

Tidbits

February 2023 — Vol. 29 Issue 6



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

NEXT MEETING

Tuesday, Feb. 21, 2023

NOTE DATE CHANGE!

6:30 p.m. at St. Paul's

74 Church St, West Deptford. Enter through back ramp to go downstairs.

Refreshments

Beverages: Jan A., Patty W.

Desserts/Snacks: Tracey H., Ellen S., Sharon J.

February Birthday

10—Joanne Kg.

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

February is here and the weeks continue to move by at a rapid pace. That is okay with me if it means bringing some warmer weather ☀



I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do. —Edward Everett Hale

When I saw this quote, I totally thought of all of you. Maybe we cannot do everything but look at what we can do and what we accomplish every month. No matter how you participate, even if it is only one activity, you make a difference.

As I stated in last month's President's Message, I have written **two articles** for Tidbits. One is a "Shout Out to Members" article recognizing some of the work being done between meetings and the other is my "President's Message" with important information to share with all of you. You wanted shorter articles so I am starting with adjusting my own. I feel it is important to recognize members who do so much as well as keep you posted in everything going on in the club. Two shorter articles are achieving that goal. Hopefully this works much better for you.

State Reports have been sent and I have heard from a couple State Chairs so our paperwork has been received. Great work ladies...the reports looked great!

I have submitted the "**Carol J. Sas**" **Nomination Form** for our Club. With careful consideration and looking at State Reports, I found enough activities to add up

to 105 points. We only needed 100. I do not know how this award works but whether we qualify or not, we have done some amazing things this past year. Kudos to all of you and the work you do.

I will be sending out our 2022 **Donations List** for all of you to look over by the end of the month. Please review our list from last year and send me any thoughts you may have. The Board will review everything and put a list together for voting at our March meeting.

I have submitted our "**Friends of Convention**" listing for the NJSFWC Convention Booklet. Our own Denise H. is putting the Convention booklet together so it was easy to get our information to her in a timely manner.

Please check out our First VP, Janice M.'s article on upcoming **internal fundraisers**. There are some fun ones coming, especially the pizza and flowers fundraisers. Something for everyone to participate in.

We have a **speaker** coming to our February 21st General Membership meeting. Journey Hospice will be giving a very interesting talk on what hospice really is and its help to families.

Our Second VP, Cynthia H-B will be organizing our yearly **Orientation Night** this spring. This evening was a huge success last year and we had a District speaker as well as veteran members talk about the NJSFWC on the Federal, State, District and Local level. Look for information coming soon on this great night. It is definitely an informational night for our new members but is also a great way for any member to

Continued on next page —>

President's Message, continued

see what is happening and the forward thinking changes that are taking place within the Women's Clubs.

Our **Spring Conference/Achievement Day** is coming in April. The Arts and Culture committee will be receiving the information on this event. If anyone wishes to submit a craft/photos/paintings and more, look for information coming soon. Forms for Achievement Day will be at our February meeting.

As the **Groundhog** has seen his shadow, we are in for 6 more weeks of winter. If this past weekend is any indication, it is going to be a roller coaster of temperatures. Stay warm, enjoy time with family and keep working on that "130 Challenge." We've got this!

Remember that our **Galentine's Night** is Monday, February 13th, our **General Meeting** is February 21st and bring those **Secret Pal gifts** to either Galentine's Night or to our meeting.

Make sure you read Tidbits each month as that is your informational portal to all activities. This shortens committee reports and allows time for more discussion and socialization. ☺

Happy Valentine's Day to all!

April



Shout Out to Members!

As promised, I have started a new article section recognizing our very active members each month. We have so many ladies that continue to work to help each of us in the club and in the community. Everyone one of you deserve to be recognized for all that you do and I will try to highlight different members each month.

**"Hey you,
Yes you!**

**I think you're amazing!
Have a beautiful day!**

Let's start with our **Social Committee** who meet regularly to give us the most amazing list of activities to enjoy with our Club sisters. Jody H., Margie M., Holly R. and Kat N. are amazing with the different opportunities that they research and share with us. I had a great time at Piston Diner with our Breakfast crew who were able to come, and can't wait for our Galentine's Dinner with Club Sisters us for an evening of fun and fellowship. Oh...and I am signed up for Ax Throwing...how awesome is that! I can't wait to try my hand at that one. Look for our Social Article in this Tidbits for the most up to date information on what is happening.

Education has been busy as Carla B. and her committee have been busy collecting books to be shelved at the West Deptford Middle School for the teachers. I do want to recognize Carol M. and husband Bruce for making labels for the donated books recognizing the WCWD for the donations.

Civic Engagement and Outreach Chairs Denise H. and Sharon J. asked that the members collect foods to be donated to the SJ Dream Center for our Day of Service Activity in January. This was our only collection for this month and we collected over 400 lbs of food! Thank you to all of the members who kindly donated foods for this worthy cause.

A big that you to all of our **Committee Chairs** for getting their State Reports to me by the 15th of January. I was able to copy all the reports and send them out to the State Chairs.

Our **Order of the Lily and Honor Roll Committee**, chaired by Carol F. met and completed the incredibly difficult task of selecting Honor Roll and Order of the Lily recipients. I know that had several nominations and I thank them for their hard work.

Our **Basket Raffle** each Fall is our big fundraiser and allows us to donate monies to so many worthy organizations. Our BR Committee Chairs this year, Denise H., Nancy D. and Sue N. has already started getting ready for another successful night. Thank you, ladies, for being so on top of this important evening. Look for information in this month's Tidbits as the chairs share what is in place so far.

Finally...our **Health and Wellness Committee**...the ladies to keep us up to date on health issues, organize needed collections for the needy and for encouraging us with the "130 Challenge." Carol D. has really taken this activity to a wonderful level and her videos are inspiring. I have jumped right into this exciting activity and have submitted my January numbers. No matter your abilities...there is something for everyone. Also, Chris T. is home for a few weeks from Florida and has already reached out for donated clothing while she is home. Please drop off any bags to Chris's home or bring to our February 21st meeting.

Thank you to all of our Club Sisters who continue to participate in the variety of activities that we do each month. It is you who make us so amazing.



FIRST VICE PRESIDENT

Janice Morrison

Thank You for Fundraising!

First, to cap off 2022, I am very excited to report that our internal fundraisers raised \$1,625.30. This includes efforts from Linda J. (who was First VP for the first half of 2022) and me. The funds went into the general treasurer to help support West Deptford families at holiday time as well as scholarships. In 2023 we are hoping to increase that amount by looking at some new and creative ideas that we can administer without competing with our annual basket raffle while maximizing our efforts.

Pizza for a Purpose

For 2023 and starting on **March 1st and running through March 31st** we are holding a **"Pizza for a Purpose"** event with Ciconte Pizzeria and Restaurant located in West Deptford. For each pizza purchased using one of the attached vouchers our club will earn \$3.00. For your use we have included four vouchers per sheet. Please feel free to print on your own or send out to someone else to have use. There are no limitations to the number of vouchers you can use.

This does, however, work for **dining in or pickup only**. A "hard copy" voucher must be **handed in at the restaurant**. Electronic versions on your phone will not be accepted because Ciconte's needs a "paper trail" to pay us the proceeds.

SECOND VICE PRESIDENT

Cynthia Holmes-Butler

We Are Growing!

More new members! At the February 21st meeting at St. Paul's Church, Bonnie D. and Sharon H., former Woodbury Woman's Club members will be installed. We are also expecting some visitors interested in joining our club at the meeting.

What's your name?

Since we have many new members let's get to know everyone's name! Please wear your name tags at the meetings. I

Pizza orders will be tallied at the end of the month, and we receive a check. I want to thank Sue N. for gathering this information for the club. We hope you will support this event and give out lots of vouchers to friends/family who may also be willing to support us. Diners get a pizza, and we get paid! I am hungry already!

River Lady Cruise

In **May**, Jody H. and members of her Social Committee are promoting a bus tour through AAA as a combination social event and fundraiser. Margie M. is spearheading this. Many of you may recall the flyer that was circulated at our holiday dinner. It includes a river cruise and a meal at Smithville, with plenty of time for browsing the Smithville shops. For details, please contact Jody or Margie. If the trip is fully sold, our club can make \$750 to be put toward our contributions.

Other Fundraisers

Depending on costs, we are also looking into **selling flowers for Mother's Day and/or pies** for the spring holidays. We know many members like both, so more to come once we iron out the details. A big thanks for all who have helped and participated in 2022. If you have an interesting fundraising idea, please feel free to reach out.

am looking into ordering new ones for new members or if you need one because your dog ate yours (like mine did). We should also say our names when we speak at meetings.

Secret Pals

The Galentine's Dinner is before our meeting so if you have a Valentine's Day gift for your Secret Pal bring it to the dinner. Please let Jody know if you can't make the dinner as there is a waiting list.



- ◆ Chris & Charlie T. bought a house in Florida near their two sons and will be flying back and forth. Their first granddaughter (Hope Lani) was born on Dec. 28th. They have 4 grandsons!
- ◆ Congrats to Jake Cobb, grandson of Linda & Bill J., freshman at MIT, for receiving the NEWMAC ROOKIE OF THE YEAR award for outstanding performance in Men's Cross Country in his collegiate division.
- ◆ Congrats to Linda's grandson Corey R., 6'4" junior WDHS varsity basketball player, for being picked by nj.com as a top NJ player with the leading points and rebounds for our team this season.



HARBAUGH VILLAGE IN DECEMBER. Our ladies were amazing at collecting, sorting, and packing toys for needy families

BASKET RAFFLE

Nancy D'Amico, Denise Hosier, Sue Nelson

New Venue

Everyone Gets a Seat!

Your Basket Raffle chairs have been busy checking into possible alternate venues for our big fundraising event, and we have found a new site!

After looking into six possible venues for our Basket Raffle, the chairs and the Board have decided to go with **Four-Star Event Catering**. This is located in Oak Valley, nice and close, and will seat 250 people plus room for baskets and buffet dinner. Four-Star is a Small Business Enterprise (SBE) and Woman Owned Business Enterprise (WBE) registered in the State of New Jersey.

Dinner will include roast beef, lemon chicken, baked ziti, parsley potatoes, string beans almandine, potato salad, pasta salad, garden salad, assorted cold cuts, assorted bread, rolls & butter, pepperoni & cheese, chocolate mousse, assorted pastries/cookies, coffee & tea, plus draft beer and wine.

The cost is just \$5 more per person than Adelphia, but the venue addresses the two major complaints that we heard about the previous events:

1. Not enough seats for everyone
2. Inconsistencies in the food.



Date Chosen

We are looking at **Monday, October 16, 2023** for our event. This is the week after our club meeting, and is NOT Columbus Day Weekend. We hope this works for all of you!

Basket Raffle Open Meeting

We will be happy to answer any questions and address any concerns at our Open Meeting, which will take place on **Tuesday, March 21 at 7 p.m. on Zoom**.

The meeting is open to anyone in the club, and if you are interested in being involved in the committee you should definitely plan to attend. We are looking for several leadership positions for our committee. And of course worker bees are always needed!

We hope you are as excited as we are about this new venue. Start planning your basket to donate now, and we'll talk more in March!



THE BRUNCH BUNCH at Piston Diner. Delicious food and scintillating conversation!

EDUCATION

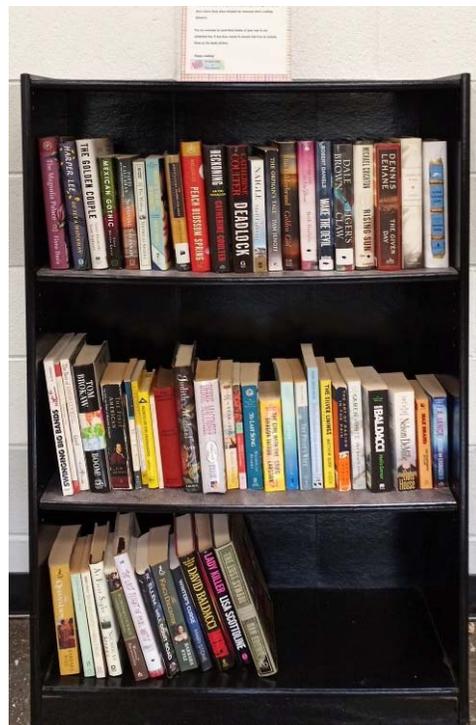
Carla Branyan

The education committee is working hard this year on establishing a lending library in the teachers' lounge at the middle school.

Susan D. has taken a strong lead on this project. The bookcase is in place as is the sign. Carol May's husband has designed beautiful butterfly labels to put inside each book.

We want to thank the several members of the committee and of the Woman's Club who have contributed books. We have over 60 books!

If you want to bring more books to the next meeting, it would be appreciated. These can be new or used books that you think teachers would enjoy reading. Thanks!



HISTORY SPOTLIGHT

Linda Jones

Let's go back in time to capture the importance of what we do as a woman's club. Each month snippets of information on goals and achievements in the past will inform our new and seasoned members of historic accomplishments as we echo the past through a mirror of time. I hope that you enjoy my research, especially the last two decades of volunteerism leading up to our thirty year anniversary in December 2023. Each month we will add interesting moments in the history of the GFWC and our own GFWC Woman's Club of West Deptford in our State of New Jersey.

In the beginning...

The General Federation of Women's Clubs International (GFWC) was founded in 1890 in order to coordinate its members' efforts at promoting volunteer community service. For over a century, the federation has focused activities on areas such as the arts, education, family, and environment issues. GFWC remains one of the world's largest and oldest non-partisan, non-denominational, women's volunteer service organizations.

The origins of GFWC go back to 1890 as the journalist Jane Cunningham Croly invited numerous women's literary clubs to form this umbrella organization with the goal of uniting "women's clubs to enhance community service volunteers throughout the world." Elected then was Charlotte Emerson Brown as its first president. By 1906, five thousand clubs joined to embrace the GFWC's national agenda.

So inspiring were the goals of women back then! The important items included: the establishment of an eight-hour workday, an end to child labor, the reform of civil service, and conservation as well as the important victory by persistent letter-writing to help achieve the passing of the Pure Food and Drug Act. As time moved on, this women's organization was overtaken in membership in 1914 by the National American Woman Suffrage Association in order that both clubs would lend its support to the suffrage movement.

During the 20th century the GFWC remained dedicated to community-based volunteer service with many major achievements. A large number of public libraries, assisting with the passage of child labor laws, and helping to establish the National Park Service are a few of their major goals. Now with local clubs in all 50 states and more than 20 countries, the GFWC International addressed issues of literacy, discrimination against women, family and child welfare, and world hunger.



The Jennie Award is the *only national honor* recognizing individual club members for personal excellence. Club members are nominated by their clubs to compete at state, regional, and national levels for the Federation's highest honor.

NOW is the time for our clubs to nominate that extraordinary club woman who exemplifies the spirit of our founding mother, Jane Cunningham Croly, better known as Jennie June.

Every club has a potential Jennie Award winner, and every Jennie Award winner has impacted her club and her community. We look forward to receiving your nomination for this prestigious award. All the information and nomination form, including the judging criteria, is found in the "GFWC Club Manual" under Awards, Contests, and Grants. Follow the award rules carefully while completing the nomination form and gather all the supportive information recognizing the excellence of this remarkable club woman.

Once the information is complete, send the packet to your state's Jennie Award Chairman, who will review the nominations and present it to your State President, **postmarked by June 1, 2023**. The State President and/or State Chairman appoint a panel of judges who select the state winner.

SAVE THE DATE: 2023 GFWC Women's History Month Celebration –Wednesday, March 8, at 2-4 PM ET, in Washington, DC



This year's celebration of Women's History Month theme is "Portraying Women's Strength." GFWC is delighted to announce Dr. Mindy Farmer, historian, of the Smithsonian National Portrait Gallery as guest speaker. As a member of the history department, Dr. Farmer conducts research, proposes exhibitions, writes biographies of subjects in the museum collection, and develops programming for PORTAL, the gallery's scholarly center. [Registration](#) for the event is now open. *Please note that the event is in person at GFWC Headquarters and limited to the first 100 registrants.*

What an impressive group of organized women around the world! Stay tuned next time to follow this journey in the mirror of time! We will learn more about our own State and Garden district, and local West Deptford club as reported in our Tidbits newsletter each month.

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 dates, times, and keep in mind the RSVP dates where noted. Should you have any questions, reach out to a member of the social committee. If you have suggestions, we'd love to hear from you.

Please read through the list of events, as some of the spring events have RSVP dates that need your attention/commitment NOW. Thanks.

WEDNESDAY, FEBRUARY 8, 2023: 7pm Primitive Axe -Axe Throwing (Event is closed) 618 Delsea Dr. - Glassboro

Six members responded to having an interest when this was put out to the membership. When the date was selected, however, one of our ladies had a previous engagement for that evening, so will have five (5) members attend a one hr. session with a coach who will teach them safety rules/guidelines, and then let them practice their new skill. The ladies involved know who they are, have planned carpool arrangements, left a deposit to hold their space, and are ready to go. Have fun, and be sure to take a picture or two for our next Tidbits!

MONDAY, FEBRUARY 13, 2023: 6pm "Gal-entine's Day" - Gia Nina. (This event is closed, but there is a wait list.) A day for women to celebrate their friendships with their lady friends. 312 S. Evergreen Ave. Woodbury

Each attendee is responsible for purchasing her own dinner. We will choose our selection from the menu. The count has been given to Gia Nina's, and due to the large response they have maxed out the event and it is now closed. A list was sent out earlier, so that carpool arrangements could be made due to limited parking. Remember this is a BYOB, so if you want to enjoy an adult beverage feel free to bring one. It was also suggested that if you are participating in the Secret Pal activity, and would like to give your recipient their first gift, feel free to bring that along as well. I do have people on a wait list. If for some reason you cannot attend, let me know as soon as you realize there is a conflict, so I can fill your spot.

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. Havana, 1958. Elisa Perez is part of Cuba's high society, where she is largely sheltered from the growing political unrest—until she embarks on an affair with a passionate revolutionary.

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. This is a pop-up event, so no need to let us know if/when you can make it. However, 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.

WEDNESDAY, MARCH 29, 2023: 6 pm Bogey's Wine Flights and Fondue 501 Pitman Rd. - Sewell. RSVP to Jody (capped at 15 people - first come basis)

Based on the number of people who responded to the option of Martini's on Broadway, or Bogeys for our March social, we have made a reservation for fifteen (15) people to attend this event. Wine flights (\$28.99) and fondue, cheese or chocolate to share (\$19.99) will be available, as well as full menu options. Please be advised that they will do one check for the whole party; so if this is an issue, we suggest NOT sign up. As this event is capped at fifteen (15) please respond now to secure your spot. If we get more than 15, you will be placed on a wait list.

WEDNESDAY, APRIL 19, 2023: 4:30pm Amazing Escape in Cherry Hill 2050 Springdale Rd. - Cherry Hill

We have one (1) hour to follow the clues to get out of the room. In order to book this activity, I am required to prepay, with a cost of \$37.12 per/person. The room will hold up to twelve (12) people. Should we end up with more interested persons we could have two groups in different rooms playing at the same time. If you are interested in this event, I need your **money no later than the February 21st meeting.** At that point, I will call and tell them how many people we have, and inquire as to if the date mentioned above is still open. Please keep in mind, as I will not make the booking until the end of February, that date may no longer be available.

If this sounds like something you are interested in doing, please have your check made out to: WCWD for \$37.12 and give it to me at either Gia Nina's Dinner (2/13) or February 21st Meeting.

Should you need more information prior to making a decision, please feel free to check out their website: Amazingescaperoom.com or their Facebook page.

WEDNESDAY, May 3, 2023: 7pm Book Club Mtg. (Zoom)

The book we will be discussing, TBD (The date of this book club, will most likely be changed due to this being the last day of the State Convention. The title of the book and a definitive date will be determined following the March Book Club Mtg.)

TUESDAY, JUNE 13, 2023: 6pm End of Year Dinner - Terra Nova

590 Delsea Drive- Sewell
Both the social committee and hospitality are please to share with you that we worked very hard investigating many venues to provide a moderately priced meal (selection of three choices) with something for all to enjoy. We felt this one was the best suited for our needs as it's a sit-down dinner in a private room.

Your dinner selection will include: Garden Salad, Fresh Baked Rolls, House Dessert: Vanilla Bean Ice cream with Chocolate Sauce, Beverages: soda, coffee, tea, iced tea. Alcoholic Beverages may be purchased individually

Choice of Entrees: Penne Alla Vodka
Chicken Parmigiana with pasta marinara
Gilled Tilapia with mascarpone & veg. risotto

The evening's dinner is \$36.00 per person. Please give your check made out to WCWD to Peg Shirey NO LATER than the May Meeting.

River Lady Cruise Wednesday, May 31

See flyer at the end of this newsletter for complete details



DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

The GFWC's spotlight for February is **Teen Dating Violence Awareness Month**. The theme is "Be About it" and February 7th is **wear-orange day**. This is great information to pass onto your teen children or grandchildren. On your social media page this month, include the **#TDVAM23** (Teen Domestic Violence Awareness Month) and follow **Love is Respect on Instagram**.

- **Be About Education:** There are great resources for you and teens to use to help them understand how to navigate healthy and unhealthy relationships.
- **Be About Engagement:** They can use school resources if they have questions or need help. Have them think about and practice different scenarios relating to dating and campus life.
- **Be About Online Safety:** Online Safety is paramount. They can go to SERV (www.centerffs.org/serv) or www.rainn.org for information on online data and dating app safety tips. Avoid suspicious profiles. If a person has no bio linked to other social media accounts and only has one picture it may be a fake account.
- **Be About Empowerment:** Empowerment means you have power and control over your own life. When you seek out ways to empower one another, everyone benefits. You are actively participating in your own life by creating a better sense of community for yourself and others.

Important Dates this Month

- Feb. 1-28: Use **#TDVAM23** on all your social media posts and follow **Love is Respect's Instagram Live** events.
- Feb 6-10: **Respect Week**



ARTS & CULTURE

Ann Caswell, Kat Nixon, Susan Degnen

We're looking forward to again making cards for the Nursing Home patients. Details will follow. We're planning a spring card making session. Our committee is always interested in our members' creative project ideas.



CIVIC ENGAGEMENT & OUTREACH

Denise Hosier, Sharon James

Thank You for Day of Service!

Our Club's Day of Service was on Jan. 16, 2023, coinciding with the NJSFWC and National Day of Service. The State Day of Service project was 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, we collected food and meal kits for the Dream Center and delivered them on January 18th. Members purchased the Meal Kit items—just a few items or a whole kit, and other food to help families with food insecurity.

Thanks to all of you, we delivered over 400 pounds of food!

Thanks so much to Cynthia H-B., Peg S., Karen H. and April for being our collection points and then delivering the food to the Dream Center. —Denise H.



It's National..... Month, Week or DAY

I was reading the news the other day and learned that it was National something day. It got me wondering when this phenomenon started. I combed the Internet and can't find the first one but boy are they prolific! Here are a few of my favorites in February:

- 2/1-28 Women's Role in History Month
- 2/1 National Women Inventors Day
- 2/3 National Woman's Heart Day
- 2/3 National Eat Ice Cream for Breakfast Day
- 2/9 National Toothache Day (see 2/3)
- 2/11 National Grandmother's Day
- 2/13 Galentine's Day
- 2/14 League of Women Voters Day
- 2/15 Susan B Anthony Day
- 2/19 National Vet Girls Rise Day
- 2/22 National Margarita Day
- 2/24 National Discover Girl Day
- 2/25 Introduce a Girl to Engineering Day
- 2/28 National Vegan Lipstick Day

You can find more special days @<https://nationaltoday.com/>
—Sharon J.

DAY OF SERVICE: It's amazing what our club can do when we work together!

HEALTH AND WELLNESS

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

Good Hydration Linked to Healthy Aging (from NIH)

Adults who stay well-hydrated appear to be healthier, develop fewer chronic conditions, such as heart and lung disease, and live longer than those who may not get sufficient fluids, according to a National Institutes of Health study. Using health data gathered from 11,255 adults over a 30-year period, researchers analyzed links between serum sodium levels – which go up when fluid intake goes down – and various indicators of health.

***They found that adults with serum sodium levels at the higher end of a normal range were more likely to develop chronic conditions, show signs of advanced biological aging, and die at and younger age than those with serum sodium levels in the medium ranges.**

Adults with serum sodium levels above 142 mEq/L (normal is 135-146) had up to a 64% increased associated risk for developing chronic diseases like heart failure, stroke, atrial fibrillation and peripheral artery disease, as well as chronic lung disease, diabetes, and dementia. Conversely, adults with serum sodium levels between 138-140 mEq/L had the lowest risk of developing chronic disease.

***Check your sodium level at your next well visit. People whose serum sodium is 142 mEq/L or higher would benefit from evaluation of their fluid intake.**

Busting 5 common myths about water and hydration (from NPR)

Myth #1: You need to drink at least eight glasses of water a day. What we do know, says Tamara Hew-Butler, associate professor of exercise and sports science at Wayne State University, is that water is essential for our bodies. It makes up a majority of our cells and blood, flushes out waste through our urine and helps cool our bodies through sweat. Too little water, and our cells shrivel up from dehydration. Too much water, and our cells swell up from a low sodium level. How much water we drink depends on our body size, activity level, the temperature, and how much we're sweating. Because of these factors, there's no hard and fast rule for how much water you should consume. **"The best advice is to listen to your body," she says. "If you get thirsty, drink water. If you're not thirsty, you don't need to drink water."**

Hew-Butler says hydration is also about the balance of water to salt. Sodium is necessary for our nerves and muscles to function. And it's what our body uses to regulate the amount of fluid it needs to stay hydrated. Thirst plays a central role in fine-tuning that balance, she explains. "There are sensors located in your

brain and they are constantly tasting your blood to see if [there's] just the right [amount of] salt. If it's too salty, then [those sensors are] like, 'Oh my God, I need more water.' When that happens, it makes you thirsty. Then if you drink too much water and the sensors in your brain detect that your blood is too watery, they signal a hormone that tells your kidneys to pee out the extra water," she says.

***Some research suggests that older people may have a reduced sensitivity to thirst and a decreased amount of water in their bodies — and are therefore at higher risk of dehydration. So they may need to be more intentional about their water intake.**

Myth #2: Caffeine makes you dehydrated. Another persistent myth about hydration states that caffeine is a diuretic that makes you pee, and therefore caffeinated drinks like coffee and tea don't hydrate your body. The idea is based on the findings of a study from 1928 that looked at three people. Not only is that sample incredibly small by today's standards, but the finding has not held up to more recent experiments. So consider this myth busted.

According to multiple studies, ranging from a 2003 review of research dating back to 1966 to a 2014 clinical trial that compared coffee to water ingestion in 50 men, caffeine can be a mild diuretic in large amounts for people who aren't accustomed to it.

***But caffeinated drinks consumed in moderation provide the same hydration as non-caffeinated drinks. Essentially, with the exception of higher alcohol-content beverages like hard liquor, all liquids count towards hydration. As does food. The experts we spoke to say about 20% of your fluid intake comes from the food you eat, from fruits and vegetables to pasta.**

Myth #3: We need sports drinks to replace salt and other electrolytes. If you're exercising for more than an hour or so, it's likely you will need to replace the salt you're sweating out along with water, say the experts. But you don't have to do that by drinking sports drinks like Gatorade. **While they can be one effective way to replace the body's salt, you can get that salt from other foods and drinks.** And like thirst, you can trust your body to tell you how much you need. Researchers have found that along with a thirst for water, humans have evolved a thirst for salt and other minerals too. "The brain monitors [how much you lose], then triggers a precise appetite" for



something salty, says Oka, the professor of biology at Caltech. That might be sports drinks — or a salty snack like peanuts.

***Your body will tell you when it's got a hankering for salt — so let your cravings be your guide.**

Myth #4: Drinking water can help you lose weight. Some small studies have found that drinking

water before meals can help certain groups of people lose weight. The idea is that water makes your stomach feel full, and therefore, you eat less.

However, there are many conflicting studies on this topic. A 2013 study showed that that increased water consumption could lead to weight loss if it's part of a diet program. But the results were inconsistent for people who were not dieting. Ultimately, the researchers concluded, "The evidence for this association is still low, mostly because of the lack of good-quality studies."

***Studies have shown that drinking water can help with weight loss if it's replacing sugary beverages like soda, sweet juices and sports drinks.**

Myth #5: Dark-colored pee means you're dehydrated. Scientists commonly measure dehydration by looking at the concentration of sodium and other solids in urine, which is what makes pee darker in color. But that isn't the most precise way to tell whether someone needs more water, says Hew-Butler. In 2017, she conducted a study published in the journal *BMJ Open Sport & Exercise Medicine* to see if measuring the salt concentration of urine was an accurate reflection of the salt concentration in blood. She asked 318 athletes to "pee in a cup, then we drew their blood," she says. More than half of the athletes showed up as dehydrated when she measured their urine — but when she looked at their blood, *none* of them showed up as dehydrated.

***Just because your urine is dark gold, it doesn't mean your body is dehydrated. It just means your kidneys aren't releasing as much water in order to keep the water-sodium level balanced. Looking at the concentration of sodium in our blood is more accurate because our brain's sensors use that to decide how much water our bodies need.**

***If you're not great at paying attention to your thirst, some hydration experts recommend drinking enough water to keep your urine a light, straw-yellow color — a simple way to assess hydration.**

Hydration, like so many things, comes down to balance.

ENVIRONMENT

Patty Wyzykowski, Margaret O'Donnell, Denise Pitchford

The Environment Committee is excited to introduce a new project that will recycle our cosmetic and personal care product containers. A brief overview of this new project was given to you at our last meeting. As you know, these containers are not currently recyclable through our local programs. The Nordstrom and Nordstrom Rack stores have partnered with Terracycle to recycle beauty product containers. If you would like to participate, all you need to do is collect your empty beauty care containers and bring them to our meetings. We will have a box available where you can place your recyclables. One of our committee members will count the number of items that we receive from you each month and take them to the collection site.

ACCEPTABLE items are: pump caps, hair spray triggers, lipstick cases, eyeliner cases, mascara tubes & wands, compacts, jars & caps, tubes & caps, bottles & caps. These are any empty packaging that can't go into your regular curbside bins.

UNACCEPTABLE items are: aerosol or pressured cans, electronic items such as blow dryers, perfume bottles, nail polish bottles, wooden eyeliner pencils, bio-medical or hazardous waste, as well as partially full or full containers. You do not have to thoroughly clean the containers, but they ask that you remove as much of the product as possible. They will not accept any dripping items; they must be dry. You can find out more information about Terracycle and their many recycling programs by going to their website at www.terracycle.com. We have included the Terracycle mission statement and purpose as shown on their website which follows:

About TerraCycle

Overconsumption and a throwaway culture have led to a global waste crisis. While even complex trash is technically recyclable, most materials are not profitable to recycle. As a result, waste piles up in landfills and pollutes our planet while virgin materials are extracted from the earth to create new products.

At TerraCycle, our mission is Eliminating the Idea of Waste®. Businesses, government entities, and people like you work with us globally to keep trash out of landfills or from incineration. Through collaboration and innovation, we've developed the world's first solutions in everything from recycling to reuse.

This environment project involves no cost to our members. We would like to include

this project on our year-end Environment report. For reporting purposes, we will include a description of, number of containers collected, as well as the number of hours spent on our activities. We as the committee will keep track of the hours we devote to the project. You can also let us know about any time you spend on this project. Thank you for doing your part to help keep our environment clean!



Note: This program does not accept aerosol or pressurized cans, electronic items such as blow dryers, perfume bottles, nail polish bottles or removers, wooden eyeliner pencils, any bio-medical, bio-hazardous waste, or partially full and full packaging.



HOLIDAY DINNER: A couple more photos to remind us of the great time we had!

SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Emmanuel Cancer Foundation

At the February meeting, Cheryl will take orders for the State Project Pins. The pins are \$5.00. Please prepay for the pin at the meeting if you would like one.



group and you TRULY made a difference for our special event!! A special thank you to Debbie Hinkle who coordinated much of this (and put up with all of my text messages and phone calls).....and to April Maska who connected us with our princesses and characters to entertain the children. It was a great event that those who attended will not soon forget!

Thank you!

Mary Ann Sullivan

Southern Regional Director

Save the Date

Emmanuel Cancer will be sponsoring a Yoga and Chocolate night on March 31st. Details will be forthcoming.

A Thank-You Note

To all in the West Deptford Woman's Club who so generously donated their time and energies transporting more toys from Harbaugh Village and wrapping ALL of Santa's gifts for our Holiday Party - THANK YOU from the bottom of our hearts!! You are such a warm and caring



DEAR SECRET PAL

Dear Secret Pal,

It was so exciting to get my first gift. It just makes your day when you get an unexpected surprise. Looks like I will be cozy for the winter and organized for the year. Thank you so much.

—Fondly, Barb O.

Dear Secret Pal,

Thank you so much for the beautiful farmers market basket. There is such an assortment of tea, cookies, and munchies that I just love. Thank you so much for your thoughtfulness.

—Xo Carol F.

Dear Secret Pal,

Happy New Year! Thank you so much for the adorable Gnome Desk Calendar. It is absolutely perfect and is exactly the type of calendar I use to keep my daily activities organized. ☺ What a perfect way to start 2023!

—Warmly, April

Dear Secret Pal,

Wow! You have surprised me already and have me thinking, "who could you be?" Your thoughtful gifts were so appreciated! What a joy to come home and find something for me on my porch. I love the scarf 😊 and the notecards and stickers. I have already started using them ♡

—Many thanks, Love, Lisa

FEDERATION NEWS

Isabella Cooper

Dates to Remember

- 2/1-28 Black History Month
- 2/1-28 National Children's Dental Month
- 2/1-28 Heart Health Month
- 2/1-28 Teen Dating Violence Awareness Month
- 4/13 Spring Conference Achievement Day
- 5/1-3 NJSFWC State Convention-Hard Rock Hotel, Atlantic City

GFWC February Signature Campaign Program Spotlight: Teen Dating Awareness *Be About It*

The campaign highlights the following: Be About Education, Be About Engagement, Be About Empowerment, and Be About Online Safety. Key actions GFWC recommends for clubs to help with our teens and young adults are as follows:

- Feb. 1-2 Use #TDVAM23 on all your social media posts and follow "Love is Respect's" Instagram Live events.
- Feb. 6-10 Respect Week
- Feb. 7 "Wear Orange Day" -- Show support for teens and young Adults in our communities

To learn more about TDVAM 2023, visit Love is Respect.

130 Challenge

Well, we are off to a great start to our 130 challenge! We've had three FB lives that helped us all to learn what to expect and how to calculate our hours and miles of exercise. It's been hard to find a favorable time for most of us to watch the FB LIVE, but many have responded that they have watched the replay, which is the advantage of the recordings.

For January 2023, we had 18 respond with their stats. We walked 280.5 miles (average of 23 miles), which is an incredible start considering the weather in NJ has been relatively cold. And 18 of us did 285 hours of exercise (including walking, biking, swimming, dancing, yoga, chair yoga, golfing, low impact aerobic classes, spin class, and bootcamp). That was about 16.5 hours on average per person. Wow!!! Super impressed. And best of all, 5 ladies lost 22.3 lbs. Yeah!!!!

Excited to see what February brings. Keep up the good work, ladies, and congrats on a great start to the year!

—Carol D.

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. Please note, that 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, 2021

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.. 2 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 call AAA to book.

Book by calling AAA: Tracy Cosoboon 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:

- River Lady Cruise in Toms River & Barnegat Bay
- Lunch and Narrated Cruise
- Free time in Smithville for shopping on own

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: A sauteed boneless breast of chicken in a rich sauce with a hint of lemon.

Chicken Marsala: A sauteed boneless breast of chicken in a marsala wine sauce.

Filet of Salmon: Sauteed, served with a lemon & garlic sauce with a hint of pesto.

Penne Vodka: Penne pasta with vodka cream sauce.

CICONTE'S

PROUDLY SUPPORTING



Woman's Club of West Deptford

EAT-IN AND TAKE OUT ONLY

**PIZZA FOR A PURPOSE WILL RUN FOR THE ENTIRE
MONTH OF MARCH 2023**

FOR EVERY LARGE PIZZA PURCHASED WITH THIS VOUCHER (DINE-IN OR PICKUP ONLY) AT REGULAR PRICE
WE WILL DONATE \$3 PER PIZZA PURCHASED TO

Woman's Club of West Deptford

(ONE VOUCHER PER RECEIPT)

76 Grove Street, West Deptford, NJ 08086

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