

Tidbits

February 2024 — Vol. 30 Issue 6



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

NEXT MEETING

Tuesday, February 13, 2024

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

74 Church St. West Deptford 08086

Wear Red for Heart Month!

Galentine's Day Pollyanna!

Refreshments

Desserts/Snacks: Pixie O., Ann Ca., Nancy D., Jody H.

Drinks: Susan D. water, Lisa H. other

February Birthdays

6—Bonnie D. 10—Joanne Kg.
8—Pixie O. 17—Sharon B.

COLLECTIONS

- ♥ Debbie H. & Sue N.: Small gift items for ECF Secret Santa Shop.
- ♥ 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

Welcome February! As you know, Punxsutawney Phil did not see his shadow on Groundhog's Day which means we are supposed to have early Spring weather...what do you think? Either way...it is staying lighter in the evenings and each day brings us closer to the warmer weather. I am ready... ☺

*The **Heart** of a **Volunteer** is not measured by size, but by the depth of the commitment to **Make A Difference** in the **Lives Of Others** —GFWC California Federation of Women's Clubs*

When I saw this quote by the California Federation of Women's Clubs, I knew that I had to share it with all of you. It truly speaks about all of us and how it is our **heart and caring for others** that continue to make a difference in our community. This saying encompasses every one of you and is so appropriate for February.

It was great to see all of you who were able to be on Zoom last month for our January meeting. The weather in January is so unpredictable and Mother Nature proved us right by voting to stay home and connect via technology. Even with the winds and rain, we were able to hold a wonderful meeting.

There are a lot of activities, projects, and meetings for the rest of the club year and we will be busy until our end-of-the-year June Installation of Officers and Dinner. Please make sure that you stay up to date with what is happening by reading Tidbits and writing those dates down for activities that you want to participate in.

Our meeting this month will start right on time with our speaker from the GWCM. Rev. Phillip Oehler, pastor of the Presby-

terian Church in Woodbury, is also Vice President of the GWCM and was very happy to be asked to talk about the local food pantries, how they work, and what churches are included.

He will be pleased to answer any and all of your questions. Please feel free to bring a donation for the GWCM.



Also, February is **Heart Health Month** as well as Valentine's Day so I am asking everyone to **wear red (or pink)** to celebrate. We will also be doing a \$5-10 Galentine's Pollyanna at the end of our meeting for anyone who wishes to participate. I have already purchased my gift. This will be so much fun!

All our Committee Reports have been copied and mailed to the State Chairs. We have completed some incredible activities in 2023 and I was so proud to mail our accomplishments to Headquarters.

Many of you were able to give donations to the January Committees: Family Promise, Civic Engagement, and Advocates for Children...thank you for that. If you still have donations to give them, please bring them to our February meeting. In February, Health and Wellness and Domestic Violence are collecting. Please read their articles for what they are needing this month.

As of this publication, our Honor Roll committee has completed the difficult task of selecting members to receive Honor Roll and Order of the Lily. I say difficult because all of you are so deserving of

Continued on next page —>

Continued from previous page

recognition. I applaud Carol F. and her committee for their dedication to this task. Carol and her committee will be making the presentation of these awards at our March meeting.

Speaking of committees, Cheryl F. and her committee have been tasked with coming up with a slate of officers, per our bylaws, for the '24/'26 club year. This is also a difficult task as there are so many wonderful leaders in our club. I know that Cheryl's committee will present a slate of officers that will work together to continue to guide our club forward and make us shine. ☺

It is that time of year that Peg S. will be collecting dues for the '24/'25 club year. Dues are \$45, due by our April meeting. Peg will talk more about this at our February meeting, but I wanted to give you all a heads up.

We had three members attend the January Garden District Council meeting at the Porch Club of Riverton. Denise H., Isabella C. and Kim VZC. had a wonderful time and shared our club's accomplishments as well as some of our programs at the meeting. Isabella also brought back information that she is sharing in her article; however there is one item that I want to mention. I will elaborate more at our meeting, but the abridged version is that Headquarters is asking all club members across the state to contribute to the "1894 Society" which is how the State Board pays for the headquarters building upkeep and more. I will have the information to share with you, but I wanted to mention this now as it is an important project that helps with our state building upkeep and land rent. With the rising cost of everything today, every little bit helps.

April 18th is the Garden District Conference and Arts and Culture Achievement Day, to be held at the Pennsauken Country Club. I will share more information on this exciting day as soon as I receive it. Marie D., District VP has asked us to provide the centerpieces for this event, which we are pleased to do. This will be Marie's last formal event as her term is coming to an end in May, so I hope many

of us can attend. I have also received the Achievement Day forms and will be giving them to Ann C. who will be sharing the information for submitting a project as well as the rules for registration. Think about what project you may want to submit as I know how talented all of you are and I would love to see our member's work showcased for all to see.

All our Secret Pal forms have been given out by Cynthia H-B last month to all



Shout Out to Members!

February is here and the members of the Woman's Club of West Deptford continue to shine and display works that show just how awesome we are!

Be the reason why someone feels included, welcomed, valued, listened to, supported and loved —Author Unknown

One of the reasons that I wanted to join our club is the welcome that I felt from that very first meeting to now by so many members. I felt included, valued and the friendships that I have forged will stay with me forever. So, my first recognition is to all of you who have welcomed and included all of our newer members. You have made them feel special and appreciated.

One committee that rarely get recognized is our Environmental Committee. Patty W. and her committee quietly work behind the scenes to find ways to improve the environment and include ideas that help us recycle some of our everyday containers. I keep a bag in my pantry to put recyclable containers in that I would have never thought would be collected and reused. Thank you, ladies, for making us conscious of how we can make a difference and collect items to be reused.

Another member who works quietly behind the scenes in our own Linda J., who continues to collect interesting articles and facts on the history of the GFWC. The back-

members who have chosen to participate. I have mine and can't wait to spoil my Secret Pal all year. Don't forget to bring your Secret Pal gift to the meeting if you did not already have it delivered. (Remember, this is separate from the Galentine Pollyanna, which is just for our February meeting.)

Enjoy the rest of the month and Happy Valentine's Day!

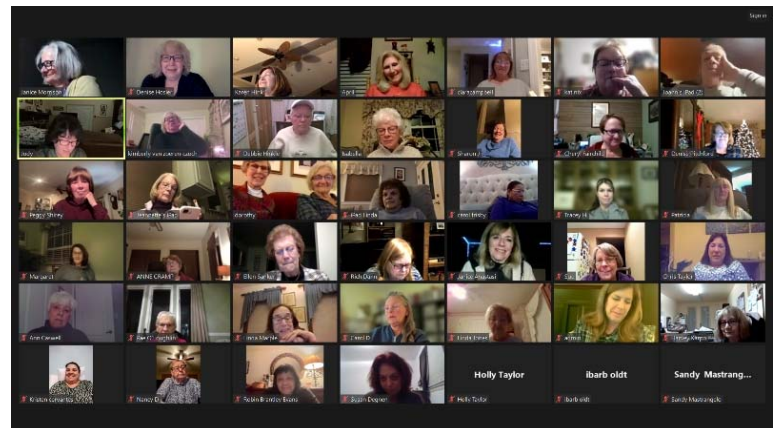
April

ground to this wonderful organization is vast and so many of us do not know much about our beginnings. Linda has taken the reins on this and constantly finds information that is so valuable and writes her articles to share with us each month.

A big shout out to our Arts and Culture Committee! Ann C. and her energetic committee does an amazing job finding crafty things to do with our members, the latest being the cards for ProMedica residents this past holiday. These cards were so lovely, and I am sure the recipients enjoyed them throughout the season.

Finally, thank you to everyone who makes a conscious effort to donate food and clothing to so many different organizations. No matter the time of year, there are always families who are in need and appreciate everything that we give. It does not matter the quantity but knowing that in some small way you are helping others makes it all worthwhile.

Thank you all for continuing to make the Woman's Club of West Deptford an organization that makes others take notice.



FIRST VICE PRESIDENT

Janice Morrison

Happy Valentine's Day ladies! I hope you get something special from a special someone whether it be family or friend. It is always a wonderful time to let someone know that you care. I love getting the little handwritten notes from my grandchildren and of course roses from my husband.



As is typical, January and February are light months for fund raising activities, though we are looking forward to what we have coming up in the spring: Pizza for a Purpose and Spring Flowers.

Pizza Sale

Pizza for a Purpose starts on March 1st and runs through March 31st. Attached to Tidbits are vouchers you can use when buying your pizza from Cicontes in West Deptford during the month. Please share these with family, friends, and neighbors and at work. The club makes \$3 per pizza order. Pizzas must be picked up so the store can collect the vouchers. I will print some for the February meeting, but you can also print on your own. There is no limit to the number of pizzas you can order, though you can only use one voucher per receipt.

Spring flowers assortments will be announced in the April Tidbits.

Service Hours

Please do not forget to write down your Service Hours for the first quarter of 2024. I will be collecting them at the end of March.

If you have any questions, please do not hesitate to call me.

—Janice

SECOND VICE PRESIDENT

Cynthia Holmes-Butler

New Members

We will be having our installation of new members during our February Club meeting on the 13th. Several ladies have recently joined the club: Sharon Bowen, Kristen Cervantes, Joan Ebbeck, Carol Scancellia, and Sue Welch. See their pics, right. Be sure to welcome them!

Everyone will be installed except Kristen Cervantes who is recovering from surgery. Kristen will have to miss a few club meetings. If you'd like to send her a card her address is on our latest membership list, which was recently sent out.

New Member Workshop

We are planning our third New Member Workshop on Tuesday, May 21 at St Paul's Church from 7-8:30 PM. We will be learning lots of information about our club history as well as what we're doing today as we look ahead to the future. Come join us to meet some Garden District officers and socialize with other members.

Please let me know if you're planning to attend.

Club Shirts

I will be sending in an order for Woman's Club shirts and hoodies. Our club logo is embroidered on the front. If you want to put in an order please bring a check made out to WCWD or cash in an envelope to the February meeting. On the outside of the envelope put: Your name, item you're ordering, and size.

I will have a couple shirts & a hoodie at the meeting for members to look at & try on for size. They seem to run close to woman's size. Items below:

- ♥ Short sleeve golf shirt- \$25
- ♥ Long sleeve golf shirt-\$30
- ♥ Short sleeve tee shirt-\$20
- ♥ Long sleeve tee shirt-\$24
- ♥ Crew Neck sweatshirt-\$28

- ♥ Zippered hoodie-\$35
- ♥ Zippered Fleece- \$46

Thanks,
Cynthia



Susan W.

Sharon B.



← Joan E.



Kristen C.

Carol S.

Dues Time Approaching

Beginning at our February meeting, I will start collecting dues for the 2024-2025 year. You have until April 9 at our meeting to make your payment. The membership fee is \$45. You can pay with cash, by check made out to WCWD, or electronically with PayPal or Venmo using my email, pshirey@comcast.net. Although it's early, you may want to pay now to get it off your "to do" list.

Thank you!

Peg Shirey
Operating Account Treasurer

ARTS AND CULTURE

Ann Caswell, Kat Nixon, Susan Degnen, Sharon Hink

We hope that everyone who made a wreath enjoyed it in their home. Our holiday card making was fun for all. Our thanks to Denise H. who did the prep work and booked St Paul's Church.

Looking forward to more creativity for 2024. We would like to set up a crochet workshop. Thinking of making soap sacks for donation. Spring card making will be in April since Easter is so early this year.

We had so much fun making wreaths in the fall that we could have a spring/summer class if we have interest. Also thinking of other fun projects. More to follow!

Spring Conference

The Garden District Spring Conference is April 18th. If you are interested in an entry for Arts Achievement Day, start thinking about your project. Happy February to all! We also have room for anyone who would like to join our committee.



Brady Cobb, West Deptford High School sophomore grandson of Linda & Bill J. was selected by teachers, guidance department, and administrators to attend the YOUTH LEADERSHIP PROGRAM called HOBY in June at Drew University. This flagship program consists of three day seminars to explore leadership skills and network with peers and professionals. CONGRATULATIONS Brady! Also, CONGRATULATIONS to Brady on his induction into the WDHS World Language Honors Society. Very proud grandparents!

SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

Amazing Collection!

January was one of the months for this special project to collect duffle bags for the homeless families in the program Family Promise. You are such generous clubwomen!

We collected a total of 15 duffle bags.

Some of the duffle bags were so cute, just for the kids with pink butterflies and blue fishes on them.



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



Nurse's Closet

January's initiative benefited the Nurse's Office at the Middle School. Our generous members donated \$384.00 of underwear and leggings. Our help was greatly appreciated by Nurse Lee.

Community Volunteers

The Oakview Elementary School will hold its yearly Book Fair from Feb. 5th to Feb 9th. As of this writing, we have committed to cover 10 volunteer spots!!

Red Bank Elementary will hold their Book Fair the first week in March. I will send out an email and sign-up link when it is available.

Ronald McDonald House

Please keep saving your soda can tabs for the Ronald McDonald House.

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.

TUESDAY, FEBRUARY 13, 2024: Following the meeting: Galentine's Day Pollyanna "A day for women to celebrate their friendships with their lady friends."

Our February meeting is officially 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 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. **ALL** are welcome to participate whether or not you have a secret pal.

THURSDAY, FEBRUARY 29, 2024: 11:00am Leap Yr. Ladies Luncheon Piston Diner, "Soup Flight" RSVP to Jody by February 22nd

Piston Diner is now offering "soup flights" for lunch. As we always have a nice time at our breakfast, we decided that our Leap Yr. Ladies Luncheon is going to be held there. The group seemed very interested in trying this out. The diner offer nine (9) soups each day, and you would choose three (3) in your flight. You have the option to add either a half sandwich or a salad. There is an up-charge to add the salad. If this doesn't interest you, you are always welcome to order

from the menu. As they do individual checks, no matter what you order this works out well for everyone. Each attendee will be responsible for purchasing her own lunch. I will put out a final notice when I know who is planning to attend, so that you can make carpool arrangements.

WEDNESDAY, MARCH 6, 2024: 7pm Zoom Book Club 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.* 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.

THURSDAY, MARCH 21, 2024: 6pm Fahrenheit Ceramic Studio RSVP by Mar.7 8 South Broadway – Pitman

If you are not familiar with this event, you select a ceramics piece to paint. Each attendee is responsible to pay for their ceramics as well as the discounted \$4.00 fee. You can bring in snacks and beverages. The last time we did this event was in 2022, and several members requested to revisit the studio. Thursdays are half price studio fees from 6-10pm. Their normal fee is \$8.00 per person. The completed items will be ready the following week. Last time, I picked up everyone's items and am anticipating doing the same this time so that we don't all have to go back. I need to give the studio a final head count two weeks prior to our arrival. The room is on hold for us and a deposit has been secured.

WEDNESDAY, MAY 1, 2024: 7pm

Zoom Book Mtg. *Please RSVP by 4/26 to Jody to be placed on the Zoom invite list.*

See the books below. Some of these I have selected and others have been sent to me to add to our list of choices. Please look over the selections and at our March book club we will decide which book to use for May's book club.

- The Summer of Songbirds by Kristy Woodson Harvey
- The Little Ray of Sunshine by Kristan Higgins
- Demon Copperhead by Barbara Kingsolver
- The Dictionary of Lost Words by Pip Williams
- Hello Beautiful by Ann Napolitano
- The Bookbinder by Pip Williams

WEDNESDAY, JUNE 5, 2024

Dutch Apple Dinner Theater: The Full Monty —SEE ATTACHED FLYER

TUESDAY, JUNE 11, 2024: 6PM

End of Year Installation Dinner - Charlie Brown's Steakhouse More info to follow.

TUESDAY, OCTOBER 8, 2024

Penn's Peak for The Patsy Cline Tribute Show: Memories of Patsy
SEE ATTACHED FLYER

Other Possibilities we are looking into:

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 where we can all learn and enjoy.



January Book Club-->

HISTORY SPOTLIGHT

Linda Jones

Emmanuel Cancer Foundation

The ECF doors opened in 1983 and continue to uphold the mission of the original founders: to provide in-home supportive services to families facing childhood cancer.

Did You Know?

The Emanuel Cancer Foundation serving N.J. kids with cancer has been operating in our very own backyard for forty-one years now. Our club's CHARTER MEMBERS and longtime members can recall this longevity of amazing and kind donors, volunteers, and support of the EMANUEL CANCER FOUNDATION. Since 1983 the EC Foundation has been a unique 501(c) tax-exempt organization helping families facing pediatric cancer living in the state of New Jersey.

In 1996, Mary Ann Sullivan was a guest speaker at our club meeting to provide us with information on how we could volunteer, donate, and help to service this distinctive organization. From the beginning, 1983, Mary Ann Sullivan was the first director of the Southern Region who ran the organization encompassing Gloucester County to Cape May County.

During her tenure, Mary Ann left to pursue other goals for 14 years but came back for four years as director once again. She just recently retired.

A New Jersey child must be diagnosed before their 18th birthday when seeking assistance from the EC Foundation. ECF is not about research, as they provide needs depending on family circumstances. They do not accept government funding and there is never a charge for anything. They rely on volunteers. There are four regional centers: Northern, Central, Southern, and Eastern. All four regional centers provide material assistance for emergent needs whether it be rent, utility bills, money for gas, parking at hospitals for treatment, etc. Every regional center provides material assistance covering every county in N.J. Approximately half of the families they serve earn under the poverty level.

ECF operates with a small hands-on staff of only four fulltime and six part-time staffers. Volunteers are utilized to service every county in our state. They provide in-home counseling, material and financial support in order to work with the entire family, not just the sick child. The NJSFWC has provided filled backpacks for those children going back to school, birthday bags, holiday gifts, and much more as they strive to make the delivery of services quick and seamless for a child 0 - 18 years old, regardless of race, creed, or socioeconomic restriction. Amazingly, there are no applications, forms, or other red tape for a family to deal with. Two thousand families have been helped to date.

Tailored to each family, professional in-home counseling helps with insurance companies, medical providers, landlords, etc. Material support includes food, clothing, toys, household items, and emergency financial assistance for urgent



needs. An emotional toll can disrupt a family when the diagnosis of pediatric cancer upsets the family balance of siblings and parents. Families become overwhelmed by taking care of their child's needs. One goal of ECF is to ease families' burdens and preserve their quality of life. Basic services needed are rent, utilities, meals, and occasionally the high cost of memorial services.

Emmanuel Cancer Foundation families come from all over the state. They are diagnosed with a variety of types of cancer most frequently leukemia, brain tumors, and neuroblastoma. Referrals often come from pediatric oncology units in hospitals in New Jersey, New York, Pennsylvania, and Delaware. Our NJSFWC and local women's clubs have supported the ECF by making this cause our SPECIAL STATE PROJECT for the years of 2022 - 2024. Director Mary Ann Sullivan has stated that most of the organization's help in our region comes from Gloucester County. Gift cards are welcome and sponsors can donate from \$50.00 to \$5,000.00 to make a difference in the lives of these families.

On May 19, 2023 our West Deptford Woman's Club received a NJSFWC state award for our work in the Special State Project, Emmanuel Cancer Foundation. In December we helped select the perfect gifts, wrapped and labeled them, so they could be handed out at the holiday party for families. To learn more about this wonderful organization which is located in our backyard, Woodbury Heights, go to <https://www.emmanuelcancer.org/> or follow their Facebook page.

NJSFWC: Service Club Of The Year!



Service Club Of The Year
New Jersey State Federation of Women's Clubs of GFWC

You Are Invited to The 23rd Annual Crystal Gala.

We are thrilled to announce that the New Jersey State Federation of Women's Clubs has been named the Service Club of the Year and will be honored at the Emmanuel Cancer Foundation Crystal Gala on March 2, 2024!

Join Emmanuel Cancer Foundation as we applaud the New Jersey State Federation of Women's Clubs outstanding contributions to our community and their incredible support for those affected by cancer. Your presence will make this special evening even more memorable.

Important Information:

- Saturday, March 2, 6:00 pm to 11:00 pm
- Newly renovated Tilling House at Suneagles Golf Club, 2000 Lowther Drive, Eatontown
- Entertainment, Open Bar, Dinner

How To Order:

ECF is offering discount tickets to NJSFWC members for \$160 a person. To make reservations, please email Rose Contreras, Eastern Regional Director for Emmanuel Cancer Foundation at (rcontreras@emmanuelcancer.org). Let Rose know how many tickets you would like and that you are a member of NJSFWC. ECF will seat NJSFWC members together. Leave your phone number so Rose can call you back. You can pay by credit card or check - whatever is easiest for you.

Shirley A. Holly,
NJSFWC President
holly@njsfwc.org

Healthy Club Sister (aka 1 30 Challenge)

As we start 2024, we had six club members send in their exercises hours and miles walked. With only six participants, we did 87 hours of exercise and 54 miles walked. Wow!!! How cool is that!!! Congrats to those who got out there and worked on their health goals. I know winter is tough to be motivated. It's cold and windy or snowy and wet. Yuck.....I get it. However, five minutes of exercise a couple times a day equals 20-30 minutes of exercise and is great to keep those endorphins (feel good hormones) flowing to make us feel good.

January Healthy Club Sister activity was creating a vision board. We had six of us come together and used each other's energy and vibes to produce unique vision boards to help us stay focused on our 2024 short- and long-term goals. Some of the ladies had never done a vision board and said they enjoyed crafting their goals into a personal and unique board. And we just had fun doing it.

So for February, the FB Live will be Feb 7th, how houseplants create a healthy environment in our homes. Look for an email with articles of interest and a reminder of the FB Live. I am not even sure where on the east coast I will be other than heading to FL. Haha! And our activity will be Bowling on Wednesday, February 21, 4-6pm at Bowlero Deptford, 1328 Delsea Drive (behind the Walmart). I am away so Cheryl Fairchild will be the lead for this activity. Thank you, Cheryl, for helping me out.

Ok ladies, stay warm and be safe!

Carol D.

DOMESTIC VIOLENCE AWARENESS & PREVENTION

Linda Marple, Janice Morrison, Linda Clark

This month is the collection month for Domestic Violence. We are collecting towels, wash cloths and personal care items: soap, toothpaste and toothbrushes. If you do not want to purchase items, you may make cash donations or donate \$25 cards to WAWA or Target. Linda Clark will be collecting the cash and card donations. Linda Marple may be late as she will be returning from Florida where she is visiting her granddaughters who are still in the NICU but are thriving. Janice Morrison will collect the towels and personal care items.

Our committee has been so appreciative of the generosity of the women in our club. Thank you so much for your support of these women in need.

CIVIC ENGAGEMENT AND OUTREACH

Sharon James, Linda Clark

Day of Service

Garden District Day of Service was a great success with items collected for two Domestic Violence Prevention & Treatment programs in our local area:

- ♥ Center for Family Services of Gloucester County
- ♥ Salem County Women's Services

Thirty-two women from 13 clubs were at the District event on January 15, dropping off a grand total of **6,634 items!**

Denise H. attended for our club and dropped off 64 items collected from our members, including towels and washcloths, shampoo and conditioner, body wash, deodorants, and other personal care items. Thank you for your donations!

Over 15,000 items were collected across the state to help those affected by domestic violence and abuse. It was an amazing day! It is truly incredible what we can accomplish when working together!



GARDEN DISTRICT DAY OF SERVICE: District Chairman Lucille Petrillo from Pitman WC with our Denise H. Below, DVP Marie DiMatties (right) at the Towel Table.



SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

We are coming to the last few months of working on our State Project. In May, at the NJSFWC Convention, a new State Project will be announced.

Gift Cards for ECF

During the months of February and March, I will be collecting gift certificates for Emmanuel Cancer. The families need gift certificates for Uber, grocery stores, convenience stores (WaWa, Heritagés), Amazon, and restaurants or pizza places for quick meals. Any dollar amount is helpful. ECF will give out the gift cards to families in need.

Debbie H. and Sue N. are collecting men's and women's items for next year's ECF Christmas party so that the children can shop for their parents. They are looking for items that you may have received or bought and never used. We all have things tucked away, so remember them when you are cleaning out drawers and closets!

HEALTH AND WELLNESS

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

South Jersey Dream Center—68lbs of food
Colonial Manor Food Pantry—75lbs food
Angels Community Outreach —157 lbs of clothing
Jeannette's Closet—20 lbs of clothing

This month we are collecting toiletries to put in used pocketbooks. We have enough large pocketbooks; smaller ones needed. Examples to put in them are toothbrush, toothpaste, shampoo, conditioner, comb, small brush, wipes, fingernail clippers, nail file, deodorant, soap, etc. Please bring to the meeting or drop off to Kim C. (text first)

Dental Health

It's likely not news to anyone that with proper care of our teeth, we can stay healthy throughout life. And with daily care of our teeth and gums we remain healthy and less likely for tooth decay and gum disease to impact our health and well-being. The following information may or may not be familiar with your current routine but read on to check your practice with best practice according to the ADA (American Dental Association)

The 4 basic steps of proper dental care: 1) brushing, 2) flossing, 3) eating healthy, and 4) going to your dentist 2x/year to clean.

TIPS

Brush teeth 30 min - 1 hour post meal to remove film and plaque of bacteria that clings to your teeth.

Bacteria left on teeth can result in plaque buildup and produces acid and acid leads to cavities and gum disease.

A pea-size dab of fluoride toothpaste applied to your toothbrush is all you need for brushing your teeth.

Continuous small circular motion on all surfaces, upper and lower chewing surfaces; also don't forget the inside of teeth, especially front upper and front lower teeth.

Use circular motion on all surfaces so that the bristles of the toothbrush can get into all the grooves and crevices.

Also, it is advised to brush the tongue with long soft strokes, which will help remove debris and bacteria that causes bad breath.

Soft bristle toothbrushes are advised as well as an electronic toothpaste as most electronic toothbrushes have a timer as a reminder to brush for 2 minutes.

Replace your toothbrush with a new one every 3-4 months.

Flossing

It is recommended to floss at least once a day, especially after meals to get rid of food and



tartar build-up, which can harden and lead to plaque and when it hardens it may require removal by a dentist or dental hygienist.

The need to floss daily cannot be overlooked when we discuss dental hygiene. Flossing removes plaques and debris between the teeth which is left behind causes plaque which turns to tartar, and over time causes gums to pull away and teeth to loosen.

Using a Water pic is somewhat comparable to the function of flossing as it helps to remove debris between teeth and gum line and is sometimes advised for patients with excess plaque buildup. The use of the water pic will help with dental hygiene in between visits with the dentist/dental hygienist.

Mouthwash

Antibacterial and fluoride mouth rinses help to reduce bacteria which causes plaque and gum disease.

Along with brushing and flossing, mouthwash should be a part of our oral/dental hygiene practice. It is recommended by the American Dental Association that a daily rinse with an antiseptic (aka antibacterial) mouthwash that will kill bacteria that may cause early gum disease and bad breath.

Mouthwash containing fluoride helps prevent tooth decay. Some mouthwash will contain antibacterial and fluoride.

There are many, many different types of mouthwashes and some specific for gum therapy to prevent gum disease.

Proper technique of mouthwash includes 30-60 seconds of swishing inside the mouth and can be done before or after brushing.

Dental health and Nutrition

Eat a healthy diet and avoid foods that contain sugars and starches. These types of foods produce acids in the mouth and the longer it stays on the teeth the more likely it will create damage to the teeth. Hard "candies" that you suck on are especially harmful because they stay in your mouth for a long time.

Snacking on sugary/starchy foods can lead to tooth decay because we do not typically brush after the tasty snacks and the starches stick to the teeth until bedtime when we typically brush our teeth. YIKES!!

Avoid snacking on sugary or starchy foods: Cookies, candies, chips, crackers, gum, dried fruit, and raisins are those foods which cause lingering acid on our teeth.

Toothbrush and toothpaste

A furry old toothbrush won't do your teeth much good and when the bristles break down, they don't clean as well.

Hard bristles on the toothbrush can wear down the surface of your teeth and gums. So can brushing too hard. Use soft flexible bristles to clean between teeth and hard-to-reach spots better.

Use soft pressure for 2-3 minutes twice a day. Powered and manual toothbrushes clean the teeth well.

Manual brushes with mixed bristles heights or angles clean better than flat even bristles.

Powered toothbrushes maybe easier if you have trouble with using your hands.

Toss the toothbrush or toothbrush head if bristles look worn or bent as these are a sign you are brushing too hard and evidence that you are applying too much pressure while brushing.

Most toothpaste clear away bacteria growth and acids left behind from food and drinks. The ADA seal is always on toothpaste with fluoride. This ingredient strengthens and protects teeth.

And it's not just about a beautiful smile and straight teeth. Gum disease is real and takes some precautions and good daily habits to maintain good gum and dental health.

Gum disease

Gum disease starts when plaque builds up under and along the gum line. Plaque is a sticky film-like substance that is filled with bacteria. It can cause infections that hurt the gum and bone, leading to gum disease and tooth decay. Plaque can also cause gingivitis, the earliest stage of gum disease.

Gingivitis causes your gums to become inflamed, tender, red, swollen, and prone to bleeding,

Fortunately, gingivitis is reversible because it only involves the gums; however, periodontitis is an advance form of gum disease involving gums, bones and the tissues connected to your teeth. Left untreated the tissue supporting the teeth and gums can impact your bite and therefore leads to pain when you eat and may result in needing a tooth or teeth extracted.

So, after reading about gum health and writing this article, I sure learned a few good tips and reminders how to maintain good gum health and that is by brushing, flossing and rinsing.

KEEP SMILING LADIES 😊

FEDERATION NEWS

Isabella Cooper

Garden District January Council Meeting

Fifty-eight ladies attended the Garden District Council Meeting on January 18 at the Porch Club of Riverton. Our members attending were Isabella Cooper, Kim VanZoeren-Czoch, and Denise Hosier.

District Vice President Marie Di-Matties opened the meeting by sharing our club's 30th anniversary "Women Who Change the World" thoughtful words, followed by club presidents' reports. State NJSFWC President Shirley Holly briefly spoke.

Sue Sheehan reported the Garden District currently boasts 30 new members, still wishing for 50; the State has gained 400 new members.

Patricia Dahl, NJSFWC Convention Chair, updated information for the NJSFWC Convention, celebrating our 130th birthday. It will be held at the Hard Rock Hotel, on May 6-8.

Laurel Dobalo, NJSFWC Headquarters Chairman, presented a challenge for all of us to take on raising much needed funds for our Headquarters on the Rutgers Campus. Our Headquarters was built in 1964 at a cost of \$50,000, with most of the cost being raised by members donating Green Stamp Books worth \$2.00 each. Presently, the yearly rent to Rutgers University is \$21,000 and funds are desperately needed for the upkeep of Headquarters. Today's equivalent of \$2.00 in 1964 is now \$20.43. Laurel's Challenge for all Members is to individually donate \$20.43 to the NJSFWC Building Fund or donate to the 1894 Society for the 2023-2024 club year, which ends March 31, 2024. We will have 1894 Society donation forms to distribute to everyone at our February meeting.

Our very own Denise Hosier, State Webmaster, led the PM Session, "Program Assistance," asking each President to present three successful

programs held in 2023. Our club had several excellent programs, but I highlighted April's choices: the CPR Demonstration by the County EMS; Dr. Charian Verghese's talk about Senior Moments, Dementia, and Alzheimer's; and Beth Gebhart's, Director of Journey Hospice, presentation about Palliative and End-of-Life care.

NJSFWC Receives Recognition

NJSFWC has been named the Service Club of the Year by the Emmanuel Cancer Foundation. We will be honored at the Crystal Gala on March 2, 2024, 6:00-11:00 P.M. at the Tilling House at Suneagles Golf Club, in Eatontown. Tickets are \$160. For more information see the box on page 6.

Upcoming Dates for 2024

- 3/6: NJSFW Engraved Brick Order Deadline
- 3/7: Civic Engagement and Outreach Day
- 3/22: Arts Performing at Salem County College
- 4/18: Spring Conference and Achievement Day at Pennsauken Country Club
- 5/6-8: NJSFWC State Convention celebrating 130th Anniversary, "Federation: A Sisterhood of Friendship" at Hard Rock Hotel, Atlantic City
- 6/2-5: Girls' Career Institute at Douglas College



I want to belatedly thank my 2023 Secret Pal, Robin E., for all the wonderful gifts you have given to me throughout the year. Your gifts were so thoughtful and really appreciated. Have a happy and safe New Year! —Love, Janice

Dear Members,
Thank you so much for your cards, texts and phone calls while I am healing. I truly appreciate you all taking your time to reach out. Thank you again! —Robin E.

ENVIRONMENT

Patty Wyzkowski, Denise Pitchford



Recycle your Bags

Some of our members may have noticed a recycling collection box at the West Deptford Municipal Building. A copy of the sign that is on the box is shown above. As you can see, the acceptable materials for recycling are:

- ♥ produce bags
- ♥ store bags
- ♥ ice bags
- ♥ zip lock & reclosable bags
- ♥ cereal box bags
- ♥ case overwraps
- ♥ bread bags
- ♥ newspaper bags
- ♥ dry cleaner bags
- ♥ bubble wrap
- ♥ plastic e-commerce mailers

By placing our recyclables in the box we can further help reduce waste that is sent to landfills and incinerators and provide materials for Trex to produce earth friendly deck materials.

Go green!



Dutch Apple Theatre Presents **THE FULL MONTY**



Proceeds to benefit the civic organizations/non-profits supported by the Woman's Club of West Deptford.

June 5, 2024

AAA Member: \$199 per person | Non-Member: \$219 per person*

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.*

What's 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 your AAA South Jersey Travel Agency
for more information and to make your reservations!**

Voorhees 856.783.4222 • Sewell 856.589.6900 • Millville 856.563.0222

For a full list of upcoming motorcoach trips, visit: AAA.com/motorcoach

*All payments are non-refundable, and all rates are subject to change. Prices based on double occupancy.
\$600 single supplement. Travel insurance is mandatory.



THE PATSY CLINE TRIBUTE SHOW AT PENN'S PEAK



Proceeds to benefit the civic organizations/non-profits supported by the Woman's Club of West Deptford.

October 8, 2024

AAA Member: \$189 per person | Non-Member: \$209 per person*

Experience the incredible tribute concert, Memories of Patsy - The Patsy Cline Tribute Show, at Penn's Peak in Jim Thorpe, PA.

The legendary Patsy Cline, performed by Courtney Shayne, comes to life once again in this national touring show that transports its audience back in time to the days when the amazing singer graced the stages of America. Some of the great tunes you can expect to hear are: Crazy, Walkin' After Midnight, I Fall to Pieces, She's Got You, San Antonio Rose, Blue Moon of Kentucky, Sweet Dreams, and many more. Memories of Patsy captures the essence of the Patsy Cline concert experience like no other. See for yourself why this remarkable show has received rave reviews nationwide.

What's Included:

- Round-trip Motorcoach Transportation
- Ticket for Lunch and The Patsy Cline Tribute Show at Penn's Peak
- Free time in Jim Thorpe, PA



**For more information and to make reservations,
contact your local AAA South Jersey Travel Agency!**

Voorhees 856.783.4222 • Sewell 856.589.6900 • Millville 856.563.0222

For a full list of upcoming motorcoach trips, visit: AAA.com/motorcoach

*All payments are non-refundable, and all rates are subject to change.





THE 1894 SOCIETY

The NJSFWC Headquarters Building, built with trading stamps, is located on land leased from Rutgers University. The Federation's lease with Rutgers sets the rental amount at a percentage of the value of the land. The value of land has increased.

The 1894 Society was initiated in 2002 in an effort to build a fund that will enable the NJSFWC to fund the land rental.

To Donate by Credit Card:

- 1) Go to: njsfwc.org
- 2) Click on: **DONATE** (yellow button top of page)
- 3) Insert the dollar amount you are paying (where it shows \$0)
- 4) Select: **Donate with "Credit Card or Debit Card"**
- 5) In the **Write A Note** Put **"1894 Society"**
(*You do not need to complete the By Check Form Below*)
- 6) Complete your Credit Card information
 - a. Billing Address,
 - b. Email address,
 - c. Phone number.
- 7) Select **DONATE NOW**
- 8) An email confirming your donation is sent to your email and to njsfwc.hq@gmail.com.



To Donate by QR Code:

Scan the QR Code above to donate using your credit card on our PayPal Account.

Complete the information as outlined by Credit Card

To Donate by Check:

Please enroll me/our club in the 1894 Society for the 2023-2024 club year (April 1, 2023-March 31, 2024). Place "X" in box indicating whether Individual or Club donation.

Enclosed is my/our donation of:

___ \$18.94 ___ \$20.00 ___ \$189.40 ___ \$1,894.00 \$ ___ Other

Name of Individual _____ District _____
(If Individual donation please note Club you belong to but do not Check box next to Club Name)

Club _____ District _____

Address _____

Telephone _____ Email* _____

Make checks payable to "NJSFWC", earmarked "1894 Society". Mail check and donation form to: NJSFWC Headquarters, 55 Labor Center Way, New Brunswick, NJ 08901

* All e-mail addresses will automatically be added to the NJSFWC eConnection distribution list. The NJSFWC eConnection brings current Federation news to your e-mail box. All information is confidential. All donations are tax deductible.