

Tidbits

April 2024 — Vol. 30 Issue 8



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

NEXT MEETING

Tuesday, April 9, 2024

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

74 Church St. West Deptford 08086

Wear Purple!

Refreshments

Beverages: Sharon B. (water), Joan E.
Deserts/Snacks: Margaret O., Kristen C.,
Susan D., Peggy G.

April Birthdays

10—April M. 21—Peg S.
12—Ann Ca. 24—Dorothy A.
20—Linda J. 27—Linda M.

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

There are two seasons that are my favorite...Fall and Spring. I love the crisp air and the changing of the leaves of Fall, but Spring holds a special place as well. Within the month of April, Spring starts to wake up the earth and give us new surprises each day. There is always something to find each day in April. Most of the time we celebrate Easter (not this year ☺) and start planning our summer activities. I hope all of you enjoy this wonderful month.

Make today so AWESOME that yesterday gets jealous —Author Unknown

As all of you are already AWESOME, I wish that your day(s) are just as awesome as you are. Do something special for yourself as well as what you do for others. Each of you contributes to making a day awesome for another. ☺ Do the same for yourself!

This month we have a special Speaker coming for Domestic Violence Month. Jackie Menendez, CSVA (Confidential Sexual Violence Advocate) for SERV will be sharing important information on this topic. I am sure you do not want to miss it.

The April Garden District Conference and Achievement Day is April 18th this year. We have 18 ladies attending and several projects entered into the Achievement Day contest. I am sending good luck to all of our ladies. I know you will be bringing home ribbons. As there are so many of us, I will be sending out an email to attendees so we can determine who wants to car pool together. More on that after our meeting.

Don't forget to put May 21st on your calendar. Our Second VP, Cynthia H-B. has scheduled a New Member Orientation and

all are invited. She has invited our next Garden District VP Mary Schneider to speak, along with some of our club members. We have a lot of information to share with our new members, and our veteran members are always welcome. We have a 30-year history with a wealth of accomplishments.



The committee collections for this month are Domestic Violence and Family Promise. Please look for DV Chair Linda M.'s article in this month's Tidbits for more information on what her committee is doing this month. For the rest of the year...May is open so if a committee would like to do a collection for May, please let me know. In June our last committee collection will be Family Promise.

We will be voting on our new slate of officers at our April Meeting. The ladies will be installed at our June Dinner at Charlie Brown's and will be taking over at that time. At our May meeting, your board will work together with our new officers so that we have a smooth transition.

Another friendly reminder that Peg S. will be 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.

We received an invitation to march in the Memorial Day Parade this year. I will be asking for a vote as to whether we

Continued on next page —>

FIRST VICE PRESIDENT

Janice Morrison

Happy Spring, Easter, and Passover, friends! April is filled with holiday festivities. We are also preparing to wind down the club year. It goes so fast!

Fundraisers

We are waiting for the results of our Pizza for a Purpose Fundraiser, which ended on 3/31. I will send the results in an email once we hear from Cicontes. I know I gained a few pounds on this one. Thank you to everyone for helping to make this a success.

Our final fundraiser for the club year 2023/2024 will be "May Flowers." Michael William florist held his prices this year, and we are holding the price too. Attached is the form for completion. While he carries various sizes of flowers, herbs, and vegetables, the fundraiser will be for the white hanging baskets and flats of flowers. It is \$18 for a white hanging basket; and \$16 for a flat of flowers. Turn in your order form and money to me by April 25. Flower pickup will be up the last weekend of April.

Service Hours

Remember to send in your service hours for the first quarter of 2024 (January, February, and March). Thank you to those who have already submitted. I will continue to collect the hours until the new First VP is installed in June.

It has been my pleasure to serve as the First VP of the WCWD with an incredible group of caring and strong women. I look forward to what comes next.

If you have any questions, please feel free to call, text, or email.

SECOND VICE PRESIDENT

Cynthia Holmes-Butler



WELCOME NEW MEMBERS! Three new members were installed in March, Karen Brown, Kristen Cervantes, and Peg O'Loughlin. We're so glad to have you, ladies!

Please mark your calendars to attend the **New Member Workshop** at St Paul's Church on May 21st, 7-8:30 PM. We have had three successful previous workshops. Mary Schneider from the Garden District will be joining us to greet everyone and speak about the Garden District. Other members will talk about Juniors, the history of the West Deptford Woman's Club, and our club today. The various committees of our club will be explained through a slide show presentation. The club picture board will display our many projects and social activities. Of course there will be time for questions and socializing with members.

****Please let me know if you're coming and also if you'd like to present any information. *****

We will also need donations of refreshments—cookies, bagged snacks, water, iced tea, cups, napkins etc.

Thank you! Hope to see you there.

CIVIC ENGAGEMENT AND OUTREACH

Sharon James, Linda Clark

Operation Holiday Stockings 2024

Please help us fill Stockings for our Troops! We are going with a slightly smaller wish list this year to make it easier to fill the stockings. **List is attached to Tidbits.**

The price of the stockings has increased, so we are also collecting money to offset the cost increase this year. Our goal is to fill 50 Stockings. You do not have to buy 50 of one item. Updated lists will be emailed as items are received so you know what we still need.

Thank you all for your donations!

SOUTH JERSEY DREAM CENTER

We have been doing a great job helping others who are struggling to feed their families. Since the start of our new club year in 2023, 1196 lbs. of food went to the Dream Center. A lot of food has also gone to the GWCM!

There is still a need for food. Please bring a donation to the club meeting on Tuesday April 9th if you can.. No donation is too small!

*****Pixie and Peg Shirey offered to take donations over tomorrow (4/3) if you can drop it off at their house by Wednesday AM - I'll be in Key West. Dairy products are needed. They have a refrigerator. *****

Thank you for your generosity. —Cynthia

SOCIALLY SPEAKING

Jody Harris, Margie Maines, Kat Nixon, Holly Revelas

We hope these events are activities that you will wish to participate in. 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.

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 arrangements. Each attendee is responsible for purchasing their own breakfast from the menu.

WEDNESDAY, MAY 1, 2024: 7pm - Zoom Book Club Meeting

Hello Beautiful by Ann Napolitano, is our choice for the discussion. *Please RSVP by 4/26 to Jody to be placed on the Zoom invite list.*

William Waters grew up in a house silenced by tragedy, where his parents could hardly bear to look at him, much less love him—so when he meets the spirited and ambitious Julia Padavano in his freshman year of college, it's as if the world has lit up around him. With Julia comes her family. With the Padavanos, William experiences a newfound contentment; every moment in their house is filled with loving chaos. But then darkness from William's past surfaces, jeopardizing not only Julia's plans for their future, but the sisters' unshakeable devotion to one another. The result is a catastrophic fami-

ly rift that changes their lives for generations. An exquisite homage to Louisa May Alcott's timeless classic, *Little Women*, *Hello Beautiful* is a profoundly moving portrait of what is possible when we choose to love someone not in spite of who they are, but because of it.

FRIDAY, MAY 3, 2023: Noon LaTentacion Pizza & Mexicacn Grill 831 Broadway - Westville

RSVP to Jody by April 27th

We hope you can join us in this collaboration with the Arts/Culture committee to celebrate an early Cinco de Mayo. We will be ordering from the regular menu, and separate checks will be issued. I will put out a notice when I know how many are planning to attend so that you can make carpool arrangements as parking is very limited. Each attendee will be responsible for purchasing her own lunch. Check out their website/Facebook for menu options.

WEDNESDAY, JUNE 5, 2024

Dutch Apple Dinner Theater: The Full Monty through South Jersey AAA.

To date only fifteen (15) tickets have been sold for The Full Monty. At this point, the trip is in danger of being canceled, as thirty-five (35) seats need to be sold in order to move forward. Please keep in mind, we can make up to \$700.00 if this trip runs. If you could, please post the attached flyer at establishments that you visit. Thank you.

TUESDAY, JUNE 11, 2024: 6PM Installation Dinner—See article page 5

WEDNESDAY, August 7, 2024: 7pm - Zoom Book Club Meeting

We will be discussing: The Little Ray of Sunshine by Kristan Higgins. *Please RSVP by 8/5 to Jody to get a Zoom invite.*

A kid walks into your bookstore and guess what? He's your son. The one you put up for adoption eighteen years ago. The one you never told anyone about. Surprise! It's a huge surprise to his adoptive mother, Monica. It's also a surprise to Harlow,

the woman who gave up her secret baby so many years ago. She's spent the years since then building a quiet, drama-free life. When Matthew walks into Harlow's store, she faints. Monica panics. And all their assumptions—about what being a parent really means—explode. This summer will be full of more surprises as both their families are redefined...and as both women learn that for them, there's no limit to a parent's love.

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.



BASKET RAFFLE

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

2024 Basket Raffle
October 21, 2024
Four-Star Event Catering
595 Princeton Blvd. Wenonah NJ



NEXT MEETING:
Wednesday, April 17, 7 p.m. on Zoom. Hope you can make it!

Basket Raffle News

We held our first meeting on March 13 on Zoom. The applications have been submitted and tickets will go on sale as soon as we receive our licenses. Anyone purchasing 8 tickets will have a reserved table; also some tables available for 10.

At our next Zoom meeting, April 17, we will give updates on all things concerning the raffle and we hope to fill some openings where volunteers are needed.

We Will Need You!

To make our raffle a success, we ask that you consider donating a basket valued (not necessarily what you pay) at \$75 or more to keep our baskets special. You can do this individually or with a friend. Baskets not due until September.

Thanks, everyone for your willingness to help. YOU make our event a success!

INSTALLATION DINNER

Jody Harris

End-of-Year Celebration

TUESDAY, JUNE 11, 2024: 6PM
Charlie Brown's Steakhouse

Your social committee worked very hard investigating to provide a moderately priced meal with something for all to enjoy. Charlie Brown's was 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
- 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, Joan Ebbecke

Spring Conference & Achievement Day

We are looking forward to the Garden District Achievement Day Luncheon at Pennsauken Country Club.



Those members who are submitting entries and/or attending the luncheon have already submitted the necessary paperwork. If submitting, registration starts at 8:30 am. If attending the luncheon registration starts at 9:00 a.m. This should be an interesting and fun activity with viewing of our Garden District members' submissions. We have 18 members who are attending the luncheon. Good luck to all our members!

Spring Card Making

Our next activity is Card Making which is always popular. If you are interested, make sure Ann has your name. We will be meeting at Denise Hosier's home **Thursday April 25th** at 3 p.m. This is always a fun activity. As always, our

thanks to Denise H. for facilitating this activity. Our creations will be delivered to Pro Medica (Manor Care) for the long term and rehab patients. Please notify Ann Caswell if you would like to participate by **April 20th**.

More News

The annual **Cinco De Mayo luncheon** will be held on Friday **May 3rd** at La-Tencion Pizza & Mexican Grill, Westville. This activity is co-hosted with the Social Committee.

Shout out to Kat Nixon! Kat covered Arts & Culture at the March meeting. Kat did a great job collecting all the

forms and money for Achievement Day Luncheon.

Last but not least, we have a **new committee member!** New club member Joan Ebbecke has agreed to join Arts & Culture. We welcome Joan and her creativity.

Happy Spring!

—Ann Caswell



HISTORY SPOTLIGHT

Linda Jones

Welcome New Members! A History for All Members

Did you know that you can learn information about our **Woman's Club of West Deptford** by logging onto <https://wdwomen.com>? When you do, be sure to scroll down the menu to read our home, news, calendar, about us, projects, community service, photo gallery, and contact links. Community Service Programs in our club are spiced with friendship and fun. CSP (Community Service Programs) focus on ways to best serve the needs of our membership and our community. These include: Arts & Culture, Civic Engagement & Outreach, Education & Libraries, Environment, Health & Wellness, and Social/Entertainment. Each year we also support special projects on the national, state, and local level. The Woman's Club of West Deptford is part of the GFWC (General Federation of Women's Clubs headquartered in Washington D.C.) and the NJSFWC (the New Jersey State Federation of Women's Clubs headquartered at Douglas College, 55 Labor Center Way, New Brunswick, NJ 08901.)

Making a Difference for 130 Years

Founded in 1894, our federation now has about 8,000 members in 200 clubs located throughout New Jersey. In May of 1964, it was announced at the annual convention that building a permanent Headquarters for our NJSFWC would be the primary project for the state. So

let's go back to 1918 when the NJSFWC founded the New Jersey College for Women (now Douglass Residential College at Rutgers University), which supports a strong tradition of training women leaders. Our state federation sought to create the state's first public women's college as part of Rutgers University. Mabel Smith Douglass negotiated major donations and lobbied the state legislature for a \$100,000 subsidy helping to have the Rutgers trustees pass a resolution to establish the women's college of New

Jersey. The college was re-named Douglass College in 1955, then Douglass Residential College in 2007. The NJSFWC continues to be a proud partner with Douglass providing opportunities for community service projects, leadership, and education.



Douglass started as the vision of the New Jersey State Federation of Women's Clubs, which sought to create the state's first public women's college

Annual Conventions

During the month of May, a state convention is held (recently in Atlantic City) to highlight business for the federation, awards, bylaws, workshops, and art displays. The THEME this year is "Federation: A Sisterhood of Friendship," celebrating the 130th Anniversary of the NJSFWC. Our state president, Shirley Holly, gave the official call to convention for delegates, alternates, members, guests, and visitors to register for the three days of May 6th-8th at the Hard Rock Hotel and Casino in Atlantic City.

State committee meetings take place, board meetings, reports, business, tributes, honorees, dinners, and much more. Club presidents are honored at an evening banquet. Workshops are informative, including a book discussion of the "Magnificent Lives of Marjorie Post by Author Allison Pataki. In the book, bestselling/acclaimed author In a craft workshop they will make a decorative plate and an informative workshop will cover GCI (Girl's Citizenship Institute), 75 years of what it's all about. Getting to know federation and leadership workshops are also available.

Honor Roll and Order of the Lily awards are bestowed upon those members chosen by their clubs for outstanding work that particular year. The Honor Roll is a way to publicly honor club members for the work they have done for their club. The Honor Roll tribute is read at Convention and a brief tribute is inscribed in the Honor Roll Book at Headquarters. For club members who are already on the Honor Roll, the Order of the Lily is a way to further honor them for their service. Memorials for a deceased

Clubwoman can be entered into the Memorials Book along with the person's name and a pertinent letter of information about that person.

At the convention, elections will take place to install a new state president, board members, district and department chairmen for the Community Service Programs for each of our district areas. We are in the Garden District. Each year there is a Convention Program Book consisting of ads, and Friends of Convention patrons. Our very own club member/charter member, Denise Hosier will produce the Convention Program Book. A \$5.00 donation places your name in the book. If attending the convention, these ladies will receive a ribbon to wear. The new state board will serve from 2024-2026. Also, amendments are made each year at convention to the bylaws. Several will be voted on including dates/deadlines for club dues sent to the state and another to change the amount needed for the maintenance and repair of our Headquarters Building at Douglass College.

Special State Project

Every two years, members from each club support a defined project with fundraising, in-kind donations, and public awareness campaigns. Some past examples of these projects include the Valerie Fund, Canine Companions, Community FoodBank of NJ, and recently NJ Domestic Violence Shelters & families. The Emmanuel Cancer Foundation is our current 2022-2024 Special State project.

In conclusion, over one hundred years ago, Douglass opened its doors for its first class of 54 women, with only 12 books in its library at a time when its students didn't even have the right to vote. The original curriculum went beyond the traditional women's education, which focused on preparing women for motherhood, domestic life, and ethics. Home economics, science, and liberal arts, were offered to the students of the New Jersey College for Women. Whether new, long-term, or charter member in our club, it is my hope that you got a concise tutorial about how you can reflect on the history of what and why we are continuing to make a difference in West Deptford and the state that we live in. Enjoy convention this year and the many awards and accolades brought forth from the numerous projects our Woman's Club of West Deptford continues to support.

DOMESTIC VIOLENCE AWARENESS/PREVENTION

Linda Marple, Janice Morrison, Linda Clark

How Violence in the Family Affects Children

Family violence has lasting effects: risk of violence and child abuse when families: struggle to make ends meet; include one or who grew up in violent homes; live in a community with high rates of violence; have one or more adults who abuse alcohol or other drugs.

Children from violent homes suffer from many problems including: depression, social isolation, aggression and difficulty making friends, health problems, school problems, violence and delinquency. They may continue to suffer as adults.

SERV has a program for children from a home where there had been domestic violence: Peaceful Tomorrows. Peaceful Tomorrows provides youth and parents

PLEASE REMEMBER THAT THIS MONTH WE ARE COLLECTING THINGS FOR CHILDREN WHO ARE IN SHELTERS THIS SUMMER; (average age 6 to 10). Books, puzzles, art supplies and whatever you think would entertain these children. Thank you for your generosity. You can also donate cash or \$25 gift cards for WAWA or Target.

who have experienced domestic violence with a safe environment to heal from the effects of trauma.

Program goals are to develop skills to cope with in impact of violence, reduce trauma reactions, decrease feelings of stress. For more information: 1.800.295.7378

ADVOCATES FOR CHILDREN

Karen Hink, Barbara Oldt, Pixie O'Hara

Share-A-Book

To date, we have left 46 books for children to find. 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. We have books at our Club meetings if you'd like to take one.

Ronald McDonald House

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

SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

At last month's meeting we collected \$20.00 toward a duffel bag. **Thank you for your donations.**

April is one of the months for this special event to collect duffel bags for the homeless families.

Homeless families come to Family Promise in crisis, and there they get help to rebuild their lives with new skills and gain support to become independent again.

Let's continue to help by donating duffel bags for the Family Promise of Southwest New Jersey by purchasing a duffel bag and bringing it to the meeting or donating money toward a bag.

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

SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

Gift Card Collection

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.



Secret Santa Collection

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.

Re-usable Bags Needed

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.



HEALTH AND WELLNESS

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

South Jersey Dream Center—88 lbs food

Colonial Manor Food Pantry—75 lbs food

Angels Community Outreach —285 lbs of clothing; 75 lbs food

Jeannette's Closet—190 lbs of clothing

We are packing the pocketbooks April 12th at 3pm at Kim VZC.'s house.

April Is Autism Month

Autism spectrum disorder is a condition related to brain development that impacts how a person perceives and socializes with others, causing problems in social interaction and communication. The disorder also includes limited and repetitive patterns of behavior. The term "spectrum" in autism spectrum disorder refers to the wide range of symptoms and severity. Autism spectrum disorder includes conditions that were previously considered separate — autism, Asperger's syndrome, childhood disintegrative disorder, and an unspecified form of pervasive developmental disorder. Some people still use the term "Asperger's syndrome," which is generally thought to be at the mild end of autism spectrum disorder.

Autism spectrum disorder begins in early childhood and eventually causes problems functioning in society — socially, in school and at work, for example. Often children show symptoms of autism within the first year. A small number of children appear to develop normally in the first year, and then go through a period of regression between 18 and 24 months of age when they develop autism symptoms. While there is no cure for autism spectrum disorder, intensive, early treatment can make a big difference in the lives of many children.

Symptoms

Some children show signs of autism spectrum disorder in early infancy, such as reduced eye contact, lack of response to their name or indifference to caregivers. Other children may develop normally for the first few months or years of life, but then suddenly become withdrawn or aggressive or lose language skills they've already acquired. Signs usually are seen by age 2 years.

Each child with autism spectrum disorder is likely to have a unique pattern of behavior and level of severity, from low functioning to high functioning. Some children with autism spectrum disorder have difficulty learning, and some have signs of lower than normal intelligence. Other children with the disorder



der have normal to high intelligence — they learn quickly, yet have trouble communicating and applying what they know in everyday life and adjusting to social situations.

Because of the unique mixture of symptoms in each child, severity can sometimes be difficult to determine. It's generally based on the level of impairments and how they impact the ability to function.

Common signs shown by people who have autism spectrum disorder:

Social communication and interaction

- A child or adult with autism spectrum disorder may have problems with social interaction and communication skills, including any of these signs:
- Fails to respond to his or her name or appears not to hear you at times
- Resists cuddling and holding, and seems to prefer playing alone, retreating into his or her own world
- Has poor eye contact and lacks facial expression
- Doesn't speak or has delayed speech, or loses previous ability to say words or sentences
- Can't start a conversation or keep one going, or only starts one to make requests or label items
- Speaks with an abnormal tone or rhythm and may use a singsong voice or robot-like speech
- Repeats words or phrases verbatim, but doesn't understand how to use them
- Doesn't appear to understand simple questions or directions
- Doesn't express emotions or feelings and appears unaware of others' feelings
- Doesn't point at or bring objects to share interest
- Inappropriately approaches a social interaction by being passive, aggressive or disruptive
- Has difficulty recognizing nonverbal cues, such as interpreting other people's facial expressions, body postures or tone of voice

Patterns of behavior

A child or adult with autism spectrum disorder may have limited, repetitive patterns of behavior, interests or activities, including any of these signs:

- Performs repetitive movements, such as rocking, spinning or hand flapping
- Performs activities that could cause self-harm, such as biting or head-banging
- Develops specific routines or rituals and becomes disturbed at the slightest change
- Has problems with coordination or has odd movement patterns, such as clumsiness or walking on toes, and has odd, stiff or exaggerated body language
- Is fascinated by details of an object, such as the spinning wheels of a toy car, but doesn't understand the overall purpose or function of the object
- Is unusually sensitive to light, sound or touch, yet may be indifferent to pain or temperature
- Doesn't engage in imitative or make-believe play
- Fixates on an object or activity with abnormal intensity or focus
- Has specific food preferences, such as eating only a few foods, or refusing foods with a certain texture

As they mature, some children with autism spectrum disorder become more engaged with others and show fewer disturbances in behavior. Some, usually those with the least severe problems, eventually may lead normal or near-normal lives. Others, however, continue to have difficulty with language or social skills, and the teen years can bring worse behavioral and emotional problems.

Causes

Autism spectrum disorder has no single known cause. Given the complexity of the disorder, and the fact that symptoms and severity vary, there are probably many causes. Both genetics and environment may play a role.

There's no way to prevent autism spectrum disorder, but there are treatment options. Early diagnosis and intervention is most helpful and can improve behavior, skills and language development. However, intervention is helpful at any age. Though children usually don't outgrow autism spectrum disorder symptoms, they may learn to function well.

Information from the Mayo Clinic website.

FEDERATION NEWS

Isabella Cooper

Upcoming Dates

- 4/18: Spring Conference and Achievement Day at Pennsauken Country Club
- 4/24-30: World Immunization Week
- 5/1: Deadline for donating to Girls' Career Institute Wish List
- 5/2: Garden District GCI Reception Haddonfield Fortnightly, 6-8 pm
- 5/6-8: NJSFWC State Convention celebrating 130th anniversary: "Sisterhood of Friendship" at Hardrock Hotel and Casino, Atlantic City
- 6/2-5: Girls' Career Institute at Douglas College, New Brunswick

Donations Needed: Girls' Career Institute Wish List

The following items are needed for the girls attending the Girls' Career Institute in June; if you wish to donate, Headquarters needs them before May 20. If you would like to make a monetary donation, send a check made out to NJSFWC GCI earmarked as a donation for wish list.

- \$5 gift cards from Dunkin Donuts (thank you for speakers)
- Copy paper
- Sanitary supplies for teenagers (for service project)
- White or colored lunch bags
- Sharpie markers: various colors
- Single snack packs (chips, cookies, pretzels, etc.)

- OLD MAGAZINES: used for the Delegates' Vision Boards

Women's History and Resource Center 40th Anniversary Event

On Wednesday, May 1, at the GFWC Headquarters in Washington D.C., an in-person special reception will be held to celebrate the Ruby Anniversary of the GFWC Women's History and Resource Center (WHRC). Founded on May 1, 1984, the WHRC has spent the past forty years preserving the history of GFWC clubwomen. WCRC ensures that the legacy of community service is accessible to all. The event will feature tours of the historic headquarters and exhibits highlighting favorites from the WHRC collection.

Membersuite Password Reset

GFWC will be transitioning to a new member portal this month; more information will be available in the next few weeks. The current member portal Membersuite is increasing security measures in the system. Therefore, we may be required to

change our current passwords or provide additional verifications.

Legislative News

Watch for a Legislative Alert supporting the FT2025 funding advocated by Shot@Life to coincide with World Immunization Week, April 24-30. Support is needed to urge congressional action to help progress be made with immunizations, strengthen health systems, and ensure everyone everywhere has access to life-saving vaccines for diseases such as polio, measles, pneumonia, rotavirus, and Covid-19.

GFWC's Legislative Action Center continues to advocate for congressional bipartisan action to approve updated legislation for kids' online safety. The National Center on Sexual Exploitation and other advocacy groups feel optimistic that congressional leaders when returning to Washington this month after the holiday break, will now seriously work in a bipartisan and bicameral way to address these issues and provide more resources to families and law enforcement.

ENVIRONMENT

Patty Wyzykowski, Denise Pitchford

Important Notice

We will no longer collect the beauty product plastic containers for recycling because the program has been discontinued. Please do not bring any more plastics to our meetings. We will try to find out if other recycling opportunities are available.

Gloucester County Earth Day Clean-Up

We have submitted an application to GCIA on behalf of our club to be part of the event on April 20th. So far we have about 15 participants who have indicated they will attend. We need to have at least 10 participants to be eligible for the grant

of \$500. If you would like to help with the clean up, please let us know. (A parental signature form is required for helpers under the age of 18.) Registration starts at 8 a.m. at the Brandemarti Football Field, and the clean-up will take place from 9 a.m. to 12 noon at a West Deptford location. We will provide you with more details within the next week or so. Our efforts will help to enhance the beauty of our community!

Recycle Bags & Wraps

You can take your plastic bags and used plastic wrapping materials to the Township Municipal Building and place them in the collection container there. See photo, left.



DEAR SECRET PAL

Dear Secret Pal,
Thank you so much for the Chocolate scented candle. I love candles and I love chocolate! Perfect Valentine's Day gift. Thank you for thinking of me. —Jody

Dear Pollyanna Provider,
Thank you for the beautiful Cherry-Vanilla scented candle. It's on my table in the family room and smells absolutely wonderful. As you didn't enclose a note or card with your name on it, I didn't know any other way to thank you for your generosity other than to post it in Tidbits. I had a great time doing the Pollyanna, and can only hope you did as well. Hope you had a nice celebration on Valentine's Day. Thank you again. —Jody

Apologies to Jody for missing the two notes above last month! —Editor

Dear Secret Pal,
Thanks so much for the beautiful shamrock plant. So unusual. Also, the Irish potatoes are a nice yearly treat! Thanks again. —Xo Carol Frisby

Dear Secret Pal,
Thank you for the beautiful personalized key ring. It's very pretty and I love that it has my name on it, spelled correctly. Thank you for thinking of me. —Jody

Dear Secret Pal,
Thank you for both of my birthday gifts. The Minnie Mouse "Mom's Life" plaque is great! I am a true Disney person so that was awesome, and it is living on my kitchen window ledge for all to see when they enter the kitchen. The Gift Certificate to Fahrenheit couldn't have come at a better time. I used some of it to pay for the item I picked when we went there as a club this past month. I will use the rest on my next visit. Thank you for the thoughtful gifts to celebrate my birthday. Happy Spring! —Jody

Dear Secret Pal,
Thank you so much for the Michaels' gift card for my birthday. I will put it to good use buying supplies for my upcoming scrapbooking weekend. Also, thank you for the St. Patrick's Day flowers. They looked beautiful on my table! —Cheryl



Dear Secret Pal,
What a wonderful surprise to find my gift from you! Thank you for the St. Patrick's Day gnome, the green dish cloths, shamrock headband and necklace and the wonderful scented Sage, Mint and Eucalyptus Candle. A definite favorite of mine. You helped make my St. Patrick's Day Lucky :-)

—Warmly, April

Dear Secret Pal,
Thank you so much for my goodies! I'm not sure if you received my thank you for February's Barnes and Noble Gift Card and my candy. In addition, a big thank you for my March birthday bag with the pickleballs and Dunkin Gift Card! Everything will be used with love and thoughtfulness! Thank you, again! —Jan A.

Dear Secret Pal,
I would like to thank you for the gift cards, the outdoor flags that I have used and get compliments! The backpack purse is adorable, definitely used every day! You have been on point with everything! Thank you again. —Love, Robin E.

Dear Secret Pal,
I love, love, loved all the thoughtful gifts you spoiled me with for St. Paddy's Day & Easter! The cute bunny vase is perfect on my kitchen counter and, of course, the apron was so fun and needed to wear on Easter, since I hosted. 🐇 Thanks again for all!
—Love, Lisa

Dear Secret Pal,
Thank you very much for the St. Patrick's Day goodies. I love receiving presents!
—Love, Janice

Another Thank You

Ladies,
Thank you for the Honorable Mention for the Honor Roll Award. We are blessed to have such a large group of hard-working ladies who do so much for our club/community. It's so nice to be acknowledged for doing something that you truly enjoy doing; Social Committee/ LGCCC Treasurer. I just wanted to thank you for your consideration of me for this award. The flowers were beautiful, and you all made my day.
—Jody



HONORS FOR 2024: Shown above is our honors committee and the four honorees who will receive awards at Convention in May. Honor Roll: Janice Morrison, Patty Wyzkowski, Sue Nelson; Order of the Lily: Denise Pitchford. Thanks to Carol F. for chairing this committee and to Linda M., Cynthia H-B. and Kim VZC. for serving.

**Woman's Club of West Deptford
May Flower Fundraiser Order Form 2024**

Pick Up flowers from Michael Williams Nursery **April 27th.**

403 New Street, Thorofare, NJ (open Sat 8 am to 6 pm and Sun 9 am to 3 pm)

Your name: _____

This year, 10-inch hanging baskets and flats are offered in a variety of flowers. Baskets are \$18 each or 2 for \$35. Flats are \$16 each. You can make your selection when picking them up.



Item	Number	Cost	Total Cost
10 inch hanging basket (white base only)		\$18 each OR 2 for \$35	\$
Flat of flowers		\$16 each	\$
Total			\$

The top portion goes to Michael William's Nursery for pickup.



The bottom Portion is returned to Janice Morrison with payment by April 25th.

Address: 295 Night Hawk Circle, West Deptford, NJ 08086. 609.509.7791

May Flowers Fundraiser

NAME: _____

Item	Number	Cost	Total Cost
10-inch hanging basket		\$18 each OR 2 for \$35	\$
Flat of flowers		\$16 each	\$
Total			\$
Paid by: (circle one)	Check	Cash	\$

Operation Holiday Stockings 2024



Please help us fill Stockings for our Troops!

We are going with a slightly smaller wish list this year to make it easier to fill the stockings.

The price of the stockings has increased, so we are also collecting money to offset the cost increase this year. Our Goal is to fill 50 Stockings. You do not have to buy 50 of one item. Updated lists will be emailed as items are received so you know what we still need.

- Liquid Water Enhancer (Mio)
- Individual Powered Drink Mix (Crystal Light)
- Hot Chocolate Packages
- Oatmeal Packages
- Cup of Soup Packages
- Bagged Tuna/Chicken Tear Open Pouches
- Breakfast/Granola/Protein Bars
- Slim Jims
- Individual Trail Mix Packs
- Small Raisin Boxes
- Chewing Gum
- Individually wrapped Hard Candy
- Small Puzzle/Sudoku Books
- Small Writing Pads
- Pens
- Pencils
- Eyeglass Lens Wipes
- Eyeglass repair kits
- Sewing Kits
- Travel Size Shampoo
- Travel Size Conditioner
- Travel Size Body Wash
- Bath Soap
- Travel Size Lotion
- Small unbreakable Hand Mirrors
- Emery Boards
- Shower Caps
- Cotton Swabs
- Travel Size Hand Sanitizer
- Individual packs of Tissues
- Lip Balm/Chapstick
- Visine/Saline Eye Drops
- Aspirin/Advil/Tylenol
- Toothbrushes
- Small Tubes of Toothpaste
- Dental Floss

Please contact Linda Clark or Sharon James with any questions.

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.

