



Tidbits

Volume 31 ~ Issue 2

October 2024

GFWC
Woman's Club
of West Deptford

Next Meeting
Tuesday, October 8
6:30 p.m.
St. Paul's
74 Church St, WD

Refreshments
Beverages: Leftovers
from District Meeting
Snacks/Desserts:
Linda M., Carol M.,
Agnes K., Kathy W.,
Nancy B.

October Birthdays

- 8—Agnes K.
- 9—Linda C.
- 18—Karen B.
- 27—Kathy W.
- 29—Debbie H.
- 31—Nancy B.



GFWC 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
Janice Morrison
president@wdwomen.org
Membership
Ann Caswell
856-534-3077
membership@wdwomen.org

President's Message

While we do good works for others let us not forget the real solution lies in a world in which charity will become unnecessary. —Chinua Achebe

As I write this, I am reminded that when we work together, we can achieve anything. We are an incredible band of women working on projects for the benefit of our community.

Fun Day

West Deptford Fun Day is a perfect example. Jody and her husband, Dave, set up the booth. Ann Caswell made sure we had the brochures to hand out. Lisa Hunter, Carol Dechen, Jan Anastasi, Margaret O'Donnell, Karen Brown, Jody Harris, and I worked at the booth during the event. We obtained donations for our bags, talked with potential new members, and had fun visiting and getting to know each other better.

It was a fine day.

Similarly, I am proud of the team that organized the District Meeting. Led by Jody Harris, we were a well-organized team. Sharon Bowen worked in the background the entire night keeping the refreshments flowing. Thank you both. Also, thank you to the 20+ members who attended and those who contributed. We were well represented.

A word on membership

NJSFWC continues to put a significant emphasis on membership. Since its inception, the Federation has lost thousands of members due to a variety of

reasons, but mostly attrition. If the Federation is to survive, have a legislative voice, and significantly impact the communities served, its growth is essential. In our club, several new members joined in the past few years. However, many clubs are holding on with just a few members.

My plea to you is that when engaging with friends and neighbors, tell them what you like about being in the club. You are here for a reason; share your reason. It could be the opportunity to socialize, or the feeling of giving back to the community. Even if women join a different club, it all keeps us strong.

Sincerely,
Janice



First Vice President

Jody Harris

September proved to be a busy month for the club; working on our baskets, purchasing tickets for the raffle, introducing our first internal fundraiser, and hosting the Garden District Meeting. I'm exhausted just reliving it!



The Hoagie Lunch has been our largest internal fundraiser over the years, and I am pleased to share that we sold 82 Hoagie Packages, netting a profit of \$574.00 that will go to help club expenses. Thank you to all who participated.

Garden District Meeting

A huge thank you to all who donated beverages, paper goods, utensils, picked up the mums, collected the fees, checked in our visitors, or sold merchandise. I can't thank you enough and I truly appreciate your generosity. We had ninety (90) ladies in attendance and I am happy to tell you that we had more than enough beverages for everyone. We were able to donate remaining beverages, utensils and plates to our hospitality committee to use at upcoming meetings. A special shout-out to those who came early to help set-up, and/or stayed late to assist with clean-up. A very special thank you to Sharon Bowen, who arrived early, stayed late, and made sure the food and beverage tables were always neat, clean, full, and inviting.

Paint and Sip Fundraiser

This will take place on Friday,

November 8th at Paint-A-Treasure in Haddon Heights. You must be pre-registered to attend. All of the information you need is listed in the "Socially Speaking" section of this month's Tidbits.

Thanksgiving Pie Sale

We will partner with Stella-to's. This is a fundraiser that we did in the past with another vendor who is no longer doing fundraisers. These pies are made elsewhere, and baked here. Please keep in mind that your 9" pie(s) can be placed in a gallon baggie and frozen until needed, when you would just need to heat it up. This will keep them fresh. We will sell each pie for \$15.00.

They are offering us eight (8) varieties to choose from:

- Caramel Apple
- Blueberry
- Cherry
- Pumpkin
- Apple Crumb
- Blueberry Crumb
- Cherry Crumb
- Apple

Your order(s) with payment (s) are due to Sue Nelson or me no later than our November Meeting. However, you are welcome to drop off your order with payment to either of us as soon as you make your selection. Pick up date is Saturday prior to Thanksgiving (11/23) from 10:30-11:30am. Order forms with more details will

be sent out prior to our November meeting.

Poinsettia Sale

We will be using Michael William Florist as our vendor. I have made contact with him, but it was too early to discuss Poinsettias. He suggested reaching back out to him the end of October. When more information is received, I will be sure to pass it along to you.

Volunteer Hours

It's that time again when I need to collect your third quarter (July, August, September) hours. You are welcome to send your hours to me each month if that is easier for you, or at the end of each quarter. I don't need to know how you accumulated them, just the total of hours. Keep a record yourself for your committee reports as they will be needed for end of year reporting.

Your fourth quarter hours begin in October and will include October, November and December. Remember, if you attend a meeting that includes a speaker, you earn one (1) hour for that meeting. Other than speakers the meetings DO NOT COUNT towards your hours. A huge thank you to those people that have sent me their third quarter hours.

Thank you for your continued cooperation/support with our fundraising endeavors, —Jody

The smallest act of kindness is worth more than the greatest intention.

—Khalil Gibran

Second Vice President

Ann Caswell

Last month we installed our newest member, Kathy Ward. Welcome Kathy!

Please encourage your friends who might be interested in doing rewarding work to attend a meeting. I will reach out to prospective members by phone and email.

Prospective members will also be paired with a seasoned “mentor” for the meeting.

Invite your family and friends to check us out. We have friendship and fun while working for the West Deptford community.



Holiday Dinner

Jody Harris

WEDNESDAY, DECEMBER 11, 2024: 6pm
Holiday Dinner at Seven Star
1890 Hurffville Road, Sewell
856-228-5166

Your dinner selections will include:

- Soup of the day
- Cheese and Cinnamon Bread
- Garden Salad
- Dessert: Ice cream, Jello, or Pudding
- Cake (to be purchased and brought in)
- Bottomless Beverages
- Alcoholic Beverages may be purchased individually

Choices of Entrees:

- Chicken Parmigiana
- Roast Top Sirloin of Beef, topped with au jus
- Broiled Tilapia with a lemon butter sauce
- Baked Virginia Ham, topped with a pineapple sauce
- Roast Turkey Breast
- Mom’s Lasagna made with both meatballs and sausage

ALL entrees are served with two sides.

The dinner is \$42.00 per person. Please give your check made out to WCWD to Sue Nelson **NO LATER THAN THE NOVEMBER MEETING.**

I have to give a final head count the end of November. You **DO NOT NEED** to decide upon your dinner entrée until that evening, so you have lots of time to think about what sounds good to you.

Cookie Exchange

We would like to do a cookie exchange at our Holiday Dinner. Please let Jody know the type of cookie/item you will bake to avoid duplication. If we have a large response we will reduce the amount of cookies to swap.

Cookies should be packaged in a Ziplock bag, and please include your recipe. Each participant should bring a bag/container to collect **AND** take home with everyone’s cookies.

Please respond to Jody no later than the November meeting so you can be included in the count. This was a lot of fun when we did it a few years back.



Basket Raffle

Sue Nelson



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

We have just 33 spots left!

Baskets

Most of the baskets are done and turned in. They are all awesome! We have 63 regular baskets, 6 mystery bags and our super basket.

Super Basket

Our 5-Philly sport teams basket is FANTastic! It has all five team jerseys, some of them autographed, three sets of tickets (thanks to the Union and two of your very generous members), autographed puck, and so very much more. April and Nancy D. did a wonderful job getting everything, and Peg S. worked her magic to make it all look wonderful.

Thank You!

None of this is possible without our generous and supportive members who went above and beyond. Fabulous baskets, great solicitations, and so many volunteer hours are what makes this fundraiser so successful. You are all amazing.



Thanks to a great idea by Janice and her efforts, along with those of Karen Hink, this year we have some wonderful corporate sponsors. Our gold level sponsors are Solvay Specialty Polymers USA, Keller Insurance Services, and an Anonymous Donor. Our silver sponsors are Westwood Golf, Robert Stahler at Edward Jones, Budd Funeral Home, and LC Investors LLC.

See you at the event!



There are people in the world so hungry, that God cannot appear to them except in the form of bread.

—Mahatma Gandhi

Civic Engagement & Outreach

Linda Clark

September Day of Service

Thank you for the amazing amount of food that was donated. According to the information I received we collected 266 lbs. of food for the Dream Center and The Colonial Manor UMC Food Pantry. The In-Kind amount was \$560 and 55 service hours were reported. A special Thank You to Pixie O., Cynthia HB., and Nancy B. for collecting and delivering the food.

Wreaths

Our next project will be: **Wreaths of Remembrance.** Join the effort to lay 3900 wreaths at the Gloucester County Veterans Memorial Cemetery. Please purchase a wreath with a ribbon for \$11 each. Wreaths can be purchased by mailing:

People for People-Wreaths
PO Box 256
Mullica Hill, NJ 08062

Or online:

www.pfpfoundation.org or
<https://givebutter.com/ix8QnM>

They are also looking for volunteers to lay the wreaths on December 7, 2024

If you donate either wreaths and/or time please let Linda C. know.

History Spotlight

Linda Jones

Book Clubs Through the Years

A BOOK CLUB is an excellent way to expand your literary horizons.

Did you know? The year was 1998 when we implemented our club's first BOOK CLUB. Our first summer read was Message in a Bottle by Nicholas Sparks. That September we enjoyed a "round robin" discussion of questions and answers plus snacks hosted in a member's home. This was the beginning of a social event four times a year with a book discussion in each season of fall, winter, spring, and summer.

Reading clubs are a way to socialize by the following: improving your mood and sense of well-being; being exposed to various genres; to debate and hear new perspectives; improve critical thinking and analysis skills; improve your memory and cognitive skills; learn more about yourself; reduce stress; help you get a good night's sleep; good for your brain and a form of entertainment.

Through the years our club has supported the West Deptford Library, traded paperback books with each other, collected books for each elementary school, read children's books and completed art projects in classrooms, made children's book bags, and donated books to the WD Middle School teacher's lounge. As a club we have a long history of sharing our love of books with others and among ourselves. In more recent years and especially during the Covid pandemic we have met on zoom to discuss and enjoy reading contemporary titles such as:

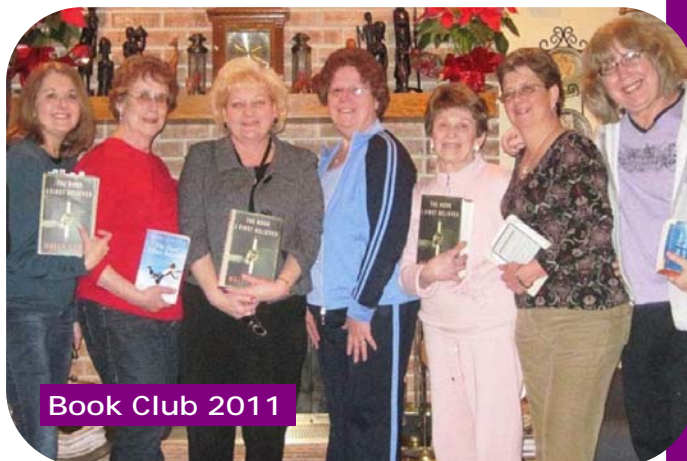
- The Hour I First Believed by Wally Lamb
- Lessons in Chemistry by Bonnie Garmus
- South of Broad by Pat Conroy
- Go As a River by Shelly Read

- The Book of Lost Friends by Lisa Wingate
- Hello Beautiful by Ann Napolitano
- Such A Fun Age by Kiley Reid
- The Little Ray of Sunshine by Kristan Higgins
- The Winemaker's Wife by Kristin Harmel
- The Guncle by Steven Rowley
- The Girl Behind the Wall by Mandy Robotham

*** Coming in November: The Women by Kristin Hannah

Our BOOK CLUB has been a great way to connect with others! So share your thoughts, listen to other opinions, ask questions, evoke your feelings, discover new books, and be open to making new friends along the way. HAPPY READING!!

Woman's Club of West Deptford History of Book Club	
9/98	First book club, <u>Message in a Bottle</u> by Nicholas Sparks
	Memoirs of a Geisha by Arthur Golden (pub 1999) One True Thing by Anna Quindlen (pub 2006) The Help by Kathryn Stockett (pub 2011)
8/09	Guernsey Literary & Potato Peel Society
8/10	South of Broad by Pat Conroy
2/11	The Hour I First Believed by Wally Lamb
8/11	I Feel Bad About My Neck and Other Thoughts on Being a Woman, Nora Ephron
2/12	The Paris Wife by Paula McLain
8/12	How to Eat a Cupcake by Meg Donohue
2/13	Orchard by Jackson Taylor
8/13	Gone Girl, Gillian Flynn
3/14	Cutting for Stone, Abraham Verghese
8/14	Second Time Around by Beth Kendrick
3/15	All the Light We Cannot See by Anthony Doerr
8/15	The Rosie Project by Graeme Simsion
2/16	The Immortal Life of Henrietta Lacks by Rebecca Skloot
8/16	A Window Opens by Elisabeth Egan (skyped with author)



Arts Performing

Cheryl Fairchild

Check out these upcoming shows at the Broadway Theater in Pitman:

- October 3 and 4 – Fearless: A Tribute to Taylor Swift
- October 5 - Billy Joel and Elton John: Face to Face (I saw this last year and it was awesome!)
- October 6 - The Rat Pack Together Again (I saw this last year too and will be returning this year!)
- October 10 - Psychic Standup with Karen Rontowski
- October 11 - 4 Peace of Mind: A Tribute to Boston and Foreigner
- October 12 – Winslow: An Evening of the Eagles
- October 13 - An Afternoon with the Duprees



Remember to support your local live theaters!

Domestic Violence Awareness

Carol Scancella

Wear Purple to Our October Meeting!

October is Domestic Violence Awareness Month, so we are highlighting some facts and myths about this problem.



Domestic Violence is an insidious problem that can go undetected like a cancer lurking

beneath the surface. It is only brought to light by probing and studying the Symptoms. Domestic Violence is a crime.

Myth: Domestic Violence only happens to other people.

Truth: Anyone could have experienced this type of violence—a sister, a mother, a neighbor, a co-worker sitting right next to you.

Myth: I would know if somebody was being abused. I would see the bruises. **Truth:** You can't always determine if

someone is being abused. It is easy to hide in plain sight and abusers like to cause marks where nobody can see them. Abusers love secrecy. If you could always see a bruise, it would not be so easy for the abuser to exert power and control.

Myth: To have a healthy marriage, you should never argue.

Truth: Healthy relationships involve disagreements that do not involve physical punishment or debasing the other person.

Did you know that there are different kinds of abuse?

Physical abuse is fairly familiar. The beating, breaking of bones, and bruising. But what about choking, biting, pinching and pushing? These are also signs of physical abuse.

Verbal abuse is still abuse. Intimidation, belittling, mocking and blaming are weapons that abusers wield.

Emotional abuse can be overwhelming. Behaviors such as excessive jealousy

or threatening children or pets is common. There is also spiritual abuse when the abuser uses your personal spiritual beliefs against you.

Finally, there is **tech abuse** which usually involves computers and stalking.

We all like think that we are immune to natural disasters, serious illnesses, and the other vagaries of life. But of course, we are not. Bad things, unfortunately, do happen to good people. In the United States every 24 minutes someone is the victim of rape, physical violence and stalking. A final sobering statistic—in New Jersey, 2023, the rate of domestic violence was 26.2%. To put that into perspective, it means that of our 60 WCWD members, 15 of us are or will be victims.

Please remember that we are collecting new bras in October and also \$25.00 gift cards to WAWA or cash in any amount.

Domestic Violence hotline: NJ 1-800-572-7233; 866-295-

If we do not lift up women and families, everyone will fall short.
—Kamala Harris

Special Club Project:

Family Promise

At our last club meeting \$25.00 was collected in the cardboard house box. **Thank you! Thank you!** I will purchase a duffle bag with the donation.

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



Special State Project: NJCA

New Jersey Children's Alliance

Denise Pitchford

Small Items for Children

The Special State Project Committee assembled last week and stuffed 50 small bags that will be given to children as they are being interviewed at the Child Advocacy Center.

Special thanks to Debbie Hinkle for sewing 50 unique drawstring bags, which were filled with a stuffed animal, 2 notepads, crayons, colored pencils, coloring book, pocket tissues and hand sanitizer.

After assembling the bags, the committee delivered the bags to Suzanne Nelson-Hoolahan, the Director and MDT Coordinator of the Gloucester County Child Advocacy Center, who was quite appreciative of our donation. She then gave our committee a tour of the facility, which houses the



Special Victims Unit (SVU) of the Gloucester County Prosecutors' Office. The SVU includes a Lieutenant, a Sergeant, three Detectives, an MDT Coordinator/Victim Witness Advocate, a Forensic Nurse Examiner, a Chief Assistant Prosecutor, two



Supervising Assistant Prosecutors and six Assistant Prosecutors. The state-of-the-art facility is quite large and is beautifully decorated.

A special thanks to our members who so enthusiastically and generously donated the items needed to make this project a success.

Special State Project Committee: Denise Pitchford, Debbie Hinkle, Karen Hink, Pixie O'Hara and Jeannette Wood

Total Service Hours & Monies for this project:

23 members * \$508 in-kind donations * 61 hours



Advocates for Children

Karen Hink

Our combined summer project with Arts and Culture was a huge success. Our talented members made 45 beautiful Angel Blankets and 12 hats. All items were delivered to Inspira Medical Center. Many thanks to all that participated. (Photos 1, and 2)



Birthday Cake Kits

In October we are collecting items to make Birthday Cake kits for Emmanuel Cancer Foundation.

What we need :

13x 9 disposable baking pans with lid, Cake mixes tub of icing, 12 ounce sprite , box of candles, sprinkles. Small

generic toy or stuffie. Birthday gift bags. (Photo 3)

School Volunteers

Our first Volunteer opportunity is the Greenfields Elementary Book Fair October 21 to October 5. When a sign up is available, we will email it to everyone.



Federation News

Cynthia Holmes-Butler

The New Jersey State Federation of Women's Clubs of GFWC provides opportunities for education, leadership training, and community service through participation in local clubs, enabling members to make a difference in the lives of others one project at a time.

Saturday, November 9th—Workshop: Getting Started with CANVA

This workshop is filled! If you are registered, great! If not you can email Shelley, rothstein@njsfwc.org to get on the wait list.

Report Writing Workshops—might be helpful to committee chairs!

Learn about new report writing format. At headquarters. Saturday 10/12, Monday 10/28 and Wednesday 11/13. Email Chris: sienkielewski@njsfwc.org

Wednesday, December 4th—Open House, Washington DC Headquarters. 1 to 3 PM.

Bus trip with refreshments. Pick up at Pennsville at 10:30 a.m. at Super 8 Motel. About \$90 per person. Call Annette Bortone to sign up: 201-873-1913. Registration is still open!

Four club members are going so far!



General Federation of WOMEN'S CLUBS
Living the Volunteer Spirit

OPEN HOUSE WASHINGTON, DC HEADQUARTERS



Sponsored by Eighth District Contemporaries Woman's Club

Wednesday, December 4, 2024
1:00 to 3:00 PM

\$90 per person (if 50 people attend)
Bus trip with refreshments are covered in the price

Reservations and payment are due by October 15th to:

Annette Bortone
226 Kingsland Avenue, Lyndhurst, NJ 07071
201-873-1913
Call to reserve your seat

Remember your PU Location:

8:00 AM Lyndhurst Shop Rite 8:45 AM NJSFWC Headquarters 10:30 AM Pennsville Super 8 Motel

Return this section with a check made payable to:
Eighth District Contemporaries Woman's Club

Name: _____ Cell Phone: _____
(Please print)
Club Name: _____

Check desired Pick-up Location:

___ 8:00 AM – Lyndhurst Shop Rite, 558 New York Avenue, Lyndhurst

___ 8:45 AM – NJSFWC Headquarters, New Brunswick

___ 10:30 AM – Pennsville Super 8 Motel, 1413 North Broadway

Socially Speaking

Jody Harris

Our fall activities are in full swing. Please read through the list of offerings and be sure to RSVP for the events that you wish to attend. Please check dates, times, and keep in mind the RSVP dates where noted. Any questions, reach out to a member of the social committee. If you have suggestions, we'd love to hear from you. I currently have two members' suggestions that I am looking into for the spring.

Due to everyone's involvement with our Basket Raffle, the social committee has decided that the only event we will be hosting in October is a Halloween Breakfast where we can all sit and relax together. We hope you'll be able to join us.

WEDNESDAY, OCTOBER 30, 2024: Halloween Breakfast at Piston Diner, 10:00am

RSVP by October 23 to Jody

Ordering from the breakfast menu with separate checks is welcomed. I will put out a notice of who is attending so carpool arrangement can be made. Each attendee will be responsible for purchasing her own breakfast. Check out their website/ Facebook for menu options.

WEDNESDAY, NOVEMBER 6, 2024: Zoom Book Club Meeting, 7pm

RSVP by November 1st to Jody to be put on the Zoom Invite list

We will be discussing: [The Women](#) by Kristin Hannah.

Women can be heroes. When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is



changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

FRIDAY, NOVEMBER 8, 2024: Paint & Sip Night at Paint-A-Treasure, 6pm

615 Station Ave., Haddon Heights

Reservations will be made directly through Paint-A-Treasure. Hit "Book Now".

[Book Now](#)

Grab some friends, family, or a date and have a fun night out while raising money for the Woman's Club of West Deptford. Our artists will guide you to create your Choice of two 3d Wood Signs: **Memories are Made Gathered Around the Table -or- Jingle All the Way**. We'll provide a variety of paint colors to match your decor and teach you fun and easy painting techniques to make the project uniquely yours! **No Experience Required!** As always, **PAINT N TAKE** same night!

3d Wood Memories are Made Gathered Around the Table -or- "Jingle All the Way" (Both are 12" diameter)

All art supplies included.

Laughter, relaxation, fun!!

****BYOB Drinks and light snacks are welcome!**

You will be prompted to provide your project choice during Checkout Questions. If reserving for multiple people, please provide choice for each person.

COST: \$45 per person/sign

Social Committee: Jody Harris, Kat Nixon, Linda Clark, Cynthia Holmes-Butler



Arts and Culture

Ann Caswell

We are looking forward to our Fall Project on October 1st at 6:30pm at St. Paul's. Everyone who is registered should have received an email regarding supplies. The embroidery hoops and some enhancements will be provided. This should be a fun activity for all. We're looking forward to an enjoyable evening of creativity!

Thanks to our committee:
Susan Degnan, Kat Nixon,
Bonnie Dann, Sharon Hink,
Margaret O'Donnell.



Although you may not know my name, you are special to me just the same!

Dear Secret Pal

Hi Secret Pal,
Thank you so much for the beautiful sunflower basket with two beautiful hand towels inside along with a great smelling candle. Toasted vanilla sugar is one of my favorite aromas. Thank you so much for thinking of me.
—Xo Carol F.

Dear Secret Pal,
I love, love, love all the fall decorations, thank you so much. Also thank you for the unexpected WaWa gift card that will surely be put to good use. I really appreciate you and can't wait for the reveal so I can thank you in person.
—Love, Janice

Dear Secret Pal.
Thank you for the mini pillow fall decoration. It is hanging on a hook on my fireplace mantel. I love it with all the fall favorites; pumpkin, foot-

ball, leaves, and hot chocolate. The pencils are great as they have sayings on them, and you can never have enough coasters! Thank you so much for thinking of me.
—Jody

Hi Secret Pal.
I am so thankful that you're my pal!! I have received the most wonderful surprises from you, and I love them all!! I use the notepad/pen daily and the fall decor and picnic basket/tote bag. You bring a big smile to my face each time I receive a gift or little note. Thanks again for being my secret pal. —Kristen C.

Dear Secret Pal,
Thank you for the absolutely adorable retractable back scratcher, LaPalm skin care lotion and cuticle revitalized oil. I really am enjoying using

these products. I love receiving these wonderful surprises each month. —Warmly, April

Dear Secret Pal,
You know me so well! I love the football mug filled with candy. You are so thoughtful! Your kindness is much appreciated!
—Cheryl

To my Secret Pal,
Thank you very much for always thinking of me. You obviously know me with the beautiful planner and the wonderful stickers. 😊 I can't wait to find out who you are!!!
—Love, Lisa

Dear Secret Pal,
Thank you so much for your generous gifts! I love the flags, the plant, gift card, and other gifts. You are so generous! I can't wait to see who you are to thank you in person.
—Sincerely, Robin E.

Health and Wellness

Carol Dechen

Exercise!

October is our Health and Wellness month for collection and as I explained at our club meeting, we will be collecting new and used bras, male and female underwear and maxi-pads with wings. We will split the donations between Domestic Violence and I Support the Girls (ISTG). Chris Taylor found this group that supports women and the Health and Wellness Committee like their mission.



I Support The Girls

ISTG collects and donates new bras, underwear and female hygiene products, helping those who are homeless, impoverished or in a difficult situation and need help. And it is so easy to help. Since 2015, this organization, along with a network of affiliates, has been working hard to support all women with compassion and dignity with more personal necessities besides food.

What types of products do they accept?

Bras—of all types as long as they're either new or in good condition. This includes all sizes, from training bras to extremely large bras, in every sort of style and color. We believe that each woman and girl deserves a bra that feel just right. Since that's so deeply personal and unique, we collect all kinds.

Underwear—all sizes from 2T on up and all styles. Underwear **MUST** be new with tags or in packaging in order for us to accept it.

Menstrual hygiene products—any brand, quantity or size of menstrual hygiene products as long as they are individually sealed. This includes new and sealed menstrual cups.

Toiletries—any brands, non-expired, sealed products, such as shampoo, soap, toothpaste, toothbrushes, deodorant and body wash.

We are collecting this month to support this amazing charity. They are doing some amazing work, not just locally but at the state level and up, internationally. Please do your best to help other women not as fortunate as us.

Let's Get Moving

Remember, this is a great way to get motivated and get stronger. Walking is a great way to get stronger. It may seem daunting but doing small incremental distances will always lead to increase distance, stronger legs, more energy and always better mental aspect. And everything I read to prevent dementia suggests being social is an important component. Socializing encourages you to do more because friends will be there and you don't want to disappoint your friends.

Each month on the first Tuesday of the month, we will meet at a designated trail to walk. I have some local parks and trails and we can discuss where to go next. Now don't get anxious, I will adjust our walk with who shows up and we can explore the level of difficulty with each trail. I am

saying 10am-12pm as a starting point and can discuss what time works best for the group.

Our first walking group event will be, October 1st, 10-12pm at Red Bank Battlefield, meeting at the playground parking lot. The idea is that we walk, talk, and encourage each other to get out and enjoy the fresh air. Stretching is extremely important **BUT** I usually forget this step, so please remind me.

Also, Karen Hink is collecting stats for this challenge, so please remember to send her your stats at the end of the month. Set a reminder on your phone or post a note on the calendar. Her contact information is kmarhink@gmail.com. And for this challenge we are only collecting the number of hours you engage in physical activity at the end of each month, no need for what type of exercise. Just send Karen your hours of activity. I have been asked multiple times and yes, Physical Therapy does count as exercise. So get out there and do some dancing, chair yoga, yoga, water aerobics, swimming, etc. It all counts! If you want to get started and are not sure what to do, give me a call and we can discuss how to get started.

Food and Clothing Donations

Food

- SJDC = 434lbs of food; \$240
- Colonial Manor = 1195 lbs of food; \$760
- GWCM = 100lbs of food, 135 bras, in-kind \$300; men's underwear, in-kind \$175; sanitary napkins, 30 lbs, \$100 in-kind

Clothing

- Angels Community = 552lbs of clothes, 75 lbs of food
- Jeanettes Closet = 746lbs



GFWC Woman's Club of West Deptford

P.O. Box 381
West Deptford, NJ 08086

President: Janice Morrison
president@wdwomen.org

Membership Chair: Ann Caswell
856-534-3077
membership@wdwomen.org

Community Service
Spiced with Friendship and Fun

UPCOMING

- Oct. 1 Coffee Flights
- October 8 Regular Meeting
- Oct. 12: Report Writing Wkshop
- Oct. 21 NJSFWC State Fall Conf.
- October 21 Basket Raffle
- Oct. 28: Report Writing Wkshop
- Oct. 30: Halloween Breakfast
- November 8: Paint & Sip Night
- Nov. 9: CANVA Workshop
- November 12: Regular Meeting
- Nov. 13: Report Writing Wkshop
- Nov. 17: NJSFWC 130th Cel.
- December 4: GFWC Open House
- December 11: Dinner Meeting
(NOTE THIS IS A WEDNESDAY!)

Website: wdwomen.com
 Facebook:
[womansclubofwestdeptford](https://www.facebook.com/womansclubofwestdeptford)
 Instagram: [wcofwestdeptford](https://www.instagram.com/wcofwestdeptford)

Committee Collection Schedule

- ◆ **Every month**—Food pantries
- ◆ **Special State Project** — Priority
- ◆ **October:**
 - ◇ Domestic Violence Gently used or new bras. Monetary donations.
 - ◇ Advocates for Children Birthday boxes for Emmanuel Cancer (cake mix, 12oz can/ lemon-lime soda, icing, sprinkles, candles in a covered 9x13 banking pan. Small, generic toy.
 - ◇ Health & Wellness New bras for Free the Girls. Full-size toiletries and used purses.
- ◆ **November and December:** Civic Engagement Wreaths of Remembrance
- ◆ **January:** Family Promise, Civic Engagement, Advocates for Children
- ◆ **February:** Health and Wellness, Domestic Violence
- ◆ **March:** Advocates for Children
- ◆ **April:** Family Promise, Domestic Violence
- ◆ **May:** Education/GCI, Health and Wellness/ GWCM
- ◆ **June:** Family Promise
- ◆ **September:** Civic Engagement/Outreach

Thank You



GARDEN DISTRICT COUNCIL in September was a huge hit! We had some great speakers. Thanks to everyone that helped!