

Tidbits

October 2023 — Vol. 30 Issue 2



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

NEXT MEETING

Tuesday, October 10

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

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

Wear Pink for Breast Cancer!

Refreshments

Beverages: Joann Kf., Ann Cr.

Desserts/Snacks: Bonnie D., Lisa H., Jan A., Peggy G.

October Birthdays

8—Agnes K.

29—Debbie H.

9—Linda C.

31—Nancy B.

COLLECTIONS

- ♥ Linda M. & Janice: THIS MONTH: Single bed sheets, plus money for gift cards for SERV victims of domestic violence.
- ♥ 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.
- ♥ 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, suitcases & other items for K-9 training

Woman's Club of West Deptford

Member of General Federation of Woman's Clubs (GFWC), New Jersey State Federation of Woman's Clubs (NJSFWC), Garden District of NJSFWC.

President: April Maska

Membership: Cynthia Holmes-Butler

Info: 856-217-2962 or

membership@wdwomen.org



PRESIDENT'S MESSAGE

April Maska

October has arrived...my favorite time of the year. Pumpkins, sweatshirts, lattes and leaves (and for some of you... football). I love the Fall with the cooler weather and the colorful changing of the season. It just makes everything just a little bit better ☐

"How wonderful it is that nobody need wait a single moment before starting to improve the world" —Anne Frank

This quote just seemed to encompass all of our ladies who do their part to make our community just a little bit better...one project at a time. We have so many activities scheduled and my calendar is starting to get full. I love it! There is nothing that holds our ladies back when work needs to be done ☐

Our Basket Raffle Committee has been in constant contact the last few days and we are ready to go!!! Everything is organized, printed and bagged. I just saw several of our baskets that will be raffled off and seriously...they are outstanding!!!! This event is going to be incredible!!!! Thank you to all who sold tickets and handed in their money to Sue N. 250 tickets!!! We are going to rock this event...I just can't wait to see our final totals.

This month our Committee Collections will be for Domestic Violence, Health and Wellness and Advocates for Children. Thanks to the Committee Chairs who put together their collection requests for the month. Please check out their articles in our newsletter to see how you can help.

We had a fantastic response to the NJSFWC Day of Service which was held on September 30th. Our donations made a

significant difference in our local food pantries. Thank you for your generosity and support in helping those in need. Look for the totals in this newsletter.



Our October meeting will focus on our big fundraiser of the year...the Basket Raffle. We will give our Chairs all the time they need to update our members on this fantastic event. For November, Health and Wellness has scheduled EMS to come to demonstrate and teach proper CPR. This is such an important skill and the staff will be able to not only teach but answer all of your questions on this life saving technique. As this will be a slightly longer program, we will be starting a half hour earlier at our November meeting. We will start promptly at 6:00 pm to be able to learn and participate in the program. We will hold our regular meeting after the presentation. I wanted to give you a heads up so that you can plan accordingly for our November meeting.

I also wanted to say thank you to all of our club sisters who purchased Hoagies and/or Mums to support our internal fundraisers. These fundraisers help our treasury grow and allow us to do more within the community.

Again, 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

Continued on next page —>

President's Message, continued

what is going on with your favorite committee or activity.

Don't forget your Anniversary Dinner monies and your Secret Pal gift. I am also asking all members to **wear Pink for Breast Cancer Awareness and supporting our "WCWD is making strides against Cancer" team.** If you do not have anything pink, feel free to **wear Purple for Domestic Violence Awareness.**

Happy Autumn!

April

Shout Out to Members!

It is already October and we have had an excellent start to our club year! Our Club Sisters jumped right into the programs and activities that have been scheduled and success is in our future!

"You don't have to be SUPERHUMAN to do what you believe in" —Debbi Fields

First I want to recognize our Hospitality Committee...Agnes K., Dorothy A. and Holly T. for having everything ready for the September Garden District Council Meeting. Everything looked fabulous and

the compliments were flowing. Also, Carol M. and Isabella C. did an excellent job with sign-in and money collections. Sue N. had the Federation Table totally under control and did an awesome job. Our success comes from all of you! I have already volunteered our Club to host next September's meeting!!! Also, a big thanks to all of the WCWD Club Sisters who attended this meeting. We had fantastic representation.

I do want to recognize Linda M. for organizing a team under the name "WCWD is making strides against cancer." What a great activity for such a special cause! I also want to recognize Chris T., Chair of Health and Wellness, who not only supported this project but had made this the only collection for Health and Wellness for their collection month of October.

SECOND VICE PRESIDENT

Cynthia Holmes-Butler

We had a few new people attend our September meeting. Mentors sat with the visitors and explained what was happening.

I'm happy to announce that Sharon Bowen will be joining our club! Please welcome Sharon and any visitors at our October meeting.



West Deptford Day was perfect for the WCWD. The ladies who volunteered their time made sure that the club was represented, recognized, and remembered. Thank you to Jody and David who set up and took down our booth even though it was a holiday for them. Also thanks to Janice M., Lisa H., Debbie H., Kim VZC., Patty W. and Barb O., who all helped man the booth during the afternoon. The best part was that we had our recycle bags there and for a \$5 donation, a bag was given to the donor...we made \$130!!! Incredible!!!

A big shout out to all of our Committee Chairs who supported the new Committee Collections schedule. We are off to a great start and everyone has been so positive and willing to make this work. This is what teamwork is all about!!!!

We are so lucky to have all of you as members of the WCWD!

Your support makes us shine!!!

—April



FIRST VICE PRESIDENT

Janice Morrison

September and October are quite busy months for our club. We kick off our internal fundraisers, host a district meeting and have the biggest fund raiser for the club. Busy, busy bees! I think this is why we are getting so much buzz and interest in joining us. See what I did there?

Hoagie Sale

First, I cannot say enough about my teammate Sue Nelson. Just before the hoagie event, I happened to come down with COVID and we (I mean she) quickly pivoted to move the location of the pickup. Like the super woman she is, Sue organized and handled the whole issue. I so appreciate all her efforts as I am sure you do too.

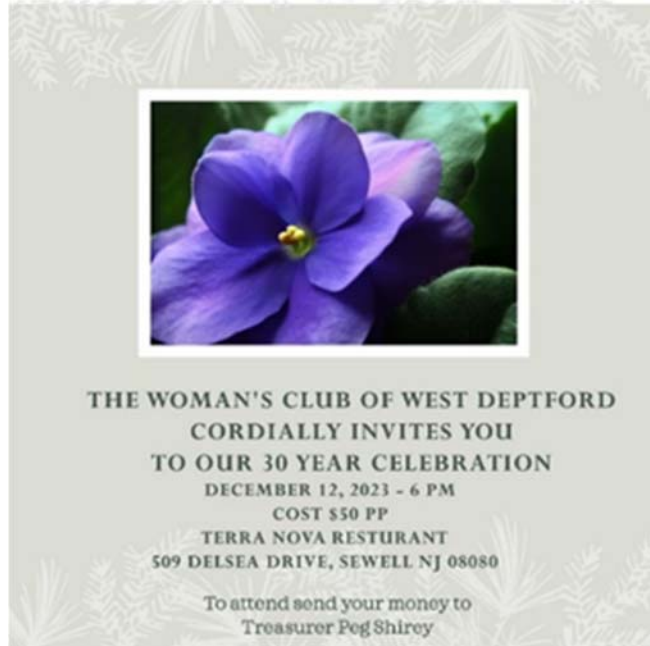
For an internal fundraiser this is a big one and many club members supported it. We sold 86 Hoagie Lunch Packages and made a \$623.50 profit for our club work. Shout out to Linda Jones, who came up with idea several years ago.

Mums

The mum sales as of this writing are a little lacking. We know that there are many other organizations selling them and it is hard to support them all. If you are interested in buying mums for the club sale, it will be open until October 4th. Attached is a copy of the form. Keep the top half of the form to turn in at Michael's. He matches that to the summary sheet that I give to him. The bottom half comes to me. You can drop the bottom form off at my house with your payment to WCWD.

30th Anniversary Dinner

The team is hard at work planning for our 30th Anniversary event in December. Details are all coming together nicely. The official Invitation was sent to all members in mid-September via email. We would be pleased and honored for all our members to attend in celebration of



the women who originally started the Woman's Club of West Deptford 30 years ago.

The cost is \$50, and the money goes to Peg Shirey, Treasurer. There is no need for a menu selection; you can simply pay Peg for your meal. We are looking into menu options for those who have special dietary needs. We already know they will cover vegan. As of today, we have 17 people signed up.

Volunteer Hours

It's that time again. I will need your third quarter volunteer hours (July, Aug, Sept). I'll send a separate email, but if you'd like to be early that works too.

Best wishes for an awesome October!

Love,
Janice



SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

In 2012 Family Promise became the New Jersey State Federation of Women's Clubs' Special State Project.

During the past 11 years we have worked closely with this organization, proudly contributing over 35 duffle bags each year. In addition we have donated backpacks and school supplies for the homeless children, food, household goods, furniture, and gift cards for the families.

Our club has also donated over \$2500 for the continued support of Family Promise of Southwest New Jersey so homeless families can rebuild their lives and live on their own again.

Our club will continue to help this year by purchasing duffle bags for the families in the program.

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

ARTS AND CULTURE

Ann Caswell, Kat Nixon,
Susan Degnen, Sharon Hink

Wreath Making

We're looking forward to our "Wreath Making" class on November 9th at 6:30 p.m. at St Paul's Church. Please arrive by 6 p.m. We will provide the grapevine wreath forms, glue, and ribbon. We're asking for a 10.00 fee to cover expenses. Please bring supplies to put on your wreath such as: decorations, ribbon and scissors. We will provide wreath, wire, glue, and some tools. We will put our creations together.

Card Making

Holiday "card making" will take place December 7th, also at St. Paul's. TBD. Looking forward to using our creativity!

"Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all." —Stanley Horowitz

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

All baskets are done and in! Thank you, ladies! We will just need drivers to take them to the venue. Watch for an email next week when we know whether we can have access on Sunday or need to wait until Monday.

Thank You!

We can't thank you all enough for all you've poured into this major fundraiser! You've made baskets, wrapped & stored baskets, solicited businesses, and most important, sold tickets. You are fabulous!

Thank you all so much!!

CIVIC ENGAGEMENT & OUTREACH

Sharon James, Linda Clark

GFWC Day of Service

Thank you so much to everyone that donated during September to one of our local food pantries. Donations were made to:

- South Jersey Dream Center
- Colonial Manor Food Pantry
- St. Paul's Food Pantry

It's such a pleasure to join in with other clubs to try to alleviate food insecurity.

Stockings for Soldiers

Our 54 stockings are boxed and ready to go! Denise H. will deliver them to Headquarters when she goes up for the monthly State Board meeting. Thank you all so much for contributing!

Coming in Nov/Dec: Wreaths of Remembrance

DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

Elder Abuse



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

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

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

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

of fraud.

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

It's our collection month! Please donate twin sheet sets and twin comforters, to be used for the shelters and those victims that need a place to sleep.



HISTORY SPOTLIGHT

Linda Jones

A CIVIC ENGAGEMENT opportunity for every club....

GFWC chapters and members are helping to build a museum.

The GFWC's new Civic Engagement and Outreach initiative is asking us to build a museum, the **UNITED STATES COAST GUARD MUSEUM** located in Connecticut. Why? Because women were historically there from the beginning as assistant lighthouse keepers during the Revolutionary War while their husbands were away fighting, to being in the present U.S. Coast Guard. This month we will go back in time to learn some past history and how women, since 1918, and presently are such an integral part of our United States military; but specifically, the United States Coast Guard.

Women have served during World War I, World War II (over 11,000 women), Korean War, and mostly in Washington, D.C. In 1973 women were integrated into the active-duty Coast Guard and the Coast Guard Reserve. Finally, we now have the first female enlistees as well as the first female commissioned officer sworn into the regular Coast Guard. This ended the "Coast Guard Women's Reserve." In 1976 the Academy admitted women for the first time. In 1977 the first Coast Guard women were assigned to sea duty as crew members aboard ships. Then in 1978 the Coast Guard opened all assignments to women. They served in Operation Desert Shield and Operation Desert Storm. And one last achievement was in 1992, as we had the first active duty woman since the existence of the United States Coast Guard Reserve to be promoted to the rank of captain. From 2011 to 2015, women also served in the Iraq War.

In the 1700s, cutters (boats with an oar and a sail) were used as small warships that patrolled up and down our east coast. The United States Coast Guard has existed since 1790. The newly created United States, using cutters, was called the "Revenue Cutter Service." In 1942, the Coast Guard Women's Reserve was created. Since that time, women have been part of the Coast Guard's

Mission from lighthouse keepers to today's highest ranking officer, Admiral Linda Fagan, the highest-ranking officer



of the Coast Guard, and the first woman to lead a branch of the United States Military. On May 11, 2022, the Senate confirmed Linda L. Fagan, the 27th and the first female Commandant of the Coast Guard as she became the first female service chief in the U.S. Armed Forces.

The U.S. Coast Guard has led the way with women being placed in leadership roles and was the first to grant women an opportunity to attend Officer Candidate School in the 1970s. For the class of 2026, the female enrollment stands at 43%, 20% higher than the other three service academies. Our lives have been directly or indirectly affected by the Coast Guard.

Did you know that ninety percent of all imported goods to our country arrive under Coast Guard patrol? Commodities from America's farmlands are under patrol and navigation aids are in the Mississippi and Missouri Rivers. Other goods go through the Great Lakes with Coast Guard assistance. So the shrimp, fish, and crab that we have for dinner is Coast Guard protected!

The Coast Guard Museum Foundation has currently raised \$142 million. "Let us honor the women who served in the past, those who serve now and those who will serve in the future with values, honor, respect, and devotion to duty with our fundraising skills and push the United States Coast Guard Museum across the finish line." When you make a monetary contribution to GFWC, you can select a specific use or fund for the donation. A description of various funds that your gift can go to is found on gfwc.org in the Digital Library under "A" for Annual Giving.

The above history highlights the years of dedicated women who strive to better our country through service, diligence, and

commitment to help others and make great achievements in our world. I enjoyed learning more about this history from [News & Notes](#), the GFWC Headquarters weekly update in my email Inbox.

ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt, Pixie O'Hara

October is the Advocates for Children Collection Month

We are collecting multi packs of new Underwear for our Elementary School Nurses. Both Boys and Girls Underwear are needed. Sizes requested: 4,6, 8, 10, 12. Some packages combine sizes (eg. 4/5). We appreciate any help you can give.

Share-a-Book

We have hidden about 8 books around West Deptford, at the Jersey shore and surrounding areas for our Share -a-Book initiative. We hope to hear from these recipients soon! If anyone is traveling out of state, please consider taking a book with you. We will have some books packaged, with our flyer at our meetings.

Ronald McDonald House

The collection of soda/ can tabs has resumed!! A combined effort of all members saving tabs will be helpful to the Ronald McDonald House.



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.

Unfortunately, we had to postpone our Salem Oaks Vineyard Lunch, but we are looking to reschedule for the very near future. Thank you for your patience and understanding.

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 for, others, you can contact Jody to get on the list for the activities you are interested in. We want to let you know that we are working hard on events for the winter and spring, as we look forward to some fun activities that we hope you will enjoy in the coming months.

FRIDAY, OCTOBER 13, 2023: 8:00pm **Pitman Broadway Theatre - Cooking with the Calamari Sisters**

This event has closed. Tickets have been purchased and money paid. There were seven (7) ladies in our club that expresses interest in attending this special presentation. 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. If you let me know, I will be happy to tell you where the group is sitting and you can see if there is availability in close proximity. If you have purchased a ticket, and can no longer attend, I do have a club sister that is interested in purchasing it from you.

MONDAY, OCTOBER 16, 2023: 6:00pm **Basket Raffle - Four Star Event Catering** 595 Princeton Blvd., Wenonah, NJ. **SOLD OUT!** Hope to see everyone here.

WEDNESDAY, OCTOBER 25, 2023: 10:00am
Ghoulishly Great Breakfast - Piston Diner
RSVP to Jody by October 15. We hope you'll be able to join in for breakfast. I will need a head count to share with the restaurant by October 15. I will put out a final notice when I know who is planning to attend, so that you can 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 in seeing this collection, please plan to attend this event with us. **FINAL CHANCE** to get your tickets.

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 NOW (856-783-4222 Voorhees Office, 856-589-6900 Sewell Office) If we do not have 35 interested persons by October 5th, this event will be canceled.

WEDNESDAY, NOVEMBER 15, 2023: 6:30-9:30pm **Board and Brush 503 Beckett Rd. - Swedesboro**

We hope you will be able to join in the fun. Board and Brush donated to our basket raffle very generously, so we are hoping to be able to show our appreciation and visit their establishment. Please note, this event has room for twenty-four (24) people. "This is a sip and paint wood sign workshop, for people who love to sip, paint, create, and connect with friends. You will be taught techniques needed to create a décor piece that looks professionally made and is worthy of your walls. Bring your creativity and a willingness to learn." In November's TIDBITS, if not before, I will attach/send a link for you to sign up, and see what piece you are interested in working on. **YOU** would then go online, select your project and pay. **YOU** are registering independently as a part of the WCWD group attending that night. B & B in turn, are generously giving us 20% back from the sales of that evening, as a fundraiser for our club. Upon your arrival, your selected item will be set up and waiting for you the evening of the 15th.



PLEASE NOTE: your payment is non-refundable if you have to cancel. **HOWEVER,** it can be used to reschedule for another time, IF you give at least 3 days notice. Once you have made your reservation, please let me know, so I can keep a record of who is attending to put out for carpooling, and a refreshment list - we are permitted to bring refreshments, including wine.



SATURDAY, DECEMBER 2, 2023: noon **Victorian Tea Party - Venue: Broad & Maple**

453 W. Broad Street - Gibbstown
If you are interested in attending this event, **you must make your own reservation(s).** The cost is \$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 and enjoy a Royal Tea Party adorned in the splendor of the Victorian Era. Specialty Scones & Tea Sandwiches from Jane's Tea House along with Premium Teas and Holiday Desserts from The Cookie Basket will delight your senses. Warm up at our Coffee & Hot Chocolate Bar complete with yummy toppings including sweet Whipped Cream! Mrs. Claus will be joining us to bring Holiday Cheer to all, and a Special Gift! Seasonal Decor & Music will bring the elegance and memories of Christmases past. Contact the Cookie Basket to reserve your spot and let us know when you're registered. Spaces will fill up quickly. 856-202-5352.

TUESDAY, DECEMBER 12, 2023: **30th Anniversary Dinner** Terra Nova - 590 Delsea Drive- Sewell (See page 3 for more information)

Other Possibilities we are looking into:

- 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.

PHOTOS: Peg's & Cynthia's Board & Brush projects.

FEDERATION NEWS

Isabella Cooper

Garden District Meeting

Our club hosted the first Garden District meeting of the Fall on Thursday, September 21. Pitman and Merchantville Women's Clubs served delicious refreshments. Sixty members and 13 clubs were registered for the evening, including 14 of our members attending.

Our president April greeted everyone, and Garden District Vice President Marie DiMatties gave opening remarks. Guest speaker for the evening was the State Chairperson for Domestic Violence, Dawn Pogosaew, who presented troublesome statistics for offences in our state, including 14,619 offences in our Garden District in 2020. Following Club reports, District chairman gave reports on the year's upcoming events and the date for the next Garden District Meeting was announced, Jan. 18.

Upcoming Important Dates

- 10/23: NJ State Fall Conference at Battleground Country Club, Manalapan
- 11/30: NJSFWC Headquarters Holiday Open House—Festival of Trees
- 1/15/24: NJSFWC Day of Service—all Districts to partner and support Domestic Violence Centers with a hands-on project TBA.
- 1/18/24: Garden District Meeting at Riverton Porch Club

South Jersey Dream Center

We did an amazing job in our fight against hunger for the September Day of Service! Food donations for the month were 272 lbs!! Money was donated to buy 22 meals and \$100 was also donated.

Thank you so much to everyone who helped out. Please remember that many people in our community still need your help. Peg Shirey and I will continue collecting food or you can bring it to our meetings.

Cynthia Holmes- Butler



- 3/22/24: Arts Performing Day at Salem County College
- 5/5-8/24: State Convention, "A Federation Sisterhood of Friendship" celebrating NJSFWC 130th anniversary.

GFWC's New Civic and Engagement Outreach Initiative Announced

GFWC will now be assisting in fundraising efforts for the United States Coast

Guard Museum in New London, Connecticut. The United States Coast Guard was established in 1790 and women have been an integral part of its mission since then. Women served as assistant lighthouse keepers during the Revolutionary War when men were away in war. Today, the Coast Guard Commandant, Admiral Linda Fagan, serves as the first woman to lead a branch of the United States military. The Coast Guard was the first to grant women an opportunity to attend Officers Candidacy School in 1970 and many women hold leadership roles. The present enrollment for women stands at 43% for 2026, higher than the other three services.

"Currently, the Museum Foundation has raised \$142 million. Let us honor the women who served in the past, those who serve now, and those who will serve in the future with values, honor, respect, and devotion to duty with our fundraising skills and push the United States Coast Guard across the finish line."

GIRLS' CAREER INSTITUTE

Clara Campbell, Sandy Mastrangelo, Kim VanZoeren-Czoch

GCI: Five of the delegates that our club and club members sponsored spoke at our September meeting. Every single one thought it was an amazing experience. They had fun and made new friends in this four-day mini college experience in June. Congratulations and best wishes to all of them!



HEALTH AND WELLNESS

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

Angels Community Outreach—368 lbs of clothing

**Jeannette's Closet—316 lbs of clothing
GWCM pantry—141 new bras (Mother's Day) donated.**

Free the Girls—40 more gently used bras donated and sent to this organization (total 175 bras). Thank you note rec'd. We collected a very generous amount of art supplies (several large boxes) 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 6-7P to demonstrate CPR to anyone who is interested.

Breast Cancer

Since October is breast cancer awareness month and several of our members are walking in the Making Strides Walk on the 15, it seemed right to dedicate this article to breast cancer. Obviously, breast cancer is **cancer** that forms in the cells of the breasts. After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. Breast cancer can occur in both men and women, but it's far more common in women.

Risk Factors

See the CDC website for a good article on risk factors. https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm

BRCA1 and BRCA2 (from the National Cancer Institute)

BRCA1 and BRCA2 are genes that are associated with an increased risk of cancer, most notably breast cancer and ovarian cancer. People with mutations in either BRCA1 or BRCA2 have a much higher risk for developing breast, ovarian or other types of cancer than those without mutations in the genes. When working properly, BRCA1 and BRCA2 are tumor-suppressor genes that protect the body from developing certain cancers. When these genes change (mutate) they do not suppress tumors like they should. If you have a family history of breast or ovarian cancer under the age of 45, it is advised that you talk with your health professional about getting the blood test.

Subtypes of breast cancer

Receptor testing on a biopsy is used to find out whether breast cancer cells have certain

receptors. These test results can inform treatment choices. For breast cancer, this includes the following:

Estrogen receptor (ER): If the breast cancer cells have estrogen receptors, the cancer cells are called ER positive (ER+). If the breast cancer cells do not have estrogen receptors, the cancer cells are called ER negative (ER-).

Progesterone receptor (PR): If the breast cancer cells have progesterone receptors, the cancer cells are called PR positive (PR+). If the breast cancer cells do not have progesterone receptors, the cancer cells are called PR negative.

Human epidermal growth factor type 2 receptor (HER2/neu or HER2): If the breast cancer cells have larger than normal amounts of HER2 receptors on their surface, the cancer cells are called HER2 positive (HER2+). If the breast cancer cells have a normal amount of HER2 on their surface, the cancer cells are called HER2 negative (HER2-). HER2+ breast cancer may grow more quickly and may be more likely to spread to other parts of the body.

Triple Positive: If the breast cancer cells do have estrogen receptors, progesterone receptors, and a larger than normal amount of HER2 receptors, the cancer cells are called triple positive.

Triple Negative: If the breast cancer cells do not have estrogen receptors, progesterone receptors, or a larger than normal amount of HER2 receptors, the cancer cells are called triple negative.

Treatments

Surgery, when used to treat cancer, is a procedure in which a surgeon removes cancer from your body. Depending on the type of cancer and how advanced, surgery may be used to remove the entire tumor, remove part of a tumor, or remove a tumor to help ease symptoms caused by cancer. There are many types of surgery. Surgery may be open or minimally invasive.

Chemotherapy

Chemotherapy (also called chemo) is a type of cancer treatment that uses drugs to kill cancer cells. Chemotherapy works by stopping or slowing the growth of cancer cells, which grow and divide quickly. Chemotherapy not only kills fast-growing cancer cells, but also kills or slows the growth of healthy cells that grow and divide quickly. Examples



are cells that line your mouth and intestines and those that cause your hair to grow. Damage to healthy cells may cause side effects, such as mouth sores, nausea, and hair loss. Side effects get better or go away after you have finished chemotherapy. Chemotherapy may be given in many ways. Some common ways include:

Oral: Pills, capsules, or liquids that you swallow.

Intravenous (IV): The chemo goes directly into a vein.

Injection: A shot in a muscle in your arm, thigh, or hip, or right under the skin.

Intrathecal: The chemotherapy is injected into the space between the layers of tissue that cover the brain and spinal cord.

Intraperitoneal (IP): The chemotherapy goes directly into the peritoneal cavity.

Intra-arterial (IA): injected directly into the artery that leads to the cancer.

Topical: Chemotherapy comes in a cream that you rub onto your skin.

Radiation therapy

Radiation therapy (also called radiotherapy) is a cancer treatment that uses high doses of radiation to kill cancer cells and shrink tumors. It can be used to treat cancer or help reduce symptoms when a cure isn't possible. Radiation therapy can be external beam or internal:

External beam radiation therapy comes from a machine that aims radiation at your cancer.

Internal radiation therapy is a form of treatment in which a source of radiation is put inside your body.

Immunotherapy

For some good info, see the American Cancer Society <https://www.cancer.org/cancer/types/breast-cancer/treatment/immunotherapy.html>

Survival rates

According to the American Cancer Society, the 5-year relative survival rate for localized breast cancer, cancer that has not spread outside the breast, is **99 percent**. For those whose cancer has spread outside the breast to nearby structures or lymph nodes, the survival rate is 86%.

The best way to ensure that breast cancer is caught early is to have regular visits to your gynecologist and to do regular breast self-exams.

DEAR SECRET PAL

Dear Secret Pal,
First I must apologize for not extending my thank you for the gift you gave me in June. I am soo sorry - I have no excuse. The gnomes were in my front window, and the chocolate is long gone. Thank you. I hope you had a wonderful summer.

Now, I must thank you for the present you left next to my door this morning (9/20/23). What a surprise to come home from my early morning walk and find a beautiful gift bag of goodies! Now I am intrigued as to who else is up and about by 6:00/6:30 in the morning. The lavender candle and the dishtowels are appreciated. Dishtowels are a thing I truly need, and never remember to purchase. They will match my kitchen perfectly. As for the candle, I always have a candle burning in my family room, as long as one of us is home, so that will be put to great use. As for the chocolate bar, that goes without saying... this girl loves her dark chocolate.

Thank you so much for thinking of me. I



can't wait to see who you are when we reveal in December. Stay well and thanks again.
—Jody

Dear Secret Pal,
Thank you so much for my birthday gifts. First, it was great to receive at the meeting since I was there on my birthday! The next day, I started to put up all my new

fall decorations. Now, I am looking forward to getting a new book and snuggling in on a cold fall day. Thanks again.
—Sincerely, Barb O.

Dear Secret Pal,
What a wonderful way to start the club year with the wonderful donation to the West Deptford Free Public Library in my name. As you know, the library is very special to me and has helped encourage reading for so many young people over the years. Thank you so much for such a thoughtful gift. I am so touched that you remembered me this way. Also, the beautiful yellow Gerber Daisies were a lovely way to start my month. You truly are such a special person.
—Warmly, April

Dear Secret Pal,
Thank you, thank you for the surprise Visa gift card. I will use it for something special. I appreciate your kindness and generosity.
—Warmly, Peg S.



WEST DEPTFORD FAMILY FUN DAY (left) was a fun and productive time for our club. Thanks to all that helped staff our booth and talked up the club to the women of West Deptford.



RED, WHITE, AND BLUE was the theme of our September meeting to celebrate Patriot Day.



Woman's Club of West Deptford 2023 Fall Mum Sale
 9x6" Pots, Perennials – **Come back following year.**
\$9.00 or 3 for \$25 each (Money due by October 4th)
Pick up October 7st & 8
 Michael Williams Florist, 403 New Street, West Deptford NJ 08086

Name: _____

Style	Color	Quantity	Total (@\$9 each or 3 for \$25)
	Yellow		
	Red		
	White		
	Purple		
	Orange		
	Bronze		
	Gold		
	Lavender		
		Total Mums:	Total Cost:
JM Signature: _____			Total Paid:

You must bring top portion to pick up Mums



Complete Bottom and Deliver with payment to:

Janice Morrison, 295 Night Hawk Circle, West Deptford, NJ 08086

Your Name: _____

Color	Quantity	Color	Quantity
Yellow		Orange	
Red		Bronze	
White		Gold	
Purple		Lavender	
			Total Mums:
			Total Cost:

Total Payment: \$ _____

Payment Method: Check – Check Number _____
 Cash