

Tidbits

March 2023 — Vol. 29 Issue 7



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

NEXT MEETING

Tuesday, March 14, 2023

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

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

Wear Green for Irish Luck!

Refreshments

Desserts: Denise H., Janice M., Pixie O.

Beverages: Karen H., Dorothy A.

March Birthdays

14—Cheryl F.

22—Margaret O.

22—Jan A.

24—Jody 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

March has arrived and it has come in like a Lion! I have several coats out to use daily for all the different temperatures. You never know each day what you are going to need each morning and then in the afternoon. It changes constantly. I am so hoping the month does go out like a lamb.

Volunteers don't get paid, not because they're worthless, but because they are priceless." —Sherry Anderson

Seriously, this quote speaks the truth. There is no money in the world to pay Volunteers what they are truly worth. What you do each and every day makes a world of difference to others. And we never stop! This is why we are priceless.

Speaking of never stopping...the Executive Board met at the end of February to get ready for our March meeting. One of our main topics was to review last year's Donations List. They spent most of the meeting going over each line item and reviewed suggestions. I will be sending out the newly revised 2023 Donations List for you to look over the Sunday before our meeting with the agenda. We will discuss and vote on the new list at our March meeting.

The Garden District Spring Conference and Achievement Day will be held Thursday, April 13th at Marco's Restaurant at the Pennsauken Country Club. Registration for Arts & Culture and Environment Contest Entries start at 8:30. Member Registration starts at 9:15. The Cost is \$45.00 and you have an entrée choice of Filet Champignon, Maryland Crabcake, Chicken Italian or Vegetarian Option. If you wish to attend, please reach out to Ann C. with your art registration, check and meal info. She needs to get this to the

District Chair by March 28th.

The NJSFWC State Convention is scheduled to be held from May 1 – 3 at the Hard Rock Hotel and Casino in Atlantic City. I know that Denise H., Debbie H., and Cheryl F. will be going all three days and several of us are going on May 3rd for the day as we celebrate our Honor Roll and Order of the Lily recipients. If you are interested in attending, please let me know and I'll share all the information with you.

Did you get your pizza yet for our March internal fundraiser? Nate, Evie and I will be ordering during their half days from school. I am looking forward to pizza! I have other dates in mind that a pizza seems to be the perfect meal for...don't forget your coupon and pick up that delicious pizza!

We have a speaker coming to our March 14th General Membership meeting. The West Deptford K-9 Unit will be sending a representative and will be giving a very interesting talk on the importance and need for our K-9 officers.

Our Second VP, Cynthia H-B has organized our yearly Orientation Night. This event is to be held on Tuesday, April 25th. Cynthia already has speakers from the Garden District scheduled to come to our Orientation. Remember it is definitely an informational night for our new members but is also a great way for our veteran members to see the new changes and forward thinking that are taking place within the Women's Clubs for 2023.



Continued on next page —>

President's Message, continued

Don't forget to check your calendars to see if you are able to attend the "Yoga, Wine and Chocolate" night to benefit the Emmanuel Cancer Foundation. The date is March 31st from 7:00 to 9:30 and is to be held at Four-Star Catering. The Donation is \$40.

This is for all former Junior Woman's Club members. The Contemporary Club of the Garden District is opening up their membership to all former Juniors. They have recently changed their bylaws from only allowing former Junior Presidents to all former Juniors. If you are interested in learning more about the Contemporary Club, please contact President, Bobbi Wilkins at bobearl3@comcast.net or see one of our members: Carol F., Denise H., Debbie H., Cheryl F., Ellen S., or Jeannette W.

Did you get your numbers in to Carol D. for our 130 Challenge? I did...my numbers were not as impressive as January but I have not given up. I do feel better no matter how much exercise I do...It is all good!

Look for my "Shout Out to Members" article recognizing some of the work by our members that is being done between meetings. It really is amazing what is going on each month.

Please read all of Tidbits each month as our newsletter is our informational portal to all activities. This does shorten committee reports and allows time for more discussion and socialization. ☺

Finally, do not forget your Secret Pal gifts and let's wear green at our meeting for Irish Luck. ☺

Happy St. Patrick's Day!

April



Shout Out to Members!

Another month, another time to recognize all that you do, and I will continue to highlight different members each month.

Everyone wants to be appreciated. So if you appreciate someone, don't keep it a secret. —Mary Kay Ash, Founder, Mary K Cosmetics

As we continue to work our way through the club year, it is important to remember that so many of you are constantly working behind the scenes. All of you deserve recognition for constantly supporting what we do each month...thank you!

This month we will start with Ann C. and Kat N. who took over the Arts and Culture Committee. They are doing a phenomenal job and do their best to get information that is needed to our members. They have already held a card making day and are planning another very soon. Ann has also taken the reins to get members' Art entries into the Annual Garden District Spring Conference and Achievement Day. She was able to get all of the information that was required and get it out to the ladies who wish to enter a project. This is a big undertaking and she definitely made sure that she learned the ropes quickly.

Another club member constantly works behind the scenes to make sure that our Social Media pages, Zoom links and all other technology programs are set up and run smoothly. Denise H, our Webmaster

is always available to make sure that we have what we need, follows up on information and does an excellent job with our monthly newsletter "Tidbits." It is Denise who takes all of our articles and make them look so amazing on our award-winning newsletter.

The Environmental Committee has been quietly making money for our treasury by selling our recycle bags. This past month, they have started a new initiative recycling plastics that cannot go into our township recycle bins. Way to go Patty W., Denise P. and Margaret O.

Finally, I personally would be remiss if I did not recognize your Executive Board. They constantly work daily making sure that everything is being done and ready for all of you at our General Meetings. This month, the board spent most of our meeting working on our 2023 Donations List. The list will be sent to you attached to my Sunday night email with our agenda. I collected all of your suggestions and shared every one of them with the board. We discussed (and discussed) and worked on every line item and I think they did a great job with the money distribution. We will vote on the list at our March meeting.

Once again, a big thank you to all of our Club Sisters who participate in so many of the activities that we do each month. It is you who makes us so amazing.



FIRST VICE PRESIDENT

Janice Morrison

I hope you are all enjoying the warm weather when we have it. It's been a roller coaster of temperatures in February and in some places the daffodils are starting to bloom. Could it be that Punxsutawney Phil was wrong? Who knows, right?

Get Your Large Pizza!

As mentioned in our last Tidbits and at our club meeting, our major inter-



nal fundraiser for March is **Pizza for a Purpose**. For every pizza picked-up or ordered for dining in at **Ciconte's** in West Deptford, our club makes \$3. If all 50+ of us buy at least one pie, that is \$150 for the club. Two pies, \$300 and so on. We are hoping for more. This money helps the club fund our charitable giving as well as other items benefiting our members. For printing, attached is the flyer again. You can print in black and white, and a paper copy must be giving to the cashier or wait staff at **Ciconte's**.

Spring Flowers

Our next internal fund raiser will be spring flowers and we are still awaiting details on costs and selections. More to come on this.

Membership Dues

Dues are being collected now through March and up to our April meeting, which is April 11.

Dues are \$45 and can be paid by check, made out to WCWD, or cash. They can be mailed to me at 9 Margaux Court, West Deptford, 08096, dropped off in person, or brought to our next meeting. If you have VENMO, you can send them to me using my email, pshirey@com-cast.net. Please send me a text or email if you are bringing your dues to my house or using VENMO.

Thank you!

—Peg S.

River Lady

Meanwhile, the social committee has put together an awesome trip where our club stands to make \$750 if all seats on the **River Lady Luncheon Cruise** are sold. See Jody or Margie for details. This cruise is scheduled for May 31st and the cost is \$159 per person. May should be sunshiny and warm.

Have a great month and see you at our next club meeting on March 14th!

In Federation Friendship,
Janice



- ◆ Congrats to freshman Jake C., grandson of Linda & Bill J. for his first place 3000-meter run to help the MIT MEN'S TRACK TEAM win the New England Championship. Congrats for his upcoming internship position this summer at Lockheed Martin.
- ◆ Congratulations to Michelle S., Peg S.'s daughter-in-law, on her new position. She is now the Vice President of Work Force Innovations at Rowan College South Jersey.

SECOND VICE PRESIDENT

Cynthia Holmes-Butler

New Member News

At the March meeting we will be installing another new member, Pixie O. Pixie has jumped right in helping with service activities for our club. Pixie and also Bonnie D. and Sharon H. who were installed in February, volunteered at the recent Red Bank Book Fair!

Please welcome these ladies to our club.

Name Tags

If you need a purple club name tag, I will be ordering them after the March meeting. The cost is \$10 for both the magnetic type or the pin type.

Please give me an envelope at the meeting with a check made out to WCWD for \$10 cash. On the outside of the envelope write your name and whether you want a pin type or magnetic type name tag.

If you can't attend the meeting mail your check to me: Cynthia Holmes-Butler, 534 Hunter St., Woodbury, NJ 08096.

Shirts will be ordered later.

New Member Orientation

Save the Date! A New Member Orientation will be held on April 25th from 7 to 8:30 p.m. at St Paul's Church.

Marie DiMatties from the Garden District will be doing a presentation along with a few club members. More details at the meeting on March 14th!!

Please let me know if you're coming.

—Cynthia



WELCOME TO THE WCWD! Sharon H. and Bonnie D. were installed in February.

BASKET RAFFLE

Nancy D'Amico, Denise Hosier, Sue Nelson

2023 Basket Raffle
Monday, October 16
6-9 p.m. at
Four-Star Event Catering
595 Princeton Blvd, Wenonah 08090



Basket Raffle Open Meeting

Everyone is invited to our first Basket Raffle Committee 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!

You should also start thinking about what kind of basket you might donate for us to raffle off. You can donate one yourself or get with a friend or two.

We hope you are as excited as we are about our new venue. Hope to see you on March 21!

EDUCATION

Carla Branyan

The Education Committee wishes to thank everyone who donated books. We received over 100 books which were placed in the Green Fields and Middle School teachers' lounges.

We will no longer be collecting books this year. Susan D. has already put some books aside to rotate them as needed.

Thanks again.

—Carla B.

SPECIAL CLUB PROJECT

Jeannette Wood

Family Promise of Southwest New Jersey

We collected an amazing \$49.00 last month at our club meeting. Thank you! Thank you! I purchased 5 duffle bags with the money collected and will deliver them to Family Promise.

If you want to help with this project, you can donate money, purchase a duffle bag online and have it sent to my house, or purchase a duffle bag and give it to me at the club meeting.

Great News!

Family Promise is adding a third transitional house and they need some help to get it ready for a family to move in. There is an Amazon Wish List for the items to help make this house a home. They hope to have a new family housed within the next 2 weeks.

If you would like to purchase from this list, find the Amazon wish list on my Facebook page or go to the Family Promise of Southwest New Jersey Facebook page. If any member purchases items for the new Transitional House, please let me know for my end-of-year report.

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

SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Yoga, Wine & Chocolate

To benefit Emmanuel Cancer Foundation for children

Friday, March 31, 2023
7:00-9:30pm

4 Star Catering
595 Princeton Blvd, Wenonah NJ (attached to Oak Valley Firehouse)

Donation \$40*

(includes a 45 minute relaxing yoga session for all levels with professional instructor Maryanne Basileo, followed by wine and a chocolate buffet)

**100% of your donation will go to the Emmanuel Cancer Foundation!*

For more info email msullivan@emmanuelcancer.org
or call 856-853-4803

Register Here: <https://givebutter.com/YWC2023>

DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

In the United States, traffickers compel victims to engage in commercial sex and to work in both legal and illicit industries and sectors, including in hospitality, traveling sales crews, agriculture, janitorial services, construction, landscaping, restaurants, factories, care for persons with disabilities, salon services, massage parlors, retail services, fairs and carnivals, peddling and begging, drug smuggling and distribution, religious institutions, child care, and domestic work. (Source: www.state.gov)

The United States recognizes two primary forms of trafficking in persons: **forced labor** and **sex trafficking**. The basic meaning of these forms of human trafficking and some unique characteristics of each are set forth below, followed by several key principles and concepts that relate to all forms of human trafficking.

Victims of Human Trafficking can be any age, race, ethnicity, sex, gender identity,

sexual orientation, nationality, immigration status, cultural background, religion, socioeconomic class, and education. The potential trafficking indicators are:

Common Work & Living Conditions.

The individual in question:

- Is not free to leave or come and go as they wish.
- Is under 18 years of age and is providing commercial sex acts.
- Is in the commercial sex industry and has a pimp/manager.
- Is unpaid, paid very little, or paid only through tips.
- Works excessively long and/or unusual hours.
- Is not allowed breaks or suffers under unusual restrictions at work.
- Owes a large and/or increasing debt and is unable to pay it off.
- Was recruited through false promises concerning the nature and conditions of their work.

- Is living or working in a location with high security measures.

Poor Mental Health or Abnormal Behavior.

The individual in question:

- Exhibits unusually fearful, anxious, depressed, submissive, tense, or nervous behavior.
- Reacts with unusually fearful or anxious behavior at any reference to "law enforcement."
- Avoids eye contact.
- Exhibits a flat affect.

Poor Physical Health.

The individual in question:

- Exhibits unexplained injuries or signs of prolonged/untreated illness or disease.
- Appears malnourished.
- Shows signs of physical and/or sexual abuse, physical restraint, confinement, or torture.

Lack of Control.

The individual in question:

- Has few or no personal possessions.
- Is not in control of their own money, and/or has no financial records or bank account.
- Is not in control of their own identification documents (e.g., ID, passport, or visa).
- Is not allowed or able to speak for themselves (e.g., a third party may insist on being present and/or interpreting).
- Has an attorney that they don't seem to know or to have agreed to receive representation services from.

Other.

The individual in question:

- Has been branded by a trafficker.
- Exhibits a lack of knowledge of whereabouts and/or does not know what city they are in.
- Exhibits a loss of a sense of time.
- Has numerous inconsistencies in their story.
- Claims to be "just visiting" and is unable to clarify where they are staying or provide an address.

If you suspect that someone is in trouble, you can call the SERV hotline and they will handle it from there. 800-295-7378.



HISTORY SPOTLIGHT

Linda Jones

The month of March means the start of spring, tricky weather, St. Patrick's Day, daylight savings time, and Women's History Month. M-A-R-C-H back through the looking glass of time with me as we echo the past. The theme of this year's celebration is "Portraying Women's Strength."

March is Women's History Month

An annual declared month to highlight the contributions of women to events in history, culture, and contemporary society.

International Women's Day

is on March 8th. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating "**Women's History Month.**"



Continuing the past.....

Women's History and Resource Center (WHRC) was founded in 1984 to collect, preserve, interpret, and promote the history of the General Federation of Women's Clubs (GFWC). Documents contributed from 1890 to the present are in GFWC archives, special collections, and publications. The WHRC maintains a reference library collection focused on women's history, the Women's Club movement, and the history of volunteerism.

The WHRC opened at GFWC Headquarters on May 1, 1984. Vice President George H.W. Bush cut the ribbon opening that day. Back in 1901 a federal charter mandate was to locate headquarters in Washington, D.C. The General Federation of Women's Clubs (GFWC) purchased the building on 1734 N Street, D.C. to permanently preserve archives, special collections, and a research library. GFWC's most significant "artifact" is our Headquarters building which was designated as a National Historic Landmark in 1991.



Going Back in Time...

The woman elected in 1890 to lead the brand-new General Federation was Charlotte Emerson Brown of New Jersey. She was a delegate from the Women's Club of Orange, N.J. At the founding

convention she served two terms and laid the groundwork for the policies, procedures, and legal foundation going strong for over 130 years now. During her presidency, membership expanded quickly from 50 clubs to several hundred. She was instrumental in the GFWC's formation of state-level organizations. She was an avid reader who spoke many languages, a teacher, traveler abroad, taught modern languages in a college, studied music, and encouraged women to educate themselves to become advocates in their communities. Back then they advocated for clean milk, street lights, and libraries as well as regulations for child labor and maternal health. In 1894 Brown finished her term as president.

Did You Know?

The Women's City Club of New York influenced the life of Eleanor Roosevelt and was an important training ground for her public life. She wrote speeches, reports, and political analysis while a member. A famous quote by Eleanor Roosevelt is "A woman is like a tea bag—you can't tell how strong she is until you put her in hot water."

Stay tuned next time to follow this journey in the mirror of time. I will continue to capture the importance of history leading the way to what we do as a women's club.

ENVIRONMENT DEPARTMENT
Is collecting empty bottles from cosmetics and personal care products. Look for the blue box at our meetings and bring your empty bottles, tubes, compacts, and other items for recycling. You can even bring the caps! Be sure to count your containers and turn them in with your name so we can track the donations for reporting. Thanks to Patty W. and Denise P. for organizing this great project!



HEALTH AND WELLNESS

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

Angels Community Outreach—115 lbs of clothing

***We are collecting art supplies for Manor Care in WD.** They need:

Colored Pencils, Colored Markers, Bristol Paper, Craft Paper/Supplies, Popsicle Sticks, Watercolor Palettes, and Yarn. New (and opened packages) accepted. Bring to Linda M. at 11 Crofton Dr. and leave on front porch (by mid May).

What is ovarian cancer?

(by Linda M.)

Ovarian cancer is a disease in which cells in the ovaries multiply and grow abnormally. The ovaries are almond-sized female reproductive organs that produce eggs, as well as the female hormones estrogen and progesterone. Women usually have two ovaries located in the pelvis — one on each side of the uterus. If the genes that control cell growth in the ovaries no longer work properly, the cell divides uncontrollably and may form a tumor.

Ninety percent of ovarian tumors develop in the surface epithelial cells. Cancer in these cells often arises at the end of the fallopian tubes, which are located on each side of the uterus. The eggs travel through the fallopian tubes to the uterus. Cancer also can develop in the peritoneum, the tissue linking the wall and covering the organs of the abdomen.

Am I at risk for getting ovarian cancer?

Ovarian cancer affects 1 in 70 women across their lifetime and is the second most common type of gynecologic cancer in the United States. The most common risk factor is age. About two-thirds of all ovarian cancers are diagnosed in women between ages 50-75. Only 5 percent of ovarian cancers diagnosed occur in women under the age of 30.

Genetic Disease?

About 1 in 10 women who are diagnosed will have either a strong family history of ovarian cancer or a mutation in a gene that increases risk of the disease (BRCA1 or BRCA2). Risk is increased if a blood relative such as a mother, sister, grandmother or aunt has had ovarian cancer.



Genetic tests can help you determine if you are at increased risk, and if you are, experts can speak to you about your options, such as preventive ovary removal.

You are at a risk level near that of the general population if you have:

- no family history of breast or ovarian cancer
- a personal history of breast cancer diagnosed at age 41 or older
- no Ashkenazi Jewish heritage (individuals of Eastern European Jewish descent).
- a history of infertility and/or use of assisted reproductive therapies, such as in vitro fertilization (IVF).
- a history of endometriosis (a condition in which tissue from the lining of the uterus grows outside of the uterus).
- a history of hormone replacement use for the management of symptoms related to menopause.

Signs and Symptoms

Ovarian cancer rarely has noticeable symptoms when it is in its earliest stages. As the cancer progresses, subtle symptoms begin to appear, but they still may not be noticed right away, or they may be blamed on other common conditions, such as constipation or an irritable bowel.

The symptoms of ovarian cancer include:

- abdominal bloating or swelling.
- pain in the abdomen or pelvis.
- difficulty eating, or feeling full quickly.
- lack of appetite.
- feeling an urgent need to urinate.

- needing to urinate frequently.
- change in bowel habits (constipation or diarrhea).
- change in menstrual periods.
- vaginal bleeding between periods.
- back pain.
- weight gain or loss.

Although the symptoms of ovarian cancer may be vague, particularly in the early stages, they are usually fairly constant and represent a change from how you normally feel. Symptoms also worsen as the cancer progresses.

If you experience any of these symptoms every day, or almost every day, for more than two to three weeks, speak with your doctor and specifically ask if you could have ovarian cancer. If it is ovarian cancer, the earlier it can be diagnosed, the better the chances for an effective treatment.

Diagnosis

To check for ovarian cancer, your doctor will likely perform a pelvic exam to feel for lumps or changes in and around the ovaries, and order additional tests if you've been experiencing persistent abdominal bloating, discomfort, or other symptoms, or if you have risk factors for this cancer. If you do have ovarian cancer, surgery can give crucial information about your diagnosis, from the type of tumor you have to its stage (if it has spread and if so, how far). This information helps your team of specialists decide which treatments are best for you.

Treatments

Surgery is the main treatment for ovarian cancer, regardless of whether the disease is early or advanced. The type of surgery you receive depends on several factors, including the type and stage of your cancer, your general health, and whether you plan on having children in the future. Our experts recommend that most women undergo chemotherapy as a preventative measure after surgery.

Most of the information for this article came from the Memorial Sloan Kettering website.

ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt

Updates

We have contacted our Elementary School Nurses for a Wish List of Supplies. A number of our friends and co-workers have helped with the list.

Items remaining are:

- Boys' underwear in size 6 or size Small—3 packs
- Sweatpants for boys in size Small and Medium—3 in each size
- Plastic bags for sending soiled clothing home—50
- Flushable wipes for the bathroom—3 packs
- Lysol or Clorox wipes—2 canisters
- Large bottle of apple juice—1
- Saltine crackers—3 boxes
- Plastic spoons—100

We are grateful to our members for any help that can be provided.

Activities

Red Bank Book Fair 2023. We are so happy to report that 8 members volunteered for the Bookfair. The children and adult volunteers had a great time! Sharon J. even made a new friend. Helping in our community is what we do best!!



JUNE DINNER MEETING

Jody Harris

TUESDAY, JUNE 13, 2023: 6 p.m.
End-of-Year Dinner at Terra Nova
590 Delsea Drive- Sewell

All money is due to Peg S. NO LATER THAN THE MAY MEETING.

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
- Grilled Tilapia with mascarpone & veggie 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.

Hope to see everyone there!!



ARTS CREATIVE

Ann Caswell, Kat Nixon

Cards for Nursing Home

We will be making spring cards for the nursing home patients again. Date is **MONDAY, APRIL 3**. Denise H. is again welcoming us to her home for this project. This is always a fun activity. Watch for an email with the time and details.

Survey

Look for a survey at an upcoming meeting for your interests.

Achievement Day

Spring Arts Creative Achievement Day is April 13th at Pennsauken Country Club. If you would like to enter a piece, please bring completed forms (Garden District form & waiver) to the March 14th meeting. If not attending the March meeting,



you can drop off lunch payment and completed forms to Ann C., 185 Blue Heron Dr. Riverwinds. The luncheon is \$45.00 if attending. I will submit all forms and a check from the club. All entrants must transport the entry or make arrangements with a member who is attending to transport art.

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. Should you have 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 February events. I heard Axe Throwing at Primitive Axe was a blast! We also loved seeing everyone at our Gal-entine's Dinner. It was a lovely evening and a good chance to sit, relax and catch up with our club sisters. With that being said, please read through the list of upcoming events, as some of the spring events have RSVP dates that need your attention/commitment NOW. Thanks.

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, if you can't make it on opening day, perhaps, you can stop by at a time that better fits into your schedule, as they 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 15, 2023: 10am Piston Diner, 821 Crown Point Road – Westville; RSVP to Jody by March 10th.

Show off your green, and join us for a Shamrockin' Breakfast. We have been here a few times this year, so I don't have to tell you the tremendous breakfast selections you can choose from. I need a head count no later than the 10th of March so that we can share it with the restaurant. I will put out a notice when I know who is planning to attend so that you are welcome to make carpool arrangements, as parking is limited. Each attendee will be responsible for purchasing her own breakfast.

WEDNESDAY, MARCH 29, 2023: 6:00pm 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 signing 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

Ahoy mates, eight (8) members signed up and paid to attend the Amazing Escape Pirate Room. They will have one hour to follow the clues to get out of the room. The ladies involved have already been notified and are excited to see how they fare in this activity. Will they find their way out of the room, or will they be asked to "walk the plank?" As the date gets closer, I will send out the names so that you can work on carpool arrangements and possibly dinner plans to follow the session.

THURSDAY, May 4, 2023: 7pm Book Club Mtg. (Zoom)

The book we will be discussing: The Other Birds by Sarah Addison Allen

In Mallow Island, South Carolina, lies a stunning cobblestone building comprised of five apartments. It's called The Dellawisp, named after the tiny turquoise birds who inhabit an air of magical secrecy. When Zoey Hennessey comes to claim her deceased mother's apartment she meets her quirky, enigmatic neighbors. When one of her new neighbors dies under odd circumstances, she is thrust into the mystery of The Dellawisp, which involves missing pages from a legendary writer whose work might be hidden there. She soon discovers that many unfinished stories permeate the place, and the people around her are in as much need of healing from wrongs of the past as she is. To find their way they have to learn how to trust each other, confront their deepest fears, and let go of what haunts them.

If this sounds like something you'd be interested in discussing, please join us. Let me know by May 1st and I'll add you to the list to receive a Zoom invitation.

FRIDAY, MAY 5 2023: Cinco de Mayo

Please keep this date open for a luncheon around noon/1:00. We have something in mind, but it has not been finalized yet. More information will be coming.

RIVER LADY CRUISE May 31, 2023.

See flyer attached.

WEDNESDAY, AUGUST 2, 2023: 7pm Book Club Mtg. (In-person or Zoom)

The book we will be discussing: TBD.

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.



FEDERATION NEWS

Isabella Cooper

GFWC Membership in Motion

Excerpts from Article by Nancy Ames, GFWC Membership Chairperson

GFWC club membership provides a perfect opportunity to get closer to the community in which you live. Volunteerism broadens your horizons by helping you understand the needs of the population you are helping....According to an article written by Stacey Buttel, a career facilitator with Goodwill, and Amber Kosel, an editor and volunteer in a non-profit animal welfare organization, volunteerism:

- Creates a sense of purpose, becoming something greater than yourself.
- Connects you with others, allowing you to learn other perspectives.
- Sharpens social skills, which benefits both personal and business relationships.
- Improves self-esteem and self-confidence...it gives you a sense of accomplishment that is very fulfilling.
- Teaches you valuable skills and builds on ones you already have.
- Gets you out of your comfort zone – a personal challenge for almost everyone.
- Brings fun and happiness to your life – you can pursue your hobbies while making a difference in others' lives.

GFWC can give you the tools needed to be happy and well-rounded. Building bonds and connections with your GFWC sisters will help you build closer, lifelong relationships. This is why we do what we do – who wouldn't want to be a member of GFWC.

A Few International Women's Day Notable Facts

March 8 Celebrates International Women's Day. International Women's Day recognizes the social, economic, and political achievements of women around the world as well as calling attention to gender parity. According to the World Economic Forum, global gender equality is estimated to be achieved by 2133.

Just over 100 years ago, only 0.2% of the US Congress consisted of women. The

65th Congress (1917-1919) was comprised of just one woman. In 1916, Montana elected Jeannette Rankin as the first Congresswoman to hold a federal office. As of 2023, women hold 28 % of the US Congress. Women now make up 29% of the US House of Representatives and 25% of the Senate. According to the United Nations statistics, the US percentage closely matches the world wide average for women in politics.

Dates to Remember

- 3/1-31 Women's History Month
- 3/1-31 Colorectal Cancer Recognition Month
- 3/8 International Women's Day
- 3/29 Civic Engagement & Outreach Day
- 4/13 Garden District Spring Conference & Achievement Day
- 5/1-3 NJSFWC State Convention—Hard Rock Hotel, Atlantic City
- 6/5-8 Girls Career Institute

CIVIC ENGAGEMENT & OUTREACH

Denise Hosier, Sharon James

130 Dream Center Challenge

We are doing the 130 challenge for Health and Wellness. Let's try to meet a 1300 lbs. of food donated to the South Jersey Dream Center! We have 442 lbs donated so far. We have until June 2024 to meet our goal.

Please bring food donations for the Dream Center to the March club meeting. Thank you for your generous support to help others in our community.

CEO Day

Civic Engagement & Outreach Day is Tuesday, March 28 beginning at 1:00 p.m. in Marlton. Registration is \$5.

It sounds like an interesting program with three speakers: Officer Carly Szwajkowski from the Evesham Police; Sandra Ortega, the first direct commissioned black woman officer in the U.S. Air Force; and Larry Abrams from BookSmiles.

Denise H. is going and will drive. If you're interested in going, please see Denise.



DEAR SECRET PAL

Dear Secret Pal,
Thank you for the Valentine's Treats. My husband and I enjoyed taking our time to savor the chocolate treats, as well as the peanut butter brittle. We thoroughly enjoyed them all. The chocolate rose was so beautiful, not to mention tasty. Thank you for thinking of me. —Jody

Dear Secret Pal,
Yes, I am part Irish!!! I am all set for St. Patrick's Day!! Thank you. —Fondly, Barb O.

Dear Secret Pal,
You definitely spoiled me this month. I absolutely loved the gnome, candle and especially the Bath Tea and Lavender Shower Steamers. My baths and showers have had the lovely scent of lavender and



I have enjoyed this gift very much. What a novel idea! I did not even know these items existed. Thank you so much for thinking of me and gifting me with things so unique and fun!

—Warmly, April

Dear Secret Pal,
Thank you so much to my Secret Pal for the wonderful Valentine gifts. The chocolates were heavenly, and I love the cozy Valentine's themed blanket. So did my granddaughters! I appreciate your kindness and thoughtfulness.—Fondly, Peg S.

Dear Secret Pal,
Many thanks for all the goodies last month!!! Love the Valentine theme gifts and your very generous heart. ♡

—Warmly, Lisa

130 Challenge

February 130 Challenge results

Only 12 people were able to submit their exercise, walking and weight loss stats for February. That's only 12% of our membership and down from last month. However, we were up for our miles walked, 329 miles compared to 280 last month. Way to go ladies!!!! Hours exercised was 251, compared to 285 last month which is a typical scenario for New Year's resolutions hype and resilience. On average our 12 participants walked 32.9 miles each and exercised 25 hours. It's exciting to see that the group is trying new classes, watching videos and getting involved in improving their health.



And last but not least, 3 of our members lost 14 lbs! Yeah!!

Congrats Ladies!!!! And just think, Spring is almost here and the outdoors awaits us all. Next FB Live, March 8th, 7 p.m. Topic: Water Aerobics. See you there! 😊

—Carol D.



CONGRATULATIONS TO OUR HONOREES for the year. Being placed on the NJSFWC Honor Roll are Kim VZC. and Doris E. Named to the Order of the Lily is Chris T. They will all be recognized at the NJSFWC Convention in May and their names inscribed in the Honor Roll and Order of the Lily Books at NJSFWC Headquarters. Shown with them are members of our Honors Committee, Chair Carol F. (center), Dorothy A., Isabella C., and Sandy M. Thanks, ladies, for doing this difficult but rewarding job for our club!



RIVER LADY LUNCHEON CRUISE



Proceeds to benefit the civic organizations/non-profits supported by the Woman's Club of West Deptford.

May 31, 2023 | \$159pp • non-members \$179

The River Lady splendidly captures the ambiance of a 19th century Mississippi Paddleboat. The interior design of the lower deck is of the Victorian style. The deck is completely enclosed and is climate controlled for year-round comfort.

What's Included:

- River Lady Cruise in Toms River
- Lunch & Narrated cruise
- Free time in Smithville for shopping on own
- Call for pick-up locations
- Round trip Motorcoach transportation



**Call your AAA South Jersey Travel Agency
for more information and to make your reservations!**

Voorhees 856.783.4222 • Cherry Hill 856.281.1669

Sewell 856.589.6900 • Millville 856.563.0222

For a full list of all AAA South Jersey Motorcoach Trips, visit: AAA.com/motorcoach

All payments are non-refundable, and all rates are subject to change. Pricing based on Double Occupancy. Single Supplement of \$300.

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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