

# Tidbits

May 2022 — Vol. 27 Issue 9



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

## NEXT MEETING

**Tuesday, May 10, 2022**

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

Enter back ramp door. **Wear RED!**

## Refreshments

**Snacks/Desserts** (pre-packaged or wrapped individually): Carol F., Jody H., Kathy N. **Beverage** (small bottles of water): Joan B., Clara C.

## May Birthdays

- |             |                 |
|-------------|-----------------|
| 6—Doris E.  | 15—Carol M.     |
| 6—Peggy G.  | 16—Jeannette W. |
| 9—Patti P.  | 24—Denise H.    |
| 11—Vicki C. |                 |

## 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; dry cat food for the local feral cat program.
- ♥ Joan: Feminine Hygiene products and coupons for feminine hygiene products for Greater Woodbury Cooperative Ministries.

### 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

May is here and with this month comes the promise of rebirth, warmth, and a burst of vibrant colors as the world reawakens after the long, cool months. I want to wish all of our Club Sisters a very **Happy Mother's Day**. Whether you are a mom, stepmom, grandmom, aunt, sister, godmother, fur mom or special friend... all of you deserve a special day reserved to honor how incredible you really are.



As you read these words, know that each one applies to each of you and the difference you make in the lives of so many. Never minimize your worth...you are priceless.

As I write this, I am basking in the wonderful company and delicious food that was had at **Jane's Tea House** today (4/30). The Social Committee hit this one out of the park today. What a wonderful way to celebrate Mother's Day and the beginning of May! These energetic ladies work so hard to come up with some amazing activities for us to get together and get to know one another. Thank you Jody H., Holly R. & Margie M.!!! The next event is Coco's Cocina Tex-Mex for Cinco De Mayo day on Thursday, May 5. Look for more information in this Tidbits.

Thank you from the incoming **2022/2024 Executive** Board of the Woman's Club of West Deptford for voting us in as your officers. These ladies are absolutely amazing and really care about

our club. I know we are going to have another wonderful two years.

The **Installation Dinner** will be held on June 14th at Hollywood Diner starting at 5:45 pm. We have a very full night that night as we will be giving out the awards from the Arts Creative and Reports as well as our installation. Please make sure that you bring your \$30 to our May meeting to give to Peg S. so that we can hold your seat. A special recognition goes out to Cynthia H-B. and Jody H. for working so hard on finding an affordable venue and for the hard work that goes into the installation.

Also, for our new members and anyone else who wishes to come, the **Club Orientation** will take place on Tuesday, May 17th. Cynthia H-B. has put together an amazing night with guest speaker Garden District VP Marie DiMatties, who will speak about today's GFWC and the Garden District, as well as others who will speak about the club history, committees, activities and more. You won't want to miss it. As we continue to get new members each year, this will become a yearly event.

It was wonderful to join 12 of our club members at the **NJSFWC Convention** down in Atlantic City. Our own Denise H. took care of all computer slides and presentations for the speakers and State Board all weekend. She did an outstanding job and does not get the credit she definitely deserves. A special thank you to Carol F. who read the summaries of all of our Honor Roll recipients. Again, congratulations to Order of the Lily recipient Debbie H. and to Honor Roll recipients Sandy M., Dorothy A. and Isabella C. I am humbled to be included with such an impressive slate of honorees.

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## President's Message, continued

There is still time to **sign up for a committee** if you did not already do so. If there is an interest in a special committee, please let me know. For our newer members, the sign up sheet for the committees will be available at Orientation should you decide to sign up after the presentation.

A sign up sheet will be available at our May meeting for the Gloucester County Parks and Rec Department for their **Summer Kick Off Event** at the James G. Atkinson Park on June 11th. This event runs from 11:00 to 5:00. We really only need 6 ladies total for the day. 2 ladies for every two hours. The hours will be 11 to 1, 1 to 3 and 3 to 5. If you have some time and can man our table for two hours, that will be awesome.

I want to recognize all of you for your generosity to the **people of Ukraine**. When Cynthia H-B. shared the final total of donations, I was just blown away. Not only do we make a difference in our own community, but we have also made a difference halfway around the world. Thank you so very much!

Another event coming up is the **June Garden District Meeting**. We will be hosting this meeting on June 9th. This is an evening meeting and it will be held at St. Paul's Methodist Church. We are responsible for the building, paper products and liquid refreshments. Other clubs will be bringing the foods.

Please remember that we will have a **speaker at our May meeting**. Mrs. Sheryl Ratcliffe will be speaking about

Nutrition and Chronic Disease, Nutrition and Society, and ways to incorporate plant-based nutrition in our lifestyles. Look for more information in this month's Tidbits.

**Also, let's all wear red at our next meeting in recognition of Stroke Awareness month.**

This is our last regular meeting at the church this year as our last official meeting will be our installation of officers and dinner.

Another club year is almost over but our activities continue to fill our calendars. I look forward to working with you as we keep adding to our schedules and making a difference all around us.

Happy Mother's Day!

*April*

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## INSTALLATION DINNER

Jody, Cynthia, Dorothy, Agnes, Holly R.

We would like to thank everyone who gave suggestions and feedback on where to hold the Installation Dinner. We investigated a number of venues and then selected the ones we felt were best suited to our needs and presented them to you. By an overwhelming majority, the group at large chose: **Hollywood Café**.

If that was not your personal first choice, we hope that you would consider attending the dinner that will install those people that you vote in as your Board Members for the upcoming two years, and wish them well. We as a committee worked very hard to provide a nice venue with a moderate priced meal (selection of three choices) for all to enjoy.

The Installation Dinner will be held: **Tuesday, June 14, 2022 @ 5:45 p.m. Hollywood Cafe & Sports Bar**  
940 Mantua Pike (Rt. 45)  
Woodbury Heights, NJ 08097  
1-856-251-0011

### Your dinner selections will include:

- Soup OR Salad
- Rolls/Butter
- Two Vegetables or Pasta - depending on your dinner entree
- House Dessert: Rice pudding, Ice Cream or Jello
- Beverages: Coffee, tea, soft drinks
- Alcoholic Beverages may be purchased individually

### Choice of Entrees

- London Broil
- Grilled Salmon
- Chicken Parmigiana (complete) served with linguini

The evening's dinner is \$30.00 per person. Please give your check made out to WCWD to Peg S. **NO LATER THAN THE MAY MEETING.**

If you could please RSVP to Jody with your dinner choice no later than the May meeting, that would be greatly appreciated.



- ♦ Linda & Bill J. are attending banquets with WD senior grandson Jake Cobb for Scholar/Athlete Awards. Jake is a Colonial Conference winner and was chosen by the Conference Coaches and Athletic Directors to go on to represent this conference as the Liberty Division Top Scholar Athlete. He received a beautiful plaque. Our next is the South Jersey Awards Scholar/Athlete banquet. Good luck, Jake!

- ♦ Cynthia's granddaughter Lila Doyle signed with University of Hartford to play soccer in the fall. Lila will be in the Honors Biology Program and wants to be a Marine Biologist.



## FIRST VICE PRESIDENT

Linda Jones

### Guest Speaker

It is my pleasure to introduce a guest speaker, Sheryl Ratcliffe, for our May club meeting.



After earning her Bachelors and Masters degrees, Sheryl has worked in higher education for the past 15 years. She has been a research supervisor at Rowan University in the New Jersey Institute for Successful Aging. She was a Senior Academic Advisor at Rowan University for 8 years and continued on to currently work at Horn Entrepreneurship, the University of Delaware's creative engine for entrepreneurial education in the Lerner School of Business. Sheryl is a Program Associate and Academic Advisor on the Academic and Enrichment Team.

Sheryl recently completed a Plant-Based Nutrition certificate through the T. Colin Campbell Center for Nutrition Studies at Cornell University. Her goal is to share the wealth of plant-based nutrition research and information to encourage others to make better food choices and question the status quo of food policy in America.

Sheryl will be sharing information on three main topics: **Nutrition and Chronic Disease, Nutrition and Society, and ways to incorporate plant-based nutrition into our lifestyles.** She will give an overview of scientific evidence supporting a whole food, plant-based diet's ability to prevent and even reverse chronic diseases like coronary heart disease, cancer, diabetes, and obesity. We will discuss how optimal nutrition can influence the development, maintenance, and restoration of health. Sheryl says that she is excited to share what she has learned from Dr. Campbell and his team! We welcome Sheryl to our May Club Meeting as our guest speaker.

### Birthday Cake Boxes

We are on a roll in generously donating our club's BIRTHDAY CAKE BOXES to four local food pantries within the West Deptford vicinity. For just \$6.00 each, we are providing a way for patrons to enjoy a quick and easy cake celebration for their loved ones as all the items in our boxes will last for six months to a year. Without eggs, oil, and water; just one can of sprite (or lemon lime soda) lets a cake be baked for a celebration. Apply the container of icing and add the candles. Completed! To date, we have eighteen club members signed up and they are providing thirty Birthday Cake Boxes. This project will continue in May as we collect, store, and divide up these donations to: the South Jersey Dream Center, St. Paul's Food Pantry, Colonial Manor UMC Food Pantry, and the Greater Woodbury Cooperative Ministries Food Pantry. Thank you to everyone who previously signed up in April. Please bring your boxes to the club meeting or drop them off to Linda Jones.

**9 X 13 disposable aluminum foil pan** (clear plastic or tinted lid)  
**a box of cake mix** (any flavor)  
**1 can sprite or lemon lime soda**  
**1 container frosting**  
**birthday candles**

If you are interested in helping with this easy project, please sign the second sign-up sheet at our May club meeting. The sheet will ask for your name and number of donated boxes so that all will be accounted for by May 20th. At that point we will have finished all/any donations and ask the following ladies to transport



them to their destinations. I am asking for help from the following members: Cynthia for the Dream Center, Denise H. for St. Paul's Church, Agnes for Colonial Manor, and Peg S. for the Woodbury Ministries. Friday, May 20th is the pickup day from Linda J. Ladies, please decide when you are available to deliver the birthday boxes to the above food pantries. We will divide the total number between the four locations. Please deliver them at your convenience within the last week of May. Thank you!

Several ladies have signed up to make birthday cards for the birthday boxes. If you can help, please sign the sheet as well and return your hand made cards to Linda at the May club meeting or before May 20th. We are grateful for your help and attention to this club project. Thanks, everyone!



## SECOND VICE PRESIDENT/MEMBERSHIP

Cynthia Holmes-Butler

### New Member Orientation

On May 17th at 7 p.m. an orientation for new members will be held in St. Paul's Church. Because of Covid we haven't had an orientation in a while.

Marie DiMatties, the new State District VP, will be speaking at the Orientation. A few of our club members will be talking about the history of our club and the club today. We will have time for questions and time to get to know each other.

It should be an interesting night, and any member is welcome.

### New Members

Last month two new members were installed (see photo). We welcomed Kathleen Nixon and Linda Clark to the club. Kathy and Linda have been attending Crochet Meetings and getting to know some



of our members. Cathy Diorio-Haring has also joined for the rest of the year and is coming to meetings. Welcome ladies!

Our membership continues to grow! We had 12 new members during the past two years of Covid! Really a remarkable increase during a difficult time!

We received a certificate of merit for Membership at Spring Conference. Great job, everyone, bringing new people into the club!

## EDUCATION

Carol M.

### Scholarships

Two \$1000.00 scholarships will be awarded to two students at West Deptford graduation ceremony in June 2022.

Ellen S. has graciously agreed to lead the committee in choosing winners, since Karen D. moved away. Ellen and her team will be reviewing applications during May.

Stay tuned!



## CIVIC ENGAGEMENT & OUTREACH

Carol M.

### Memorial Day

Memorial Day is observed on the last Monday of May, this year on May 27th. It was originally called Decoration Day. This is a time to honor and recognize the sacrifices made by our men and women who have died to protect our freedom.

On May 5, 1868 an organization of the Union Army veterans established Decoration Day as a time for the nation to come together to honor all the graves of the war dead with flowers. At National Arlington Cemetery, Congressman James Garfield stated, "We do not know the promises these men made, the pledge they gave or one word they spoke; but we do know they summed up and perfected, by one supreme act, the highest virtues of men and citizens. For love of country they accepted death and thus resolved all doubts, and made immortal their patriotism and virtue."



Decoration Day was to be observed each year on May 30th because the timing permits flowers to bloom all over the country.

By the start of the 20th century, ceremonies were held around the country. After World War 1, the holiday was expanded to honor all American war heroes who served in the military (men and women). Congress recognized Decoration Day as a Federal Holiday in 1938.

After World War 2 it became known as Memorial Day, although it was not officially so named until 1967. President Lyndon Johnson proclaimed Waterloo New York the birthplace of Memorial Day because on May 5th 1866 the town held the first observance of this holiday.

Each year on Memorial Day a national moment of silence is held at 3 p.m. This holiday honors all service members who died in all wars since the Civil War.

After World War 1 ended, The Allied countries adopted the red poppy as a symbol of Remembrance for all who have died serving their country. Please read the poem "In Flanders Fields." The poem was written after a major battle in Flanders, France during World War 1. This why the red poppy is now part of the Memorial Day holiday.

## HEALTH AND WELLNESS

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

**South Jersey Dream Center**—406 lbs of food

**Angels Community Outreach**—148 lbs of clothing

**West Deptford Fire**—\$480, \$985 in kind, club \$150

**Seeds of Hope Easter Candy**—73 bags filled, in kind \$75

**Gloucester County EMS Stuffed Animals**—140 animals (4 per ambulance!), in kind \$360—see photo below

**GWCM**—Seventh Day Adventist Church-feminine products, Men's Depends and bras, in kind \$230

### Stroke Awareness Month

**(Wear RED to the meeting)**

President George H.W. Bush proclaimed National Stroke Awareness Day in May 1989. National Stroke Awareness Month is recognized in May. Numerous health and heart organizations band together during the month to raise the awareness of the causes and effects of a stroke.

There are basically two types of strokes with many subcategories, first being thrombotic/ischemic strokes from clotting, and second hemorrhagic from bleeding. This type is usually the result of aneurysms and/or improperly managed blood thinners.

Stroke is the fifth leading cause of death in the United States. It is estimated that one person dies every four minutes from a stroke. It is also the cause of severe disability. Strokes, however, are preventable and treatable.

Like people, each stroke is unique. The effects of a stroke depend on the location and the amount of brain tissue affected. Every person's brain controls the opposite side of the body. For instance, if a stroke occurs on the left side of the brain the right side of the body will be affected. This causes paralysis on the right side of the body, speech or language difficulties, slow cautious behavioral style, and memory loss. The right brain controls the left side. This produces paralysis on the left, vision problems, quick inquisitive behavioral style, and memory loss.

STROKE is an Emergency. Every minute counts.

## BE FAST!

<b>BALANCE</b>	Sudden loss of balance.
<b>EYES</b>	Sudden loss of vision in one or both eyes.
<b>FACE</b>	Does the face look uneven?
<b>ARM</b>	Does one arm drift down? Ask them to raise both arms.
<b>SPEECH</b>	Does their speech sound strange? Ask them to repeat a phrase.
<b>TIME</b>	Every second brain cells die. Call 911 at any sign of stroke!

STANFORD HOSPITAL & CLINICS  
Stanford University Medical Center

Sixty percent of people who die from stroke are women. WE have a much higher risk of stroke. Strokes kill more women than men. The higher risk factors for women may be pregnancy, preeclampsia (if high blood pressure develops during pregnancy, it doubles the risk of stroke later in life), birth control pills, hormone replacement therapy, migraines and atrial fibrillation. Because of the higher risk it is extremely important for women to take care of ourselves. Get lots of rest, be physically active, eat the right foods, more fruits and vegetables, avoid salt/

sodium, maintain a healthy weight and do not smoke. Make sure to properly manage medical conditions such as high blood pressure, high cholesterol, diabetes, and heart disease.

If you suspect signs of a stroke, remember the F.A.S.T Warning Signs: F = Face Drooping, A = Arm weakness, S = Speech Difficulty, T = Time to call 911.

Other symptoms of a stroke may include numbness in face (arm or leg), confusion (trouble speaking or understanding speech), vision problems, a severe headache with no cause, difficulty walking, and dizziness or loss of balance. If you suspect someone is having a stroke, ask them to smile. Drooping of one side of the face is the most noticeable symptom.

If you or anyone you know recognize or are experiencing any of these warning signs call 911 immediately. Time is of the essence and may mean the difference between life and death. Go the American Heart/ American Stroke Association website online to take the Stroke Risk Quiz. It may save your life.

**Joan B. is collecting male diapers/ Depends and bras without underwire for GWCM. Please bring donations to the May meeting.**



**STUFFED ANIMALS:** County Commissioner Director Frank J. DiMarco, Commissioner Denice DiCarlo, and Gloucester County EMS visited the home of Chris T. to accept a donation of 140 stuffed animals from our club, four per ambulance. With Chris to help load was Linda M.

## GIRLS' CAREER INSTITUTE

Clara Campbell

2022 marks the 76th year of Girls Career Institute. In 2019, 129 NJSFWC clubs sponsored 182 delegates to attend this mini college experience for girls completing their junior year of high school. After a hiatus of two years due to the pandemic, GCI will be held this year June 6-9. Our club sponsored 5 girls, and our own club member Ann Caswell will be on staff as a nurse.

GCI is held on Douglass Residential College Campus at Rutgers University, New Brunswick, NJ. The tuition for the Delegates is fully paid by the Woman's Clubs throughout NJ.

For four days the Delegates live the life of a college student. They live in the dorms, eat in the campus cafeteria, walk to classes and enjoy student activities. The girls select workshops to attend; we have had Engineers, Magazine Publishers, Theater Teachers from Mason Gross, Nurses, NJ State Police, Doctors, Lawyers, and Oceanographers. All these presenters volunteer their time.

The Delegates meet for the first time on Monday morning and by the closing ceremony on Thursday they have formed a chorus and a band. They have modeled their prom gowns, played their instruments, recited their original poetry, and performed on stage in a play they wrote and directed. They have done community

service projects to be passed along to those in need. And they have made lifelong friends. The Delegates have networked without realizing the impact they will have in each other's lives in the future.

There is so much dedication to this incredible program from the club women of New Jersey. We have seen firsthand how GCI has changed the course of these young ladies' lives. Many GCI graduates have returned as speakers or held workshops. The transformation the housemothers see happening before our eyes is like nothing I have ever experienced.

### Donations Needed

Each year clubs are asked to donate a few items if possible. Following is a list of what can be used: Science Fair backboards to be used for "vision boards." Magazines to be cut up and used for the vision boards. Stick on decorations, bling to decorate their dorm doors, fleece for no sew blankets, blank greeting card envelopes (5x7) for homemade cards (cards supplies are available) and bags of sugar & sugar free candy for tray favors.

I know how generous our members can be, so please remember this notice is going out to all clubs in NJ. I will deliver all items donated. Thank you for all your support for this program over the years.

## SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

**We collected \$27.00 last month at our club meeting. Thank you! Thank you!**

I purchased 2 duffle bags with the money collected and will deliver the bags to the Day Center.

If you want to help with this project, you can purchase a duffle bag online and have it sent to my house. If you would rather give a donation toward the duffle bags, I will collect it at our meeting.

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



NJSFWC CONVENTION TECH: Denise H. ran all the technology for Convention at the Tropicana, including slides & sound.

### Gold Award-Winning Recipe

## Key Lime Pound Cake

Debbie H.

1 c. softened butter  
1/2 c. shortening  
3 c. sugar  
6 large eggs  
3 c. flour  
1/2 tsp. baking powder  
1/8 tsp. salt  
1 c. milk  
1 tsp. vanilla extract  
1 tsp. lime zest  
1/4 c. fresh lime juice

Preheat oven 325°. Beat butter & shortening at medium speed with a heavy-duty mixer until creamy. Gradually add sugar, beating at medium speed until light and fluffy. Add eggs, one at a time, beating until just blended after each addition.

Stir together flour, baking powder and salt. Add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until just blended after each addition. Stir in vanilla, lime zest and lime juice. Pour batter into a greased and floured 10-inch (12-cup) tube or bundt pan.

Bake at 325° for 1 hour 15 minutes, or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan to wire rack.

Prepare Key Lime Glaze and immediately brush over top and sides of cake. Cool completely (about 1 hr.)

### Key Lime Glaze

Whisk together 1 cup powdered sugar, 2 Tblsp. fresh key lime juice and 1/2 tsp. vanilla until smooth. Use immediately. NOTE: If key limes are not available, regular limes are fine to use.

## SOCIALLY SPEAKING

Jody Harris, Holly Revelas, Margie Maines

This club year is quickly coming to a close and we only have a few activities remaining. Please check the dates and let me know if you are interested in attending any/all of our social events listed below:

### 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.

### THURSDAY, MAY 12 & MAY 26 @ 7:00 Crochet Night led by Joann Keefe

St. Paul's Church – Basement

We will continue making granny square blankets under the direction of Joann Kf. and her assistants; Debbie H., and Margie M. If you are interested in learning to crochet, you are welcome to join us. Please let Joann or I know you are coming so we can add you to the list. You need not have attended any prior session to join in. Several of us are new and it is taking some time to get comfortable with this process. You are welcome to bring a snack and a beverage to enjoy while working. Following this last scheduled meeting, we will discuss where we go from here, if we'd like to continue, stop for the summer, etc...

### WEDNESDAY, JUNE 1 @ 7:00 is our ZOOM Book Club Mtg.

We will be discussing, The Guest List by Lucy Foley. The bride • The plus one • The best man • The wedding planner • The bridesmaid • The body — On an island off the coast of Ireland, guests gather to celebrate two people joining their lives together as one. The groom: handsome and charming, a rising television star. The bride: smart and ambitious, a magazine publisher. It's a wedding for a magazine, or for a celebrity. The cell phone service may be spotty and the waves may be rough, but every detail has been expertly planned and will be expertly executed. But perfection is for plans, and people are all too human. And then someone turns up dead. Who didn't wish the happy couple well? And perhaps more important, why?

### TUESDAY, JUNE 14 @ 5:45 Installation Dinner - Hollywood Café & Sports Bar

940 Mantua Pike, Woodbury Heights (See pg 2 for info. RSVP by the May Meeting.)

### BOOK CLUB

At our last meeting, we decided that we would like to keep our book club going through the summer. We generally meet every other month, the first Wednesday evening. So in keeping with that this is the book that tied for the most votes. If this sounds like something you'd be interested in reading and discussing, please let me know the weekend before and I will be sure to get a Zoom invitation out to you. Perhaps, depending on the number of people interested, we can do an in-person book club meeting.

### WEDNESDAY, AUGUST 3 @ 7:00 is our ZOOM Book Club Mtg.

We will be discussing, Then She Was Gone by Lisa Jewell

THEN: She was fifteen, her mother's golden girl. She had her whole life ahead of her. And then, in the blink of an eye, Ellie was gone. NOW: It's been ten years since Ellie disappeared, but Laurel has never given up hope of finding her daughter. And then one day a charming and charismatic stranger called Floyd walks into a café and sweeps Laurel off her feet. Before too long she's staying the night at this house and being introduced to his nine year old daughter. Poppy is precocious and pretty - and meeting her completely takes Laurel's breath away. Because Poppy is the spitting image of Ellie when she was that age. And now all those unanswered questions that have haunted Laurel come flooding back. What happened to Ellie? Where did she go? Who still has secrets to hide?

This is the other book that tied for first place so to give you a heads up, I'm listing it for you.

### OCTOBER Book Club Meeting Date TBD

due to a religious holiday the first Wednesday of the month. We will be discussing, The Midnight Library by Matt Haig. Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices . . . Would you have done anything different, if you had the chance to undo your regrets? Somewhere out beyond the edge of the universe there is a

library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

## Thank You!

Holly, Margie and I want to thank everyone who participated in our events this past club year. We tried to plan something for everyone. There are a few ideas we have been looking into and hope to implement as early as October. I personally would like the book club to continue, as well as crochet nights. As always, we'd like to invite our club sisters to share your talents with us as well. If you come up with any ideas of places or events that you'd like to see us incorporate, please let one of us know so we can look into it and see if it will meet the needs of our club ladies. Thank you.

## Share Your Talent!

As always, if you have a talent/hobby that you would like to share with the group, please let Holly, Margie, or Jody know. We would love to incorporate the talents from our club sisters into a social event that we can all learn from and enjoy.



TEA TIME: Twelve members met at Jane's Tea House

# COMMUNITY IMPACT PROGRAM

Linda Jones

## Build a Better Community

January, 2020 was the beginning of a "kick off" month to pursue a two-year club endeavor under the state of New Jersey title: **COMMUNITY IMPACT PROGRAM**. This is the first time that we committed to a two-year service, volunteer, and involvement program for our West Deptford community. We agreed to work within our elementary schools and "Adopt-A-School" became our title with three main goals: needs, literacy, and educational support.



not helpful in this endeavor, but we worked with the school literacy coach to use technology and go virtual with our "read-alouds" that were taped. Over the two years, we were able to help early learners with their crucial literacy skills while assisting the classroom teachers with activities as well as the literacy coach.

A special thank you to all the members who helped to make education important. Thank you, ladies, for your classroom reading of books; videotaped book readings; and our book drive of 688 elementary classroom books to be divided among the three schools. If you helped with supplies for nurses, art & bookmarks, welcome-back cards for teachers, or donating books, we thank you. Thank you to April, our president, for writing the thirty-page fact booklets about the



history of West Deptford on the 150th Anniversary of our community and a thirty-page coloring book as well for the elementary students. Together, we are happy to report that we met our goals and even drew attention in the state competition under the **COMMUNITY IMPACT PROGRAM!** You ladies rock!!

## We Are Award Winners!

At the NJ State Federation Convention last month, our club won second place for the entire state competition and will receive a small check for our club's efforts. A ten-page report was written by Linda J. describing the targeted issues within our elementary schools. We focused on promoting and reinforcing growth in reading for early learners.

Following the state goals: finding ways to enhance your community; create public awareness; and to make an impact in your community; we were led to our focus. We accomplished all three as we were promoted on school Web pages, Facebook, and Twitter. Covid was



## ADVOCATES FOR CHILDREN

Robin Evans, Lisa Hunter

Ladies,  
Your generosity with providing candy, chocolate, trinkets, and stuffed animals allowed our club to donate 20 beautiful Easter baskets to the children of the Ronald McDonald House.

Robin and Lisa were thrilled to drop these off along with three lovely hand crocheted blankets!!

Thank you so much to our members who helped to make Easter morning so special for these children. 🐰❤️

—Lisa & Robin



# ARTS & CULTURE

Linda Jones & Peggy Grady

## We Have Winners!

The New Jersey State Federation of Women's Clubs of GFWC held its convention last month at the Tropicana in Atlantic City. As part of the three-day convention, there were artistic entries under 23 categories from the entire State of New Jersey on display and judged in competition for State Gold Ribbon Awards.

Our ladies won ten Gold Ribbon Awards for their artistic entries in various categories which were chosen at the Garden District Arts Achievement Day, in April, at the Pennsauken Country Club and went on to win seven Gold Awards at the State Convention.

The outstanding achievements of our ladies depict an advanced degree of knowledge of the artistic category to which they entered their items. From baking to a dish garden; from paper art to holiday decorations; and from crocheting to afghans, we displayed our artistic creations. Excitement was evident at both venues as we cheered on our winners.

Here are our Arts/Environment winners at State Convention:

### GOLD WINNERS

- Peggy Grady, dish garden, horticulture, advanced
- Debbie Hinkle, cake, baking
- Linda Jones, Easter centerpiece, holiday decoration, advanced
- Cheryl Fairchild, card, paper art, advanced
- Margie Maines, crocheted, afghan, advanced
- Joann Keefe, crocheted, baby hat, advanced
- Denise Pitchford, crocheted afghan, beginner

**Congratulations to our winners in their beautiful examples of enriched hobbies and artistic designs. Lovely work ladies!**

Thank you to the twelve ladies who enjoyed attending our Garden District Spring Conference & Achievement Day. We had a full table, delicious luncheon,



interesting speeches, and the most artistic Gold Award Winners in the district. Above is a picture of our club table at the Pennsauken Country Club.

Here are some pictures of our other beautiful entries by club members in attendance that day.

Thank you everyone for your time and interest in being creative, artistic, and inventive with your beautiful entries!!



THANK YOU PEGGY G!! Without your folding garden cart, Denise H. wouldn't have been able to get all our entries into the Tropicana for Convention.

# DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

## Using the Legal Process for Restraining Orders

### Part One

In New Jersey, victims of DV have a right to pursue civil remedies, such as a Restraining Order, or criminal penalties, or both.

### What Is a Restraining Order?

A Restraining Order is a legally enforceable document that, among other things, prohibits the person who is abusing you from contacting you in any way, and requires the abuser to stay away from you, your home, and place of employment.

A restraining order does not result in the abuser having a criminal record but can provide greater safety for you by ordering the abuser to stay away from you. Violating a RO is a crime.

### Getting a RO is a Two-step Process

1. First you apply for a Temporary Restraining Order (TRO) either at Family

Court or at a local police department. The abuser is not present when you go to obtain a TRO. After you are issued a TRO, the police or sheriff's officers (and not you) will attempt to serve the abuser with the TRO.

2. Within approximately 10 days, you will be scheduled to appear in Family Court at a hearing to determine whether your TRO will be made final and converted to a Final Restraining Order (FRO).

### How Can I Get a TRO?

You may file in the county where the domestic violence occurred, where you live, where the abuser lives, or where you are in a shelter. Between the hours of 8:30 a.m. and 3:30 p.m., Monday through Friday, you can go to your county's Family Court and tell a court employee that you are there to request a TRO. A Family Court intake employee will give you papers to fill out and ask you to describe

what happened during the most recent domestic violence incident as well as any prior history of abuse. You will need to testify before a judge or hearing officer and show that you are in danger of domestic violence and a RO is necessary to protect your life, health and/or well-being.

**(Please note: SERV can provide an advocate to meet you at Family Court to help you.)**

The Family Court Domestic Violence Unit intake is closed on weekdays before 8:30 a.m. and after 3:30 p.m., and on weekends and holidays. When the Family Court DV unit is closed, you may go to your local police department to obtain a TRO.

\*\*There is so much very good information about Restraining Orders that we will continue with this subject in future articles.



HONORS PRESENTATIONS AT CONVENTION: (Top) Sandy M. & April M. named to State Honor Roll. (Bottom) Debbie H. & Order of the Lily recipients

## Ukraine Donations

We had an outstanding donation to UNICEF for the children of Ukraine at our March Club meeting. Members of our club donated \$575. Your generosity is overwhelming!

—Cynthia



Thank you for your help!

Thank you Cynthia!

Thank you for your online donation to UNICEF USA and for joining UNICEF's fight for child survival.

Your generosity will help UNICEF provide children in Ukraine who live in conflict-affected areas and those fleeing violence with safe water, warm winter clothes, psychosocial support and health, hygiene and educational supplies.

Once again, thank you for your support.

Sincerely,  
UNICEF USA

Please retain this message as a record of your contribution.

— Your friends at UNICEF USA.

# FEDERATION NEWS

Isabella Cooper

## Requested Donations for Girls' Career Institute

Among the many activities the 108 delegates at the Girls Career Institute will participate in will be creating Vision Boards. The Vision Boards they create will be collages of images and words representing their wishes or goals, intended to serve as inspiration or motivation.

Among the donations needed are Science Fair Backboards which are cut in half for vision boards; magazines that can be cut up for pictures and words; and stick-on decorations, bling, etc. to decorate the boards.

Also requested are fleece for no-sew blankets; blank greeting card envelopes (5x7) for homemade cards; some bags of candy, sugar and sugar free, to fill tray favors; and sheets, books, or rolls of stickers to decorate cards, envelopes and tray favors.

If you wish to donate, contact Clara C. from our club.

## St. Jude Welcomes Patients and Families from Ukraine

GFWC Affiliate Organization St. Jude Children's Research Hospital was recently pleased to welcome new patients and families from Ukraine. The patients were welcomed by First Lady Dr. Jill Biden and St. Jude National Outreach Director Marlo Thomas at a virtual event.

During a tour of St. Jude Dr. Biden met 5-year-old Khrystyna from Ukraine, who suffers from brain cancer, was among the first childhood cancer patients who arrived at St. Jude in March. These children,



NJSFWC CONVENTION: We had two members, Denise H. and Debbie H., attend for the full three days of Convention and ten more attend the last day for the Honors presentations.

who are all victims of cancer, were evacuated to the U.S. to continue treatments now unavailable to them in Ukraine.

## Legislation: Violence Against Women Act (VAWA)

The FY 2023 annual appropriations process is underway now that the VAWA reauthorization is complete. Advocates for domestic violence and sexual assault education, prevention, and services programs are seeking increased funding to correspond to the increased funding levels authorized in VAWA.

GFWC is joining the National Task Force to End Sexual and Domestic Violence (NFT) to urge Congress to fully fund VA-

WA and the Family Violence Prevention and Services Act programs and provide sustainable funding for Victims of Crime Act (VOCA) programs, including a tribal funding stream.

## GFWC Avis and Budget Rental Savings Program

If you are booking a vacation that requires renting a car, using the GFWC Avis and Budget Rental Savings Program can make your travel experience safe and comfortable. With the "Pay Now" feature, members can save up to 35% off base rates on every rental, plus receive additional dollars off, a complimentary upgrade, or a free weekend day.

You can also skip the counter and paperwork at many locations. Go straight to your car for faster pickup and drop-off when you sign up by using your complementary membership in the Avis PreferredR or Budget's Fastbreak Rewards Program.

When making a reservation with Avis, use your Avis Worldwide Discount number B155149.

When booking with Budget, use your Budget Customer Discount number R584749.



## DEAR SECRET PAL

Dear Secret Pal,  
Each month I look forward to meeting my new gnome. Thanks to you I am assembling quite a collection! After I get each new one, he replaces the month's previous gnome. As friends come over, they are intrigued by which of my "friends" will be meeting them in the foyer. This is the coolest ever! I also wanted to thank you for the Old Navy gift card. It couldn't have come at a better time, as I was holding something in my bag (on the computer), because if I waited until Wednesday, I would receive an additional discount. I'd like to thank you so much for my new red jacket. I can't wait for it to come in! Again, thank you so much for your generosity.

—Until next month, Jody

Dear Secret Pal,  
Thank you for the Gift Card to Joann's. What a nice surprise! I shop there often and will surely use it!

—Peggy G.



Dear Secret Pal,  
What a great month! You definitely know how to spoil a friend! First, I found the gift bag with the gorgeous red, black and white Plush Throw that matches my sofa perfectly and that I am already using; the Valenzano Shamong white wine, a favorite; and the Sleep Bath essential oils. Then I found another wonderful gift bag

with the Bunny Basket with Easter gnome, candy and chocolate bunny. Thank you so much for making my birthday and Easter so special. Everything was perfect and so thoughtful!

—Warmly, April

Dear Secret Pal,  
Thank you for the cute little bunny and the Easter candy, my favorite, yummy!

—Warmly, Nancy D.

Dear Secret Pal,  
Thank you so much for the gift cards for the diner and Olive Garden, the ball marker for golf, and the chocolate covered pretzels (my favorite). I appreciate you thinking of me for my birthday, wedding anniversary, and Easter. You made my day! Thank you so much!

Dear Secret Pal,  
Your generous gifts were amazing! I couldn't wait to get home from the meeting to look through all the goodies! And I absolutely love the bunny holder container that looks like somebody, maybe you, made? I literally adore each and every gift. Thank you!

—Lisa H.

Dear Secret Pal,  
Thank you so much for the Easter Bunny decoration. It's so cute! It made our Easter special.

—Robin E.

**Thank you for your food donations for South Jersey Dream Center in April. There are hungry people in South Jersey, so we will be collecting for the Dream Center again at our May meeting. Please bring what you can. No amount is too small!**



## THANK YOU NOTE

Dear Club Sisters,  
Thank you so very much for placing me on the NJSFWC Honor Roll for 2022. I can honestly say that this is one time that I was totally surprised. I am so very pleased and humbled to be included on a roll of so many incredible ladies who have dedicated so much time to helping others. When I joined the WCWD, my plan was to help wherever needed and support such a hardworking group of women. It has been so rewarding to make a difference in the lives of so many and make such amazing friends along the way. Working with all of you has made this an incredible journey.

—Warmly, April