

# Tidbits



December 2023 — Vol. 30 Issue 4

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

## NEXT MEETING

Tuesday, December 12

6:00 p.m.

## 30th Anniversary Party

Terra Nova Restaurant  
509 Delsea Drive, Sewell

## Refreshments

None this month!

## December Birthdays

- |                |                |
|----------------|----------------|
| 2—Holly T.     | 14—Joann Kf.   |
| 5—Sharon J.    | 16—Karen H.    |
| 6—Carol F.     | 16—Brittany S. |
| 7—Sandy M.     | 19—Anne Cr.    |
| 13—Isabella C. | 29—Clara C.    |

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



## PRESIDENT'S MESSAGE

April Maska

Well, we blinked and it is December. It is hard to believe that we are just about finished with 2023. Personally, I have had a great year and am looking forward to 2024. Our club had had an incredible year and we are not done yet! Our successes continue to grow!

*We are not a team because we work together. We are a team because we respect, trust and care for each other.*

—Author Unknown

We can celebrate our successes because we are a team...we support and work to make a difference for so many and we do it all together. I have personally had so much support over the last 4½ years by so many of you and I realize that I was able to accomplish so much because you were there with me. Thank you for that!

Our 30th Anniversary is here! 30 years of awesomeness, 30 years of making a difference in our community, 30 years of growth and moving with the times, 30 years of supporting so many organizations and 30 years of friendships made. When you think about it, it is really incredible. To celebrate our 30th Anniversary, we will be holding our December meeting at the Terra Nova Restaurant on the 12th to reminisce about all that has been accomplished and all of you who made the Woman's Club of West Deptford so unique. We have a big night ahead of us with some very special guests. I am thrilled to say that our NJSFWC President Shirley Holly will be in attendance with our Garden District VP Marie DiMatties. We will also be joined by our West Deptford Mayor James Mahaffey who will be reading a Proclamation honoring our 30th Anniversary. There are many more surprises and recognitions that night and I

think this is a perfect way to celebrate and end 2023.



With our meeting night being our 30th Anniversary Dinner, there will be no committee reports or board reports except for approving our November meeting minutes and the two treasurer reports. All information is included in this month's Tidbits. Please make sure you read it all so you know what is going on with each committee.

Committee Collections for December is Civic Engagement and Outreach. Please see their article on what they are doing for this month. As our January meeting will be on Zoom to start 2024, Committee Collections will need to be dropped off or saved until February. Family Promise, Civic Engagement and Outreach, and Advocates for Children are collecting in January. Please feel free to drop any requested items to the specific committee chairs, to my house or to any board member's home. We will make sure that the donations will be delivered to the correct committee. Thank you for your continued support of our committees.

Our State Project, Emmanuel Cancer, is preparing to celebrate the holidays with the children within the next few days and several of our members donated wrapping paper and went to the Woodbury Heights Office to wrap gifts. As I understand it, there are plenty of gifts for all of the children attending their Christmas Party. These special children will have a wonderful Christmas and it is so nice to know that we were a small part of making their holiday so special.

Continued on next page →

## President's Message, continued

Keeping with the Holiday theme, many members have asked about volunteering at Harbaugh Village again this year to bag gifts for needy families. I have reached out to the Volunteer Coordinator Melanie at the Village and she will be getting back to me after their opening weekend of December 2nd and 3rd. They have kicked off the season with the one and only Chevy Chase lighting the Village. I am sure it was an amazing event and the volunteers will begin sorting and bagging gifts now that the Village is officially open. I will let you know what dates we can go to volunteer.

With the new year comes report writing for the 2023 year. All report forms have been distributed to the Committee Chairs. I will need the reports back to me by January 15th. Please reach out if you have any questions as you fill out your reports. This information is very important as Headquarters needs this information for their own reports.

As we enter 2024, our Nominating Committee headed by Cheryl F. will be forming and preparing a new slate of officers for the 2024/26 Club years. Also, our Honor Roll/Order of the Lily Committee headed by Carol F. will also be forming and choosing our recipients for 2024. Look for more information next month.

Don't forget your Secret Pal gift to bring to the Anniversary Dinner. This is where you will find out who your special person was who made your year so special. Also, if you have not done so already, fill out the Secret Pal form for next year and get it to Cynthia. She will let you know who your member is that you get to spoil all year.

To all my club sisters, may you have a perfect holiday with your family and friends. Whether you celebrate Hanukkah, Christmas, or Kwanzaa, may your day be as wonderful as you are. Enjoy every minute and make those memories!

Happy Holidays to each and every one of you!

*April*



## Shout Out to Members!

Another month and another successful chapter in the Woman's Club of West Deptford. It takes all of us to complete the wonderful activities and projects that we undertake each year and each of you brings something extra special to everything that we complete. So...thank you!

*I love people that have no idea how wonderful they are and just wander around making the world a better place.*  
—Author Unknown

This quote stood out for me as so many of you don't realize what a difference you make, what generous hearts you have and what great friends you have become to each other. Our club is definitely phenomenal because of you!

I want to start out by recognizing our Advocates For Children Committee for staying on top of the needs of the students in our Elementary and Middle Schools. Karen H. was contacted by one of our Elementary Schools because the staff needed help with their Holiday Shop. Karen, Pixie O. and Barb O. stepped up and helped the students shop for those special gifts for their families. This committee is also collecting used clothing in good shape and new underwear for the Middle School nurse to help supply her dwindling shelves. Awesome job!

What a great November meeting, which started with a presentation on CPR by two members of the Gloucester County Emergency Services. I was so impressed by so many of our members working on the mannequins and learning this life saving technique. Chris T., who heads our Health and Wellness Committee, definitely had a winner with this program. I am



looking into having a CPR class for any of our members who would like to be certified. More about this class in the new year.

Every month our Social Committee offers a variety of activities for our members to participate in. There is always something for everyone. The best thing is that you don't have to do every activity, just pick the ones you are interested in...that is what I do. The research these ladies do to give us such unique experiences is amazing. Social Chair Jody H. just shared with the Board some really exciting plans for 2024...I am looking forward to attending quite a few. Thank you, Ladies!

The Arts Creative Committee held a fantastic wreath making evening and it was well attended. We went away that evening with some beautiful wreaths to hang in our homes. Great job to Ann Ca. and her committee for a fun night!

I want to also recognize our 2nd VP Cynthia H-B., who works so hard in the background reaching out to new potential members and for organizing our Secret Pals each year. There is a lot of work involved in keeping up with all of the inquiries our club gets. Of course that is what happens when you belong to a fantastic club. Cynthia is also already collecting Secret Pal forms from our ladies who want to be part of this fun activity for next year. My form is already submitted and I can't wait to meet my Secret Pal who made my 2023 so much fun. Thanks, Cynthia!

Finally, as we prepare for our December Anniversary Dinner, I want to say a heartfelt thank you to the 30th Anniversary Committee who has been working so hard to make our celebration so special. Janice M., Jan A., Linda J., Peg S. and Jody H. have been in constant contact to make sure every little detail has been addressed. Not only that but we have our NJSFWC President, our District VP, and the Mayor of West Deptford Township attending this special evening. I am looking forward to celebrating 30 years of the Woman's Club of West Deptford with all of you!

—April

## FIRST VICE PRESIDENT

Janice Morrison

I can't believe another calendar year will soon be behind us.

## Anniversary

This also means our 30th anniversary dinner is just around the corner. I am so please to report that we have a total of 40 WCWD members attending plus two NJSFWC State Representatives, Shirley Holly, President, and Marie DiMatties, Vice President Garden District, along with the Mayor of West Deptford, Jim Mehaffey.

## Fundraising

We finished up with our last fundraiser for the year – poinsettias. As a reminder, if you ordered plants, please pick up at my house (295 Night Hawk Cir, West Deptford) on Friday the 8th between 5 and 7pm. Sue Nelson and I will be there to help you.

We are currently looking into having another hoagie sale in February as everyone seems to enjoy it, and the package is well worth the price. I will update you on this at the January meeting.

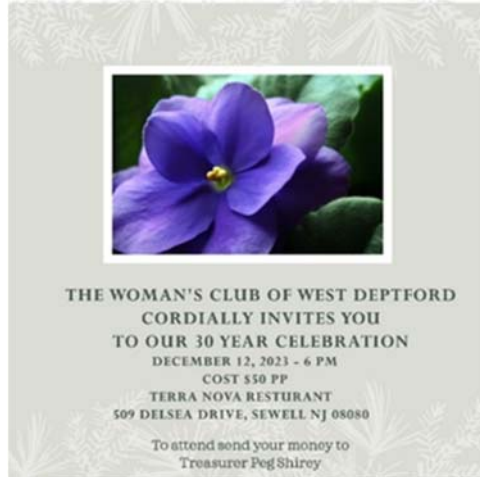
Pizza with a Purpose is scheduled for the entire month of March. Pick up a pizza at Cicontes in West Deptford during that month, hand them your flyer and the club earns \$3 for each order. We will email you the flyers ahead of time.

Then finally, in May we will again hold our spring flowers sale through Michael William in West Deptford. Many members liked both the hanging baskets and the flats of flowers, so we will arrange for that again.

I want to thank everyone who participated in these fundraisers. It helps the club fund various programs and emergencies in the community.

I wish you all happiness for the Holiday Season. Enjoy the warmth of your homes and spending time with family and friends. Stay safe.

Love,  
Janice M.



CPR demo at our November meeting.

## SECOND VICE PRESIDENT/MEMBERSHIP

Cynthia Holmes-Butler

### Secret Pals

Please bring a gift and a card for your Secret Pal to the Anniversary Dinner. Put your Secret Pal's name on the outside of the card and sign the inside of the card with your name.

If you haven't turned in your Secret Pal form for 2024 please fill out the one at the end of the newsletter and return it to me at the dinner or mail it to me at 534 Hunter St. Woodbury. Thanks.

### Membership Appreciation

November was Membership Appreciation Month. Flowers and note cards were given out to members at our November meeting from the Board. We appreciate each one of you!



### New Member

I am happy to announce that a new member, Sharon Bowen, will be installed into the club at

the Anniversary Dinner. Please welcome Sharon into our club!

### Victorian Tea

We had a great time at a Victorian Tea on December 2nd held at Broad & Maple in Gibbstown. The food and teas were delicious. We loved our sweet treats and favors. Best of all was the time spent with friends!

### Board and Brush Social

Several club members attended a Sign Making Workshop at Board & Brush in Swedesboro. We had a great time socializing while being creative. The owners are donating \$112 of their profit from the night to our club! (Pic next page)

Please support them. They accommodate private parties, birthdays, etc.



## 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 that we hope you will enjoy in the coming months. If you have something in mind that you would be interested in, please reach out and let us know. We will see what we can do to make that a reality. Several members have given us suggestions that we have been able to incorporate into activities for the good of the group.

*Margie, Kathy, Holly, and I would like to wish you the Happiest of Hanukkahs, the Merriest of Christmases, Kindest of Kwanzas, just the best the holiday season has to offer to each and everyone of you. Stay well, stay safe, and we look forward to seeing you at our Anniversary Dinner.*

### 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

## Here's a 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, Galentines Day Pollyanna

"A day for women to celebrate their friendships with their lady friends."  
Our February Meeting is on Galentine's Day. In honor of that, your social committee decided that this year we would like to do a Galentine'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. We will pick our gifts based on the order of numbers. Everyone who brings a gift, will go home with a gift.

### THURSDAY, FEBRUARY 29, 2024: 11:30am Leap Yr. Ladies Luncheon – Tuscan Bistro

475 Hurffville – Cross Keys Rd. (#4) – Sewell (Washington Township)  
RSVP to Jody by February 22nd  
After being in the house for a while, what a nice chance to get out and share a lunch with your club sisters. This venue was selected as it was recommended by some of our club sisters. The menu ranges from soup, salad, pizza, to full course lunches/dinners so there is something for everyone. Each attendee will be responsible for purchasing their own lunch from the menu which can be found at [tuscan-bistro.com](http://tuscan-bistro.com). 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 lunch from the menu.

### WEDNESDAY, MARCH 6, 2024: 7pm Zoom Book Mtg.

Go As a River by Shelly Read is the novel we will be discussing. Please RSVP by 3/3 to Jody to be placed on the Zoom invite list.

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.



## SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Six members (Pixie, Jody, Peg S., Jan, Sue N. and Debbie) wrapped gifts at the ECF office in Woodbury Heights. These gifts will be given out to all children attending their Christmas Party at Masso's on Sunday. Although club members voted to spend \$50 on gift wrap and tags, these items were generously donated by members and we did not have to spend this money.



Our adopted family consisted of 4 children but due to the cost of things, one child was given to an individual that would provide his gifts. Sue N. and Debbie shopped (almost until they dropped) and were able to fulfil most of the requests for the other three children in the family. \$500 from the club along with a very generous donation from a friend, we spent \$675. Our shoppers were very good at finding great sales and the items totaled \$1300 retail.



## SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

**Family Promise of Southwest New Jersey** is the only program of its kind in South Jersey. They focus on supporting hard-working, low-income families who have fallen on hard times due to a job loss, illness, divorce, or other unforeseen circumstances.

The families do not qualify for government assistance programs because their income slightly exceeds the eligibility threshold. The families in this program have a 95% success rate securing permanent housing with a little help from Family Promise.

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

**During November I received 2 duffle bags from a club member. Thank you! Thank you!**

January, April, and June are the months for this special event collection, but you can donate anytime.

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



## ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt, Pixie O'Hara

At our November meeting, we discussed helping our **Middle School Nurse's office**. Our club sister, Susan D. works at the Middle School and let us know there is also a need at the Middle School. She forwarded a list of items needed:

- Boys and girls here range from 55 lbs up to at least 250 lbs.
- Any women's underwear sizes 5 - 9, preferably a bikini, high cut brief or boy shorts are good. (Boys will also wear them.)
- Tightly whities are fine for boys by weight up to men size large is good.
- They can always use women's leggings or sweatpants for either sex.

Please note, underwear must be new. I have found reasonably priced underwear at Family Dollar and Dollar General stores. Sweatpants and leggings can be clean and gently used.

We have our club dinner in December and we are virtual in January. If you can help, you can drop off at my house (486 Westwood Drive) or we can pick up from you.

We will continue collecting **soda tabs for Ronald McDonald House**. You can bring them to our meetings.

We have been **sharing books with young readers** throughout the area and beyond. It's fun for the youngsters and for us. If you'd like a book, we have them at all our meetings.



Our Club is awesome! On very short notice, we were able to give volunteer support to our friends at **Red Bank Elementary School** for their 2023 Holiday Shop. There is nothing more fun than helping young kids choose their Holiday gifts for family and friends. Thank you to all who helped. 🎄📖🎁

# HEALTH AND WELLNESS

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

**Angels Community Outreach**—555 lbs of clothing donated.

**Jeannette's Closet**—380 lbs of clothing donated.

**Seeds of Hope**—97 lbs of clothes 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.

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!

Approximately 40 women participated in the **CPR class** in Nov. presented by the Gloucester County EMS. Richard Repas informed us about the heart, its circulation, and how to do the "new" CPR. This involves only doing compressions (no mouth-to-mouth respirations). Then club women practiced CPR on adult and infant mannequins.

## Holiday Safety Tips

(from the Red Cross, MSA, and State Farm)

### Holiday decorating tips

During the holiday season, there is an average of around **160 decorating related injuries** daily — half of those injuries are associated with falls. Here are some tips to make your holiday decorating safer:

- Never use furniture as a ladder.
- Follow the 1-to-4 rule for extension ladders: for every four feet the ladder rises, move the base out one foot from the structure.
- Always keep three points of contact on the ladder: two hands and one foot, or two feet and one hand.
- Inspect the ladder for any damage prior to using it.
- Wear shoes that allow for good traction.

### Electrical safety tips

Between 2015 and 2019, [the National Fire Protection Association \(NFPA\)](#) indicates an average of 160 home fires, per year, started with Christmas trees. Those fires resulted in an annual average of two deaths, 12 injuries and over \$10 million in property damage.

- Avoid electrical fires by purchasing lights from reputable retailers and only those approved by nationally recognized testing labs like UL, Intertek or CSA.
- Inspect both indoor and outdoor lights for broken sockets, frayed wired and loose connections.
- Don't overload outlets with too many electrical devices.
- Don't string too many strands of lights together—no more than 3/extension cord.
- Review [Holiday Fire Safety Tips](#) for more information and Christmas safety tips.



### Fire prevention tips

Even with all those Christmas tree fires, cooking equipment is the leading cause of home fires and injuries. According to the [NFPA](#), many fires occur on Thanksgiving and Christmas day. Here are some [holiday fire safety tips](#):

- Avoid using candles if possible. Consider using battery-operated ones.
- Mantels are beautiful when covered with stockings and greenery. But these items are flammable. If you use your fireplace frequently, consider hanging these decorations somewhere else.
- Be sure to check the Christmas tree — make sure it has plenty of water and it isn't near heat sources. Bend the needles up and down to make sure no needles fall off. If buying an artificial tree, look for the fire-resistant label.
- Never throw wrapping paper in the fire (could result in a flash fire).
- Keep a fire extinguisher close by.
- Be sure you have smoke detectors at least 10 feet from your stove, and test them monthly.
- Educate yourself on [kitchen safety](#).

### Holiday shopping safety tips

- Be careful when backing out of parking spaces. It's a good idea to have someone act as a lookout for you, especially if you're parked next to an SUV or van. And be sure to watch for other vehicles in the parking lot that might be suddenly backing out of spaces.
- Remember to keep a watch on your children and be on the lookout for small children running behind your car as you leave your space.
- Always park in well-lit areas.
- Don't leave purchased gifts in plain view — lock them in your trunk.
- If you drop your holiday gifts that you've purchased in your vehicle and don't plan on leaving just yet, it might be a good idea to move your car. Onlookers will think that you have left the mall, and your vehicle could be less of a target.
- Be sure to keep receipts in your wallet or purse. Leaving the receipt in the bag makes it difficult for you to prove your purchase, and easy for thieves to return the items for cash.

- Avoid carrying large amounts of cash.
- Only bring the credit cards you plan to use.
- Check your bank statements regularly during the season to spot suspicious activity.

### Travel safety tips

- Avoid aggressive and angry driving.
- Adjust the following distance and speed in snowy or icy conditions.
- Be sure to designate a sober driver or arrange for a rideshare service like Uber or Lyft ahead of time if you plan to drink at holiday gatherings.
- During the winter months, an earlier sunset means you've got less daylight to work with. Ideally, plan your trip to avoid driving at night.
- Cold weather takes its toll on car batteries. Double-check to make sure you've got jumper cables in your trunk. You never know when an easy jump-start could save you time and hassle — or when you could use them to help someone else.
- A winter storm can leave you spending your holiday stuck in a drift or stranded in a blizzard, particularly if you're traveling on unfamiliar roads. So be sure to stock your vehicle with items that might be helpful in case of a problem: thick blankets, extra food and water, coats and jackets and a flashlight.
- Don't overshare on Social media so people know when you're away.

### Cooking and dining safety tips

- Always have a cook in the kitchen.
- Don't leave stove burners or the oven unattended.
- Occupy the kids away from the kitchen — too many hot appliances and dangerous utensils.
- Keep prepared foods away from raw meat, poultry, seafood, and eggs.
- Cook food thoroughly, using a food thermometer to determine doneness.
- Internal food temperature should be 140 degrees Fahrenheit or above.
- Refrigerate food within two hours at 40 degrees Fahrenheit or below.
- Ditch leftovers after 4 days.

### Preventing accidental poisoning and choking

- Be sure your child (or pet!) doesn't have access to dangerous plants. Mistletoe, holly berries and Jerusalem cherries can be poisonous if consumed in large amounts.
- Those small button batteries found in toys, remotes (and the like) are VERY dangerous so make sure children don't swallow them.
- Tiny magnets are also dangerous if swallowed.
- Install safe and certified carbon monoxide detectors.

Check out these articles for [safe winter driving](#) and [holiday saving tips](#).

## HISTORY SPOTLIGHT

Linda Jones

### Operation Holiday Stocking .....on its way to our troops!

Our New Jersey Women's Clubs have prepared and sent holiday stockings to troops serving our nation for more than a decade now. It all began in 2009 and continued to 2020 under the name of Boatsie's Boxes, Inc. and Operation Christmas/Holiday Stocking. This continuous support during the holidays went to troops in Iraq and Afghanistan. Boatsie's Boxes was a nonprofit 501 (c) 3 charitable organization dedicated to supporting our troops when they are far away from home and their families during the holidays. During this time, our NJ clubs sent the troops Christmas stockings filled with items from their wishlist and a personal handwritten note wishing them some holiday cheer. The stockings are the traditional red fuzzy stocking with white fuzzy tops. Our first "stocking stuffing party" was organized by Robin Evans at the West Deptford Library.

The wish list was as follows: Beef Jerky, Slim Jims, Christmas candy, playing cards, nuts, wrapped candy, dried fruit, trail mix, Life Savers, chewing gum, wet wipes, crew socks, travel dental, kits, healthy snacks, small shaving cream, razors, lip balm, batteries, and so much more. We also donated \$2.00 for each stocking which covered the cost of shipping each one overseas to the troops. In the past, 185 Women's Clubs from the New Jersey State Federation of Women's Clubs sent Christmas to the troops by way of a base in West Virginia. This resulted in 1700 to 2000 filled stockings with gifts for the troops. Especially in the war zone, this kindness brought a little joy to each service member.

Fast forward to today, our stockings are shared with two organizations that ship them overseas to military men and women serving there.

- "Operation Yellow Ribbon" consists of all volunteers that show support for our United States Military Forces serving in harm's way in the Middle East. They organize and collect donated U.S. troop supplies and goods.

- "Operation Jersey Cares" is composed of Veterans and Proud Americans who aim to honor those men and women who provide us the blanket of freedom we all sleep so soundly under. OJC continues to support those who are currently deployed, proud veterans, as well as our loyal military families. One of their projects is to organize and send care packages to troops serving overseas.

Our club has always done an outstanding job of filling holiday stockings with items and love! Presently, we label the stockings "male", "female", or "gender neutral". Filled to the top, each stocking runs between \$20 and \$25 with a donation of \$2 per stocking to help with shipping and delivery. "Operation Holiday Stocking" has been successful for years and the donations are appreciated at our NJ Headquarters. The 2023 delivery dates were back in October and the first week of November. This is a Civic Engagement & Outreach project. Our club donated 54 stockings this year and once again have shown their love for helping to make the holiday a little better for our Service Members. Thank you, ladies!



I enjoy researching and promoting the history of our women who donate and volunteer within our club and state. Wishing everyone a wonderful Christmas and holiday season as we preserve the contributions of thirty years of activity in the NJSFWC and our upcoming anniversary of thirty years in the Woman's Club of West Deptford.

## ARTS AND CULTURE

Ann Caswell, Kat Nixon, Susan Degnen, Sharon Hink

### Wreath Making

We are so pleased with the results of our wreath making class. Members had a lot of fun using their creativity. It was a great activity!

### Card Making

Our next activity is Card Making for nursing home patients on Thursday December 7th at St Paul's at 3:30pm. Should be fun. The group is getting larger so we should have lots of cards for the residents. Shout out to Denise Hosier for providing materials and guidance. Happy Holidays to all!



# FEDERATION NEWS

Isabella Cooper

## Upcoming Dates for 2024

- 1/15/24: NJSFWC Day of Service— Theme: “Victims of Abuse”
- 1/18/24: Garden District January Council at Riverton Porch Club, Registration at 9:30 A.M.
- 3/22/24: Arts Performing Day at Salem County College
- 5/6-8/24: NJSFWC State Convention celebrating 130 Anniversary, “A Federation Sisterhood of Friendship”
- 6/2-5/24: GCI at Douglass College

## GFWC Legislative Alert Updates

Requests for Shot@Life and the Violence Against Women appropriations will not be finalized until January 2024.

Concerning food insecurity programs authorized in the Farm bill, the current programs have now been extended until September 2024.

On November 13, the House of Representatives passed the Debbie Smith Act reauthorization bill which provides funding to law enforcement to analyze untested rape kits. GFWC Legislative Action Center activated support for this act early this year.



NJSFWC EXECUTIVE COMMITTEE: (front) President elect Barbara McCloskey, NJSFWC President Shirley Holly; (2nd row) Financial Secretary Chris Bulew, 1st Vice President Susie Chambers, 2nd Vice President Chris Sienkielewski, Recording Secretary Maribeth Hugelmeyer; (3rd row) Parliamentarian to the Board Ann Quinn, Corresponding Secretary Debbie Cibelli and Treasurer Linda Babeuf.

## CIVIC ENGAGEMENT AND OUTREACH

Sharon James, Linda Clark

### Garden District Day of Service

#### Joint project with Domestic Violence Awareness and Prevention

This year, on the Day of Service, January 15th, 2024, the Garden District will be collecting items for two area agencies supporting victims of Domestic Violence: Center for Family Services of Gloucester County in Glassboro and Salem County Women’s Services.

Items collecting:

- New towels and wash cloths, body wash, deodorant and mouth wash.
- Baby wipes and diapers.

Please feel free to donate any of those items. Bring to the December meeting or drop off to Linda C. or Sharon J. by January 14th.

The items will be delivered to Pitman VFW Post 6469, 142 Oakcrest Ave., Pitman on January 15th at 1 p.m. for sorting and packaging. Medium size boxes or grocery style tote bags for the packaging of items would also be appreciated.

Thank you in advance for your support of victims of Domestic Violence in the Garden District.

### Wreaths of Remembrance

Wreaths were laid at the Gloucester County Veterans Cemetery on December 2. If you donated a wreath or money to People for People Foundation of Gloucester County, be sure to let Linda C. know so that we can count it for reporting purposes. Thanks!



THANKS to our November guests from Gloucester County EMS and to Chris T. for arranging their great demo.

## ENVIRONMENT

Patty Wyzykowski, Denise Pitchford

### Recycle Light Strings

As you pull out your holiday string lights from storage this year, you may find that some of the strings no longer function. Instead of discarding them, you can take them to the Lowe’s store in Deptford. The lights can be placed in a special bin for recycling. If you cannot take them to Lowe’s let Patty W. know, and she will pick the lights and take them to the store.

Best wishes for a very happy and healthy holiday season!





# DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

## What Is Domestic Abuse?

Domestic abuse, also called "domestic violence" or "intimate partner violence", can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic abuse can happen to anyone of any race, age, sexual orientation, religion, or gender. It can occur within a range of relationships including couples who are married, living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Anyone can be a victim of domestic violence, regardless of age, race, gender, sexual orientation, faith or class

- Victims of domestic abuse may also include a child or other relative, or any other household member.
- Domestic abuse is typically manifested as a pattern of abusive behavior toward an intimate partner in a dating or family relationship, where the abuser exerts power and control over the victim.
- Domestic abuse can be mental, physical, economic or sexual in nature. Incidents are rarely isolated, and usually escalate in frequency and severity. Domestic abuse may culminate in serious physical injury or death.

## Are You Being Abused?

Look over the following questions to think about how you are being treated and how you treat your partner.

## Recognizing the signs of domestic abuse: Does your partner...

- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to gain compliance?

- Tell you that you are nothing without them?
- Treat you roughly—grab, push, pinch, shove or hit you?
- Call you several times a night or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you sexually for things you aren't ready for?
- Make you feel like there is "no way out" of the relationship?
- Prevent you from doing things you want – like spending time with friends or family?
- Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"?

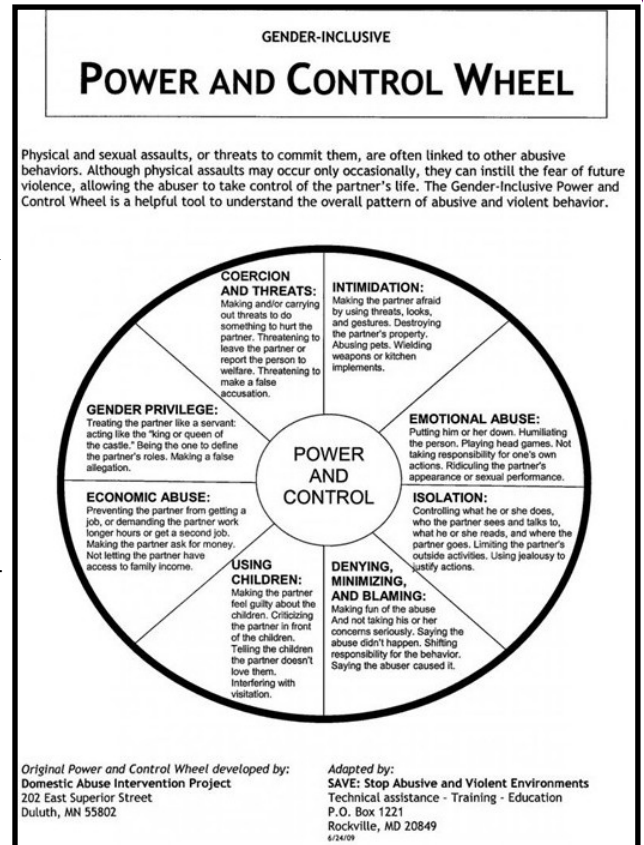
## Do you...

- Sometimes feel scared of how your partner may behave?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke up?

If these things are happening in your relationship, talk to someone. Without help, the abuse will continue. Making that first call to seek help is a courageous step.

## Always remember...

- NO ONE deserves to be abused. The abuse is not your fault. You are not alone.



- DON'T worry about threats to your visa. SERV has information about visa options for your situation.
- DON'T worry if you do not speak the local language. SERV can get you help in many languages.

SERV has a 24-hour hotline to call for emergencies or to get information. A safe house is available in emergency situations. The number to call is 866.295.7378. Additional services include counseling for the victim, counseling for a child from an abusive home if the abuser is no longer living there, and assistance while in court for a TRO (Temporary Restraining Order) or a FRO (Final Restraining Order).

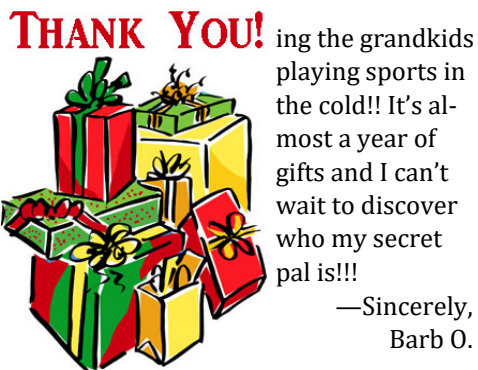
If you are interested in being trained as a volunteer: call the hotline for information. A 60 hour training session is beginning soon.. The first and last sessions are in-person and the others are on line.

## DEAR SECRET PAL

Dear Secret Pal,  
Thank you for the awesome Thanksgiving goody bag. You have supplied me with everything that I need for a wonderful Thanksgiving. The turkey sign, candy, pot-holders, oven mitt, and snacks! Can't wait for the reveal.  
—Ty Carol F.

Dear Secret Pal,  
Thank you for the beautiful plant you gave me for Thanksgiving. I put it on my kitchen window ledge, it's still living. Very much looking forward to finding out who you are at our Anniversary dinner, so I can thank you in person for all the beautiful gifts you have given to me this past year.  
—Thanks, Jody H.

Dear Secret Pal,  
Thank you so much for all my fall items. I can put that fall throw to good use watch-



Dear Secret Pal,  
Thank you so much for the Valenzano Cranberry White Wine (my favorite), the beautiful beige blanket which is amazingly warm and soft, and the Barnes and Noble Gift Card. What lovely gifts and I enjoyed the cozy theme very much! I look forward to finding out who my wonderful Secret Pal is as you have spoiled me all year!  
—Warmly, April

ing the grandkids playing sports in the cold!! It's almost a year of gifts and I can't wait to discover who my secret pal is!!!

—Sincerely,  
Barb O.

Dear Secret Pal,  
Thank you so much for the beautiful fall door decoration and velvet pumpkin. I immediately replaced my old door wreath with the new one. It looks great! So colorful and festive! Thanks for your generosity. It is much appreciated!!

—Fondly, Peg S.

## THANK YOU NOTE

Dear Friends,  
Thank you for supporting the Greater Woodbury Cooperative Ministries (GWCM) during this past year. Donations of bras, men's underwear, feminine products, men's disposable underwear, clothing, food, and school supplies were very much appreciated. Our community and the surrounding area benefitted from your generosity.

Wishing you and your family the happiest of holidays and a happy and healthy 2024.

—In Federation Friendship, Joan B.

## 130 CHALLENGE

Carol Dechen

Well we are 11 months into our 130 Challenge. I need to double check some of my numbers but so far we have about 11 participants on average doing about 80-100 hours of exercise each month as a group and walking anywhere between 150-200 miles per month. That is pretty awesome.

It has been fun putting together the stats and arranging the FB Lives. I have been trying to explore different exercises and/or activities. For instance, I am going to try an Intro Pilates class at Whiskey Mill in Clarksboro. I figure it would be good for my knees to stretch and build muscle mass. If anyone is interested please let me know.

And lastly, don't forget to send me your stats for the month and if you forgot a month or two send them to me anyway. I know December can be challenging to focus on your health with all the other duties preparing for the holidays, but remember you are worth it and your health is not only important to you but your family too.

## South Jersey Dream Center

Cynthia dropped off some food at the Dream Center that she received from her neighbor. When Cynthia was talking to one of the volunteers, a lady came up a half hour early for her appointment. She was almost in tears receiving her food donation.

She said "Thank you so much!! If it wasn't for this food I wouldn't have eaten today" ... We do SO many wonderful things as a club for our community. This is one of the most important ones.



Please bring a donation to the Anniversary Dinner. I challenged you all to raise 1300 lbs as part of the 130 challenge. We are at 1,113.4 lbs!!! Almost there...What an amazing club we have! Thank you!



# SECRET PAL FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Ring Doorbell? Yes No

Phone \_\_\_\_\_

Directions \_\_\_\_\_

\_\_\_\_\_

Birthday \_\_\_\_\_

Anniversary \_\_\_\_\_

Favorite Color \_\_\_\_\_

Favorite Foods \_\_\_\_\_

Favorite Scent \_\_\_\_\_

Things I collect \_\_\_\_\_

\_\_\_\_\_

Favorite Music \_\_\_\_\_

Favorite Books \_\_\_\_\_

Favorite Movies \_\_\_\_\_

Hobbies \_\_\_\_\_

\_\_\_\_\_

Things not to give me (don't like, don't need, allergic to) \_\_\_\_\_

\_\_\_\_\_

Gift Suggestions \_\_\_\_\_

\_\_\_\_\_

Shirt/Sweater Size \_\_\_\_\_

