

Tidbits

February 2022 — Vol. 27 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 8, 2022

6:30 p.m. St. Paul's, 74 Church St.

Masks are required but may be removed once you are seated.

Refreshments

Snacks/Desserts (pre-packaged or wrapped individually): Dorothy A., Sandy M., Ellen S. ; Beverage (small bottles of water): April, Cynthia

February Birthdays

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 household items for Angels Community Outreach
- ♥ Jeannette: 17" duffel bags for Family Promise
- ♥ Linda M. & Janice: Money for gift cards for SERV victims of domestic violence.
- ♥ 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

Happy February, Club Sisters! Another month is upon us, and we are as busy as ever. Lots of activities and projects still to do before the end of our club year. The best part is we get to do so many of these things together!

"Set Goals, Push Yourself, Move, Don't Quit, No Excuses, Be Awesome, You Got This!" —GFWC California Federation of Women's Clubs

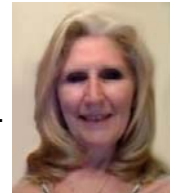
I am borrowing this quote from our Sister Clubs in California. They sent this to all of their club members, and I thought it was so inspiring. We do so much for our community and for those in need, and we continue to stay relevant and really do make a difference. So when you get tired just remember, I already know that all of you are awesome...and...We Got This! Together we can accomplish anything!

Our report forms were sent in on time and are being reviewed as you read this. Our Honor Roll and Order of the Lily recipients have been sent to Headquarters and the charms have been ordered. The announcement of our recipients will be at our April Meeting.

Three members of our club attended the Virtual Garden District Meeting and this President made sure to brag about all of you. See our Federation Secretary's Report on upcoming District and State Activities.

Thank you to all club sisters who donated clothing, gift cards or money to the West Deptford Fire Victim Families. The families have expressed their appreciation for everyone's generosity as they start to rebuild their lives.

Another thank you to Debbie H. and Lisa H. for donating food to the Rutgers Student Food Pantry. Jill M. and her husband Gil did the rounds in the Garden District and very kindly picked up our donations at my home.



Every year, our Club Parliamentarian and a committee go over our club bylaws and checks to make sure they are up to date and correspond with the State changes. Please make sure you review the bylaw changes recommended for this year as we will be voting on them at our February meeting.

For the rest of the club year, there will be many things that will need to be completed. Your Executive Board has been busy making up lists of things to get done. One of the items on the agenda is our Donations List. We would like to share a tentative list of organizations on our Donations List to have your vote on at our March meeting. If you have an organization you would like to have considered to add to our list, please send me an email. I will share all suggestions with the Board. I will send out last year's list before our February meeting for you to look over. We do not have the money we had before, but we did well with our basket raffle and internal fundraisers, so we have some money to donate. We will go over the suggestions and the list from last year and will share it with you at our March meeting. At that time, we will discuss the suggested organizations on this year's list and vote.

I will also be sending out the description of each of the Club Committees next

Continued on next page —>

President's Message, continued

month as well. You can read about what some of our committees do each month in Tidbits as well as hear their reports at our meetings. Each one of our committees is amazing in the work they do. When you receive the descriptions of each committee, see which committee you might be interested in working on. All of you have great ideas and would be an asset to any committee. □

The NJSFWC Convention will be held on April 24th to 26th. I know we already have some people who will be attending and many who will be going on the 26th. Let me know if you are interested in attending for the three days or just on the 26th. Please read our Federation Secretary's article on convention and I will share more about convention at our meeting.

Our Social Committee has many events planned and I am ready to attend several

in February. I read our Book Club selection and am looking forward to discussing it on February 2nd. Then there is dinner at Gia Nina's and crocheting. Busy month of February.

Our internal fundraisers are one of the main ways that we build our club treasury to help those in need within the community as well as fund our donation list. Make sure you get those hoagie orders in to Linda J. at our February meeting. Delicious hoagie packages and money in the treasury...Win/Win!

Finally, our thoughts and prayers are with our Club Sister Peg S. and her family during this difficult time. Her husband Ray was their Patriarch and I know he will be genuinely missed.

As of this writing, our February Club Meeting will be in person at St. Paul's Methodist Church for 6:30 pm. If that

changes, you will all receive an email; however we are going to really try to be in person. Also...Let's wear red and celebrate Valentine's Day!

Stay warm and safe as we travel the rest of the winter months. We want to see all of you at our next meeting!

Warmly,
April



- ◆ Elaine and Tony Rudolf want to wish a Happy 6th Birthday to our precious granddaughter Gaia. Wow that 6 years went so fast! Love you ♥

FIRST VICE PRESIDENT

Linda Jones

Hoagie Sale February 12

DID YOU KNOW? The year 1992 brought attention to the hoagie sandwich in our area! The dock workers in Philly were known for their workpail sandwiches brought on the job for their lunch break along the Delaware River.

Reminder

The order slips and payment for your hoagies should be dropped off to Sue Nelson or Linda Jones by the evening of February 8th. Please contact Sue or Linda to leave your orders at their home, mailbox, or doorstep. Another option is to mail your orders to us within the next week. Carla and Sharon will transport the hoagies from the Red Eagle produce company with Linda, and Sue has her committee ready to assemble/bag the lunch packages at the WD Library on Saturday morning, February 12th. We are anticipating another successful fundraiser due to the efforts of our club members.

Thank you!!

Hoagie Sandwich:



Hoagies are

built-to-order sandwiches filled with meat and cheese, as well as lettuce, tomatoes, and onions, topped off with a dash of oregano-vinegar dressing on an Italian roll. A true Italian Hoagie is made with Italian ham, prosciutto, salami, and provolone cheese, and all the works. It was declared the "Official Sandwich of Philadelphia" in 1992.

The Hoagie was originally created in Philadelphia. There are a number of different stories as to how the Hoagie got its name, but no matter what version is right (historians cannot seem to agree on which is the correct version), all agree that it started in Philadelphia or the it's suburbs.

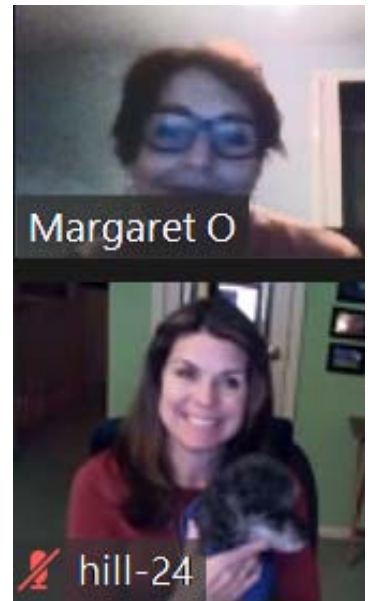
2ND VP/MEMBERSHIP

Cynthia Holmes-Butler

New Members!

We hope to meet in person for February's monthly club meeting and install two wonderful new members: Tracey Hill and Margaret O'Donnell.

Please welcome these ladies to our club.



SPECIAL STATE PROJECT

Jeannette Wood & Cheryl Fairchild

Operation Chillout: Homeless Veterans Outreach

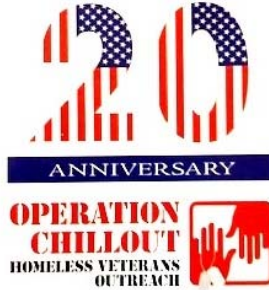
A Challenge to You!

Count how many coats in your closets and donate \$1.00 per coat to benefit homeless veterans. Send your check to Jody Harris, our treasurer. We are all so blessed and warm this winter unlike these homeless veterans.

A special thank you to those club members who have already donated. This special project will continue until the end of March.

At the NJSFWC Annual Convention in April a new Special State Project will be announced.

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



SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

A Comedy Night!

Family Promise of Southwest New Jersey is having a fundraiser event on Saturday, March 26, 2022.

The comedians featured are Joey Callahan, Tracey Locke, Bob Marshall, and Dave Evans.

Saturday, March 26, 2022

Doors Open 7:00 pm

Show starts 8:00 pm

Tickets are \$50.00 per person and includes a light buffet. BYOB

It is being held at:
Church of the Incarnation
240 Main Street
Mantua, NJ 08051

Purchase tickets online:
www.familypromiseswnj.org

If you are interested in going or getting a group together for this fun night out, I can get a table for our club.

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

CIVIC ENGAGEMENT & OUTREACH

Carol M.

Fighting Gun Violence

As we know a lot of violent crimes are related to guns. Every year approximately 1005 children needlessly die from gun violence. More than 3500 children have been wounded because of firearms injuries since 2010 as well as 42000 firearm deaths in adults. Look at school deaths (Columbine, Sandy Hook, Parkland, and Virginia Tech). Drive by shootings, shootings at malls, grocery stores.

What is the reason? No one can truthfully answer this question. Is it greed, mental illness, or just something to do? The 2nd amendment states people have a right to protect themselves (which is their right). Recently there has been plenty of gun violence in America especially involving military grade weapons. The death rate

from gun violence in ten times higher than any other developed nations in the world. Congress has not come up with a solution for these issues.

In order to prevent the gun violence in America and to reduce the death rates, laws should establish restrictions on background checks and gun ownerships. Shannon Watts is a mother of five children who started the organization Moms Against Gun Violence in America.

She started this organization following the mass shooting at Sandy Hook elementary school. It is now a nationwide organization. Let us all try to protect everyone from the rise in gun violence in a positive manner. Let's have common sense laws and policies that will make our country safer for everyone.



RAINBOW BABY BLANKETS for Virtua Hospital's program. Shown are Denise P. and Karen D. with lovely handmade rainbow blankets. These are given to mothers of "Rainbow Babies," born to a mom who has previously lost a baby.

Comedy Night
To Benefit Family Promise of Southwest New Jersey

JOEY CALLAHAN
TRACEY LOCKE
BOB MARSDALE
DAVE EVANS

Sat. March 26, 2022 | DOORS OPEN: 7pm
START SHOW: 8pm

Purchase tickets online: www.familypromiseswnj.org

Church of the Incarnation
240 Main Street
Mantua, NJ 08051

Tickets: \$50 pp includes light buffet
BYOB
Basket Auction 6:50/50

HEALTH AND WELLNESS

Chris Taylor, Linda Marple, Kim VanZoeren-Czoch, Carol Dechen

Stress May Be Your Heart's Worst Enemy

(Written by Jane E. Brody in the NYT Jan 3, 2022; This article was chosen considering the stress the pandemic has caused.)

Psychological stress activates the fear center in the brain, setting into motion a cascade of reactions that can lead to heart attacks and strokes.

You're probably familiar with these major risk factors for heart disease: high blood pressure, high cholesterol, smoking, diabetes, obesity and physical inactivity. And chances are your doctor has checked you more than once for these risks and, I would hope, offered advice or treatment to help ward off a heart attack or stroke.

But has your doctor also asked about the level of stress in your life? Chronic psychological stress, recent studies indicate, may be as important — and possibly more important — to the health of your heart than the traditional cardiac risk factors. In fact, in people with less-than-healthy hearts, mental stress trumps physical stress as a potential precipitant of fatal and nonfatal heart attacks and other cardiovascular events, according to the latest report.

The [new study, published in November in JAMA](#), assessed the fates of 918 patients known to have underlying, but stable, heart disease to see how their bodies reacted to physical and mental stress. The participants underwent standardized physical and mental stress tests to see if their hearts developed myocardial ischemia — a significantly reduced blood flow to the muscles of the heart, which can be a trigger for cardiovascular events — during either or both forms of stress. Then the researchers followed them for four to nine years.

Among the study participants who experienced ischemia during one or both tests, this adverse reaction to mental stress took a significantly greater toll on the hearts and lives of the patients than did physical stress. They were more likely to suffer a nonfatal heart attack or die of cardiovascular disease in the years that followed.

I wish I had known that in 1982, when my father had a heart attack that nearly killed him. Upon leaving the hospital, he was warned about overdoing physical stresses, like not lifting anything heavier than 30 pounds. But he was never cautioned about undue emotional stress or the risks of overreacting to frustrating circumstances, like when the driver ahead of him drove too slowly in a no-passing zone.

The new findings underscore the results of an earlier study that evaluated the relationship between risk factors and heart disease in 24,767 patients from 52 countries. It found that



patients who experienced a high level of psychological stress during the year before they entered the study were more than twice as likely to suffer a heart attack during an average follow-up of five years, even when traditional risk factors were taken into account.

The [study, known as Interheart](#), showed that **psychological stress is an independent risk factor for heart attacks**, similar in heart-damaging effects to the more commonly measured cardiovascular risks, explained Dr. Michael T. Osborne, a cardiologist at Massachusetts General Hospital.

But what about the effects of stress on people whose hearts are still healthy? Psychological stress comes in many forms. It can occur acutely, caused by incidents like the loss of a job, the death of a loved one, or the destruction of one's home in a natural disaster. A [recent study in Scandinavia](#) found that in the week following a child's death, the parents' risk of a heart attack was more than three times the expected rate. Emotional stress can also be chronic, resulting, for example, from ongoing economic insecurity, living in a high-crime area or experiencing unrelenting depression or anxiety. Bereaved parents in the Scandinavian study continued to experience an elevated cardiac risk years later.

How stress damages the heart

Dr. Osborne participated with a team of experts led by Dr. Ahmed Tawakol, also at Massachusetts General, in an analysis of how the body reacts to psychological stress. He said the accumulated evidence of how the brain and body respond to chronic psychological stress strongly suggested that modern medicine has been neglecting a critically important hazard to [heart health](#).

It all starts in the brain's fear center, the amygdala, which reacts to stress by activating the so-called fight-or-flight response, triggering the release of hormones that over time can increase levels of body fat, blood pressure and insulin resistance. Furthermore, [as the team explained](#), the cascade of reactions to stress causes inflammation in the arteries, fosters blood clotting and impairs the function of blood vessels, all of

which promote atherosclerosis, the arterial disease that underlies most heart attacks and strokes.

Dr. Tawakol's team explained that advanced neuroimaging made it possible to directly measure the impact of stress on various body tissues, including the brain. A [prior study of 293 people](#) initially free of cardiovascular disease who underwent full-body scans that included brain activity had a telling result. Five years later, individuals found to have high activity in the amygdala were shown to have higher levels of inflammation and atherosclerosis.

Translation: Those with an elevated level of emotional stress developed biological evidence of cardiovascular disease. In contrast, Dr. Osborne said, "people who are not tightly wired" are less likely to experience the ill heart effects of stress.

The researchers are now investigating the impact of a stress-reducing program called SMART-3RP (it stands for Stress Management and Resiliency Training-Relaxation Response Resiliency Program) on the brain as well as biological factors that promote atherosclerosis. The program is designed to help people reduce stress and build resilience through mind-body techniques like mindfulness-based meditation, yoga and tai chi. Such measures activate the parasympathetic nervous system, which calms the brain and body.

Defusing stress and its effects

Even without a formal program, Dr. Osborne said individuals could minimize their body's heart-damaging reactions to stress. One of the best ways is through habitual physical exercise, which can help to tamp down stress and the body-wide inflammation it can cause.

Given that poor sleep increases stress and promotes arterial inflammation, developing good sleep habits can also reduce the risk of cardiovascular damage. Adopt a consistent pattern of bedtime and awakening, and avoid exposure at bedtime to screens that emit blue light, like smartphones and computers, or use blue-light filters for such devices.

Practice relaxing measures like mindfulness meditation, calming techniques that slow breathing, yoga and tai chi.

Several common medications can also help, Dr. Osborne said. Statins not only reduce cholesterol, they also counter arterial inflammation, resulting in a greater cardiovascular benefit than from their cholesterol-lowering effects alone. Antidepressants, including the anesthetic ketamine, may also help to minimize excessive amygdala activity and ease stress in people with depression."

SOCIALLY SPEAKING

Jody Harris, Holly Revelas

We have a busy February planned with several events. Please be sure to keep up with the RSVP dates so you don't miss something that you were really looking forward to participating in and please be sure to check out our finalized luncheon event for Cinco de Mayo.

WEDNESDAY, FEB. 2 @ 7:00 p.m. ZOOM Book Club Mtg.

We are discussing *Magic Hour* by Kirstin Hannah (391 pgs)

"In the rugged Pacific Northwest lies the Olympic National Forest—nearly a million acres of impenetrable darkness and impossible beauty. From deep within this old growth forest, a six-year-old girl appears. Speechless and alone, she offers no clue as to her identity, no hint of her past.

Having retreated to her western Washington hometown after a scandal left her career in ruins, child psychiatrist Dr. Julia Cates is determined to free the extraordinary little girl she calls Alice from a prison of unimaginable fear and isolation. To reach her, Julia much discover the truth about Alice's past—although doing so requires help from Julia's estranged sister, a local police officer. The shocking facts of Alice's life test the limits of Julia's faith and strength, even as she struggles to make a home for Alice—and for herself."

If you are interested in joining us, please let me know. If you have any suggestions for our next book club in April, please feel free to send them to me. I currently have 12 people signed up to join me. If you are interested, there is still time to participate.

THURSDAY, FEB. 10 @ 6:00 p.m. Valentine's Dinner at Gia Nina

312 S. Evergreen Ave. Woodbury – THIS EVENT IS CLOSED (RSVP date was 1/27)

Each attendee is responsible for purchasing their own dinner. We will choose our selection from the menu. I need to let them know by the end of Jan (1/27/22) our exact count. As of this writing 20 people signed up for dinner. As it gets closer and I have a finalized list, I will let everyone who is going know who all is going so that carpooling can be arranged if so desired. Parking is limited.

SATURDAY, FEB. 19 @ 1:00 Broadway Theatre in Pitman/Lunch to follow

Children's Theatre presentation of The Jungle Book and lunch in Pitman.

This was a POP-UP EVENT that was put out to the group on Jan. 23 – THIS EVENT IS CLOSED (RSVP date was 1/26).

THURSDAY, FEB. 24 @ 7:00 Crochet Night led by Joann Keefe

St. Paul's Church – Basement (Mask required until you are seated.)

Joann has suggested getting variegated acrylic yarn – minimum of two 1-pound skeins. Caron, Red Heart or Lion Brand are a few that sell the one pound skeins. Depending on the weight of yarn will dictate the size hook. This is shown on the wrapper on the skein. We will be making granny square blankets and Joann has instructions that she will share that evening. If you are interested in learning to crochet, you are welcome to join Joann and the 17 members who are signed up. Please let Joann or I know you are coming so we can add you to the list. This event is still open.

THURSDAY, MARCH 10 @ 6:00 p.m. Your social committee has chosen to return to Fahrenheit Ceramic Studio (RSVP by 2/15) 8 South Broadway. Pitman

If you are not familiar with this event, you select a piece of ceramics of your choice to work on, and add a \$4.00 studio fee which includes the painting and firing of your piece. Each attendee is responsible to pay for their choice of ceramics as well as the \$4.00 fee. You can bring in snacks and beverages. This was a lot of fun when we went in the fall and was requested by several of the club members. Thursdays are half-price studio fees from 6-10 p.m. for customers 21 and up. Their normal fee is \$8.00 per person. The items will be ready to be picked up the following week. Last time, I picked up everyone's items and am anticipating doing the same this time so that we don't all have to go back down. As an aside, there is a FABULOUS cookie place across the street called CRAVE if you chose to pick up a treat for yourself! As of this time, Holly and I have 11 people who are interested in going. This event is still open if you would like to attend. I need to give them a final count by Feb. 16

WEDNESDAY, APRIL 6 @ 7:00 p.m. ZOOM Book Club Mtg.

This book has not been determined as of yet. All are welcome to attend.

SATURDAY, APRIL 30 @ 11:30 a.m. Jane's Tea House 602 Station Ave, Haddon Heights (RSVP by 4/8)

We are doing this as a Mother's Day "Afternoon Tea." Upon arrival you will be asked to select a scone of

your choice. They have both sweet and savory for you to choose from. You will also be asked to select a tea of your choice. Then you will be given four "Tea Sandwiches" to sample, as well as five bite size desserts. Please feel free to check them out online. You will be able to see the menu as well as both the tea and scone selections. I went with my husband and it was a lot of fun. This is one of our more expensive events as the cost is \$32.95 (age 60+) or \$34.95 (55-65). This is before tax/gratuity. This event is 90 minutes, and you eat the entire time. As of now, I have 10 people signed up for this event. If anyone else is interested in attending, please let me know. I have to give them a final count no later than April 8th. As it gets closer, I will let those who are going know so that carpooling arrangements can be made if desired.

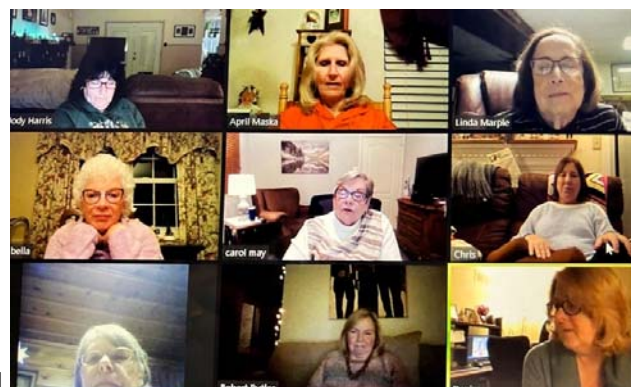
THURSDAY, MAY 5 (Cinco de Mayo) @ 12:00- Noon COCO'S COCINA TEX-MEX 32 S. Broadway – Pitman (RSVP by 4/15)

Each attendee is responsible for purchasing their own lunch. We will choose our selection from the menu. I need to let them know by April 15 our exact count. As it gets closer and I have a finalized list, I will let everyone who is going know who all is going so that carpooling can be arranged if so desired. Parking is limited.

Please be sure to check your e-mail often as we hope to have other "Pop-Up" events.

Holly R. and I are working to schedule other events for May and June, and as they become finalized information will be forthcoming.

If you have a talent/hobby that you would like to share with the group, please let Holly or I know. We would be honored to incorporate the talents from our club sisters into a social event that we can all learn and enjoy.



DECEMBER BOOK CLUB

ARTS & CULTURE

Linda Jones & Peggy Grady

Achievement Day Is Coming!

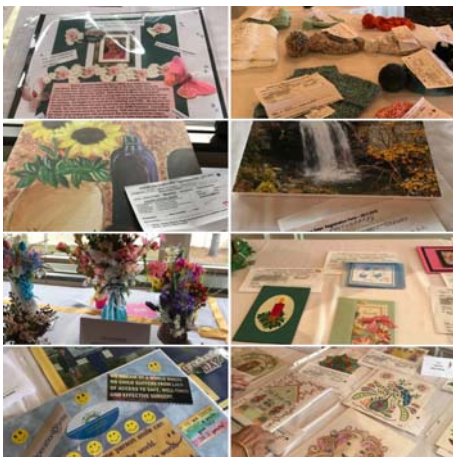
The Garden District Spring Conference and Achievement Day will be held on April 14, 2022, at the Pennsauken Country Club. Arts Creative and Culture and Environment Contests will be held with a luncheon and judging of the artistic entries from each club. Mark the date on your calendar as we usually enjoy the day carpooling together as a group. You do not have to have an entry in order to attend. This is a chance to shine as you enter your projects under various categories.

A variety of categories include the following: Painting/Drawing, Needlework, Crafts/Graphics, Baking/Candy, and Photography, just to name a few. We will pass on more information and details as to information sheets and registrations that will be due in late March, as soon as they are sent to each club.

A few of the rules include:

- Entries must be the work of the clubwoman.
- Entry must have been completed within the past year.
- Only **one** entry per clubwoman in each category/sub-category.
- Every entry must have a registration form.
- Where given, all measurements must be adhered to in dimension.

This event is fun to attend, participate in, and enter a project or two of creative artwork. Below are samples of some of the categories and entries from past Achievement Days. Let's begin to think about what we have created and consider what we would like to enter in the Spring Conference in April!!



COMMUNITY IMPACT PROGRAM

Linda Jones

The CIP Report Form has been completed and sent to the state chairman. The Community Impact project that our club participated in began in 2020 and ended in December, 2021. This special program was designed to give clubs various ways of developing and implementing projects to meet the needs of their community in the progression of two years. We have submitted a two page cover sheet with our target issue, description, and benefits of our projects.

Our **ADOPT A SCHOOL** title consisted of three areas to promote growth in reading for young learners: **Needs, Literacy, and Educational Support**. A six page report and picture pages were submitted in this contest. Our belief is that we were successful in using a variety of hands-on, action-oriented, and especially virtual media to accomplish our goals and

desires to promote our love of reading while helping the elementary children in our community.

Some of the highlights, going back two years, were donating supplies to the Oakview, Red Bank, and Greenfields School nurses; assisting classroom teachers physically and virtually; and donating books to every classroom in these schools. Our read aloud videos and 150th Anniversary booklets were seen on Twitter, Facebook, school web pages, and made our club visible to our community and beyond.

A big thank you is proudly sent out to all of our club ladies who helped to achieve our goals and target the issue of literacy in our elementary schools. We appreciated all your help!

SPECIAL CLUB PROJECT: SJ DREAM CENTER

Cynthia Holmes-Butler

****Please bring a food donation to our February in-person meeting! No donation is too small. Thanks!**

In January Cynthia H-B. and Vicki C. helped out at the Dream Center with several other volunteers. They had a fun afternoon catching up and stuffing newsletters in 1300 envelopes, putting stamps and labels on and sealing them.

Thanks to Karen H. for taking items to the Dream Center in January!



FEDERATION NEWS

Isabella Cooper

Garden District January Council Meeting

On January 20, our Garden District Council meeting was held via Zoom. Forty-two women attended representing 18 clubs. April, Denise H., Margie, and Isabella attended from our club. Club presidents updated attendees about their activities and volunteerism and District chairpersons reported details about upcoming Garden District events and the NJSFW Convention (See calendar dates below.) State President Jan Hansen will serve on the GFWC Board of Directors serving the Middle Atlantic Region for 2022-2024.

NJSFWC 128th Convention

The NJSFWC Annual Convention "Celebrate Extraordinary Women" will be held at the Tropicana Casino and Resort Atlantic City beginning on Sunday, April 24, 2022, and concluding on Tuesday morning, April 26, 2022. The closing session on Tuesday will include the In Memoriam, Honor Roll and Order of the Lily Ceremony.

All the meetings and guest rooms will be in the North Tower this year which is

conveniently located near the Registration Desk. Valet parking will be available. NJSFWC requests that you use the following information when booking a Convention Hotel Room. All room reservations are to be made directly with the Tropicana Atlantic City before March 24, 2022, by calling 1-888-516-2215 (8:00 a.m.-2:00 a.m. EST, 7 days a week). The Group Name: NJSFWC 2022 and the Group Code: ST04WC2. Single or double occupancy is \$83.67 per night. These rates include the Atlantic City room tax of 14% and the \$10.00 Tourism Promotion/occupancy/resort fee.

Dates to Remember

2/1-2/28: National Children's Dental Health Month

2/1-2/28: Teen Dating Violence and Prevention Month

3/25/22: Garden District Performing Arts Day at Salem Community College, 460 Hollywood Ave., Carneys Point

3/29/22: Garden District Civic Engagement Day

4/16/22: Spring Conference and Achievement Day at Pennsauken Country Club

4/24—4/26: NJSFWC 128th Annual Convention

Stuffed Animals for Ambulances



Hi everyone,
As part of Health and Wellness, I reached out to the head of the Gloucester County EMS to see if they needed any stuffed animals to be given to children that are in need of an ambulance. His reply was that they carry them on every ambulance (there are 35 of them!) and would appreciate it very much if we donated them. So I will be collecting small stuffed animals for the next few months. You can bring them to the meeting or drop them off at my house (along with clothes and medicines). Remember to check your meds for expired or unused ones. Put the pills in a plastic or paper bag and throw away the bottle. Thanks!

—Chris T.

DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

Peaceful Tomorrows

Centers for Family Services offers many programs for survivors of domestic violence. **Peaceful Tomorrows** is just one of them. You may recall a member of Peaceful Tomorrows spoke with the group last October along with someone from Services Empowering the Rights of Victims (SERV).

As part of a 360° approach in helping families manage trauma, Peaceful Tomorrows Services provides counseling and therapeutic services for children and families who experienced violence, including domestic violence, family violence, or dating violence. Peaceful Tomorrows provides a safe environment where children and their non-offending parents can heal from the effects of trauma. Services are designed to bring families together and build supportive networks.



Throughout a period of 12-15 individual and joint parent-child sessions, Peaceful Tomorrows staff provide a safe and supportive environment to express emotions and explore nonviolent ways of managing anger. Counselors employ proven therapeutic methods to help participants feel empowered to make choices, improve their own confidence and self-esteem, and heal from the trauma of domestic violence.

Peaceful Tomorrows goals include:

- Reduce trauma reactions
- Decrease feelings of stress
- Improve parenting practices
- Develop skills to cope with the impact of violence
- Increase positive communication between youth and their parent
- Re-establish a positive connectedness to the adult world

If you or anyone you know in Gloucester, Camden or Cumberland Counties is experiencing domestic violence (financial, physical, psychological) have them contact SERV and counselors will help them get the support they need. All contact is confidential.

Phone: 866-295-7378. Or go online for a confidential chat <https://www.centerffs.org/serv>.

BYLAWS AMENDMENTS

Denise Hosier, Carla Branyan, Cheryl Fairchild

The following proposed changes to the bylaws will be voted on at the February meeting.

Article IV Section 5

¶7. The Treasurer(s) shall keep an itemized account of all receipts and disbursements, disburse funds as directed by the club and complete all tax forms as necessary. She/they shall prepare a proposed budget to be voted on at the ~~April~~ **May** meeting. The Treasurer(s) shall assist the **Financial Review** committee in their review. ~~The Treasurer(s) shall be responsible for ways and means.~~

RATIONALE: Budget presented in May so that the official number of members, reported May 1 to the NJSFWC, is known. Name given to the review committee to clarify. (The name Audit Committee is not permitted because members aren't auditors.) Ways and means eliminated to conform to current practice.

¶9. An annual review of the Treasurers' books shall be conducted by a **Financial Review** committee of three members (which may include not more than one executive board member) appointed by the President at the June meeting. The results of the review shall be presented to the membership at the September meeting. The fiscal year shall be from July 1 to June 30 year inclusive.

RATIONALE: To clarify.

Article IV Section 6

No officer shall serve more than two consecutive terms ~~or four consecutive years~~ in the same office, ~~except for the Federation Secretary, who has no limitation on consecutive terms or years.~~ **Partial terms of 1/2 term or less shall not count toward term limits.** In exceptional circumstances, any officer may serve a third term ~~(total of six years)~~ upon a vote of two-thirds of the club membership.

RATIONALE: To specify procedure when partial terms are served through appointments or because of resignations. Also to eliminate special treatment for the Federation Secretary, no longer necessary.

Article V: Meetings, Section 1

The meetings of the club shall be held on

the second Tuesday of each month from September through June unless otherwise voted by the Executive Board. In the case of extreme inclement weather, the President may make the decision to postpone or cancel a meeting **or hold the meeting electronically.** All members shall be notified of such a decision.

RATIONALE: To conform to current practice.

Article V: Meetings, Section 3

The annual meeting shall be the April meeting. Election of officers ~~and approval of the budget~~ shall take place at the annual meeting.

RATIONALE: To conform to change in Article IV Section 5.

Article VIII: Community Service Programs, Section 2

CSPs shall function individually as the members interested may desire. All projects undertaken by a CSP **shall be approved by the Executive Board,** and expenses incurred shall be approved by the membership.

RATIONALE: To conform to current practice.

DEAR SECRET PAL

Dear Secret Pal,

Thank you for the blanket, pillow and the candle. They are all currently in my family room. The blanket is super soft! It's on the couch. The candle is on the mantle. I love candles so I can't wait to light it up, as soon as the current one burning is completed. Thanks again and stay warm in this awfully cold January. —Jody

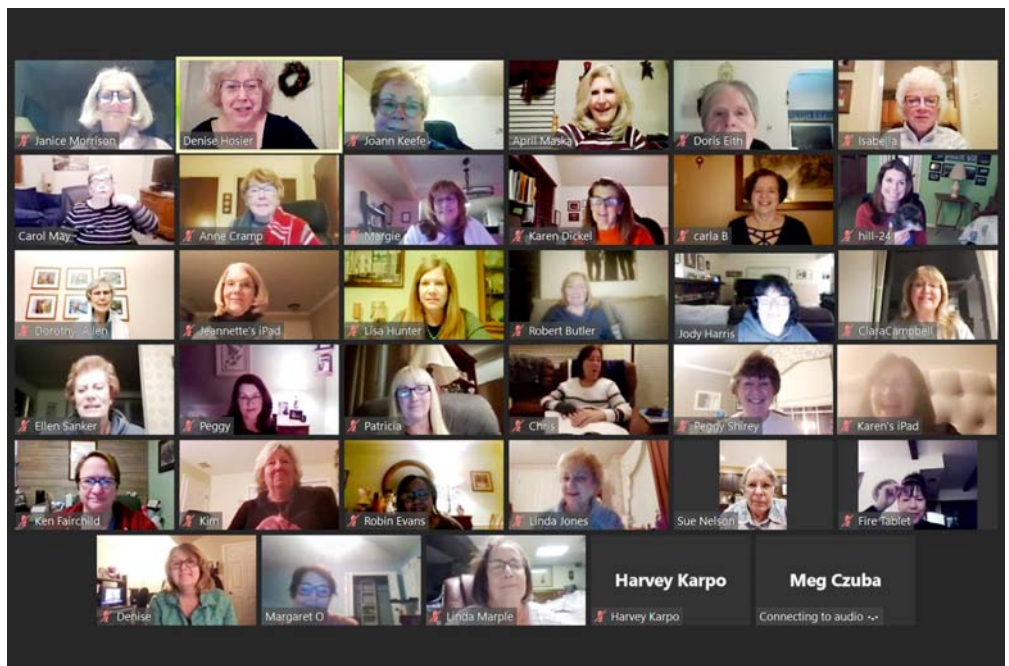
Dear Secret Pal,

Wow! What wonderful surprises I received from you when opening all my gifts! Thank you so much for being so thoughtful. I love it all! ♥ —Love, Lisa

ADVOCATES FOR CHILDREN

Robin Evans, Lisa Hunter

We are still collecting for the Ronald McDonald House: cleaning products, tide pods, napkins etc. We are thinking of doing something for Easter; more information to follow.



JANUARY MEETING took place on Zoom. Unless you hear otherwise, the February meeting will be at St. Paul's. Masks are required until you take your seat.