

Tidbits

April 2023 — Vol. 29 Issue 8



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

NEXT MEETING

Tuesday, April 11

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

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

Refreshments

Desserts: Carol F., Susan D., Ann C.
Beverages: Peggy G., Jeannette W.

April Birthdays

10—April M. 21—Peg S.
12—Ann Ca. 24—Dorothy A.
20—Linda J. 27—Linda M.

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



April is here and so is the opening of flower buds, leaves growing, critters flying around, and weeds in the gardens. It's a month of renewal as we move forward to the warm weather and begin to spend more time outdoors. I am looking forward to cleaning out the flower beds, weeding, and putting in my seasonal flowers. It is always so rewarding to see the out of doors shedding its winter coat for the warmth of summer.

*Volunteers are paid in six figures...
S-M-I-L-E-S. —Gayla LeMaire*

When I saw this quote, it reminded me of all of the times we have done something for others, and although we always receive a thank you, it is the smile that makes all of the difference.

The **Garden District Spring Conference and Achievement Day** is coming and Ann Ca. has all of our art registrations and members checks sent in. I know that all your projects will shine along with our friends in other clubs in the Garden District. Good luck to all of you!

The **NJSFWC State Convention** is scheduled to be held from May 1-3 at the Hard Rock Hotel and Casino in Atlantic City. Thirteen members are registered to attend with 3 attending for all three days and the rest of us attending on Wednesday, May 3rd. I am looking forward to going to this amazing event with so many of you.

Thank you to everyone who participated in our **"Pizza For A Purpose"** Fundraiser. It will take a few weeks to find out what

we made but I have heard that we had a lot of vouchers turned in. Look for information regarding our next fundraiser... Spring flowers and hanging baskets. I can't wait!

We have a **speaker** coming to our April 11th meeting. Dr. Ferghesi will be coming to speak with us about Dementia and Alzheimers, an important topic for all of us. Thank you to Linda M. for scheduling this speaker for us.

Our Second VP, Cynthia H-B. has organized our yearly **New Member Orientation Night**. This event is to be held on Tuesday, April 25th. All are invited to attend. Look for more information in this month's Tidbits.

Eight of our Club Members had an excellent night attending the **ECF Yoga, Wine and Chocolate Fundraiser** at 4 Star Catering. What a wonderful time! We did about 45 minutes of yoga and ended the evening with delicious wine and chocolate goodies. This was a really fun way to support our State Project. No...there will be no pictures of us in our yoga poses☐

How is your exercising going? Did you see the **130 Challenge** Zoom that Carol D. did on Water Exercise Activities? As the weather warms up, this is another good way to keep active. I continue to document my numbers and hand them in. Every little bit helps us feel better.

Also, if anyone wants new **club shirts or name tags**, please let Cynthia know. She is putting our order into Rolferry's shortly so that we can get our shirts and name tags before the end of the club year.

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President's Message, continued

Please make sure that you pay your **yearly dues** at our April Meeting if you have not already done so. I have to make our yearly report by May 1st and need to have our up-to-date numbers. Also, if you plan to attend our **June dinner meeting**, please bring your monies to Peg at our next meeting as well.

Don't forget to read my "Shout Out to Members" article. Our work does not stop after each meeting.

Please read all of Tidbits each month as our newsletter is our informational portal to all activities. Everything you need to know is in our monthly reports.

Finally, do not forget your Secret Pal gifts and let's wear an Easter Bonnet to our next meeting. It doesn't have to be fancy, just fun. ☺

Happy Easter to all!

April



◆ Lew and Lisa H. are very thrilled to announce their son, Lewis and his girlfriend, Kristen, were engaged during their trip to Ireland. They couldn't be more excited for this cute couple and their new beginnings 🍀



Shout Out to Members!

Although all of you should be recognized for all of the work you do, let's highlight a few of our very active members.

Whatever community organization, whether it's a women's organization or fighting for justice—you will get satisfaction out of doing something to give back to the community that you never get in any other way. —Ruth Bader Ginsburg

This month I want to recognize our **Second VP Cynthia H-B.** for all the work she has been doing behind the scenes getting orders for new shirts and name tags. She has also been working closely with our new members, making sure that they know everything that is going on and have a mentor at each meeting. She is also putting the final touches on our Annual Membership Orientation, which will take place this month.

Also let's recognize our **Treasurers, Peg S. and Jody H.** who have been working tirelessly getting our donation checks written and keeping our budgets balanced. Peg has also been working on our budget for the 2023/24 club year, which

will be presented in May. This takes hours of work and I cannot thank her enough for the research and dedication she puts into keeping our budget updated.

Recognition also goes to our **GCI committee** who has been working behind the scenes to make sure our Delegates are registered and preparing for an incredible experience. There is a lot of paperwork, phone calls, and following up to do as GCI prepares for its 75th Anniversary. These girls are in for a very special adventure.

And as we prepare for our 30th Anniversary Celebration, I want to recognize our **Special Committee, Janice M., Linda J., Jody H. and Jan A.** who already had their first meeting and are gathering information to share with our members. It is going to be a fantastic event with special recognitions and reliving 30 years' worth of memories. I am really looking forward attending this amazing event.

As always, it is all of our Club Sisters who participate in so many of the activities that we do each month that make us so successful.

—April

SECOND VICE PRESIDENT

Cynthia Holmes-Butler

New Member Orientation Workshop

April 25th, 7-8:30PM
St Paul's Church

You are all welcome to join us. We have an exciting agenda planned! Marie DiMatties and Sue Sheehan, Garden District Officers, will be there.

Members will be talking about our club history, juniors, service, and social activities today, with a video on the GFWC and a slide show on club committees.

Come join us for social time, refreshments and getting to know

club members! Please let me know if you're coming. —Cynthia



WELCOME TO THE WCWD! Pixie O. was installed in March.

FIRST VICE PRESIDENT

Janice Morrison

Happy spring, everyone. I just love this time of year! Daffodils are in bloom; tulips are poking through, and trees are budding. Spring is a time for rebirth and renewed spirit. While the weather is still erratic, there are more days of being outside, and I just love that.

Fundraising

Our **Pizza for a Purpose** seems to have been successful, though we won't know the final numbers until Cicontes tallies all the receipts. I received many member emails and texts telling me they supported this event. Thank you!

When we signed on for it, they were pretty clear that it would take a few weeks of accounting to get us the final numbers. With five stores and each one holding these types of fundraisers, I am sure it is an effort on their end. I promise as soon as I have something to share I will send out an email to all members. If successful, we will sign up again next year.

April Showers Bring May Flowers

Our next fundraising event is with Michael Williams Nursery in Thorofare. This year, we are doing **10 inch hanging baskets** and **flats of flowers**. A copy of the order form is attached. As most of us know, Mike Huebshman takes great care and pride in his growing, so we are happy to be using him again this year. **Our baskets are \$18 each or 2 for \$35 and flats are \$16 each.** The proceeds help the club donate to our various charities and families in need. Sue Nelson, who has been so generous with her time, is helping again for this event and will be at the April general meeting by 6 p.m. to collect orders and payments.



Woman's Club Note Cards

We have been offering a note card service for many years now and some of the newer members may not know the benefits of these cards. Our corresponding secretary, Lisa Hunter, who has cards on hand. **For \$20 you receive a pack of 5 cards**, blank inside, with envelopes. Lisa keeps a list of members who purchase the cards and will write a message of your choice and mail it. If you are interested, you can let Lisa know. Personally, I find it very convenient, and it also includes the cost of stamps! Of course, if you want to purchase the pack and take care of the mailing that is also available. The proceeds support the club's operating budget.

30th Anniversary Event

I am very excited to announce that we held our first Anniversary Committee meeting March 21st on Zoom. The committee discussed things at a very high level and divided up the functions to get the balls rolling. Most of the work will happen in late August 2023, but we need to nail down the venue and budget now, so that is what we are focusing on. Both charter members in service for the full 30 years and the original charter who are still in club but may have had an in-

terruption in service will be recognized. For now, our fantastic team is Linda J., who will spearhead the creative/decorative side, as well as offer the "charter" member perspective; Jody H., who brings creativity and expertise from the social committee; and Peg S., who we know made many of those beautiful baskets come to life for our basket raffle as well as keeping us real financially. To round out the team we have Jan A., who is not a stranger to many of you and brings the new member perspective. Jan is helping with venue and cost research. I chair the committee and will be working on a photo montage for the event. As mentioned at the last general meeting, if you have any older pictures from the "early" years, please send along digital copies. Thank you, Jeanette Wood, who already sent me some great digital pictures!

In closing, if any of our members have expertise in this type of technology, please feel free to reach out to me. Our committee is doing such fantastic work!

In Federation Friendship,
Janice

Membership Dues Are Due!

Dues are being collected now through 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.



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 March events. The Shamrockin' Piston Diner breakfast was once again a big hit. Our club ladies enjoyed a wonderful breakfast filled with great food, conversation, and sisterhood. Bogey's Wine Flights and Fondues was enjoyed by those in attendance. Please read through the list of upcoming events, as there are RSVP dates that need your attention/commitment NOW. Thanks.

WEDNESDAY, APRIL 5, 2023: 2:00 House Tour and Tea Shofuso House, Gardens and Matcha Tea Tasting – Philadelphia

Social Committee along with the Arts and Culture Committee have teamed up on this event to provide a tour of the SHOFUSO scheduled for the eleven (11) ladies who responded when the information was put out to the membership. This tour leads you through each of Shofuso's rooms, explaining the purpose and significance of all the main features of the site. Following the tour of the house, we have scheduled a matcha tea tasting, and then a walk through the gardens to include a look at the beautiful Cherry Blossoms.

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 (1) 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

Down a narrow alley in the small coastal town of Mallow Island, South Carolina, lies a stunning cobblestone building comprised of five apartments. It's called The Dellawisp and it is named after the tiny turquoise birds who inhabit an air of magical secrecy. When Zoey Hennessey comes to claim her deceased mother's apartment at The Dellawisp, she meets her quirky, enigmatic neighbors, including a girl on the run, a grieving chef whose comfort food does not comfort him, two estranged middle-aged sisters, and three ghosts. Each with their own story. Each with their own longings. Each whose ending isn't yet written. When one of her new neighbors dies under odd circumstances the night Zoey arrives, 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: 12:00 Noon, La Tentacion Pizza & Mexican Grill, 831 Broadway – Westville, RSVP to Jody by April 25th.

We hope you can join us in this collaboration with the Arts/Culture committee to celebrate Cinco de Mayo. We have inside reservations so

we can be in the midst of the noontime music and entertainment. 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 lunch.

WEDNESDAY, MAY 31: River Lady Luncheon Cruise and Smithville. Please see the flyer at the end of this newsletter for complete details. As of this submission, there are still 20 seats remaining. The more seats sold, the more money we make to assist the organizations we donate to.

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.



BRUNCH AND DINNER were two of our social activities during March. We love to eat!

ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt

In March we contacted our school nurses and received wish lists from them. We are happy and grateful to say we were able to supply all requested items. Thank you all for your generosity.

Last year, our club donated stuffed teddy bears to the local EMS ambulances. The West Deptford Police Department also use teddy bears as a helpful tool when dealing with children experiencing traumatic events. They were in need of some more bears.

We extended our donation to the West Deptford Police Department this year. A dozen bears have been donated from our club.

They thanked us publicly on social media :

"We would like to thank the West Deptford Women's Club for their thoughtful donation. Ptlm. Flannery is holding a basket of teddy bears that our officers can give out to children they encounter going through difficult times. These small gestures help to calm the children down and let them know the officers are there to help them. We appreciate the support!"



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 & CULTURE

Ann Caswell, Kat Nixon, Susan Degnen

We had a group of volunteers make 100 spring cards for ProMedica (Manor Care). A fun time was had by all. Denise Hosier graciously held the card making activity at her home. Thank you, Denise!



We will be taking an interest survey for Arts & Culture.

Happy Spring!!

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



NEXT MEETING:

Tuesday, June 20, 7 p.m. on Zoom. Hope you can make it!

Basket Raffle News

We held our first meeting on March 21 and were pleased to get several new volunteers to help. Welcome to Patty W. who will be tracking business donations and Jan A. and Jody F. who will be receiving and storing baskets along with Peg S. Thanks so much, ladies!

We Will Need You!

There are two important ways that we hope everyone in the club will help.

1. Donate a basket. You can do it individually or with a friend. We ask that the value (not necessarily what you pay) be at least \$75 to keep all our baskets special. You have all summer to think about it. Baskets aren't due until September. For ideas, google "raffle basket ideas."
2. Sell tickets. We expect to have tickets ready to give you in late July or early August.

We are looking forward to another very successful event. Thanks, everyone, for your willingness to help!

SPECIAL CLUB PROJECT

Jeannette Wood

Family Promise of Southwest New Jersey

We collected \$10.00 last month at our club meeting. Thank you! Thank you!

I purchased a duffel bag with the money collected and will deliver to the Family Promise.

If you want to help with this project you can purchase a duffel bag online and have it sent to my house; you can donate cash in the cardboard collection box which I bring to our club meeting; or you can purchase a duffel bag yourself.

A special thank you to the club members who donated household items from the Amazon Wish List for the transitional house. A new family moved in and is getting help from Family Promise. The goal is to get the homeless families into their own home as quickly as possible.

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

SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Emmanuel Cancer Foundation

The State Project pins are in and I will be giving them out at the April meeting.

Thank you to everyone who attended and provided desserts for the Yoga, Wine and Chocolate night. We had a great time! Thanks also to Debbie H. and Peg S. for making pillowcases for the ECF children.



Stay tuned for information on Emmanuel's 5k run/ 2 mile walk to be held in May at RiverWinds. Details are being finalized and I will pass them on as soon as they come out.

Food Donations Needed for SJ Dream Center

The food supply at the Dream Center is very low. Due to rising costs everywhere, more people are struggling to feed their families.

Please help by bringing a donation of unexpired food to our April meeting. Our goal is 1300 lbs of food by June 2024. We have 472 lbs. so far!



Thank you for your help.

-Cynthia

HISTORY SPOTLIGHT

Linda Jones

April is a month of growth and renewal as we enjoy mother nature, warmer days, and the wonders of spring. "Spring is April's way of saying, let's bloom." (author unknown). We will journey back in time to discover just how the "Let's Bloom" began. History this month will take us to the beginning of our federated State of New Jersey Women's Clubs.

The New Jersey State Federation of Women's Clubs (NJSFWC), founded in 1894, is located at Douglass Residential College (once called the New Jersey College for Women), New Brunswick, New Jersey.



There are about 8,000 members in 200 clubs throughout New Jersey. Our service organization provides opportunities for women with education, leadership training, and community service through participation in local clubs. A primary goal is to make a difference in the lives of others, one project at a time. Our N.J. State Federation of Women's Clubs is a proud partner with Douglass Residential College at Rutgers University. The NJSFWC is located at 55 Labor Center Way, New Brunswick, NJ 08901. Douglas College is the only residential women's college in the nation that is housed within a world-class public research university, that being Rutgers University. Our New Jersey Federation Headquarters was built in 1965.



In the Beginning...

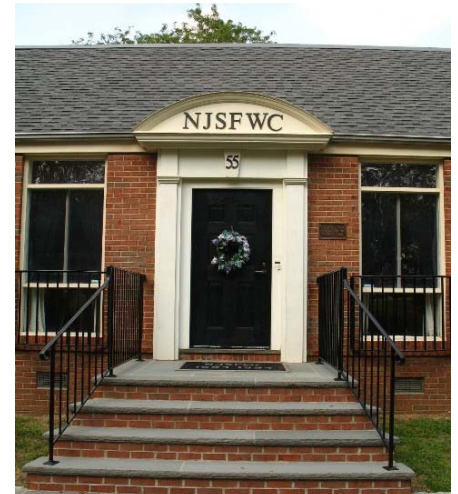
Most New Jersey historical women's clubs served social and charitable purposes which included:

- advocating for women's suffrage
- supporting sports & physical activity
- addressing sanitation & health issues
- hosting social activities
- hosting lectures & engaging in education
- addressing employment & labor conditions

Continuing on to Today...

The goal of the NJSFWC is to enhance the quality of life within our communities and state by transforming public interests and concerns into meaningful projects and programs; to afford our members opportunities for the development of individual skills, talents and abilities; and to serve as a grassroots volunteer resource in New Jersey communities.

April is the perfect month to "Bloom" in New Jersey. The Spring Conference and Arts & Culture and Environmental Achievement Day is an important way to encourage club members to show off their talents, appreciate the arts, and enjoy seeing what other clubwomen can do in our very own district, called the Garden District. Crafts, cooking, and horticulture designs are judged in three different levels: beginners, advanced, and professional levels. All items must be created in only the previous calendar year. Each Garden District President gives a speech; a delicious lunch is served; and awards are



announced in over 20 artistic categories. Indeed it is a day to celebrate with all our sister clubs!

Every two years, the members in our state support a defined special state project with fundraising, in-kind donations, and public awareness campaigns. Some of the past special state projects were: the Valerie Fund, Canine Companions, Community Food Bank of N.J., domestic violence shelters, and Family Promise. For the next two years, we will support the Emmanuel Cancer Foundation. The School Backpack Project was a success back in September as well as the Gift Wrapping Project in December. N.J. Women's Clubs will continue to support the Emmanuel Cancer Foundation until Convention 2024 as our Special State Project.



DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

Murdered and Missing Indigenous Women

In past articles we have presented information on various sexual assault conditions, how women can protect themselves, how and where to get a Temporary Restraining Order and a Final Restraining Order, where to get help and other information, Human Trafficking, Teen Dating, and more. This article will focus on only one group of women who experience the highest rate of sexual assault of any demographic in the United States: Native Alaskan women. I became interested in this issue as I binge watched *Alaska Daily* while I recovered from Covid.

The show, although fiction, is based on fact. In some areas in the United States, Native women are hurt at a rate more than ten times the national average, but they receive only a small fraction of media attention. In 2022, at least one woman disappeared weekly in Anchorage.

According to the Centers for Disease Control and Prevention, murder is a leading cause of death for Native Women. The National Institute of Justice found that more than four in five American Indian and Alaska Native women (84.3%) have experienced violence in their lifetime.

The National Crime Information Center reports that in 2016, there were 5,712 reports of missing American Indian and Alaska Native women and girls—though the U.S. Department of Justice's federal missing person database only logged 116 cases!

To learn more about the Murdered and Missing Indigenous Women (MMIW) and groups dedicated to help, go to ABC.com/MMIW. Most of the information for this article came from that site.

If there are other topics relating to Domestic Violence or Sexual Assault that you would like us to report on, kindly tell one of us. Thank you.

CIVIC ENGAGEMENT & OUTREACH

Denise Hosier, Sharon James

CEO Day

Our Garden District Civic Engagement and Outreach Day was March 28 in Marlton. It was an interesting afternoon with three excellent presentations.

Marlton Police Department gave us some great tips and handouts on home safety. We will be sharing some of that information in future issues of Tidbits. They also gave out dusk-to-dawn light-bulbs for use in outdoor fixtures. Having lights showing can discourage burglars.

Sandra Ortega was the first direct commissioned black woman officer in the U.S. Air Force. She spoke about the difficulty of being not only a woman, but a black woman, in the military back in 1958. She worked hard to overcome the prejudice that was so prevalent in her youth.

BookSmiles: Larry Abrams is a retired English teacher who founded BookSmiles. The goal of this organization is to provide books to children of all ages. They collect children's books for distribution through the schools. They also accept adult books, which Larry says they "turn into cash to buy children's books." BookSmiles is headquartered in Pennsauken and collects and passes out books all over South Jersey.

And a bonus: The program ended with the Marlton K9 officer telling us about his dogs.



ENVIRONMENT

Patty Wzykowski, Denise Pitchford

Earth Day was first organized in 1970 by Senator Gaylord Nelson and a Harvard student, Denis Hayes, as a day of action to protect the environment. Today, in recognition of Earth Day, over a billion people in 191 countries participate in activities to bring attention to and combat some of the most pressing environmental problems the world faces, such as climate change, plastic pollution, and contamination of our water, etc.

Earthday.org provides an excellent resource for information about the history of Earth Day as well as ideas about what we can do on a daily basis to help protect our planet. A few of the earth-friendly suggestions presented are:

- pick up trash while you run or walk
- stand up against deforestation
- switch to more plant-based meals to

- reduce greenhouse emissions caused by livestock production
- use environmentally friendly cleaning products
- turn off lights when not in a room
- wear sustainable fashion
- go pesticide free to save the lives of our pollinators
- plant trees
- participate in clean-ups
- support environmental legislation

The earthday.org website provides much more information about actions individuals and groups can take to promote a clean and healthy environment.

To celebrate Earth Day, let's do what we can to ensure that our children, grandchildren and generations to come will be able to live in a world that is safe and clean!

HEALTH AND WELLNESS

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

Angels Community Outreach—155 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.

PARKINSON'S DISEASE

By KimVZC.

April is Parkinson's Awareness Month, a time to raise awareness of the disease and those who are living with it. This year's theme is "Hope In Progress," highlighting the progress that has been made in research and the ongoing efforts to find better treatments and ultimately a cure for the disease.

Parkinson's was first medically described as a neurological syndrome by Dr. James Parkinson in 1817, specifically separating it from epilepsy. It has become more widely recognized recently, thanks to celebrities who have been diagnosed. One of the largest and most well-known support and information networks is the Michael J. Fox Foundation.

Parkinson's disease is a chronic and progressive neurological disorder that affects millions of people. It is characterized by the degeneration of neurons in the brain that produce dopamine. This is a neurotransmitter that is essential in controlling movement and coordination. When dopamine levels decline, people with Parkinson's experience a varied level of motor symptoms. Some included are tremors, rigidity, and slowness of movement or motion.

Parkinson's is the second most common neurodegenerative disorder after Alzheimer's disease and affects about 1% of people over the age of 60. The exact causes of Parkinson's disease are still unknown, but it is believed to be the result of a combination of genetic and environmental factors. While there is currently no cure for the disease, several treatments are available to help manage symptoms



and improve the quality of life. Drugs, along with diet and exercise, play an important part in the management of Parkinson's disease.

One of the most challenging aspects of the disease are the non-motor symptoms, which can include depression, anxiety, sleep disturbances, and cognitive impairment. It is essential to address these symptoms and include them in the overall treatment plan.

There are many ways to get involved and support Parkinson's Awareness month, including participating in local events and fundraisers, spreading the word about the disease, and donating to Parkinson's research organizations. By working together, we can raise awareness, support those who are living with it, and work towards a future without Parkinson's.

Craft Collection

Linda Marple will be at April's meeting if anyone has craft items for the senior citizen's home. Thank you to those who have contributed and those planning on bringing them to the meeting.

March 130 Challenge Results

On average, ten participants were able to walk 26 miles and exercised for 16 hours in the month of March. The total was 262.5 miles and 160.5 hours for the group. That included some spring cleaning, swimming, spinning and biking, TRX training, boot camp, and yoga, to name a few types of exercise. And drum roll please.....several ladies were able to shed a few more pounds and lost 8.4 pounds. Congratulations!

Please remember, every mile and every minute of exercise helps us get healthier together. Next FB Live will be April 5th, 7 p.m. We will be discussing Meditation and Mindfulness.



CLUB SHIRTS AND NAMETAGS are on order and according to Second VP Cynthia, some of them might be available at the April meeting. If you missed out on this order, never fear! We will order again!

FEDERATION NEWS

Isabella Cooper

Garden District News Bits

- Our District welcomed 27 new members in March.
- Women’s Club of Wenonah member Jessica Doheny is serving her first term as the first female mayor of Wenonah.

GFWC International President Participates in White House Women’s History Month Events

During Women’s History Month, the White House hosted several events highlighting women’s successes and challenges ahead. On March 22, International president Deb Strahanoski attended a “very inspiring” special White House event with more than 30 members of Congress. Topics included women’s economic empowerment, gender-based violence, paid family and medical leave, pay equity and access to capital for women’s business owners, funding for childcare centers, and making permanent the Child Tax Credit.

Also on March 25, President Strahanoski and various GFWC staff members attended a White House Open House Tour.

While in Washington for these events, the GFWC Executive Committee also met with their own members of Congress, sharing our GFWC Legislative successes of 2020-2022 and our GFWC 2023 Priorities.

Dates to Remember

- | | |
|-------|--|
| April | School Library Month
National Volunteer Month
National Stress Awareness Month
National Poetry Month
National Garden Month
Move More Month |
| 4/13 | Garden District Spring Conference and Achievement Day |
| 5/1-3 | NJSFWC State Convention—Hard Rock Hotel, Atlantic City |
| 6/5-8 | Girls Career Institute |
| 9/30 | GFWC National Day of Service to combat hunger and food insecurity |



DISTRICT PERFORMING ARTS DAY was March 24 at Salem Community College. Attending from our club were Sharon H., Bonnie D., and Denise H. It was a fun time!

DEAR SECRET PAL

Dear Secret Pal,
Thank you so much for the beautiful gifts. The Saint Paddy’s Day themed dish towels, hot pad, oven mitts, candy dish, gnome, and water bottle. I have put them all to good use and I’m feeling a bit Irish today!
—Ty, Carol F.

Dear Secret Pal,
I was so surprised to see a big beautiful basket outside my front door on my birthday!! It was amazing... I had a blast pulling everything out and opening up all the boxes. The Flashbook Birthday Quiz book is going to be so much fun to complete. I can’t wait to start filling that in. As I’ll soon have downtime on my hands, that will be a perfect project to work on. The compact is already in my purse. The candle in the musical box is on my mantle, “The Year You Were Born” stemless wine goblet is a very novel idea. That was interesting to read. I love the bead bracelet and what it represents. And who could say no to the Godiva chocolate!!! Yes, I did share that, it was the least I could do since my husband carried the basket into the house. You really made me feel so special and so blessed to celebrate this milestone birthday. Let us not forget the crown, the defining moment. Thank you so much for your thoughtfulness and generosity.
—Jody

Dear Secret Pal,
Thank you so much for my Easter package. I just put out my decorations that day! It is always fun to add a new decoration. And you can never go wrong with Peeps!!!
—Sincerely, Barb O.

Dear Secret Pal,
Thank you so much for the beautiful cottontail bunny basket filled with all of my favorite Eastertime goodies! Nail polish, candle, socks, bunny sign, and jump rope, too. I can eat all of the goodies, then burn off the calories jumping rope! Thanks again, you’re so sweet.
—xoxo Carol F.

Dear Secret Pal,
Thank you so much for the Gnome St. Patrick’s Day hoodie. I love it! I wore it often and I added it to my favorites list of hoodies. You definitely know me, as I live in hoodies!! Another wonderful surprise.
—Fondly, April

Dear Secret Pal,
Many thanks for the lovely Roman Irish angel figurine. I had it displayed in my house so when I returned from my trip to Ireland, it greeted me. Love the pen (which came with me 😊) and I love themed stickers. You are the BEST 🍀
—Lisa H.

Dear Secret Pal,
Thank you so much for my wonderful February gift of chocolate and my fantastic pickle ball shirt! I guess I didn’t send this thank you note correctly so that you would see it in the March Tidbits!
—Fondly, Jan A.

Dear Secret Pal,
Thank you so much for the beautiful birthday card, chocolate, and gift card! That was so thoughtful, and I can’t wait to use it!
—Fondly, Jan A.

**Woman's Club of West Deptford
May Flowers Fundraiser Order Form 2023**

Pick Up flowers Michael Williams Nursery **April 29th or April 30th.**

403 New Street, Thorofare, NJ (open Sat 8am to 6pm and Sun 9am to 3pm)

Your name: _____

This year, 10 inch hanging baskets and flats are offered in a variety of flowers. Baskets are \$18 each or 2 for \$35. Flats are \$16 each. You can make your selection when picking up.



Item	Number	Cost	Total Cost
10 inch hanging basket		\$18 each OR 2 for \$35	\$
Flat of flowers		\$16 each	\$
Total			\$

Top portion goes to Michael William's Nursery for pickup.



Bottom Portion is returned to Janice Morrison with payment by 4/26/2023.

Address: 295 Night Hawk Circle, West Deptford, NJ 08086. 609.509.7791

May Flowers Fund Raiser

NAME: _____

Item	Number	Cost	Total Cost
10 inch hanging basket		\$18 each OR 2 for \$35	\$
Flat of flowers		\$16 each	\$
Total			\$
Paid by: (circle one)	Check	Cash	\$

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.