

Tidbits

May 2023 — Vol. 29 Issue 9



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

NEXT MEETING

Tuesday, May 9

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

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

Refreshments

Desserts/Snacks: Peg S., Lisa, Carol M.

Beverages: April M., Joann Kf

May Birthdays

- | | |
|-------------|-----------------|
| 6—Doris E. | 12—Sharon H. |
| 6—Peggy G. | 15—Carol M. |
| 9—Patti P. | 16—Jeannette W. |
| 11—Vicki C. | 24—Denise H. |

PRESIDENT'S MESSAGE

April Maska



As the warmer weather approaches, so do the lazy days of Summer. We have only two more meetings before summer break and one is our End-of-the-Year Dinner. I cannot believe how fast this past year has gone.

A positive attitude gives you power over your circumstances instead of your circumstances having power over you. —Joyce Meyer

wonderful to recognize our Honor Roll members and spend time with so many incredible NJSFWC members who attend this fantastic Convention.

I hope all of you are thinking about what basket you want to put together and donate to our yearly basket raffle fundraiser. This is our biggest fundraiser of the year and is where we get the most money to donate to our different projects and services. I am down to two ideas...as soon as I decide which one, I'll let Denise H. know so that she can get our list updated. Last year we had 60 baskets...let's do the same this year. Our baskets are always the best!!!!

We have a speaker coming to our May 9th meeting. A water colorist, Ann Dersh, will be coming to share how we can all create a special painting of our own. I am looking forward to learning more about this fun activity. Thank you to Ann C. for scheduling this speaker for us.

Near the end of this month's Tidbits is a request from NJSFWC State GCI Director, Mary Kay Tokar. She is asking clubs for different items for the girls to use at GCI this year. If you would like to donate any items from the list, please bring the items to our May meeting.

Don't give up on our 130 Challenge. I am still working hard on getting my miles in. I hope all of you had a chance to see the live stream Carol D. did on Tai Chi. Just another way to keep active and stay healthy.

Remember to bring your money to Peg S. if you plan to attend our June dinner meeting. This will be a short business meeting as we wind up this club year.

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

This quote reflects what I see every time we get together as Club Sisters. Each of you shows every day a positive attitude as we continue to follow our mission by helping others within our community and more. It doesn't matter the committee or the activity... it is your positivity and friendships that make us so unique.

Our membership count, or "Blue Sheet" as it is affectionally called, has been sent in with our membership total and our Club information for the 2023/24 Club year. I am so happy to announce that we went from 47 members last May 1st to 55 members reported for this May 1st. Also, we have another new member who came to Orientation and plans on joining. This will bring us to 56 members as we head into summer....can we make it to 60 members by May 1st, 2024?

The NJSFWC State Convention was held on May 1 to 3 at the Hard Rock Hotel and Casino in Atlantic City. We had several members attend with three attending for all three days and the rest of us attending on Wednesday, May 3rd. It was

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



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President's Message, continued

Take a moment to read my "Shout Out to Members" article. Our work never stops.

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 articles.

Finally, do not forget your Secret Pal gifts...it is a great way to brighten the day of a Club Sister.

Happy May to all!

April



It doesn't take much time to remind ourselves of those who do so much and ask for so little in return. Our club sisters continue to show through actions how much you care about our projects and mission.

There are many we meet who are just passing through. And then there are a few who stay to pull us through. When we reflect on who is true, it is only fitting to say thank you...
—Samantha Fernando

Once again, I want to recognize our Second VP Cynthia HB. for all the work she has been doing organizing an incredible Orientation for our new and veteran members. She has also been working closely with our Garden DVP and Membership Chair who attended our Spring Orientation as well as with club members who took the time to explain our beginnings to the present. We also have a new member joining because of our incredible Orientation.

Recognition and congratulations go to all who attended the Garden District Spring Conference. The Woman's Club of West Deptford won several awards both for the club and for the amazing Art Projects submitted. Recognition goes to Cynthia H-B., Joann Kf., Sharon H., Peg S. and Kim VZC. for winning awards for their entries.

FIRST VICE PRESIDENT

Janice Morrison

April showers bring May flowers, so they say. Seems like it also brought back the chilly weather. My air/heater is getting whiplash going off and on again.

Fundraising

Collectively, we ordered 71 pizzas during the Pizza for a Purpose campaign and our profit was \$213. Not bad for very little effort on our part. We signed up again with Ciconte's for March 2024 as that month has 5 weekends. Thank you to all who supported this effort.

Our May Flowers campaign brought in \$157, with 15 baskets purchased and 18 flats. Our total profit for all internal fundraisers for club year 2022/2023 is \$1,418.30, which is roughly the same as 2021/2022. This is not counting the bus trip organized by Social, Jody and Margie. That will net approximately \$750. Some of our ladies are attending. This event is now SOLD OUT! All our profits will go toward charitable giving and operational needs.

Our Fall/Winter line up will be:

September – hoagie lunch packages
October – Mums
November – Pies
December – Poinsettias

All donate and get something in return.

30th Anniversary Event

The committee met in person for the first time on April 26th to select the venue and menu. Thank you to Jan Anastasi for gathering all the information and to Jody Harris and her team who helped us narrow down where we should focus. They essentially looked at even more venues, which were nixed for a variety of reasons. The venue for our 30th Anniversary Dinner will be Terre Nova. They can accommodate our needs and are reasonably priced compared to the other locations considered. This is going to be a great event and we are looking forward to honoring our charter members. Also, a shout out to Linda Jones and Peg Shirey for bringing samples for us to look at. *Is it a secret? No and yes.* We don't want to spoil all the surprises we have planned for our Charter Members just yet. So please bear with us as we organize things. There will be lots of help needed as we go down the path.

April and I, at special invitation from the Wenonah Woman's Club, will be attending their 100th Anniversary in the park on May 4th. Can't wait to see what they planned!

In Federation Friendship,
Janice Morrison, 1st VP

Once again, a big thank you to Ann C. for organizing "Cards for the Nursing Home" afternoon. This Arts Creative Chair and Denise H.



hosted a card making afternoon with 103 Spring Cards created for residents of ProMedica, formally ManorCare in West Deptford. What talented ladies we have!!!!

Another thank you goes to Linda M. who organized our April Speaker. We were honored to have Dr. Cherian Verghese of Keystone Clinical Studies. The information on 'Senior Moments,' Dementia, and Alzheimer's was informative and enlightening. I heard from so many members that they were definitely interested in all of the information shared by Dr. Verghese.

As always, it is those of you who participate in so many of the activities that we do each month that make us so successful.

SECOND VICE PRESIDENT

Cynthia Holmes-Butler

New Member Orientation

Last week we held a very successful New Member Workshop! It was open to everyone.

Marie DiMatties and Sue Sheenan from the Garden District greeted everyone and spoke about the Garden District. Other members talked about Juniors, the club history, and our club today. The various committees were explained as well as our many projects and our full schedule of social activities.

It was an enjoyable evening and we received lots of compliments! Dawn Granson, who attended, is joining the club in May.

A big thank you to everyone who played a part in the evening. We have a wonderful group of ladies.

Membership Updates and Awards

We currently have 55 members and are still growing.

We were awarded a Certificate of Merit for Best All Around Membership at the Spring Conference. We also got a Certificate of Merit for Special State Project at the Conference.

Several members received Red and Blue Awards for their projects. The Gold Awards are going to the Convention in Atlantic City to be judged again there with other entries from the state.

Chris T., Peg S., Kim VZC., Joann Kf., Sharon H. and Cynthia HB. submitted entries to the Convention. Kim, Joann, Shirley and Cynthia won Gold Awards and their projects are going to Atlantic City to be judged at Convention!



The awards and entries from the club will be displayed at our May meeting for members to see how talented our members are.

*Please bring your entry to the May meeting to share. Unfortunately, Peg S. will not be able to bring her delicious cupcakes to the meeting. They were good!



- ◆ Chris and Charlie T. will be back in South Jersey on May 15 and will be happy to accept clothing for Angels Community Outreach and other local charities. Please text when you drop items off.
- ◆ BBQ CHICKEN DINNER at St. Paul's on SUNDAY, MAY 21, 11am-3pm. Rode's half chicken plus sides. Advance tickets, \$14 each. See Denise H.

SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Thank you to everyone who attended and donated to the Yoga, Wine and Chocolate night. ECF raised over \$3000 that evening.

The 5K Run/ Walk scheduled for May 13th has been cancelled. If you signed up, you will receive an email from MaryAnn

Sullivan regarding a refund. ECF is looking to reschedule in the fall with a Walk.

ECF's 5th Annual Golf Outing is on August 14th at Riverwinds Golf Club. They are looking for golfers and volunteers so more information will be forthcoming.



HISTORY SPOTLIGHT

Linda Jones

Leading the way to what we do as a women's club continues this month by spotlighting our NJSFWC President and her administrators as they serve their term on the board and set goals to lead our state in advancing social and charitable volunteerism through relevant projects.

The month of May is when birds come back, flowers come out, and the air is full of lovely scents. Very fitting for this month is our women's club official state flower which is the Lily of the Valley. These fragrant white flowering blossoms in early spring are a symbol of innocence and purity by description.

May is the month that our state clubs gather together at a yearly convention in Atlantic City, NJ. Leading, guiding, and inspiring the state of New Jersey (NJSFWC) happens when one administration closes, and another begins. Shirley Holly was installed as the 58th President of NJSFWC during the convention last year, May 2022.



Her theme is **"Love, Loyalty, Friendship — The Bonds of Volunteerism."**

Shirley Holly, President, has been a club-woman for 33 years. She has been a member of the NJSFWC Board of Directors since 1998 and the national GFWC board since 2002. Shirley began as the Junior Membership Representative to the board. Then she continued as Director of Junior Clubs, Historian, Day of Service and Public Issues Chairman, Third Vice President, Second Vice President, and First Vice President two years ago. She is now beginning her second year as State President.

Shirley is a media Specialist for Russell O. Brackman Middle School, married, and has four children. Her state president position requires a good deal of writing,

the monthly newsletter, the weekly e-connection newsletter, reviewing articles from chairmen, and a lot of communication. Shirley has said that her position is fun, rewarding, and a tremendous amount of work. She has commented in an interview: "But seeing all the women at our annual convention, hearing them reminisce about our over 130-year history... it is an honor and a privilege to be part of NJSFWC's legacy."



We also recognize all the NJSFWC executive state board members: Shirley Holly, State President; Barbara McCloskey, President-Elect; Susan Chambers, First Vice President; Chris Sienkielewski, Second Vice President

Holly's administration will run through May of 2024. A quote from her is as follows: "Sisterhood and service are vital to our cultural fabric, especially as we come out of the pandemic and a time of strife and isolation. I look forward to bringing everyone together to support great causes and to grow our community for generations to come." She also states that "one of the things we focus on is legislation: bipartisan advocacy for laws that would positively impact women, girls, families, and the environment." Leadership to Shirley is "the act of leading a diverse group of people, being the face of an organization, and moving our Federation's mission of volunteerism forward."

There are 43 members on the Board of Directors, three office staff members, and about 6,000 members in 175 clubs across New Jersey. The website, www.njsfwc.org gives overall information about the areas that we all work and advocate for, along with a Facebook page which has new posts daily and shows projects that clubs are involved in. Look for articles, pictures, and awards from our May convention and enjoy details shared on the e-connection newsletter!

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!!

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!

Baskets

We already have seven baskets promised, including a kid's craft basket, a Disney Christmas, a crock pot and another baking basket, a snowman basket, a storage & wrapping basket, and a Lemon Drop cocktail basket titled "When Life Gives You Lemons."

We hope every member will do a basket, either alone or with friends. Once you have an idea, email Denise H. and we'll put you on the list!

Items Needed

- Crinkle cut shred filler in solid colors
- Clear cello basket bags: small (16x24), medium (30x40), large (35x47), extra large (40x50). All sizes are in inches. Sizes don't have to be exact, but generally close. The important thing is they must be clear.
- 2-1/2 inch wide wired ribbon - any color or print

If you are able to donate any of the above, please get them to Peg S.

Timeline

May—Start deciding on baskets. You have all summer to get it together. We don't want any deliveries before September 1.

May—Business letters to club members. Anyone contacting a business should report the name to Patty W. and their response, whether or not they contribute.

June—Apply for licenses.

June—Flyer distributed to members

June 20—Raffle Committee meeting (zoom).

July—Sell tickets—Email or text Sue N. with quantity wanted and arrange to pick up once licenses have been received.

August—Raffle Committee meeting, if necessary. Big push on publicity starting mid-August. Flyers posted everywhere!

August/September—SELL, SELL, SELL THOSE TICKETS!

September 8—Business donations due from businesses, value to Dee H. & Patty W. Typed title and list of items (most important to least) sent to Sue N. or gift cards and random items given to Peg S.

September 11—Last day to contact Sue for tickets at the September meeting.

September 12—Pick up and/or pay for tickets at the meeting. Sue there at 6.

September 15—Unwrapped baskets due. Unwrapped go to Peg S., Ann Cas., Linda C. or Pixie. Emailed list of title and contents (most important to least important) to Sue N.. Value sent to Dee H.

September 22—Wrapped baskets due to Peg S., Jan A., or Jody. List of title and contents (most important to least important) emailed to Sue N. Value sent to Dee H.

October 9—Last date for ticket sales.

October 16—Event!!! Fun time, so invite all your friends and family!



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 APRIL events. The Shofuso House, Gardens and Tea Tasting, I was told was very nice and went off without a hitch. The weather cooperated and a wonderful time was had by all in attendance. The group that attended the Amazing Escape had a great time, even though they couldn't find their way out of the Pirate Room. Following the event, they went out to dinner in Cherry Hill to laugh, avoid traffic on the way home, and reminisce about their adventure. As our club year is coming to an end, you will notice so are our activities. Please read through the list of events for May and June, as there are RSVP dates that need your attention/commitment NOW. Thanks.

PLEASE NOTE CHANGE OF DATE

***TUESDAY, May 16, 2023: 7pm ***

Book Club Mtg. (Zoom)

The book we will be discussing: The Other Birds by Sarah Addison Allen. With the additional time, if you were not on the list and wish to be included, please let Jody know by the 13th, so you will be on the list for the Zoom invitation. Thank you.

"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 Del-lawisp and it is named after the tiny turquoise birds who, alongside its human tenants, inhabit an air of magical secrecy.

When Zoey Hennessey comes to claim her deceased mother's apartment at The Del-lawisp, 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 Del-lawisp, 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 13th 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 noon-time 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.
Great news! SOLD OUT!! We will make \$750 for our club.

WEDNESDAY, AUGUST 2, 2023: 7pm
Book Club Mtg. (In-person or Zoom TBD at a later time.)
The book we will be discussing: TBD

WEDNESDAY, NOVEMBER 8, 2023:
JIMMY BUFFETT'S ESCAPE TO MARGARITAVILLE – Dutch Apple Theatre

* Matinee Show including luncheon
* Kitchen Kettle for shopping
* Round -trip Motorcoach transportation.
(Trip is being booked through AAA:
\$179pp member/\$199pp non-member)

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.



SHOFUSU HOUSE: The afternoon at Shofuso was so much fun! We saw beautiful cherry blossoms, toured the house, and learned how to serve tea!

FEDERATION NEWS

Isabella Cooper

Dates to Remember

- 6/5-8 Girls Career Institute
- 6/15 Garden District June Council at Runnede Senior Center
- 9/30 GFWC National Day of Service

Garden District Spring Conference and Achievement Day

One hundred five club members attended our Garden District Spring Conference Day on April 16. Attendees from our Club included Denise H., Cynthia HB., Peg S., Bonnie D., Joann Kf., Sharon H., Debbie H., Kim VZC., and Isabella C.

Garden District Vice President Marie Di-Matties greeted everyone, followed by Club Presidents' in attendance Annual Highlights. Our District Membership Chairman reported 40 new members in our district.

State President Shirley Holly gave the keynote address, "The Shadow You Cast as a Club Woman." She then announced state awards. Our club received two awards, one for Membership and one for the Special State Project.

After a delicious lunch, Arts and Culture awards were announced. Our club shined. We walked away with 4 gold and 1 blue achievement awards. Congratulations to Sharon, Kim, Joanne, Cynthia, and Peg! Gold award art winners can now opt to compete at the State level at the State Convention later this month.



CONGRATULATIONS to Linda M., named to State Honor Roll by our club!



SPRING CONFERENCE: A lovely lunch and scintillating speakers at the Merchantville Country Club.

DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

Elder Abuse

One of the ever-growing types of domestic abuse is Elder Abuse. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited.



Abuse can happen in many places, including the older person's home, a family member's house, an assisted living facility, or a nursing home. The mistreatment of older adults can be by family members, strangers, health care providers, caregivers, or friends. Most of these victims are women, but some are men. The likely targets are those with disabilities such as memory problems or dementia. A fast-growing type of abuse among the elderly is financial abuse. It is becoming a widespread and hard-to-detect issue. Even someone you've never met can steal your financial information using the telephone, internet, or email. Be careful about sharing any financial information over the phone or online — you don't know who will use it.

In addition to the theft of an older person's money or belongings, financial abuse also includes the following:

- **Financial neglect** occurs when an older adult's financial responsibilities such as paying rent or mortgage, medical expenses or insurance, utility bills, or property taxes, are ignored, and the person's bills are not paid.
- **Financial exploitation** is the misuse, mismanagement, or exploitation of property, belongings, or assets. This includes using an older adult's assets without consent, under false pretense, or through intimidation and/or manipulation.
- **Health care fraud** can be committed by doctors, hospital staff, or other health care workers. It includes overcharging, billing twice for the same service, falsifying Medicaid or Medicare claims, or charging for care that wasn't provided. Older adults and caregivers should keep an eye out for this type of fraud.

If you suspect this is happening to you or someone you know, Go to <https://ncea.acl.gov> for more information. Or call the **Eldercare Locator** weekdays at **800-677-1116**. Other resources include the Consumer Financial Protection Agency, Office for Older Americans **855-411-2372**.

HEALTH AND WELLNESS

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

Angels Community Outreach—210 lbs of clothing

Seeds of Hope—42 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)

Meditation

From Carol:



Mediation is rooted in Hinduism, Buddhism, Judaism, Christianity and Islam, and the guiding beliefs and principles of these faiths cultivate the techniques of meditation.

Data from Disease Control and Prevention taken between 2012 to 2017 more than tripled from 4% to 14% and increased to 17% by 2022. Many aged 18-24 said they meditate at least once a week.

Stress and uncertainty during COVID era seem to be an influence factor, BUT also there is an increased awareness of the benefits of mediation and mindfulness. Much more has been written and published on meditation books. Amazon reports 70,000 entries exploring every imaginable facet of mindfulness/meditation. Also the fact of smart phone and apps have increase exponentially with mental-wellness apps making it possible to explore different options.

Meditation has thrived for a very long time and research has helped us better understand the impact on our brain and body, but it is up to us how to put it into practice. So this is a great way to become unplugged from the phone, computer, and TV and give your mind a rest.

There are many ways/methods of meditation:

1. Focus on breathing.
2. Observing thoughts
3. Body scanning

Meditation can be an intimidating practice to begin but with practice you can build resilience over time. You can also feel less stressed in minutes if you use it as a tool to gently relax your body and your mind. So find some designated time, whether first thing in the morning or some other time when you can devote time consistently. Create a place to practice somewhere away from household distractions. Play some soft music and find your quiet time.

This doesn't have to be a long time. Begin by dedicating 10-15 minutes consistently. If this is hard then try 5 minutes, then slowly add 1 minute at a time. Use a timer so you aren't looking at your timer/phone. Set it and forget about it. Get comfortable—sit on a blanket or pillow. Most sit cross-legged but it's not necessary for the entire time. Meditation is an act of self-care, and as matriarchs of our families, we owe ourselves to find time to unwind and relax (maybe without the glass of wine or other adult beverage).

Let's get started:

Position your hands

- You can position your hands in any comfortable position. Most will rest them on their knees.

Focus on your breathing

- Begin with just breathing normally and don't change it. Resist the urge to deep breathe here; instead focus on the in and out, the pattern of your in-hale/exhale. Don't let your thoughts move away from your breathing. Relax and only think about your breathing. Feeling those breaths come in and out of your nose or mouth.

End your session

- When the timer goes off, open your eyes and reorient to time and place, slowly start moving your hands toes and maybe a slight stretch. Namaste



Challenges

There will always be challenges, for example, avoid falling asleep. It's easy to do this until your body adjusts to the purpose of mediation. It's also common to feel like you need to be doing some more productive things; however, understanding the benefits and perseverance will pay off. If you have never tried it. I highly recommend it. Very relaxing, and as mentioned above, good self-care.

From Chris: I've been meditating for many years. The apps I like are 'Chopra,' '10% Happier,' 'Tide', and 'Mindfulness.' There are so many different ones to try. Also, on Monday at 7:30 I meditate by zoom with a group from Richmond, Va. for ½ hour. Contact me if interested.



EASTER BONNETS: Some of our ladies rocked their hats at the April meeting.

SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

We collected \$26.00 last month at our club meeting. Thank you! Thank you!



I purchased two duffel bags with the money collected and will deliver to the Family Promise in Clarksboro.

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 and give it to me at our meeting.

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

CIVIC ENGAGEMENT & OUTREACH

Denise Hosier, Sharon James, Pixie O.

Stockings for Soldiers

Watch for information coming next month. We will collect lots of items over the summer and fill 50 holiday stockings in August or September. These will go to soldiers overseas via Operation Yellow Ribbon South Jersey and Operation Jersey Cares.

You'll definitely want to participate in this great project!

GFWC Day of Service

The GFWC is declaring a National Day of Service on Saturday, September 30, 2023. The goal of the day is to help end food insecurity.

Our club can participate by collecting food for the South Jersey Dream Center at our September meeting or delivering to Cynthia or Peg S. during September.

Let's make this Day of Service a big success, just like the one we did in January!

And speaking of the SJDC....

Food Donations Needed for South Jersey Dream Center

If possible, bring something to the May meeting. It can be food, cleaning, personal and baby products like diapers, etc.

The last time I dropped off food a lady was picking up some things in a beat-up car with a smashed and taped rear window. It made me feel good to be helping people in need.

We have donated 503 lbs. in 2023. Our goal for 2023 is 1300 for the 130 Challenge.



The Dream Center is very thankful for all we do.

—Cynthia

ARTS AND CULTURE

Ann Caswell, Kat Nixon, Susan Degnen

We had a very successful afternoon of card making for the local nursing home patients. Once again, Denise H. graciously hosted the event at her home. We may in the future meet at St Paul's due to the members' interest.

Kat Nixon shared her crochet soap holder at the April meeting. This is one of the projects the committee has been discussing for a group activity. Kat has several designs.

Our club had several award winners at the Spring Arts and Culture Achievement luncheon. So proud of everyone! We are also looking forward to our speaker for the May meeting. The Riverwinds watercolor instructor will be speaking. We are also looking for new committee members.

"Spring is nature's way of saying let's party!" —Robin Williams.



MARCH BOOK CLUB

From State GCI Director Mary Kay Tokar:

Donations GCI Needs from Members and Clubs

In order to control the ever rising costs of GCI we are asking for donations of many supplies needed.

Bring to GCI table at Convention vendor area, or bring to District orientations, or deliver to Headquarters. Due to Convention call Headquarters at 732-249-5474 before coming.

Drinks and Snacks

- **Individual drinks** - water, juice boxes, iced tea - no large 2-liter bottles
- **Individual size packaged snacks** - sweet, salty, crunchy, chewy - granola bars, chips, pretzels, popcorn, cookies, etc.
- **Feminine Hygiene Products** - We will be working with "The Flow Initiative." You may purchase items to donate anywhere, or you may use the Amazon wish list. Online purchases will be delivered to Headquarters.

Amazon Wish List: [GCI Flow Initiative Wish List](#)

- **Pads, tampons** - all brands or sizes, especially teen size.
- **Purse size packets of flushable wipes** - ex. Stall Mates from Amazon.
- **Paper lunch bags** - red or black - to repackage items into smaller batches.
- **Printable labels** (see wish list for sizes and shapes) to print GCI Logo to seal the bags.
- **Supplies** - for service projects the delegates will complete at GCI.

You may purchase anywhere to donate. or for convenience you can buy from Amazon wish list. [Amazon wish list - GCI Supplies](#). Items range from \$6-39 and will be delivered directly to Headquarters - pay attention to quantity needed:

- **Mod Podge**
- **Disposable foam brushes** - 1 in. flat.
- Various colors of **plastic or satin headbands** for women (to be decorated for seniors).
- **Stick on gems, sequins, pom poms, small feathers, and flowers** for

decorations on headbands for senior citizens.

- **Glue guns** - mini, low temp - classroom pack (will be used every year).
- **Hot glue sticks** for mini glue guns - 4 inch x .207.
- **Scissors** 8" all purpose - classroom packs (will be used every year).
- **All-Purpose School Glue Sticks** ribbon.
- **Anti-Pill No-Sew Throw Fleece Fabric Kit** (50x60) - any design.

Other Items

- **Stickers** to decorate cards and envelopes.
- **Magazines with pictures** which would be suitable for vision boards.
- **Presentation boards** - tri-fold cardboard - like kids use for science fairs - to be used for vision boards - cheapest in Dollar Tree.
- **Artificial Flowers**, any.
- **12 oz. Pom juice bottles** clean, empty
- **Miscellaneous items** - which could be used for costumes or props for spirit night skits.
- **Decorations** for any of our houses - All Stars, Butterflies, Flamingos, Honey Bees, Ladybugs, Swans, Unicorns.

GCI Volunteers

Do you want to experience a piece of GCI? Sign-up to be a volunteer.

Monday, June 5 - Thursday, June 8

See Director MaryKay Tokar in the vendor area at Convention. Or contact her at tokar@njsfwc.org or 201-320-8403.

You can use the [GCI volunteer application 2023.pdf](#) available on the NJSFWC website. Volunteers will be contacted after Convention.

Volunteers can sign up for Monday, Tuesday, Wednesday and/or Thursday. Two-hour shifts are available morning 8:00 am - 10:00 am and 10:00 am - 12 (Noon), afternoons 1:00 pm-3:00 pm and 3:00 pm-6:00pm, eve-

nings 7:00 pm-9:00 pm. You may choose the activities you wish to help with. Duties may include walking with groups back and forth between Hickman Hall and cafeteria or dorm, assisting with decorating and preparations Monday morning, assisting with welcoming delegates and parents, directing traffic, watching belongings on Monday afternoon. Welcoming and directing speakers Tuesday and Wednesday morning, assisting with various service projects or vision boards on Tuesday afternoon, assisting with some evening activities. Organizing supplies on Monday, collecting and inventorying supplies on Thursday, transporting supplies from the dorm to NJSFWC Headquarters Thursday afternoon.



THANK YOU to Kim VZC for delivering 103 spring cards to ProMedica!



ALZHEIMER'S DRUG TRIALS are an important part of finding a cure! Thanks to Dr. Cherian Verghese and his wife Anna for being with us and explaining the program And to Linda M for bringing him to us.

DEAR SECRET PAL

Dear Secret Pal,

I must apologize for missing the Tidbits deadline last month to thank you for the beautiful bouquet of flowers. What a surprise when Cynthia brought them over to me at the meeting in March. You are very clever to sneak them in without me seeing you. I enjoyed them so much as they brought a smile to my face and brightened my home. I really appreciate your kindness.

—Fondly, Peg S.

Dear Secret Pal,

What a wonderful surprise this month, my favorite wine, which I have enjoyed very much and dinner at La Sicilia. Both were very much appreciated and made my birthday month very special. Thank you for your thoughtful gifts and generosity.

—Warmly, April



Dear Secret Pal,

I really love receiving these surprise packages! I am excited to get a plant in my greenhouse grow bag. I had never heard of them before, but I am sure it will look great on my deck!! Thanks again for all the wonderful gifts.

—Sincerely, Barb O.

To my Awesome Secret Pal,

Big thank you so much for the numerous and exciting gifts that I received. I am enjoying the beautiful mug at work and ALL the fun extras ♡ You are so generous 😊

—Love, Lisa

Dear Secret Pal,

Thank you so much for the beautiful flowers! They really made my day and the whole rest of the week.

—Janice M.

THANK YOU NOTES

Ladies,

I just want to thank everyone for their generosity during my recent surgery and first few weeks of my recovery period. To those who called, texted, put me on prayer lists, send cards, send flowers, brought over knitting materials, magazines, books, snacks, chocolate treats, dinners, spent time with me talking, making cards, kept me occupied, so I don't have to keep watching Hallmark Movies that I know by heart—especially the first two weeks when I couldn't concentrate enough to stay focused on a book—thank you... thank you... thank you. You have no idea how much these things mean to me.



You are a wonderful group of ladies. I knew that when I joined the club four years ago. These last few weeks have really been hard,

and it's so nice to know you have helped to make them a bit easier with your thoughtful, caring ways. To you, these may be small tasks; to me, they mean the world. Once again, thank you from the bottom of my heart.

—Jody H.

Dear Friends,

Thank you all for your encouraging words, prayers, and cards for the passing of my Mom. This was appreciated more than you know, and I thank you from the bottom of my heart.

—Pixie



DUTCH APPLE DINNER THEATER

JIMMY BUFFETT'S ESCAPE TO MARGARITAVILLE



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

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Margaritaville – where people go to get away from it all...and stay to find something they never expected! This funny, yet heartwarming musical tells of the story of a part-time bartender/singer who falls for a career-minded tourist. Featuring some of the most loved Jimmy Buffett classics, including “Cheeseburger in Paradise,” “Fins,” “Volcano,” “Margaritaville,” and more, Entertainment Weekly raves, “It will knock your flip-flops off!” and USA Today calls it “A little slice of paradise!”

What's included:

- Round-trip Motorcoach transportation
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