

# Tidbits

April 2021 — Vol. 26 Issue 8



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

## NEXT MEETING Tuesday, April 13 7 p.m. on Zoom

### Refreshments

Whatever you want!

### April Birthdays

- |             |             |
|-------------|-------------|
| 10—April    | 21—Peg S.   |
| 12—Ann Cas. | 24—Dorothy  |
| 20—Linda J. | 27—Linda M. |

## 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 household 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 Easter, Happy Passover and Happy Spring! It has been a very long, cold, windy, rainy, snowy winter and I am ready for the warmer weather. I do

love living in an area where there are four seasons and find something special about each season but...I am over the winter weather for this year. Bring on the warmth, flowers, birds, and even a "few" weeds in the gardens.□

*Strong women aren't simply born. We are forged through the challenges of life. With each challenge we grow mentally and emotionally. We move forward with our head held high and a strength that can not be denied. A woman who's been through the storm and survived... We are warriors!*  
—Author Unknown

Another month where I reflect and look at all that we have accomplished in just 30 days. Incredible! No matter what is going on in our personal lives, we never forget others and doing what we can to make a difference...even the smallest Effort... is more than some ever receive. As this quote states, you are warriors and never let anything stop you from doing what is right for you.

This has been a busy month for paperwork and getting our club registered in events. We have 8 people attending the Virtual NJSFWC convention at the end of April. Our own Denise H. will be handling the Zoom links and we have 7 members attending either one or both days. We also have 4 delegates and 2 alternates this year for voting on updated bylaws and resolutions as well. Next, we have 5 members participating in the Virtual Garden

District Spring Conference on April 15th. Both gatherings will allow us to receive information from clubs across the state as well as sharing what we as a club have been up to this year. I am looking forward to sharing our activities with the Executive Board and other clubs.

For those of you who were able to attend last month's virtual meeting, you know all about what I am going to share. For those of you who were not able to be with us, I need to share great news. I received an email from Barbara McCloskey, 2nd Vice President of the NJSFWC and the Report Writing Chairman. In her email, she shared that our Women's Suffrage program was the top project for the state and that our project has been submitted to the GFWC Legislations Chairman for consideration for 2020 recognition. Winners will be announced at the GFWC convention in Atlanta, August 28-30th. I cannot tell you how excited I am that we have been considered and win or not, I am so proud to join all of you who put so much into planning this program. Although we were not able to actually hold our program last year, it is still being considered. Of course, we now fast forward to 2021 and thanks to Nancy B. who followed up with the Principal at the WDHS, we now have the opportunity to have our program be videotaped with information from the Alice Paul Museum and the League of Women Voters edited into the taping. A big shout out to Nancy B. and to Chris T. who is as we speak, prepping her notes to be part of this historic activity. We have been told that our program will then be part of the History Curriculum at the HS. There will also be voter registration forms available for students who will be of age to vote.

Continued on next page —>

## President's Message, continued

How exciting is this!!!! Although it would have been awesome to do this in person, this is still amazing news. What an opportunity to show what the WCWD can do, even during a Pandemic.

Also shared last month at our Zoom meeting are this year's recipients of the Order of the Lily and Honor Roll. I am so proud to be able to recognize these amazing women who do so much in the name of the club and for the community.

Congratulations goes to Linda J. who has been chosen as our Order of the Lily recipient and to Cynthia H-B. and Chris T. who have been chosen as our Honor Roll recipients. These three incredible ladies will join an elite group of women who continue to make a difference. I want to also thank Carol F., Denise P., Jeannette W., and Cheryl F. for serving on this committee and fulfilling this extremely hard task of choosing candidates. All of you are so worthy, and I know that this was not an easy job.

Thank you also goes out to all of you for your support in finalizing our Donations List for 2021. You made this job so easy, and we will be sending out our donations to the approved list of recipients this month.

Shout Out Time!!! As we move toward the end of the club year, we are updating committees and looking toward all of our future activities and events. As you know, Carol M. has taken over the Education Committee and has done a fantastic job collecting books and keeping track of costs and hours. She has found a Co-Chair and we are happy to add Sandy M. to the Education Committee. She will definitely be an asset and will help Carol with all that pertains to Education. Also, Carol M. has taken over the Civic Engagement and Outreach Committee. Her informative articles in Tidbits have been incredible and she continues to do extensive research to share important information regarding pioneers who have made a difference. Her Committee is also in charge of Operation Yellow Ribbon and Agnes K. has volunteered to help her get these stockings together for our Military. More information will be forthcoming on this.

As Carol M. has completely taken over two committees, she has agreed to help with the Health and Wellness Committee as needed but will no longer serve as a Co-Chair. She will be missed on this committee but we thank her for her continued support. Chris T. has done an amazing job with Health and Wellness and continues to do so. She is a force that does not stop. She is welcoming Kim V-C. as a Co-Chair to help with all of the collections that go with this committee. Kim will definitely be an asset to Chris and Linda M., and we are happy to add Kim to this busy committee.

Peggy G. ...what an outstanding Virtual Floral Arrangement Social Activity you held for us! I had the best time, as did so many who joined in to make a floral centerpiece. My basket is still doing well and has made it to Easter! I can't wait for the next one!!! Jody H. and Holly R. ... your planning for the Virtual Tour of the Spice and Tea Exchange in Haddonfield was the best! I am not usually a tea drinker, yet I

cannot wait to go and see this shop in person. Every one of our ladies who have already visited this shop said it is as wonderful as it was shown on our Virtual Social Activity. All of you amaze me with your ideas. Finally...our Book Talk on the latest read "Such A Fun Age"... very interesting read. So...what are we reading next?

Don't forget to read all our committee reports and articles in this month's Tidbits as it will keep you up to date on all our activities. Our April meeting will be virtual and start at 7:00 p.m. May and June meetings will be in person, outdoors at St. Paul's Church Parking Lot. We will be starting earlier while in person to get everything done before dark.

Have a wonderful week, stay safe and enjoy the warmer weather!

Warmly,  
*April*

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## 2ND VP/MEMBERSHIP

Cynthia Holmes-Butler

### Welcome New Members!

In spite of the pandemic, we are happy to welcome two new members this year.

Margie Maines joined our club at the August meeting. Since then she has been very involved in our



Zoom club activities. She has been helping with various projects and suggested the Haddonfield Tea and Spice zoom through her friend, the shop owner. She will be presenting information from the Civic Outreach workshop at the April meeting.

Ann Caswell just joined our club last week. She came to our March Zoom meeting and then met a few members



when we were distributing pies at Linda Jones' house last week. Ann lives in Riverwinds and has been involved in Family Promise and Moms Demand Action. She is looking forward to being involved in our club activities helping others.

Welcome Margie and Ann!

# Happy April!

## FIRST VICE PRESIDENT

Linda Jones

### Hoagie Lunch Package Sale

The Red Eagle Produce Deli will supply the delicious hoagies for our April fundraising event. We are excited to try a lunch bag package including a 7-inch hoagie, 16 oz. bottle of water, small regular bag of chips, and one packaged cookie. The cost is \$8.00 per lunch. In order to meet this price point, we will ask for members to help by donating the water, chips, and cookies. We will assemble each item into a giant lunch bag along with each ordered hoagie. (I will write your name on donations in case we need to return unused items.) Cookie bags and boxes of individual chips can be purchased at BJ's, Costco, and many other bulk item stores.

The hoagies are made fresh with lettuce, tomato, onion, salt, pepper, and oregano. There are four different types available: **Traditional Italian Hoagie, American, Turkey, and Ham.** I will describe each one on the order form. Also, provided are small plastic cups of oil, mayo, hot or sweet peppers appropriate to the hoagie ordered. The fundraiser hoagie orders will take place until April 21st. I will call in the numbers on April 22nd so that Red Eagle can order their rolls. The pickup date is **Saturday, April 24, from 11:15 to 12:30 pm, at the home of Linda J. in Rolling Brook Farms.**

Let's have some fun with this new idea and ask for a few volunteers to help put together the lunches and distribute them for a weekend treat in April. Thanks everyone for taking orders from family, friends, and neighbors too!



PIE SALE: Cynthia, Linda J., Peg S., Jody, and Karen helped distribute 49 pies to our members during our March club fundraiser. Thanks, ladies!

## SPECIAL STATE PROJECT

Jeannette Wood & Cheryl Fairchild

### Operation Chillout— Homeless Veterans' Outreach

**THANK YOU! THANK YOU!** We collected **\$501.50** from our club members who counted their coats and sent a donation. That is great! A special thank you to everyone who donated.

The Operation Chillout Winter Collection is completed, and the Summer Collection will be similar to last year.

#### Now the next collection is for gift cards.

You can help the homeless veterans by donating \$10 gift cards to either Dunkin Donuts, Wawa, Subway, Quick Check, McDonald's, or Burger King. I will collect the gift cards that you purchase and will deliver them to NJSFWC Headquarters.

## GIRLS' CAREER INSTITUTE

Clara Campbell

Seventy-five years ago, the New Jersey State Federation of Women's Clubs (NJSFWC) started Girls Career Institute (GCI). NJSFWC is the only state in our federation to offer a program like this. GCI is a mini college experience. The purpose is to give girls in their junior year of high school a taste of college life.

The first contact is made from the individual clubs to the high school guidance counselor. The criteria for GCI is given to the counselors and they select girls they think would benefit the most from this experience. How the selection is made is strictly up to the individual clubs. After the clubs select the delegates they are going to sponsor, the girls are notified and are invited with their parent/guardian to an orientation usually held in May. Each district holds an orientation. The Director of GCI gives an overview of the program and answers any questions the delegates or family have.

GCI is held on Douglass College Campus at Rutgers, New Brunswick. It is a four-day experience, held in June.

In 2019, 129 clubs sponsored 182 Delegates to attend GCI. Clubs decide how many girls they can sponsor, usually one to four delegates. The cost for each delegate is paid by the individual clubs; there is no charge to the delegates.

Clubs have been very generous over the years, donating T-shirts, backpacks, water, sports drinks, snacks, craft supplies and goodie bags to name a few items. Clubwomen volunteer as housemothers, clerical helpers, presenters of the programs, and many more jobs. We also have a full-time nurse who attends GCI.

The delegates are involved in service projects, art and talent shows, singing in a choir and performing with their musical instruments. They also attend classes presented by law enforcement, doctors, nurses, drama teachers, lawyers, oceanographers, engineers, and airplane pilots. The delegates live in the dormitories, eat in the cafeteria, swim in the campus pool, and take their classes in the college classrooms. This is a very successful and enriching experience for everyone involved.

# CIVIC ENGAGEMENT & OUTREACH

Carol M.

## Hidden Figure

Katherine Johnson was born and raised in West Virginia and was classified as a math genius at the age of 10. She graduated High School at age 14 and graduated from West Virginia University at age 18 with a degree in math and French.

In 1953 she was recruited to work for the National Advisory Board for the Space Program (now called N.A.S.A.). A group of 25 African-American women were segregated in a building, manually doing all of the calculations for the white engineers. These calculations were for the early space programs.

Johnson was the first woman to work as a N.A.S.A. math scientist. Her work included launch windows, and emergency return paths for Project Mercury, space flights for Alan Shepherd, the first man in space, and John Glenn, the first American to orbit the earth and rendezvous with the Apollo Lunar module. In fact he stated he would not go on the flight unless she did the calculations.

Johnson received nine N.A.S.A. achievement awards for her pioneering work in the field of lunar navigation. President Obama presented her with the Medal of Freedom in 2015. She also received the Congressional Medal of Honor in 2019 for her work in the Space Program.

Johnson was inducted into the National Women's Hall of Fame on the basis of the changes she created that affected the social, economic and cultural aspects of our society. She also received nine Honorary Doctorate degrees from several colleges for her work in the Space Program. She inspired many women to follow their dreams.

## Garden District Civic Engagement & Outreach Program Meeting

Report from Margie Maines

## Wreaths Across America

Annual wreath laying began in 1992 in Arlington; now occurs in all 50 states. 2012 marked the millionth wreath placed at Arlington National Cemetery. In 2014, for the first time, every headstone in Arlington received a wreath. In 2019, 2.2 million wreaths were placed at 2,150 participating locations across the country. Despite the pandemic in 2020, 1.7 million wreaths were placed.

There are three types of sponsorship groups that you can sign up for to raise money for a specific cemetery location(s) or give to WAA to allocate wreaths where most needed.

- **\$5-Back Group:** for every \$15 wreath sponsorship sold, your registered group will receive \$5 back for your own program. All sponsorships are sent to WAA HQ in Maine for processing. At the end of each month WAA sends a payback check.
- **3 for 2 Group:** if your group wishes to only sponsor wreaths and not receive any money back, our "3-for-2 Program" is a perfect fit—for every two wreaths sponsored, a third wreath will be placed at the location your group chooses to support.
- **No Plan Group**

### 2021 Dates

12/12/21 Convoy departs from Harrington Maine

12/13/21 State House Ceremonies held at almost all 50 State Houses

12/18/21: National Wreaths Across America Day

### Possible social activity for our club

*CandBea Tours:* Wreaths Across America Tour / Tues. Dec. 28, 2021

Join us for this inspiring and memorable tour of Fort Indiantown Gap National Cemetery as we tour the cemetery and view the wreaths. Each December on National Wreaths Across America Day, a mission to remember, honor and teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as over 1,400 additional locations in all 50 U.S. states, at sea, and abroad. Our tour guide will explain the cemetery's design and the different types of burial plots. We will also learn the various emblems of belief available for placement on headstones and markers. Enjoy a buffet lunch at Harper's before departing for home. Departs Malaga, Elmer, Woodstown, Pennsylvania. Price: \$104

## Cathedral Kitchen

Camden's largest soup kitchen—Using Food to Save Lives. They did not close during the pandemic. They conduct a 17-week (M-F) culinary & baking arts training program for 15 students. They have a rooftop garden with a volunteer master gardener. They also provide food for four senior centers.

### Opportunities:

- Make sandwiches (PBJ/meat & cheese – no ham) 50+ at a time
- Volunteer on site (post Covid)
- Monetary donations
- Donations: Contact Alex for what they need before doing a collection (ex. travel size – body lotion, hand lotion, underwear)

**Pop Up Library** on Wednesdays : Donate a box at a time. Used books are fine. No academic books. Fiction/Non-Fiction/ Cookbooks/Gardening Books

## Veterans Haven

Haven works with homeless veterans of any age to rehabilitate and move them to permanent housing. Once they are moved to permanent housing there is a great need for *everything* that is needed to live independently.

William will send a wish-list to the District. For instance like a first apartment – linens, dishes, pots/pans, shower curtain, cleaning supplies, kitchen/bathroom supplies, etc. Consider a welcome basket filled with things for the home. One club inquired about making short instructional cooking videos

## Battleship NJ

Monetary donations are welcome and may be designated for a specific use: maintenance, education, new flags used to dress the ship for special occasions.

Traveling education exhibit available to libraries for display. If not already offered, the Battleship NJ could be added to the Museum Pass Program available from the WD Library.

Current 5-year capital project is replacing the teak deck. They have received a \$500,000 matching Preserve NJ Grant from the state, so the funds need to be matched to receive.

### Possible Projects

- Sponsor a sign displayed on the tour route (group name would appear on the sign).
- Volunteer to polish the brass (done in pairs) or donate the brass cleaner/polishing cloths.
- Donate white twin/full FLAT sheets, pillow, pillowcase (used okay) to "dress the beds."
- Donate grey wool navy blankets to "dress the beds."

### Battleship NJ Tours Return

The Battleship New Jersey Museum and Memorial will open for tours on Saturdays and Sundays beginning Saturday, March 6. Tours will be available from 11 a.m. with the last tour departing at 3 p.m. During tours, guests can check out the massive 16-inch gun turrets, track a tomahawk missile in the Combat Engagement Center, learn how the crew of the USS New Jersey lived aboard this floating city and more. They also offer guided extended tours of an Engine Room and inside Gun Turret II. These are free add-on options that guests can choose to take.

## SOCIALLY SPEAKING

Jody Harris, Holly Revelas

### Spice and Tea Exchange of Haddonfield

Thank you to everyone who attended the Zoom presentation of the Spice and Tea Exchange of Haddonfield last month, hosted by Alison Braum. She did a great job and I have heard nothing but wonderful things about her presentation. In fact, a lot of ladies have already taken a trip up to visit/patronize her establishment, myself included. Linda M. is working with Cynthia to try to organize a visit for other interested ladies who wish to see her shop in person. As plans are finalized, they will be in contact.

### Book Club News

By the time you read this we will have had our Zoom book club meeting (4/6/21) where we will be discussing *Such a Fun Age* by Kiley Reid. I would like to do one final book for this club year. Below are the selections for the group to consider for a meeting in June:

1. The Pledge of Silence by Flora Solomon
2. The Four Winds by Kristen Hannah
3. Send for Me by Lauren Fox
4. The invention of Wings by Sue Monk Kidd

If you have other suggestions, please don't hesitate to reach out to Jody. She is always open to suggestions that the group might be interested in as we have several avid readers in our group. If you could let her know your choice by the end of the month, she will send out a message to the group with the selected title the beginning of May.

It has been suggested that the first Tuesday of the month does not always work for everyone, so we will move the June meeting to a Wednesday evening if that work for the group at large. Please consider what dates you would be available, should we move this to a Wednesday evening.

Since we do a book every other month, it was discussed at the board meeting that we take a break after our June

meeting and start back up in the fall. We will introduce the new selections in our September Tidbits for a meeting in October.

Thanks to everyone who has participated as well as those who have suggested books. Looking forward to seeing you at our June meeting.



SPICE AND TEA EXCHANGE: Our ladies took a virtual tour of this specialty shop in Haddonfield.

### Spring Craft Classes at Whitall House

Please don't forget that there are craft classes being offered at the Whitall House at Red Bank Battlefield for April. There are two classes being offered on April 17.

**Herb Garden & Herbal Soup Making** class runs from 10:00 am to noon, and is

followed by **Glass Mosaic Craft** from 1:00 to 3:00.

If this is something that you are interested in there is limited registration. Classes are held outside and masks are required. The price is \$15.00 per person/per class. To register by phone call the Gloucester Co. Certified Gardener Office at 856-307-6451.

## SPECIAL CLUB PROJECT

Jeannette Wood

### Family Promise of Southwest New Jersey

A special thank you to Agnes and Chris who donated Duffle Bags last month. **We have 8 Duffle Bags to donate to Family Promise.**

Each homeless family who enters this program receives duffle bags. They are



used as a baby diaper bag or for their children's gym/sports clothes.

If you want to help with this project, you can purchase a duffle bag 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'd rather send me a donation toward purchasing duffle bags, feel free to mail it to me and I will purchase a bag with the money.

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

## COMMUNITY IMPACT PROGRAM

Linda Jones

### Adopt-a-School

Oakview and Red Bank Elementary Schools once again contacted our club to produce more videos for their students during National Reading Month in March. Four of our retired former teachers were happy to share their joy of reading their favorite books to the children in each school. They enjoyed assisting the school literacy coaches in producing google slides to motivate the young readers. Thank you Peg S., Cynthia, April, and Linda J. for taking the time and making the effort to record and produce wonderful videos!!



### West Deptford Anniversary

To celebrate the 150th Anniversary of our West Deptford Township, a pictorial and important facts booklet was produced for all the elementary classrooms in Oakview, Red Bank, and Greenfields Elementary Schools to celebrate this Sesquicentennial year. Our club has been finding ways to impact our community during Covid-19. March 1871 to 2021 is the timeline showing the growth of our incredible community. This is an exciting time for our youth to learn the past, present, and future, historically, through each classroom teacher in preschool, first, second, third, and fourth grades.

To achieve this goal, our president, April Maska, authored a booklet called *A Brief History Children's Edition of West Deptford* celebrating when our town was incorporated and our anniversary. This thirty-page booklet contains facts and important information that elementary classroom teachers can share with their students. After the students learn about all the special areas around our town, they can enjoy another 30 page activity/coloring book produced specifically to review, recall, and reinforce landmarks and special places around our town. One hundred booklets and fifty activity books were printed and dispersed between our three elementary schools to each classroom.

It was our intent to take the children back in time to learn the beginnings and continuing history of our wonderful West Deptford Township during this anniversary month. Thank you, April, for taking on this incredible task; for the hours and days of being an author; and for sharing your research on the rich history of our community, West Deptford.

 NJ State Federation of Women's Clubs of GFWC

A CELEBRATION OF TOWNSHIP HISTORY: West Deptford is celebrating its 150th Anniversary this month. In conjunction with the WC of West Deptford's Adopt-A-School project, April Maska, president, wrote a Children's Edition of the History of West Deptford. This booklet contains facts and important information that elementary classroom teachers can share with their students. After students learn about all the special places around our town, they can enjoy a coloring book produced specifically to review and reinforce landmarks and special places in our town. A copy of this booklet was printed for each classroom teacher as well as the coloring book to reproduce for their students. Shown with April is Linda Jones, 1st VP and Chair of the Adopt-A-School project.

**1871 - 2021**  
**150**  
YEAR ANNIVERSARY

**West Deptford Township**



## EDUCATION

Carol M. & Sandy Mastrangelo

### School Book Collection

Listed is the number of classrooms that we will be collecting for our three elementary schools.

- Oakview: 1 pre-school, 10 kindergarten and 2 multiple handicapped classrooms.
- Red Bank : 9 second and 6 pre-school classrooms.
- Greenfields: 6 pre-school , 9 third grade and 9 fourth grade classrooms.

At this time we have 231 books, 45 hours and \$807.00 in kind donations.

I will be collecting books until August as we all hope we can deliver all of the books to our three schools in September. With the number of classrooms and students that we be helping I hope that we can increase the number of books. It does not matter that we will have duplicates as we will be separating the books into the classrooms. Please look for sales, and the Internet is a great source for sales.

### DUES NOTICE!

Dues are being collected now through March and into April. Please mail your \$45 check made out to WCWD or drop it off to me at 9 Margaux Court, West Deptford, NJ 08096. Cash is also fine. If you are bringing your dues to my house, please send me an email or text so I know to expect you. **Final date for dues is April 15.** Thank you.

Peg Shirey, Operating Account Treasurer

### KEEP ON TRACKING! 31

Linda Jones

Your January, February, and March volunteer and hours calendar gives us credit for all your club work during the past three months. Please email Linda J. with just a total number of hours during that time. Your next set of calendars will be sent to everyone to include April, May, and June. Thanks for tracking, and keep on tracking!

😊 Linda 😊

## ARTS & CULTURE

Linda Jones & Peggy Grady

*"Every **artist** was first an amateur."*

Ralph Waldo Emerson

Springtime unlocks flowers bloom by bloom, blossom by blossom, and is an inspiration to create something new. As you can tell by the pictures, we had a fabulous Zoom evening arranging flowers during our workshop presented by Peggy Grady. Her instruction and expertise guided our club members to create individual spring centerpieces while learning important steps in prepping flowers, greens, and fillers for some amazing outcomes. We are all so proud of the beautiful results and thank Peggy for another enjoyable evening of inspirational creativity. **BEING ARTISTIC!!**



SPRING FLOWER ARRANGING WORKSHOP was led on Zoom by Peggy Grady. Thanks, Peggy!

## ADVOCATES FOR CHILDREN

Lisa Hunter & Robin Evans

Hi ladies, we hope that everyone enjoyed a lovely holiday. I know we are all looking forward to some pleasant weather in the coming days ahead, let's hope! 🌻😊

This group of amazing, generous ladies never forgets the true reason of why we do what we do! Our **Ronald McDonald House** donations have been coming in and we are so thankful for all the items we have collected from our members! There is still time to donate an item or two, if you'd like, from their greatest needs list. You can find it below. We will collect until Friday, April 9th. Please don't hesitate to reach out to one of us if you need your items picked up; otherwise I have a big porch where you can leave your donation anytime. ([www.ronaldhousesnj.org](http://www.ronaldhousesnj.org)).

For the **Show your Stripes** Sock Fundraiser, also benefiting The Ronald McDonald House, I ordered a total of 10 pairs of socks for myself and several members! Some members ordered them on their own, and that is great! I will be picking these up when I drop off donations and hopefully we can pick a date/time to meet at the library to wear our socks for a cute picture. 🧦📷 Thank you for ordering!

We're still collecting any extra materials such as batting, thread, and fabrics for **Project Linus** ([www.projectlinus.org](http://www.projectlinus.org)). This organization provides handmade blankets to children in need. And the best thing is, they have their own knitters. 👍

Lastly, I came across this beautiful quote and wanted to share. It embodies what I know to be in the heart of myself and each and every one of you. How lucky are we to have a big part in kindness....

*"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." ~William Penn*



BEAUTIFUL FLORAL ARRANGEMENTS (left to right): Instructor Peggy, Cynthia, Holly T.; Debbie, Joann, Linda J.; Denise P., April's basket, arrangement by Linda M.; Peggy, arrangement by Jody, arrangement by Sue; Peggy's samples.

### HOUSE

# wish list

our greatest needs

<p><b>KEEPING FAMILIES FED</b></p> <ul style="list-style-type: none"> <li>♥ TEA BAGS</li> <li>♥ CREAM CHEESE</li> <li>♥ BUTTER OR MARGARINE</li> <li>♥ EGGS</li> <li>♥ JUICE</li> <li>♥ COOKIE &amp; BROWNIE MIXES</li> <li>♥ FROZEN VEGETABLES</li> <li>♥ SAUSAGE</li> <li>♥ BACON</li> <li>♥ BAGS OF SALAD</li> <li>♥ ICE CREAM BARS</li> <li>♥ KRAFT MAC &amp; CHEESE</li> <li>♥ MAYO</li> </ul>	<p><b>KEEPING OUR HOUSE TIDY</b></p> <ul style="list-style-type: none"> <li>♥ CLOREX WIPES</li> <li>♥ HANDSANITIZER</li> <li>♥ DISINFECTANT CLEANER</li> <li>♥ TISSUES</li> <li>♥ PAPER TOWELS</li> <li>♥ PAPER NAPKINS</li> </ul> <p><b>QUESTIONS?</b></p> <p>There are <b>MANY</b> ways to support our mission dedicated to providing stability and vital resources to children in need. Visit our website for more information at <a href="http://rmhsnj.org">rmhsnj.org</a></p>
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# FEDERATION NEWS

Isabella Cooper

## NJSFWC April Events

4/15: Garden District Virtual Spring Conference

4/24: GFWC Federation Day—We celebrate Unity in Diversity on this anniversary day when 63 clubs came together in 1890 to form the General Federation of Women’s Clubs in New York City under the leadership of GFWC founder Jane Cunningham Croly. Today’s membership is over 80,000 club women and 3,000 clubs.

4/26-27: NJSFWC Virtual Convention

## NJSFWC Upcoming Special Events

**NJSFWC’s Summer Conference** will be held on August 1, 2, and 3, 2021, at the Tropicana Hotel in Atlantic City. Check-in is on Sunday, August 1. Activities on Monday, August 2, include the District Vice Presidents’ reports, a luncheon honoring the 2020 and 2021 Cecelia Gaines Holland Award Winners, and a dinner honoring the 2020 and 2021 Women of Achievement Winners. Finally, Tuesday, August 3, will be the presentation of the 2020 and 2021 Honor Roll and Order of the Lily Awardees. April will provide more information for attending all or part of the conference.

**NJSFWC Annual Summer Luncheon** is scheduled for Wednesday, August 18, 2021, 11:30 a.m.-3:30 p.m. It will be held at the Lobster Shanty, Point Pleasant, NJ. The menu includes salad, choice of entrée, dessert, and coffee or tea. The cost is \$40.00 and will also include themed baskets, a 50/50, and silent auction. Reservation deadline is August 4 or until sold out.

## Legislative Updates

In recognition of March as Women’s History Month, the House of Representatives scheduled votes on key legislation important to women and families. All these bills now await approval in the Senate. GFWC utilized the Legislative Action Center to support this legislation.

On March 16 by a vote of 345-73, the House passed the Child Abuse Prevention Treatment (CAPTA) under H.R. 485 and,



if passed by the Senate, would be reauthorized through 2027. State programs would be expanded to include a focus on family-centered services, integrated community services, and an improved system to respond quickly to high-risk cases. Also, a national child abuse hotline would be established.

Also on March 17, the House approved under H.R. 1652 Victims of Crime (VOCA) Formula Fix by a vote of 384-38. Money collected under deferred prosecution or non-prosecution agreements would be deposited into a Crime Victims Fund, which supports survivors of domestic violence, sexual assault, child abuse, human trafficking, and mass tragedies, among other crimes.

Also, the Equal Rights Amendment (ERA) under H.R. Resolution 17 was approved 222-204 by the House. Opponents of this bill argue that Congress cannot change the previously set date and the amendment process should start over.

Finally, also on March 17, Violence Against Women Reauthorization Act of 2021 (VAWA) under HH.R. 1620 was passed in the House by a vote of 244-172. It would devote resources to local communities by enhancing and expanding prevention programs and services to survivors of domestic violence, dating violence, sexual assault, and stalking. The American Rescue Plan Act of 2021 does include significant funding for domestic violence and sexual assault programs.

## Annual April Celebration Dates Recognized by GFWC Programs

April is National Child Abuse Month, National Volunteer Month, School Library Month, and National Poetry Month.

4/1: On April 4, 1922, GFWC officially acquired our International GFWC D.C. Headquarters.

4/4: Dorothea Lynne Dix, mental health activist who founded the Trenton Psychiatric Hospital in 1848 and later the Grey-stone Psychiatric Hospital was born on April 4, 1802, in Hampden, Maine. In the Union Army during the Civil War, she held the highest woman executive position as Superintendent of Women Nurses.

4/19-23: National Library Week--This year’s theme is “Welcome to Your Library”.

4/17-25: National Parks Week

4/22: Earth Day—This year’s theme is “Restore Our Planet.” President Biden will host a Leaders’ Climate Summit on Earth Day. The President has also created a new position, the Special Envoy for Climate, which will have a seat on the National Security Council.

4/30: National Arbor Day



## HEALTH AND WELLNESS

Chris Taylor, Linda Marple, Kim VanZoeren-Czoch

### Autism Awareness Month

Wear BLUE to our meeting!

**South Jersey Dream Center**—470 lbs, \$370. Let Cynthia know if you're meeting at the library at 11:30 on each Wednesday. Needs: toilet paper(!), cleaning products, shampoo, toothpaste, cereal, PB&J, pasta, sauce, baby bottles, face masks.

**Angels Community Outreach**—\$500, 130 lbs of clothes (leave at 1206 Parkland Commons).

**Seeds of Hope**—Valentine bags and Easter baskets made (\$400 in kind).

**GWCM**—Colonial Manor Food Pantry--\$300, \$100 in kind.

**Operation Smile**—65 bags and supplies to the state after Easter!

### Autism Awareness

Autism. We have all heard the word, but do we comprehend the full meaning? Autism is a developmental disorder characterized by difficulties with social interaction and communication, speech and non-verbal communication, and by restrictive and repetitive behavior.

The concept of autism was first coined in 1910 by the Swiss psychologist Eugen Bleuler. He was describing a symptom of the most severe cases of schizophrenia. Bleuler believed that "autistic thinking was characterized by infantile wishes to avoid unsatisfying realities and replace them with fantasies and hallucinations."

In 1938 the word took on a modern sense when Hans Asperger, still using Bleuler's terminology of autistic psychopaths, was investigating/researching patients. Though still considered mental illness at this time, ASD now known as Asperger's Syndrome came into play. Through continual study this syndrome was not widely recognized as separate diagnosis until 1981.

Another forerunner was Leo Kanner of Johns Hopkins Hospital who first used autism in its modern sense. In 1943 he introduced the label of "early infantile autism" through his study of 11 children with behavioral similarities. Things were beginning to slowly change in the way these individuals were viewed and treated.



Parents will usually notice signs of autism during the child's first three years of life. Diagnosing can be difficult, as there is no medical test, such as a blood test to determine this disorder. Doctors look at the child's behavior and development to make a diagnosis. There are many factors that make a child more likely to develop Autism Spectrum Disorder (ASD). These include environmental, biologic and genetic factors. Most scientists agree that genes are a major risk factor, but prescription drugs taken during pregnancy cannot be ruled out. What has been ruled out is the misconception that normal childhood vaccines and immunizations contribute to and cause ASD. Those affected include all racial, ethnic and socioeconomic groups. It is about four times more common in boys than girls.

Some signs of ASD in children and adults are not pointing at objects to show interest, avoiding eye contact and wanting to be alone, repeat or echo words in place of normal language, prefer not to be cuddled or hugged, repeat actions over and over, have trouble adapting when routine changes and have unusual reactions to the way things taste, smell, look, feel and sound. These are just a few symptoms.

There are five classifications of autism: Level 1 Autism Spectrum Disorder, Rhetts Syndrome, Childhood Disintegrative Disorder (CDD), Kanner's Syndrome or Classic Autistic Disorder, and Pervasive Developmental Disorder – not otherwise specified (PDD-NOS). All these cases can range

from mild to severe...meaning socially functioning though nonverbal. One of the main symptoms for all these on the spectrum is the inability to process all the different sensory inputs in their environment. Many times, these individuals have a hypersensitivity to sights and sounds. This leads to an increase in anxiety and stress. One interesting fact I came across is that looking at cats and the petting of them reduces anxiety and stress in individuals with ASD. Dogs, many times produce the opposite effect.

We have come an exceptionally long way in the understanding and treatment of people with ASD. Even though ASD is no longer lumped in with psychotic disorders we still must continue research to find the causes and best possible ways for inclusion in our society.

April is National Autism month. April 2nd is world autism day so you may be seeing many shades of blue being shown off to support Autism awareness. Blue is associated with Autism Speaks.

Here are some Autism Awareness Activities you may want to do with your grandchildren. Walk for Autism. Wear Blue. Read books about autism. Make puzzle-themed crafts. Organize a no-bullying campaign.

Remember, there is no right or wrong way to learn. Everyone is an individual and learns in their own way. Some just have an easier time than others. Be kind.



SMILE BAGS: We collected the materials for 65 Smile Bags for Operation Smile. Thanks, Chris, for organizing!

## DEAR SECRET PAL

Dear Secret Pal,

#1 Thank you so much for the St. Patrick's Day goodies. Kettle Corn is one of my all time favorite snacks. The marshmallow on a stick reminds me of my favorite treat from Seuss Land in Universal Studios, and you can't go wrong with chocolates! Thank you so much for thinking of me.

#2 Thank you so much for the birthday gift. I have the sign on top of the computer in the family room and the craft kit I am looking forward to working on. Thanks again.

#3 I feel very blessed this month with all the thoughtful gifts you have given to me: St. Patrick's Day, my birthday, and now Spring/ Easter/Passover. The mini topiary in the bunny head is adorable. I love the candle in the spring jar with bunnies and wildflowers. This makes a great container to put a fresh floral display into when the candle is gone. Both are on my mantle in the family room. Once again thank you for your generosity. I wish you and your family a wonderful Easter/Passover. —Jody



Dear Secret Pal,

I want to thank you for the very generous Saint Patrick's day and anniversary gifts, which both occurred in March. I was overwhelmed and am looking forward to using the Applebee's card. Thank you so much.

—Carla

Dear Secret Pal,

Thank you so much for the Irish Potatoes and the beautiful Jade plant which arrived on St. Patrick's Day. What a wonderful

surprise. I already have my Jade plant in my Garden Window so that I can look at it whenever I am in the kitchen... and of course the Irish potatoes are gone.

And... as I was writing this, I received the most wonderful Easter surprise! I absolutely love my Easter Blessing mug and sign, bunny kitchen towel and of course the delicious chocolate. Its arrival was perfect timing...I have been so spoiled by your special gifts. Thank you so much! Happy Spring! —April

Dear Secret Pal,

Thank you so much for the beautiful shirt and the masks for my birthday. Both are great additions as it has been a year since I have been clothes shopping!

—Cheryl

Dear Secret Pal,

Your Easter gifts were so **THOUGHTFUL** and **KIND** and **ENJOYED**. 🐰 The chocolates are delicious and I am using the basket you had everything in as my family Easter basket! 💖 Thank you so much!

—💖 Lisa H.

Dear Secret Pal,

Thank you so much for the Easter candy. I know it will come in handy for our Easter celebration. I hope you have a nice holiday! —Thank you again, Robin

## DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

### April is Sexual Violence Awareness Month



From CNN: One in three women globally are subjected to physical or sexual violence during their lifetimes, estimates a damning new report from the World Health Organization (WHO) released hours after International Women's Day. The report's findings are based on data from the largest ever WHO study on the prevalence of violence against women.

"Violence against women is endemic in every country and culture, causing harm to millions of women and their families, and has been exacerbated by the Covid-19 pandemic," Dr Tedros Adhanom Ghebreyesus, WHO Director-General, said in a statement. "Violence against women cannot be stopped with a vaccine," he added. "We can only fight it with deep-rooted and sustained efforts—by governments, communities and individuals—to change harmful attitudes, improve access

to opportunities and services for women and girls, and foster healthy and mutually respectful relationships."

Intimate partner violence is the most common form suffered by women, with around 641 million affected globally. The organization said younger women remain particularly at risk of such violence, with one in four women aged 15 to 24 suffering violence at the hands of an intimate partner by the time they reached their mid-twenties.

The information in this article is from the WHO report. For brevity only this report was utilized. However, the Internet is full of information on Sexual Assault Awareness Month and help available. Here in South Jersey, SERV (Services Empowering the Rights of Victims) has a 24-hour hotline serving Camden, Gloucester, and Cumberland Counties. If you know someone who needs help, please have them call 866-295-7378.



### Special Thanks

Dear GFWC Woman's Club ladies,

Thank you so much for giving me the honor of being the recipient of the club's 2021 Order of the Lily. There isn't a way I can express how surprised I was hearing my name called for this award. Your kind and encouraging words made my heart smile. I feel truly honored and appreciate this recognition. I will continue to be enthusiastic and love the wonderful work accomplished by our volunteer and community oriented Woman's Club of West Deptford. Thank you so much!

—Warmly, Linda Jones



**Hoagie Lunch Package Order Form-----\$8.00 each**

**Fundraiser** to help Woman's Club of West Deptford

Includes Red Eagle store-made hoagie, 16 oz. bottle of water, chips, cookie

**Orders due: April 21st • Pickup: Saturday, April 24th, 11:15 to 12:30 pm home of Linda J.**

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**Traditional Italian Hoagie**

Hot Capocollo, Genoa Salami, Provolone cheese

Quantity-----with onions \_\_\_\_\_

Quantity-----No onions \_\_\_\_\_

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**American**

Bologna, Cooked Salami, American cheese

Quantity-----with onions \_\_\_\_\_

Quantity-----No onions \_\_\_\_\_

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**Turkey**

Homestyle Turkey, American cheese

Quantity-----with onions \_\_\_\_\_

Quantity-----No onions \_\_\_\_\_

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**Ham**

Domestic Ham, American cheese

Quantity-----with onions \_\_\_\_\_

Quantity-----No onions \_\_\_\_\_

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7-in. hoagies made fresh with lettuce, tomato, onion, salt, pepper, oregano, sweet/hot peppers

**Total # Hoagies** \_\_\_\_\_

**TOTAL Cost** \_\_\_\_\_

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

**\*\*\*PLEASE make checks payable to: Woman's Club of West Deptford\*\*\* Thank You!!**