



Tidbits

Volume 31 ~ Issue 3

November 2024

GFWC
Woman's Club
of West Deptford

Next Meeting
Tuesday, Nov. 12
6:30 p.m.
St. Paul's
74 Church St, WD

Refreshments
Beverages: Susan D., Denise P., Debbie H., Kristen C., Jan A.
Desserts/Snacks: Susan D., Barb O., Peggy G., Margaret O., Pixie O.

November Birthdays
3—Denise P.
4—Chris T.
7—Kimberly VZC.
17—Cynthia HB.
21—Lisa H.



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

Janice Morrison

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

—Anne Frank

Our basket raffle is over for this year, and I am extremely proud of the effort put in by all the members for our biggest fundraiser of the year. Outstanding job, ladies! We should all be proud. Sue Nelson will be giving us a report at the November meeting.

Annual Reports

I reached out to all committee chairs with the annual report materials. NJSFWC president, Barbara McClosky, has streamlined the reporting process. We now have a list of in-kind donation amounts, a worksheet for each project, and a summary sheet for the chairperson to complete. We all need to back-track on a few projects since the reporting year is from January 1, 2024, to December 31, 2024. Now is a wonderful time to start doing that, as the summary reports are due to me no later than January 15th. I need time to copy them and put them in the mail.

I also sent the chairs a list of project names (does not exactly match to ours, but close) and which committees should report them. This is a notable change from the prior years. The chairs should review the list to determine if their project summary should be under a different committee. Going forward, check the project names to see whether your committee should manage or if it goes to another, and when possible, use the name from the list provided. Keep in mind that it all gets rolled up to the New Jersey Federation of Woman's Clubs (NJSFWC) and the General Federation of Woman's Clubs (GFWC). This part may be a bit confusing, so we can spend a little time discussing it at our General Meeting if necessary.

NJSFWC is holding a **report writing seminar** on Zoom on Wednesday, November 13th, from 6 pm to 8 pm. This is a hybrid meeting as some members will be in person. If interested, contact NJSFWC Chris Sienkiewski at chrissienk186@gmail.com.

I encourage all committee chairs to attend or select a representative.



Counting our Hours

Another substantial change is in our volunteer hours. GFWC and NJSFWC want our club and committee meeting hours counted, so when reporting hours to Jody, please add 2 hours if you attended the club meeting, and if we had a speaker, make it 3 hours.

Meeting Location Change

In January, our meeting will be on Zoom, and you will receive the link closer to the time. Beginning in February 2025, our meeting location will be at RiverWinds Community Center. Thank you to Jody for setting this up for us. We will be close to the kitchen and have 4 Round tables and a Head Table for the Board. One of the Rounds will be reserved for new members who feel they need support from a tenured member to better understand the discussions.

Sincerely,

Janice



First Vice President

Jody Harris

Now that our basket raffle has been completed, the holiday season is right around the corner. We are in the midst of several fundraisers. As I sit to write this article it dawns on me that our Paint and Sip Social Fundraiser will be the week you receive your Tidbits. There are still seats available. It will be completed before our November meeting.



So learn about life.
Cut yourself a big
slice with the silver
server, a big slice
of pie. Open your
eyes. Let life
happen.

—Sylvia Plath

Thanksgiving Pie Sale is now in full swing.

We partnered with Stellato's, who also worked with us for our hoagie sale. Their 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 are selling each pie for \$15.00. Please feel free to ask family and friends.

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) and payment are due to Sue Nelson or me no later than our November Meeting. Pick up date is Saturday prior to Thanksgiving (11/23) from 10:30-11:30am at my home (4 Crofton Drive). If you did not receive your information sheet and order form please reach out to either myself or Sue N. I will have some extra forms with me the night of our meeting.

Poinsettia Sale is also up and running.

We are using Michael William Florist as our vendor. He is offering us four varieties of poinsettias this year; Prestige Red, Pure White, Christmas Beauty Pink and Christmas Beauty Princess. You have two sizes to select from: 4.5 inch pot for \$7.00 or a 6.5 inch pot for \$12.00

I was also asked to relay to you that he is limiting the number of Christmas Beauty Princess Poinsettias that he will be selling. He has 50 available in the smaller size, and 100 available in the larger size. There is no limit on the other poinsettias. Sue N. is ready to take your payment with order form at our November meeting. Make sure it is in an unsealed envelope clearly marked Poinsettia on the outside as she will also be taking pie orders at that time. Should you need additional time, but wish to place an order, Sue or I can accept orders with payment until Tuesday, November 26th. Please make arrangements to get your order to one of us before the deadline. Pick-up will be at Sue Nelson's home (12 Holly Drive) on Friday, December 13th; 4:30-6:30 p.m.

Volunteer Hours

There are still a number of people I have not received hours from. I need to collect your third quarter (July, August, September) hours. 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 will include October, November and December. Changes have been made to hours. Meetings now count as two (2) hours and if you attend a meeting that includes a speaker, you earn one (1) additional hour for that meeting. This will go into effect for fourth quarter hours, which you should now be keeping. If you attended the October meeting, you should be tracking three (3) hours, add in the hours you spent at the basket raffle, as well as any other meetings, events, etc. that you attended during October. Following our meeting, you will have three (3) hours for November. If you have trouble figuring your hours, please don't hesitate to reach out to me.

Payments

At the November meeting please remember that payments for both the pie and poinsettia sales will be collected. Also, the payment for the holiday dinner (\$42.00) is due at this time as well. All payments can be made with cash, Venmo, Zelle, or a check made out to WCWD.

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

Second Vice President

Ann Caswell



Mentors

Our mentor program for 2024-2025 is getting underway with the November meeting. I will be reaching out to our mentors and new members and also visitors who are interested in our club. Our mentors and new members will be seated in the front left tables for easy access to the meeting discussions. This should help new members to understand the topics being discussed. I'm sure we can all remember being a little overwhelmed as new members. In order

to update our records, I will be sending around a form for members to add the date of joining the club.

Secret Pals

Since we're approaching November, it's time to start thinking of Secret Pals for next year. The form was emailed if you are interested. Please complete and return to me by November 22. This will give me time to plan for next year.

Have fun with your secret pal!

WDHS Junior grandson of Linda & Bill J., BRADY COBB, was selected for early induction into the NATIONAL HONOR SOCIETY. His letter states leadership, character, service, and grade point average. Brady is the captain, quarterback, kicker, and punter on our Varsity football team. Congrats Brady!

The Colonial Manor and St. Paul's Food Pantries wants to thank the Woman's Club of West Deptford, especially Karen H. who chaired the Birthday Cake Kit project. The Birthday Cake Kits are fantastic! All of our food pantry clients very much appreciate your continued generosity and support. God bless.



NOTE that November will be the last club meeting held at St. Paul's. Denise H. wants to thank everyone for all the help while we were meeting there. Moving to RiverWinds will be a big relief because Denise won't be completely responsible for the location anymore. Of course St. Paul's will still be available for some special events, workshops, and meetings if needed. See Denise to schedule on St. Paul's calendar.

Holiday Dinner & Cookie Exchange

Jody Harris

WEDNESDAY, DECEMBER 11, 2024 at 6pm 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 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 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, cash, or you may use Zelle or

Venmo to Sue Nelson NO LATER THAN THE NOVEMBER MEETING.

The restaurant would like a final head count by 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 Is On!

We WILL BE doing a cookie exchange at our Holiday Dinner. Cookies should be packaged in Ziplock bags, and please include your recipe. Each participant should bring a bag/container to hold their treats AND something to hold the cookies you will be taking home

We had an overwhelming response of people who are interested in participating.

With that being said, I would like to suggest bags with three to four (3-4) cookies in each, as you will be making a total of twenty (20) bags. If you are interested in making an additional bag, they will be collected to be brought to our Police Station as a holiday treat.



Basket Raffle

Sue Nelson

Thanks so much to everyone who put their blood sweat and tears into our Basket Raffle. Everyone contributed such lovely baskets. All the ladies who worked that night did an awesome job. A huge thanks to our great club and to everyone that made our fundraiser a great success.

We would also like to thank our gold level sponsors: Solvay, Keller Insurance Services, Johnson Matthey, and an anonymous donor.

If you want to hear the details of how much we were able to make, be sure to attend our next general meeting!



THANKS SO MUCH to everyone that helped with the basket raffle, and especially to our leaders: Overall Chair Sue N. and Co-Chairs Nancy D., Jody H., April M. and President Janice M.



America's Veterans have served their country with the belief that democracy and freedom are ideals to be upheld around the world.

—John Doolittle

Civic Engagement & Outreach

Linda Clark

Wreaths of Remembrance

For December our 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 a check to:

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

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

Day of Service

Our NJSFWC Day of Service will be Monday, January 20, 2025, and our District will bring donations to the Haddon Fortnightly. This year the entire state is supporting the Center for Family Services.

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

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

Watch for information next month about what we will be collecting for our local office.



SOUTH JERSEY DREAM CENTER VOLUNTEERS marked expiration dates on food items.

Advocates for Children

Karen Hink

Birthday Cake Kits

Our Birthday cake kits were a huge hit! Our generous members donated in kind and cash equaling \$486.39 and logged 55 hours. We collected enough to complete 45 birthday cake kits. We distributed to three local food pantries.

Green-Fields Book Fair

Our Volunteers in the Community helped Green-Field's Elementary Students select books at their Scholastic Bookfair. Seven of our members worked 24.5 hours.

Advocates for Children Week

In observance of Advocates Week (October 20th-26th., some members signed up and attended a Webinar via Zoom, presented by David Coffey of the Safe Surfin' Foundation. Points of Interest included talks

with children about online safety and the risks of sharing personal information. The top websites that can expose kids to inappropriate content and online dangers are: Snapchat, Telegram, Facebook, Messenger, Kim, Instagram and Discord.

A contract between child and parent outlining boundaries and expectations can be viewed and used at this link: <https://search.app/R1BojgSKm6oRrNvJ9>



For those who would like to access the Safe Surfing webinar for more information use this link:

<https://safesurfin.org/>

Advocates for Children Committee: Karen Hink, Barb Oldt, Pixie O'Hara, Karen Brown.

Special State Project: NJCA

New Jersey Children's Alliance

Denise Pitchford

Special State Project

November Meeting Program

Our November 12th General Meeting Program will be Debbie M. Riveros, Executive Director of the New Jersey Children's Alliance, our Special State Project for the 2024-2026 NJSFWC Administration.

The following is a bio of Debbie Riveros:

Debbie came to NJCA in December of 2022 from the Monmouth County Prosecutor's Office Child Advocacy Center, where she started in 2006 as the bilingual victim advocate.

After leaving the field for a few years to raise her daughters, in 2015 Debbie took on the role of MDT/CAC Coordinator. She quickly gained a



reputation of being an inspiring leader with a deep care for the children who come to the CAC and the MDT professionals who give them hope, help them find their voice, and seek justice on their behalf. She did a great

deal of community outreach to raise awareness of child abuse prevention and response, and the services provided at the Monmouth County CAC.

Additionally, she has served on numerous state committees and task forces, providing her expertise and advocating for policies to help protect children.

A mother of two teenage girls, Debbie is also in her second year of working towards her Master of Public Administration degree. She loves to travel, watch movies, and listen to music in her spare time.

We look forward to welcoming Debbie and understanding more about our Special State Project.

Domestic Violence Awareness

Nancy Barna

Ways to Reduce your Risk of Sexual Assault

Domestic violence is prevalent in every community and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime. One form of domestic violence is sexual assault.

Some victims of sexual assault do not report the assault for various reasons. One reason is that they feel they may have done something that enabled the accused. That is simply not true. In counseling the victim, one must reassure the victim that nothing they did or said was the cause of the attack. They are the victim and not the accused. One way to reduce the risk of sexual assault is through safety planning.

Here are some tips to help reduce your risk:

- Be aware of your surroundings. Knowing where you are and who is around you may help you to find a way to get out of a bad situation.

- Try to avoid isolated areas. It is more difficult to get help if no one is around.

- Walk with purpose. Even if you don't know where you are going, act like you do.

- Trust your instincts. If a situation or location feels unsafe, avoid that area.

If you are a victim of domestic violence, SERV's (Services Empowering Rights of Victims) Hotline is available 24 hours a day at (856) 295-7378.

Domestic Violence Committee:
Linda Marple, Nancy Barna,
Carol Sancellia

Strength is a child fighting cancer with a smile on their face and hope in their heart.

—Attributed to Sam Taylor, the mother of Ellie, who beat cancer

Special State Project 2022-2024

Emmanuel Cancer Foundation

Debbie Hinkle

Emmanuel Cancer Foundation for Children will be having their Christmas party at the end of November. All of the children served as well as their siblings get the opportunity to "shop" for their Moms and Dads. Many of

you have been so generous by providing some of these gifts and the children are absolutely thrilled.

One more favor to ask: they are in need of small and medium gift bags. If you happen to have any extra holiday gift

bags and would like to donate them and/or tissue paper, please bring to the November meeting. I will collect them and see that they are delivered.

Thank you in advance.

Special Club Project:

Family Promise

Jeannette Wood

We did not collect any duffle bags or money at our last club meeting.

I will have our cardboard box at the November meeting if anyone would like to donate.

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



History Spotlight

Linda Jones

GFWC Recycle Day

#Recycling Heroes for 2024

DID YOU KNOW? America Recycles Day is celebrated on November 15th in our country. Each year club members support ideas to raise awareness about recycling through projects, purchasing recycled products, and reusing products.

History

The National Recycling Coalition created Recycles Day in 1977. Keep America Beautiful (KAB) organizes, manages, and promotes this day with our U.S. Presidents since 2009.

America Recycles Day Ideas

- Avoid plastic bags and bring your own
- Find a local clothing recycler and donate
- Buy recycled when you can
- Talk to your family about recycling

Ways to Help

One-use water bottles flood our waterways and landfills. Use portable reusable drinking bottles & cups. Repurpose old items.

Remember to recycle paper, plastic, steel cans, aluminum cans, rubber, cardboard, food waste, and glass. The National Recycling goal is to increase the national recycling rate to 50 percent by the year 2030. This main goal reduces the amount of waste sent to landfills and incinerators.

FACT: Food is the single largest component taking up space inside U.S. landfills. Lettuce, bananas, and milk are the most wasted foods in America. Paper and paperboards are recycled the most.

Our leader in spearheading the ENVIRONMENT DEPARTMENT is Patty Wyzykowski who has been informing our club, providing projects to promote and better the

environment, and educating our members with the following ideas:

1. Club fundraising by selling and purchasing reusable cloth grocery bags.
2. Explaining the plastic bag ban in N.J. and polystyrene foam ban (cups, meat trays, egg cartons) along with single use straws.
3. Articles on how to keep green during the holiday season and switching to LED lighting or recycling old Christmas light strings at Lowe's.
4. Project to recycle empty bottles, tubes, compacts, etc.
5. Explaining how migrating monarch butterflies are endangered and reasons to avoid garden cleanup until the spring.



6. Club members participating in the Gloucester County Earth Day cleanup at Riverwinds.
7. Collecting and recycling prescription medicine containers as our current club project.

Thanks to Patty and her committee for providing information to educate our members about the environment, recycling, and how we can keep our earth healthy and more livable year after year!

Federation News

Cynthia Holmes-Butler

Basket Donations

Thanks so much to everyone who donated toward baskets for the NJSFWC 130th Anniversary Celebration! Joanne Keegan has donated her basket back and also a basket her daughter won! An Italian Basket was put together by a group of members. Dee H. will be delivering three baskets to Headquarters on November 12th. You are all so generous!

GFWC Headquarters Trip

Open House bus trip to Headquarters in Washington DC on December 4th was cancelled due to lack of participation.

SSP Pins

NJ Children's Alliance Special State Project pins are still available for purchase through Headquarters for \$5.00 each. Money must be given to me by November 7th, before our November meeting, and your pin will be delivered at the November meeting.



Arts and Culture

Ann Caswell

We had a very successful Fall Craft Night on October 1st. Everyone had a fun time creating their embroidery hoop "pumpkins." Our members all shared their embellishments to add to everyone's creations.

Holiday Card Making

Mark your calendars for card making at Denise H.'s home, Thursday, December 5th at 3:30 p.m. 122 Sandpiper Lane, River-Winds. Cards will be delivered to the local nursing home. Thank you, Denise, for once again offering your home.



The arts are... a very human way of making life more bearable. Practicing an art, no matter how well or badly, is a way to make your soul grow....

—Kurt Vonnegut



Arts Performing

Cheryl Fairchild

District Arts Festival

Mark your calendars for the Garden District Performing Arts Festival on March 28, 2025. Plan on watching your Garden District federation sisters perform some amazing acts!

More details when we are closer to the event!



Socially Speaking

Jody Harris

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.

Our Halloween Breakfast at Piston Diner was a blast. We had twenty-two members in attendance and everyone had a great time. We had several members show up in costumes, and five very special ladies took home trophies: Pixie O'Hara's witch took scariest, Jan Anastasi's clown won for funniest, most creative went to Karen Brown for Daphne from Scooby Doo, and Joann Keefe took both most original and best overall costume trophies for her tourist. Thank you to everyone who came in costume to make this breakfast special. Shout out to Kim Van Zoeren-Czoch for making the goodie bags, and Kat Nixon for making the table decorations. A special thanks to both Kat Nixon and Linda Clark for pinch hitting for me when a family emergency came up and I was not able to attend this event at the last minute. Thank you to all who came out to our Halloween Breakfast.



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

RSVP by November 1st to Jody to be put on the Zoom invite list, which will go out the Monday night prior to the meeting.

We will be reading The Women by Kristin Hannah.

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

615 Station Ave., Haddon Heights. Reservations will be made directly through Paint-A-Treasure (paintatreasure.com).

Grab some friends, family or both 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 3-D 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!

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

FRIDAY, DECEMBER 6, 2024: 6-9pm; SATURDAY, DECEMBER 7, 2024: 3-8pm; SUNDAY, DECEMBER 8, 2024: 4-7pm

Free Candlelight Tours of Whitall House

Red Bank Battlefield Park, rain or shine. This is not a club event, but it would be nice to gather some friends and make your personal reservations.

For more information or to make a reservation call 856-224-8045. "Enjoy the sights and sounds of Christmas during the birth of our nation."



FRIDAYS, SATURDAYS & SUNDAYS: DECEMBER 13-22, 2024: various times

Irving Berlin's "Holiday Inn" at the Broadway Theatre of Pitman

Reservations can be made online by reaching out to the Broadway Theatre of Pitman. Seats are available at \$30.00 each.

(I was hoping to get a group together, but to date I do not have enough responses to do so. With that being said, I am putting out the information to all who may be interested.)

Sneak Peek into 2025...

WEDNESDAY, FEBRUARY 5: 7pm - Zoom Book Club

Book TBD

TUESDAY, FEBRUARY 11: Following the meeting, Galentine's Day Pollyanna

"A day for women to celebrate their friendships with their lady friends."

In honor of Galentine's Day, your social committee decided that we will do a Galentine's Day Pollyanna. If you wish to participate, we ask that you bring in a small wrapped gift (\$5-10 Max). All the gifts will be placed on a designated table and as you put down a gift you will be given a number. When we get to the designated time, we will pick our gifts based on the order of numbers. Everyone who brings a gift will go home with a gift.

We won't have a society if we destroy the environment.

—Margaret Mead

Environment

Environment Collection

Just a reminder that we are collecting #5 prescription medicine containers as well as plastic container caps for recycling. Please try to remove the labels from the medicine bottles and/or block out the personal information on the labels.

Fall Garden Cleanup

Following is a portion of a recent article regarding fall garden clean up and leaf removal to consider.

Fall is here, and we know it can be so tempting to tidy up your garden. But here's the

thing—those leaves are actually a lifeline for pollinators!

🍂 So why not let them stay?

Many butterflies and moths use those fallen leaves as their cozy blanket through the chilly fall and winter months. 🦋

Red-banded hairstreaks even lay their eggs on fallen oak leaves, which serve as the first meal for the caterpillars when they hatch!

Swallowtail butterflies form their chrysalises on dead stalks, cleverly camouflaging themselves to look like dried leaves, staying hidden from predators.

Patty Wyzykowski

And some butterflies, like the Great Spangled Fritillary, tuck themselves into a pile of leaves to stay safe and warm.

It's not just the butterflies! Certain ground-nesting bees also snuggle up beneath the leaf litter, keeping cozy until spring arrives.

So this year, instead of raking it all away, leave the leaves and help out the pollinators you've worked so hard to attract to your garden. 🍂 After all, they're counting on you to make their winter a little warmer! 😊

Parliamentarian

Cheryl Fairchild

State Fall Conference

On October 21st, Denise H. and I attended the State Fall Conference at the APA Hotel Woodbridge in Iselin, NJ.

The morning session featured two speakers who were very informative. Jacqueline

Wisner, the NJSFWC Legislation and Resolutions Chairman, spoke on domestic violence legislation and internet safety for children online.

Assemblyman Brian Bergen talked about the legislative process and his push for legislation to benefit veterans.

our work so far and talked about the need for Uber or Lyft gift cards so families can get to needed appointments.

GFWC Awards were also presented, with Denise H. winning 1st place at the GFWC convention for the NJSFWC website, of which she is the webmaster!

Attendance was 212 clubwomen at the conference, which also featured displays by the Community Service Program Chairmen. Vendors sold some interesting products, and there was a table with Federation items for sale.

Consider attending next year!

After a delicious lunch, the keynote speaker was Executive Director Debbie Riveros from the NJ Children's Alliance. She thanked the NJSFWC for all



Health and Wellness

Carol Dechen

Medication Disposal

I had never really given much thought about medication disposal until recently when I had to start taking heart medicine and then all the extra meds for my Total Knees. I started to build quite a collection of these medication bottles, unused, expired or no longer needed medications. What do I do with these little orange bottles with my information label all over them? Do I throw them in recycling, what do I do with the leftover meds, can I flush them down the toilet or just toss into the trash can? I found out all those answers and thought I would share with you. And if this is old news, I apologize!

Each community has or should have authorized collection sites known as "drug take-back sites." These sites may include retail pharmacies, hospitals, and law enforcement agencies. For us here in West Deptford, there is a collection box (old mailbox) at the WDPD station and Rite-Aid and CVS are readily available for drop off.

I found this You tube video online- How to safely dispose of unused or expired medicine. <https://youtu.be/GFqZGmShq-U>

Interesting tidbit: Inhalers should not be put into the trash as they may contain residual gases which are harmful to the environment and under the right circumstances could spark a fire in your trash can, the trash truck or at the dump. I think you will agree that a fire here is never good.

And as a reminder of the importance of properly and safely discarding any medication that has expired or you're no longer using, it should be disposed of for several reasons: 1) there is an unnecessary risk of taking unwanted medications; 2) accidental poisoning of children or pets.



DO NOT FLUSH medication down the toilet or sink, UNLESS the medication instructions specifically instruct you to do so.

Also, some communities prefer you NOT flush or dump down the drain which returns to the county water system. These modern day wastewater treatment plants are not designed to remove all medication and toxins from the water system.

And if we think about it, dumping medication down a sink creates an environmental impact whereby medication can end up in the waterways and the oceans where they can harm aquatic life and the food chain.

And finally, what do to with those little, medium and sometimes bigger orange plastic medication containers with labels on them?

Well first, we are going to save that lid for our Environment Committee (Patty W.). Now the label. If you have used a black marker to black out your info, I think that is good, or peel off the label (laborious) or use "ID protector." It's an ink roller for identity theft protection. It rolls out abstract symbols to offset the sensitive information underneath the ink. I will bring mine to our meeting so you can test it out. I found this on Amazon for about \$15.

If you are somewhere you cannot take your used, unused or expired medication to a authorized collection site, the FDA recommends putting drug in a plastic bag filled with some undesirable substance (cat litter, coffee grinds or dirt) and throw into the trash where the trash is then taken to a regulated disposal site (aka landfill). The purpose of the undesirable substance is so no one would be tempted to use the medication found in the bag of dirt, cat litter, or coffee grounds.

Let's Get Moving!!

We will meet at RiverWinds Tuesday Nov. 5th at 10am for a 20 minute hike on the paved trail. Park by the football/lacrosse fields. Don't forget to give Karen H. your monthly activity hours. In October, we as a group exercised 405 hours, which is awesome!!

Hope to see some of you out there picking up your steps and improving our health.

Food & Clothing Donations

Food (continuous totals)

- SJDC - 571 lbs, 27 hours, \$240
- Colonial Manor - 1270 lbs, \$960
- GWCM - 110 lbs, 33 lbs feminine products, \$125.00, 3 hours

Clothing

- Jeanette's closet - 796 lbs clothing





GFWC Woman's Club of West Deptford

P.O. Box 381
West Deptford, NJ 08086

President: Janice Morrison
president@wdwomen.org

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

Community Service
Spiced with Friendship and Fun

UPCOMING

November 8: Paint & Sip Night
November 12: Regular Meeting
Nov. 13: Report Writing Wkshop
Nov. 17: NJSFWC 130th Cel.
November 28: Thanksgiving
December 4: GFWC Open House
Dec. 6,7,8 Whitall House Tours
December 11: Dinner Meeting
(NOTE THIS IS A WEDNESDAY!)
January 14: Regular Meeting
February 5: Zoom Book Club
February 11: Regular Meeting &
Galentine's Celebration

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
- ◆ November and December: Civic Engagement Wreaths of Remembrance. Please let Linda C. know if you make a donation.
- ◆ 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/Outrea
- ◆ October: Domestic Violence, Advocates for Children

Dear Secret Pal

Dear Secret Pal,
I love the last couple of gifts you gave me this year. Fall is my favorite season, and all the new decorations are out and about in my house. I can't wait for our December meeting to thank you in person! —Love Janice

Dear Secret Pal,
I just wanted to thank you for the October gifts. I love the gift card. I'll use it to pick up a holiday decoration for the house. The pumpkin mug is really cute and I have already use it several times. The candy corn was yummy—that's one of my all-time favorites. I took that as my treat when we flew to Arizona. I enjoyed it on the plane. Thank you so much for thinking of me. I can't wait to see who you are next month. Thank you for your generosity. —Jody

Dear Secret Pal,
Thank you for the mum, gnome witch, candy bag with Hershey bars w/pumpkin, Spinder Candy Dish, and 2025 Calendar. This is my favorite time of year and you made it extra special. 🍁 Happy Fall! —April

Dear Secret Pal,
Thank you for thinking of me each month! I really loved the cozy blanket and light-up fall decorations! —Margaret

Dear Secret Pal,
You have treated me "spooktacular"!! Thank you so much for all the "boo"tiful gifts. I am enjoying them all. —Kindly, Lisa

