

Tidbits

May 2024 — Vol. 30 Issue 9



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

NEXT MEETING

Tuesday, May 14, 2024

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

74 Church St. West Deptford 08086

Refreshments

Beverages: Tracey H. (water), Debbie H., Linda C.

Desserts: Nancy D., Kat N., Patty W., Jan A.

May Birthdays

6—Doris E.	11—Vicki C.
6—Peggy G.	12—Sharon H.
7—Peg O.	15—Carol M.
9—Patti P.	16—Jeannette W.
	24—Denise H.

COLLECTIONS

- ♥ Debbie H. & Sue N.: Small MEN'S 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

As I sit here and write my last message to all of you as President of the Woman's Club of West Deptford, I am reflecting on how awesome the last five years have been working with all of you.

The women whom I love and admire for their strength and grace did not get that way because things worked out. They got that way because things went wrong and they handled it. They handled it in a thousand different ways on a thousand different days, but they handled it. Those women are my superheroes.—Elizabeth Gilbert

This last month has had me going over records and reports, organizing bins and getting them ready to give to our incoming President. Reading these reports, I was able to relive some of the most amazing experiences I have had with all of you. I have had the opportunity to work with some absolutely amazing ladies who have become my special friends. I have embraced the "veterans" of our club and opened my arms to embrace all of our new members. My goal this year was to hit 60 members before I handed the gavel over and because of all of you (and Cynthia) we made it!!!!

When I took over as President, I never thought I would be navigating an International Pandemic, learning new technology, and realigning how we would be able to meet and get things accomplished...but we did it! What did we do before Zoom? I have had some of the most amazing Committee Chairs who worked with me with grace and respect. I have worked with an incredible board who has always been there for me and helped me support all of you each month. I have had the pleasure of meeting new people, joining in as many



activities as I could, and felt the warmth and acceptance of my club sisters. We have paved the way to new and exciting ventures, opened doors that we didn't know were there, and have stood out in our community. I have met women on the District and State level who have become more than a name. I could list a thousand different things we have done together, but Tidbits is only so long. © So... as I say thank you for your support, look for me sitting with all of you at meetings, and continue to support our incoming Club Board as you did for me and my absolutely outstanding board. You may even see me working behind the scenes on the State level... ©

It has been my pleasure to be your President and cherish your friendship.

In Federation Friendship and more ©

April

PRESIDENT-ELECT

Janice Morrison

Thank you to all members for your vote of confidence in me to fill the role of President of the Woman's Club of West Deptford. I consider this a great honor and will do my best to meet your expectations.



Thank you to April Maska for her excellent leadership during the past five years. I know these are big shoes for me to fill and I look forward to her guidance as I take the wheel. I want to thank Cheryl Fairchild for putting together an excellent board that I will depend on to make critical decisions in the future. And I want to thank my board for stepping up to the awesome challenge of volunteerism:

- ♥ Jody Harris, First VP
- ♥ Ann Caswell, Second VP
- ♥ Peg Shirey, Treasurer LGCCC Account
- ♥ Sue Nelson, Treasurer Operating Account
- ♥ Cynthia Holmes-Butler, Federation Secretary
- ♥ Linda Clark, Recording Secretary
- ♥ Lisa Hunter, Corresponding Secretary
- ♥ Cheryl Fairchild, Parliamentarian

Our first official board meeting will be on August 27th. I look forward to gathering at my house for this first meeting. Please bear with us as we all transition to our new roles.

While the club year ends after the June meeting, several of us will be working on the club business. Our first order of business will be to hold the audit of the bank accounts; this happens sometime in late June/early July. Denise Pitchford and Patty Wyzykowski have volunteered to be our auditors.

The Basket Raffle committee will be working on a whole list of tasks. Sue N. still needs volunteers for tasks now and closer to the raffle. This is our biggest event of the year. Sue will send notifica-

tions about ticket sales and how she and her team will manage them. Thank you to all those who have volunteered already.

In September, we will open the year with West Deptford Day on September 21st (rain date September 22nd). We will need volunteers to staff the booth from 1pm-5pm. I will send out information with a sign up sheet closer to the date.

On behalf of the Board and myself, we look forward to your support over the next two years.

In Federation Friendship,

Janice

Fundraising Report

We have finished off the 2023-2024 club year with a total of \$1,441.50. This does not include the Basket Raffle. With internal fundraisers, we made:

- \$623.50 Hoagie Sale in September
- \$295.50 Mum Sales
- \$222.50 Poinsettia Sales
- \$ 90.00 Pizza for a Purpose
- \$226.00 May Flowers

Thank you all for supporting me over the past two years. I know Jody Harris will do an excellent job fundraising and I can't wait to hear all her ideas.

Sending love,
Janice



This month as my term comes to a close, I just want to recognize all of you who have made such a difference within our club and in our community.

Being Humble means recognizing that we are not on earth to see how important we can become, but to see how much of a difference we can make in the lives of others. —Gordon B. Hinckley

There is nothing I can say that expresses how special all of you are. You have taken your roles in your committees and made a major difference and made contributions for so many in our community. Most of you have kept me in the loop in all of your activities and I never had to ask what was happening or going to be presented. You went ahead and made sure I was aware of your inventive ideas and projects. And your committees always exceeded all expectations.

I know that as the new two-year club administration begins in September with our club committees, all of you will jump right in and support all projects, embrace new members who will be joining your committees, and continue to make the Woman's Club of West Deptford one of the best clubs in the State. You are going to rock it in September!!!

Thank you, ladies, for all you do and then some!

Warmly, April





MEMORIAL DAY PARADE

Dear Club Sisters,

We are officially registered to march in the Memorial Day Parade. The date is Monday, May 27th and we will meet on Colonial Avenue in the Colonial Manor section of West Deptford. The parade begins at 10:00 so we will need to be at the start at 9:30. The parade is 3 miles from Colonial Avenue to Red Bank Battlefield. I have over 16 people signed up to participate and I have had a few ladies say they will jump into the parade with us at the corner of Red Bank Avenue and Hessian Avenue. As the date gets closer, I will reach out to you to coordinate car pooling, leaving some cars at the battlefield and some at Colonial Avenue. Our attire is our purple club shirts (or a purple shirt if you have one), slacks of your choice, and comfortable walking shoes.

Please reach out to me if you are interested in participating in the parade. Even if you signed up at our last meeting, reach out to me again so I can confirm your attendance. Also, let me know if you are walking the whole route or meeting us half way :-)) Please send your email only to mec:-)

Thank you!

—April



SECOND VICE PRESIDENT

Cynthia Holmes-Butler

New Member Workshop

Save the date for the New Member Workshop! Tuesday, May 21, 7 p.m. at St. Paul's.

Mary Schneider from the Garden District will be there to speak and meet everyone. We have lots of exciting things planned!

Our members will talk about the club history, Juniors, and our club today. The various committees will be explained as well as our many projects and our full schedule of social activities.

It will be an enjoyable evening, so come and learn more about your club and socialize with other members.

A big thank you to everyone who has offered to play a part in the evening. We have a wonderful group of ladies!

Please let me know if you'd like to sign up now.

Membership Update and Award

We currently have 60 members and are still growing! We were awarded a Certificate of Merit for Best All Around Membership at the District Spring Arts Conference this month!!

Thank You

I have really enjoyed being Membership VP these past few years! It's been a pleasure getting to know many of you, installing you into the club, and watching you become an important part of our great group of ladies who make a huge difference in our community.

I'm passing my club bags, pins, and Shining Star trophies on to Ann Caswell, who will be awesome. She already has tips on how to find African violets!

Thank you for your support.

♥ Cynthia

TREASURER

Peg Shirey

Electronic Payments for WCWD

As was announced at the April general meeting, we are excited to offer you the opportunity to use Venmo, PayPal, or Zelle to pay for dues and other club expenses. The directions for each are listed below. Of course, you may still choose to pay with cash or check. If you have any questions about these new payments, feel free to contact me.



—Peg

Venmo

Download the Venmo app. Create an account. To send money to the club, search for: wcwd or West Deptford Woman's Club

PayPal

Download the PayPal App. Create an account. To send money to the club, search for njwcwd@gmail.com

Zelle

Access through your bank app. To send money to the club's TD account, search for: Woman's Club of West Deptford or njwcwd@gmail.com

Always add a memo to say what the payment is for.

FEDERATION NEWS

Isabella Cooper

Garden District Spring Conference

One hundred ten women attended our Garden District Spring Conference and Achievement Day, held at Pennsauken Country Club on Thursday, April 18. Garden District Vice President Marie Di-Matties, publicly thanked our Club for contributing 15 lighted lavender and white table centerpieces for the tables. Marie wore a lavender sweater set especially to show her appreciation for our club members. April presented her with yellow roses from our club.

The day was filled with much pride for our district club women. Presidents shared their 2023 annual reports listing their many achievements, and on display for all to view were district members' many handcrafted arts highlighting sewing, crocheting, paper arts, watercolor painting, cooking, photography, and in the environmental category house plants.

Keynote speaker, NJSFWC President-elect Barbara McCloskey enlightened all with her inspirational talk on "A Collect for Club Women" by Mary Stewart, with an emphasis on "Let us forget not to be kind." The Garden District welcomed

67 new members this past year.

Following a delicious lunch, NJSFWC Arts Chairperson Kathleen Reddick announced Arts and Culture Awards. Did our club shine! Our club sisters won 17 awards. District Grand Award winners will participate in the state competition at the convention.

Arts and Crafts Winners

- Joann Keefe: Advanced Crocheting "Infant Hat"—District Grand Award
- Kimberly Van Zoeren-Czoch: Beginner Cooking "Jams and Jellies"—District Grand Award
- Kimberly Van Zoeren-Czoch: Beginner Photography "Natural Wonders"—District Grand Award
- Peg Shirey: Beginner Cooking "Cake"—District Grand Award
- April Maska: Beginner Crocheting "Scarf"—First Place
- Joann Keefe: Advanced Crocheting "Blanket"—First Place
- Sharon Hink: Advanced Crocheting "Other"—First Place
- Sharon Hink: Advanced Paper Art "Adult Coloring"—Second Place
- Ann Caswell: Beginner Painting Watercolor Portrait—First Place
- Ann Caswell: Beginner Painting Watercolor—Second Place
- Jody Harris: Beginner Photography "Our World up Close" Color—First Place
- Christine Taylor: Beginner Photography "Our World Up Close" Color—First Place
- Kimberly Van Zoeren-Czoch: Beginner Photography "Reflection" Color—Second Place
- Kimberly Van Zoeren-Czoch: Beginner Photography



"Natural Wonders" Black & White — Second Place

- Kimberly Van Zoeren-Czoch: Beginner Photography "Natural Wonders" Color—Third Place
- Cynthia Holmes-Butler: Beginner Photography "Natural Wonders" Color—Third Place

Our club also received a Certificate of Merit in the category of 41+ members for Best All Around Work for Membership in the Garden District.

Eighteen of our members attended the District Conference: Janice, April, Peg S., Isabella, Cynthia, Linda M., Jody, Ann Ca., Linda C., Kim V., Denise H., Sandy M., Joann Kf., Kat N., Joan E., Debbie H., Sharon H., and Bonnie D.

The June District Council Meeting will be held on June 20; no location or time has been announced.

Upcoming Dates

- 5/2: Garden District GCI Reception, Haddonfield Fortnightly, 6-8 pm
- 5/6-8 NJSFWC State Convention, Hard Rock Hotel and Casino
- 6/2-5: Girls' Career Institute at Douglass College, New Brunswick
- 6/20: Garden District June Meeting, location to be announced



BASKET RAFFLE

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

2024 Basket Raffle
October 21, 2024, 6-9 p.m.
at Four-Star Event Catering
595 Princeton Blvd. Wenonah NJ



NEXT MEETING:
Tuesday, June 18, 7 p.m. on
Zoom. Hope you can make it!

Basket Raffle News

Licenses are in and we will soon be ready to start selling tickets. We have lots of information to be shared at our next general meeting.

Several of our members have already gotten their baskets together. Once you have your idea, please email Nancy D'Amico so we can add it to the list. Your baskets are such a large part of why our fundraiser is always so successful, which allows us to help so many.

Many people have already volunteered and donated supplies. Thank you! There are still some volunteer opportunities and some supplies that are needed. An update will be given at our next club meeting.

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.

SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

At last month's meeting we collected \$32.00 toward duffel bags. We also collected 4 duffel bags donated by members. Thank you. Thank you.

With this money plus the previous month donations I purchased 4 duffel bags. I delivered 8 duffel bags to Family Promise of Southwest New Jersey this month.

June is the next month 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.

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



- ◆ Thank you to everyone who has sent me cards, texts, and emails about the great honor bestowed on me as NJSFWC Honor Roll recipient. Those messages warmed my heart and with each one I felt the love. I will do my very best in the coming two years to remember the words from the Collect. May we strive to know the common, human heart of us all. Love, Janice
- ◆ Senior at WD High School, Corey Ratcliffe, the grandson of Linda and Bill J., was honored by receiving the Colonial Conference Sportsmanship Award at the annual dinner of athletic directors for his outstanding contributions to sports at WDHS. CONGRATS!!

HISTORY SPOTLIGHT

Linda Jones

NJSFWC of the GFWC CERTIFICATE OF MERIT: BEST ALL AROUND WORK--- Garden District: MEMBERSHIP AWARD Congratulations!

Welcome to all of our new members who are learning about our Woman's Club of West Deptford, the state federation NJSFWC, and the general federation GFWC! It is my pleasure to explain The Collect for Club Women that is recited at the beginning of every general, state, and local club meeting.

History of Mary Stewart Collect

Women's clubs in Canada, United States, Britain, and other countries have always used a prayer for the opening or closing ceremonies of their meetings. Sometimes it was simply read by one member, at others it was repeated in unison by all those present. In the past they called it OUR CREED or THE CLUB WOMEN'S CREED. Large, small, and rural districts used this widespread CREED when it first appeared in a well known American magazine. Mary Stewart wrote the prayer in 1904, while she was a high school principal in Colorado. Mary Stewart, while visiting England, noticed that errors had crept into various printings of the prayer, especially in the first and second-last lines. These errors marred the beauty of expression and clarity of thought of this prayer. Mary expressed concern about garbled versions which were being circulated. Miss Stewart personally supervised the work of copying out the prayer, down even to the fine points of placing a comma or a period.

Miss Stewart:

"It was written as a prayer for the day. I call it a Collect For Club Women because I felt that women working together with wide interests for large ends was a new thing under the sun and that, perhaps they had need for special petition and meditation of their own. This must have been true for the COLLECT has found its way about the world, especially wherever English speaking women get together. Indeed it has been reprinted in many lands."

Mary Stewart was described as a little bundle of energy, dignity, and personal charm. It was while she was principal that this

Collect was written and it has been used by the Women's Institutes and other organizations around the world as their club creed. Mary died at the age of 67, on April 1, 1943, in Ohio. Mary Stewart worked for women's suffrage nationally and attended the meeting in St. Louis where the National Federation was launched. She was elected its first corresponding secretary and thereafter took an active part in the growth of the young organization by service as chairman or member of a number of national committees.

Collect for Clubwomen

Keep us, oh God, from pettiness:

What we affirm in our heart determines what we become. Concentrate on high thoughts and high ideals to ensure success for our club.

Let us be large in thought, in word, in deed:

Keep kind thoughts towards others, even when misunderstanding occurs. Develop points of discussion on which you and others can agree. Be truly concerned for the welfare of others as sympathy will put a sense of happiness and well-being in your heart.

Let us be done with fault finding:

Have a positive and neutral attitude, as your own attitude determines a positive or negative, owned by each individual member.

And leave off self-seeking:

Don't think of yourself doing a project, think instead of the project being accomplished without self-esteem or ego by the members involved.

May we put away pretense:

Be modest. A lot was accomplished before you were a member.

And meet each other face to face:

Every face-to-face encounter, regardless of how brief, leaves something of you within the other.

Without self pity:

Emotional self pity only limits your ability to accomplish anything. Use patience, sensitive insight, and determination.

And without prejudice:

Every person you meet knows something you don't. Learn from others and prejudiced thoughts will fail to exist.

May we never be hasty in judgment:

Never judge others. Concentrate on what it is that you're attracted to in your club

friends.

And always generous:

Remember that a person's greatest emotional need is to be appreciated.

Let us take time for all things:

Practice self-control in all aspects of your life. Vitality comes with self-control and ensures a time for all things.

Make us to grow calm, serene, gentle:

Life can be up one day and down the next. Whether things go well or ill, reflect: all things change. Nothing remains the same forever.

Teach us to put into action our better impulses:

Great opportunities await those who give more than what is asked. We all have the chance to do small things in a great way.

Straightforward and unafraid:

Project your opinions and beliefs with the energy and conviction you yourself feel for them.

Grant that we may realize it is the little things that create differences:

Life would be dull without different choices so we have many chances to pick from a variety of them.

That in the big things of life we are at one:

Successful volunteers work in the same direction with inclusion of ventures.

And may we strive to touch and to know the great common human heart of us all:

Allow your heart's natural love to unfold by renouncing selfishness, self righteousness, and pride so as to beat as one with those around you.

And oh Lord God, let us forget not to be kind.

The wisdom of kindness is the greatest wisdom of all. Let your kindness shine as a leader going forward with love from your heart.

The Collect - Mary Stewart, 1904

Author of the interpretation unknown

The first organization to use the Collect or to print it in its yearbook was the General Federation of Women's Clubs. Today it is reprinted in many forms, in many lands. The Collect has also been set to music. The Collect was not intended to be a creed. Every line of it is a petition, a prayer that is, a Collect. A detailed history of Mary Stewart and the Collect is available from the General Federation of Women's Clubs Headquarters in Washington, D.C.

ENVIRONMENT

Patty Wyzykowski, Denise Pitchford, Margaret O'Donnell

Earth Day Cleanup at RiverWinds

The Woman's Club of West Deptford partnered with the Gloucester County Improvement Authority (GCIA) and many other local organizations for an Earth Day Cleanup on April 20th.

Special thanks to Patty Wyzykowski, our Environment Chairwoman, for organizing this event and completing all the



paperwork needed for GCIA. We were blessed with a beautifully cool day and with the participation of 21 of our woman's club members and one husband who helped to clean up

and beautify the RiverWinds outlying areas and riverfront. GCIA provided a lovely continental breakfast-in-a-bag with water, hot coffee, tea and orange juice available. They also supplied each of us with a reflective vest, gloves, safety eyeglasses, bags and pickup tools for use. We collected a total of 8 full bags, plus various heavier pieces of wood, plastic and metal. Thank you to everyone who sup-



ported this event. It felt good to give back to our community.

—Denise Pitchford

SPECIAL STATE PROJECT

Cheryl Fairchild, Debbie Hinkle

As we finish our two-year State Project for Emmanuel Cancer Foundation, we are still in need of men's gift items for the Secret Santa shop. We have collected enough for the Moms and just need additional items for the Dads. Check those closets for unused gift items your husband may have received!

Our last project will be Birthday Bags. Karen H. and Debbie H. have been making birthday bags for the last four months and are in need of items for the summer birthday bags. The supplies needed are cake mixes, canned frosting, lemon/lime soda (one can per bag), birthday candles and sprinkles.



GREATER WOODBURY COOPERATIVE MINISTRIES

Joan Baur

GWCM Project News

Springtime brings two special projects for the clients of the Greater Woodbury Cooperative Ministries (GWCM) food pantry.

- The women will be given a **new** bra for a Mother's Day gift in May.
- In June the men will receive a Father's Day gift of **new** boxers/briefs or socks.

Any donations of boxers or briefs would be appreciated. Any size or color will be accepted. These gifts will be distributed at the main pantry at Evergreen and Barber Avenues. I will collect donations at the May and June meetings.

Note: School supplies will be collected for distribution in August. Look for more details in the June Tidbits. Thank you for supporting the GWCM food pantry.



DOMESTIC VIOLENCE AWARENESS/PREVENTION

Linda Marple, Janice Morrison, Linda Clark

We have written many articles about what DV is, where to get help, legal rights, and help for children from abusive homes. We have not written about the abuser.

For Abusive Partner - Are You an Abuser?

If you recognize that you are mistreating your partner, you may be subject to criminal prosecution under the law that is applicable in the duty station where you work.

Severe forms of abuse, such as non-fatal strangulation, can be classed as a Type 2 felony and will lead to jail time in NJ. So if the abuser recognizes his behavior is unacceptable, where does he or she go for help?

The National Domestic hot line can offer some assistance. 800.799.7233.

988 is a national organization of hot-lines. Your call gets routed to a hotline by your area code. It is a suicide hot-line but has many sources of information about DV and where to go for help.

Although SERV does not counsel abusers, they can refer you to other local resources. 866.295.7378

Finally, we would like to thank the members for their generosity in supporting our three collections.

CIVIC ENGAGEMENT AND OUTREACH

Linda Clark, Sharon James

Operation Holiday Stockings 2024

Please help us fill stockings for our troops!

Below are the items that are still needed to fill the stockings for the troops. Or if you prefer, you can make a monetary donation to help offset the cost of the stockings and the postage to ship them. Any additional monies collected will be used to purchase items still needed.

Thank you to everyone who has purchased items or donated cash. If you did offer a cash donation please bring it to the May meeting or the June dinner. Sharon J. is collecting the items this year but please feel free to give them to Linda C. also. We will be filling the stockings at the beginning of August, date to be determined.

- Liquid Water Enhancer (Mio)
- Hot Chocolate Packages
- Still need 26 Cup of Soup Packages
- Bagged Tuna/Chicken Tear Open Pouches
- Breakfast/Protein Bars
- Slim Jims
- Individual Trail Mix Packs
- Chewing Gum
- Small Puzzle/Sudoku Books
- Need 2 Small Writing Pads
- Eyeglass Lens Wipes
- Eyeglass Repair Kits
- Travel Size Body Wash
- Small Unbreakable Hand Mirrors
- Cotton Swabs
- Visine/Saline Eye Drops

ARTS AND CULTURE

Ann Caswell, Kat Nixon, Susan Degnen, Sharon Hink, Joan Ebbecke

What a way to start Spring! We had a very successful Spring Achievement Day on April 18th at Marco's Restaurant, Pennsauken. 18 members were in attendance and we enjoyed a delicious lunch. Keynote speaker was Barbara McCloskey, President-elect NJSFWC.

Grand prize winners were Joann Keefe for crochet project, Peg Shirey for angel food cake and Kim VZC. for jelly and photography. Other winners were Cynthia HB., April M., Ann C., Jody H., Sharon H. and Joann Kf.

We had another fun afternoon making cards for LTC residents on April 25th. 100 cards were created and were delivered to the Activities Department at ProMedica, West Deptford. Shout out to Denise Hosier for generously hosting at her home and doing all the prep work. Thank you again, Denise.

We also had a fun time Friday May 3rd for a Cinco De Mayo luncheon. This was a joint function with Arts & Culture and the Social Committee.

Looking forward to exciting and fun projects for the upcoming club year.



HEALTH AND WELLNESS

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

South Jersey Dream Center—98 lbs of food; \$100

Colonial Manor Food Pantry—245 lbs of food

GWCM pantry—100 lbs of food

Angels Community Outreach—422 lbs of clothing; 75 lbs of food

Jeannette's Closet—269 lbs of clothing

For our Spring activity, six members put multiple toiletries donated by 22 members in 44 pocketbooks to be handed out at Jeanette's Closet in Woodbury. In Kind \$320.

Mental Health Month

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. For the past 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized **Mental Health Awareness Month (MHAM)** every May to increase awareness about the vital role mental health plays in our overall health and well-being.

Before the COVID-19 pandemic, about one in five adults had a mental illness. Without a doubt, the pandemic has affected the state of mental health in our country and made mental illness even more common. It is rare that a family is not touched by a mental health condition, one that can interfere with your or a loved one's ability to work, sleep, eat, and enjoy life.

Mental health disorders include anxiety, depression, seasonal affective disorder, or more serious illnesses as bipolar disorder, major depression, schizophrenia, post-traumatic stress disorder (PTSD), and more. Unfortunately, most people with mental illness do not receive the mental health services that they need.

People with mental illness can have symptoms that include a range of feelings, emotions, or experiences, including shifts in mood, sadness, anxiety, irritability, low energy, delusions, hallucinations, sleep problems.



Worried About Your Friend? If you've noticed someone in your life showing signs of a mental or substance use disorder, the first thing you should do is talk to them. It's not an easy conversation, but it could be exactly the encouragement they need to seek help. By using one of these conversation starters, you can open the door to a judgment-free zone where they'll feel valued, supported, and listened to. I've been worried about you. I've noticed you've (been drinking a lot, been using drugs, seemed down lately, etc.). Can we talk about what's going on? I care about you and want to make sure you're okay. If you ever think about harming yourself, you know you can come to me, right? If you don't feel comfortable talking to me, is there someone else you'd prefer to talk to, like your parents, siblings, or someone else who cares about you? Do you know someone who's had an experience like yours? If you don't, I can help you find someone to talk to. It seems like you are going through a difficult time. Is there anything I can do to help? I want to be here for you. Do you want to talk about it? You can make a big difference simply by letting your friend know you're there. Remind your friend that asking for help is a normal part of life and they can find support at [SAMHSA.gov/](https://www.samhsa.gov/) young-adults or call 1-800-662-HELP (4357) for treatment referral.

In the U.S., anxiety disorder is the most common form of mental illness. Anxiety disorder is treatable in many cases but only about 36% of people opt to get help. From brain activities to genetics to life events, a host of factors can lead to a person developing an anxiety disorder. The National Institute of Mental Health states that 8% of American teenagers already have an anxiety disorder. Many studies have proven that a little boost of energy from exercise can help lessen the effects of anxiety disorder.

Here are some effective strategies to promote mental health:

- **Physical Activity:** Regular exercise has a positive impact on mental health. It reduces stress, anxiety, and depression. Aim for at least 30 minutes of moderate activity most days.
- **Healthy Diet:** Proper nutrition plays a role in mental well-being. Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet.
- **Quality Sleep:** Prioritize sleep. Aim for 7-9 hours of restful sleep each night. Lack of sleep can affect mood and cognitive function.
- **Mindfulness and Meditation:** Practice mindfulness techniques, such as meditation, deep breathing, or yoga. These help reduce stress and improve focus.
- **Social Connections:** Maintain strong social bonds. Spend time with family and friends, even virtually. Social support is essential for mental health.
- **Limit Stress:** Identify stressors and find healthy coping mechanisms. Techniques like journaling, hobbies, or relaxation exercises can help.
- **Seek Professional Help:** If needed, consult a mental health professional. Therapy, counseling, or medication can be beneficial.
- **Set Realistic Goals:** Break down tasks into manageable steps. Celebrate small achievements along the way.
- **Limit Alcohol and Substance Use:** Excessive alcohol or drug consumption can negatively impact mental health.
- **Learn to Say No:** Prioritize self-care by setting boundaries and saying no when necessary.

Remember that everyone's journey is unique, and it's essential to find what works best for you. Reach out to supportive resources and take proactive steps toward better mental health! ❁



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 summer 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, JUNE 5, 2024

Dutch Apple Dinner Theater: The Full Monty—Unfortunately, this trip has been canceled by AAA due to lack of interest. If you had signed up, you should be hearing from them directly if you have not already.

**TUESDAY, JUNE 11, 2024: 6PM
End of Year Installation Dinner -
Charlie Brown's Steakhouse
See article on page 5 for details.**



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 be on the Zoom invite list.

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, who thought she had a close relationship with Matthew, her nearly adult son. But he felt the need to secretly arrange a vacation to Cape Cod for the summer so he could meet his birth mother... without a word to either her or his dad.

It's also a surprise—to say the least—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. She runs a bookstore with her grandfather, hangs out with her four younger siblings and is more or less happily single, though she can't help gravitating toward Grady Byrne, her old friend from high school. He's moved back to town, three-year-old daughter in tow, no wife in the picture. But she's always figured her life should be child-free, so that complicates things.

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.



TAX RELIEF BRUNCH at Piston's on April 15th.

MID TO LATE AUGUST

Welcome Back Happy Hour TBD.

More information to follow. At this point, we are considering Charlie Brown's in Woodbury. 4:00-6:00 pm

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.

DEAR SECRET PAL

To my Secret Pal,
Thank you for your lovely gift of spring.
I have hung up the plaque and will be
using the lotion soon. —Warmly, Janice

Dear Secret Pal,
You have spoiled me!! I loved the cute
ceramic bunnies, yummy chocolate pret-
zels, and the beautiful flowers! Your
gifts were very much appreciated!
—Fondly, Cheryl

Hello Secret Pal,
Many, many thanks for the lovely spring
towels and oven mitt. They look so nice
in my kitchen! Also, the stickers—I am
obsessed. I LOVE stickers!!!! Thank you



so much for the thoughtful items, I think
you know me. ♡ —Love, Lisa

Dear Secret Pal,
What a wonderful surprise this month! I
loved the purple tulips, the bunny shelf
sitter, the Valenzano Cranberry White
Wine (my favorite), the M&M's, the
Tuiles Rolls Cookies, and the adorable
Purple Easter Basket. I also loved the
LaPalm Massage Lotion, Dior mascara,
and Gingham Gorgeous Bath and Body
candle. You made my Easter and birth-
day month extra special. Thank you for
your generosity and kindness! You are
truly amazing! —Warmly, April

130 CHALLENGE

Carol Dechen

Well ladies, we are that much closer to
completing this project, which was to get
us and all the ladies of the federation
healthy, whether that was to lose weight
or increase exercise and/or walk 130
miles. Our group decided to walk, exer-
cise and lose some weight. Well the good
news is we have achieved that. In 2023,
we started out very strong with any-
where from 170 miles walked each
month to over 300 miles a month. Very
cool!! And we dedicated 148 hours to-
wards exercise and well-being habits
each month. Again, incredible!! We con-
gratulate and thank those who have par-
ticipated thus far.

So we just finished 1st quarter 2024.
Our numbers are a little low, which is to
be expected with a project of this length.
People get bored with the idea and
choose not to continue. Our very small
group walked 105 miles and dedicated
82 hours towards health and well-being.
I know I haven't been as dedicated. Lots
of excuses, but none of them make any
sense when it comes to our health. I
challenge each of you to help me out and
let's go all in for the next 6 months. Don't
roll your eyes :) Come on, the weather is
breaking and the sun feels wonderful

doesn't it? Well let's make the most of it.
Let's tie up those laces, get out there and
pound the cement. Grab a partner, organ-
ize a group. Do it twice a week. How
about swimming? It's a great help for
aching and stiff joints.

As I said in the FB Live on May 1st, our
activity for May will be Pickleball. The
gym at Riverwinds has a time dedicated
for beginners from 12pm-2pm. They have
all the equipment there so no need to
worry. This time slot is for beginners
only so no need to worry about playing
with experienced players. If we choose to
go outside, we can meet at the Pickleball
courts in the Industrial Park. Brand new
courts with some nice benches and new
wind screens. There is typically some
"outdoor pickleballs" (vs indoor pickle-
balls) available for use; however, the out-
door courts do not have paddles availa-
ble. Not to worry, I have 4 paddles and I
know several club members play and
may be willing to share their paddles and
help with instruction. Let me know if you
will be coming on Monday.

Lastly, please send in those stats. I know
it's getting old but we are almost there. I
would love for our last couple months to

be the best yet. I would like to challenge
the group to walk a minimal 130 miles
for the month of May, June, July through
to December (as a group our number of
miles would be greater than 130 miles
walked per month). It's really not that
lofty of a goal. We did it 18 months ago
and I think we can do it again. We are
healthier and much wiser with all of the
articles that we have read and all the FB
Lives presented. :)

So I recommend you pull out your Vision
Boards, look at those goals and start
making it happen. There was a lot of
healthy eating, better weight, less stress
in those goals that we set for 2024. Let's
not give it up now. As a group, I have no
doubt that we can and will make the
changes to our daily habits and lifestyle.
We do this in our community. We are
action-oriented Healthy Club Sisters,
ready for the challenge.



SAVE-A-DATE



SEPTEMBER 21, 2024!

RAINDATE: SEPTEMBER 22, 2024!

1:00P - 9:00P

**FOOD, MUSIC, VENDORS, RIDES,
ENTERTAINMENT & FIREWORKS!**

CAR SHOW 1:00P - 4:30P
HOSTED BY SOUTH JERSEY CAMARO CAR CLUB

RiverWinds
COMMUNITY CENTER

1000 RIVERWINDS DRIVE,
WEST DEPTFORD, NJ 08086