

# Tidbits



November 2022 — Vol. 29 Issue 3

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

## NEXT MEETING

Tuesday, Nov. 8, 2022

6:30 p.m.

St. Paul's, 74 Church St.

Please enter through back ramp door!

## Refreshments

**Snacks/Desserts:** Carla B., Kathy N., Isabella C.

**Beverages:** Linda C., Holly T.

## November Birthdays

3—Carla B.           7—Kim VZC.  
3—Denise P.       17—Cynthia HB.  
4—Chris T.         21—Lisa H.

## COLLECTIONS

- ♥ 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, & 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](mailto:membership@wdwomen.org)



## PRESIDENT'S MESSAGE

April Maska

Happy November, Club Sisters! As we change our decorations from the fun of Halloween to Pilgrims, Wampanoags, Turkeys and more, we start to reflect on all of the wonderful things that affect us each and every day.

*This November is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.*

—Terri Marshall

And with the above, I would like to add...

*Some of you are unaware of just how amazing you really are. The way you make people laugh, lift others up, or spread some extra love. You do this even though you may be struggling too, and I think it makes you such a beautiful human being.*

—Unknown

As a club, I am always amazed and humbled by the generosity of our members. With all we have going on in our personal lives, we never forget those in need. I am so honored to be a part of an organization who does so much for others. Because of all of you, three families will have a wonderful **Thanksgiving**. With the gift cards that we will donate, they will be able to purchase all that they need to celebrate their family in a very special way. Thank you for just being you. As the quotes above state, we will reflect on our blessings, but we also make sure that others will have a blessed holiday as well. It is because of all of you that others can smile and be thankful for the generosity of others. Yes...you are such "beautiful human beings."

News is on the upswing for our members who have had **medical issues**. A big thank you to everyone who make food,

sent cards, sent texts, gave flowers, emails or just said a prayer for our members who needed them. Reports from all ladies that I have spoken to said that they are doing better. Healing takes time but the messages are positive. Keep those prayers coming. We can all use some positive vibes.



We were so thrilled and honored to have had Marie DiMatties, **Garden District VP** come to our October meeting and share her uplifting message. I truly love when we have guests because they are then able to witness what a wonderful group of women we are.

A big recognition once again to Chairs Nancy B., Nancy D., and Denise H. for all the hard work they did on our **basket raffle**. Although not as time intensive as some other big fundraisers we have held, it still takes organization and communication for things to run smoothly. The final State Report is done and a big shout out to Nancy B. who, although recuperating, finished our report. It has been sent to the State and I know our ladies will give the final report on our profits at our November meeting. I would be remiss if I did not recognize all of you who sold tickets, organized ticket sales (Sue), donated baskets and worked the night of our event. It takes

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## President's Message, continued

a village for things to work out and our "team" did not fail us. Because of all of you, we will be able to support many of our yearly organizations and families in need.

A big thank you to Janice M. who made up our **survey** for the club members to take. This was a huge undertaking, and it is not over yet. It is wonderful to see so many of you taking the time to complete the survey so we have a majority representation of our members and their opinions. Janice and Cynthia H-B. had also set up dates at the library for members to take the survey who were unable to make our October meeting. I understand that a couple more members will be taking it at the beginning of our November meeting and then the hard work begins. Janice will then enter the data into a spreadsheet and plans to share the results after the New Year. Why so long? Janice does not have a program on her home computer that automatically documents and calculates the information. All answers are entered by hand and then calculated... question by question. This is a long process...thank you Janice for doing this. Janice is familiar with surveys as she did this for a living before her retirement. This survey was suggested to us by the Garden District Membership Chair who spoke at our June Garden District Meeting. Marie DiMatties, Garden DVP was at our October meeting to observe our members taking the survey and we were able to give her a hard copy to take back to her club, our District, and to the NJSFWC. Janice also sent Marie a digital copy which is so much easier to share and modify for each club's unique specifications.

Janice is also taking time out of her busy schedule to attend the State **LEADS workshop** on November 5th. This leadership workshop is to help club members who are new to leadership roles as well as those veterans who need ideas and support for occasions that arise in their clubs. We look forward to hearing all the great things that Janice learns.

Thank you to Linda M. who took the time to reach out to the Elementary

Guidance Counselors who will identify families to receive our **Thanksgiving Gift Cards**. The gift cards have been ordered and we hope to have them by our November meeting so that Linda may take them to the schools. We will be supporting **Operation Blessing** this year for our Christmas donation as we will reach more families who will be able to get both food and gifts...one stop shopping.

A big recognition to our Health and Wellness Committee who are moving forward with our **130 Challenge**. I am so totally excited about this! I have a FaceTime meeting with Chris T. and Carol D., who have a fabulous plan in place. I am so impressed by their ideas and initiatives. Something for everyone!!!! This is going to get me back on my own personal exercise routine that I have been lax on since the Pandemic. Look for information in this edition of Tidbits and a report at our November meeting.

Another big congratulations goes to Denise H. who attended the **State Fall Conference** and was awarded the International recognition for the best Federation website. Thank you, Denise, for serving as state webmaster for the past four years.

The board also met with the GCI committee as they plan for this year's GCI at Douglass College. Their yearlong plan is in place and I know that the girls we send will have an amazing experience. Also, look for a separate email from me about GCI. **The Girls' Career Institute** is celebrating their 75th Anniversary in 2023 and they are looking for ladies who were fortunate enough to attend GCI as well as adults who were house mothers, speakers, nurses and more to share their experiences. What a great idea!!! I understand that they are collecting this information to share the 75 years of making a difference in the lives of so many young ladies.

Either myself or a board member have also been in contact with most of the other committees who are currently doing a project and sharing what they are doing and their future goals. Look for more information in this month's Tidbits.

As unbelievable as it is, our **Holiday Dinner** meeting is only a month away! Please remember to bring your \$30 to our November meeting if you have not paid as of today. Jody H. has to give a head count to Hollywood Diner so they are prepared for us. She also needs your dinner choice...I'm having the beef. If you want to participate in the cookie exchange, let Jody know so that we know how many ladies are baking and what kind of cookies you are making. I am making a peppermint cookie...what's your favorite?

This month we are very fortunate to have Mary Ann Sullivan speak from the **Emmanuel Cancer Foundation** in Woodbury Heights. She will update us on our State Project. We will be gifting her with pillowcases made by our own Kathy N. and dry food items for their food pantry. Look for more information in this newsletter.

As we travel November, count your blessings, spend time with your families, enjoy the last days of Fall and have a very special Thanksgiving. You are all amazing and worthy of all the beautiful things that have and will happen to you ☐

Happy Thanksgiving!

*April*





## FIRST VICE PRESIDENT

Janice Morrison

Lots of exciting things happening in the club and I am so happy to be a part of this great organization.

### Survey

Last month we administered our first member satisfaction survey, and thank you to all who took the time to complete it. For those who have not had a chance, please come early to the November meeting and you can take it then. I'll be there by 6:10; it should only take about 15 minutes to complete. The response has been overwhelming! Let your voice be heard! After the meeting I will start entering the data into a spreadsheet and putting together a written report.



### Poinsettia Sale

Our end-of-year fundraiser is the sale of poinsettias. Attached to Tidbits is the order form. There are two sizes this year: 4-½ and 6-½ inches in 4 color varieties. Money is due by November 23rd along with the order form. Pickup will be at my house, 295 Night Hawk Circle (Riverwinds) and checks can be sent or dropped off to Sue N., 12 Holly Drive. Pickup will be Friday December 2nd between 4 and 6 p.m. The cost for the smaller size is \$7 each and the cost for the large is \$12. These are fabulous gift ideas and look beautiful in the home. Additionally, Sue N. will be collecting order forms and money at our November meeting.

### Leadership Conference

In an effort to better support our club, I will be attending a leadership conference at Headquarters in New Brunswick on November 5th. This is an exciting event presented by Barbara McCloskey, NJSFWC President-Elect, and Chris Sienkiewski, NJSFWC 2nd Vice President. I am hoping to share some new ideas gleaned from the training with you early next year.

Have a wonderful Thanksgiving holiday with your families.

### Service Hours

It's that time. We need your total hours spent on women's club business for the 3rd quarter of the year. Attached to the newsletter email is a form for your convenience and you can hand this to Janice at the November meeting. She only needs total hours for July, August, and September at this time.



- ◆ Linda and Bill J. are so proud of grandson and WDHS Junior, Corey, who is selected for early induction into the NATIONAL HONOR SOCIETY. His letter states leadership, service, grade point average, character, along with five years of being the president of his class since Middle School. Congrats Corey!!
- ◆ Lisa H. says: Shout out to not one but two of my brothers-in-law. Tom is running for Gloucester County Clerk and Mike WD Township committee. I am pretty darn proud of them! 😊
- ◆ St. Paul's Chicken Barbecue is Nov. 13, 12-3 p.m. Delicious chicken dinner, \$14. See Denise H. for tickets.
- ◆ Flute Concert will be held on Sunday, Nov. 13 at 4 p.m. at St. Paul's with music by the Gloucester County Flute Ensemble. Free entry, donations accepted. No tickets required. Just come to St. Paul's.

## SECOND VICE PRESIDENT

Cynthia Holmes-Butler



WELCOME NEW MEMBERS! At our October meeting we installed Barbara O., Elaine W., and Susan D. We are so happy to have you! Jan A. will be installed in November.

## BASKET RAFFLE

Nancy Barna, Nancy D'Amico, Denise Hosier

Our Basket Raffle was really a lot of fun and a huge success. Food was great, we made a LOT of money for good causes, and we got to see what can happen when we work together as a team.

Thanks to everyone who supported us by attending and purchasing raffle tickets. Without you, we couldn't have done it!

And super special thanks, club ladies, for all your hard work and leadership in spite of all the health problems that happened. Almost every member participated in some way, by donating baskets, helping with the event, selling tickets, and attending the event. Our members are incredible! Thank you so much!



## GIRLS' CAREER INSTITUTE

Clara Campbell

### GCI continues...

Tuesday 7:45 a.m. Everyone is lined up in their dorm wing and ready to go to Neilson Dining Hall for breakfast. There are two identical food stations set up with something hot and delicious each day. Cold breakfasts are also available. Anything you can imagine is offered: eggs, French toast, pancakes, bacon, sausage, cereal, fruit, muffins, Danish, coffee, tea, juice, and on and on!

9:00 a.m. Morning session in Hickman Hall starts off with the Pledge of Allegiance to the Flag of the United States of America, followed by a patriotic song and announcements. The guest speaker is Captain Donna Roman Hernandez. Captain Hernandez is a captivating speaker and happily returns to GCI each year to talk to the Delegates. Her talk is titled, "Empower Yourself to Become Your Best Self."

10:00 a.m. & 11:00 a.m. Concurrent 50-minute workshops begin. Each Delegate selected her choice of workshops to attend before arriving to GCI.

- Accounting
- Environmental Education in NJ
- A Career in Law Enforcement

- Working for Change in Nonprofit Careers
- Life as a Special Agent - FBI
- Health & Fitness
- How to Make the Most of Your First Internship
- Journalism

12:00 p.m. to 12:45 p.m. Lunch in Neilson Dining Hall



## SPECIAL CLUB PROJECT

Jeannette Wood

### Family Promise of Southwest New Jersey

Unfortunately I wasn't able to attend the last club meeting. I did not receive any duffel bags or donations to purchase more duffel bags. I still have the three bags to deliver for the homeless families.

If you want to help with this project, you can purchase a duffel bag online and have it sent to my house. You can purchase a duffel bag, any size, and give it to me at the club meeting. If you would rather give a donation toward the duffel

bags, I will collect it at our meeting.

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





## ADVOCATES FOR CHILDREN

Karen Hink

Our nurses are working hard and continuing to provide compassionate professional care to the students of West Deptford elementary schools. I have received the following requests:

### Oakview School (Nurse Cindy Cobb)

- Boys' underwear size small or 6-8
- Girls' leggings size small and medium
- Sweatpants for boys' sizes small and medium
- Plastic bags like the ones we used to get at the stores (Used to send soiled clothing home when the students have accidents.)
- Flushable wipes

### Red Bank School (Nurse Amy Wilson)

Hello and thank you so much for your continued generosity!

Red Bank School could use some of the following:

- Boy's underwear: Size 3T, 4 (special need for this size) and 6
- Boy's sweatpants size 3 and 4

- Girl's underwear: Size 3T and 6
- Girl's sweatpants size 3, 4 and 6.

### Greenfields School (Nurse Maria Budd)

- Sweatpants that are neutral in color that could be used for boys or girls would be best.
- For PreK sizes 4 to 6, Third grade sizes 8 to 10, and 4th grade sizes 12 to 14. If possible, a few short sleeve t-shirts same sizes would be helpful.

**Please remember that only underwear must be New. Pants and leggings that are clean and in good condition are allowed.**

Thank you for all your support!



## EDUCATION

Carla Branyan

### Give a Book, Get a Book

We wanted you to know that the education committee has started up, and we have decided to use the middle school for the first time for our project.

We will set up a small library in the faculty lounge, and the project will be, "Give a Book, Get a Book." We will rotate the books periodically.

What we need is to collect some of your old books that you think teachers would be interested in reading. Most importantly, we need a bookcase. Maybe you have one in your basement or have seen one at a yard sale or something like that. Let us know if you can help us out in any way.

See you at the next meeting.

### Education Committee

Carla B./Ann C./Joan B./Carol M./Sue D.

## HOLIDAY DINNER

Jody Harris, Cynthia Holmes-Butler

**Tuesday, December 13, 2022 @ 5:45pm**

### Hollywood Cafe & Sports Bar

940 Mantua Ave (Rt.45)  
Woodbury Heights, NJ 08097  
1-856-251-0011

Your dinner selections will include:

- \* Soup OR Salad
- \* Rolls/butter
- \* Two Vegetable 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

Choices of Entrees

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

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

If you could please RSVP to Jody with your dinner choice no later than the November meeting, that would be greatly appreciated, as we need to give a final head count with dinner selections by the end of November.

### Cookie Exchange

We would like to do a **cookie exchange** at our Holiday Dinner. Please let Jody know the type of cookie/item you will bake to avoid duplication. If we have a large response we will reduce the amount of cookies to swap. Cookies should be packaged in a Zip-lock bag, and you are welcome to include your recipe. Each

participant should bring a bag/container to collect and take home a "bag" with everyone's cookies. Please respond to Jody no later than the November meeting so you can be included in the count. This sounds like fun, so we hope a lot of people will be interested in participating.



## FEDERATION NEWS

Isabella Cooper

### Dates to Remember

- 11/5/22: LEADS Workshop at NJSFWC Headquarters (Janice Morrison is attending)
- 11/9/22: Treasurer's Workshop at NJSFWC Headquarters
- 11/30/22: NJSFWC Headquarters Holiday Open House/RSVP [miller@njsfwc.org](mailto:miller@njsfwc.org) by 11/18
- 1/16/23: National Day of Service Project—Community Food Banks of NJ
- 4/13/23: Spring Conference & Achievement Day
- 5/1-3/23: NJSFWC State Convention at Hard Rock Casino, Atlantic City

### Congratulations NJSFWC

AFP-NJ Excellence in Philanthropy has named NJSFWC as its 2022 Outstanding Community Organization. The award is given each year to the most notable citizens and organizations in our state who have dedicated their efforts toward making New Jersey a better place. NJSFWC will be formally recognized with other honorees at the AFP-NJ Excellence in Philanthropy 42nd conference and luncheon on November 17 at the Bridgewater Marriot.

### GCI Celebration of 75th Anniversary in 2023

Girls' Career Institute will celebrate its 75th anniversary in 2023. NJSFWC wishes to mark the occasion and seeks help from the membership. First, they want to establish an Ad Hoc GCI Committee so they can begin planning for a way to commemorate the occasion with a special event. They are seeking out women who have either attended GCI or past Directors, housemothers, or staff who may have a special memory or story to share. Anyone who would like to help can contact Second Vice President Chris Sienkielewski at [sienkielewski@njsfwc.org](mailto:sienkielewski@njsfwc.org).



### Humanitarian Support Continues for Families

As of mid-September, GFWC members donated more than \$69,000 to UNICEF to support their relief efforts. Support from GFWC to UNICEF has realized the following in Ukraine:

- Life-saving health and medical supplies to nearly 4 million people
- Access to safe water for nearly 3-5 million people in areas where networks have been destroyed or damaged
- Formal and non-formal education to more than 760,000 children
- With partners, UNICEF has reached more than 1.7 million children and caregivers with mental health and psychosocial support.

## SPECIAL STATE PROJECT

Cheryl Fairchild

### Emmanuel Cancer Foundation

Mary Ann Sullivan from Emmanuel Cancer Foundation will be our guest speaker at our November meeting.

### Food Collection

ECF has a food pantry for their families. We are asking members to bring a donation for their food pantry to the November meeting. They are in need of 100% fruit juice boxes, cookies, taco kits, crackers, tea bags and personal items such as shampoo, deodorant and soap.

If you can bring a donation to the November meeting it would be greatly appreciated.

## CIVIC ENGAGEMENT & OUTREACH

Denise Hosier, Sharon James

### Thank You!

In October, 50 stockings were delivered to NJSFWC Headquarters along with a check for \$100 to help pay for shipping. Thanks to all of your donations and help stuffing stockings, 50 soldiers overseas are going to have happier holidays.

### Wreaths Across America

December 18 is "National Wreaths Across America Day." All across the country there will be wreaths laid to honor those who have served, including at Arlington National Cemetery in Washington DC and at several hundred NJ locations.

This year's theme for Wreaths Across America is, "Remember, Honor, and Teach." You are encouraged to REMEMBER our fallen U.S. veterans, HONOR those who serve, and TEACH your children the value of freedom.

You can sponsor a wreath for \$15 by going to <https://www.wreathscrossamerica.org/>. Please select "Local Sponsorship Groups" and search for **NJ0176** code for the NJSFWC. The code isn't there as of this writing, but perhaps the state will renew it soon. For every two wreaths purchased by members of the NJSFWC, one additional wreath will be placed at a veteran's gravesite.

**PLEASE LET US KNOW** if you purchase a wreath so that we can include the number in our annual report. Thank you!



## SOCIALLY SPEAKING

Jody Harris, Margie Maines, Kat Nixon, Holly Revelas,

We hope these events are things that you will wish to participate in. Please check the dates, times, and keep in mind the RSVP dates where noted. Any questions, please reach out to a member of the social committee. If you have suggestions, we'd love to hear from you.

A big thank you to the people who came out to support our October events. The Pancake Breakfast was a huge success, and we are hoping to schedule another breakfast at Piston in the New Year. We hope you'll have a great time at these upcoming November/December events that we have planned for you.

### THURSDAY, NOVEMBER 9, 2022

**Chocolatrium Tour** – 9:45 am Meet at West Deptford Library to carpool to Berlin

11:00 Essential Tour of Chocolatrium  
“Discover the chocolate history and how it evolved throughout the centuries on a privately guided chocolate tour. See the wonders of the plantation & craftsmanship of chocolate.”

This includes a guided tour, history of chocolate, the process from beans to bars as well as a tasting. At the conclusion of the tour/tasting is an opportunity to purchase chocolates in the retail store. Thank you to those who signed up and have already paid.

### THURSDAY, DECEMBER 8, 2022:

**Whole and Grounded Café**, 9-11am  
5 Delaware Street – Woodbury, NJ

During this busy holiday season, we hope you'll be able to find a few minutes to join your club sisters for a cup of coffee, tea, or hot chocolate, between 9 and 11am. We wanted to support this local business, as they supported us with a donation at our basket fundraiser. This is a scheduled pop-up event, so no need to let us know if/when you can make it, but we hope you'll find some time to stop by.

### TUESDAY, DECEMBER 13, 2022:

**Holiday Meeting and Dinner – Hollywood Café & Sports Bar** 5:45pm  
940 Mantua Pike – Woodbury Heights, NJ

Due to popular demand, we have decided to return to Hollywood for our Holiday Mtg. this year. The information regarding the dinner can be found in this issue of Tidbits. Payment and dinner choice are due no later than the night of the November meeting. We will also be holding a holiday cookie exchange at the dinner, so please be thinking if you would like to participate in that and let us know what treats you will be making to eliminate the possibility of duplicating cookies.

### SUNDAY, DECEMBER 18, 2022:

**A Flutastic Christmas Concert with the Gloucester County Flute Ensemble**  
1pm St. Paul's United Methodist Church of West Deptford

Join us as we present a variety of holiday classics to celebrate the Christmas season. As the church is so kind as to allow us the use of their facility for our meeting, I felt this would be nice to share with everyone. This event is open to the public. Thank you to the club sister who sent this to me to include as a pop-up event. Being a pop-up there is no need to let us know if you are planning to attend.

### Sneak Peek into 2023...

#### WEDNESDAY, JANUARY 4, 2023:

**Book Club Mtg.** (Zoom) 7pm  
The book we will be discussing, Verity by Colleen Hoover

“In Verity, Lowen Ashleigh is a writer who's offered the opportunity to complete the last three novels of a bestselling book series because the author, Verity Crawford, is unable to do so for medical reasons. When Lowen moves into the Crawford house to go over Verity's notes, Lowen sees that Verity has been left largely unresponsive after a car accident. She also learns that Verity's two twin daughters died in the months preceding Verity's accident. Lowen soon finds herself attracted to Jeremy, Verity's husband, and she also discovers an autobiographical manuscript by Verity, which contains dark secrets.”

If this sounds interesting to you, please join us. RSVP to Jody by Monday, January 2, so that you will be on the list to receive a Zoom invitation.

#### THURSDAY, JANUARY 12, 2023:

**Game Night at St. Paul's Church** 7-9 pm  
We are hoping to split into groups and get

some board games going, possibly bring back crochet club on that night, perhaps some treats and drinks (non-alcoholic). It will be whatever you would like it to be. Our hope is that maybe we can continue with something of this nature every other month and change it up to meet our needs. What do you think? Sound like something you'd be interested in? We hope so.

### MONDAY, FEBRUARY 13, 2023:

**“Gal-entine's Day”** - Gia Nina 6pm  
A day for women to celebrate their friendships with their lady friends.  
312 S. Evergreen Ave. Woodbury  
RSVP to Jody by February 4th.

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. our exact count. As it gets closer and I have a finalized list, I will let everyone know who is going so that carpool arrangement can be made if desired. Parking is limited.

### WEDNESDAY, MARCH 1, 2023:

**Book Club Mtg.** (Zoom) 7pm  
The book we will be discussing, Next Year in Havana by Chanel Cleeton

“After the death of her beloved grandmother, a Cuban-American woman travels to Havana, where she discovers the roots of her identity—and unearths a family secret hidden since the revolution...”

Havana, 1958. The daughter of a sugar baron, nineteen-year-old Elisa Perez is part of Cuba's high society, where she is largely sheltered from the country's growing political unrest—until she embarks on a clandestine affair with a passionate revolutionary...”

Please let Jody know if you are interested in joining in on the discussion.

**SHARE YOUR TALENT:** 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.



# DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison, Linda Clark

## New Interpretations

Last month we wrote about the laws concerning Domestic Violence in the United States. This month we will focus on two specific forms of DV and the law: Spousal Rape and Non-fatal Strangulation.

## Spousal Rape

Until 1975, every state in the nation considered a husband's rape of his wife an exception to its rape laws. Legal codes of the time either defined rape as a man having non-consensual sexual intercourse with a "woman not his wife" or defined the victim of the offense to exclude the wife of the actor. Slowly, states began to repeal these exceptions, with Oklahoma and North Carolina being the last to do, both in 1993. Today, the law of spousal rape is nuanced. Although it is now technically illegal in every state for one spouse to rape the other, vestiges of the spousal rape exception still permeate into many states' laws.

In some states, marital sexual assault is treated as a separate crime from sexual assault that occurs outside of marriage. Perpetrators may receive lighter sentences for marital sexual assault. For instance, in California, there is no mandatory prison sentence for someone who is convicted of committing rape in marriage.

In summary, while marital rape is recognized as a crime in all 50 states, it can be more difficult to prove marital rape or to have a rapist convicted of a crime when the victim is a spouse.

## Non-Fatal Strangulation

What used to be called "choking" is actually attempted Strangulation. New Jersey recently recognized the seriousness of non-fatal strangulation. It now is a class 2 felony. When a victim reports a case of non-fatal strangulation, the perpetrator is arrested as soon as he is located. If the perpetrator has any weapons, they are confiscated. The victim has no choice about filing charges as the police automatically file the charges. The victim may file for a TRO (temporary restraining order).

Strangulation can result in injuries to the soft tissues of the neck, esophagus, larynx, trachea, cervical spine, and the laryngeal and facial nerves. Although the victim may appear to be fine when reporting the incident, it is important to encourage the victim to go to the hospital for a thorough examination. It is possible that serious and even life-threatening injuries may have occurred.

Victims of non-fatal strangulation are significantly more likely than other victims of domestic violence to be killed in future violent incidents. Victims need to be made aware of the danger of fatal escalation of violence if she/he remains in that relationship.



## 130 Challenge

Carol Dechen

As presented at the October meeting, we asked you to give your opinion how to meet the "Health and Wellness 130 Challenge." I tallied the emails and together with Chris T. and April M. we discussed the results and how to implement the plan. The consensus is that together we move toward getting healthy, and we have multiple ways of doing that. Walking was by far the most popular way to do this; however, we did see exercise and exercising in groups was also popular.

So with that said, I am taking charge of this activity over the course of two years. Everyone will chart their activity and send me their information each month. I tally everyone's exercise activity via whatever method you choose: Walking/miles, walking/minutes, exercise/minutes, and weight loss. No one needs to know your starting weight nor how much weight you lose. You can report out to me but I will never repeat those numbers. There is no pressure, but we are trying to get 100% participation and have fun doing this as a group.

I am available to discuss privately what might work best for you and creating exercise/activity (there are plenty of options even for those with mobility limitations). I will report out in Tidbits and at club meetings. We have also set up a private Facebook page just for our WD Woman's Club. This is only for our club members and for now solely for communication with our group and to organize some group activities. We found that the other Facebook page is a public page and currently has 635 members. Our page is private and again, only those in our club will be able to view the page. I am the administrator and looking for someone else who would like to assist me. <https://www.facebook.com/groups/1055572958445207>. If you are a member of Facebook and have not been invited to join the group, please email or message me.

And just as a reminder, if you have not been very active recently we recommend or suggest that you get your physician clearance before starting this exercise plan. I guess another important item is a start date. January 1, 2023 #LadiesOnTheMove.

Please, please, please, this is meant to be fun. Do not stress about this!



## HEALTH AND WELLNESS

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

**South Jersey Dream Center**—804 lbs of food/items, 33 ½ hours

**Angels Community Outreach**—248 lbs of clothing, 10 hours

**Jeannette's Closet**—193 lbs of clothing, 27 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; Back to school project—in kind \$790, 72 hours

Clothes can be delivered to Chris T., Bras to Linda C., Toiletries to Kim VZC. (text to each first)

## National Diabetes Month

By Kim VZC.

November is National Diabetes Month. We have all heard the word or have known someone who has Diabetes, but what do we know about it? Hopefully this article will help us become more informed and better help us understand the importance of taking care of ourselves.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high, causing the body to not be able to break glucose down into energy. It affects over 37 million Americans including adults and youth. Having too much glucose in your body can cause serious health problems. Damage to the eyes, kidneys, nerves and some types of cancer can all be linked to diabetes. People who have diabetes are twice as likely to develop heart disease or have a stroke. Act as soon as being diagnosed to help prevent diabetes related issues.



There are different types of diabetes. In prediabetes there are no clear symptoms, so you may not know you have it. This condition puts you at a greater risk of developing type 2 diabetes and cardiovascular disease. You can lower your risk for type 2 by 58% through weight loss and exercise.

Type 2 is the most common form of diabetes and occurs when the body doesn't use insulin correctly or make enough. This is usually controlled through medication and diet and exercise.

Type 1 occurs when the body is unable to produce insulin. This is caused by an autoimmune reaction that destroys the cells in the pancreas that produce insulin. This type is controlled with insulin shots administered daily and diet and exercise.

Gestational diabetes occurs during pregnancy when the body cannot produce enough insulin.

Diabetes affects men and women differently. Women have a higher risk of heart disease and other diabetes-related complications, including depression.

As a woman, if you have diabetes, it's important to recognize the symptoms of heart disease. These include chest pain, shortness of breath, a rapid or slow heart-beat, numbness in legs, exhaustion, and pain in one or both arms. Managing your diabetes can help prevent heart disease or stroke.

The good news is that diabetes can be managed by staying physically active and adopting a healthy eating style. Aim to complete 30 minutes a day of exercise (walking, swimming, yoga, etc.) at least 4-5 times/week. Healthy eating includes adding predominantly low-fat, whole foods rather than processed ones (particularly fast food) and a diet that's rich in fruits and vegetables. Get enough sleep. Many people with type 2 have sleeping problems because of unstable blood sugar levels. Stress less. Long term stress can increase blood sugar and blood pressure levels. Monitor blood glucose levels and take prescribed medications. Lastly, LOVE MORE. Connecting with others can be a powerful way to stay healthy.

Make sure your primary physician orders a HbA1C blood test yearly. This will let him/her know your average blood sugar levels over the past 3 mo.



## DEAR SECRET PAL

Dear Secret Pal,  
Thank you so much for the October gnome. He is very happy to be standing by my foyer table all dressed up in his finery to welcome guests into the house. I also appreciated the Barnes and Noble gift card. It was very helpful in helping me dwindle down my list of the books I want. —Thanks again, Jody

Dear Secret Pal,  
Thank you so much for the beautiful pumpkin flower arrangement. It is gorgeous and looks great on my table. I absolutely love it! I can't wait to find out who you are! —Fondly, Cheryl

Dear Secret Pal,  
What a wonderful surprise to find on my front porch! Thank you for the Halloween Gnome w/broom, 4 Halloween signs, gnome socks, gnome spatula, cute ghost and candy corn. I am probably one of the few people who love candy corn:-)



You always give me such special, thoughtful gifts. Thank you for making my day so special! —Warmly, April

Dear Secret Pal,  
Thank you for the Dunkin Donuts gift card! I will be treating myself to breakfast soon. Your thoughtfulness is very much appreciated! —Peggy G.

## ARTS & CULTURE

Ann Caswell, Kathy Nixon

We are planning to again make holiday cards for ManorCare residents as we did last spring and last December.

Denise H. will again host the project at her house and she and Denise P. will lead the cardmaking. We have tentative dates of either November 30 or December 8.

We need to make 100 cards. All supplies will be provided and you don't need any special talent to participate. It will be a test of your Kindergarten skills like cutting and pasting. Maybe a little coloring, too. ☺

If you're interested in joining us, watch for an email later in November with the exact date and time.



## THANK YOU NOTES

Thank YOU for ALL the cards, texts, emails, calls, and food that has been showered upon me as I am recovering from foot surgery! Your generosity was so appreciated by me and my husband. It's times like these that I am so grateful for the friendships that I have developed in this magnificent club!

—Fondly, Denise P.

Hi, Friends! Thank you for your support of the Greater Woodbury Cooperative Ministries (GWCM) food pantry during the year. Thanks for buying the Boscov's Shopping Passes and donating food, feminine products and Depends during September and October.

—Happy Thanksgiving! 🍂🙏 Joan

Dear members,  
I am sending my heartfelt thanks to our club members for their prayers, cards, texts, and phone calls during and after my extended stay in the hospital. Five weeks of nurse visits, physical therapy, and restrictions are soon ending.

My spirits were greatly lifted by visiting club members. I have three more tests in December to complete my ordeal. I look forward to getting back into club activities and volunteerism soon!

—So very appreciative, Linda Jones 🙏



THANK YOU FOR EVERYTHING! Thanks so much to all the members that provided meals and sunshine to our laid-up members!



BIG WINNER! David H. won the Phillies Super Basket Raffle. He and Jody will be enjoying a game in the Diamond Club again this year. Congrats, David!!



Woman's Club of West Deptford 2022 Poinsettias

**(Money due by November 23rd)**

**Pick up location:** Janice Morrison's: 295 Night Hawk Circle, West Deptford NJ 08086

**Pick up December 2rd: 4pm to 6pm**

**Buyer Name:** \_\_\_\_\_

	<u>Color</u>	<u>Cost</u>	<u>Quantity</u>	<u>Total</u> (\$cost x quantity)
	Prestige Red 4 1/2"	\$7		
	Prestige Red 6 1/2"	\$12		
	Pure White 4 1/2"	\$7		
	Pure White 6 1/2"	\$12		
	Christmas Beauty Pink 4 1/2"	\$7		
	Christmas Beauty Pink 6 1/2"	\$12		
	Christmas Beauty Princess 4 1/2"	\$7		
	Christmas Beauty Princess 6 1/2"	\$12		
			Total #	Total Cost:
				Total Paid:



Complete Bottom and mail or deliver with payment to:

Sue Nelson, 12 Holly Drive, West Deptford, NJ 08096

**Buyer Name:** \_\_\_\_\_

<u>Color</u>	<u>Quantity</u>	<u>Color</u>	<u>Quantity</u>
Prestige Red 4 1/2"		Christmas Beauty Pink 4 1/2"	
Prestige Red 6 1/2"		Christmas Beauty Pink 6 1/2"	
Pure White 4 1/2"		Christmas Beauty Princess 4 1/2"	
Pure White 6 1/2"		Christmas Beauty Princess 6 1/2"	
			Total Plants:
			Total Cost:

Total Paid \$ \_\_\_\_\_

Total Payment:

Payment Method:

Check - Check Number \_\_\_\_\_

Cash