

Tidbits

November 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, November 14

6:00 p.m. at St. Paul's

NOTE EARLY START!

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

Refreshments

Beverages: Janice M., Dorothy A.

Desserts/Snacks: Carol F., Peg S., Sandy M., Linda M.

November Birthdays

- | | |
|-------------|-----------------|
| 3—Denise P. | 17—Cynthia H-B. |
| 4—Chris T. | 21—Lisa H. |
| 7—Kim VZC. | |

COLLECTIONS

- ♥ Linda M. & Janice: 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



It is hard to believe that we are in November and looking toward the end of 2023. What a great year it has been! I am so looking forward to attending our 30th Anniversary Celebration and enjoy the Holidays at our December meeting at Terra Nova. If you have not done so, please make sure you bring your dinner monies to our November meeting so that you can enjoy celebrating 30 years of Federation Friendship, Volunteering, and Service with our Club Sisters.

"You are important, You matter, You are enough, You are beautiful, You are loved, You are capable, You are soulful, You are wonderful, You are needed, Yes You Are!"

—Author Unknown

November is **Membership Appreciation Month** and there is no better time to tell all of you how much we appreciate you and what you do each month for the Woman's Club of West Deptford. The quote above just summarizes how much your contribution means to our success...so from me and your board...thank you and know that we think you are pretty awesome!!!!

Our **November meeting** is going to be a very busy one. Please remember that our meeting will start promptly at 6:00 pm as we will be having the Gloucester County EMS as our guests who will be demonstrating and training us in CPR. A big thank you to Chris T. for organizing this educational program. All of us will go away learning so much about this very important life saving skill.

I would like to recognize our **Committee Chairs** once again for working with me and the board to limit their collection to three

months a club year. So far, the response has been positive. November and December will be Civic Engagement and Outreach. Look for more information in this newsletter.

Along this same topic, the members almost unanimously voted to have a **Zoom January Meeting**. I am totally on board with that as the weather is so unpredictable. It will be a cozy meeting where you will be responsible for your own snacks and beverages. ☺ That being said, the committees who are collecting in January are Family Promise, Civic Engagement and Advocates for Children. As we will not be meeting in person in January, please feel free to drop off any requested items for these committees to my house, any board member's home or the committee chair. We will make sure that your donations get to the right committees. February will be Health and Wellness and Domestic Violence. Please look for the most updated information on what these committees will be collecting in this and next month's newsletter. Thank you all for making these collections run smoothly each month.

Our **State Project** will be getting a wonderful donation from our 50/50 ticket sales at the Basket Raffle. Thank you to all who bought tickets. At our October meeting, Cheryl asked for a motion to adopt one family from the Emmanuel Cancer Foundation. We voted to give Cheryl \$500 toward making Christmas special for our adopted family. Once we receive the information on the Christmas Party and the needs of our adopted family, we will share everything with all of you.

Yup...with the end of the year almost upon us, it is time to get our information together for the **committee report writing**. The forms have been sent to me and I will be giving them to the Committee Chairs at our November meeting so that they can get started on their reports. Janice M. will be attending a

Continued on next page →

President's Message, continued

Zoom meeting on Report Writing before our November meeting and will be giving a summarized report on what Headquarters is looking for in our reports.

Remember to check out the **Social Article** this month...Our social committee works very hard to offer amazing activities for our members. Each month there is something for everyone. We just met at Piston's for our Ghoulish Breakfast which was delicious. I really look forward to getting together with our Club Sisters for this event.

At this year's **Garden District's Membership meeting**, headed by Sue Sheehan, clubs were informed that our District is participating in a special team project. This year our District is committing to a "Teen Suicide/Mental Health" project. A committee has been formed within the District with members from other clubs who will be working on what project we can all do to support this important initiative. More information will be coming. If you have any ideas on a project to support teens with the pressures they face, please send your thoughts to Cynthia H-B., Janice M. or myself. We will forward your suggestions to Sue Sheehan, District Membership Chair.

As I end this article I want to **remind** everyone that we have our regular meeting this month starting at 6:00 pm, our Anniversary Dinner at Terra Nova in December, a Zoom meeting for January and we will be back to our regular in-person meetings in February starting at 6:30 pm. Don't forget your Secret Pal gifts for this month's meeting and we will all be finding out who our Secret Pals have been this year at our December Dinner with our final gifts from them. I can't wait to find out who mine has been. I have been spoiled this year!

Happy Thanksgiving to all my Club Sisters. May you have a wonderful day with your family and friends. This is one of my favorite holidays as our day is all about being thankful for the people in our lives and our blessings that we enjoy each and every day.

Thanksgiving Blessings to you all!

April



Shout Out to Members!

One of the best things about this article is recognizing our Club Sisters. While all of you are the best and do so much for the club, sometimes it is nice to recognize some of our members for the special activities that they have been involved in during the past month. As November is Club Membership Appreciation Month... this is just one way to recognize our members who make the WCWD so awesome and unique.

"Don't wait until you reach your goal to be proud of yourself; be proud of every step you take." —Karen Salmansohl

This quote is just perfect to remind each and every one of you that no matter what activity you are doing, be proud of what you do. We are so happy and proud that you are part of this amazing group of women and hope you know that because of you...we continue to be the best!

Let's start our accolades by recognizing the Chairs of our Basket Raffle, Denise H., Sue N., and Nancy D., who worked tirelessly behind the scenes to make our event so successful. Also to the volunteers who manned the raffle ticket sales, super basket ticket sales and the State Project 50/50 table as well as the runners, door greeters and admission ticket collectors. All of you helped make our event run smoothly. Finally...to all of our members who sold tickets, donated incredible baskets and supported this huge fundraiser. Because of your efforts, we surpassed last year's total for the raffle, to once again support the organizations that we donate to each year.

I also want to recognize all of you who took the time to wear pink or purple at our October meeting in recognition of

Breast Cancer Awareness or Domestic Violence Awareness. Seriously, our club picture is just pinkalicious! (A little purplealicious, too.) Just this little effort shows our support of those who have been affected by both.

Along this same theme, let's recognize the energetic group who walked under the title, "WCWD is Making Strides Against Cancer" this past month. Linda M. with her husband John headed the team, which included Jan A., Lisa H., Jody and David H. They were able to raise a significant amount of money to help find a cure to this disease. Way to go!

As this is Membership Appreciation Month, I want to recognize Cynthia H-B. and Janice M. who joined me at the Had-don Fortnightly where we attended the Garden District Membership Meeting headed by Sue Sheehan. It was a very informative meeting and we were able to share our Membership successes and goals. I do want to say that we do most everything that was brought up by the different clubs and are definitely supporting the NJSFWC initiative to increase membership.

Denise H. and Cheryl F. took a day to attend the State Fall Conference and brought back a lot of information to share with us. They had a fantastic time and will be looking to encourage more members to go next year!!!

Finally, I want to recognize Cheryl F. who personally took our donation for Operation Blessing to the WDHS where the staff will be able to purchase the items needed to help our WD families. I also want to recognize Sue N. once again who filled out forms to get \$1,000 in ShopRite gift cards, which Cheryl also took to our WD Elementary Schools so that we could adopt a family in need at each school, who will now be able to get a Thanksgiving Dinner for their family.

We are the best at what we do! Thank you all for your support in all that we do to make a difference in West Deptford!!!!

—April

FIRST VICE PRESIDENT

Janice Morrison

It's time to start planning for the holidays! I know I am looking forward to the wreath making that the Arts & Culture has planned. I am not crafty so am relying on their expertise to make a beautiful wreath.

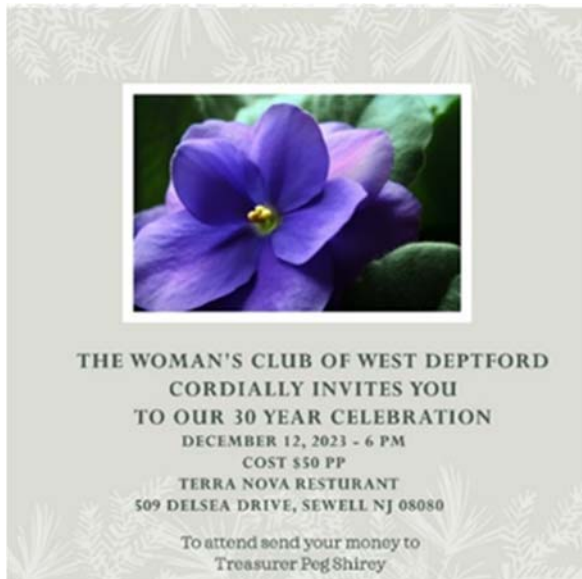
Fundraising

The next fundraiser will again be poinsettias by Michael Williams Florist. They were beautiful last year and by all expectations they will be beautiful this year. Michael is holding his pricing and so we are too. There are four varieties to choose from, and in 2 sizes – a 4 ½ pot, and a 6 ½ pot. The 4 ½ is \$7, and the 6 ½ is \$12. The order form is attached. Money is due by December 1st and pickup is at my house on December 8th between 4pm and 6pm. In addition to purchasing for your home, these make great hostess, teacher and/or instructor gifts. This is our last fundraiser for 2023. Sue Nelson has again offered to take the orders at the meeting, so please have your forms and money ready.

In March 2024, we will again do the "Pizza for a Purpose" with Ciconte's in West Deptford. More information to come.

30th Anniversary Dinner

The committee is putting on the final



touches and all we need is for you to sign up. Please remember to bring your payment (\$50) to the November meeting and give it to either Peg or me. It should be a memorable time for all. Since I had the privilege of looking at all the past pictures and projects, I really gained an appreciation of what these wonderful women who came before us did for our community. Please join us in honoring their great work.

Hours

Most members sent their hours in for the 3rd quarter, but not enough to report out the statistics. If you have not already done so, please send me your hours for July, Aug, and Sept.

SECOND VICE PRESIDENT/MEMBERSHIP

Cynthia Holmes-Butler

November is **Membership Appreciation Month**. The Board Members appreciate all you do to make us a great club. Our Basket Raffle was a huge success because of everyone doing their part and working together. Thank you all!



April, Janice, and I recently attended a Membership district meeting at Haddon Fortnightly. Ladies from several clubs talked about all they do to enlist members and keep them involved in the club. We do almost 100% of everything mentioned by the other clubs. We left feeling very proud of our wonderful club.

We have a new member joining the club, Peg O'Loughlin! Also, we may have a visitor at the November meeting. So please welcome them!



- ◆ Several WDHS teachers honored senior Corey Ratcliffe, grandson of Linda & Bill Jones, by presenting him with the SOARING EAGLE AWARD at the last school board meeting. As a member of the student council, Corey has welcomed students at the Frosh Fest event the last two years; adds humor, and makes the new students feel at ease. He has been class president for the past four years in high school. Nice recognition Corey!!
- ◆ Congrats to college sophomore Jake Cobb, grandson of Linda & Bill Jones, and the MIT Cross Country Team for capturing the school's 25th consecutive NEWMAC Men's Conference Championship. Good luck in the regionals and nationals! Great work Jake!!
- ◆ Cynthia Holmes-Butler's son Ryan just got engaged on Halloween night to Angie Sanchez. Halloween is Angie's favorite holiday, so Ryan popped the question at a Jack-O'Lantern festival!



TAKING TICKETS: Jeannette W. and Peg S. greeted everyone entering our Basket Raffle.

BASKET RAFFLE

Nancy D'Amico, Denise Hosier, Sue Nelson

Thanks so much to everyone who put their blood sweat and tears into our Basket Raffle. You ladies contributed such lovely baskets. All of the ladies who worked that night did an awesome job. A huge thanks to our great club and to everyone that made our fundraiser a great success.



ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt, Pixie O'Hara

School Nurse Project

Last month was our collection for Elementary School Nurses. Our club members are kind and generous. Each Elementary School Nurse received a large bag of needed supplies. We extend a huge thank you to all of you.



We are still collecting Soda can tabs for Ronald McDonald house with Carol Dechen. You can bring them to the meetings.

CIVIC ENGAGEMENT AND OUTREACH

Sharon James, Linda Clark

14th Annual Wreaths of Remembrance

Wreaths of Remembrance will take place on Dec 2nd, 2023 and our local organization, People to People, is committed to laying a Wreath of Remembrance on each of the over 3600 graves at the Gloucester County Veterans Memorial Cemetery. WE WILL NEVER FORGET the sacrifices made by our Veterans, but in order to meet its goal, the organization needs your support!

You can sponsor wreaths that will be laid on the graves by volunteers. Click the link at the end of this article to donate online or send a check to People for People (write wreaths on the memo line), PO Box 256, Mullica Hill, NJ 08062.

Please let Linda C. or Sharon J. know if you donate. We will track club donations for our report to the state.



Volunteers Needed, Too

People to People is also looking for organizations, groups, clubs and businesses to volunteer to help lay the wreaths. If you're interested call Janis at 856-579-7561.

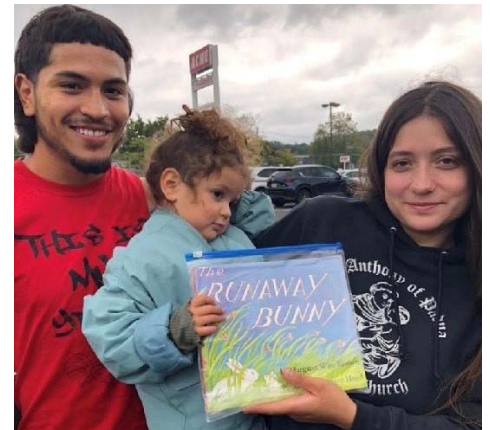
Click Here to Sponsor Wreaths: <https://peopleforpeople.salsalabs.org/wor2023/index.html>

Share A Book

Our Share-A-Book project has been great fun. Our members have left many books for young readers to find. Lily, below, was very happy to receive book.

We left books at a Free Little Library, a Cranberry Festival and in Hawaii. We are hoping to hear back from some our recipients.

If any members are going out of our immediate area, we will have more books to share at the November meeting.



DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

As school was starting back, I wondered what the effects of domestic violence had on school age children. Not surprisingly, according to the U.S. Government Office of Women's Health it has a profound and long-lasting impact.

Children in homes where one parent is abused may feel fearful and anxious. They may always be on guard, wondering when the next violent event will happen. This can cause them to react in different ways, depending on their age:

- **Children in preschool.** Young children who witness intimate partner violence may start doing things they used to do when they were younger, such as bed-wetting, thumb-sucking, increased crying, and whining. They may also develop difficulty falling or staying asleep; show signs of terror, such as stuttering or hiding; and show signs of severe separation anxiety.

- **School-aged children.** Children in this age range may feel guilty about the abuse and blame themselves for it. Domestic violence and abuse hurts children's self-esteem. They may not participate in school activities or get good grades, have fewer friends than others, and get into trouble more often. They also may have a lot of headaches and stomachaches.

- **Teens.** Teens who witness abuse may act out in negative ways, such as fighting with family members or skipping school. They may also engage in risky behaviors, such as having unprotected sex and using alcohol or drugs. They may have low self-esteem and have trouble making friends. They may start fights or bully others and are more likely to get in trouble with the law. This type of behavior is more common in teen boys who are abused in childhood than in teen girls. Girls are more likely than boys to be withdrawn and to experience depression.

More than 15 million children in the United States live in homes in which domestic violence has happened at least once. These children are at greater risk for repeating the cycle as adults by entering into abusive relationships or becoming abusers themselves.

For example, a boy who sees his mother being abused is 10 times more likely to abuse his female partner as an adult. A girl who grows up in a home where her father abuses her mother is more than six times as likely to be sexually abused as a girl who grows up in a non-abusive home.

Children who witness or are victims of emotional, physical, or sexual abuse are at higher risk for health problems as adults. These can include mental health conditions, such as depression and anxiety. They may also include diabetes, obesity, heart disease, poor self-esteem, and other problems.

October was Domestic Awareness month. We hope you wore purple in support of this important topic. If you or someone you know experiences domestic violence call 866-295 7378.

SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

Family Promise of Southwest New Jersey has been operating a Transition Housing Program since 2015 thanks to the generous partnerships with local churches. Their latest partnership is with St. Paul's UMC of Bridgeport who welcomed their first family this past August.

This family is eternally grateful for the program, the church, and all of the volunteers who helped get them back on their feet in just 2 short months. So Family Promise continues to help homeless families.

At the October club meeting we collected \$15.00 toward duffel bags. April also donated 12 new Vera Bradley duffel bags. **Thank you! Thank you!**

I delivered 17 donated duffel bags to the office of Family Promise of Southwest New Jersey in Mickleton.

Our club will continue to help this year by purchasing duffel bags for the families in the program. **Thank you so much for your continued support to help the homeless in our community!**



SUPER BASKET was worth about \$2,000 and included three large designer bags and many smaller ones.



HEALTH AND WELLNESS

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

Angels Community Outreach—540 lbs of clothing donated.

Jeannette's Closet—380 lbs of clothing donated.

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.

Nursing Home—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 6-7 p.m. to demonstrate CPR to anyone who is interested.

National Family Caregivers Month

is November. This is the month dedicated to recognizing individuals who provide care and support for their loved ones who are ill, disabled, or elderly. Hopefully with a better understanding of the crucial role that caregivers play today we will become more aware of the challenges faced, as well as the dedication of these caregivers. There are nearly 48 million caregivers caring for someone over the age of 18.

Family and friends are the most basic unit of any society. Today one in five (19%) Americans are caregivers for a loved one. They are providing unpaid care to an individual with health or functional needs. For these caregivers, many have difficulty coordinating care with their daily lives, as 61% of Family Caregivers are also working. 23% of American Caregivers say their mental and physical health is suffering.

As our population ages, more caregivers (26%) are caring for someone with Alzheimer's disease or dementia. This number has increased dramatically in the past few years and the responsibility of caregiving usually falls on the spouse or partner.



National Family
Caregivers Month
NOVEMBER

Since most caregivers are women, these women need to be aware of Caregiver burnout. Women are more likely to develop symptoms of anxiety and depression. These two are likely to increase the risk of other health problems, such as heart disease and stroke.

If you are a Family Caregiver here are some tips to help you:

1. Seek support from other caregivers or family members. You are not alone.
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work, so take respite breaks often.
6. Watch for signs of depression and don't delay getting professional help when needed.
7. Be open to new technologies that can help you better care for your loved one.
8. Organize medical information so it is up to date and easy to find.
9. Make sure all legal documents are in order .
10. Give yourself credit for doing the best you can in one of the toughest jobs there is.

If you are not a caregiver but wish to become involved with National Family Caregivers Month here are some ways to show your support: Express your gratitude. Take time to thank caregivers for their dedication and selflessness. Help: if you have a friend or family member who is a caregiver, offer to help with tasks such as shopping, cooking, or offering respite care. Join support groups: connect with local or online groups to share experiences and gain valuable insight. Advocate for caregiver rights and donate to caregiver organizations.

For more information you may go to www.caregiver.org. AARP also provides information and support. <https://www.aarp.org/caregiving/>

If you are a family caregiver and have questions or just need to talk, Caregiver Help Desk offers free support to families across the country: 855-227-3640



CANCER WALK: Our ladies formed a team in the Making Strides Against Cancer Walk on October 15. We have several survivors in our club and many supported the walk by walking or donating. From team leader Linda M: "Walk for breast cancer raised over \$1300! Thank you all for your generosity." Let's all pray for a cure!

HISTORY SPOTLIGHT

Linda Jones

What environmental project has the NJSFWC been most famous for?

WOMEN'S FEDERATION MEMORIAL

DID YOU KNOW.....

The Cliffs at the Palisades along the Hudson River in New Jersey was this famous project. Recorded back to the deep geological time of about 200 million years ago, the cliffs at the Palisades provide parks, trails, and wildlife to explore. There you will encounter dense woodland abutting a soaring rock wall. The Palisades Interstate Park covers about 2,500 acres of riverfront forest rising up 500 feet from the water's edge. This beautiful sight is made up of dark igneous rock and basalt cliffs across 50 miles of the Hudson River.

The gorgeous New Jersey landscape was nearly lost to the continual pressures of the age of industrialization in America. Going back millions of years ago, volcanic activity created this zone and geologists located the perfect place to read rock formations. Cores from the rocks were drilled out to look at mineral deposits and dinosaur footprints were discovered. This research continues to discover more about how climate influenced mass extinction events as these layers of exposed rock are crucial to their research. However, the culprit was runaway mining over a century ago that almost destroyed the Palisades and this geological treasure.

A century ago, the Palisades was a source of rock for use in railroads and railways across New Jersey and New York. Miners would blast the cliffs with dynamite to collect broken-up boulders that were left behind due to the need for concrete for construction purposes as well. This prompted lobbying by the New Jersey State Federation of Women's Clubs and the establishment of the PIPC or Palisades Interstate Park Commission. The ladies were mainly concerned with open space and a natural refuge for countryside visitors. Because the National Park Service did not exist, a commission was needed to investigate over 30 miles of interconnected hiking trails which the women's club members wanted to save. The outcome was panoramic views, an

easy two-mile hike, and a stone tower which is a monument to the women who saved the park.

The Women's Federation Monument is on the cliff top in Alpine, N.J., dedicated April 30, 1929 to honor the role that the NJSFWC took in preserving the Palisades. This beautiful area consists of towering sheer cliffs, waterfalls, and rock pillars. As the ladies fought for legislation to protect the Palisades; the N.J. and N.Y. governors formed an Interstate Park Commission to acquire land to preserve the cliffs and shorefront. As a result, the monument built in 1929 was designed to resemble an ancient watchtower like those along the River Rhine in Europe. Members of the Englewood Women's Club took up the purpose to get sister clubs all across the state of New Jersey interested in the cause. During a state convention in the north, some of the women's leaders viewed the quarry devastation and decided that the Palisades must be saved.

NOTE: A generation before suffrage the women of N.J. fought against 300 men who blasted and broke down stone from these quarries. The power and money of these people did not prevent the unique Interstate Park from being created. The land at Alpine on top of the cliffs was



named "Federation Park." This little "castle" on the Palisades is now part of the New Jersey's Women's Heritage Trail.

I hope that you enjoyed reading about the past history of this important endeavor to preserve the beauty of a N.J. treasure and geological site for ongoing and future study by looking back in the mirror of time!



SOCIALLY SPEAKING

Jody Harris, Margie Maines, Kat Nixon, Holly Revelas

We hope these events are activities 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.

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 event you are interested in. We want to let you know that we are working hard to find activities for the winter and spring, as we look forward to some fun events that we hope you will enjoy in the coming months.

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. 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." Below is the 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 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, for our club. Upon your arrival, your selected item will be set up and waiting for you the evening of the 15th. 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. [CLICK HERE](#) Access Code - WDWC23

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 with us 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 to present each Guest with a Special Gift! Seasonal Decor & Music will bring the elegance and memories of Christmases past. Contact the Cookie Basket to reserve your spot and then let us know when you're registered. Spaces will fill up quickly. **The Cookie Basket : 856-202-5352**

WEDNESDAY, DECEMBER 6, 2023: 9:00-11:00am Whole and Grounded Café. 5 Delaware Street - Woodbury.

During this busy holiday season, we hope you'll be able to find a few minutes to join your club sisters for a cup of coffee, tea, hot chocolate or a bagel, between 9-11am. We wanted to once again support this local business, as they have supported us in the past. This is a scheduled [pop-up event](#), so no need to let us know if/when you can make it, but we hope you will.

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

Sneak Peek into 2024

WEDNESDAY, JANUARY 3, 2024: 7pm Zoom Book Club Mtg.

We will be discussing [Lessons in Chemistry](#) by Bonnie Garmus *Please RSVP by 12/28 to Jody to be placed on the Zoom invite list.*

"Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing. But it's the early 1960s and her all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. True chemistry results. Like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, *Supper at Six*. Elizabeth's unusual approach to cooking ('combine one tablespoon acetic acid with a pinch of sodium chloride') proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo."

WEDNESDAY, JANUARY 17, 2024: 10am, Piston Diner, 821 Crown Point Rd. - Westville

RSVP to Jody by January 10th
Welcome in the New Year with a nice hot breakfast, and some very "cool" friends. We hope you are able to join in our first breakfast of the New Year. A head count is needed by the week prior (January 10) to share with the restaurant. I will put out a final notice when I know who is planning to attend, so that you are welcome to make carpool arrangements. Each attendee will be responsible for purchasing their own breakfast from the menu.

TUESDAY, JANUARY 23, 2024: 7pm Zoom Trivia

Join us from the comfort of your home for a game or two of trivia. You can join in without a concern about the weather, or driving in the dark. A fun time with your club sisters on zoom for an hour or so. You're welcome to get cozy and comfy in your favorite pajamas, with your own beverage/snacks. I will put the invite out to the club at large, a day or so in advance. Everyone is welcome to join in.

TUESDAY, FEBRUARY 13, 2024: Following the meeting. Galantine's Day Pollyanna

"A day for women to celebrate their friendships with their lady friends."

Galantine's Day is on our February meeting. In honor of that, your social committee decided that this year we would like to do a Galantine's Day Pollyanna. If you wish to participate, we ask that you bring in a small wrapped gift (\$5-\$10 max). All the gifts will be placed on a designated table and as you put down a gift you will be given a number. When we get to the designated time, we will pick our gifts based on the order of numbers. Everyone who brings a gift, will go home with a gift.

WEDNESDAY, MARCH 6, 2024: 7pm Zoom Book Mtg. [Go As a River](#) by Shelly Read *Please RSVP by 3/3 to Jody to be placed on the Zoom invite list.*

"In the spirit of Where the Crawdads Sing, and set amid the beauty and wilderness of the Colorado mountains, an unforgettable and deeply moving story of a young woman who follows her heart. Seventeen-year-old Victoria Nash runs the household on her family's peach farm in the small ranch town of Iola, Colorado—the sole surviving female in a family of troubled men. Wilson Moon is a young drifter with a mysterious past, displaced from his tribal land but determined to live as he chooses. Victoria's chance encounter with Wil on a street corner profoundly alters both of their young lives, igniting as much passion as danger. When tragedy strikes, Victoria leaves the only life she has ever known, fleeing into the nearby mountains. Taking shelter in a small hut, she struggles to survive in the wilderness, with no clear notion of what her future will be. As the seasons change, she also charts the changes in herself, finding in the natural world the strength and meaning that set her on a quest to regain all that she has lost, even as the Gunnison River rises to submerge her homeland—its ranches, farms, and the beloved peach orchard that has been in her family for generations. Inspired by true events surrounding the destruction of the town of Iola in the 1960s, *Go as a River* is a story of deeply held love in the midst of hardship and loss, but also of finding courage, resilience, friendship, and finally, home—where least expected.

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

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.



FEDERATION NEWS

Isabella Cooper

GFWC National Day of Service a Big Success

GFWC reports that the Inaugural GFWC National Day of Service was a huge success. Participants included 880 clubs, 24 Districts, 29 State Federations, 5 National Clubs, the Middle Atlantic Region, and Aruba, an international affiliate club.

Projects ranged from supporting food banks, soup kitchens, backpack programs, and collections of food and gift cards.

Cyber Clubs Growing New GFWC Membership

Cyber and virtual clubs are growing as real, federated clubs. Cyber clubs can fill the gaps of traditional brick-and-mortar clubs through a greater outreach not limited by geographical location. They usually meet less often than traditional clubs and meet via virtual meeting platforms such as Zoom.

Women attracted to cyber clubs include women who cannot meet at traditional clubs, have relocated permanently or temporarily, lack transportation, are military members or spouses, are former Juniors members who are advancing their education, have extremely limited time, live in nursing homes or assisted living, or are friends who live far apart.

These GFWC members most often micro-volunteer by participating in parts of projects and sending their labors to one

chairman to collect or assemble, or by completing a project at home and reporting their progress to their virtual club.

GFWC Legislative Action Center Updates

The GFWC Legislative Action Center is again urging Congress to act on these bipartisan measures before the end of this calendar year.

- **Food Insecurity** that includes funding for Meals on Wheels and reauthorization in the Farm Bill for nutrition programs serving women, children, and students.
- **Shot@Life** that urges funding for global vaccine.
- **Violence Against Women** programs and the VOCA Crimes Victims Fund that provides funds for domestic violence and sexual assault services and survivors.
- **Kids Online Services** that address child exploitation material and human trafficking utilizing various Internet platforms.

Upcoming Important Dates

- 11/30: NJSFWC Headquarters Holiday Open House—Festival of Trees
- 1/15/24: NJSFWC Day of Service—Theme: “Victims of Abuse”
- 1/18/24: Garden District Meeting at Riverton Porch Club
- 3/22/24: Arts Performing Day at Salem County College
- 5/6-8/24: NJSFWC State Convention celebrating 130th Anniversary, “A Federation Sisterhood of Friendship”



SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Christmas Gifts for ECF

Emmanuel Cancer Foundation provides families faced with pediatric cancer a place to turn for comfort and relief through free supportive services uniquely tailored to the needs of each family.

For Christmas, children in ECF families are asked to make a wish list of three items they would like to receive for the holidays. Our club has appropriated \$500.00 this year to sponsor a family. Once I receive the wish lists from ECF, the shopping will begin!

The gifts will be given to the family unwrapped along with wrapping paper. This way the parents can see what each child will be receiving and decide how to present the gifts to their children. Some parents tell the children that they are gifts from ECF donors while others say the gifts are from Santa or themselves. It depends on their financial situation.

If you would like to help with the shopping, please reach out to me.

ARTS AND CULTURE

Ann Caswell, Kat Nixon, Susan Degnen, Sharon Hink

Happy Autumn!

We're heading into the holiday season so get ready for creativity! We are looking forward to our “wreath making” activity on Thursday November 9th at St. Paul's at 6:30 p.m. We're asking for a \$10 fee to cover expenses. Thank you to those who already paid. We will provide grapevine wreaths, glue, wire and other tools. Please bring supplies to put on your wreath such as: decorations, ribbon and scissors. All are welcome. We have 12 interested members so far. This should be a fun creative evening. Our committee has been thinking of an international dinner/activity, crocheting.

Mark your calendars for “Holiday Card Making” December 7th at St. Paul's. TDB. More information to follow.

ENVIRONMENT

Patty Wyzykowski, Denise Pitchford

Autumn weather has arrived and many of us are busy removing the fallen leaves and spent flowers from our yards and gardens. Perhaps we should consider holding off on our clean up until spring. Following is an excerpt from an article “Six reasons NOT to clean up the garden this fall” by Jessica Walliser. The information presented reveals how our pollinators, insects and birds rely on the fallen leaves and wilted plants to survive the winter and make nests for their offspring.

Six important reasons NOT to clean up the garden in the fall

by Jessica Walliser

1. The Native Bees:

Many of North America’s 3500-plus species of native bees need a place to spend the winter that’s protected from cold and predators. They may hunker down under a piece of peeling tree bark, or they may stay tucked away in the hollow stem of a bee balm plant or an ornamental grass. Some spend the winter as an egg or larvae in a burrow in the ground.

All native bees are important pollinators, and when we remove every last overwintering site by cutting everything down and completely cleaning up the garden, we’re doing ourselves no favor. We need these bees, and our gardens can provide them with much-needed winter habitat.

2. The Butterflies:

While the monarch flies south to overwinter in Mexico, most other butterflies stay put and take shelter somewhere dry and safe until spring. Some butterflies, like the mourning cloak, comma, question mark, and Milbert’s tortoise shell, overwinter as adults. They nestle into rock fissures, under tree bark, or in leaf litter until the days grow longer again and spring arrives. Butterflies that overwinter in a chrysalis include the swallowtail family, the cabbage whites and the sulphurs. Many of these chrysalises can be found either hanging from dead plant stems or tucked into the soil or leaf litter. You can guess what a fall gardening clean up does to them.

And still other butterfly species, such as the red-spotted purple, the viceroy, and the meadow fritillary, spend the winter as a caterpillar rolled into a fallen leaf or inside the seed pod of a host plant. If we cut down and

clean up the garden, we are quite possibly eliminating overwintering sites for many of these beautiful pollinators (and perhaps even eliminating the insects themselves!). Another excellent way you can help butterflies is to build a caterpillar garden for them. Declining butterfly populations are one of the best reasons not to clean up the garden.

3. The Ladybugs:

North America is home to over 400 different ladybug species, many of which are not red with black polka-dots. While the introduced Asian multicolored ladybug comes into our homes for the winter and becomes quite a nuisance, none of our native ladybug species have any interest in spending the winter inside of your house. Most of them enter the insect world’s version of hibernation soon after the temperatures drop and spend the colder months tucked under a pile of leaves, nestled at the base of a plant, or hidden under a rock. Most overwinter in groups of anywhere from a few individuals to thousands of adults. Ladybugs are notorious pest eaters, each one consuming dozens of soft-bodied pest insects and insect eggs every day. Leaving the garden intact for the winter means you’ll get a jump start on controlling pests in the spring. Skipping a fall gardening clean up is one important way to help these beneficial insects.

4. The Birds:

Insect-eating birds, like chickadees, wrens, titmice, nuthatches, pheobes, and bluebirds, are very welcome in the garden because they consume thousands of caterpillars and other pest insects as they raise their young every gardening season. Not cleaning up the garden means there will be more protein-rich insects available to them during the coldest part of the year. These birds are quite good at gleaning “hibernating” insects off of dead plant stems and branches, and out of leaf litter. The more insect-nurturing habitat you have, the greater the bird population will be. Your feathered friends will also appreciate feasting on the seeds and berries they can collect from intact perennial, annual, and shrub stems. Song birds are one of the best reasons to skip the garden clean up!

5. The Predatory Insects:

Ladybugs aren’t the only predatory insects who spend the winter in an intact garden. Assassin bugs, lacewings, big-eyed bugs, minute pirate bugs, damsel bugs, ground

beetles, and scores of other pest-munching predatory insects spend the winter “sleeping” in your garden as either adults, eggs, or pupae. They’re one of the best reasons not to clean up the garden in the fall because they help you control pests. To have a balanced population of these predatory insects, you have to have winter habitat; when spring arrives, they’ll be better able to keep early-emerging pests in check if they’ve spent the winter on-site, instead of over in the neighbor’s yard. Green lacewings are one of many beneficial insects that need winter habitat.

6. The People:

If the previous five reasons aren’t enough to inspire you to hold off on cleaning up the garden, I’ll add one final reason to the list: You. There is so much beauty to be found in a winter garden. Snow resting on dried seed pods, berries clinging to bare branches, goldfinches flitting around spent sunflowerers, juncos hopping beneath old goldenrod fronds, frost kissing the autumn leaves collected at the base of a plant, and ice collected on blades of ornamental grasses. At first, you might not consider yourself to be one of the reasons not to clean up the garden, but winter is a lovely time out there, if you let it be so.

Delaying your garden’s clean up until the spring is a boon for all the creatures living there. Instead of heading out to the garden with a pair of pruning shears and a rake this fall, wait until the spring temperatures are in the 50s for at least 7 consecutive days. By then, all the critters living there will be emerging from their long winter nap. And even if they haven’t managed to get out of bed by the time you head out to the garden, most of them will still manage to find their way out of a loosely layered compost pile before it begins to decompose. Do Mother Nature a big favor and save your garden clean up until the spring. And, when spring does arrive, please use these [pollinator-friendly tips for cleaning up the garden the right way](#).



DEAR SECRET PAL

Dear Secret Pal,
There are no words for the huge Halloween bag filled to the top with all of the Halloween goodies! You thought of everything! You are so generous and thoughtful. Thank you so much for everything. I really appreciate it. —Ty Carol Frisby

Dear Secret Pal,
Thank you so much for my Halloween gifts. I always look forward to your presentation. I love the reusable Halloween box. My granddaughter claimed the slippers but I managed to hold on to the chocolates!!! —Sincerely, Barb Oldt

Dear Secret Pal,
Thank you for the Halloween Bucket full of goodies. I love the bucket, it will be great to put the treats in for Halloween. The dishtowel and pot holder will absolutely get a lot of use; the gnome design on them is so cute, and the gnome statue will go on the foyer table for Thanksgiv-



ing. As for the candy corn mellow mix and the dark chocolates, they are two of my favorites, but I will share them. Thanks again for your thoughtfulness. Hope you had a Happy Halloween. —Jody

Dear Secret Pal,
Fall is my favorite season and you helped make it extra special this month. I love the Apple/Pumpkin Yankee Candle (my

favorite), the 2 adorable fabric pumpkins and the 3 charming gnomes added to my holiday decorations. I always look forward to opening the inviting gift bag on my porch each month. Happy Autumn!

—April

Dear Secret Pal,
Thank you so much for the beautiful Fall ceramic pumpkins! They are absolutely beautiful. I have candles in them, and they have been on display and used since you gave them to me! I apologize for this thank you note being a month late; I thought I had sent it last month! Thanks again! —Jan Anastasi

Dear Secret Pal,
Your kindness never ends. Thank you very much for the wonderful gifts in October! You truly have me figured out and I thank you from the bottom of my heart for your genuine thoughtfulness.♥

—Love, Lisa

South Jersey Dream Center

Help make this a Happy Thanksgiving for those less fortunate than us. If possible please bring an unexpired food donation for the SJ Dream Center to the meeting. No donation is too small!

—Cynthia



Woman's Club of West Deptford 2022 Poinsettias

(Money due by December 1st)

Pick up location: Janice Morrison's: 295 Night Hawk Circle, West Deptford NJ 08086

Pick up December 8th: 4pm to 6pm

Buyer Name: _____

	<u>Color</u>	<u>Cost</u>	<u>Quantity</u>	<u>Total</u> (\$cost x quantity)
	Prestige Red 4 1/2"	\$7		
	Prestige Red 6 1/2"	\$12		
	Pure White 4 1/2"	\$7		
	Pure White 6 1/2"	\$12		
	Christmas Beauty Pink 4 1/2"	\$7		
	Christmas Beauty Pink 6 1/2"	\$12		
	Christmas Beauty Princess 4 1/2"	\$7		
	Christmas Beauty Princess 6 1/2"	\$12		
			Total #	Total Cost:
				Total Paid:



Complete Bottom and mail or deliver with payment to:

Janice Morrison or Sue Nelson

Buyer Name: _____

<u>Color</u>	<u>Quantity</u>	<u>Color</u>	<u>Quantity</u>
Prestige Red 4 1/2"		Christmas Beauty Pink 4 1/2"	
Prestige Red 6 1/2"		Christmas Beauty Pink 6 1/2"	
Pure White 4 1/2"		Christmas Beauty Princess 4 1/2"	
Pure White 6 1/2"		Christmas Beauty Princess 6 1/2"	
			Total Plants:
			Total Cost:

Total Paid \$ _____

Total Payment:

Payment Method:

Check – Check Number _____

Cash