

Tidbits

January 2023 — Vol. 29 Issue 5



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

NEXT MEETING

Tuesday, Jan. 10, 2023

6:30 p.m. on ZOOM

Zoom link will be emailed a few days before the meeting.

Refreshments

Feel free to enjoy whatever refreshments you want to in the comfort of your own home!

January Birthdays

6— Kat N. 12—Margie M.
7—Nancy D. 21—Sue N.
10—Holly R. 30—Tracey 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.
- ♥ 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



PRESIDENT'S MESSAGE

April Maska

Happy New Year!!! As we start to put away our presents, take down decorations, review all the pictures we took and think about the memories we made...it was a great holiday! As 2022 becomes a memory of its own, we are excited to enter 2023 with a new slate of activities, fellowship and community service.

*"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called **Opportunity** and its first chapter is **New Year's Day.**"*

—Edith Lovejoy Pierce

As I was getting ready to write this month's message, I was thinking about all we have accomplished just this past year. It is exciting to think that we have a whole new year to do even more, and with the support of each and every one of you, we will be able to succeed and continue to make a difference. Changes are inevitable. We are up to the challenge and will move forward to be even better than before.

One of the changes I will be making personally is to shorten my President's Message each month. Tidbits is our information portal to all things going on in the Club. Articles are submitted each month to keep you up to date, give you the opportunity to share what is going on in a committee, personally, or recognizing your Secret Pal. This also keeps our meetings shorter as Committee Chairs do not have to tell you everything going on as it is in Tidbits. I like to recognize club sisters each month for the incredible amount of work they do behind the scenes and between general meetings. As my article is usually long because I like to recognize you as well as give you NJSFWC, Garden District, and Club

information, I am going to write two separate articles. I will continue to give you the most up-to-date information before our meetings but I am also going to write a "Shout Out to Members."

This article will be where I recognize ladies each month for what they are doing during the days before our next meeting. This will start next month with our February Tidbits. Hopefully, this will shorten the length of my message and give our hard working club sisters the recognition they deserve.



While we were all enjoying Thanksgiving and Holiday Season, the surveys that all of you filled out were being entered into a spreadsheet, double- and triple-checked and are now ready to share with all of you at our January Meeting. I have to recognize Janice M. and Sue N. for entering the data and checking every question's responses so that everyone's opinions were reflected. This was hours and hours of work. I have seen the draft and I am thrilled to say that the information that will be shared reflects all of your thoughts and opinions. I can't wait to have Janice present it to all of you. Above I said that there will be changes... you have spoken and the changes will be coming. This will take time but the board is committed to making sure that our club continues to be the best. Majority rules!

Thank you to everyone who came out to our Holiday Dinner. Everyone had a great time and the cookie exchange was amazing. We have some talented bakers among us. It was so much fun finding out who our Secret Pals were and I can't wait to spoil a

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President's Message, continued

club sister again this year. If you have not done so, fill out the Secret Pal form and get it to Cynthia H-B. It truly is a fun way to brighten a friend's day.

Our Garden District Meeting is coming up on January 19th. This is a Zoom meeting and registration starts at 9:30 with the meeting starting at 10:00. Please let me know by our General Meeting if you would like to attend. You do not have to speak, however you will get a chance to hear what other clubs are doing as all club presidents give a report. So far Denise H. and myself are attending.

Committee reports are due by January 15th. Please get your report to me so that I can copy it and send it off to Headquarters. You can drop it off, mail it or email it to me. Thank you for all the effort you put into these reports. This gives the NJSFWC an idea of all the great things that our club accomplishes.

I will be sending in our application for the Carol J. Sas award at the same time as our Club Reports. I am so proud of what all of our ladies do, and I want to brag.

Our January General Membership meeting will be on January 10, 2023. This meeting will be on Zoom. Look for the link which will be sent to all members. I hope you can join us. Get your favorite snack and beverage and join us for another great meeting as we start the New Year.

Again...please read your Tidbits; this is your information center for all that is going on in our club.

My wish for all of you is that 2023 brings you only good health, happiness, and prosperity. It is going to be another incredible year for the Woman's Club of West Deptford.

Yours in Federation Friendship,
April



FIRST VICE PRESIDENT

Janice Morrison

Tracking Volunteer Hours

As we close out the year it is important to tally all the hours. Many have shared hours for the 3rd quarter, but we are still missing some. As we close out the 4th quarter, I'll need all hours by the first week of January. If you have your hours completed, please forward via email with SERVICE HOURS in the subject line.

You can estimate as best you are able based on your participation in club activities, shopping for items, committee meetings, report writing, etc. Generally, members underestimate as we forget about all the times spent on the phone talking about club business or driving goods to organizations. Try and include those as well. The hours don't need to be perfect or detailed for this report.

SECOND VICE PRESIDENT

Cynthia Holmes-Butler

Secret Pals

Happy New Year everyone! You can still join Secret Pal for 2023. It's a fun way to get to know other members and receive surprise gifts!

The form is attached at the end of Tidbits. Please get it back to me by Tuesday, January 10th—email or text a picture, mail it or drop it off at my house.

If you need more time to send in your secret pal form, please let me know. It's a really fun way to get to know other club members!

Cynthia H-B., 534 Hunter St, Woodbury



ADVOCATES FOR CHILDREN

Karen Hink

I will be reaching out to our Elementary school nurses in February for needs and wishes. Thank you for all your help and support.

A Groundbreaking School Nurse: A Historical View

It wasn't until 1902 that a registered nurse (RN), Lina Rogers, was assigned a month-long trial position in schools to see if nursing care in a school setting could make a difference. Covering four different schools with a combined enrollment of nearly 9,000 students, Rogers faced challenging conditions.

Rogers made do with limited supplies in makeshift clinics set up in tiny broom closets, but her efforts were instantly apparent. The positive results seen during the experiment bolstered her cause and convinced schools to keep her on beyond her trial period.

Rogers treated plenty of scrapes and falls, but she also identified students with disabilities who required an alternative learning environment. In addition, she made house calls to treat children who fell ill from contagious diseases. On these visits, she gave families in-

formation on hygiene practices and explained how to prevent disease and infections.

Within six months, student absenteeism dropped by a staggering 90%. This convinced the school board to fund the hiring of additional nurses. By 1917, New York City schools employed nearly 400 nurses. Many cities followed.

The primary goal for school nurses throughout the 20th century followed the foundation laid by Lina Rogers in 1902: Maintain student health and promote school attendance.

<https://www.ahu.edu/blog/school-nurse>



SPECIAL CLUB PROJECT

Jeannette Wood

Family Promise of Southwest New Jersey

Thank You! Thank You! Our club did a tremendous job helping homeless families this past year.

Here are the year-end totals from 2022.

1. Our Monthly Monetary Collection at our Club Meetings totaled \$189.00.
2. A total of 34 Duffle Bags were donated using the monthly collection plus club members purchasing duffle bags themselves.
3. Household items were donated for the new Transitional House totaling \$160.00.
4. Forty-Five Pocketbook filled with toiletries were donated totaling \$1,000.00.

As a result of your helping with this program, our In-Kind Donations totaled \$2,225.00 and our Volunteer Hours totaled 325 hours.

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



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 December events. The Pop-up event to Whole and Grounded was very well attended. Everyone who went had a nice time. Can't say enough about our Holiday Dinner – the food, the company, the cookie exchange, it was so much better than any of us could have imagined. But now as the New Year is upon us, we hope you'll enjoy these upcoming winter events that we have planned for you.

WEDNESDAY JANUARY 4 2023: 7pm Book Club Mtg. (Zoom)

The book we will be discussing, Verity by Colleen Hoover. *RSVP to Jody TODAY to receive a Zoom invitation.*

THURSDAY, JANUARY 12, 2023: 7-9pm Game Night at St. Paul's Church

RSVP to Jody by January 9th.

Now is the perfect opportunity to learn a new game you have never played, or bring out an old favorite. Margie is willing to work with a small group to teach them the art of Mah Jongg. We will have several board games on hand. If you have a favorite game, please bring it with you, as well as your BYO drink (non-alcoholic) and snack. We are asking for an RSVP. If we don't have a **minimum of ten people** interested in participating, we will cancel this event.

WEDNESDAY, JANUARY 25, 2023: 10:00am. Piston Diner, 821 Crown Point Road – Westville *RSVP to Jody by January 20th.*

Come in from the cold, and join us for a nice warm breakfast at the Piston Diner. The menu is tremendous, and the food very good and plentiful. We picked this local location so that no one would have to travel far in the cold weather. I will need a head count by the 20th of January so that we can share it with the restaurant. I will put out a final notice when I know who is planning to attend, so that you are welcome to make carpool arrangements if needed. Each attendee will be responsible for purchasing her own breakfast from the menu.

MONDAY, FEBRUARY 13, 2023: 6pm "Gal-entine's Day" - Gia Nina, A day for women to celebrate their friendships with their lady friends. 312 S. Evergreen Ave. Woodbury *RSVP to Jody by January 27th.*

Each attendee is responsible for purchasing her own dinner. We will choose our selection from the menu. I need to let them know by January 31st at the latest our final count. As I will be out

of town February 3rd-12th, it is really important that you respond in a timely fashion so I can RSVP back to Gia Nina's before I leave.

WEDNESDAY, MARCH 1, 2023: 7pm Book Club Mtg. (Zoom)

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

SATURDAY, MARCH 11, 2023 Ice Cream Love

1490 Hurffville Rd. – Deptford

Please stop by for some ice cream as this is their opening day for the spring/summer season. We'd like to suggest you give this business a try, as they also supported us with a donation at our basket fundraiser. This business is owned and operated by a woman who lives in our West Deptford community.

THURSDAY, MARCH 23, 2023: 2- 4pm Martini's on Broadway – Ladies Night Out, 47 S. Broadway – Pitman

RSVP to Jody by February 28th.

Currently, they feature a luncheon special on Thursdays from 11Am-4PM where you get a Ladies Night drink included with the purchase of any flatbread. They are calling it "Flatbread Thursday". They **do not know** what the special would be in March, but told me for a group of ladies, I would need to make a reservation three weeks in advance. With that being said, I am requesting an RSVP by the end of February. If you are interested in joining your club sisters for lunch, please let me know. Each attendee is responsible for purchasing her own lunch. We will choose our selection from the menu.

RIVER LADY CRUISE

The Social Committee of the WCWD is happy to announce our biggest event of the club year.

The trip is now in the AAA system, and they are taking bookings. NOTE, if you are NOT a member of AAA, there is an additional \$20.00 added on to the price of the tour.

Date: Wednesday, May 31

The day trip will be a 2.5 hr. cruise on the River Lady (description below) with a sit down lunch (choose your entrée from the list below when you book), and approx. two hours free time in Smithville.

Cost: \$159.00

Time: Bus will depart from the AAA office in each of the following locations: Voorhees AAA 700 Laurel Oak Rd. Voorhees OR the Sewell Office located at 380 Egg Harbor Rd. Sewell. The bus will leave approx. 8:30/9:00 am. The bus will leave for home from Smithville at approx. 5pm.

I hope that you will consider joining me for a fun day! If you want to bring some friends along, that's great. If you decide that you would like to come along, please **Book by calling AAA:** Tracy Cosobon at the Millville office 856-679-2684. When you speak to Tracy tell her that you are part of the WCWD so you can be seated near other group members.

Join us for a charming cruise on The River Lady, a 150 passenger, '85 authentic reproduction of a paddle wheel riverboat. The River Lady captured the ambiance of a 19th century Mississippi Paddleboat. The River Lady cruises the Toms River and Barnegat Bay of New Jersey. The riverbanks are surrounded by enchanting hills and beautifully manicured lawns and gardens. The homes along the river are uniquely designed, with many dating back to the turn of the century.

Included:

- Cruise in Toms River & Barnegat Bay
 - Lunch and Narrated Cruise
 - Free time in Smithville for shopping
- All meals complete with salad, vegetables, potatoes, roll and dessert. Coffee and tea are served with dessert. Cash bars are available on each deck. In addition to soft drinks, we serve wine, beer, champagne and hard seltzer.

MENU: Chicken Francese, Chicken Marsala, Filet of Salmon, Penne Vodka

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 from and enjoy.



HEALTH AND WELLNESS

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

South Jersey Dream Center—980 lbs of food/items, 42 hours

Angels Community Outreach —291 lbs of clothing, 10 hours

Jeannette's Closet—193 lbs of clothing, 60 hours

Colonial Manor Food Pantry—In kind \$792, \$200, 36 hours

Gloucester County EMS stuffed animals—140 animals (4 per ambulance!), in kind \$360

GWCM—Seventh Day Adventist Church-Feminine products, Men's Depends, Bras, food-- in kind \$872, 63 hours; Body lotion, shampoo, conditioner, toothpaste—in kind \$75; Back to school project—in kind \$790, 17 hours

Pocketbook Project—All the pocket-books filled with toiletries were given to Family Promise. In kind \$1000, 40 hours

Free The Girls—135 bras donated, \$200, In kind \$345, 20 hours

Other projects include Rainbow baby blankets, Vial of Life, Medicine Collection, Easter candy for Seeds of Hope, Family Promise, Harbaugh Village, 130 Project, Birthday Boxes, helping WD families after a fire, and donating Christmas and Thanksgiving gift cards.

Total for the year (drum roll)....24 projects, 908 hours, \$4299 donated, In Kind \$9,499

Exercise—Important to Life!

By Carol Dechen

Exercise, as much as we hate it, is so important to life. Our entire body benefits from exercise. Now, don't roll your eyes. I know someone just did. However, let's break it down, something as simple as grocery shopping or vacuuming the house, yes, can be considered exercise. You are moving, and these basic activities require muscles. Even light exercise helps keep our muscles strong and flexible. Carrying groceries and putting them away takes lots of energy. Vacuuming also takes energy. In both activities, you are using your stomach and back muscles to move, and it's so important to keep them strong. I have found that my knees, hips, and back ache more when I don't exercise and control my weight. You might ask why: because the large muscle groups in our legs help with lifting, standing and walking. It's hard to maintain quality of living



without strong muscles. It's not always easy and sometimes you don't want to do it. I agree, I don't always want to do it; however, doing something 2-3 times per week will make a big difference. Simple exercises, too. It doesn't have to be complicated. Leg lifts, bicep curls, lunges, sit ups, push ups just to name a few, will keep you strong and well and energized to keep up with family and friends. It's okay to have a lazy day now and again but more important is moving and grooving to stay healthy, wealthy and wise.

It's not nearly as complicated as we think but so important to our health and longevity. When we think of exercise I am sure most of you start to think of spin class or boot camp classes with people yelling at you to keep moving and pushing you to achieve more than you would typically push yourself. I would agree to some extent and say that exercise is what you want it to be. What it needs to be is developing strong muscles that will support our bones and organs and allow us to perform activities of daily living. Walking, housework, and even grocery shopping can all be considered basic exercise. Anything that gets you out of a chair or sofa

and expending energy every day is great. Now some days can be lazy and that is okay. It shouldn't be day after day in the chair or sofa unless of course you are sick or have an injury; then its important to give your body rest.

So exactly what should we be doing with exercise? Here are examples of exercises but should be adjusted to each individual. Please do not hurt yourself. Add light activity and get strong, then push a little more, but go easy. Lunges, squats are great for the large muscles of our legs. Using bottles of water or canned vegetables is a great way to increase arm strength. Overhead presses and biceps curls, again, great for upper arms for strength and confidence builder. And if possible, planks are great as an overall body builder—or pushups. Now they are the best. I wish you all well and look forward to seeing what our group does in the month of January to get our year 2023 off to a great start.

WD Woman's Club

West Deptford Women's Club dedicated to volunteerism for our community.

Private
Only members can see who's in the group and what they post.

Visible
Anyone can find this group.

Learn more

Rooms

Get the group together on video chat
Create a room to instantly connect to other members on video chat.

Create room

JOIN OUR FACEBOOK GROUP to get the latest information on our 130 CHALLENGE. Carol D. plans on going live weekly to encourage us to get healthy during the next two years. If you haven't joined the (PRIVATE) group, go to <https://www.facebook.com/groups/1055572958445207> and request to be admitted. It's a great place to share!!

DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

January is Human Trafficking Month

Human trafficking, also known as trafficking in persons, is a crime that involves compelling or coercing a person to provide labor or services, or to engage in commercial sex acts. The coercion can be subtle or overt, physical or psychological. Exploitation of a minor for commercial sex is human trafficking, regardless of whether any form of force, fraud or coercion was used.

Trafficking does not need to involve the physical movement of a person. Trafficking victimization can be transnational or domestic. Signs of human trafficking:

- Has a child stopped attending school?
- Has the person had a sudden or dramatic change in behavior?
- Is a juvenile engaged in commercial sex acts?
- Is the person disoriented or confused, or showing signs of mental or physical abuse?
- Does the person have bruises in various stages of healing?
- Is the person fearful, timid, or submissive?
- Does the person show signs of having been denied food, water, sleep, or medical care?
- Is the person often in the company of someone to whom he or she defers? Or someone who seems to be in control of the situation, e.g., where they go or who they talk to?
- Does the person appear to be coached on what to say? Is the person living in unsuitable conditions?
- Does the person lack personal possessions and appear not to have a stable living situation?
- Does the person have freedom of movement? Can the person freely leave where they live? Are there unreasonable security measures?

There is so much information on this topic, this article could be pages long. To get help, and learn more about your options: The National Human Trafficking Hotline provides assistance to victims in crisis through safety planning, emotional support, and connections to local resources. Call 1.800.373.7888. To learn more visit www.humantraffickinghotline.org.

CIVIC ENGAGEMENT & OUTREACH

Denise Hosier, Sharon James

Day of Service: Meal Kits

The NJSFWC Day of Service is on Jan. 16, 2023, coinciding with the National Day of Service. The State Day of Service project is collecting meal kits for the Community Food Bank of South Jersey.

Since we have our own local food collection project for the **South Jersey Dream Center**, let's try to make meal kits for the Dream Center and deliver them the week of January 16th. All you need to do is purchase any of the Meal Kit items—just a few items or a whole kit, whatever you can. Drop them off to Cynthia H-B., Peg S., Karen H. or April on or before January 16th. Please call or text to let them know to look for the food.

Let's get the whole club involved! Thank you all for your participation!

Meal Kit Suggestions

Healthy Lifestyle Meal Kit

- 1 lb. Bag of Dry Beans
- 14.5 oz. Can of Vegetables
- 15 oz. Can of Fruit in Fruit Juice
- 5 oz. Can of Tuna in Water
- 12.5 oz. Can of Chicken in Water
- 12 oz. Bag of Quinoa

Dinner-in-a-Bag Meal Kit

- 2 lb. Bag of Brown Rice
- 14.5 oz. Can of Vegetables
- 29 oz. Can of Tomato Sauce
- 14.5 oz. Can of Diced Tomatoes
- 12.5 oz. Can of Chicken in Water
- 8 oz. Grated Parmesan Cheese

ARTS & CULTURE

Ann Caswell, Kat Nixon, Susan Degnen

Holiday cards we made for Nursing Home patients were delivered to Premier Health Center Activities Director, who was very appreciative that the club ladies thought of her patients.

We are looking forward to other future projects. We're a new group so we could use everyone's ideas. Let's get creative!

Snow Day Meal Kit

- 1 box Cereal
- 1 qt. Milk Box (shelf stable)
- 14.5 oz. Can of Soup
- Package Fruit Cups in Fruit Juice
- Pack of Hot Chocolate Mix
- Box of Snack Packs no nuts
- Box of Cracker Packs no nuts



FEDERATION NEWS

Isabella Cooper

Dates to Remember

- 1/11/23: National Human Trafficking Awareness Day
- 1/16/23: NJSFWC Day of Service-Community Food Banks of New Jersey
Coincides with National Day of Service
- 1/19/23: Garden District Zoom Meeting
- 2/1-28: Black History Month
- 2/1-28: National Children's Dental Health Month
- 4/13/23: Spring Conference/Achievement Day
- 5/1-3/23: NJSFWC State Convention-Hard Rock Hotel, Atlantic City

Wear Blue on January 11!

On January 11, National Human Trafficking Awareness Day, we can do our part in raising awareness of the crime by wearing **BLUE**.

Why **Blue**? It is the international color of human trafficking awareness. NJSFWC president Shirley Holly suggests we wear our favorite blue article of clothing, take a picture of ourselves wearing it and post it on our preferred social media platform using the hashtag #WearBlueDay. For the U.S. Department of Homeland Security's Blue Campaign, combating human trafficking is a year-round effort.

GFWC Power Up: Elements of Advocating

GFWC is offering a remote webinar series, The Power of You: A GFWC Advocacy Training Series.

As part of GFWC's Strategic Public Awareness efforts to raise visibility through program connections, maximize general advocacy efforts, and train the Board of Directors and the general membership in civic engagement strategies with government officials, the 2022-2024 Legislation Policy Committee will offer the advocacy series dedicated to creating an arena for promoting advocacy in communities large or small.

The webinar series will be scheduled each Thursday evening at 7 p.m. ET beginning January 19, 2023.

January 19: "Power Up: The Elements of Advocacy" will cover the basics of advocacy, GFWC resolutions, the importance of remaining non-partisan, and ways to advocate at the local level.

Register: https://us06web.zoom.us/webinar/register/WN_Rltu3qhMSbWeV2JM7TA46Q

January 26: "Power Up: Legislative Action Center (LAC) is for Me" is dedicated to an arena for advocating communities large or small. Topics include learning how to subscribe to LAC, contacting members of Congress, finding and tracking state and federal legislation and discovering how your local legislators vote on legislation GFWC is monitoring and more.

Register: https://us06web.zoom.us/webinar/register/WN_n7R4IGAJRWGUgaPmU-2LGw

February 2: "Power Up: Legislation and Leadership" will offer attendees a glimpse back to legislative successes during the 2020-2022 administration and review GFWC's legislative priorities under the current administration. A behind-the-scenes look at how GFWC chooses legislation to support and hearing a panel speak on GFWC's current and upcoming action items will be included.

Register: http://us06web.zoom.us/webinar/register/WN_6hTSgW5IRGCL3-r4jCZBhw



A WONDERFUL HOLIDAY PARTY! We had about 40 members present at Hollywood Café in December to celebrate the holidays and each other. A few more pics next month!



DEAR SECRET PAL

Dear Brittany,
Thank you for the beautiful gnome throw blanket, Valenzano Cranberry White Wine (my favorite), wine gnome toppers, lighted gnome ornaments and gnome Welcome sign. Everything you chose was so thoughtful, and I loved everything. Thank you for gifting me with so many beautiful and fun gifts throughout the year. I always looked forward the special gifts that you gave me. You definitely have been a wonderful Secret Pal and friend. I hope you had a wonderful holiday and will have a happy and healthy 2023. —Warmly, April

Dear Carol D.,
Thank you so much for being a wonderful secret pal this past year! I appreciate all your thoughtful gifts through the year and the gift certificate for Woodbury Station and the candy dish for Christmas. Wishing you all the best in 2023! —Tracey H.



THANK YOU NOTES

Dear friends,
Thank you all so much for your thoughts and prayers during my recent throat procedure. Happy to report it went well and I'm breathing much better. Your support means the world to me!
—Denise H.

To All Woman's Club of West Deptford Club Sisters:
Thank you so much for the incredible Christmas gift. I am looking forward to enjoying a meal at Gia Nina's and Cap'n Cats, getting a massage at Hand and Stone and a mani/pedi at Sparkles. I truly can't wait to use all of these gift certificates. Also, the beautiful flowers lasted for over a week and they were just gorgeous and the colors were eye catching. I hope all of you had a wonderful holiday and are ready to ring in the New Year. I hope as we all enter 2023, that we enjoy good health, happiness, and good fortune.

—In Federation Friendship, April

CROCHET CLUB THANK-YOU.

St. Paul's organist Glenda donated a big bag of yarn to our crochet club last year. To thank her, crocheter extraordinaire Joann Kf. crocheted Glenda an adorable snowman. Carla delivered it and Glenda was delighted!



SECRET PAL FORM



Name _____

Address _____

Ring Doorbell? Yes No

Phone _____

Directions _____

Birthday _____

Anniversary _____

Favorite Color _____

Favorite Foods _____

Favorite Scent _____

Things I collect _____

Favorite Music _____

Favorite Books _____

Favorite Movies _____

Hobbies _____

Things not to give me (don't like, don't need, allergic to) _____

Gift Suggestions _____

Shirt/Sweater Size _____