

Tidbits

March 2024 — Vol. 30 Issue 7



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

NEXT MEETING

Tuesday, March 12, 2024

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

74 Church St. West Deptford 08086

Refreshments

Beverages: Jan A. (water); Denise H.

Desserts: Sharon J., Nancy D., Barb O., Vicki C.

March Birthdays

8—Kristen C. 22—Margaret O.

14—Cheryl F. 24—Jody H.

22—Jan A.

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

March is here! With the month of March starts the beginning of Spring and all the new beginnings that are associated with this special time of year. Spring is all about new ideas and transformations. It's a season that symbolizes starting fresh and starting over.

"Do what you can to show you care about other people, and you will make our world a better place." —Rosalynn Carter

As we look toward the last four months of this club year, we think about starting the next two years with a new club board, involving the many amazing new members we have with us, new ideas that we can share, and new projects we can take on. The quote I am sharing this month is really about us. We show every day how much we care about each other and about others. In our own way, we are making our world a better place. ☺

What an awesome meeting we had last month. Dr. Rev. Phil Oehler did an outstanding job explaining about the Greater Woodbury Cooperative Ministries and how the Food Pantries work. He was so appreciative to receive the food that was donated by our members. Every little bit helps and you definitely made a difference.

It was wonderful welcoming Shannon Burrini from the Woman's Club of Runnemede. She had a great time, took lots of notes, and even found a baby in her Mardi Gras cake, which made her one of our four Queens of the meeting. I told her to extend our invitation to anyone who wishes to attend our meetings. We are pretty cool to hang around with. ☺

Don't forget to get your form to Ann C. if you wish to enter a project at the April

Garden District Spring Conference and Achievement Day. Our members always make a great showing and I know that this year will be just as incredible. Also, Ann needs to know if you will be attending the April 18th Conference.

Please let her know and get your \$47 to her along with your meal choice. Look for her article in this month's Tidbits.



Our Second VP, Cynthia H-B. has scheduled a New Member Orientation for May 21st. Our next Garden District VP Mary Schneider will join us along with other guests. Please put this date on your calendar. We encourage all of our new members to attend, as well as any of our veteran members. We share a lot of information about the GFWC, NJSFWC and the WCWD. I know that our new members don't know what these initials mean... you will soon! Come to the New Member Orientation and we will share all the information with you. ☺

The committee collection for this month is for Advocates for Children. Please look for Chair Karen Hink's article in this month's Tidbits for more information on what her committee is doing this month.

"Trumpets Blaring" ...The Honor Roll and Order of the Lily Committee will be announcing this year's recipients of these prestigious awards. Chair Carol F. and her committee will be making these presentations at our March meeting.

Also, our Nominating Committee is hard at work putting a new slate of officers together for the 24/26 club years. Look for

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Shout Out to Members!

more information from Cheryl F. this month as we will be voting on this new slate in April. A little background information...Cheryl and her committee will be accepting nominations from club members in the next few weeks and their job will be to put together a slate of officers that will work well together and support not only each other but the club members as a whole so that we are successful in everything we do. This is not an easy feat for them as they work incredibly hard to put the ladies in positions who have expressed interest in a specific role. All of you are definitely qualified but only eight will be able to serve for the next two years. Thank you to all who are interested in serving and thank you to our committee for preparing an Executive Board for us to vote on next month.

Just a friendly reminder that Peg S. is collecting dues for the 24/25 club year. Dues are \$45 and are due by our April meeting. We must submit our number of members to the State by May 1st.

Get those Secret Pal gifts together for our meeting and let's wear our club shirts if you have them or just a purple shirt to our March meeting. New members or any member who needs one, please reach out to Cynthia H-B to order one. We need to wear our name tags so that our new members will learn our awesome members' names. ☺

Happy St. Patrick's Day, Happy Spring and Happy Easter ladies. I hope your month is fantastic!!!

April

It's Dues Time!

It is time to pay your 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.

Thank you!

Peg Shirey
Operating Account Treasurer

As we travel the month of March, we look forward to the coming of Spring, the promise of starting fresh with the warm weather approaching and continuing to be the best we can be.

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." —Henry David Thoreau

This quote really had an impact with me as it embodies our members who continue to show their dedication to our club and make their ideas and dreams a reality and achieve the goals that each of us sets out to do.

Even with four months left of our club year, our Basket Raffle Committee has already started work on our next big fundraiser, set for October. I want to thank Sue N., Jody H., and Nancy D. along with Janice M. who have taken up the reins to organize this year's Basket Raffle. These dedicated ladies have already had two committee meetings so that they can put together the information needed to present to all of you at our meeting this month. They will be looking for all of our amazing members to help make this another success. Way to go, ladies!

A big shout out to all our members who are submitting projects for our April Spring Conference and Achievement Day. Ann C. has been working to get all the information out to you so that you can submit your personal projects for the Arts Contest. Every year our members win awards for their projects, and I am positive we will receive several again this year. All of your work is incredible and I can't wait to see it on display!

Another recognition goes to every one of our members who donated food items to the GWCM at our last meeting as a thank you to Rev. Phil Oehler who came to our meeting to talk to us about the Greater Woodbury Cooperative Ministry and the food pantry needs. Over 100 lbs. of food was donated at our last meeting. Impressive!!! Once again, we have made a difference in our community and beyond.

A big thank you to your very hardworking board who spent a considerable amount of time going over the Donations List so that the monies we distribute each year help as many as possible in West Deptford and beyond. This is always a difficult task as we have only so much to share and you are all so generous and want to help so many. The board once again did an excellent job and I am very pleased to be able to share this list with you before our next meeting.



FIRST VICE PRESIDENT

Janice Morrison

The groundhog said: "early spring" and I think he must be right. My daffodils and tulips are poking out, and with the right amount of rain and sunshine it will not be long.

Spring Flower Sale

With that said, I reached out to Michael at Michael Williams Florist to get pricing on our upcoming fundraiser for the spring. More to follow on this.

Pizza for a Purpose

For now, **Pizza for a Purpose** is in full swing. It started on March 1st and ends on March 31st. Please support the effort as we receive \$3 for each receipt. The pizza vouchers are attached to Tidbits for your convenience.

Service Hours

At the end of March, the end of the first quarter of the year, I will again be asking for your service hours. As a reminder, these are only the total number of hours spent on various projects, phone calls, meetings, etc. Details such as money spent, and individual hours for each project go to your committee chairs. I know this is sometimes confusing, so feel free to give me a call if you have any questions.

I have also been working with the Basket Raffle committee, not as a "chair" but as an advisor. Let me tell you those ladies are impressive and are planning for a super successful event in the fall. I will not steal their thunder other than to say I am so proud of them, and I hope you will be too.

In Federation love and friendship,
Janice



SECOND VICE PRESIDENT

Cynthia Holmes-Butler

Welcome New Members!

Welcome to the members who were installed in February (photo right):

- Joan Ebbecke
- Sue Welch
- Sharon Bowen
- Carol Scancellia



We have some more new ladies to be installed at the March meeting!! Kristen Cervantes will hopefully be well enough to come to the meeting. Karen Brown and Peg O'Laughlin have recently joined.

Please wear your name tag to the March meeting.



Karen Brown



Peg O'Laughlin

Membership Workshop

Just a reminder.. We will be having a New Member Workshop on Tuesday, May 21st from 7-8:30 PM at St. Paul's Church. 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. Everyone is welcome to come. Please let me know if you're attending. I will also be asking for volunteers to bring some light refreshments and drinks. —Cynthia

PARLIAMENTARIAN

Cheryl Fairchild

Nominating Committee

The nominating committee will meet toward the end of March to select new officers for the upcoming two years. The new Board will be installed and begin their duties in June. If you are interested in becoming a Club officer or you would like to nominate someone for an office, please email me (fairchild.cheryla@gmail.com) by March 19th. The duties of the officers are on pages 19-21 in your yearbook.

—Cheryl



Nancy and John Barna are proud to announce that their son, Tyler, received his masters degree in Astrophysics, and now continues his studies on track as a PhD candidate in Astrophysics. His internship has taken him to the Goddard Space Flight Center and New Orleans.

Corey Ratcliffe, WDHS senior grandson of Linda and Bill Jones was honored to receive the NICK BRANDEMARTI TRIPLE EFFORT football team AWARD for his outstanding contributions as a varsity captain, punter, offensive and defensive player. Congrats on your success Corey!

Lisa H. and husband Lew are thrilled to announce the marriage of their son, Lewis, and daughter-in-law, Kristen, celebrated on March 9, 2024. The ceremony and reception was held at Brigalias in Sickler-ville. Sending best wishes to my favorite, beautiful couple and a lifetime of love, health, and happiness. ♡

HISTORY SPOTLIGHT

Linda Jones

Women's History Month

A time to celebrate us and those that came before us! M-A-R-C-H back through the past to the 2024 present with this year's theme to celebrate "Women Who Advocate for Equity, Diversity, and Inclusion." Women's History Month is a month dedicated to honoring women's contributions in global and U.S. history.

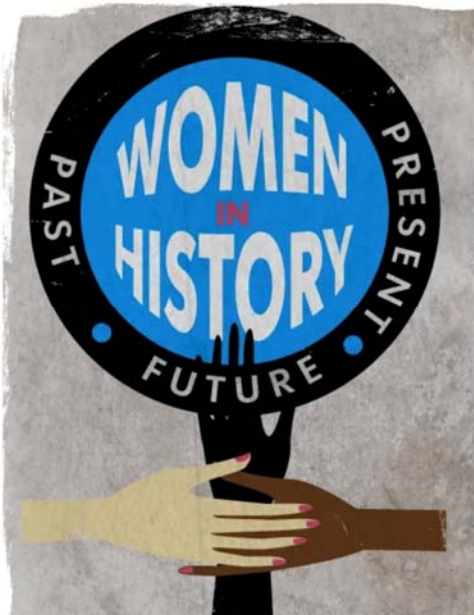
International

Women have resolved conflicts in their homes, schools, and communities for generations. By rejecting violence, the stress has been to restore respect, establish justice, reduce conflict, and promote the common good. International Women's Day is celebrated globally on March 8th to put a spotlight on issues such as gender equality, reproductive rights, and violence/abuse against women/girls in countries around the globe. The IWD 2024 campaign theme is *Inspire Inclusion*. We forge a better world when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment. In 1911 and to the present, countries around the world gathered to celebrate the holiday with educational initiatives, demonstrations and uplifting women in local communities by giving flowers or other gifts.

National

February 28, 1909 marked the first Women's History Day in New York City. It commemorated the one-year anniversary of the 15,000 women who marched in the garment workers' strike to protest their working conditions. Safety standards did not exist and the factory burned down killing many workers. Women's history wasn't included in K - 12 school curriculums. Women couldn't vote and the list goes on. Every year the National Women's History Alliance, formerly the National Women's History Project, campaigned to recognize Women's History Week. They are committed to the goals of education, empowerment, equality, and inclusion.

Finally, in 1980, President Jimmy Carter declared the week of March 8th, Women's History Week across the country. By



1986, fourteen states declared the entire month of March Women's History Month. Total success came in 1987 when activists were successful as they lobbied Congress to declare March as Women's History Month. Since 1995 every president has issued a proclamation declaring March Women's History Month, usually with a statement about its importance.

A very interesting fact is that it wasn't until 1965 that all women could legally vote. And women couldn't get credit cards on their own until 1974. Why was this so? On August 26, 1920, the 19th amendment granted women the right to vote. However, at that time, a number of other laws prohibited Native American Women, Black, Asian, and Latinx American Women from voting. In 1924 Native Women born in the U.S. were granted citizenship, allowing them to vote. In 1965 President Lyndon B. Johnson signed the Voting Rights into law and all women could legally vote. Congress passed the Equal Credit Opportunity Act of 1974 so that women could get credit cards in their own name. Today, the U.S. population is 50.8% female according to Census data. Women age 85 and older outnumber men by about 2 to 1 according to data. (4.1 million women to 2.2 million men in the U.S.) Fifty-nine percent of women continue their education after high school, compared to fifty percent of men.

The pay gap has narrowed but women earned 84% of what men earn according to research.

During the Pandemic 2021, 57.8% of all women participated in the labor force. About one million women returned to the workforce compared to 666,000 men. In 2022 women now outnumber men in the college-educated labor force. (50.7%)

State

Why in 2024 is it important to recognize women? Historically women didn't always get their due. Women past and present are inspirational, have strength, and have a story. Let's celebrate! The National Women's History Alliance continues today to lead a consortium of women's groups and historians in efforts to lobby for recognition of achievements. They state that a positive future can only be achieved by eliminating bias and discrimination "entirely from our lives and institutions." Every year in March we will highlight the contributions of women to events in history, culture, and contemporary society. Women have made tremendous strides over the decades so let's celebrate them and how important women have always been in American society! Let's celebrate our club's membership and appreciate what every member contributes to our West Deptford community!

Enjoy Women's History Month!!



BASKET RAFFLE

Sue Nelson, Nancy D'Amico, April Maska, Jody Harris

2024 Basket Raffle

Tentative Date:

October 21, 2024

Four-Star Event Catering



Basket Raffle Open Meeting

Everyone is invited to our first Basket Raffle Committee Meeting, which will take place on Wednesday, March 13 at 7 pm on Zoom.

The meeting is open to anyone in the club, and if you are interested in being involved in the committee, you should definitely plan to attend. We are looking for many volunteers, but welcome everyone, even those who just want to learn more about this wonderful event.

You should also start thinking about what kind of basket you might donate for us to include in our raffle. You can donate one yourself or get together with a friend or two.

We hope to see you on Zoom March 13th!

INSTALLATION DINNER

Jody Harris

& End-of-Year Celebration

TUESDAY, JUNE 11, 2024: 6PM

Charlie Brown's Steakhouse

Your social committee worked very hard investigating various venues to provide a moderately priced meal (selections of three choices) with something for all to enjoy. We felt this one was the best suited for our needs as it's a sit-down dinner in a private room large enough to accommodate all of us.

Your dinner selection will include:

- Your choice of either Farmer's Market Salad Bar OR Soup of the Day
- Unlimited soda, coffee, and tea
- Alcoholic beverages may be purchased individually – Cash Bar

Choice of Entrees

- Chicken Madeira
- Classic Dill Salmon
- Beef and Shrimp Skewers (2 beef/1shrimp) with rice

The evening's dinner is \$40.00 per person. Please give your check made out to WCWD to Peg Shirey NO LATER than the May meeting.

ARTS AND CULTURE

Ann Caswell, Kat Nixon, Susan Degnen, Sharon Hink

Arts and Culture will be busy in the coming months with creative activities for our members.

Achievement Day

We hope you are looking forward to our Spring Conference and Achievement Day Luncheon on April 18th at Pennsauken Country Club. Please think about submitting your special creation (craft).

Please see the email that was sent regarding the requirements. The judges are club members who are not part of the Garden District. There are many categories to choose from, such as painting, photography, embroidery, needlepoint, knitting, crocheting, as some examples.

If you would like to attend the conference, please see the form in this Tidbits. The cost is 47.00 which includes morning snack and lunch. If you are planning to attend, remember to choose your entrée.

If you are submitting, please be sure to identify who is picking up your entry to take home.

Card Making

Our popular spring card making will be held at St. Paul's on Thursday April 25th at 3pm. Let's have some fun getting together and creating! Our cards will be given to the residents of ProMedica Facility. Please email Ann Caswell if you are interested. As always, Denise Hosier will be our director.

Cinco De Mayo

Arts and Culture will be participating with the Social Committee for a Cinco De Mayo luncheon. More information to follow. Last year was a fun time at La Tentacion Pizza and Mexican Grill with a delicious lunch.



SOCIALLY SPEAKING

Jody Harris, Margie Maines, Kat Nixon, Holly Revelas

We hope these 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 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.

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

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

THURSDAY, MARCH 21, 2024: 6pm Fahrenheit Ceramic Studio

8 South Broadway – Pitman
RSVP by March 7th to Jody

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. 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 paid.

MONDAY, APRIL 15, 2024: 10:00am Piston Diner 821 Crown Point Rd. - Westville

RSVP to Jody by April 8th

After you finish dropping off your taxes this morning, drop by the Piston Diner and join the group for a Tax Relief (done/mailed out) breakfast. A head count is needed a week prior (April 8). As always, I will put out a final notice when I know who is planning to attend, so that you are welcome to make carpool arrangement. Each attendee is responsible for purchasing their own breakfast from the menu.

WEDNESDAY, MAY 1, 2024: 7pm

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

Please see the list 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 (Friendship):
- 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

FRIDAY, MAY 3, 2023: Noon Cinco De Mayo Lunch

RSVP to Jody by April 27th

At this point we have something in mind, but it hasn't been finalized yet. Watch next month's Tidbit for more information.

WEDNESDAY, JUNE 5, 2024

Dutch Apple Dinner Theater: The Full Monty

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

TUESDAY, OCTOBER 8, 2024

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

"Experience this incredible concert, the legendary Patsy Cline, performed by Courtney Shayne, comes to life once again in this national touring show. 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. This show will transport you back in time to the days when this amazing singer graced the stages of America."

Includes:

- Round Trip Motorcoach Transportation
- Ticket for lunch and show
- Free time in Jim Thorpe, PA

Call any AAA office to book: \$189.pp

Voorhees: 856-783-4222

Sewell: 856-589-6900

Millville: 856-0222

SHARE YOUR TALENT...As always, if you have a talent/hobby that you would like to share with the group, please let a member of the social committee know. We would love to incorporate the talents from our club sisters into a social event that we can all learn and enjoy.



FEDERATION NEWS

Isabella Cooper

Upcoming Dates

- 3/22: Arts Performing at Salem County College; Registration deadline is March 15.
- 4/18: Spring Conference and Achievement Day at Pennsauken Country Club
- 5/2: Garden District GCI Reception to be held at Haddonfield Fortnightly, 6-8 P.M.
- 5/6-8: NJSFWC State Convention celebrating 130th anniversary.: "Federation: A Sisterhood of Friendship" at Hard Rock Hotel, Atlantic City
- 6/2-5: Girl's Career Institute at Douglas College

Garden District Spring Conference and Achievement Day

Our Garden District Spring Conference and Achievement Day will be held on Thursday, April 18, at Marco's Restaurant at the Pennsauken Country Club, located at 3800 Haddonfield Road, Pennsauken, 08033. Our Club has been given the honor of making the centerpieces for the dining tables.

The keynote speaker is Barbara McCloskey, NJSFWC President-elect. Garden District club presidents will share the annual highlights from their respective clubs. Arts and Culture and Environmental Contest entries will be on display for judging and viewing.



MYSTERY READER: President April Maska read to the children at Oakview School in February.

Registration for entries is scheduled for 8:30 – 9:00 A.M. and member registration begins at 9:00 A.M. The meeting begins at 10:00 A.M. Breakfast treats, coffee and tea will be available, and lunch will follow at noon with a choice of Filet Champignon, Maryland Crabcake, Chicken Francaise, or a vegetable option. Cost is \$47.00 Ann Caswell, our Arts and Culture Chairman, will be handling reservations for our club members.

Legislation Updates

On February 13, the House of Representatives passed the Frederick Douglas Trafficking Victims Prevention and Protection Reauthorization Act, providing a four-year reauthorization for the Trafficking Victims Protection Act. This is to ensure an integrated, whole of government response to fighting human trafficking.

On February 14, the House of Representatives approved House Resolution 966 condemning all rape and forms of sexual violence as weapons of war, including those acts committed by Hamas terrorists on and since October 6, 2023.

The resolution also calls on all nations to criminalize rape and sexual assault and hold accountable all perpetrators of sexual assault, including state and non-state armed groups.

Convention

The NJSFWC Annual Convention will be held on Monday, Tuesday and Wednesday – May 6th–8th at the Hard Rock Hotel and Casino in Atlantic City. There will be many interesting workshops, dinners, exhibits and speakers. Each day also includes a business session. Proposed amendments to the NJSFWC bylaws will be voted on and new officers for the State will be elected.

Registration for one day is \$25.00 and \$45.00 for all three days. Monday night's dinner is \$75.00 and Tuesday night's dinner is \$93.00. I will turn in the registration and meals form for the Club as the State requires one form with a club check.

If you are interested in attending, please let me know by April 1st. The special room rate for the hotel is \$123.85 and an extra \$20 per person after two people. Reservations for the hotel are made by calling the Hard Rock at 1-609-449-6860. Mention group code GFOWC24. Denise H., Debbie H. and I will be attending the entire convention.

—Cheryl F.



ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt, Pixie O'Hara

Community Volunteers

The Red Bank Elementary School will hold their yearly Book Fair from March 4th to March 9th. Our awesome members have committed to cover 15 volunteer spots!! The need was great and our club stepped up!!

Share-A-Book

As a reminder: If you have access to gently used or new Children's books please think of donating them to our project. We

put the books in ziplock bags and place them where children can find them. We are putting a note inside the book, asking the children who find our books to read the book and pass it along. We provide an email for the children to tell us where they found the book and if they liked it.

Please consider taking a book with you and place wherever you go. We have them at our Club meetings.

Ronald McDonald House

Please keep saving your soda can tabs for the Ronald McDonald House. You can bring your saved tabs to a meeting.

Healthy Club Sister (aka 130 Challenge)

We had 6 club sisters participant for the month of February 130 Challenge. We walked 110 miles and exercised 95 hours. Not bad for a month of yucky winter weather. I am sure there are some more of you that need to send me your stats. And even though I am away, yes I am still collecting our stats and recording them in a spreadsheet. It's been fun following each of you along your journey to get healthy or stay healthy. We must remember and believe, "The greatest wealth is our health."



Our next FB Live will be on March 6th at 7am and our activity for this month is the Emanuel Cancer Foundation event, Chocolate, Wine and Yoga. I did this a few years ago and loved it and definitely am sorry I am going to miss it this year. I hope you have put this on your calendar as it is a great cause and certainly supports our Healthy Sister 130 Challenge. See you all soon. —Carol D.

SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

Our club members were amazingly generous last year!

In 2023 our club members donated 60 duffel bags and 10 household items. Those numbers totaled to the amount of \$1423.00 which was spent and 125 volunteer hours.

This January we collected 15 duffel bags which is a terrific start for 2024 to help homeless families.

Let's continue to help by donating duffel bags for the Family Promise of South-west New Jersey.

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

BOWLING was our activity for the month of February. Eight ladies had a fun couple of hours. We won't talk about the scores!

Thanks to Cheryl F. for organizing this fun time!



SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

We are continuing to collect gift cards for Emmanuel Cancer Foundation through the end of April. Gift cards for perishable food items or quick meals are always needed.

Also, Debbie H. and Sue N. are collecting items for the Secret Santa shop so the children can shop for Christmas gifts for their parents.

ECF is also in need of re-usable bags. If you have bags to donate, Debbie will be collecting them over the next few months.



CIVIC ENGAGEMENT AND OUTREACH

Sharon James, Linda Clark

NJSFWC Supports Domestic Violence Shelters through Statewide Day of Service

Over 15,000 items were collected for 17 agencies across the state

NEW BRUNSWICK, NJ – February 2024 – The New Jersey State Federation of Women's Clubs (NJSFWC) of the General Federation of Women's Clubs (GFWC) held its annual Day of Service in January to great success. This year, clubwomen collected items needed for domestic violence shelters across New Jersey. A total of 15,034 products and over \$1000 in gift cards were donated statewide.

Each of the eight NJSFWC districts worked with the specific needs of their local shel-

ters, serving a total of 17 domestic violence agencies across New Jersey. Items included \$10 Gift cards to Target, Walmart, Stop & Shop, and Shop Rite; shampoos and conditioners; toothpaste, toothbrushes, and dental floss; feminine hygiene products; toilet paper, paper towels, and tissues; laundry detergent and dishwashing liquid; and diapers and baby wipes.

Martin Luther King, Jr. Day is the only Federal holiday designated as a National Day of Service to encourage all Americans to volunteer to improve their communities. During the last quarter-century, the MLK Day of Service has grown, and its impact increased as more Americans embraced the idea that citizenship involves taking an active role in improving communities.

HEALTH AND WELLNESS

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

South Jersey Dream Center—68 lbs of food
Colonial Manor Food Pantry—75 lbs of food
Angels Community Outreach —210 lbs of clothing; 75 lbs of food
Jeannette's Closet—30 lbs of clothing
We will be filling the pocketbooks soon for the homeless and underserved. Thanks for all the donations!



up in the body. Kidney damage occurs slowly over many years with this gradual loss of function being called chronic kidney disease (CKD). Tests for kidney disease can be done in your doctor's office with a blood or urine test.

Most people with CKD have no symptoms until kidney damage is advanced. After time you may experience feeling tired and sick all the time. Kidney failure is when you need a transplant or go on a blood filtering treatment called dialysis. Before you ever reach that stage other health problems usually develop. A major problem is heart disease. Others include high blood pressure and diabetes and Lupus. Heart disease is the most common cause of death among people who have kidney disease. Exploring kidney and heart disease can help you find ways to stay healthy. You can embrace a kidney-healthy lifestyle by taking steps to build healthy habits. This may include eating healthy foods, limiting sodium, being active for 30 minutes a day, sleeping 8 hours a night, maintaining a healthy weight, avoiding stress and seeing your doctor regularly. If you smoke... QUIT and limit your alcohol consumption.

Green ribbons are used to represent kidney disease and kidney cancer. People who are on dialysis, have received a kidney transplant or who are living kidney donors also wear these Green Ribbons to help raise awareness. Please consider being an organ donor or being tested to become a living kidney donor.



DEAR SECRET PAL

Dear Secret Pal,
Thank you so much for the beautiful tote and zippered pouch. I absolutely love it. I am such a tote bag lady lol. The chocolates were delicious too. Thank you so much for your thoughtfulness. —Carol F.

Dear Secret Pal,
Thank you for all the wonderful Valentine surprises. I can't wait until next Valentine's Day to use everything! —Love, Janice



Dear Secret Pal,
What a great way to start the new year! Thank you for the Cranberry White wine (my favorite), the Gnome Tea Pot and the cute heart mug! I was able to use everything throughout the month. You definitely made my month! —Warmly, April

Dear Secret Pal,
My Valentine's Day was made more special because of you. I want to thank you so much for the chocolates and the beautiful makeup/travel pouch with the wonderfully smelling body spray and lotion. You seem to already know exactly what this girl likes. ♡ —Love, Lisa

Dear Secret Pal,
Thank you so much for the Valentine's Day Gnomes. They were adorable. You must know about my obsession with Gnomes! —Cheryl

Dear Galentine Friend,
I couldn't wait to open the cute box I received from our Galentine surprise gift table. The Faith mug was lovely and I just loved the sentiment. Thank you for making my Valentine's Day special. —Warmly, April



National Kidney Month

March is National Kidney Month, with March 14 celebrating World Kidney Day. The day is a worldwide campaign to raise awareness of the importance of our kidneys to overall health and to try to alleviate the frequency and impact of kidney disease. Chronic Kidney Disease affects over 85 million people worldwide and is the 8th leading cause of death.

I selected this topic with our dear friend Al Nicolosi in mind. As you all know, Al has been waiting for a new kidney for some time now. There are around 101,000 Americans on the transplant list with only 17,000 receiving a kidney each year. The average time frame wait can be 3-5 years but is usually much longer.

One interesting fact I found is what the kidney symbolizes. In the Old Testament, most frequently, the kidneys are associated with the most inner strings of emotional life.

The kidneys are two bean-shaped organs, each about the size of a fist. They are located below the rib cage on either side of the spine. Kidneys filter all your blood up to 25 times a day. Healthy kidneys filter about a half cup of blood every minute, removing waste and extra water to make urine. The urine flows from the kidneys to the bladder where it is stored. Your kidneys also remove acid that is produced by cells in your body and maintain a healthy balance of water, salts and minerals in your blood. Without this balance, nerves, muscles and other tissues may not work normally.

Kidney disease means simply that the kidneys are damaged and cannot filter blood as they should. This causes waste to build

CICONTE'S PROUDLY SUPPORTING



GFWC
Woman's Club of West Deptford

EAT-IN AND TAKE OUT ONLY

**PIZZA FOR A PURPOSE WILL RUN FOR THE ENTIRE
MONTH OF MARCH 2024**

FOR EVERY LARGE PIZZA PURCHASED WITH THIS VOUCHER (DINE-IN OR PICKUP ONLY) AT REGULAR PRICE

WE WILL DONATE \$3 PER PIZZA PURCHASED TO

WOMAN'S CLUB OF WEST DEPTFORD

(ONE VOUCHER PER RECEIPT)

76 Grove Street, West Deptford, NJ 08086

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**New Jersey State Federation of Women's Clubs of GFWC
Shirley Holly, President
Love, Loyalty, Friendship-The Bonds of Volunteerism**

**All clubwomen are invited to attend the
Garden District Spring Conference and Achievement Day**

**Thursday, April 18, 2024
at Marco's Restaurant at the Pennsauken Country Club
3800 Haddonfield Road, Pennsauken, NJ 08033
Directions attached**

**Arts & Culture and Environment Contest Entries
Registration - 8:30 a.m. – 9:00 a.m.
Member Registration - 9:00 a.m.
Meeting 10:00 a.m.**

A.M. Coffee, tea, and breakfast treats will be available

**Lunch entrees: Filet Champignon, Maryland Crabcake,
Chicken Francaise or Vegetarian option
Cost \$47.00**

Keynote Speaker: Barbara McCloskey, NJSFWC President-elect

Annual Highlights by the Garden District Club Presidents in attendance

Send reservations with meal choices and a club check by March 28th to:

**Marie DiMatties, Garden District Vice President,
315 Walnut Street, Haddonfield, NJ 08033**

Checks should be made payable to The Haddon Fortnightly

**For more information or additional questions, email medimatties@gmail.com
Or call 856 261-6911**