



June 2022 — Vol. 27 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 14, 2022
5:45 p.m. Hollywood Café

Refreshments

Installation Dinner, so refreshments will be provided

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: 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 products, bras without underwire, and men's Depends for GWCM.
- ♥ 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



It is June and with it comes the beginning of summer but the end of our club year. And...what a year it has been!!! Our projects have been numerous, and we assisted so many this past year. We continue to grow with amazing new members and continue to enjoy what our seasoned members bring to our club. Our new members bring energy and new ideas to our different projects, and our veterans share their experiences and wisdom.

"A woman is the full circle. Within her is the power to create, nurture and transform." -Diane Mariechild

Our club thrives on the strength and abilities of our members with their diverse expertise and knowledge. This is why we are so successful. I am looking forward to working with all of you as we move forward.

We are ending our year hosting the **Garden District Council Meeting** on June 9th at St. Paul's Church. A light supper will be served at 5:00 p.m. and the meeting will start at 6:00 p.m. Thank you to our Hospitality Committee, Agnes K. and Dorothy A., for taking care of all paper products and setting up the serving area. We have 12 people signed up to attend and we will be manning the Check-In Table and the Federation Table. For those attending, remember that registration is \$3.00.

The **Gloucester County Summer Kick Off** is Saturday, June 11th from 11:00 a.m. to 5:00 p.m. It is being held at the Atkinson Park in Sewell. We have 5 people signed up to be hosts at our booth. We can use one more from 3:00 to 5:00 if

anyone is available. A big shout out to Jody H. who put together a picture board of so many of our projects and activities to share with the public. This will be a great way to showcase what the Woman's Club of West Deptford does and stands for.

Tuesday, June 14th will be our final meeting of the club year. This meeting will be our **Installation Dinner** where we will enjoy each other's company over good food and install our Executive Board. A big thank you to Cynthia H-B. who is handling the installation and to the Social Committee for finding a reasonably priced place to have dinner. You have voted in an incredible group of ladies to serve on your Executive Board. These ladies give so much of their time and support each other and all of you throughout the year. I am looking forward to working with them for the next two years.

The **Basket Raffle** Committee held a very successful Zoom meeting this past Thursday. We are well on our way to another great fundraiser. As of this posting, the licenses have been delivered to Deptford Township to be processed and sent to the State. Our licenses should be in our hands in a couple weeks and then it will be time to sell those tickets. Sue N. will be reaching out to you after the licenses have been received. Denise H. will be keeping track of everyone's donated basket. Please make sure that you reach out to her with your idea/theme of your basket. I will be doing a Keurig Basket again this year and I know all of you will donate some fantastic baskets. This fundraiser will support all of our donations for the coming year. If you have any questions, reach out to Nancy B., Nancy D. or Denise H.

Continued on next page —>

President's Message, continued

Look for information from Denise H. on making **Holiday Stockings** for Operation Yellow Ribbon. Our club makes 50 stockings and fills them with specific items to be sent to our Military for the holidays. Denise will share the list of items needed and when everything will be needed by. This is one project that we do work on during the summer as the stockings need to be delivered to Headquarters by the end of September.

Your Executive Board has just finished putting together the **Club Committees** which will start in July. I want to thank all the new members for signing up to be part of so many committees. The Board has made sure that each of you has been added to at least one committee that your signed up for. I will be typing up the committee list and will send it out to all of you by the 14th.

I want to recognize Cynthia H-B. for holding an absolutely fantastic **New Member Orientation**. She organized this night in a very friendly, informative way where all our new members had a chance to ask questions and learn about the WCWD, NJSFWC and the GFWC. Thank you to Denise H. for finding an up-to-date video of the GFWC to share and to our new District VP Marie D., who shared information on the District, State and her own Woman's Club experiences.

Thanks goes to Linda J. for holding a very fun and creative **Craft Morning** where many of us gathered at St. Paul's Church to make the Installation Dinner favors. They are just adorable!!!!

Another big shout out goes to Debbie H. who held a **Magic Pillowcase Morning** where several of us learned how to make pillowcases to be donated to the Special State Project: Emmanuel Cancer Foundation. I have 6 pillowcases in the works, and I am excited to be working on this project. I could not believe all the adorable prints that the ladies bought. Thanks also to Ann C., Linda M., Isabella C., Nancy D., Kathy N., and Joan B., who all helped with this activity, either sewing, ironing or cutting fabrics. What a fantastic morning!

I hope all of you have a relaxing, fun summer and that you all get to do something special just for you...you deserve it!!!!

I look forward to seeing all of you at our Installation Dinner on the 14th and don't forget your Secret Pal gifts. ☐

Happy Summer!

April

INSTALLATION DINNER

Jody, Cynthia, Dorothy, Agnes, Holly R.

Looking forward to a great evening with club members on June 14. Our new board will be installed. The installation ceremony will not be what you'd expect!!

Looking forward to seeing you there for a great evening. If you signed up & can't attend, please let Jody know.

FIRST VICE PRESIDENT

Linda Jones

Delightful Donations

Birthday celebrations leave us with many happy memories and a day of celebration. Birthdays bring us smiles, good wishes from others, and a special day to enjoy commemorating. With generous donations, our club has collected 60 BIRTHDAY CAKE BOXES to distribute to our four local food pantries. It has been our goal to give others the means to celebrate a family member who has an upcoming birthday. These cake boxes are designed to be an easy way to provide a cake with a minimal expense using a few ingredients and not requiring eggs, oil, or water.

What a fantastic job our club ladies accomplished by gathering a box of cake

mix, one container of frosting, one can of sprite, birthday candles, a foil pan, and some embellishments such as birthday plates, napkins, and homemade birthday cards. We are ready to deliver them to the South Jersey Dream Center, St. Paul's Food Pantry, Colonial Manor UMC Food Pantry, and the Greater Woodbury Cooperative Ministries Food Pantry.

Thanks so very much to Agnes, Denise H., Peg S., Cynthia, and Margie M. for delivering them to each location. Thirty members participated; 135 hours were spent on the project; and in kind donations totaled \$226.00. Such a nice way to end the month of June and complete a rewarding project to help others in our community! Thank you everyone!!



SECOND VICE PRESIDENT

Cynthia Holmes-Butler

New Member Orientation Meeting

We had a wonderful Orientation Meeting for new and fairly new members. This was the first one in two years due to Covid.

Marie DiMatties, our Garden District Vice President, spoke and gave us lots of information about our Federation. She's a member of the Haddon Fortnightly. Denise H. showed a recent GFWC video about the club. Debbie H. and Denise P. talked about the early days of the club, juniors, and the club today. Jody H. made and talked about a wonderful visual board of some of our activities and outings. April talked about our committees and enlisted some help from members.

Each member got a folder with lots of information. Then, of course, snacks and conversation!



ARTS & CULTURE

Linda Jones & Peggy Grady

The Installation of our next executive board will be a wonderful time to enjoy dinner, awards, and socializing before we take our summer break for July and August. Congratulations to the next board of officers, new or remaining, as they prepare for the upcoming year of activities.

Six club ladies enjoyed making table party favors to decorate this event in club colors and theme. We produced 36 Hershey Kiss rosebud flower and silk flower table decorations as a keepsake of this occasion for each member. In an assembly line fashion, we used stems, leaves, silk flowers, and floral tape, and chocolate kisses to complete our creations. Many thanks and much appreciation to Denise H., Carol M., Nancy D., Isabella, April, and Linda J. for helping this Art Department to decorate our tables as we celebrate at the Hollywood Diner. See you on Installation Day!



♦ Chris & Charlie T. are celebrating their 45th anniversary in Hawaii in June. They are going to Honolulu, cruising around the islands, and then flying to Kauai for a week.

♦ Linda & Bill J. are so very proud of grandson Jake who is the West Deptford HS class of 2022 Valedictorian. He has achieved four years of perfect attendance at WDHS and will attend MIT to major in Computer Science, Economics, Data Science, and run cross country/track at his college. In the summers, he works for the WDHS technology department and has flown the school drone at athletic events for several years now. He recently won seven first or second place trophies for WDHS in the SeaGlide underwater robot competition, concentrating on coding, math, engineering, and robotics. We are looking forward to listening to your Commencement speech Jake! Congratulations!!

♦ Linda & Bill J. are also very proud of grandson Corey who will attend HOBY YOUTH LEADERSHIP in June as the first student ever selected as an outstanding tenth grade leader at WDHS. Corey has been voted president of his class for five years now in High School and Middle School. Congrats to Corey, and enjoy the three-day conference!



BASKET RAFFLE

Nancy Barna, Nancy D'Amico, Denise Hosier

Be sure to mark your calendar for **Monday, October 10** for our Basket Raffle. And tell your friends! Tickets will be available as soon as our license is approved, and we hope every member will sell tickets. They are \$40 each this year and include a Happy Hour Buffet, beer, wine, and soft drinks. Raffle tickets are sold separately at the event.

So plan on coming and bringing your friends! This event will raise the money to fund our scholarships, Girls' Career Institute representatives, and our cash donations to the many community organizations we support.

Baskets Needed!

We hope to have approximately 40 baskets, as we did last year, so please be thinking about what you can donate and what your basket theme might be. So far this year we have three Vera Bradley baskets, a martini basket, a baking basket, an "Irish Warmth" basket, a Keurig coffee basket, a dog lover's basket, a barbecue



basket and several "TBD" baskets. If you're not sure what to do, try googling "raffle basket ideas." There are a ton of cute ones!

Remember, baskets must be all NEW items, and you need to keep track of the

value of the basket for our reporting. Not how much you paid, but the retail value. And we ask that each basket have a value of at least \$75 to keep our quality high.

Looking forward to another successful fundraiser for our club!

CIVIC ENGAGEMENT & OUTREACH

Carol M.

The American Flag

When the American Revolution broke out in 1775, the colonists were not fighting under a single flag. Instead each colony carried their own military regimental flag while fighting for their independence from England.

In June 1775 under The Articles of Confederation the 13 colonies met in Philadelphia to create a unified fighting force. This led to the creation of what was called the first American flag, the Continental colors, on June 14, 1777.

The 2nd Continental Congress passed a resolution that the American flag be 13 stripes alternating red and white and the union depict 13 stars, white in a blue field, representing a new constellation. Over 100 years later, in 1916 President Woodrow Wilson marked the anniversary of

that decree by officially establishing June 14th as Flag Day.

We now have 50 stars on our United States flag. As we celebrate the anniversary of the Stars and Stripes, let us all honor our flag as a symbol of patriotism and democracy to our country.

Summer Project

As we do each summer, we will collect items and assemble **Holiday Stockings** for military servicemen & women overseas. Watch your email after our meeting for the list of items to purchase over the summer. Last year we filled 50 stockings and we hope to do the same this year.

Debbie H. will lead our group of sewers in making the stockings, and Denise H. & Sharon J. will be coordinating this project.

EDUCATION

Carol M.

Scholarships

The scholarship committee of our Woman's Club met and selected two applicants to each receive a \$1,000 dollar scholarship. The scholarship will go to the college of their choice to help reduce their tuition costs.

The two students will be presented their scholarship awards at West Deptford High School Awards Night on June 15 2022. Thanks to Ellen S. for chairing this committee!



SPECIAL STATE PROJECT

Jeannette Wood, Cheryl Fairchild, Debbie Hinkle

2020-2022: Operation Chillout

This Special State Project has ended. Our club raised \$2,145.00 and donated items to this organization in two years.

The total monetary amount donated by all of the Clubs in New Jersey was \$63,795.97 which was revealed at Convention. A quilt raffle profit and a Bunco fundraiser were not included in this amount so it will be higher once they are included.

The donations raised will go for two critical projects for Operation Chillout. One is aimed at ensuring viability of their first veterans' tiny home. The other will go to the design and installation of a custom roof-top solar power unit with battery backup and an automatic propane-fueled emergency power generator.

Thank you for your support of our Special State Project 2020-2022.

—Jeannette

2022-2024: Emmanuel Cancer Foundation

Emmanuel Cancer Foundation was founded in 1983 and provides comfort and support for families facing pediatric cancer. They provide in-home counseling, food, material assistance as well as emergency funds to help with urgent expenses.

The NJSFWC is holding a **Summer Luncheon** to benefit Emmanuel Cancer on Wednesday, August 10, 2022 from 11:30 to 3:30 at the Lobster Shanty, 83 Channel Drive Point, Pt. Pleasant Beach, NJ. Luncheon includes salad, choice of entrée, dessert and coffee/tea. Tickets are \$45.00 per person. There will be a silent auction and a 50/50. If you are interested in attending please contact Cheryl by July 15th. —Cheryl

Magic Pillowcases

The Pillowcase sewing workshop was held at St. Paul's with 8 members attending. Once instructions were given, fabric was cut, pressed and sewn. Several

pillowcases went home with members to be completed. We had some laughs and enjoyed seeing the fabrics that were purchased to complete the cases for ECF.

If you would like to get involved, give Debbie a call @856-845-8896 and we will arrange another workshop if needed.

—Debbie



SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

We collected \$7.00 last month at our club meeting. Thank you! Thank you!

I will hold this money until I can purchase a duffle bag with the money collected at our next meetings.

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 June meeting.

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

Family Promise Is Growing

From their Facebook page: Here we GROW again! Thank you to all our grantors, congregations, donors, and community partners for your continued support. In 2019, we had 2 full time staff members, one vehicle for our transportation program, and provided shelter for 18 families through our rotational program. Fast forward to today. We have 4 full time staff, 3 vehicles with 2 part time drivers, and 2 paid interns. We have 4 programs that include transitional housing, homeless prevention, shelter diversion, and housing stabilization. We anticipate serving over 200 households by the end of the year.

Christmas in July

Family Promise and Harbaugh House are joining together for a special event, **Christmas in July**. It will take place on Monday, July 25, 2022, 4:30-9:30 p.m. at Harbaugh Village, 126 Bridgeton Pike, Mullica Hill.

Tickets are \$30 for adults, free for children, and cover games, music & entertainment.

To purchase tickets, go to: <https://family-promise-of-southwest-new-jersey.ticketleap.com/christmas-in-july-at-the-harbaugh-village/>



NEW DVP, Marie DiMatties, spoke at our new member orientation meeting.

HEALTH AND WELLNESS

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

South Jersey Dream Center—516 lbs of food

Angels Community Outreach—148 lbs of clothing

Jeannette's Closet—108 lbs of clothing, 27 donated hours

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

GWCM—Seventh Day Adventist Church-Feminine products, Men's Depends and Bras—in kind \$385; Body lotion, shampoo, conditioner, toothpaste—in kind \$75,

Omega-3 Fatty Acids

By Carol D.

We heard from Sheryl Radcliffe

(Integrated Nutritionist) discuss why a plant-based diet is good for us in our diet as well as good for the planet. So let's follow up with more nutrition and "Why Omega-3 fatty acids are good for us." By providing necessary vitamins/mineral/probiotics into our diets, no matter what age, we help make our bodies strong in many ways. However, since the body cannot make Omega-3 fatty acids, we must get them from other sources—through food sources or dietary supplements. Let's explore some more.

Some health benefits of including Omega-3 fatty acids into our diet help in lowering triglyceride levels. It helps with joint pain in those with rheumatoid arthritis, lowers inflammation especially with those with asthma, and some research suggest there may be a link that Omega -3 may protect against Alzheimer's and dementia.

Isn't it kind of fascinating that what we eat is so important to a healthy diet thereby providing proper nutrients to our bodies? Providing the good stuff maintains strong bones, healthy tissues and reinforces proper gut health. Being healthy enables us to function as our bodies were intended, strong body and strong mind.

So the American Heart Association (AHA) recommends eating cold water fish at least 2 times a week to increase Omega-3 levels in the body. Cold water fish like

Top 10 Foods Highest in Omega 3 Fatty Acids 1600mg of Omega 3s = 100% of the Adequate Intake (%AI)

1 Flax Seeds  405% AI (6479mg) per oz 152 calories	2 Chia Seeds  316% AI (5064mg) per oz (2 tbsps) 138 calories
3 Fish (Salmon)  266% AI (4252mg) per 6oz fillet 350 calories	4 Walnuts  161% AI (2579mg) per oz 186 calories
5 Firm Tofu  92% AI (1467mg) per cup 363 calories	6 Shellfish (Oysters)  84% AI (1346mg) per 3oz serving 139 calories
7 Canola Oil  80% AI (1279mg) per tbsp 124 calories	8 Navy (Haricot) Beans  20% AI (32.2mg) per cup 255 calories
9 Brussels Sprouts  17% AI (270mg) per cup cooked 56 calories	10 Avocados  14% AI (223mg) per avocado 322 calories

mackerel, salmon, sardines, trout, and tuna are excellent sources and highly available. And walnuts, flaxseed, canola oil, and chia seeds are good sources of the plant-based source of Omega-3.

To be sure you are getting quality fresh, follow "The Gold Standard" (Marine Stewardship Council) which is an international nonprofit organization recognizing and rewarding sustainable fishing practices and provides a certification for us as consumers to follow and feel satisfied with our purchase.

The certification followed by many of our local grocery stores (Acme, ShopRite, Aldi, Walmart, Target and Whole Foods) helps maintain our ocean ecosystems along with managing the business side, thereby ensuring seafood sustainability. And if that is not enough, they provide education to the consumer on how to support sustainable fishing practices. Look for the "Certified Sustainable Seafood" label (www.msc.org).

Omega-3 Recipes

Trader Joe's Everything Salmon

Preheat oven 400 degrees.

Place Salmon skin side down on baking sheet and parchment paper.

1T olive oil rubbed on flesh.

Sprinkle 3T Salmon Trader Joe's Everything but the bagel seasoning.

Bake for 10-15 min until meat flakes off easily. Serve over arugula salad with lemon vinaigrette dressing.

Firecracker Grilled Salmon

(4 servings)

Ingredients:

1 tablespoon balsamic vinegar

2 tablespoons reduced-sodium soy sauce

1/2 cup (1.76 oz) green onion, thinly sliced (1 green)

10 sprays olive oil spray

2 tablespoon Walden Farms maple syrup

1 garlic clove, minced

1 teaspoon ground ginger

1 teaspoon crushed red pepper flakes

1/4 teaspoon salt

4 8-oz raw salmon fillets (4 leans)

Directions:

1. In a small bowl, combine the first 9 ingredients. Pour 1/4 cup marinade into a large resealable plastic bag. Add the salmon; seal bag and turn to coat. Refrigerate for as long as you want because we don't believe in hard and fast rules. Cover and refrigerate remaining marinade.

2. Drain salmon, discarding used marinade. Using long-handled tongs, moisten a paper towel with pam and lightly coat the grill rack. Place salmon skin side down on grill rack. Grill, covered, over high heat or broil 3-4 in. from the heat for 5-10 minutes or until fish flakes easily with a fork, basting occasionally with remaining marinade.



GIRLS' CAREER INSTITUTE

Clara Campbell

By the time you read this in Tidbits, the 2022 GCI Orientation will be in the history books, and GCI will be underway!

The Delegates will have packed to get ready for GCI, and the Housemothers and staff will have spent countless hours preparing to be a part of this exciting adventure. On Monday June 6, 2022 the housemothers and staff arrived on Douglass Campus around 9:00 a.m. The Housemothers had about 3 hours to prepare the room, decorate the girls' Great Room in each dorm wing, the hallway, and bulletin boards. Then they headed to the staff orientation and lunch.

From lunch they rushed back to their wing and set up a table to greet the girls, collect any last minute paperwork and direct everyone to their rooms with mom, dad, grandma, grandpa and siblings in tow. By 3:30 visitors were asked to leave campus and GCI really got underway!

The Delegates for 2022 are Gracie Broglin, Madison Colihan, Julia Goldberg, Brianna Green, and Paige McCullen

To all of the ladies of the Woman's Club of West Deptford, Thank You!

Without your support and dedication to Girls' Career Institute, this opportunity would not be available to the students of West Deptford High School. Each report we give, we try to give you a glimpse into this experience. As I have stated on many occasions, if you have questions, PLEASE ask. I am always ready to talk about GCI and answer questions.

Thank you once again. We are looking forward to bringing the girls and a parent/guardian to meet you and talk about their experience in September.



GCI DELEGATES: (pictured left to right) Kim VanZoeren-Czoch, Madison Colihan, Brianna Green, Sandy Mastrangelo, Julia Goldberg, Gracie Broglin, Clara Campbell. Not shown: Delegate Paige McCullen.

GREATER WOODBURY COOPERATIVE MINISTRIES

Joan Baur

During the May club meeting I realized some of our club members may not be familiar with the Greater Woodbury Cooperative Ministries (GWCM). The GWCM has two food pantries which provide food and other necessities to families in our area. The main food pantry is located in the Seventh Day Adventist Church and is open Tuesday and Thursday mornings. The satellite pantry is located in the Colonial Manor Methodist Church and is open on Saturday mornings. Jeannette's Closet is also part of the GWCM.

Our club members have supported the GWCM for the last 12 years. Some members volunteer to distribute food or work on other projects. Members have donated food, feminine products, Depends, and health and beauty products. This year some of the Birthday Box kits will be donated to the food pantry. During the month of May more than 100 new bras were given to the female clients (1 per family) as a Mother's Day gift. Many of those bras were donated by members.

For many years the GWCM sponsored a Summer Lunch Box program to provide breakfast and lunch foods and school supplies to the school-aged children. Due to the pandemic the food distribution part of the program has been suspended.

The backpack and school supply part has continued. I will collect school supplies during July and August. Backpacks, spiral notebooks, composition books, pencils, colored pencils, pens, crayons, highlighters, rulers, scissors, pencil boxes/cases, pocket folders, notebook paper, binders, and other school supplies will be collected.

If you would like to donate any of these items, please contact me. The supplies can be dropped off at my home or I can pick them up from you. The backpacks will be distributed in August at the main food pantry. Any donations will help the parents when they send their children back to school in September. All donations will be appreciated by the GWCM.

SOCIALLY SPEAKING

Jody Harris, Holly Revelas, Margie Maines

This club year is quickly coming to a close and we want to wish you all a wonderfully relaxing summer. Below you will see some upcoming events your social committee either has planned, or are working on for the fall. Please check the dates, times, and let Jody know if you are interested in attending any/all of our social events listed below:

WEDNESDAY, JUNE 8 @ 7:00 is our Zoom Book Club RESCHEDULED Mtg.

We will be discussing, The Guest List by Lucy Foley which was previously scheduled for June 1. Please let me know if you are interested in attending, so that I can send you a zoom meeting invitation.

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

940 Mantua Pike, Woodbury Heights
Hope to see you all there.

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?

Mid to Late AUGUST Happy Hour TBD, more information to follow.

At this point, we are considering Charlie Brown's in Woodbury.

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? 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.

Possibilities

Some events we are looking into for the next club year:

- ◆ A Tour of Chocolatrium, a chocolate Museum & Retail Store in Berlin Township
- ◆ Pinspiration - DIY Craft Studio in East Greenwich
- ◆ Fahrenheit Ceramic Studio, a club favorite
- ◆ Cooking/Tasting class at Burlington Co. Agricultural Center
- ◆ Book Club
- ◆ Crochet Nights



CINCO DE MAYO LUNCH: Eight members enjoyed lunch and good company at Coco's Cocina Tex Mex Restaurant in Pitman.

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

In closing, Holly, Margie and I want to thank everyone who participated in our events this past club year. We tried to plan something for everyone and we thank you for your continued support.



DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

Surviving DV and Your Legal Rights

What Can I Ask the Judge to Include in the Temporary Restraining Order (TRO)?

- The abuser is forbidden from coming to your home, even if you shared it with your abuser. It is important to know that your name does not need to be on the deed or lease to request the judge to order the abuser to leave your home.
- The abuser is forbidden from possessing any firearms or other weapons. The judge may order a search and seizure of any such weapon.
- The abuser is forbidden from contacting you by any method.
- The abuser is forbidden from coming to your workplace, or any other place that you specify, such as your children's school and daycare, and family members' homes.
- You are given temporary custody of your children and the abuser's parenting time is suspended.
- The abuser pay temporary emergent support, child support, support for you, as well as the mortgage, rent or any other bills until the Final Restraining Order hearing is held.
- You are granted temporary possession of personal property such as a pet and/or a vehicle.
- You can add additional people to be protected under the TRO, such as family members and non-shared children. You may also ask the judge to freeze all bank accounts.

What should be put in the complaint for a TRO?

You must list all the facts of the incident that happened that made you file the complaint. For example, facts like hitting, punching, threatening to kill, cursing, pulling hair, following you, should be included. If you needed medical treatment for your injuries, this should be included.

Even if you have never filed a complaint or reported an incident before, it is very important to include in the complaint all previous incidents of domestic violence or abuse committed against you. Be sure to include all of the incidents or you will not be allowed to testify about it in court. You should also include if the abuser uses drugs or alcohol.

What Happens after I receive a TRO?

A TRO is a legal document that contains

the orders of the judge. You will receive a copy that you should keep in your possession at all times. The police department and the court receive a copy.

You do NOT serve the TRO. The abuser must be served by law enforcement with notice of the TRO and the date for the final hearing. The abuser must be served with the papers in order to know to stay away from you, your children, and others named in the complaint.

FEDERATION NEWS

Isabella Cooper

Dates to Remember

- 6/1-30: Caribbean American Heritage Month
6/9: Garden District June Council/We are Hostess, 5p.m. \$3.00
6/20: World Refuge Day
7/1-31: Cleft and Craniofacial Month
8/10: Summer Luncheon to benefit 2022-2024 Special State Project; 11:30 a.m.-3:30p.m., Lobster Shanty, 83 Channel Drive Point, Point Pleasant Beach; \$45 per person with Themed Baskets, 50/50, Silent Auction. Contact Marie Sullivan(sullivan@njsfwc.org). Deadline for Reservations: August 1 or until sold out

Annual GFWC Statistics Report Totals for 2021

Each year, GFWC calculates the total amount of projects, volunteer hours, and both in-kind and dollars donated for the work of all clubs in the Federation. Below are the totals for all the categories.

Number of projects:	82,818.00
Volunteer Hours:	4,916,495.11
Dollars Donated:	\$8,497,117.01
In-Kind Donations:	\$8,653,784.86
Dollars Raised:	\$2,097,928.86



Benefit for NJSFWC Headquarters Fund

Win a 5-day, 4-night vacation stay September 5-9 at The Concord Suites in Avalon.

Tickets are \$20 each or 3 for \$50. All proceeds will benefit our NJSFWC Headquarters Fund and the cost of a new heating and air conditioning system for the headquarters building. Tickets will be available at our June Council Meeting.

For questions, contact Chris Burlew at 732-885-1466 or chrisburlew2147@yahoo.com.



GUEST SPEAKER Sheryl Ratcliffe spoke at our May meeting. She gave 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.

DEAR SECRET PAL

Dear Secret Pal,
Thank you for my beautiful May Day Gnome. He looks just perfect standing by my entryway table. Your generous gift card I have tucked away for when I see something I really, really want. As this is the last correspondence for a while, I wanted to let you know how appreciative I am for all the gifts you have given me these past few months. I hope you have a fabulous, restful, relaxing summer.

—Jody

Dear Secret Pal,
Thank you so much for the two bottles of red wine. I wish I knew who you were so we could share it. Thanks again, very thoughtful.

—Carol F.

Dear Secret Pal,
Thank you for the beautiful flowers, Giant Lollipop, Sour Patch Kids Candies, Jelly



Heartfelt Thanks

Belly Jelly Beans and the very generous Olive Garden Gift Card. Thank you for remembering me on Mother's Day! You always seem to surprise me with wonderful surprises. I look forward to seeing what is coming next! You are such a thoughtful person. Have a fantastic summer!

—Warmly, April

Dear Secret Pal,

Thank you so much for the chocolate covered pretzels and salt water taffy! These were such a lovely surprise to receive at our last meeting. I appreciate you thinking of me when you are in Trader Joes and wanted to let you know how much I am enjoying these sweet treats! Thank you again!

—Tracey H.

Dear Secret Pal,

Thank you for all of the wonderful surprises. I loved them all, especially the pickleball bracelet.

—Thank you, Carol D.

Dear Secret Pal,

Thanks so much for the beautiful bouquet of fresh flowers. You really brightened my day!

—Peggy G.

Dear Secret Pal,

Thanks so much for the Easter goodies and the bottle of wine. All were enjoyed. It is so nice to receive your gifts. Hope you have a great summer.

—Fondly, Cheryl

Dear Secret Pal,

You have been amazingly generous with your gifting me. I love and am using the gardening gloves and potted flower I am growing! ☺ And many thanks for honoring our wedding anniversary. I adore the frame, the delicious chocolate, and the wine in that beautiful holder. ☺ You are the kindest, thank you! ❤ —Love, Lisa

Club Service Hours

Janice will record our club's monthly service hours. Each member was given a sheet to record their activities several months ago. This sheet covers January, 2022 to now, June, and only asks for the total accumulated hours for the past six months. Do not tell Janice all the names of your activities or name what you have worked on by departments. Helpful to Janice would be just a grand total of hours that you devoted to club work since January. ****IMPORTANT: Your total hours must be given to Janice at our June Installation Dinner meeting or by email this June.** She will begin to keep the records and tally hours each month from every club member. Thank you!

South Jersey Dream Center

The Dream Center is critically low on food supplies. Please bring a donation to one of the workshops or the Installation Dinner. Karen H. and Peg S. are helping Cynthia deliver our donations. Thank you for your generosity!

ADVOCATES FOR CHILDREN

Robin Evans, Lisa Hunter

Ronald McDonald House

We are still collecting paper products, Tide pods, and sealed snacks such as crackers, etc. Bring your donations to the June meeting or drop them off at Robin's or Lisa's houses.

Thanks to all of you for the donations and generosity for this past year. We really appreciate it!!

Have a great summer!

