

Tidbits

September 2023 — Vol. 30 Issue 1



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

NEXT MEETING

Tuesday, September 12

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

74 Church St, WD. Enter through back ramp door downstairs to hall.

Refreshments

Beverages: Karen H., Holly T.

Desserts/Snacks: Kim VZC., Barb O., Joan B., Sharon H.

September Birthdays

12—Barbara O.

17—Janice M.

26—Carol D.

PRESIDENT'S MESSAGE

April Maska



Here we are...ready to start another club year. Summer was wonderful and I am happy to report that my summer was fantastic with family and friends and I am ready to work with all of you to create another

set of memories for the ladies of the Woman's Club of West Deptford.

Success is not final; Failure is not fatal; It is the courage to continue that counts.

—Winston S. Churchill

When I read this quote, all I could think about was how a small group of ladies met in Cheryl F.'s dining room and the Woman's Club of West Deptford was born. We are celebrating 30 wonderful years of volunteerism and community service this December and I could not be prouder to be a member of this incredible organization. I know that when we all gather at our **December Dinner Meeting** to celebrate, we will be representing the successes of not only each other but all of the women who came before us and made a difference in our Township and beyond. I have already purchased my ticket as I know that I will be sitting in a room with the most incredible women around and I do not want to miss a moment of it.

Our club is very proud to host the September 21st **Garden District Council** evening meeting. I have let Hospitality know and Agnes K. is ready to get started. I will be contacting the three clubs who will be bringing a light dinner and desserts and will be giving Agnes, Dorothy, and Holly a head count once I receive it. If you plan on attending the District

Meeting, please let me know by our September Meeting as I have to give our list of names to Marie DiMatties. Registration is \$5.00 and I have 2 of our members already manning the check-in table. We will be needing helpers for different jobs, so if you want to help, please let me know.

GCI was a wonderful success this past June and we will be meeting some of the West Deptford girls who attended at our September meeting. They will be our guest speakers and will share the experiences they had as they enjoyed this mini 4-day college experience. I am sure that Clara C. and Ann C. will have some positive remarks to share on this unique event.

One of the results from our club survey is limiting which committee can collect items each month. I have sent out a sign up sheet to the committee chairs to have them pick three months that they would like to be able to collect items for their committee projects. Your committee chairs have been fantastic and I have a tentative **schedule for collections** this year. All collections will be handled through the committee chair or her designee so that you will not be overwhelmed with monthly collections for the same committees. Please note... this will not include our State Project or donating to Food Pantries. This also will not affect our donations for Thanksgiving and Operation Blessing at Christmas. I will be sharing this list at our September meeting. Please note: For September...Civic Engagement and Outreach is collecting food for the South Jersey Dream Center as our Day of Service Project on September 30th. If you wish to donate to another food pantry, please just share your donations with Sharon J. so that it can be included in her

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



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President's Message, continued

Day of Service totals for Headquarters. This will be the only collection for September.

West Deptford Day is September 16th from 1 to 5 pm. We are registered and our spot is #6. I have asked for 4 parking passes for our volunteers and Jody H. and her husband have graciously volunteered to set up our booth and take it down at the end of the afternoon. I will be sending a sign-up sheet for volunteers to man our booth for 1 or 2 hours each before our September meeting.

Our **Basket Raffle** Committee is in the final stages of planning for our fundraising event. Please look for the information regarding ticket payment or ticket return deadlines in this newsletter. As we have a waiting list of people who wish to attend, please adhere to the deadline schedule. This event is going to be outstanding!!!!

Speaking of Fundraisers, look for our First VP Janice M.'s article on upcoming **internal fundraisers**. There is always something for everyone. Hoagie Sale and Mum Sale are the first two fundraisers scheduled to build up our treasury for this coming year.

How is that **130 Challenge** going for you? Look for information regarding our totals under Health and Wellness. Let's see if we are close to our goal yet!

Please note that our meetings are always full and Committee Chairs will only summarize their reports as their information will always be found in Tidbits. Please read our newsletter to find out what is going on with your favorite committee or activity.

Don't forget your Basket Raffle ticket monies, Anniversary Dinner monies and your Secret Pal gift. We are back and ready to hit the ground running!

In Federation Friendship,

April



Shout Out to Members!

We have all "recharged" our batteries and are ready for another club year of volunteering and making a difference in our community and beyond. It is when we choose to help another that we see the difference around us.

We are all like one-winged angels. It is only when we help each other that we can fly. —Luciano De Crescenzo

Although we have been on summer break, our very giving members have been working behind the scenes and continued to do club work for the benefit of our club sisters and the community.

A big thank you to our Civic Engagement and Outreach committee who worked during the summer to connect with all of you to collect items to fill **Stockings for Soldiers**. Sharon J., Linda C., and Denise H. selected Tuesday, August 29th to fill over 50 stockings for our Military. The stockings were overflowing by the time we were finished. Thank you to all the members who came and filled the stockings to help make the Holiday a little better for a Service Member.

I have to recognize the **Anniversary Committee** who have also been in constant contact with each other throughout the summer making plans for our Anniversary Dinner. I have to say that we are going to have a wonderful and very special 30th Anniversary Recognition of all that we and those club sisters before us have done to make the Woman's Club of West Deptford so unique. I cannot believe all the wonderful ideas and plans that have been made to celebrate this milestone in our club.

I do want to recognize our **Health and Wellness Committee** who continued to help others as we rested up this past summer. As soon as Chris T. came home from Florida, she was collecting clothing for those in need. I delivered a few bags of clothing myself. Also...Carol D. has never slowed down and continued to share videos on how to help keep us healthy and fit. I just submitted my 130 challenge numbers to her on the 31st of August as her energy kept me on track as well.

Finally...there are no words to say how amazing the **Basket Raffle Committee** has been this year putting together everything that was needed to finalized plans for our biggest fundraiser of the year. Each year our Basket Raffle just gets better and better and this year is no exception. Once we started selling tickets, we were "sold out" in about four weeks! Thank you to Denise H., Sue N. and Nancy D. who have been instrumental in keeping on track as we move forward with this year's fundraiser. Of course our basket raffle would not be the success it is without all of you who generously donated the most amazing gifts baskets I have ever seen. I have been able get a glimpse of a few of the baskets and they are just incredible! I just can't wait for this year's event! I know it is going to be spectacular.

Now that September is here, I know our members are ready to make this next club year one of our best!

You are all rock stars!
April



FIRST VICE PRESIDENT

Janice Morrison

Wow! The summer sped by so fast. It truly feels like it was no time at all.

30th Anniversary

The Anniversary Dinner Committee was very busy this summer making decorations, designing email invitations, drafting the programs, as well as a myriad of other related tasks. I want to thank all the past presidents for sending me pictures and/or providing their scrap-books montage.

As a reminder, you can purchase your ticket at any time from now until a week before the event, which is December 12th. The cost is \$50, and you can drop off your payment to Peg or me. We already have several paid members.

The menu choices are Chicken Marsala with Wild Mushroom Reduction, Slow Braised Short Ribs with Tomato Mushroom Risotto, and Crabbed Stuffed Salmon with a Meyer Lemon Glaze. I understand they will have enough of everything, so there is no need to select until the night of the event. For those with a special dietary need, you can let the wait staff know and they will accommodate you. **We will be taking reservations and payments up December 4th.**

Hoagie Sale

The first quarter of our new club year always seems the busiest. We have three internal fundraisers before the holidays, and I know the social committee has lots of events on the schedule for your enjoyment.

We are again kicking off the new club year with a **Hoagie Package Sale**. This is selling now, with pick up on September 23rd at my house. The cost this year is \$12, and includes a 12-inch hoagie, water, chips, and a snack. It is a great way to support the club and our initiatives. Sue Nelson has graciously volunteered to coordinate the event again this year. Thank you, Sue!

The hoagie package form is attached for your convenience. This is a great offer to family, neighbors, and friends.

Sue will be on hand at our September meeting to collect the forms and the payments. She asks that you put the form and the payment in an envelope so she can keep it separate from the other items she is collecting for. You can also drop off at her house or mine. Thank you to all those who are donating items and/or helping us coordinate.

Other Fundraisers

In October we will have a **mum fundraiser** and in November we will be in touch regarding **pies**. We round out the year with **poinsettias**. More to follow on these.

Volunteer Hours

And finally, at the end of the second quarter of this year our members had booked nearly 3,200 volunteer hours. We truly are a great group of dedicated volunteers!

Don't forget to keep track of all your club hours and send them to me, either monthly or quarterly. You should track them separately for your committee reports, but I only need your monthly grand total. Thanks for tracking!



◆ Nancy and John B. traveled to Minneapolis, Minnesota, where they visited Tyler who is beginning his third year at the University of Minnesota as a third year Doctoral student. Tyler is serving an internship with NASA while in grad school, too. While visiting Tyler, Nancy and John visited the former 6,000+ square foot home of Prince at Paisley Place, which is now a museum, sound stage, concert venue, and multiple recording studios. They also attended the Minnesota State Fair, a Minnesota Twins baseball game, a Minnesota United soccer game, and the History of Minnesota Museum, among other highlights.

◆ Fall means following football for Linda and Bill J. Grandsons on the gridiron are Corey, WDHS Varsity senior captain, offensive tight end, defensive end, punter; Brady, WDHS Varsity sophomore, quarterback; Brandon, U of Delaware senior, kicker & special team coaching; Tyler, grad student, defensive coach, Shippensburg U. But add in some cross country with Jake, sophomore MIT, distance & steeplechase runner and it's hard to keep up!

◆ Janice Morrison's granddaughter, Grace, left for her first semester at Rutgers two weeks early because she is in the Rutgers Marching Band. If you catch a halftime show, you might see her on the field. Grace is in the mellophone section. A mellophone is a marching band's version of the French Horn. Grace played the French Horn for 6 years in jr. high and high school. Her grandparents and parents are super proud.

SAFETY TOWN: Our club was a Gold Star Donor, listed on the Safety Town boards. Thanks to Ellen S. & Linda C. for sending pics. They both had grandkids there. Shown is Ellen's granddaughter. Ellen remembers when the program was started by the WD Junior Woman's Club 30 years ago.

SECOND VICE PRESIDENT

Cynthia Holmes-Butler

Welcome Back!!

I hope everyone has had a great summer! We already have lots of things planned for the fall. This summer I have been contacting some ladies who are interested in our club.

We will again need some mentors to sit with people during meetings. Please let me know if you are interested in doing this.

Also invite people to come to a meeting and see for themselves what a wonderful club we have!

Club Clothing

There are a couple extra items for sale:

- Long sleeve golf shirt size small available - \$30.
- Zippered hoodie size 2X - \$35.

Fleece jackets for \$46 will be ordered later on. Two members ordered them last spring and they're very nice.

Board & Brush Basket

Board and Brush in Swedesboro has been very generous in donating this basket valued at \$140 to our fundraiser. It includes a \$75 gift certificate, supplies to make a sign at home and wine.



I recently had a fun birthday party there for a friend!

Please support them, and all the other businesses who have given us donations.

ARTS AND CULTURE

Ann Caswell, Kat Nixon,
Susan Degnen, Sharon Hink

Wreath Making

Our committee is looking forward to another creative year with our club. We have planned for November 9th a wreath making class at St. Paul's Church. Start thinking about your project and gathering your materials.

Card Making

Our winter holiday card making will also be held at St Paul's. Date TBD.



You can't use up creativity. The more you use, the more you have.

—Maya Angelou

EDUCATION

Susan Degnen, Ellen Sanker



SCHOLARSHIPS were presented at the West Deptford High School in June. We were proud to be able to award three \$1,000 scholarships this year to graduating seniors. Winners from left to right: Gavin Zuzulock, Cole DuBois and Natalie McGivern. Our members: Chris T., Linda M., and Ellen S. shown. Thanks to Ellen for heading up the scholarship committee!

SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

Homeless families come to Family Promise in crisis where they get help to rebuild their lives with new skills and ongoing support.

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

During the summer club members donated 5 travel/duffle bags.

Thank you! Thank you!

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

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



**WE ARE
SOLD OUT!!!**

Baskets

We have 53 baskets promised! Thanks to everyone who is donating or who solicited donations from businesses!!!

Super Basket

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!!

Thanks to Peg S. and Janice M. for shopping for the Super Basket (see photo). It contains many designer bags!

Deadlines

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 12—Pick up and/or pay for ALL tickets at the meeting. Sue there at 6. We have a WAIT LIST, so get money and any unsold tickets in by then!

September 15—Unwrapped baskets due. Unwrapped go to Peg S. Emailed list of title and contents (most important to least) to Sue N. Value sent to Denise H.

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

October 16—Event!!!

GREATER WOODBURY COOPERATIVE MINISTRIES

Joan Baur

Special Projects Update

The Greater Woodbury Cooperative Ministries (GWCM) served many clients/families during June through August. Besides the usual food and health care items two special projects also assisted the families this summer.

In June, eighty-three male clients received a **Father's Day Gift** of boxers, briefs, undershirts or socks. NOTE: The men were not as fussy about underwear color as the women were with the bras for Mother's Day. Thanks to Debbie H. and Kimberly V-C. for donating to this give-away.

The second project was the annual **Back to School** event. School supplies and monetary donations were collected during July and until the last distribution day on August 17. Members of the GWCM churches, some WCWD members and our friends donated toward this project. St. Stephen's Lutheran Church had a summer picnic. "Admission"...bring school supplies.

Thank you to Agnes, Chris T., Clara, Debbie H., Joan, Joanne Kg., Kimberly, Patty W., Peg S., and Sandy for their generous donations.

Elementary and Middle School students received a backpack filled with supplies when we started the distribution days. High School students received a bag with their supplies. As the number of supplies dwindled the backpacks and bags contained fewer items. Reusable bags were given out for all three grade levels on the last day.

Thanks to Kimberly, Patty W., Peg S. (and granddaughter Madison) for packing supplies on July 31. Doris E.'s daughter and grandchildren also helped on Packing Day. Special thanks go out to WCWD members Kimberly and Sandy M. along with friends Peggy P. and Monica Q-D. who distributed supplies and packed more supplies on distribution days. We gave out 219 back-

packs/bags on four days in August before we ran out of supplies.

Boscov's Friends Helping Friends shopping passes will be available at the September and October meetings. Cost: \$5. Shopping date: October 18. Contact Joan to buy a pass.



HEALTH AND WELLNESS

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

Angels Community Outreach—368 lbs of clothing

Jeannette's Closet—166 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). Thank you note received.

We collected a very generous amount of **art supplies** (several large boxes, see photos) 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!

At our November meeting representatives from EMS will be at our meeting from 6-7 p.m. to demonstrate CPR to anyone who is interested.

Making Strides

American Cancer Society Cancer Walk

On Sunday, October 15 there will be a 5K (3.1 miles) walk to cure cancer at Cooper River Park in Pennsauken. Linda Marple has registered a team for us if you would like to take part. The event is from 8:30 a.m. till noon.

To sign up go to the American Cancer web page, find the link to fundraising events, click on Making Strides in Pennsauken. There is no charge to sign up. You will enter your log-in info and sign up. You have a choice to join a team. The team created for us is: WCWD is making strides against Cancer. The meeting place is the Cooper River Park—Jack Curtis Stadium, 5300 North Park Drive, Pennsauken. You can drive yourself or we can carpool from the library at 7:45 a.m.

Interesting Health Articles

- Pre diabetes: <https://www.inquirer.com/health/expert-opinions/prediabetes-treatment-what-to-know-20230628>.
- Improving balance: <https://www.cnn.com/2022/11/18/health/how-to-improve-balance-wellness/index.html>
- Dementia: <https://www.medpagetoday.com/neurology/dementia/105338>

- Reducing breast cancer risk: <https://www.healio.com/news/primary-care/20230705/cardiopulmonary-fitness-may-reduce-breast-cancer-risk>

- Healthy food: <https://www.aarp.org/health/healthy-living/info-2023/foods-you-can-eat-without-gaining-weight.html>

- Menstrual cycle exercise: <https://axiawh.com/resources/cycle-syncing-exercise-and-your-menstrual-cycle/>

- Melanoma: <https://www.aarp.org/health/conditions-treatments/info-2021/melanoma-skin-cancer-risk.html>

- Arthritis: <https://www.mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20047971>

- Stretching: <https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/stretching/sls-20076840#:~:text=Before%20stretching%2C%20warm%20up%20with%20five%20to%2010.point%20of%20a%20s>

- Skin Cancer: <https://www.cnn.com/2023/07/29/opinions/skin-cancer-americans-health-hills/index.html>

- Reflux: <https://www.aarp.org/health/conditions-treatments/info-2017/foods-help-acid-reflux-fd.html>

- Mediterranean Diet: <https://www.aarp.org/health/healthy-living/info-2023/what-is-the-mediterranean-diet.html>

- Heart Failure: <https://www.aarp.org/health/conditions-treatments/info-2023/medical-mystery-heart-failure.html> In this article, the main point is that while this patient needed a heart, she was glad that she was up to date on her mammogram and colonoscopy since all systems must be checked before a transplant.



- Overlooked Medical Conditions: <https://www.aarp.org/health/conditions-treatments/info-2022/avoid-diagnostic-errors.html>
- Meat allergy by ticks: <https://www.cnn.com/2023/07/27/health/meat-allergy-alpha-gal-cdc/index.html>
- 1st Pill for Postpartum Depression: <https://www.medpagetoday.com/obgyn/pregnancy/105777>
- Weight Loss Drug: <https://www.cnn.com/2023/08/08/health/wegovy-heart-trial/index.html>
- Loneliness: <https://www.fiercehealthcare.com/providers/industry-voices-lets-treat-loneliness-other-public-health-crises>
- Sugar-Heavy diet linked to kidney stones: <https://www.medpagetoday.com/nephrology/generalnephrology/105770>

130 Challenge

2nd QTR 130 Challenge was a little off. Average participation was less than 10%. Number of miles walked 566, hours of exercise 302, and no measurable weight loss but maybe some weight gained :)

We did every other week FB Live;

4/5 Mindfulness

4/19 Tai Chi

5/3 TRX

5/17 Exercising with an injury (Jody H.)

5/31 Biking

6/14 Walking for fitness

6/29 Pickleball

It's summertime, so I am sure 130 Challenge was not as important as vacations and family time. If you forget to send your stats in, no worries; I have a running tab going.

We have some cool stuff planned for the next three months so stay tuned!!!

—Carol D



EXECUTIVE BOARD DINNER: The Board went out in June to celebrate the end of the club year. Many thanks to these ladies for all the work that goes into serving on the Board! Their leadership is what makes our club so great!



JUNE DISTRICT COUNCIL: We had eight members travel to Runnemede to report and interact with other clubs in the Garden District. Great seeing our sister clubs!

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> High body temperature (103°F or higher) Hot, red, dry, or damp skin Fast, strong pulse Headache Dizziness Nausea Confusion Losing consciousness (passing out) 	<ul style="list-style-type: none"> Call 911 right away—heat stroke is a medical emergency Move the person to a cooler place Help lower the person's temperature with cool cloths or a cool bath Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> Heavy sweating Cold, pale, and clammy skin Fast, weak pulse Nausea or vomiting Muscle cramps Tiredness or weakness Dizziness Headache Fainting (passing out) 	<ul style="list-style-type: none"> Move to a cool place Loosen your clothes Put cool, wet cloths on your body or take a cool bath Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> You are throwing up Your symptoms get worse Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> Heavy sweating during intense exercise Muscle pain or spasms 	<ul style="list-style-type: none"> Stop physical activity and move to a cool place Drink water or a sports drink Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> Cramps last longer than 1 hour You're on a low-sodium diet You have heart problems
SUNBURN	
<ul style="list-style-type: none"> Painful, red, and warm skin Blisters on the skin 	<ul style="list-style-type: none"> Stay out of the sun until your sunburn heals Put cool cloths on sunburned areas or take a cool bath Put moisturizing lotion on sunburned areas Do not break blisters
HEAT RASH	
<ul style="list-style-type: none"> Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) 	<ul style="list-style-type: none"> Stay in a cool, dry place Keep the rash dry Use powder (like baby powder) to soothe the rash

GIRLS' CAREER INSTITUTE

Clara Campbell, Sandy Mastrangelo, Kim VanZoeren-Czoch

Girls' Career Institute 2023 is in the books! This was an exciting and challenging year for everyone involved.

Our Director, Mary Kay and her staff did an amazing job overcoming several challenges. The Delegates were so eager to pick up the pace and jump right in to do whatever was necessary to move forward! Taking a 75-year-old program from paper to computer was a huge task but it happened. There were a few growing pains (and a few tears) but in the end it all worked out.

First challenge, we started with over 50 Alternates, but by the beginning of GCI every single alternate attended!

The Delegates arrived not knowing what to expect, and after all of these years I am still amazed by how fast friendships are formed. The dorms get decorated, we find our way to the dining hall and before we know it, our first session is underway!

Our next challenge happens when a presenter does not show up. They forgot the date, they got lost, they had an emergency, etc. What does the Director do? She invites everyone to an impromptu sing-along! What do the girls sing? The wheels on the bus go round and round! We were laughing until our sides hurt!

Next challenge, everyone walked the 10 to 15 minutes to Hickman Hall for our workshops. We receive word of heavy smoke rolling in from Canada so I went to check it out. It is bad and no one will be able to walk back to our dorm. I come up with the only plan I can think of and Johanna (a new housemother) and I start driving the loop from Hickman to the dorm. We each take as many girls as we can in our cars and start driving. I lost count after 15 trips but we keep going. We have over 160 delegates plus housemothers and staff to transport. The girls are taking selfies, I start photo bombing them, Johanna and I are waiving to each other and we turn a tough situation into something fun.

And the challenges keep coming! We can't go back to Hickman for Spirit Night

so we gather and huddle in the dorm's common space and the show goes on!

Finally, parents will be arriving tomorrow. Sadly, all closing ceremonies are canceled due to the lingering smoke. That does not stop this 2023 class of Delegates. They hug, they exchange phone numbers and they know that whatever life throws at them in the future, they are ready. They have handled some very tough situations with grace and humor.

Carpe Diem, Ladies!



OUR DELEGATES! We were so happy that donations allowed us to send 6 girls. (Right) OUR LEADERS. House mother Clara C. and Nurse Ann C.



ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt, Pixie O'Hara

We hope everyone had a great summer!

Find-A-Book

If you have access to gently used or new Children's books please think of donating them to our project. We will be putting the books in ziplock bags and placing where children can find them. We are putting a note inside the book, asking the children who find our books to read the book and pass it along.

We are going to provide an email for the Children to tell us where they found the book and if they liked it.

School Nurse Project

Our collection for our nurses will be one time a year and is scheduled for October. Watch for the list of items needed coming by email to be collected in October.

GUESS THE BOARD MEMBER! In June we studied baby pictures trying to figure out which Board member was which. Karen H. was the winner, and she guessed almost all of them! Most of us weren't nearly that good!



SOCIALLY SPEAKING

Jody Harris, Margie Maines, Kat Nixon, Holly Revelas

Welcome Back!

As you can see, your social committee has been working during the summer months to come up with some new activities. We hope these events are things that you will wish to participate in. Please check dates, times, and keep in mind the RSVP dates where noted. Any questions, 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 JUNE end of the year dinner. It was a wonderful evening, and I truly appreciate my committee as well as the board for stepping up to help make it a lovely affair as I was recouping from my foot surgery. The August book club held a lively discussion of The GUNCLE. Of course, we started our new club year with a Welcome Back Happy Hour at Charlie Brown's on Aug. 22. Everyone that went had a nice time at this mixer. Some of us stayed to enjoy dinner with our club friends or our families.

As our club year is back in full force, you will notice so are our activities. However, you can see we have already been booking upcoming events for the fall months. 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. Some of the events, YOU have to personally make the reservation; others, you can contact Jody to get on the list. We want to wish everyone a great big welcome back. We look forward to seeing you at our September meeting. Stay safe, stay well.

THURSDAY, SEPTEMBER 21, 2023: 12:00 Noon Salem Oaks Vineyard Lunch 60 N. Railroad Ave. - Pedricktown

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. As of now, these are the people who responded they would like to attend this event: Jody, Kat N., Cynthia, Isabella, Cheryl, Janice, Lisa, Linda C., Debbie. If you are interested and not on this list, pls let Jody know by the 13th.

TUESDAY, OCTOBER 3, 2023: 7:00pm Book Club Meeting (Zoom)

The Girl Behind the Wall by Mandy Robotham
RSVP to Jody by Oct. 1st to receive Zoom Invite.
A city divided. When the Berlin Wall goes up, Karin is on the wrong side of the city. Overnight, she's trapped under Soviet rule in unforgiving East Berlin and separated from her twin sister, Jutta. **Two sisters torn apart.** Karin and Jutta lead parallel lives for years, cut off by the Wall. But Karin finds one reason to keep going:

Otto, the man who gives her hope, even amidst the brutal East German regime. **One impossible choice...** When Jutta finds a hidden way through the wall, the twins are reunited. But the Stasi have eyes everywhere, and soon Karin is faced with a terrible decision: to flee to the West and be with her sister, or sacrifice it all to follow her heart?

FRIDAY, OCTOBER 13, 2023: 8:00pm Pitman Broadway Theatre - Cooking with the Calamari Sisters (Event Closed!)

This was sent to me by one of our club members, so I put it out during the summer. There were seven (7) ladies in our club that express interest in attending. Thank you to those ladies who signed up and have already paid. This should be a fun evening out. As you read this, if you are interested in attending, you are welcome to go on the theatre website and see if any seats are still available. I will be happy to tell you where the group is sitting and you can see if there is availability near us.

WEDNESDAY, OCTOBER 25, 2023: 10:00am Ghoulishly Great Breakfast - Piston Diner

RSVP to Jody by October 15th.
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.

FRIDAY, NOVEMBER 3, 2023: 11:00am Vintage Magazine Nostalgia Center 1460 Grandview Ave. # 3 - Paulsboro
RSVP to Jody by October 25th
Housed inside a 10,000-square-foot New Jersey warehouse is a collection of 130,000 vintage magazines, the culmination of one man's decades-long pursuit to collect "time capsules" of life and culture. The collection includes 55,000 LIFE Magazines, 8,000 National Geographic magazines, thousands of issues of Time, Newsweek and The Saturday Evening Post - and they're all for sale, sorted by month and year. The collection also includes weeklies such as Colliers, Look, Harpers Weekly, Liberty, Leslie's, Scientific American, The New Yorker, Sports Illustrated, Rolling Stone, People and Us. If you are interested, please plan to attend this event.

WEDNESDAY, NOVEMBER 8, 2023: JIMMY BUFFETT'S ESCAPE to MARGARITAVILLE - Dutch Apple Theatre
* Matinee Show which includes a luncheon

* Kitchen Kettle for shopping
*Round -trip Motorcoach transportation. (This trip is being booked through AAA \$179.pp member/\$199.pp Non Member)
If you are interested in attending this event, please respond to AAA as soon as possible (856-783-4222 Voorhees Office, 856-589-6900 Sewell Office) If we do not have 35 interested persons by October 1, this event will be canceled.

SATURDAY, DECEMBER 2, 2023: noon Victorian Tea Party - Broad & Maple 453 W. Broad Street - Gibbstown
If you are interested in attending this event, you must make your own reservation(s). Cost \$50.00 per person. When you make your reservation, tell them you are with the WCWD as we will all be seated together to enjoy our tea. Go back in time with us and enjoy a Royal Tea Party adorned in the splendor of the Victorian Era. Mrs. Claus will be joining us to bring Holiday Cheer to all, and to present each guest with a Special Gift! **The Cookie Basket : 856-202-5352**

TUESDAY, DECEMBER 12, 2023: 30th Anniversary Dinner
Terra Nova - 590 Delsea Drive- Sewell
(See Janice M.'s First VP article for info.)

Other Possibilities we are looking into:

- 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 committee know. We would love to incorporate the talents from our club sisters into a social event that we can all learn and enjoy.



HISTORY SPOTLIGHT

Linda Jones

20 Years of Bingo/Basket Fundraising

Over the Woman's Club of West Deptford's thirty years we have become very effective at raising money to donate to club priorities such as high school scholarships, library, police, fire, foodbanks, education, local families with disastrous events, needy children at Christmas, and much, much more. As we approach our Thirty-year Anniversary, let us turn the clock back in time to twenty years ago in 2003. Following is the history of our bingo and raffle basket annual event which provides the funds for most of our donations within our community.

In 2003, Longaberger Basket Bingo began as our club was looking for ways to bring in a substantial annual fundraiser to provide more revenue for our treasury. Linda Jones attended a joint meeting with the Woodbury Jaycees to learn more about fundraising cooperatively with another civic organization in our community. Linda and Chris Rohrman co-chaired to join the Jaycees in an effort to raise funds for both organizations. A profit of \$2,400.00 was shared by both clubs and set in motion the twenty year annual fundraiser to our present time.



In 2004, Linda and Chris decided to double the revenues by holding the club's first annual West Dept-

ford Bingo event separately at the Greenfields Elementary School cafeteria/all purpose room in order to add more profit. Linda Jones was our chairlady in 2005 and 2006 with many of the charter members contributing on the committee or by supporting through donations, set-up, or cleanup in this successful endeavor together. In 2007, Chris Rohrman and Joan Baur co-chaired, followed by Joan and Clara Campbell in 2008 and 2009 as we used the West Deptford High School for our venue.

Then in 2010, Nancy Barna and Maria Alicea secured the West



Deptford Middle School which accommodated around 300 patrons as we were growing in size and participants. In 2011 we added Vera Bradley bags as prizes to our "Basket and Bag Bingo" fundraiser. Nancy Barna was our chairlady from 2010 to 2015 while Louise Avery co-chaired with her in 2012 and Linda Jones co-chaired with Nancy in 2015. In November of 2012 our bingo event changed with the times to "Designer Bag Bingo" using Coach and Vera Bradley handbags.

Next, in 2016 we moved bingo from November to October and added a silent auction at the end of the evening to raise additional funds with surplus bags. The years of 2016 to 2019 drew in crowded and successful bingo events as these popular designer bags were sought-after prizes. Donna Blocher, Linda Jones, and Carol May co-chaired bingo together for two years from 2016 to 2017. Donna, Carol, and Elaine Rudolf chaired in 2018 and 2019. As you can tell, we enjoyed successful bingo fundraisers over the years due to our dedicated chair ladies, committees, and volunteer club members through donations and time preparing for this major event each year. Our major goal of contributing to the community of West Deptford was accomplished and we need to thank every member in our club for their support in numerous ways through the years.

The PANDEMIC arrived and left us with a challenge to be reckoned with. Time marched on as we waited to safely return to a somewhat normal society and club activities. We patiently waited over a year until it was safe to

gather again with large crowds in our new venue at Adelpia Restaurant on October 19, 2021. For eighteen months our members exhibited patience and perseverance as we navigated the pandemic led by April Maska our president. Linda Jones suggested "themed baskets" and time marched on with Zoom meetings, donating baskets, wrapping baskets, attending and working at the event as each member is to be thanked for a successful night and fantastic event with our "Basket Raffle" minus the bingo. Thanks to co-chairs, Nancy D'Amico who secured this venue, Nancy Barna, and April Maska with all our members for making us shine!

Lastly, in October, 2022 we again held our annual "Basket Raffle" at the Adelpia Restaurant meeting the goal of over 40 raffle baskets chaired by Nancy Barna, Nancy D'Amico and Denise Hosier. This October 2023 will have another venue change to a larger facility with over 50 baskets at the Four Star Event Catering in Wenonah. The time, effort, donations, and club member participation is just fabulous as we continue down the path of success!

Looking back in the mirror of time and reflecting on thirty years of service with twenty years of a major annual fundraising event, we can proudly say that we have made a difference in our quest for a better community. The spirit of those, especially charter members who have walked before us, lives on today as all our present members are a vital part of the West Deptford Woman's Club. The foundation laid years ago inspires us to continue to build upon all that we created to make our club and world better for future women to follow as we celebrate our Thirty-year Anniversary and continue to make a difference in our community.



FEDERATION NEWS

Isabella Cooper

Events in September

9/21 Garden District Council: Our club is hosting this council meeting at St. Paul's United Methodist Church; registration & light supper begins at 5:00 P.M.; the meeting begins at 6:00 P.M.

9/30 GFWC National Day of Service. Our club is collecting food for the South Jersey Dream Center and the Colonial Manor Food Pantry.

9/28-10/1: Middle Atlantic Conference at Showboat Hotel, Atlantic City, NJ

Coming Up in October

10/23 NJ State Fall Conference: The conference, "Federation Fest", will be held at Battleground Country Club, Manalapan, NJ. Registration deadline is 10/2/23. Denise H. will be attending. If you'd like to go, see her.

National Day of Service— Food Insecurity on the Rise

Food insecurity is on the rise in the United States as defined by the U.S. Department of Agriculture. Among the reasons for the increase are lower unemployment, too many Americans not earning enough to cover the surge in the cost of living, and recent cuts to the food-stamp program.

South Jersey Dream Center

We will be collecting food donations for the SJ Dream Center for the Day of Service, September 30th.

Please bring a food donation to the September Meeting if you can. No contribution is too small!

You may also drop off food at Cynthia's, Peg's or April's.

Thank you for helping people in our community S. need a hand!

—Cynthia

For three years the US Census Bureau has researched food consumption in households. The number of Americans who say they sometimes do not have enough to eat has jumped 23%, from 15.8 million before the pandemic to 19.2 million in the recent survey taken in the spring, 2023.

Support Maui Residents Affected by Wildfires

GFWC recommends donating funds to Hawai'i Community Foundation's Maui Strong Fund. Donate at hawaiicommunityfoundation.org/maui-strong. Priority is addressing evolving needs including shelter, food, financial assistance, and other services identified by the fund's partners doing critical work on Maui.



LOBSTER SHANTY FUNDRAISER FOR NJSFHC HEADQUARTERS: Denise H. and Cheryl F. attended this fun day. There were at least 60 raffle baskets plus a nice lunch. Sadly, we didn't win any baskets, but we sat with several Garden District members that did win.



CIVIC ENGAGEMENT & OUTREACH

Sharon James, Linda Clark

GFWC Day of Service

The GFWC is holding a National Day of Service on Saturday, September 30, 2023. The goal of the day is to help end food insecurity all over the United States.

Please bring a food donation to the September meeting. The donations from the meeting will go to the South Jersey Dream Center. Or you can deliver food to Cynthia, Peg S., or April at any time during September.

If you would rather support the Colonial Manor Food Pantry, leave your food donations on Nancy B.'s porch this month.

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

Stockings for Soldiers

What an awesome time we had stuffing 54 stockings, one for each club member! There were 18 members present that morning! Thanks so much to Linda C. for coordinating donations and Sharon J. for taking care of the stockings. This club is incredible! Thank you all!



DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

What Is SERV?

Since we have many new members in our club, it struck us that we talk about SERV and collect for it, and perhaps our newer members do not know what exactly SERV is and exactly what it does.

Services Empowering Rights of Victims (SERV) provides support to victims and survivors of sexual violence, domestic violence, and human trafficking to help people in a journey toward healing and empowerment.

SERV supports survivors through competence and empowerment and provides a safe space for all that encourages recovery and self-care. Our advocates protect the rights of survivors to ensure they are treated with compassion and dignity.

Support is offered for the survivor and those close to them through a 24/7 hotline, online chat, crisis intervention, legal advocacy, safe housing, education, and counseling and support groups. All services are free of charge, strictly confidential, culturally sensitive, and bilingual.

If you are in crisis, you can contact an advocate in one of the following ways:

- Call 1-866-295-SERV (7378)
- Chat online using the box in the bottom right corner of the [SERV web page](#)
- Send an email to serv@centerffs.org

Trained volunteers will meet victims of domestic violence in crisis at local police stations and help them articulate what services they might need. If necessary, arrangements can be made for safe housing, if available, and help them understand the process for obtaining temporary and final restraining orders. Arrangements can be made for someone to meet them at court.

Advocates also help them sort out the triggers for violence and see if they are safe. Then the advocate turns in the information to the full-time staff to follow up on services needed such as free counseling. Counseling is also offered for children who have been living in an

abusive environment if the abuser is no longer in the home.

Victims of Sexual Assault are usually met in a special hospital setting. The volunteers help support the victim, explain what the Sexual Assault Forensic Exam will involve and stay to support the victim during this trying time. They also explain what service are available to them.

SERV is supported by government grants through the Violence Against Women Act and charitable donations.

SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Emmanuel Cancer Foundation

At the September meeting, we will be collecting soft insulated lunch bags, insulated water bottles, sandwich containers, small ice packs, and small snack containers for Emmanuel Cancer. All items must be new and will be used by the children for school and trips back and forth to doctor's appointments and chemo treatments. Check out those back to school sales!!

Emmanuel Cancer will hold the Southern Region Golf Outing on Monday, October 16th at the Riverwinds Golf and Tennis Club. Registration is available on-line.



AUGUST WELCOME BACK SOCIAL at Charlie Brown's was a fun time for 16 members to get together and talk about what's coming up this club year. Thanks to Jody H. & her Social Committee team for organizing this for us!

DEAR SECRET PAL

Dear Secret Pal,
Thank you for a huge bag of summertime fun. OMG, where do I start? You took care of everything..., dessert bowls, tote bag, utensils, basket, chips, ice, tea, and dispenser. I am all set for the summer. Thank you so much for your generous gifts. I hope you have a wonderful summer!

—Xo Carol F.

Dear Secret Pal,
I would like to thank you for the lovely bag with the book and glasses and all the other goodies. It came at just the right time and really put a smile on my face! You are the best, and I can't wait for the reveal at Christmas.

—Love, Janice M.

Big Thank You!

Dear Secret Pal,
Wow! What a great surprise! I just kept pulling surprises out of the bag. I am all set for summer at the beach or the pool. You thought of everything. Thank you so

much. Your gifts are always very thoughtful.

—Sincerely, Barb O.

Dear Secret Pal,
Thank you so much for everything this year! I especially loved my gift card, pickleball t-shirt, and beautiful bracelet!

—Love, Jan A.

Dear Secret Pal,
What an absolute surprise to find my summer gifts! Christmas in Summer was such an amazing idea! I LOVE my Byers Snowman and totally enjoyed the Frozen Hot Chocolate on these warm summer days. You definitely know how to make my summer extra special. Thank you so much for spoiling me!

—Warmly, April

IN MEMORIAM



Volunteerism is the act of conducting community service or support of a nonprofit organization by donating time and energy towards a greater cause. Joanna Silbaugh is fondly remembered by our

members for being a lovely person during her four short years participating in the Woman's Club of West Deptford.

Jo, as we called her, left her mark in volunteerism and friendship by participating in club projects such as the GWCM Lunchbox program, school supply project, non-sew blankets, snowman centerpieces, collating and wrapping baskets for Designer Bag Bingo, set-up and clean-up at the WD Middle School for our fundraiser events, and making new friendships at our club meetings.

Feeling part of a cause, support in projects, service, and selflessness all describe Joanna as she involved herself in teamwork with a positive attitude and her willingness to help others. Jo left the club to help her sister who became very ill and needed her assistance. It can be said that Jo helped to change the lives of others in

our community during the few years that we all became acquainted. She was a good listener and had a soft spoken demeanor as she even volunteered to help with projects after she left the club.

Many of our members will have fond memories of their years knowing Jo Silbaugh as she passed away in July.

In remembrance and friendship,
Linda Jones



Hoagie Lunch Package - \$12 each

Fundraiser to help Woman's Club of West Deptford includes hoagie, 16 oz. bottle of water, chips and cookies.

Orders due: to Sue Nelson by Saturday, September 16

Pick up: 295 Night Hawk Circle, Saturday, September 23, 10:30 am - Noon

12-inch hoagie, dry, made fresh with Dietz & Watson lunch meats on Liscio's rolls. Includes lettuce, tomato, pepper and oregano.



Payment must accompany order

Please make checks payable to **WCWD**

Thank you!

NO sweet peppers
NO hot peppers

Italian

Hamacolla, Genoa Salami, Imported Ham, Provolone Cheese

Quantity **WITH** onions _____

Quantity **NO** onions _____

American

Pressed Ham, Imported Ham, Salami, American Cheese

Quantity **WITH** onions _____

Quantity **NO** onions _____

Turkey

Turkey, American Cheese

Quantity **WITH** onions _____

Quantity **NO** onions _____

Ham

Imported Ham, American Cheese

Quantity **WITH** onions _____

Quantity **NO** onions _____

Total # of Hoagies _____

Total Cost _____

(Please put order form and payment in an unsealed envelope, if turning it in at our meeting)

NAME _____

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.**

November 8, 2023 | Member: \$179 pp • Non-Member: \$199 pp

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
- Stop in Kitchen Kettle for shopping
- Matinee Show Tickets (Lunch Included)



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

Voorhees 856.783.4222 • Cherry Hill 856.281.1669 • Sewell 856.589.6900 • Millville 856.563.0222

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

All Payments are non-refundable and all rates are subject to change.