new year but I know there is light at the end of the tunnel. We will continue to meet via Zoom and when the weather breaks we will start our outdoor meetings again. We all miss each other and I know we are all looking forward to doing things together. Keep positive! We got this.

*"As you grow older, you will discover that you have two hands, one for helping yourself and one for helping others"*  
~Audrey Hepburn

When I found this quote, it reminded me of so many of our club members. After reading all of the reports that were handed in and the amount of work that we have done this past year, we have definitely continued our pledge to help others in our community and beyond. You have all done so much for others and it was reflected as we summarized 2020. Thank you for all that you do!

Speaking of reports, I am happy to say that ALL of our committee reports have been received, read, copied and sent out to the NJSFWC chairs for each committee. I know that they are being received because some of the chairs in our club have heard from the state chair and so have I. You have all kept such good notes and hours that I just want to let you know that as a club we logged 24,210 hours of community service. I know that this is modest because of all the hard work that everyone has done and just estimated hours. Regardless...this is amazing! Again...thanks to all the chairs of each

committee and sub committee for their detailed reports. All was sent in as a representation of the amazing ladies of Woman's Club of West Deptford.



Your Executive Board held their meeting on the 26th and worked hard on how to use what money we have in our budget to support Scholarship and our annual Donations. We will be reporting on what we came up with for Scholarship at our February meeting and get your feedback as club members before we put it to a vote. I do think everyone will be pleased. For our March meeting, we will work on the donations list. I will share with you last year's donation list and a suggested list for 2021 before our March meeting. All club members will be able to give feedback and have discussion before a vote. Because of the success of our internal fundraisers, we were able to add \$1,000 to our Operating Account. Thank you to all who participated in our fundraisers and a special Thank You to Linda J. who set up each and every event. Every dollar that we earn helps an organization or family in our community.

Well...after a very long couple of Covid-19 months, your Executive Board has finally been installed. Because of the frigid weather, we changed the outdoor location and were able to hold a socially distanced and safe indoor installation at St. Paul's Methodist Church on January 30th at 2:00 pm. District Vice President Jill McDonald graciously agreed to do the installation and did a marvelous job! The theme of the installation was "Empowered Women"

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## President's Message, continued

which was written especially for celebrating the 125th Anniversary of the NJSFWC and the 100th Anniversary of Women's Suffrage. The installation of each office matched each board member to a past NJSFWC President. A history of that President was read for the matched board member and an empowered word was also given to each board member. It was a very special event and we hope to do it again with Jill when we can have a dinner and celebrate with all of you. Thank you to all the board members and especially Denise H. for helping to make this happen and to Ellen S. who took the time to come and watch the Installation. Now moving on to the rest of our club year...

The Garden District Zoom meeting was held on Thursday, January 21st at 10 a.m. As I am a Virtual Learning Grandmom during the day, Cynthia H-B. reported on my behalf for the club. Isabella C., Denise H. and Margie M. were also in attendance and Isabella and Cynthia will be making a report at our February meeting. Thank you, ladies, for attending this important meeting.

Our Order of the Lily/Honor Roll Committee has been set up and is meeting to decide who will receive these special awards for the WCWD. A big thank you to Carol F. and her committee for taking on this enormous task. So many of our ladies do so much for the club and the community. They have a big job ahead of them.

An update came in about the State Spring Conference and Achievement Days. This event has been canceled for in person and will be held by Zoom. President Jan Hansen reports that District and Membership Awards will still be given as well as hearing from the Club Presidents attending. The keynote address will be given by either the NJSFWC President or First Vice President. As more information comes in I will share it with all of you.

I sent out the Zoom link to everyone about the upcoming ABCs of Leadership Zoom workshop that is coming up. It is open to all club members and will be held on February 6th at 10:00 a.m. If you did not receive the link and are interested in listening in, let me know and I will resend it.

When you receive your Tidbits on Tuesday, Jody H. and Holly R. will be ready to host our Book Club Zoom meeting that evening. The book is "The Book of Lost Friends" by Lisa Wingate. What a great story! I can't wait to discuss it with the members who will be participating. It was a wonderful pick and a captivating read.

Our February Club meeting will be on Tuesday, February 9th. Right now the time is still 6:30 p.m. It was requested that maybe we start our meetings at 7:00 p.m. while we are home on Zoom. I will be sending out an email to get everyone's opinion as to whether to keep the meeting at 6:30 or change it to 7:00. We will go with the majority of all who respond. If it changes to 7:00 p.m., I'll let all of you know. As of right now it is still 6:30. And when we meet in person again, it will continue to be 6:30 p.m.

Don't forget to wear red at our February Zoom meeting. Chris T. reminded us that it is Heart Health Month and requested that we wear red. This is a great reminder to take care of ourselves!

Stay warm and enjoy the snow!

Warmly (and I mean warmly),

*April*



- ◆ Joe and Jeannette W. welcomed another grandchild into their family. Charlotte W. was born on January 21, 2021 at 11:50 a.m. weighing 7.5 pounds at 20 inches long. Jason and his wife, Michelle, have two beautiful daughters, Claire, 3 years old, and Charlotte.

## FIRST VICE PRESIDENT

Linda Jones

### Apple Pie

by Jessica McDonald

I can **see** the apple pie   
I **smell** the sweet, spiced treat.   
I can **hear** the timer ring.   
That says its time to eat.   
I can **feel** the steam, so warm,   
Rising in the air.  
I can **taste** the juicy filling.   
Would you like to share? 

The Red Eagle Produce Company has provided opportunities for our club to add funds to our treasury. Each pie sold gives us a substantial profit for our fundraising efforts. The nine varieties of ten-inch pies are a great way to add dessert to your holiday or spring table. The Spring pie sale is being timed so that you receive them three days before Easter. If you prefer, you can freeze your pies up to three months using a giant zip lock freezer bag.

Pie orders will be taken up to Friday, March 26. **Please look for the attached order form in Tidbits.** The pick-up day is Wednesday, March 31, 2021. Please pick up your pies at the home of Linda Jones between 11:00 a.m. and 1:00 p.m. I can hold your pies for a later pick up if you are working that day.

As we plan ahead for Spring, Easter, and club activities, let's enjoy a pie along the way! We thank you for helping our club add funds to our treasury one step at a time.



## SPECIAL STATE PROJECT

Jeannette Wood & Cheryl Fairchild

The Winter Campaign was a huge success! All of the clubs in the state collected 820 sweatshirts and over 1,000 masks.

**The Winter Backpack & Emergency Response Fund Drive is continuing. 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.

**A special thank you to those who have already supported this Drive.**

## SPECIAL CLUB PROJECT

Jeannette Wood

### Family Promise of Southwest New Jersey

In January our club donated six duffel bags for these homeless families. New homeless families come into the program and need our support. So we will need more duffel bags. Our club is the only one who donates these much-needed duffel bags.

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

On Family Promise's Facebook page our club was recognized for our donations of the duffel bags.

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



## ARTS & CULTURE

Linda Jones & Peggy Grady

### Sweet Treats Recipe Booklet

Recipes seem to entice us to try new ways of expanding our favorite foods. One of the best ways to insure success is to use a recipe that is recommended as a foolproof, or a "go to" recipe submitted by others.

During the 2020 COVID Pandemic, our lives were limited to virtual and Zoom contacts. It is the objective of this *Sweet Treats* booklet to share those recipes that are favorites and proven to work for many of our club members. Remember the days of the "cookie swap" and the fun of sharing during a get together to sample the cookies and receive a copy of the recipe? Well, this is our virtual swap of recipes including cookies, cakes, pie, and dessert items all sweet treats that our members make over the holidays.

Thank you to the many members who submitted their holiday and traditional recipes. It is interesting to read the history of some of the recipes as they were handed down through the generations. ENJOY!!

There are 25 booklets to be delivered to all the ladies that participated in this project. Thank you for sharing your holiday favorites!



### Think Spring!

Join us for a Spring Flower arranging workshop on Zoom, Tuesday, March 23rd, at 7:00 p.m. Peggy G. will guide you through the steps to make your own Spring Basket using an assortment of fresh flowers. Have fun adding your own personal touches to carry out a Spring theme of your choice. A list of suggested flowers and materials for you to purchase will be emailed **one** week before the workshop. Please contact Linda at [ladflower1205@gmail.com](mailto:ladflower1205@gmail.com) if you would like to attend. Catch the "spring fever" and learn how to decorate with fresh flowers!



# COMMUNITY IMPACT PROGRAM

Linda Jones

## Adopt-A-School

February 3rd is **World Read Aloud Day**. Our club members participated in virtual read-alouds and had the enjoyment of sharing their love of reading. Read Aloud Day was founded in 2010, the first Wednesday of every February, to celebrate the power of reading aloud to advocate for literacy in every community. In just eleven years, this day has evolved into a global movement of millions of readers, writers, and listeners to further the "joy and power of reading and sharing stories." The founder, LitWorld, is a New York City nonprofit and global advocate for literacy. This year's purpose is to bridge the educational and emotional gaps created by COVID-19, the quarantines, and school closures.

Making reading a pleasurable habit is one of the most important things you can do for the children in your life.

April, Linda J., Peg S., Cynthia, and Denise P. volunteered to engage in and assist the literacy coach at Oakview School by pre-recording (video taping) themselves reading aloud an interesting children's book. A google slide for the twenty-two kindergarten and first grade classrooms at Oakview Elementary School will be prepared by their literacy coach. I want to sincerely thank our ladies for the amount of time, great effort, practice and presentation that they put forth into their READ ALOUD books.

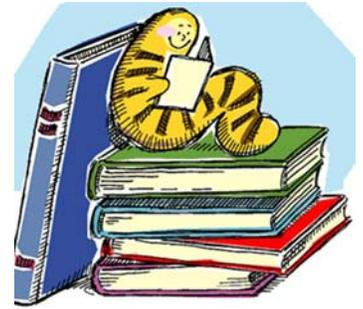
In conclusion, World Read Aloud Day is an opportunity for people all around the globe to celebrate the joy of reading aloud. Following, you can read the letter sent to our club from the literacy coach at Oakview School. Reading aloud to children is an essential part of building crucial literacy. Thus, this project took our CIP goals to the next level!

Dear Linda,

Thank you so much for taking the time to organize the read alouds and read to our students. I have included all the videos for the teachers to share with their classes on World Read Aloud Day. We have many exciting read alouds planned for this day and these certainly add to our festivities. Your dedication and support of our schools is extremely important to us and our community. Please thank the West Deptford Women's Club on our behalf.

Sincerely,

Janice Cirone  
Literacy Coach - Oakview  
Elementary School



## SOCIALLY SPEAKING

Jody Harris, Holly Revelas

### Book Club

Our book club meeting for *The Book of Lost Friends* is Tuesday, February 2 at 7:00 p.m. At that time, please bring any suggestions you may have for our next book, which would be sometime in April.



Looking forward to seeing everyone.

### Mullica Hill February Events

Mullica Hill is once again offering some events that you may be interested in attending. The first event is on Thursday, February 11, 5-8 p.m. You are invited to stroll Main Street and enjoy live music, games, a scavenger hunt, prizes, photo opportunities, and a bonfire.

Tickets are \$10.00 each, and are non-refundable. To purchase your tickets go to

[www.ticketleap.com](http://www.ticketleap.com) or call (856) 223-5444. A portion of the proceeds are donated to Robins Nest Women's Shelter. If you would like more information in regard to this event visit [www.mhnjevents.com](http://www.mhnjevents.com)

On February 13, from 5-8 p.m. the Mullica Hill Business Association is sponsoring their 4th Annual CHOCOLATE WALK. Tickets are \$10.00 and must be purchased in advance from either participating stores or on Ticketleap.com. Again these tickets are non-refundable.

The theme for the walk is "Fall in Love with Mullica Hill."

You are invited to walk down Main Street and enjoy decadent treats from participating specialty shoppes.

A special thanks goes out to Lisa Hunter for making us aware of these events to pass along to the membership.



INSTALLATION OF OFFICERS on January 30.

## DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

### Stalking

Stalking is an aspect of violence against women. It is an aspect we have not written about before. Stalking is a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear. It is a crime listed in The Violence Against Women Act. Stalking is typically directed at a specific person – the victim. Stalkers use a variety of tactics, including (but not limited to): unwanted contact including phone calls, texts, and contact via social media, unwanted gifts, showing up/approaching an individual or their family/friends, monitoring, surveillance, property damage, and threats. However, victims of harassment are not typically afraid of their perpetrators.

The majority of stalking victims are female; however, people of all genders can be stalked. It is estimated that 1 in 6 women and 1 in 17 men will experience stalking in their lifetime. Stalking is typically directed at a specific person – the victim. However, stalkers often contact the victim’s family, friends and/or coworkers as part of their pattern of behavior. The definition of stalking includes that a reasonable person would feel fear. It is important to note that fear is often masked by other emotions: anger, frustration, hopelessness or despair.

Many stalkers’ behaviors seem innocuous or even desirable to outsiders – for example, sending expensive gifts. The stalker’s actions don’t seem scary and are hard to explain. Fear is contextual. What’s scary to one person may not be scary to another. In stalking cases, many of the behaviors are only scary to a victim because of their relationship with the stalker. For example: A bouquet of roses is not scary on its own. But when a victim receives a bouquet from an abusive ex-boyfriend who she recently relocated to get away from – and she did not think he knew where her new home was – this flower delivery becomes terrifying and threatening. Stalking and harassment are similar and can overlap. Harassment may be part of a stalking pattern of behavior/course of conduct.

Generally, the element of fear is what separates stalking from harassment. Harassment is typically irritating and bothersome, sometimes to the point where a victim feels deeply uncomfortable. However, victims of harassment are not typically afraid of their perpetrators. For example, a colleague who consistently mocks a new coworker for her appearance may be harassing her by saying cruel things and sending disparaging e-mails. While the victim is distressed and may feel sad, anxious, angry and/or uncomfortable, she is not afraid of the perpetrator – she does not believe that the behaviors will escalate or that further harm will come to her. However, if that same perpetrator began calling the victim’s cell phone, following the victim, and/or posting disparaging things about the victim online, it could become stalking.

For information about safety measures you can take, go to <https://techsafetyapp.org>. This site tells steps you can take to make your tech items safer: your phone, laptop etc.

**This month we are collecting women's personal items for the women in shelters. Please leave any donations at Janice or Linda's homes. Thank you.**



READING TO CHILDREN: Thanks to April, Linda J., Peg S., Cynthia, and Denise P. for pre-recording (video taping) themselves reading aloud children’s books for Oakview School.

## MEMBERSHIP

Cynthia Holmes-Butler

### Secret Pals

The 2021 Secret Pal Form is attached again to this issue of Tidbits. Please let me know if you’re still going to turn in your form.



They’ll be delivered or mailed later this week, depending on the weather.

Stay warm!  
Cynthia

## ADVOCATES FOR CHILDREN

Lisa Hunter & Robin Evans

Hope everyone is keeping safe and warm. We are sending Valentines out to the children at the Ronald McDonald House; deadline is February 5th. You can mail or drop your cards to me or Lisa Hunter. I would to send them by the 8th since Valentine’s Day is on a Sunday.

We are also still collecting soda tabs; you can drop those off anytime to us.

This month is Black History Month so I would like to leave you with an inspirational quote. “It is easier to build strong children than repair broken men.”  
—Frederick Douglass.

Robin Evans, 1230 Royal Lane, WD 08086  
Lisa Hunter, 10 Biscayne Blvd., WD 08096



## HEALTH AND WELLNESS

Chris Taylor, Carol M., Linda Marple

### WEAR RED TO OUR ZOOM MEETING!

**South Jersey Dream Center**—143 lbs.

**Angels Community Outreach**—\$215, \$56 in kind, 70 lbs. (Please leave clothing donations at 1206 Parkland Commons, WD; text Chris at 609-970-8795.)

**Seeds of Hope** will be starting the lunch program again soon. No time frame given.

**GWCM**—Nancy B. is collecting NEW hats and gloves for the Colonial Manor food Pantry. Place in the contact-free green container on her front covered porch anytime.

### American Heart Month

We observe **American Heart Month** every February because every year more than 600,000 Americans die from heart disease. It's the number one cause of deaths for most groups and affects all ages, genders, and ethnicities.

According to the **American Heart Month Timeline**, Egyptian mummies, some more than 3,500 years old, show signs of cardiovascular disease, proving that heart disease isn't an entirely modern phenomenon. Researchers speculate that the high-fat diet and sedentary lifestyle of upper-class Egyptians may have contributed to poor health.

In 1924, several heart disease research groups formed the American Heart Association, hoping to coordinate and promote efforts to treat heart disease.

In the 1950s, doctors began to understand cholesterol and the role of low-fat diet in heart health. In May 1967 the first bypass surgery was performed at the Cleveland Clinic, and in December of that year, the first heart transplant in Cape Town, South Africa.

**Symptoms: angina (dull and heavy or sharp chest pain or discomfort, pain in the neck, jaw or throat, pain in the upper abdomen or back. Women may also have other symptoms, including nausea, vomiting, and fatigue.**



**Risk Factors:** high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

#### Reduce the risk by:

- Being active—walk, swim, incorporate muscle strengthening exercises.
- Eating a balanced diet. Be particularly careful about fats which can lead to atherosclerosis. Use omega 9 fats—**extra virgin olive oil** instead of omega 6 fats—corn oil and margarine, and add omega 3 fatty acids like **fish and flaxseed**.
- Reducing your stress (watch less news, enjoy nature, meditate).
- Getting a yearly checkup with your **primary dr. and dentist**. Get an EKG if over 65. Don't forget your **vitamin D** level. FYI...gum disease can be an indicator of heart disease.

### From the CDC

- **Only about half (56%)** of women recognize that heart disease is their **number 1 killer**.
- **Heart disease is the leading cause of death for women in the United States**, killing 299,578 women in 2017—or about **1 in every 5** female deaths.
- Heart disease is the **leading cause of death for African American and white women** in the United States. Among American Indian and Alaska Native women, heart disease and cancer cause roughly the same number of deaths each year. For Hispanic and Asian or Pacific Islander women, heart disease is second only to cancer as a cause of death.
- **About 1 in 16 women age 20 and older (6.2%) have coronary heart**

**disease**, the most common type of heart disease.

- **Heart Disease becomes more of a risk after menopause due to the decrease in estrogen that causes changes in the lining of our blood vessels.**

### From the NIH

The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike, walking, taking the stairs, biking to the store or around the block, parking further away from the store, etc. **As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart.** For major health benefits, aim for at least 150 minutes (2½ hours) a week. **The bottom line: More activity means a bigger boost to your health.** It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

To make it easier, try 10 minutes a few times a day. For example, walk briskly for 5 minutes, turn around and walk back. Dance (standing or seated) to three songs. Park your car away from the store door and walk the last stretch.

You will know you are moving enough to help your heart if your heart is beating faster, you're breathing harder, or you break a sweat. Or, try the talk test: During physical activities, like brisk walking, you should be able to talk, but not sing. During activities such as jogging, you can't say more than a few words without pausing for a breath.

#### Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress.

## A Message from GFWC Headquarters

By Marian St. Clair,  
GFWC International President

“On January 6, the country looked on as deep divisions in our nation were displayed. The frightening events at the U.S. Capitol have us all on edge, not only in Washington, D.C., but in every community. As we address the fragile state of our democracy, we must realize it takes a good faith effort to sustain it. The GFWC Executive Committee and Staff hope that you will take this opportunity to reflect on the value that each club woman plays as a leader in her community. Respecting the opinions of others, encouraging open dialogue, and working together to meet challenges are good faith that have distinguished GFWC for more than 130 years. As an esteemed member of a remarkable nonpartisan organization that values Unity in Diversity, we encourage you to pave the way to healing and strengthening our country through constructive actions...”

## January District Council

Thirty-nine clubwomen met at our Garden District January Council Zoom Meeting on Thursday morning, January 21. Our state president and Garden District member Jan Hansen and Garden District State Board Members were in attendance as well as Garden District Chairs and local club presidents or their club representatives. Cynthia, Isabella, Denise H. and Margie attended from our club.

Jan Hansen suggested that in February, American Heart Month, club women wear red masks and red lipstick.

Many of our district clubs continue to successfully stay in touch with their members and carry on their projects even if they are unable to meet virtually. Thank you to Cynthia who gave a great report for our club.

Guest speaker and NJSFWC Convention Chairman Susan Fosdick updated information for the 127th NJSFWC 2021 Convention. The convention scheduled for April 26 - 28 will be a virtual meeting. Information will be mailed out at the end of January/early February.

The traditional convention Ads for the Convention Journal Book will now be called the “NJSFWC Tribute Book.” Clubwomen are being asked to thank or honor someone in our clubs of the Federation. The due date for tributes is June 1. The Tribute Books will be distributed to the Clubs and individuals who contributed to the new Tribute Book. The new form will be sent out in the CALL, but we can still use the original form which is in the January Almanac.

Also, the Friends of Convention will now be “Friends of NJSFWC.” It is not only for club members, but also for family and friends who wish to support NJSFWC. Again, a new form will be in the CALL or members can use the old form which is in the January Almanac.

Thursday morning, March 18 is the date for the Civic Engagement and Outreach Zoom Meeting. Plans are still in progress in obtaining speakers; however, four presentations are planned: Reach Across America, Cathedral Kitchen, the Veterans Home, and Naturalization Program. Flyers will be out soon.

Jennie McQuaid reported that the Program Assistance booklet will be out digitally by February 1. Jill Wentz announced that the Special State Project for the 2022 State Convention will be raffling off a queen plus quilt. The Day of Service has a new state chairman, and it will happen in 2022.

## Legislative News

While the 117th Congressional leaders are selecting committee chairmen and members and the Senate is conducting confirmation hearings for the administration’s cabinet members, the GFWC Legislative/Public Policy Committee is identifying and prioritizing legislation to match resolutions in each of the GFWC Community Service program areas.

On January 22, the Equal Rights Amendment resolution was introduced again in the Senate; after two readings it was referred to the Senate Judiciary Congressional Record. GFWC is a lead organization of the national ERA Coalition who urge President Biden and Vice President Harris to prioritize adding the ERA Amendment to the United States Constitution during the first 100 days of the presidency. Options include urging the U.S. Archivist to publish and certify the ERA as the 28th Amendment or urge Congress to remove the 1972 ratification deadline. This

would eliminate any barriers to its full adoption.

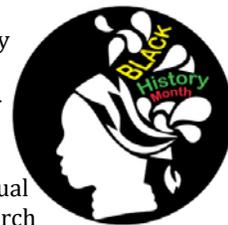
President Biden’s decision to rejoin WHO is good news. Last April, GFWC joined with other organizations in support of continuing funding for WHO. Shot4Life and UNICEF, two GFWC Affiliate Organizations, benefit greatly from WHO’s leadership efforts to test, treat, and vaccinate global citizens to stop the spread of Covid-19 and other deadly disease.

## Upcoming February Dates and Events

- 2/1 -28/21: American Heart Month
- 2/05/21: National Wear Red Day/support Women’s Heart Health
- 2/1 - 28/21: Library Lovers Month and Black History Month
- 2/06/21, 10 a.m.: NJSFWC ABC’s of Leadership Zoom Meeting. Dee Hosier is a presenter.
- Meeting ID: 845 0535 5761; Passcode: 333833
- 2/21/21: World Girl Day/Discover Engineering

## Black History Month Women of Color and the Suffrage Movement

The Women’s Suffrage Movement was aided by women of color who came together to establish women’s clubs in their neighborhoods and to campaign for equal voting rights. Mary Church Terrell, a daughter of a former slave, fought for 20 years for the rights of black citizens. A college-educated, influential educator, and activist, Mary became the first President of the National Association of Colored Women in 1896. In her essays and speeches, she demanded that white women include black women in the struggle for the right to vote and urged black men to support the fight for suffrage also. Women of color were routinely turned away from voting for many more decades following 1920. It was not until the passage of the Voting Rights Act in 1965 and subsequent court rulings that limitations targeting people of color, such as poll taxes and literacy tests, were outlawed so that Black women’s voting rights were upheld.



# THANK YOU NOTES

Dear friends,  
Thank you for the wonderful get well wishes. The kind words and thoughts are appreciated and brought many smiles to my face.  
—Doris

Dear Ladies,  
I want to thank each and every one of you for the beautiful card and gift card for Christmas. It was truly a wonderful gift and I can't wait to go shopping in person (some day ☺). It is a pleasure to work with all of you...your ideas, energy and willingness to help others is amazing and your efforts are endless. There is no other organization that I would rather be involved with than with the Woman's Club of West Deptford. You are a true inspiration of what a giving group is all about.  
—Gratefully, April

Dear friends,  
We are getting settled in our new home. It has taken a little adjustment scaling down but we are enjoying being back in Bucks County. I am in my second cast for another 4 weeks. I miss driving. I do not like being Miss Daisy!  
Happy 5th Birthday on 2/27 to our sweet Gaia. Cannot believe she is 5.



Please pray for a successful surgery and speedy recovery for our Alison. She is having bowel resection and gallbladder surgery by robotics on 2/18. I will become the nurse for the nurse.  
—Love to all, Elaine

Dear April,  
Everyone on the Board wants to thank you for the lovely Installation Ceremony that you wrote and arranged. The silver roses are beautiful, and we will each remember our "empowering word" for the rest of our lives.

You are a terrific president, and we are so glad to be part of your Board!  
—Love, Linda J., Cynthia, Janice, Sherry, Isabella, Peg, Jody, Denise H.

**MINUTES** were emailed to all members.

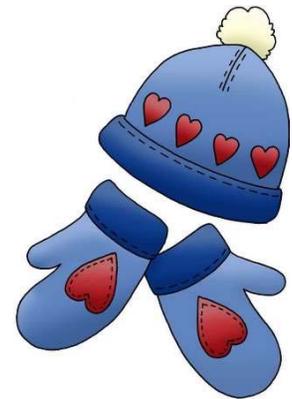
## KEEP ON TRACKING! 31

Linda Jones

Now is the time to look at your calendar of club activities and add up any notations that you listed on various days in January. At the top or bottom, please circle the number of hours that you spent on club activities, paperwork, meetings, etc. Every volunteer hour counts! By doing this each month, we give our club the credits that it deserves when preparing reports for the State of NJ. It's time to use your February calendar to record all that you do this month. Thanks so much everyone!!

—Many thanks, Linda J. ☺

**WARM HEADS**  
+  
**WARM HANDS**  
=  
**WARM HEARTS.**



It's that time of year again!

Seeking NEW winter hats, gloves, and mittens for the Colonial Manor Food Pantry. All ages, sizes, genders. You can leave them in the contact-free green container on my covered porch.

Thanks for helping those less fortunate keep warm this winter.

—Nancy B.



Woman's Club of West Deptford  
**Spring Pie Sale.....\$15.00 each**

Coconut Custard	Quantity _____
Pumpkin	Quantity _____
Plain Apple	Quantity _____
Apple Crumb	Quantity _____
Peach Crumb	Quantity _____
Cherry Crumb	Quantity _____
5 Fruit Crumb	Quantity _____
Blueberry Peach Crumb	Quantity _____
Apple Caramel Nut	Quantity _____

**Total # Pies:** \_\_\_\_\_

**Total Cost:** \_\_\_\_\_

\*\*\*\* Please make checks payable to: **Woman's Club of West Deptford**

**NAME** \_\_\_\_\_

**Questions?** Please contact Linda Jones at: 856-845-1306 or cell 856-381-5695

**ORDERS DUE: by Friday, March 26 to Linda J.**

**PICK UP DATE: Wednesday, March 31, 11 a.m.—1 p.m.**

Following COVID-19 restrictions: Location for pick up: Home of Linda Jones (1205 Parkland Commons, Rolling Brook Farms)

**Thank you!**

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 \_\_\_\_\_