

# Tidbits

June 2023 — Vol. 29 Issue 10



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

## NEXT MEETING

Tuesday, June 13

6:00 p.m. at Terra Nova

590 Delsea Drive, Sewell

You must have a reservation to attend!

## Refreshments

Dinner Meeting!

## Summer Birthdays

6/14—Sue D.

6/14—Ellen S.

6/21—Joan B

7/24—Patty W.

7/29—Jamie S.

8/13—Robin E.

## 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](mailto:membership@wdwomen.org)



## PRESIDENT'S MESSAGE

April Maska



Another club year is done. We have had such an incredible 10 months together and I am so proud of all the great things we have accomplished this past year. Now June is upon us and

we are looking forward to some lazy, warm days with family, friends and hopefully a shore day or two ☐

*We are what we repeatedly do. Excellence then, is not an act, but a habit.* –Aristotle, Greek Philosopher

This quote is us...The Woman's Club of West Deptford. The ladies whose names are on our membership list continue to show excellence in all that we do, and this is one of the best habits to have. We have the best!

The Garden District June Council is Thursday, June 15th at the Harry E. Williams, Jr. Senior Center. It begins at 5:00 pm and we already have 5 ladies going. If you would like to attend this meeting, please let me know so I can add you to the list. Registration is \$5.00. Also, we have been asked to host the September 21st evening meeting. I have let Hospitality know and Agnes K. is already on it.

GCI is upon us and our delegates are preparing for a great experience. I am looking forward to seeing them in September as they have been invited to share their experiences with us.

Many of you have reached out to me about helping the Stith family who lost

everything in a house fire. Some of our ladies have already brought me donations, which has been delivered to the family. We will be voting on giving them a monetary donation at our June Dinner Meeting and I have also included information in our newsletter on how you can help the family if you so choose. Look for my short article on page 2 of this month's Tidbits.

One of the results from our survey is limiting which committee can collect items each month. I will be sending out an email to committee chairs to have them pick two months that they would like to be able to collect items for their committee projects. This will not include our State Project or donating to Food Pantries. The Board will work on this and come up with a schedule that we hope will make things easier for everyone.

West Deptford Day is September 16 from 1 to 5 pm. We are registered and will have a sign-up sheet for volunteers to man our booth for 1 or 2 hours each. We will need to be there between 11:30/12 to set up for the afternoon. The first shift will do that and the last shift will help with the take down. More information will be coming.

The Civic Outreach Committee has sent out the list of items needed to collect for the Military Stockings. If you are planning on donating items, please let Linda C. or Sharon J. know and they will tell you when they are ready to collect everything. They will set up a date to fill the stockings in August. Look for more info this summer.

When we return from our summer break, we will be jumping in with both feet with our club activities. One of our big projects

Continued on next page —>

## President's Message, continued

will be a Basket Raffle which brings in major funds for our donations and supporting our favorite organizations. I know what my basket will be for the raffle...did you let the Basket Raffle committee know what you are donating?

With summer here, it is easy to relax and not worry about things. However, our health is very important. Please keep up with your 130 Challenge and record your successes. We are all working on being healthier this year.

Remember that our meeting this month will be short and reports will only be from the board members. Please read Tidbits to find out what is going on with your favorite committee or activity.

Don't forget to read my "Shout Out to Members" article. Our ladies are seriously the best!

Finally, if you want to surprise your Secret Pal this summer, feel free to reach out to a Board Member who will be happy to deliver it for you.

Enjoy your summer,

*April*



## Shout Out to Members!

Our club year is coming to a close where we will take the time to recharge and get ready for another amazing club year with some equally amazing club sisters.

*If you carry one thing with you today, let it be this: You are brave, you are beautiful, you are strong, you are smart, you are loved.* –Author Unknown

As I write this last article for the 2022/23 club year, I want to recognize all of you. Every single lady in the Woman's Club of West Deptford continues to show how unique and strong we are as a club. We have accomplished so much this past year, and it is because of all of you. I remarked to a member several years ago that the unsung heroes are the ones who

work behind the scenes. These ladies do not need recognition, they do not need to be seen...they just love doing for others. Our chairs of each committee or project work with our members and together they achieve the goals we set and make sure everything happens. Every role is important, which is why we are so successful. So...to all of you I say, thank you for making us one of the best clubs in the NJSFWC.

Have a wonderful summer...rest, relax, take time for you and start to get excited for September to come. We have another amazing year in the works for the 2023/24 club year. And...all of you will be the reason we will have the best year yet!

—April



## A West Deptford Family in Need

April Maska

If there is one thing that West Deptford residents do best is supporting our own. The Stith Family of 5 lost everything they own in a house fire a few days ago. They are an amazing family and are showing so much strength and resilience as well as being some of the most generous families with their time and supporting their children and their friends.

Although we as a club will making a donation to the family which we will vote on at our June Dinner

meeting, the family could use some clothing as they only had what was with them when this tragedy happened.

Below are the clothing sizes of the family, if you have anything they can use or just wish to provide gift cards for food and necessities, please contact me and I will be happy to collect the items either by having donations brought to my house or I will be happy to pick up any donations. I have already received generous donations from some of our club members and the items have already been delivered.



- \* Antonia, age 10: men's small, men's size 6 shoe
- \* Faith, age 13: women's small, women's shoe size 7
- \* Hannah, age 16: women's medium, women's shoe size 9
- \* Tony (Dad): men's XL
- \* Heather (Mom): Women's XL

Thank you...We bleed green in West Deptford!

April

## FIRST VICE PRESIDENT

Janice Morrison

Another awesome year behind us. We had lots of fun and donated to many charities in the community. I am so grateful to be a part of this club! I hope everyone has a great summer and comes back refreshed and renewed.

## Hoagie Lunch Sale

Our first fundraiser out of the gate in the fall will be the hoagie lunch package. We are still working on pricing but have selected September 23rd for pickup. Look for information in August.

## Anniversary Dinner

Anniversary dinner plans are coming along and you can turn in your forms at any time between now and December 1. Some ladies have opted to pay early to spread out costs for this and basket raffle. It all works!

Have a great summer!

Love to all,  
Janice

## SECOND VICE PRESIDENT

Cynthia Holmes-Butler

## Membership News

We have had a very successful year increasing our membership! Several new ladies have joined us and are already actively participating in our club.

Spread the word this summer and invite new people to our September meeting. Thanks for all you do to make us a wonderful club!

## Club Shirt Update

Some of the club shirts are in and finished. They look great! The short sleeve shirts are ordered and have not come in yet. I will bring the shirts to the June dinner or email you when I'm home if you want to pick them up.

June is a busy month for me. I'm away at the mountains, the beach and Disney. Hope you all have a fun summer!

Cynthia



◆ Peggy and George G. have happy news to share. Daughter Jenna and her husband Dan along with "Big Sister" Bridget welcome a new addition to their family. Janie May was born on May 13th and everyone is doing well!

◆ Debbie & Ken H.'s granddaughter, Zoe graduated from RCSG with a 3.8 GPA. Luke will graduate from Paulsboro HS #3 in his class and will attend Arcadia University in September. In addition to his academic studies, Luke will be playing baseball for Arcadia. Melina and Luke both received awards at the Academic Awards banquet. George is looking forward to being a member of the South Jersey Robotics club. Wyatt is finishing up his degree and should be finished by next spring. Debbie is so proud of all the GRANDS!!!

◆ Congrats to Jake C., MIT freshman grandson of Linda & Bill J. for the Men's Outdoor Track and Field Team on winning the NATIONAL NCAA Championship. Jake will intern at the LOCKHEED MARTIN Corporation this summer. He will return as the "Rookie of the Year" and run distance & Steeplechase during his sophomore year at MIT.

## GIRLS' CAREER INSTITUTE

Clara Campbell, Sandy Mastrangelo, Kim VanZoeren-Czoch

GARDEN DISTRICT GCI ORIENTATION & RECEPTION took place in May.

Back row L to R: Grace Simpkins, Kimberly Van Zoeren-Czoch, Clara Campbell, Ava Gwenth Grasso

Front row L to R: Karen Guijosa, Alexis Schlagle, Alana Huesser

Missing: Aubrey Locke

GCI is June 5-8 at Douglass Residential College.



## SUNSHINE REPORT

Aggie Karpo

All May Birthdays Acknowledged  
2 June Birthdays Sent  
1 June Birthday Pending

Thinking Of You/Hello Cards Sent To:  
Margaret O., Joanne K., Jody H., Linda J.

Get Well Card Sent To:  
Nancy D.

Sympathy Card Sent To:  
Family of Tannis VanDerwerken



## 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 have 33 baskets promised! Thanks to everyone who is donating, and if you haven't donated a basket yet, think about what you might do.

We also need a couple ladies who are willing to take some donated items and possibly add to them to turn them into baskets. If you are willing to do this, please let Denise H. know!

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!

### Super Basket Is Funded!

Our Super Basket has 5 sponsors! They are: Dr. Harvey & Agnes Karpo, Main-Street Salon, Joanne Keegan, Chris Taylor, and Patty Wyzykowski. Thank you all so very much!!

If you'd like to help Carol M. shop for designer bags and put the Super Basket together, please let Denise H. & Carol know.

### Items Still 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 these items, please get them to Peg S.

### Timeline

**June**—Apply for licenses.

**June 20**—Raffle Committee meeting (zoom) & flyer distributed to members.

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

**August**—Big push on publicity starting mid-August. Flyers posted everywhere!

**August/September**—SELL, SELL, SELL!

**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. Gift cards and random items given to Peg S.

**September 11**—Last day to contact Sue N. 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 Denise 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 Denise H.

**October 9**—Last date for ticket sales.

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

## JUNE DINNER MEETING

Jody Harris

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

**IF YOU DIDN'T SIGN UP AND PAY, BUT WISH TO GO, CONTACT JODY H. TO BE PLACED ON WAITING LIST!**

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.

Dinner 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

Cost of dinner is \$36 per person, and you much have a reservation to attend.

Hope to see everyone there!!



## ARTS AND CULTURE

Ann Caswell, Kat Nixon,  
Susan Degnen, Sharon Hink

We welcomed Denise Dersch to our May meeting. She gave an interesting talk on the watercolor process and the classes at Riverwinds. We also welcomed a new member to our committee, Sharon Hink. We look forward to working with Sharon. We are planning a wreath making class for the fall/winter season.

The Arts and Culture and Social Committees celebrated Cinco Di Mayo with several club members by having lunch at La Tentacion Mexican Grill. We enjoyed delicious food and were serenaded with traditional Mexican music. The singer was great!



We're planning a winter wreath-making get-together for early November at St Paul's.

Enjoy summer!

*Art is when you hear a knocking from your soul and you answer it.*

—Terri Guillermetis



## ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt, Pixie O'Hara

*History will judge us by the difference we make in the everyday lives of children.* —Nelson Mandela

It is the end of our club year and we wanted to thank everyone for the generous donations. We have donated needed items to our Elementary school nurses, donated comfort bears to our West Deptford Police Department, and donated our time to the Red Bank Elementary School BookFest.

When our club meetings resume in September, we will continue the same initiatives and add in a few more.

### Find-A-Book

Pixie O. had a great idea that she did with another woman's club. They left children's books in zip lock bags where children could find them. They added a note telling them to read and then pass it along. The note contained an email address so the children could tell us where they found the book and if they liked it.

If you have access to new or gently used children's books, please save them for us.

### Ongoing Projects

Our collection for our nurses will be one time and be scheduled with coordination of the executive board.

We will rely on the Police Department to notify us when they need more comfort bears.

If we are needed for Book Fairs and Read Across America week, we will ask for volunteers.

### Ronald McDonald House

We are hoping to schedule a volunteer date to Make a Meal at Ronald McDonald House, Camden. Families stay there while their children are in pediatric care in local hospitals.

Have a great summer, everyone!

Karen H.

## 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 MAY events. La Tentacion Pizza & Mexican Grill, was very well attended with thirteen members. We had a lovely lunch ordered from their special Cinco de Mayo menu, and were serenaded as we enjoyed our food. Later in the month, we were finally able to get in our Book Club discussion of The Other Birds by Sarah Addison Allen, on Zoom with eleven members.

To end our month, we had our AAA River Lady Luncheon Cruise and shopping at Smithville outing. The day could not have been any more beautiful. The group that went had a nice time on the boat, and enjoyed a meal that they had chosen from the selections offered. The shopping at Smithville was a lot of fun, and two hours was more than enough time. We were also pleasantly surprised that we had quite a few members from the Penns Grove club join us.

As our club year is coming to an end, you will notice so are our activities. However, you can see we have already been booking some upcoming events for August, and into the fall. Others, we are looking into and investigating for future planning. Please read through the list of upcoming events as there are RSVP dates that need your attention/commitment. We want to wish everyone a wonderful, relaxing summer. Hopefully, we will see you at our August Book Club and/or Welcome Back Happy Hour before we get down to work in September. Stay safe, stay well.

### **TUESDAY, JUNE 13, 2023: 6pm**

#### **End of Year Dinner - Terra Nova**

590 Delsea Drive- Sewell. See you there!

### **WEDNESDAY, AUGUST 2, 7:00pm**

#### **Book Club Mtg. (Zoom)**

We will be discussing, **The GUNCLE** by Steven Rowley. RSVP by July 30 to Jody, so you can be put on the Zoom invite list. Patrick, or Gay Uncle Patrick (GUP, for short), has always loved his niece, Maisie, and neph-

ew, Grant. That is, he loves spending time with them when they come out to Palm Springs for weeklong visits, or when he heads home to Connecticut for the holidays. But in terms of caretaking and relating to two children, no matter how adorable, Patrick is honestly a bit out of his league. So when tragedy strikes and Maisie and Grant lose their mother and Patrick's brother has a health crisis of his own, Patrick finds himself suddenly taking on the role of primary guardian. Despite having a set of "Guncle Rules" ready to go, Patrick has no idea what to expect, having spent years barely holding on after the loss of his great love, a somewhat-stalled career, and a lifestyle not-so-suited to a six- and a nine-year-old. Quickly realizing that parenting—even if temporary—isn't solved with treats and jokes, Patrick's eyes are opened to a new sense of responsibility, and the realization that sometimes, even being larger than life means you're unfailingly human.

### **TUESDAY, AUGUST 22, 4-6pm**

#### **Welcome Back Happy Hour - Charlie Brown's Steakhouse - Woodbury**

RSVP by August 15th to Jody.

Hope to see you there after a restful, relaxing summer. All members will be responsible for their beverages and any food items you wish to order.

### **THURSDAY, SEPTEMBER 21, 12:00 Noon**

#### **Salem Oaks Vineyard Lunch**

RSVP by September 13th to Jody.

Join us as we enjoy lunch from the menu with a relaxing atmosphere filled with good food and good friends. As always, all attendees will be responsible for their beverages and lunch selection.

### **WEDNESDAY, OCTOBER 4, 7:00pm**

#### **Book Club Meeting (Zoom)**

Our selection for discussion TBD

### **WEDNESDAY, OCTOBER 25, 10:00am**

#### **Ghoulishly Great Breakfast—Piston Diner**

We hope you'll be able to join in for breakfast. I will need a head count to share with the restaurant by October 15th. I will put out a final notice when I know who is planning to attend, so that you are welcome to make carpool arrangements if needed. Each attendee will be responsible for purchasing their own breakfast from the breakfast menu.

### **WEDNESDAY, NOVEMBER 8, 2023:**

#### **JIMMY BUFFETT'S EXCAPE to MARGARITAVILLE - Dutch Apple Theatre**

\* Matinee Show, including luncheon

\* Kitchen Kettle for shopping

\* Round -trip Motorcoach transportation.

(This trip is being booked through AAA \$179.pp member/\$199.pp Non Member)

**The more seats sold the more money we make to assist the organizations we donate to.**

#### **Other Possibilities for Summer/Fall:**

- Vintage Magazine Nostalgia Center in Paulsboro (Fri., Nov. 3, see email.)
- Board and Brush Event
- Sip and Paint Event
- Fahrenheit Ceramic Studio
- Coffee Flights at Death of the Fox
- Westville Brewery
- Eight & Sand Trivia Night
- Woodstown Central RR
- Game Night

**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.



## HEALTH AND WELLNESS

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

**Angels Community Outreach**—230 lbs of clothing

**Jeannette's Closet**—98 lbs of clothing

**GWCM pantry**—141 new bras (Mother's Day gift) donated.

**Free the Girls**—40 more gently used bras donated and sent to this organization (total 175 bras).

We collected a very generous amount of **art supplies for Manor Care in WD.** They were delivered to and greatly appreciated by the "Activities Dept" on 6/1. Thank you for all that you gave to these residents!

### Fun in the Sun—Be Careful!

(From The Cleveland Clinic and Cancer.net) Two types of rays are emitted from the sun. UVA rays sink deep into the skin and can cause unwanted dark spots, fine lines, uneven skin tone, and wrinkles. These rays can even pass through a window. Think of the A as meaning "Aging." UVB damages DNA and causes sunburn.

After a sunburn, under the microscope, cells and blood vessels look damaged. With repeated sun damage, the skin starts to look dry, wrinkled, discolored, and leathery. Although the skin looks thicker, it's weakened and will bruise more easily.

#### Avoiding Harmful Effects of the Sun

- Always wear sunscreen. Apply it every day even if it's cloudy. A recent survey showed that just 14% of American men and 30% of American women regularly put sunscreen on their faces and other exposed skin before going out. Make it a habit, like brushing your teeth.
- Apply approximately one ounce of sunscreen (enough to fill a shot glass) at least 15-30 minutes before going outside. That amount is needed to cover all exposed areas of skin. **Smooth it on; don't rub it into the skin.** Also use lip balm or lipstick that has a SPF (sun protection factor) of at least 30.
- Include coverage on ears, lips, face, and back of your hands (helps prevent dark spots).
- Choose a brand that protects against both UVA and UVB radiation. Make sure it's water resistant with a SPF of 30 or higher.



- **Reapply sunscreen every 2 hours, every hour if swimming or sweating.**
- Be extra careful around water and sand. These surfaces reflect the damaging rays of the sun.
- Keep babies 6 months and younger completely covered and in the shade. Sunscreen is safe for babies over 6 mo. The Academy of Pediatrics recommends applying a minimal amount of sunscreen with SPF 15 or greater to their face and back of hands. **Recent research reported that if sunscreens were used regularly by children through the age of 18, there would be a 72% reduction in skin cancers later in life.**
- Accessorize with sunglasses and a hat that covers your ears, face, and neck.
- **Be cautious if you're taking medications that might make you more sensitive to the sun (antibiotics, anti-inflammatories, blood pressure meds, chemo).**
- Some sunscreens have ingredients that may irritate or cause a reaction on the skin.
- Avoid the sun in the middle of the day when UV rays, which cause sunburn, are the strongest.
- **Check the expiration date!**

#### Protect Your Eyes with Sunglasses

Sunlight reflecting off sand, water, or even snow further increases exposure to UV radiation and increases your risk of developing eye problems. Certain sunglasses can help protect your eyes.

- Choose sunglasses with a UV400 rating or "**100% UV protection**" on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays.
- Do not mistake dark-tinted sunglasses as having UV protection. The darkness of the lens does not indicate its ability to

shield your eyes from UV rays. Many sunglasses with light-colored tints – such as green, amber, red, and gray – can offer the same UV protection as very dark lenses.

- Check to see if your tinted glasses have UV protection. If you are unsure, your eye care professional may be able to check for you. When you wear tinted glasses, your pupils dilate and can increase exposure of your retinas to UV light. Without UV protection, you are putting yourself at risk of harmful effects associated with solar radiation.
- **Be aware that children should wear sunglasses** that indicate the UV protection level. Toy sunglasses may not have UV protection; so be sure to look for the UV protection label.
- **Consider large, wraparound-style frames, which may provide more UV protection because they cover the entire eye socket.**
- **Know that pricier sunglasses don't ensure greater UV protection.**
- Even if you wear UV absorbing contact lenses, wear quality sunglasses that offer UV protection.
- Even when you wear sunglasses, wearing a wide-brim hat and sunscreen can help further protect you from sun exposure.

#### Skin Cancer

UV light from the sun is the number one cause of skin cancer, but UV light from tanning beds is just as harmful. Exposure to sunlight during the winter months puts you at the same risk as exposure during the summertime. Cumulative sun exposure mainly causes basal cell and squamous cell skin cancer, while episodes of severe sunburn, usually before the age of 18, can cause melanoma later in life. UVA and UVB rays also affect the eyes and the skin around the eyes. **Sun exposure may lead to cataracts, cancer (melanoma) of the eye or eyelids, and possibly macular degeneration.**

The most common sign of skin cancer is a new lesion or a change in an existing mole. **Get a checkup yearly and perform skin exams on family members!**

## SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

### Summer Project for ECF

Our summer project for Emmanuel Cancer Foundation is to collect the following:

- soft insulated lunch bags
- insulated water bottles
- sandwich containers
- small ice packs
- small snack containers

These items are for the children to use when they go for chemo treatments or for when they return to school. Summer will be a good time to collect these items - look for the back-to-school sales! I will collect the items at our September 12th meeting.

Also, the ECF Golf Outing has been changed from August to October 16th.

Have a great summer!

## CIVIC ENGAGEMENT & OUTREACH

Denise Hosier, Sharon James, Linda Clark

### Stockings for Soldiers

Linda C. is overseeing the donation of items for the stockings this year. LIST OF ITEMS NEEDED IS ATTACHED to this newsletter. Let Linda know what you can donate. Sharon J. will coordinate the stuffing of stockings in August.

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.

Or deliver to Nancy B.'s porch for the Colonial Manor Food Pantry.

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

## SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

Family Promise helps communities address the root causes of family homelessness. They address the issue holistically, providing prevention services before families reach crisis, shelter, and case management when they become homeless, plus stabilization programs once they have secured housing to ensure they remain independent.

They tap existing local resources to empower families towards economic stability. Families come to Family Promise in crisis, and they get help to rebuild their lives with new skills and ongoing support.

Our club continues to help by purchasing duffel bags for all of the families in the program.

**We collected \$28.00 last month at our club meeting. Thank you! Thank you!**

I purchased duffel bags with the money collected and delivered 10 duffel bags to the Family Promise Office in Clarksboro.

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



### South Jersey Dream Center helps WD family stricken by fire

Natalie Fortunato has contacted the mom and will be giving the family food to help them out. So we get to see our contributions in action!

Also, see April's article on page 2 to donate clothing for the family.

Our goal for the Dream Center is 1300 lbs. of food. Our May food contributions brought us up to 549 lbs. We are almost halfway there!

Thank you for your generous food donations to help our community.

—Cynthia





# HISTORY SPOTLIGHT

Linda Jones

## Convention Recap

The New Jersey State Federation of Women's Clubs (NJSFWC) held its 2023 annual convention in May at The Hard Rock Hotel & Casino in Atlantic City. Hundreds of clubwomen from 174 local federated clubs across the state gathered to vote on key organizational issues, support motions for legislation, and to celebrate New Jersey Women of Achievement. Playing on the name of the hotel was this year's theme, "Volunteerism Will Rock Your World."

Convention was filled with workshops, guest speakers, informative business sessions, and time spent with Federation friends. "Being Your Best Self" was part of the convention excitement this year.

NJSFWC President Shirley Holly believes in "the power of giving back" and building stronger communities. Throughout the 2022-2024 administration of President Holly, NJSFWC is supporting the Emmanuel Cancer Foundation as its Special State Project to raise cash and in-kind donations to support the organization's efforts for families with children affected by cancer.

The General Federation of Women's Clubs (GFWC) International President Debra Strahanoski spoke on Monday, May 1st at the business session. During business sessions, these were the state legislative issues to be voted on:

- Banning insider trading in Congress;
- Restricting eminent domain; and
- Proportional property tax reduction for disabled veterans.

On Tuesday afternoon, after the workshops, the district performances were

enjoyed as the Arts Performing show took place, displaying great talent.

Also, the annual "Women of Achievement" dinner took place. Awards were presented to clubs showing exceptional commitment and creativity in volunteer and philanthropic activities in the previous year. Bylaws were approved and Best All-Around Reporting Awards were given in 7 categories. On Tuesday, awards for Best All Around Reporting for the Community Service Programs took place.

Tuesday's banquet included the announcement processional of Past State Presidents, Executive Committee Members, and Club Presidents. All Around Reporting Awards were presented in three areas. The Cecelia Gaines Holland Award was given and the first Carol J. Sas Awards were given with both of Carol's children in attendance. Jan Atwater was recognized for 50 consecutive Conventions attended. At 92, she serves her club as Historian, Bylaws chairman, and Parliamentarian.

On Wednesday, in-memoriam was read for past state board members and past state presidents. Honor Roll and Order of the Lily recipients were announced, as was the winner of over four thousand dollars, making the Mega 50/50 Raffle a huge success. Another way to help benefit our NJ Headquarters is to purchase and attend the summer Luncheon & Basket Raffle, Thursday, August 10, 11:30 a.m. to 3:30 p.m. at the Lobster Shanty Restaurant - Point Pleasant Beach, N.J., at \$50 per clubwoman.



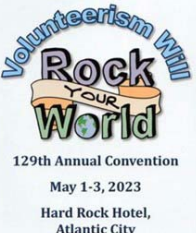
OUR CONVENTION MEMBERS: We had three club members serve on Convention Committee (Cheryl F., Debbie H., and Denise H.), three who served as delegates voting on behalf of our club, (Cheryl, Denise, and Kim VZC.), and nine there on Wednesday morning for the presentation of Honors. We honored Linda M., Kim VZC., Doris E., and Chris T.

## Looking Ahead...

The International President, Debra Strahanoski, is looking forward to "Celebrating, Collaborating, and Communicating" with purpose, projects, and excitement at this year's 2023 GFWC Annual Convention and in meeting all the women's club sisters from June 10th to 12th in beautiful Louisville, Kentucky. This year's theme celebrates "Women: Past, Present, and Future" by recognizing their achievements and the progress made towards women's rights and spotlights the ongoing struggles of today's women championing equality worldwide. What a wonderful way to celebrate the achievements through the decades of women who make a difference in the world but especially our country!

*Stay tuned in September as I highlight important information on the history of our individual West Deptford Woman's Club; especially as we near our club's thirty-year anniversary leading us to celebrate in December of 2023. Looking back and looking ahead will capture our journey in the mirror of time as we learn the importance of history leading the way to what we do as a woman's club. See you in September!!*

New Jersey State Federation of Woman's Clubs of GFWC



**FUN FACTS:** Did you know that our own Denise H. designed and laid out the entire Convention Program book? It is 174 pages long!

Our club won awards for Special State Project and our Newsletter.

# DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

## Pet Safety and Domestic Violence

Pets in abusive situations often experience violence similarly to people. As a result, as many as 65 percent of DV victims are unable to escape abusive situations because they are concerned about what will happen to their pets. 71% of women in domestic violence shelters report their abuser threatened injuring or killing a pet. 50% of victims stay in abusive situations rather than leave their pet behind. 52% of survivors in shelters leave their pets with their abusers.

Research shows abusers often have a pattern of violence towards all members of the household – including children and pets. When domestic violence survivors seek to flee their abusers, many are faced with the challenge of finding shelter for themselves, their children, and their pets. Many shelters do not have the means to house companion animals. Sadly, many survivors stay in abusive homes for fear that the abuse of their animals will escalate if they're left behind, or that threats to their animals will be used to compel them to go back.

## What is Red Rover Doing?

Red Rover offers resources to help survivors and their pets find safety together. The RedRover Relief Safe Escape grant program helps families with pets safely escape domestic violence together. Funding is mainly provided to help with the cost of temporary pet boarding while a client is in a domestic violence shelter, though other costs associated with boarding (like vaccinations) can be considered. Assistance does not typically cover pet boarding once the client has moved from the safe house into transitional housing.

Applications must be submitted by a domestic violence advocate and we will respond within one business day.



If you are a victim of domestic violence and need immediate assistance:

- Call the [National Domestic Violence Hotline](https://www.nationaldomesticviolencehelpline.org/) at 1.800.799.7233.
- Visit [DomesticShelters.org](https://www.DomesticShelters.org) to find domestic violence shelters that offer a pet program.
- Visit [Safe Haven for Pets](https://www.SafeHavenforPets.org) to find animal organizations that provide boarding or fostering for pets, as well as DV shelters that offer a pet program.
- For more information about Red Rover or to make a donation, go to [redrover.org](https://redrover.org). Visit Red Rover's resource page for other sources of grant funding for DV shelters and resources for DV survivors.

## 130 CHALLENGE

Month of May  
Grand total:  
6 participants  
Miles walked - 177  
Hours of exercise - 113

FB Lives for May:  
5/3 TRX exercise  
5/17 Exercise even with an injury  
5/31 Bike safety"

Let's not give up on our goals, friends. Summer is here and the warmer weather is calling each of us to get out there, soak up the sun and get some exercise in. Walking, biking, gardening, it's all good. Send me the numbers. Let's do this! 📌

—Carol D.

## GREATER WOODBURY COOPERATIVE MINISTRIES

Joan Baur

Many of you know the GWCM (Greater Woodbury Cooperative Ministries) food pantry distributes food and health supplies at their two sites weekly. Did you know the GWCM also has special projects during the year?

Three of those projects occur during the spring and summer months. The Mother's Day project was recently completed. One hundred forty-one (141) new bras were distributed to women on six days in May. The women appreciated receiving a new undergarment. One woman told me, " My last new bra was the one you gave me last year." The next project is the Father's Day gift. New boxers, briefs or Bombas socks will be given to the men during 4 days in June.

## School Supplies Needed

The third project is the Lunch Box/School Supply project. The food part of the Lunch Box Program will not run this summer. The state will provide meals via a truck at the Seventh Day Adventist Church site on Barber Ave.

The school backpack part of Lunch Box will continue. School supplies will be collected in July and August for distribution in August at the main food pantry at the

Barber Ave. site. Please let me know if you are interested in donating anything for this project. Backpacks, composition books, crayons, scissors, pencils, colored markers, colored pencils, erasers, pencil cases, spiral notebooks, pens, 1" binders, binder paper and dividers, and index cards are needed. Last year Five Below sold nice backpacks for \$5.00. The backpacks **do not** have to be filled.

Any donations of school supplies will be appreciated. School supplies can be dropped off at my house or the food pantry. If you prefer, I will pick up the items from you. Are you interested in packing backpacks? Please let me know and I will contact you with the date and time. The backpacks will be filled one morning in early August at the main food pantry. A date has not been scheduled yet.

Look for updates in the next Tidbits or at the September meeting.



## ENVIRONMENT

Patty Wyzykowski, Denise Pitchford

The Monarch butterfly is a beautiful creature that graces our area from July through October each year. The U.S Forest Service explains the remarkable migration of the Monarch as follows:

“The annual migration of North America’s monarch butterfly is a unique and amazing phenomenon. The monarch is the only butterfly known to make a two-way migration as birds do. Unlike other butterflies that can overwinter as larvae, pupae, or even as adults in some species, monarchs cannot survive the cold winters of northern climates. Using environmental cues, the monarchs know when it is time to travel south for the winter. Monarchs use a combination of air currents and thermals to travel long distances. Some fly as far as 3,000 miles to reach their winter home!

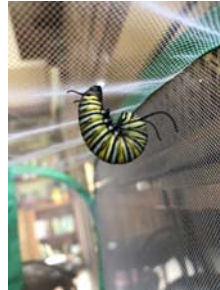
Monarchs in Eastern North America have a second home in the Sierra Madre Mountains of Mexico. Monarchs in Western North America overwinter in California.

The eastern population of North America’s monarchs overwinters in the same 11 to 12 mountain areas in the States of Mexico and Michoacan from October to late March.

Researchers are still investigating what directional aids monarchs use to find their overwintering location. It appears to be a combination of directional aids such as the magnetic pull of the earth and the position of the sun, among others, not one in particular.

Eastern North American monarchs fly south using several flyways then merge into a single flyway in Central Texas. It is truly amazing that these monarchs know the way to the overwintering sites even though this migrating generation has never before been to Mexico!

As warm temperatures and lengthening days arrive, the migratory generation of monarchs finishes the development they halted prior to their migration. They become reproductive, breed and lay the eggs of the new generation. This starts the northern journey back to North



America. Unlike the generation before them, who made a one-generation journey south, successive generations make the journey north.

Generation 1 monarchs are the offspring of the monarchs who overwintered in Mexico. Each successive generation travels farther north. It will take 3-4 generations to reach the northern United States and Canada.”

The migrating Monarch species is endangered at this time due to loss of habitat, use of herbicides and pesticides, and climate change. We can help the monarch butterflies by planting the host plants on which the females can lay their eggs. After the caterpillar emerges, it eats the leaves of the host plant. The only host plant for the Monarch is milkweed. Native perennial milkweed plants are Common Milkweed (*Asclepia Syrica*, Butterfly Milkweed (*Asclepias Tuberosa*) & Swamp Milkweed (*Ascelpias Incarnata*). The plants continue to thrive and produce new leaves after the caterpillars feed. We can also help to feed the adult Monarchs by growing nectar plants to provide them with nourishment for their journeys. Some of the nectar plants they love are: Butterfly bush, Zinnias, Coneflower, Aster, Blazing Star *Liatris*, Goldenrod, Joe-Pye Weed, Verbena & Mexican Sunflower.

Our committee is planning to host a pop up Monarch viewing event in Patty’s backyard during late summer. Patty has been raising Monarch butterflies for years to help increase the population of the endangered species. More information will follow.

Have a wonderful summer and enjoy the beauty of nature!



## FEDERATION NEWS

Isabella Cooper

Summer is here!

### Dates to Remember

- 6/5-8 Girls Career Institute
- 6/15 Garden District June Council at Runnemedede Senior Center; registration 5-6 p.m. Meeting begins at 6 p.m.
- 9/21 Garden District Council at St. Paul’s Church. We are hosting!
- 9/30 GFWC National Day of Service. Our participation: collecting food for the South Jersey Dream Center & Colonial Manor Food Pantry



CONVENTION PICTURES

## DEAR SECRET PAL

Dear Secret Pal,

Thank you so much for the variety of gifts that you gave me. The Japanese cherry blossom collection is amazing and smells delicious. The makeup bag, tote bag, lanyard, and the cute little gnome for good luck. Thank you so much again for spoiling me!  
—Xo Carol Frisby

Dear Secret Pal,

Thank you so much for the lovely Mother's Day gift. I like the oversized mug. It will hold a nice big cup of tea for me while I munch on the microwave popcorn you also included. The various craft tools will definitely come in handy, whether I'm scrapbooking, making cards, playing on my cricut, or just lazing around the house and need something to assist in doing a job of some sort. I love that they come in their own package, so I'll always know where they are, which is currently on my craft table downstairs as that is where they will get the most use. I hope you had a lovely Mother's Day celebrating with family/friends. Thank you for thinking of me this month; your generosity is truly appreciated.  
—Jody H.



Dear Secret Pal,

Thank you so much for everything. You have been spoiling me!  
—Margaret O.

Dear Secret Pal,

Your thoughtful gifts never go unappreciated. I thank you so much for thinking of me so kindly last month for Mother's Day. I loved and gasped with excitement at everything I opened!!  
—Love, Lisa

Dear Secret Pal,

You really outdid yourself this month! What a crafty lady! The box was beautiful and the handmade card and verse were unbelievable! Thank you for the gift card too! I am definitely going to find something to treat myself to!  
—Sincerely, Barb Oldt

Dear Secret Pal,

Thank you for the lovely tulips which graced my dining room for several days. They were beautiful. Also, thank you for the adorable Herb Pots. They currently reside in my garden window which is in my kitchen. In these pots I have dill, parsley and cilantro growing. They are doing quite well and the fresh herbs will garnish many of my meals. Have a wonderful summer and enjoy the warm weather.  
—Warmly, April

Dear Secret Pal,

Thank you so much for your very thoughtful gift. I love it!  
—Janice M.

## THANK YOU NOTES

### Thank You

I would like to thank all members for the cards (I read them all), get well wishes, phone calls, and offers for meals, rides, etc. I have been tolerating this thing called CHEMO much better than I ever imagined—the prayers are working on this task. My only drawback is that I did lose my hair. I have decided that hair is overrated!! Hope to see you all at the June dinner meeting.  
—Debbie H.

### A Tidbits Thank-You

As we complete the year of Tidbits newsletter (note this is Volume 29, Issue 10) I just wanted to thank all of those who contributed articles and photos to Tidbits this past year. Almost all our officers and chairpersons write articles, and many provide photos as well.

A special thanks to April, Cynthia, Jody, Denise P., Chris T., Linda J., and Carla for regularly sending photos and images for use in Tidbits. I try to take pictures at meetings and other events, but without you, we would have a far sparser photographic record of our club's history.

Thank you all, and have a wonderful summer!  
—Denise H.

## In Memoriam

Tributes are lasting impressions, positive impacts, and moments remembered in time. Thinking about the three decades going back to 1993 and remembering the start of our Woman's Club of West Deptford as we reflect on Tannis VanDerwerken, a charter member of our organization until 2022. She was there from the very beginning. Prior to this Tannis was a member of the Junior Women's Club of West Deptford for 17 years.



In 1993, Tannis was an active member who enjoyed volunteering at every club project and community activity. It began with our first fundraiser of a used prom gown sale, internal fundraisers, secret pals, and the West Deptford Library, where we held our meetings. Tannis was also a dedicated member of the Friends of the WD Library. She was busy with two young daughters but always had time to participate in club projects such as Longaberger Basket Bingo, book club, family Christmas baskets, toys & gifts for needy children, making crafts, working the Pond & Garden Tour, Designer Bag Bingo, and chairing club meeting refreshments for many years.

In 2008, Tannis was highlighted in Tidbits as a "Member of the Month." Tannis was placed on the NJSFWC Honor Roll in 2015.

She enjoyed helping with the GWCM Lunchbox Program, Angels of God Clothing Closet, and supported the SERV program. Lastly, Tannis could be found helping at West Deptford Day every September, Boatsie's Boxes, and our first club yard sale in 2012.

Tannis was a long-time and lovely member of our WD Woman's club as well as our community. She was soft spoken, friendly, and would attend 4:00 mass every Saturday evening at St. Margaret's Church in Woodbury Heights. It was on Saturday, May 20th, 2023, that she was with our Lord after leaving mass for the last time. Many of our members will have fond memories of their years knowing Tannis.

In remembrance and friendship,  
Linda Jones



The picture above was taken in 1994 at the first Installation Dinner held at the Ron Jaworski Eagle Nest, showing (left front) Linda J., Tannis V. & her husband Jim, John & Denise P., Russ & Chris Rohrman, and Bill J.

# Operation Holiday Stocking

## \* *START SHOPPING* \*

**\*\*No Cans/Magazines/Books/Hotel toiletries/Chocolates or Batteries\*\***

**\*\*\*NO ALCOHOL OR PRODUCTS CONTAINING ALCOHOL\*\*\***

**\*\*No shaving creams/gels/sprays as they may be restricted\*\***

### Food Items Requested:

- 5 Hour Energy Drink Products
- Liquid Water Enhancer (Mio)
- Powdered Drink Mix (Crystal Light)
- Coffee/Tea/Hot Chocolate
- 50  Oatmeal Packets
- Soup Packets
- Protein Powder
- Bagged Tuna/Chicken (tear-open pouches)
- 50  Breakfast Granola/Protein Bars
- 50  Peanut Butter/Cheese Sandwich Crackers
- Beef Jerky/Slim Jim's
- 50  Nuts/Seeds/Trail Mix
- Dried Fruit/Raisins
- 50  Salty Snacks (Chips/Pretzels/Popcorn)
- Snack Cakes/Cookies
- 50  Chewing Gum
- Hard Candy
- Chewy Candy

### Other Items:

- Puzzle/Sudoku Books
- Writing Pads
- Pens/Pencils
- Eyeglass Lens Wipes/Repair Kits
- Sewing Kits
- Socks
- Gloves
- Hacky Sacks/Cards
- Miscellaneous \_\_\_\_\_
- Miscellaneous \_\_\_\_\_
- Miscellaneous \_\_\_\_\_

### Specialty Items for Women:

- 5  Shampoo & Conditioner
- Moisturizing Bath Soap
- Body Wash
- 5  Body Lotion
- Feminine Hygiene Product
- 50  Small Hand Mirrors
- Sponges/Loofahs
- 50  Emery Boards
- Manicure Items
- Shower Caps
- Hair Ties (Brown/Black)
- Cotton Swabs

### Hygiene Items:

- Foot Powder (Medicated)
- Deodorant (sticks only)
- Sunscreen (lotion only)
- Baby/Cleansing Wipes
- 5  Hand Sanitizer
- 50  Tissues (Individual Packs)
- 50  Lip Balm/Chapstick
- Visine/Saline Eye Drops
- Aspirin/Advil/Tylenol
- Adhesive Bandages/Gauze
- Neosporin/Bacitracin
- 50  Toothbrush
- Toothpaste
- Dental Floss
- Non-Alcohol Mouthwash
- 50 Combs
- 50 Bath Soap

Name of Club \_\_\_\_\_

District \_\_\_\_\_

Number of Stockings \_\_\_\_\_

Cash/Check Donated \$ \_\_\_\_\_

*Please fill out the total quantity in all the stockings combined and submit one list per club to the office along with any cash or check donation for shipping.*