

Tidbits

January 2024 — Vol. 30 Issue 5



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

NEXT MEETING

Tuesday, January 9, 2024
6:30 p.m. on ZOOM

Refreshments

None this month. But volunteers are needed for the February meeting for both drinks and snacks! Please call Dorothy A. if you can help!

January Birthdays

6—Kat N.	12—Margie M.
7—Nancy D.	21—Sue N.
10—Holly R.	30—Tracey H.

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

As hard as it is to believe, we have entered 2024! Happy New Year to all of my Club Sisters!!! My wish for all of you is a happy, healthy, safe and successful New Year!

The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.—Melody Beattie

As we wind down from the holidays and get back into our routines, we are looking ahead in the Woman's Club of West Deptford and seeing what it is we want to accomplish. We are already jumping right into the new year with great ideas, projects, programs, and activities. I can't wait to get started.

Our 30th Anniversary and Holiday party was a great success! Janice M. and her committee have finalized their reports and Janice will be giving us an update at our January meeting. We will now have 5 years to prepare for our 35th Anniversary celebration...what will we accomplish between now and 2028?

As I reported last month, our January meeting will be on Zoom to start 2024 and 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 are delivered to the correct committee. Thank you for your continued support of our committees. Please read the emails sent by the committee chairs or their articles in Tidbits for what is needed for these committees.

A very gentle reminder that I will need all State Reports back to me by January 15th. I have already received several and I thank you for getting them to me so quickly. Please reach out if you have any questions as you fill out your reports. This information is very important as it summarizes our year and Headquarters needs this information for their own reports.



With us entering 2024, it is time to select a new slate of officers for the WCWD Executive Board for the next 2 years. Our Nominating Committee headed by Cheryl F. is being formed and is gearing up to present a new slate of officers for the 2024/26 Club years in April. Also, our Honor Roll/Order of the Lily Committee headed by Carol F. is being formed and they will be choosing our recipients for 2024. These committee chairs will reach out as needed.

We had a wonderful year with our Secret Pals. Each and every one of you who participated spoiled their secret pal and made them feel so special each month. Cynthia HB. will be sending out the new Secret Pals this month. Look for her email as she sends the name of the Club Sister that will be your secret pal. I look forward to surprising my club member each month.

A New Year, a New Beginning, a New Opportunity to make a difference. We've got this ladies...let's show what we can do!

Let's make it the best year yet!

April

FIRST VICE PRESIDENT

Janice Morrison

Happy New Year, Everyone!

I want to start out by again saying thank you to my incredibly awesome Anniversary Dinner committee (right). Jody Harris, Peg Shirey, Linda Jones, Jan Anastasi and of course April Maska. Everyone did such a fantastic job keeping all the moving parts together. I have been calling it a labor of love because that is what it was. Many volunteer hours spent putting items together and making it special for our Charter Members: Clara Campbell, Anne Cramp, Cheryl Fairchild, Denise Hosier, Linda Jones, Linda Marple, Denise Pitchford, Ellen Sanker, Chris Taylor, and Jeannette Wood. It was a wonderful way to cap off 2023.

While the centerpieces for the night were slated for board members, a couple graciously donated them to long-time members who were unable to attend, Doris Eith and Joanne Keegan. They were in all of our hearts during the night.

A special thank you to Shirley Holly, NJSFWC President, and Marie DiMatties, Garden District VP, for taking their time to be with us that night. I also want to thank West Deptford Mayor James Mahaffey for joining us and presenting us with a proclamation.

Coming Up...

In March, we will again have **Pizza for a Purpose** with Ciconte's. For every pizza ordered and picked up at their store in West Deptford, the club earns \$2. *Who doesn't love pizza?*

Vouchers will be distributed at the February meeting and electronic copies will be sent via email. You do not have to be a club member for us to get the credit, so give it out to friends and family. You must present the voucher at the time of pick up. One voucher per order.

The **Spring Fundraiser** will again be flower baskets and flats of flowers from Michael



William Florist in Thorofare. My hanging baskets lasted the whole season last summer. More to follow on pricing and types of flowers to included.

Service Hours

For new members, each quarter we collect the number of volunteer service hours members complete in the quarter. For this exercise, all we need is the total number of hours. Details as to what you did or how much you spent, goes to your committee chairs for their

annual reports. I am still looking for hours from a few members that I know routinely have them (*wink, wink*). So far, I have a total of ~5800 hours for the club for 2023. That is awesome!

In closing, as the weather turns colder and nights are still dark early, I am looking forward to seeing everyone in their comfortable clothes on Zoom at our next club meeting.

Love,
Janice



*Happy 30th Anniversary
GEWC Woman's Club of West Deptford!*

Shout Out to Members!

We have completed another year of the Woman's Club of West Deptford. It is unbelievable to think that 2023 is now a memory; however, the memories that we made have been incredible!

To Make A Difference In Someone's Life, You Don't Have To Be Brilliant, Rich, Beautiful, Or Perfect. You Just Have To Care. —Author Unknown

Wow! This quote just says it all, doesn't it? The only thing that really matters is that we care about what we do and support our projects, programs and one another. And each one of you really does care about those causes that matter to you as well as your club sisters. We really do make a difference. So...as we enter this new year, let's continue to do what we do best and show how much we do care. ☐

As we enter January, I want to recognize all of you that helped to make the Woman's Club of West Deptford the best of the best. The compliments that I receive so are because of all of the work you do behind the scenes, and I do make that known. So many of you do what needs to be done without the need for recognition...you are the ones who continue to make the difference. Thank you, Club Sisters, for just being you.

A very big recognition goes to all of our Committee Chairs who have been working on their State Reports. It is very time consuming but essential to report on all of the things we have accomplished this past year. It lets the Executive Board on the State Level know exactly what we are doing and our successes, and it also helps the State with their reports to the GFWC as these numbers show what we have accomplished as a State. I have already received several reports and I know that the rest will be coming as we have the best of the best in charge of each committee.

Finally, one more recognition to the Anniversary Committee. Our 30th Anniversary and Holiday Dinner was a major success! The compliments were flowing and I just couldn't say enough good things about these ladies and our club. It was such an honor to have State President

Shirley Holly and our Garden District VP Marie DiMatties join us and to receive the certificates from the NJSFWC. It was also wonderful to have our Mayor James Mahaffey join us and read the Proclamation from the Township of West Deptford. Of course, the guests I want to recognize are our Charter and 30-year members as well as all of the ladies of the Woman's Club of West Deptford. You are the real guests of honor.

As we enter 2024, I know that I will be adding more recognitions as the months go by. We are already starting January on a positive note!!!!

—April



OFFICERS: 2nd VP Cynthia, President April, and 1st VP Janice enjoyed our 30th Anniversary party.

SECOND VICE PRESIDENT

Cynthia Holmes-Butler



SECRET PALS

Secret Pals

There is still time to join Secret Pals for 2024. The form for Secret Pals is at the end of December Tidbits. <https://wdwomen.com/wp-content/uploads/2023/12/Tidbits-December-2023.pdf>

Please mail in the form to me ASAP if you're interested in joining or scan and email. I will be "secretly" emailing everyone who put in an application by January 7th with your new pal!



Welcome New Members

Please welcome Kristen Cervantes & Sue Welch to our club. We hope to see them on the January Zoom meeting. Other ladies have also expressed an interest in joining soon! We are planning a formal installation of new members at the End-of-the-Year Dinner in June.

South Jersey Dream Center

Thanks to all of you who contributed food at the December Anniversary Dinner meeting and also to some of my neighbors. We collected 1338.4 pounds of food in 2023 🍷🍷 exceeding our goal of 1300 pounds for the 130 challenge. Wow!

The need is still great, so please continue to donate food when you can. Since we are Zooming in January you can drop off food on my porch: 534 Hunter Street, Woodbury, or at Peg Shirey's or April's.

ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt, Pixie O'Hara

Happy New Year everyone!

Nurses' Closet

At our November meeting, we discussed helping our Middle School Nurse's office. Our club sister, Susan Degnen 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 boys shorts are good. (Boys will also wear them) Tightly whites 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.

Our January meeting is virtual. If you can help, you can drop off at my house (486 Westwood Drive) or we can pick up from you.

SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Emmanuel Cancer Foundation

ECF is looking for items that can be used at their "Secret Santa" shop next year at their Christmas Party. This year, Sue N. and Debbie H. wrapped gifts for the children after they "shopped" (at no charge to them) for their parents. They were so excited!!!

As you may be cleaning out drawers or closets, please keep in mind that ECF can use new items. It may be a cologne that you don't care for or a piece of costume jewelry, a pair of gloves or a scarf, etc. Use your imagination. Men's or women's items are needed. You do not have to go

Ronald McDonald House

In December we were given a bag full of brand new Christmas Blankets. We took them to the Ronald McDonald House and donated them. The house was so beautifully decorated for Christmas and there were enough blankets for each resident to get one for warmth and comfort.



We are collecting soda can tabs for donation to Ronald McDonald house as well.

Children's Book Sharing

We are still sharing books wherever we go! If anyone would like to take a book with them, you can get one at our meetings.

Community Volunteers

Elementary school book fairs will be coming up in March. The elementary school PTOs will contact us with more information and opportunities to volunteer.

shopping as I am sure that like all of us, there are items that just sit and are never used. Sue N. and Debbie H. will collect these items until next October, but if you have items now and would be willing to donate them, turn them in. Thanking you in advance.



SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

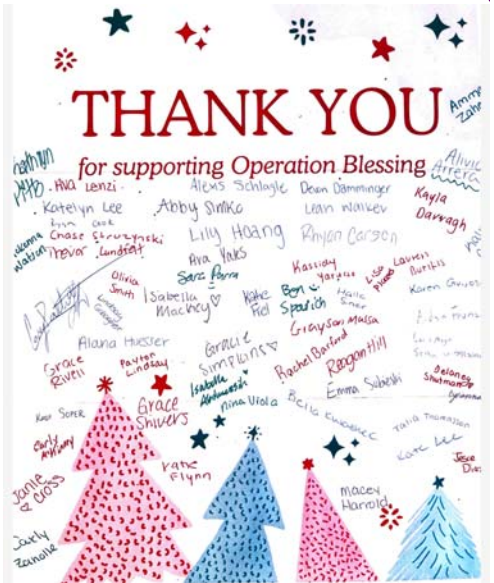
Happy New Year!

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

January is one of the months for this special event collection but we will not be meeting in person. If you would like to donate, you can still purchase a duffle bag. Either drop it at my house or hold it for our February meeting.

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

EDUCATION



HEALTH AND WELLNESS

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

South Jersey Dream Center—1338 lbs of food/items, 37 hours

St. Paul's—In kind \$480, 48 hours

Colonial Manor Food Pantry—500 lbs, 60 hours, \$200, 36 hours

Angels Community Outreach—555 lbs of clothing, 30 hours

Jeannette's Closet—594 lbs of clothing, 235 hours

Free the Girls—40 bras, in kind \$80, 5 hours

GWCM—Mother's Day project (141 new bras distributed), School Supply Project (pens, notebooks, rulers, colored pencils, etc. and 219 backpacks given out)—In kind \$3505

Other projects include writing cards and donating art supplies to Manor Care, Family Promise, 130 Project, organizing a walk for breast cancer, CPR class for members, and donating Christmas and Thanksgiving gift cards to families.

Total for the year (drum roll)....17 projects, 804 hours, \$3900 donated, In Kind \$10,448

February donation—pocketbooks and toiletries to be filled in the spring.

Physical Health vs. Mental Health

Physical Health and Mental Health go hand in hand. If your Physical Health is in poor shape, you feel down, uninspired, or low in energy; similarly, if you're feeling mentally drained or depressed your physical health will suffer.

During this season of hustle and bustle and preparing for the holidays, we tend to do way too much. And why do we do this? Because we want it to be perfect, and maybe outdo last year's decorations or you saw something on Pinterest that you must do (i.e. a new way to decorate the house or wrap the gifts.) Overdoing it with gifts for the kids or grandkids and neighbors or even for our friends are sincere and with good intentions; however, the reality is, or can be, out of touch with what is necessary and realistic.

Of course, planning and doing a little bit overtime can help with time management.



Last minute tasks are sometimes exciting. You get a rush and feel the pride and joy of finishing the project. And if that craziness is not day in and day out your heart and nerves can most likely handle the stress.

Listen to your body, listen to your friends/relatives. They can sometimes be our "reality" because we are so focused on getting it done, they often see the side we refuse to see. If we are getting frustrated, short tempered or feeling exhausted, it just might be a good time to dial it back a tad.

So, what is the balance here between Physical and Mental health?

1. Maintain a positive outlook and let go of the negative (I dare you to sing out loud "let it go" from Frozen)
2. Exercise regularly. Find a friend or a couple of friends and do something that engages a little extra motion. For example, bowling, dancing, Zumba, yup Pickleball, or just walking a couple times each week.
3. Find a new hobby or restart an old hobby. Scrapbooking, painting, reading.
4. Join a group with similar interests.
5. Things change, people and families move, but you still need a good support system; so get out there and friend them!
6. Eat a healthy balanced diet. Yup I am going there. We need to reduce the carbohydrates, fat, soda, and alcohol from our diet. Your gut, waistline and your knees will thank you!!! I am so working on this one.
7. Sleep is under-rated. Set up a good bedtime routine to slow down and quiet the

mind. Don't listen to the news. Read or watch something funny on TV. Getting good sleep helps boost the mind and mood and can help prevent health problems. Women need 6-9 hours of quality sleep, but they tend to have insomnia more than men. If this happens, it needs to be addressed since continuous restless nights can prove to be detrimental to your physical health if not resolved.

8. Volunteerism is so rewarding. When we can give back to others, we feel a sense of accomplishment (but I am preaching to the choir here because our women's club is a champ at this one).
9. And last but NOT least, relax and enjoy some quiet time. It's so refreshing and good for the body. Meditate, practice gratitude, or listen to good comforting music with a nice cup of tea. There are some great meditation apps; Ten Percent Happier is a very popular one.

With that said, let's think about the New Year and how we can be better physically and mentally. Let's make small concise resolutions that are tangible for better health in 2024.

- Lose 10 pounds.
- Learn some new recipes that are low in fat and carbohydrates.
- Walk 1-2 miles/ twice a week.
- Go to the gym, walk, bike or swim/ twice a week.
- Learn a new sport: pickleball, golf, Tai Chi, Pilates, yoga.
- Start coloring in adult books or learn a new craft.
- Practice meditation and gratitude.

The list goes on and on with the opportunities to invest into your mental and physical health.

As we start a New Year let's commit to ourselves that our body, mind, and spirit need our investment just as our family, friends, neighbors, and community need us.

Happy New Year and may all your 2024 goals come true.

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/events for the good of the group.

Margie, Kathy, Holly, and I hope you all had a wonderful holiday season, and are ready to jump into some of the activities we have planned.

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

We will be discussing Lessons in Chemistry by Bonnie Garmus, *Zoom invitations will go out to the group at large.* 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.

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 Galentine's Day Pollyanna

"A day for women to celebrate their friendships with their lady friends."
Today is officially Galentine's Day and our February meeting. 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. 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.

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 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 tuscanbistro.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.

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 list.*

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. 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.

WEDNESDAY, JUNE 5, 2024

Travel with us to The Dutch Apple Dinner Theater to enjoy a production of *The Full Monty**, a funny and heartfelt story about six unemployed steel workers who come up with a bold way to make some quick cash. In the process, they find renewed self-esteem, friendship, have fun, and triumph over their nerves... and their clothes! Enjoy lunch at the theater followed by free time for shopping at the Kitchen Kettle Village. **Note: Show is rated PG-13 for mature themes and language.*

Included:

- Round-trip Motorcoach Transportation
- Ticket to *The Full Monty* at the Dutch Apple Dinner Theater
- Lunch
- Free time for shopping at the Kitchen Kettle Village

Call any AAA office to book: \$199pp

Voorhees: 856-783-4222

Sewell: 856-589-6900

Millville: 856-563-0222

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.



BOOK CLUB is always a fun, entertaining and educational time!

HISTORY SPOTLIGHT

Linda Jones

Youth Leadership Program: HOBY

Did you know? The Hugh O'Brian Youth Leadership (HOBY) program ensures that students gain awareness of themselves and others, practice and apply newly learned skills, and leave feeling empowered to make a positive impact on the world around them. With authenticity, connection, and growth at the core of the programming, the student ambassadors learn what it means to be an aware and engaged community member. This flagship program includes both school and/or community-nominated student ambassadors to 3-4 day seminars each spring and summer. The students will explore personal leadership skills and values as they practice those skills while collaborating with diverse groups within the program. They learn how service leadership can make a positive impact in their communities.

At HOBY the students are taught how to think, not what to think. To create positive change, one must first understand oneself and those around. Students that have attended HOBY programs are learning, growing, and working to develop key leadership skills.

The following eight skills highlight a model of the leadership program.

- * Awareness and understanding of the values, emotions, and beliefs that motivate yourself and others to take action
- * Reliable, authentic, and honest behaviors toward others
- * Personal commitment that drives collective impact
- * Empowering others and yourself through trust
- * Working with others toward a common purpose
- * Maintaining civility and creating group consensus in light of conflict or differences in viewpoint
- * Thinking critically about the world around you
- * Service as a way to be an impactful, active citizen in the community

All high school sophomores are eligible to attend HOBY STATE LEADERSHIP

SEMINARS and are aged 15-17. Schools across the United States partner with HOBY as students are nominated by their high school to attend. Sophomore counselors or administrators are the main contact persons. Students who have the potential to lead leave HOBY with the knowledge and passion needed to make a positive impact on the world around them. Attending HOBY unlocks many opportunities and connections beyond the seminar. NOMINATING sophomores from high school benefits both the individuals and the community.

Three years ago, our West Deptford High School staff/counselors chose the first ever student to attend and represent our school in a leadership role to attend HOBY. Each year since, our high school has sent a participant. Corey Ratcliffe, my grandson, was that first sophomore student sent from our West Deptford High School and spent four days attending this Youth Leadership program in June of that year. Since then, a student has been sent every June. A small fee of \$250.00 is needed for registration purposes.

Hugh O'Brian believed in the potential of every human being and was committed to helping young people of the world become major contributors to society. His

legacy lives on today with more than 500,000 HOBY alumni making a difference in the lives of others. Founded in 1958 by Hugh O'Brian, this nonprofit organization inspired all of the above goals for the youth of our country. By 1977, New Jersey joined surrounding states in conducting seminars. By 1988, 51 percent of U.S. high schools were represented by attendees.

Many Women's Clubs around our state have become involved in sending a student to HOBY as over 300 high school sophomores from around the state enjoy the conference filled with keynote speakers, panels, skill-building activities, and opportunities to network with accomplished peers and professionals. Just like GCI, many clubs have included HOBY when sponsoring high school youth to attend these beneficial programs. If our club would become interested in sponsoring a student, our Education Department could check with the sophomore counselors or administrators to obtain information and the nomination process as well. This is another way to involve our youth in a life of community service within our school, town, and world!

NOTE: Wishing everyone a happy and healthy New Year 2024 in club spirit, volunteerism, and service to our community!!



Thanks to Linda J. for making the lovely centerpieces and place favors for our 30th Anniversary. We welcomed West Deptford Mayor James Mehaffey, NJSFWC President Shirley Holly & Garden District VP Marie DiMatties.

FEDERATION NEWS

Isabella Cooper

Upcoming Dates for 2024

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

NJSFWC Honors and Memorials Garden

NJSFWC is planning to create an Honors and Memorials Garden in front of our Headquarters Building. Monies raised will benefit the Headquarters Fund. It will be a wonderful way for clubs to permanently recognize members.

Members may order engraved bricks before March 6, 2024. For additional information, members can contact Patti Notarianni, njsfwc.hq@gmail.com or call Headquarters at 732-249-5474.

—Isabella



Festival of Trees

On Thursday, 30 November 2023, Clara, Debbie, Joan, and Kimberly traveled to Headquarters to see The Festival of Trees. Such a success and a wonderful opportunity to share fellowship, friendship and fun with other club women from throughout the state. Each tree had a different theme and was donated for auction by various clubs. It was interesting to see the different directions each tree took, as well as the influence behind the themes.

Beside the trees to be viewed there were numerous wreaths that decorated almost each room in headquarters. These were available for sale. The talent and creativity were amazing, and certainty got everyone in the holiday spirit.

We also enjoyed a presentation from the President about the history of headquarters, small private tours of the building and delicious foods and drinks. A wonderful time was had by all. Happy New Year.

—Kimberly VZC.



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. Please 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.

Gloucester County Animal Shelter

2h · 🌐

DONATIONS NEEDED - TOWELS AND BLANKETS

We are in desperate need of towels and blankets for our shelter dogs' bedding. One of our washing machines is down, we've been waiting for a few days for the part to come in but unfortunately it may take a little longer. 😞 So, please keep us in mind when cleaning out your closets!!! 🐾🐾 Thank you!!!!



From Nancy B: Please know that you can leave your used, CLEAN blankets and towels on my covered front porch any-time and I will deliver them to the Animal Shelter in Clayton. Their building is on my work campus. Thank you!

130 CHALLENGE

Carol Dechen

I completed the summary for the 130 Challenge for 2023 and I'm super excited to share the stats. We had 22 members participate, 9 of them consistently every month, not a lot of participation but look at what we did. As a group we walked 2,014 miles, that's over two thousand miles, and exercised 1,787 hours in total, which I think is phenomenal. Right, isn't that awesome!

It has been a fun year of exploring different topics for our Facebook Lives twice a month and finding 2-3 articles or web links to introduce, familiarize ourselves or re-educate. I've tried to mix it up to encourage participation or curiosity in some type of activity. So keep up the good work and keep sending in the stats for each month for miles walked and hours of exercise. And for those non-believers it was easy to track, record and send to me by the end of the month. Easy Peasey!! Grab a friend, find an activity and as Olivia Newton John would say, "Lets get Physical!" HaHa!!

So for the 2024 130 Challenge and last year of the challenge, we are going to mix it up a bit with just 1 FB Live each month and 1 group activity each month. Each month we would do one group activity like that of the Social club but this would be a more active-like physical activity and not a sit down for tea, movie or book discussion activity, which are also good and fun. Our Health and Wellness team is working along side the Social committee so as not to overlap with club activities.

Here are some ideas:

1. Bowling - I am not very good at this but I think would be fun
2. Dancing - Country Line dancing or Zumba class
3. Cooking - (Farm to Table - learning to cook leaner)
4. Pickleball - I am determined to teach some ladies the art of Pickleballing :)
5. Rail Bike - CapeMay, NJ a little expensive but how much fun could this be with a group of friends
6. Hiking - plenty of trails to find and learn to use the apps on our phones
7. Walking group - meet one day a week and walk a few miles with our

friends from club

8. Breast Cancer walk, MS walk, Crohns Walk, Pancreatic Walk (there is always someone doing a fun family walk in support of a personal fight)
9. Turkey Trot - on Thanksgiving Day good way to get family and friends out before the big feast.
10. Vision Board - to set some 2024 Goals, gather magazines and glue to poster board of goals or dreams of what you want your year to look like. It can be short term goals or long term goals.

Our monthly FB Live will be held on the 1st Wednesday of the month at 7am and I will have a new topic and share details/

reminder of the group activity. Still continue with your walking and exercise and send stats to me by the end of month. I will continue to tally everyone's activities each month for 2024. I encourage you to get one of your friends or club members to get out and exercise and also to explore our group activities.

January's activity will be creating a Vision Board. Save those magazines, greeting cards, scissors and poster boards, 6pm at my house. If you have any questions, let me know. Otherwise I will see you on January 3rd at 7 am for our first FB Live 2024. Bring your coffee ☕❤

—Carol D

ARTS AND CULTURE

Ann Caswell, Kat Nixon, Susan Degnen, Sharon Hink



CARD-MAKING for ProMedica residents. Led by Denise H. we made and delivered over 100 holiday greeting cards for care home residents!



DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

The holiday season is a time designed to bring out the best in people: many of us strive to be more emotionally charitable at family and social gatherings, or financially charitable toward our favorite organizations and causes. Being our best selves can come as a challenge for even the most well-intentioned, given that the holiday season is so busy and potentially stressful.

However, for domestic violence survivors, the holiday season brings with it far more stressors than for most, as the should-be joyful time sees surges in domestic violence rates and incidents. Understanding the factors contributing to this is crucial for prevention and intervention efforts. Here's why domestic violence during the holidays is a serious problem—and how you can help by being the best version of yourself this season.

Factors That Can Exacerbate Abuse During the Holidays

Financial Stress

One of the most significant contributors to the rise in domestic violence during the holidays is financial stress. The pressure to buy gifts, host gatherings, and meet societal expectations can strain household budgets. This financial burden often exacerbates existing tensions within relationships, making it a trigger for violent behavior.

Emotional and Psychological Factors

The holidays can also be emotionally taxing. The expectation to maintain a cheerful demeanor, coupled with the stress of family interactions, can lead to heightened emotions. For those already in volatile relationships, these emotional triggers can escalate conflicts into physical violence.

Increased Alcohol Consumption

The holiday season is often accompanied by increased alcohol consumption, which is a well-known risk factor for domestic violence. Alcohol can impair judgment and lower inhibitions, making it easier for underlying tensions to erupt into physical confrontations.

Limited Access to Support Services

During the holidays, many support services like shelters and hotlines may have reduced hours or may be understaffed. This can make it more challenging for victims to seek help or escape abusive situations.

The Role of Family Dynamics

Family gatherings can sometimes act as a catalyst for domestic violence. The presence of extended family can either inhibit or provoke violent behavior. In some cases, family members may even normalize or trivialize the abuse, making it difficult for victims to speak out.

The Illusion of Togetherness

The societal emphasis on family and togetherness during the holidays can also be a contributing factor. Victims may be more reluctant to leave or report their abusers during this time, fearing they'll ruin the holidays for their children and others with whom they normally observe the holidays.

If you or someone you know is affected by domestic violence or sexual assault call the SERV hotline at 866-295-7378.

Source document: [Connections for abused women and children](#) November 2023

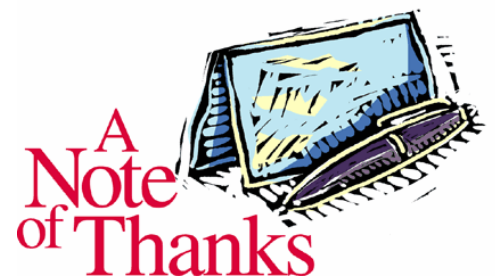


DEAR SECRET PAL

Dear Barb O.,
Thank you so much for the Amazon gift card, gnome ornament and the Salvation Army red kettle to add to my Byers Carolers Collection. You have been such a wonderful Secret Pal and have made my year extra special. I always looked forward to my monthly surprises. May 2024 bring only the best of everything to you and your family.
—Warmly, April

Dear April,
I would like to thank my no longer a Secret Pal for spoiling me all last year!
—Margaret

Dear Lisa,
You have been a great secret pal! This was my first time experiencing this and you made it a lot of fun.
—Sincerely, Barb Oldt



Dear Card-making Ladies,
Thank you all so much for the Michael's gift card! I was not expecting that! I'm excited to go buy more craft supplies! I'm sure you'll see some of them in the Spring if we make cards for the nursing home again. You are all so talented and amazing! It's a pleasure to work with you!
—Love, Denise H.

