

Tidbits

June 2021 — Vol. 26 Issue 10



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

NEXT MEETING

Tuesday, June 8, 6:30 p.m.
OUTSIDE at St. Paul's UMC
74 Church St. WD

Please bring a chair! In case of rain, we will meet inside, masks required.

Refreshments

Bring your own water & snacks

June Birthdays

14—Ellen S. 21—Joan B.

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



PRESIDENT'S MESSAGE

April Maska

As unbelievable as it is...June has arrived and so has the end of the club year. It has been a unique, unconventional, forward-thinking year but a very successful one.

"Be the reason another woman feels sunshine...not shade" --author unknown

"There is no limit to what we, as women, can accomplish" --Michelle Obama

As we wrap up our 2020-2021 club year, I want to reflect on all that we have accomplished during this unprecedented time. The quotes I have chosen to end our club year reflect the ladies that I have had the pleasure to be working with these last 10 months. Nothing was too difficult, new ideas were accepted with open minds and suggested ways to implement them, teamwork was exhibited in all activities and our club sisters supported each other no matter what the project, family matter, suggestion or activity. I want to recognize you all who have participated in so much and helped make our club successful. The participation in fundraisers, the researched and written articles, the fun social activities, the projects (too many to list) and the many donations had an impact on so many. Each of you who chose different activities to be involved with helped make a difference both in our club and in the families in our community. *#strength, #courage, #determination, #discipline...* These descriptive words describe you!

We have won State recognition for some of our activities and have had two of our projects sent to the GFWC for consideration on a National Level. This speaks volumes to what we have accomplished this year. So many of you came out of your comfort zone and attended Zoom meetings, outdoor meetings and activities and

did not let the current pandemic hold us back. Yes...it was a different year, but we proved once again that we can still fulfill our club objective: "To encourage social and cultural development through an organized activity, wherein women may meet, improve their mutual understanding, encounter significant ideas and contribute to community and world betterment."



Several of our club sisters attended this year's 127th Annual Convention on Zoom. It was enlightening, informational and uplifting, and although mentioned last month, it is worth mentioning again in this month's Tidbits. Bylaws and Articles were updated on the State Level, which includes Cultural Diversity and Electronic Voting/Meetings. We heard from so many inspirational women, including Jan Hanson, NJSFWC President, whose mission "Let Our Voices Soar" was very evident in all of the club ladies across the state. We also had the opportunity to have Keynote Speaker Wendy Carriker, GFWC 2nd VP, attend and speak on the future of all clubs. She asked all of us to use the letters GFWC and write a saying. As I was listening to Wendy, I wrote: G: Gathering, F: For, W: Worthwhile, C: Causes. It was amazing to hear what some of the ladies came up with. Our Keynote Speaker had some inspirational words to share. I wish to paraphrase a portion of her message; I wrote as much as I could as she was speaking: "This past year has been challenging to all clubs. The pandemic has changed the ways clubs held meetings and completed activities. So many clubs change because

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President's Message, continued

of deaths, members moving, members leaving because the clubs are moving forward or in a different direction; however keep working on service. Bring in new members and use their ideas to infuse fresh ways of doing things. The growth and future of the clubs are its members. All of you are doing wonderful things and great activities. Keep up the great work!" I believe that the GFWC Woman's Club of West Deptford has done just that...we continued to meet, complete different projects and helped so many this year. Thank you to all who have been committed to moving forward with the WCWD.

We have two activities that you will be hearing about this summer before we officially meet in September. The first is **Operation Yellow Ribbon**, stockings for our active military. I have already sent out the list for you to start shopping. If you need the list again, just let me know. We are committed to filling 50 stockings. This project falls under Civic Engagement and Outreach. As Carol M. is collecting books under Education, I will be taking all donations. Please feel free to leave your donations on my porch if I am not home. I can store everything until it is time to fill stockings. If you wish to fill stockings on your own, let me know and as soon as they are made, I will make sure you get stockings. Remember, a typed list of items in the stocking must be listed on the outside of the stocking, including whether it is for a male/female/gender neutral. Carol will be getting a team together at the end of the summer to double check stockings and fill remaining stockings with donations.

Our second activity is the **NJSFWC Summer** Conference on August 1, 2, 3 at the Tropicana Hotel and Casino. I will be forwarding the agenda so you can see what the three days will entail. Our 2020-2021 Order of the Lily recipient and Honor Roll recipients will be honored on Tuesday, August 3 at 10:00 a.m. in the Castanet Room. I plan on going on Tuesday, as are several Board Members to support our recipients. Please let me know if you are interested in going for the day or for the 3 days. If you want to stay for the 3 days, it is \$111.54 per night. The registration is \$20.00 per person for the convention. I will check if it is the same price

for one or three days or if there is a different price for the one day. Please let me know by June 30th if you are interested.

I also want to say thank you to our District VP Jill McD. who has been so supportive this year and has made a point to travel all around her area to make sure the clubs in the Garden District get everything they need. The **June Garden District Meeting** is planned for Thursday, June 17th on Zoom. More information will be coming.

A quick mention on the hard work our Raffle Basket Committee has done in the past month. Our license applications are filed in Deptford and as soon as we receive the licenses, we will move forward with ticket sales. We have about 25 baskets committed...we need about 15 more. Please let Dorothy A. know what your theme will be and get those items to Linda J. Thank you!!! This is going to be a successful night!

Finally...a shout out to your Executive Board who has worked tirelessly throughout the year. They have been so positive and supportive, and I am grateful to be working with such an incredible team.

Our **last meeting of the year** will be held at St. Paul's Methodist Church on Tuesday, June 8th. We will meet at 6:30 p.m. in the parking lot. Bring your own chair and snacks. If the weather is uncooperative, we are now allowed to meet inside the Church Hall, masks required inside. Either way, we will be having our last meeting at the church. Plans are in the works for meetings when we start up again in September. We will be meeting in person when the 2021/2022 club year starts. The library has no plans to be open later than 7:00 p.m. in the future; however that can change at any time. A request is being made at St. Paul's to see if we can continue to meet there outside or in the hall as



needed. Stay tuned...you will be updated as we move forward.

I hope all of you had a wonderful, relaxing Memorial Day Weekend and I look forward to seeing all of you at our June meeting.

Warmly,
April



- ◆ Elaine and Tony R. are celebrating their 45th anniversary June 4th. A wonderful 45 years!
- ◆ Nancy and John B. are proud to announce that their son, Tyler Patrick, graduated from Rutgers Honors College-New Brunswick, in May, with honors, where he majored in Astrophysics. Tyler will be attending the University of Minnesota in September in pursuit of a PhD in Astrophysics.

2ND VP/MEMBERSHIP

Cynthia Holmes-Butler

We are welcoming another new member to our club, Meg Czuba! Meg is a neighbor and friend of Nancy Barna. Meg is a real estate agent and interested in many of the things we do in our club.

At our June club meeting we are installing Meg, Carol D., and Ann C. Please welcome these ladies to our club!



BOARDS FOR THE BOARD: In May the Board enjoyed Linda Jones's experiment with Charcuterie Boards. Everything was delicious!

FIRST VICE PRESIDENT

Linda Jones

June has arrived and with it, half a year has passed us by. Looking back and looking forward brings to mind all the ways that our members have supported our club in time, effort, and tremendous donations. As summer approaches, let us rest, relax, and revive our spirits toward another startup in September.

Even with the restrictions of Covid-19, we have taken steps along the way toward adding funds to our operating account treasury. When the new budget comes forth, we will continue to hold fundraisers, both internal and external, to meet our yearly goals. Updates on the BASKET RAFFLE FUNDRAISER will keep us working toward this October event.

The May Spring Flower Sale was another success in adding \$155.00 to our club treasury. This quick turnaround fundraiser of hanging basket orders was provided by a local business, the Michael William Florist & Greenhouse. Thank you for supporting our spring flower sale and a local business! The flower baskets were huge, full, and colorful! Look for more information



about the fall mums fundraiser in late August.

Another hoagie lunch package

will be looked into for late September. Schools will be in session, sports will return, and the West Deptford Community Fun Day will have taken place. The hoagie lunch sale fundraiser was our most popular endeavor as it netted a large profit for the club treasury. We will again make this a Saturday event and welcome your donations, your help in bagging the lunch items as well as helping with the distribution of orders.

June is here, so, I wish everyone fabulous fun and summer sun to rejuvenate your heart and spirits! See you in September!



SPECIAL CLUB PROJECT

Jeannette Wood

Family Promise of Southwest New Jersey

A special thank you to Agnes and Sue who donated toward the duffle bags in May. **We had 12 Duffle Bags delivered to Family Promise.**

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

Each homeless family who enters this program receive a duffle bag. 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. If you'd rather give a donation toward purchasing duffle bags, I will be collecting your donations at our June meeting. I will then purchase duffle bags with the money.

When I delivered the duffle bags this month I found out that two single women and their children graduated and moved into their own homes. The transition family also graduated and are now on their own. Three more families moved into the Day Center and will get some much-needed help to become independent again.



BUDGET FOR 2021-22

A new club year begins on July 1, and we will be voting in June on our Budget. Watch for a copy in your email and be prepared to ask questions and vote at the meeting. Thank you. —Peg S.

SPECIAL STATE PROJECT

Jeannette Wood & Cheryl Fairchild

Thank you! Thank you! Our club collected 25-\$10 Gift Cards for the Operation Chillout homeless veterans. These cards were given to Patricia Dahl who took them up NJSFWC Headquarters who then will give to Operation Chillout, Inc.

The Summer Drive Registry is now open and continues until Labor Day. This is the same as last year's collection.

Go to www.operationchillout.org to purchase cases of water, t-shirts, and baseball caps for homeless veterans.

All items cost \$10. When you make an online purchase, be sure to include our club name in the business line. Please email me what you donate so I can keep a total of our club donations for my yearly report.

Thank you for your continued support of our Special State Project.



DELIVERED! We collected 25-\$10 gift cards for Operation Chillout and they were delivered to State Chairman Patricia Dahl.

EDUCATION

Carol M. & Sandy Mastrangelo

School Book Collection

We now have 349 books collected that have been donated by our members for our 53 classrooms, 70 hours and \$1,426 in-kind donations.

My goal is 500 books, and I will stop collection in mid-August. The books will be divided according to grade levels among our three elementary schools. There is a total of 53 classrooms, pre-school to fourth grade.

Kidsbooks.com and Bookbundle.com are now having excellent sales.

High School Scholarships

June 1st the scholarship committee will meet to choose the two students from West Deptford High School who will each receive a \$1,000 scholarship. We have a total of 16 applications, all worthy of a scholarship. It will be a difficult choice!

CIVIC ENGAGEMENT & OUTREACH

Carol M.

The world is a colorful canvas of people from all walks of life and backgrounds. In America there are people from different religions, racial identifications, and ethnic identities, who may speak different languages and celebrate different holidays.

Culture shapes our identity; it influences how we behave and makes us who we are as a nation. Culture can bring people together equally in celebration and in grief.

Cultural diversity is a system that recognizes and respects the existence and presence of diverse groups of people within our society. Your life may become richer every time you look at it through a different lens.

Cultural diversity is important in our country, workplace and in our schools, which increasingly consist of various cultural, racial, and ethnic groups. We can learn from one another, but first we

must have a level of understanding about each other to facilitate collaboration and cooperation. When we respect different cultures and ethnic groups, we choose to accept their differences and their opinions.

By respecting people for who they are without trying to change them, we come closer to creating a more beautiful world. Let all of us be angels of kindness to those who are different.

New NJSFWC Bylaw

ARTICLE XVIII: DISCRIMINATION.

NJSFWC shall not discriminate against any person based on race, color, religion, gender, national origin, disability, age, or sexual orientation.

Passed, NJSFWC Convention April 2021.

Operation Yellow Ribbon

We are trying to make 50 stockings to be sent to our military overseas for the holidays. We will be working on this over the summer, and here's a list of items:

* START SHOPPING *	
No Cans/Magazines/Books/Hotel toiletries/Chocolates or Batteries	
NO ALCOHOL OR PRODUCTS CONTAINING ALCOHOL	
No shaving creams/gels/sprays as they may be restricted	
Food Items Requested:	Specialty Items for Women:
___ 5 Hour Energy Drink Products	___ Shampoo & Conditioner
___ Liquid Water Enhancer (Mio)	___ Moisturizing Bath Soap
___ Powdered Drink Mix (Crystal Light)	___ Body Wash
___ Coffee/Tea/Hot Chocolate	___ Body Lotion
___ Oatmeal Packets	___ Feminine Hygiene Product
___ Soup Packets	___ Small Hand Mirrors
___ Protein Powder	___ Sponges/Loo/fahs
___ Bagged Tuna/Chicken (tear-open pouches)	___ Emery Boards
___ Breakfast/Granola/Protein Bars	___ Manicure Items
___ Peanut Butter/Cheese Sandwich Crackers	___ Shower Caps
___ Beef Jerky/Slim Jim's	___ Hair Ties (Brown/Black)
___ Nuts/Seeds/Trail Mix	___ Cotton Swabs
___ Dried Fruit/Raisins	
___ Salty Snacks (Chips/Pretzels/Popcorn)	Hygiene Items:
___ Snack Cakes/Cookies	___ Foot Powder (Medicated)
___ Chewing Gum	___ Deodorant (sticks only)
___ Hard Candy	___ Sunscreen (lotion only)
___ Chewy Candy	___ Baby/Cleansing Wipes
	___ Hand Sanitizer
Other Items:	___ Tissues (Individual Packs)
___ Puzzle/Sudoku Books	___ Lip Balm/Chapstick
___ Writing Pads	___ Vaseline/Saline Eye Drops
___ Pens/Pencils	___ Aspirin/Advil/Tylenol
___ Eyeglass Lens Wipes/Repair Kits	___ Adhesive Bandages/Gauze
___ Sewing Kits	___ Neosporin/Bacitracin
___ Socks	___ Toothbrush
___ Gloves	___ Toothpaste
___ Hacky Sacks/Cards	___ Dental Floss
___ Miscellaneous	___ Non-Alcohol Mouthwash

ARTS & CULTURE

Linda Jones & Peggy Grady

Succulent Gardens

The love of art can be expressed in so many ways! Our members used their creative ideas while having fun as they assembled their Succulent Plant Dish Gardens. Peggy Grady provided a materials list for our ladies to purchase items needed to incorporate into a dish garden.

During Peggy's presentation, we were instructed on how to care for succulent plants. Her itemized handout included some of the best practices in providing sun, soil, and the success of growing our own plants. Peggy included directions as to plant light, rotation, watering, drainage, cleaning leaves/spines, and fertilizing succulents in the summer as well as all year long through the seasons. Her lessons were so informative and interesting that most of us will create another dish garden or two in the future.

From this picture collage we can admire the creativity and individuality of each member's garden dish. Thank you, Peggy, for once again providing our club with a wonderful workshop and enjoyable evening. Thank you, Jody and husband David, for hosting us on your deck, providing the work area, refreshments, and then cleaning away the planting mix, sand, gravel, stones, and dirt, all while accepting the mess for the fun of art!



YOU ROCK! The ladies had fun making succulent gardens.

GWCM LUNCHBOX PROGRAM

Joan Baur

The Woman's Club of West Deptford was introduced to the Greater Woodbury Cooperative Ministries (GWCM) Lunch Box program and the director Lenore Cronlund in 2010. For the next ten summers club members volunteered to pack non-perishable food into lunch boxes for elementary through high school students. The clients of the food pantry were eligible to pick up 5 boxes per child each week to replace school lunches. In August parents were given backpacks filled with school supplies for each child.

Due to the pandemic the regular Lunch Box program was suspended for 2020

and 2021. The state provided meals to replace the Lunch Box meals. School supplies were collected and distributed to the parents in August of last summer. This year school supplies will once again be collected for distribution. The following supplies will be collected: **backpacks, binders, notebook paper, notebook dividers, spiral notebooks (college ruled and elementary ruled), composition books, pocket folders, pens, pencils, colored pencils, crayons, highlighters, markers, erasers, pencil boxes/cases, scissors, glue sticks, rulers, index cards.**

If you are interested in donating school supplies, please contact Joan B. Arrangements can be made for drop-off or pick-up of your donations. Don't forget high school age supplies when shopping for school supplies. All donations will be appreciated. You can let Chris T. know your hours and in-kind donations for this project.

Clients of the GWCM reside in Deptford, National Park, Wenonah, West Deptford, Westville, Woodbury, and Woodbury Heights.

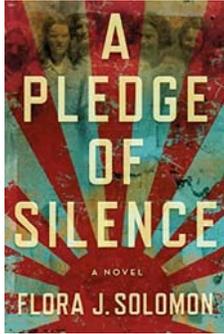
SOCIALLY SPEAKING

Jody Harris, Holly Revelas

Book Club News

Please join us on Wednesday, June 2 at 7:00 p.m. as we discuss *The Wrenmaker's Wife* by Kristin Harmel. If you have already let me know of your interest in participating, you will receive a Zoom invitation on Tuesday, June 1st.

As mentioned in the May Tidbits, we have selected our book for October, which is *A Pledge of Silence* by Flora J. Solomon. I am planning to do this Book Club Meeting in early October. We will finalize the date in our September Tidbits. I am pleased to let you know that Carol May will co-host with me. You'll have to join us to find out her connection to this author. Below is a brief summary to spark your interest.



When Margie Bauer joins the Army Nurse Corps in 1941, she is delighted to be sent to Manila, the Pearl of the Orient. Though rumors of war circulate, she feels safe, trusting the island is fortified and the Filipino troops are well trained.

On December 8, 1941, her dreamworld shatters when the Japanese invade the Philippines. The U.S. Army evacuates to the Bataan Peninsula, where she cares for the wounded soldiers in a field hospital, and then in a catacomb of tunnels on Corregidor Island. Ultimately captured, she is interned in Santo Tomas, a Japanese prison camp, where for three years she endures escalating danger, starvation, and loss.

At once an epic tale of a nation at war and the deeply personal story of one woman's intense journey, *A Pledge of Silence* vividly illustrates the sacrifices the Greatest Generation made or their country, and the price they continued to pay long after the war ended.

End-of-Year Luncheon

We will have an End-of-Year Luncheon on Wednesday June 30 at noon. However, we will now be going to:

Kitchen 519
200 E Evesham Rd
Glendora, NJ
08029
856-312-8629



The price is now \$19, including tip & tax. They will seat us outside, weather permitting. If we need to come indoors, we will have the entire place to ourselves.

Menu Choice of the following:

- * Grilled Chicken Caesar Salad
 - * Shrimp Tacos
 - * Smoked Gouda Mac n Cheese
 - * BBQ Pork Sandwich with Garlic Fries
- Also includes soft drink & dessert tray.

Unfortunately, Italian Affair notified us this week that it does not have the staff to be open during the date of our Luncheon. They will be closed for that week.

We have chosen to keep the same date and time, so it is more convenient for our members. If you would like to carpool on the date of the luncheon, meet at the library parking lot at 11:30 a.m. Kitchen 519 has incredible food, and we are looking forward to seeing everyone. We hope that you can make it!

Please send your \$19 check to Peg Shirey to reserve your spot, or bring a \$19 check to our meeting on June 8th. If you

have paid for the Italian Affair price of \$32, you will be given the choice of refunding the entire amount, or the difference of \$13 if you choose to join us at Kitchen 519.

We appreciate your flexibility in changing the venue for our luncheon. A special thank you to Cynthia Holmes-Butler for arranging our group at Kitchen 519! You are awesome, Cynthia!

Garden Tour & Tea

Mullica Hill is hosting a Garden Tour & Taste of Tea Benefit to be held on June 19 (rain date June 26), from 2-6 p.m. Tour historic gardens of Spicer House, 76 South Main Street, the private home of local attorney Jeffrey S. Downs, Esq.

The word beautiful does not do this property justice! Also you are invited to visit Farm House Design and Mademoiselle Macaron at 41 South Main Street, where you will enjoy a Taste of Tea. In addition to your tea and delicious treats, there will be live music and vendors in the garden area. Portion of proceeds go to One Love Animal Rescue.

Tickets are \$15.00 each, nonrefundable. To purchase tickets go to www.ticketleap.com

We would like to thank everyone who participated in our various activities this year. We have several activities in mind for the upcoming year as the state lifts more and more restrictions. If you have any suggestions, we'd love to hear from you. Have a wonderful summer! Stay well, stay safe.



HEALTH AND WELLNESS

Chris Taylor, Linda Marple, Kim VanZoeren-

Operation Smile—in kind \$1090.51, 129 hours

South Jersey Dream Center—\$553.66, 603 lbs, 45 hours

Angels Community Closet—\$500 (emergency heat/electricity), \$174 lbs, 9.5 hours

Seeds of Hope—Valentine's Day, in kind \$105, 15 hours.

GWCM—hats and gloves, in kind \$50

Food pantries—\$615, in kind \$800, 58 hours

Rainbow Baby Blanket—\$80 in kind, 145 hours

Jeanette's Closet—opening June 1st. Collection is at Central Baptist Church on Jackson St., Woodbury. Open Tues—9-11. Clothing only, no men's suits.

Bring any clothing donations to my house at 1206 Parkland Commons, WD and we will divide between Angels and Jeanette.

Fun in the Sun—Be Careful!

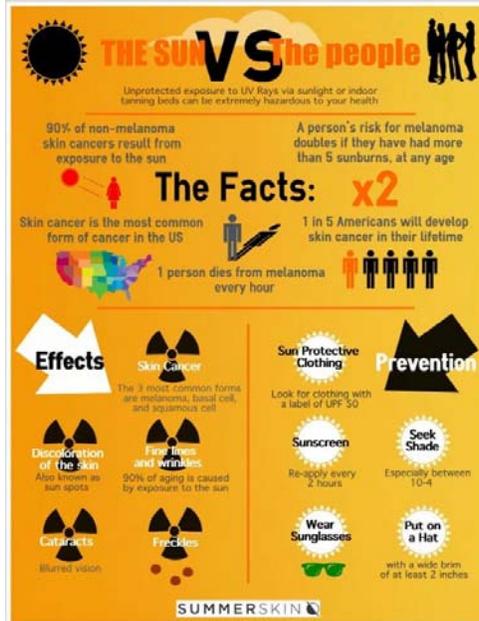
(from *The Cleveland Clinic and Cancer.net*)

Two types of rays are emitted from the sun. UVA rays sink deep into the skin and can cause unwanted dark spots, fine lines, uneven skin tone, and wrinkles. These rays can even pass through a window. Think of the A as meaning "Aging." UVB damages DNA and causes sunburns.

After a sunburn, under the microscope, cells and blood vessels look damaged. With repeated sun damage, the skin starts to look dry, wrinkled, discolored, and leathery. Although the skin looks thicker, it's actually weakened and will bruise more easily.

Avoiding harmful effects of the sun:

- Always wear sunscreen. Apply it every day even if it's cloudy. A recent survey showed that just 14% of American men and 30% of American women regularly put sunscreen on their faces and other exposed skin before going out. Make it a habit, like brushing your teeth.
- Apply approximately one ounce of sunscreen (enough to fill a shot glass) at least 15-30 minutes before going out-



side. That amount is needed to cover all exposed areas of skin. Smooth it on; don't rub into the skin. Also use a lip balm or lipstick that has a SPF (sun protection factor) of at least 30.

- Include coverage on ears, lips, face, and back of your hands (helps prevent dark spots).
- Choose a brand that protects against both UVA and UVB radiation. Make sure it's water resistant with a SPF of 30 or higher.
- **Reapply sunscreen every 2 hours, every hour if swimming or sweating.**
- Be extra careful around water and sand. These surfaces reflect the damaging rays of the sun.
- Keep babies 6 months and younger completely covered and in the shade. Sunscreen is safe for babies over 6 mo. The Academy of Pediatrics recommends applying a minimal amount of sunscreen with SPF 15 or greater to their face and back of hands. Recent research reported that if sunscreens were used regularly by children through the age of 18, there would be a 72% reduction in skin cancers later in life.
- Accessorize with a hat that covers your ears, face, and neck.
- Wear sunglasses with a 99-100% UV absorption.
- Be cautious if you're taking medications that might make you more

sensitive to the sun (antibiotics, anti-inflammatory, blood pressure meds, chemo).

- Some sunscreens have ingredients that may irritate or cause a reaction on the skin.
- Avoid the sun in the middle of the day when UV rays, which cause sunburn, are the strongest.
- **Check the expiration date!**

Skin Cancer

UV light from the sun is the number one cause of skin cancer, but UV light from tanning beds is just as harmful. Exposure to sunlight during the winter months puts you at the same risk as exposure during the summertime.

Cumulative sun exposure causes mainly basal cell and squamous cell skin cancer, while episodes of severe sunburns, usually before the age of 18, can cause melanoma later in life. UVA and UVB rays also affect the eyes and the skin around the eyes. Sun exposure may lead to cataracts, cancer of the eye or eyelids, and possibly macular degeneration.

The most common sign of skin cancer is a new lesion or a change in an existing mole. **Perform skin exams on family members!**

SJ Dream Center

So many people and organizations have been asking for help this past year. We have continued to help members of our community through donations to the South Jersey Dream Center.

Please help by bringing a donation, no matter how small, to the June meeting! Food donations—canned goods, non-perishable items, cleaning goods, personal items, masks. For frozen meats I can meet you Wednesday a.m. to pick up.

Thank you for your generosity to those who need our help!

—Cynthia and Peg S.

BASKET RAFFLE

Nancy Barna, Nancy D'Amico

Donate a Basket!

(Linda J.)

Now is the perfect time to start working on your raffle baskets for our major fundraiser event. Our goal is to "theme" and assemble forty baskets to raffle off in October. The baskets will be attractive and unique as we wrap them using boxes or containers included in your theme. For example, this picture shows Janice Morrison's Baking Basket. The bottom is actually an apron wrapped around a box to hold all the baking items. As you can see, we do not need to have a wicker basket in order to stage/assemble everything. We can use a hat box, large soup pot, baby bath tub, picnic basket, sewing basket, pail, colander, cutting board, small dog bed, ice bucket, cooler, etc. for your bottom piece. Choose items that coordinate with your theme, ones that can be placed in your container, or ones that can be stacked in a tower effect.

Peg Shirey and I, along with some help from Peggy Grady, will assemble, wrap, and place a bow on your basket donations this summer. ******A list of all the items and their worth (not your sale prices) should be provided to us when**



you drop off your basket items.****

I will store twenty baskets and Peg will store twenty at her home until October. We are happy to remove price tags or stickers from your new items.

******PLEASE..... no regifting, closet cleaning, or white elephants!****** All items should be new, sanitary, and fresh

with caps sealed or plastic bags unopened. (NOTE: There are no door prizes for this fundraiser.) If you find ribbon on sale and would like to donate some, please purchase 2-1/2 inch wide wire edge ribbon for bows.

This two-hour event will proceed quickly as we enjoy our guests, friends, and club members all with the menu provided by Adelpia restaurant. Our fundraiser will be a successful event if we all participate in soliciting donations from businesses, selling tickets, and completing our theme basket donations. We are asking for your completed basket by **August 31st**. Thanks, everyone, for helping with the largest club fundraiser of the year!

Business Donations

(Nancy B.)

Business solicitation letters for your use were sent out in May. Please start soliciting for basket prizes by printing out the letters as needed. Dorothy A. is keeping a list of baskets and a list of businesses solicited, so if you have any questions about these things, feel free to contact her.

ADVOCATES FOR CHILDREN

Robin Evans, Lisa Hunter

Ronald McDonald House

Robin and I have been extremely passionate and doing what we can for this organization. We were so happy to deliver some joy to the residents, knowing our donations and gifts were extremely appreciated.

Our pictures, right, are when we delivered the Mother's Day plants, plates, forks, and cups collection, 19 pillowcases (thank you, Debbie H.), and a huge load of soda tabs (thank you, Jeanette W.) 😊

We will continue collecting the items above (plates, etc.) and also would like to collect detergent pods and Windex. If you would like to donate, please bring your items to our next meeting. As always, we can pick them up if you prefer.

Thank you for your generosity this past year. The pandemic did not deter your hearts from giving and our department is especially grateful for all you did and continue to do ♡ Have a wonderful summer ladies! 😊



FEDERATION NEWS

Isabella Cooper

GFWC Participates Ceremony Opening of Turning Point Suffrage Memorial

After more than a decade of fundraising, the Turning Point Suffrage Memorial was finally dedicated and opened on May 6, 2021. On behalf of GFWC International President Marian St. Clair, GFWC President-elect Deb Stahanoski presented at the dedication ceremony along with leaders from the National League of Women Voters and the Women's Suffrage Centennial Commission. Following the dedication ceremony, Deb participated in the ribbon cutting ceremony for the Memorial.

Important Dates

- 6/8/21: World Oceans Day
- 6/17/21: Garden District Council 6:30 p.m. on zoom
- 6/20/21: World Refugee Day, international day designated by United Nations to honor refugees
- 6/30/21: Pure Food and Drug Act passed in 1966 with help from GFWC
- 7/1-31/21: National Cleft and Craniofacial Awareness Month
- 7/2/1964: President Lyndon Johnson signed the Civil Rights Act into law
- 7/7/1981: Sandra Day O'Connor became 1st woman sworn onto the U.S. Supreme Court
- 7/16/21: Deadline for NJSFWC Summer Conference registration (\$10 late fee)
- 8/1-3/21: NJSFWC Summer Conference
- 8/18/21: Summer Luncheon at Lobster Shanty, Point Pleasant Beach-currently a waiting list until more spaces open due to lifting of State Covid Restrictions
- 9/30-10/3/21: Middle Atlantic Region Annual Meeting and Conference
- 11/13/21: NJSFWC Day of Service to Benefit Covenant House

GFWC Int'l Diversity Pin



GFWC is now offering the International Diversity Pin for sale. The price is \$5.00. A few club members are interested in purchasing the pin. If you would like to

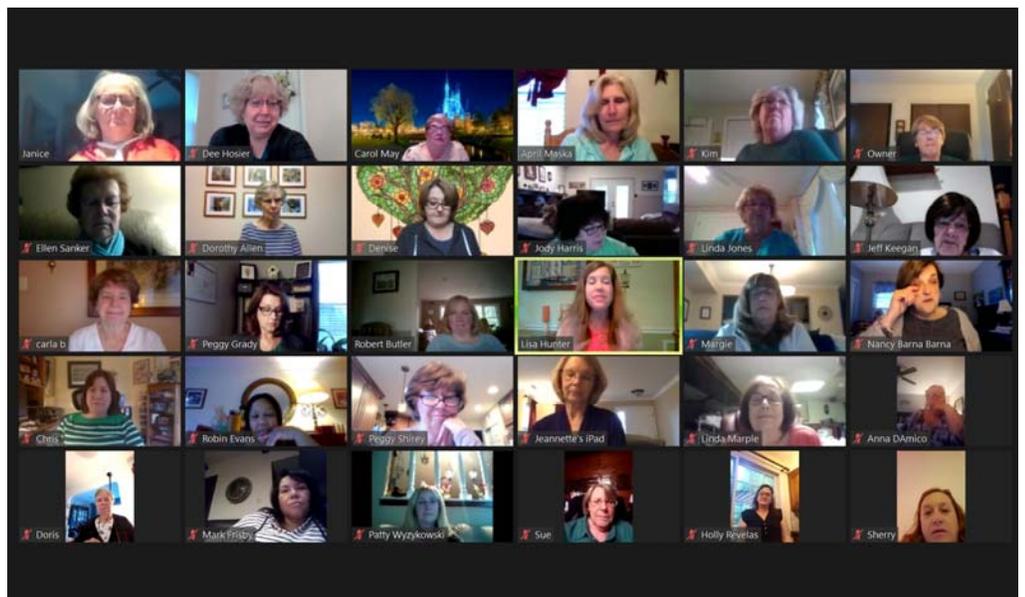
order one, contact Isabella Cooper. Be sure to make your check out to "GFWC Women's Club of West Deptford."

U.S. House Passes Bills in Honor of Mental Health Awareness Month

- H.R. 433: *Family Services for Addiction Act of 2021* would authorize the Secretary of Health and Human Services (HHS) to award grants to support family community organizations that develop, expand, and enhance evidence-informed services for families and family members living with substance use disorders or addiction.
- H.R. 1475: *Pursuing Equity in Mental Health Act* would authorize federal spending to address health disparities among underserved populations, including communities of color.
- H.R. 721: *Mental Health Services of Students Act of 2021* authorizes grants to fund school-based mental health services.
- HR. 2877: *Behavioral Intervention Guidelines Act of 2021* requires Substance Abuse and Mental Health Services Administration (SAMHSA) to develop best practices for schools to establish behavior intervention teams, professionally train-

ing them on how to intervene and avoid inappropriate use of mental health assessments and law enforcement.

- H.R. 1324: *Effective Suicide Screening and Assessment in Emergency Department Act of 2021* would create a grant program to improve the identification, assessment, and treatment of patients in emergency departments who are at risk for suicide.
- H.R. 1480: *HERO Act* would create a data system at the CDC to capture public safety officer suicide incidences and study successful interventions, authorize grants for peer support behavior health and wellness programs with fire department and emergency medical services.
- H.R. 2862 *Campaign to Prevent Suicide Act* would direct HHS, in coordination with CDC and SAMHSA, to carry out a national suicide prevention media campaign to advertise the new 9-8-8 number when it becomes effective, raise awareness for suicide prevention resources, and cultivate a more effective discourse on how to prevent suicide.
- H.R. 2955: *Suicide Prevention Act* establishes two grant programs to prevent self-harm and suicide.



MAY MEETING, hopefully our last one on Zoom!

DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

June is Gay Pride Month

Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan.

History of Pride Month

On a hot summer's night in New York on June 28, 1969, police raided the Stonewall Inn, a gay club in Greenwich Village, which resulted in bar patrons, staff, and neighborhood residents rioting onto Christopher Street outside. Among the many leaders of the riots was a black, trans, bisexual woman, Marsha P. Johnson — leading the movement to continue over six days with protests and clashes. The message was clear; protestors demanded the establishment of places where LGBTQ+ people could go and be open about their sexual orientation without fear of arrest.

Pride Month is largely credited as being started by bisexual activist, Brenda Howard. Known as, "The Mother of Pride," a year after the Stonewall Riots, Brenda organized Gay Pride Week and the Christopher Street Liberation Day Parade. This eventually morphed into what we now know as the New York City Pride March, and from where parades and marches across the world evolved. Gay Pride is a movement as much as it a celebration of individuality. Demonstrating pride in everyday life is a way of protesting the injustices, violence, and inequities many in the LGBTQ community faced in the past and present. Pride raises awareness for issues the LGBTQ community continues to encounter, advocates for equal rights, promotes self-affirmation and encourages society to actively prevent the discrimination and violence that still occurs.

There are many diverse ways to showcase LGBT pride. Gestures like sporting the gay pride flag, advocating for policy changes that positively impact the gay community, and supporting other LGBTQ individuals by embracing and accepting them for who they are in all contexts are all symbolic victories in the progress for global gay pride awareness. Many events throughout the year, like parades, festi-



vals and demonstrations, support LGBTQ causes, and one of the most prominent by far is National LGBTQ Pride Month.

Bill Clinton was the first U.S. President to officially recognize Pride Month in 1999 and 2000. Then, from 2009 to 2016, Barack Obama declared June LGBT Pride Month. In May 2019, Donald Trump recognized Pride Month with a tweet an-

nouncing his Administration had launched a global campaign to decriminalize homosexuality, although critics have noted that actions would speak louder than words. In 2015 the United States Supreme Court recognized the rights of same sex couples to marry.

Here is a short link about the history of Pride Month <https://www.youtube.com/watch?v=8KdCiqLfMIs>

And here is a link to a good reading list for anyone who wants to self educate <https://www.penguinrandomhouse.com/the-read-down/the-ultimate-book-list-for-pride-month>

The DV committee continues to collect cash donations in any amount or \$25 gift certificates to Shoprite, Target, or WaWa for the benefit of those served by SERV.



DEAR SECRET PAL

Dear Secret Pal,
Thank you for the "little things" as you put it on the card. It's time to refresh the mug collection and toss some of the older ones, so I can assure you the mug will get a lot of use. The bookmarks are very unique; I've never seen magnetic bookmarks, and I can't wait to open them. Yea for the hand sanitizer, you can never have enough! I keep one in ALL of my bags, totes, both cars...I don't care what anyone says about that! Thank you so much for thinking of me. Have a wonderful summer! —Jody

Dear Secret Pal,
Thanks so much for the pretty spring floral arrangement. Nice! You know I loved the chocolates, too. I was so happy to get the red socks, which I wore on Pentecost Sunday. —Carla



Dear Secret Pal,
Thank you for thinking of me and sending lovely cards, and also for the generous Barnes and Noble gift card for my birthday. I have already put it to good use! —Peggy G.

Happy Summer Secret Pal!
Thank you for the body lotion, citrus candle, pad and pen that was kindly delivered to my home. You are always thinking of the most amazing and thoughtful gifts to make my day. Enjoy the lazy days of Summer! —Warmly, April

Dear Secret Pal,
I truly was surprised to find a gift on my porch! I love candles, and those two scents smell amazing. The coral looking color goes perfectly with the colors in my family room. Thank you so much! —♥ Love, Lisa H.