



Tidbits

Volume 31 ~ Issue 7

March 2025

**GFWC
Woman's Club
of West Deptford**

**Next Meeting
Tues. March 11
6:30 p.m.**

**St. Paul's UMC
74 Church St., WD
WEAR PURPLE!**

Refreshments
Beverages: April M.,
Barb O., Lisa H.
Desserts/Snacks:
Carol D., Joann Kf.,
Peg S., Vicki C.

March Birthdays
8—Kristen C.
14—Cheryl F.
22—Jan A.
22—Margaret O.
24—Jody 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
(NJSFC),
Garden District
of NJSFC.

President

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

President's Message

Janice Morrison

Everything in the Universe is interconnected. Within each it is reflected. – Lourdes Pita

It's Almost Spring!

As I write this, I notice a moment of spring. It is spectacular. The red-winged blackbirds are at my feeder, as are the swallows and the grackles. Though, I have not seen a robin yet. Spring brings renewed growth, fresh air, and many opportunities to join socially and altruistically as a group.

So many things are happening in the Woman's Club of West Deptford and West Deptford Township. You will be seeing children out practicing their sports again. High school seniors are looking forward to their next adventures. Children are riding bikes, and owners are walking dogs in the sunshine. I'm sure winter is not quite done with us, but now that I've had a taste of spring, I am more equipped to handle it.

March Meeting

At our March you will learn who the Honor Roll Committee selected for this year's awards. I can't wait. There are so many deserving women, I am sure it was a difficult decision. We will also review the Board's Tentative List of donations and

what is to be encumbered for next year. We will hear from Suzanne Nelson-Hoolahan, Director of the Child Advocacy Center of Gloucester County, and Detective Dan Farid, with Walter the Support Dog. Our Garden District VP, Mary Schneider, will also be visiting, so I hope we can fill the house (church basement)! You will recall that we need to meet at St. Paul's Methodist Church in March due to Voting on the School Referendum.

School Referendum

Speaking of the Referendum, there was a virtual Town Hall to discuss it. If you missed the February meeting, you may want to check it out. The Referendum presentation can be viewed here: https://youtu.be/Yap70cJxmg4?si=MBWD_oS0RID1_ZP7

Collections This Month

Let's not forget our collections from February (Domestic

Violence and Health & Wellness). This month it is Advocates for Children. Each committee will share the particulars of their collections, and if you have questions, reach out to the chairs. Additionally, food banks are underserved right now, so anything you can bring for their shelves will be appreciated. Finally, our Special State Project will be requesting items for Walter the Dog, so please bring some items from this list, which the Special State Project Committee shares.

Wear Purple

This month is Women's History month, so please wear purple or your club shirts

It will be great to see everyone in person this month. I am looking forward to it.

In Federation Friendship,

Janice



First Vice President

Jody Harris

La Sicilia Pizza

I have confirmed with La Sicilia for **Thursday, April 17, 2025** (this was the only April date available) and **Thursday, May 15, 2025** from 4-8 p.m. We earn 20% of the funds collected during those hours.

The patrons have to mention the Woman's Club of West Deptford when ordering.

Please ask your family, friends, neighbors to order that evening. Several organizations

in the community do this fundraiser and find it to be very successful. La Sicilia will allow us to do this one day a month on either a Wednesday or Thursday. This was very profitable for the club in both December and January, so we may try to continue this fundraiser throughout the fall.



They are very easy to work with. Huge thanks go out to Linda Clark for suggesting this fundraiser.

Volunteer Hours

In January, we started counting hours for our first quarter, which will encompass January, February and March. Feel free to continue to give me your January hours, and now your February hours. If you choose to give them all to me at one time, I will need them by the end of March. Second quarter hours will start in April.

Thank you for your continued cooperation/support.

—Jody

**"You can always find hope in a dog's eyes."
—Author unknown**

Programs for 2025

Janice Morrison

Below is the list of upcoming programs for our general meetings. Jody Harris will be coordinating this schedule going forward. If you would like to suggest a program speaker, please reach out to Jody and give her all the information. She will need names, contact information, biographies, and a brief description. To confirm your speaker, Jody will send a confirmation and give you a month slot. Thanks for your help.

March 2025	Child Advocacy Center of Gloucester County Suzanne Nelson-Hoolahan, Director, and Detective Det. Dan Farid, with Walter the Support Dog. Guest: Mary Schneider, Garden District VP
April 2025	Male Breast Cancer Awareness
May 2025	Guest and speaker: Barbara McCloskey, NJSFWC President
June 2025	None – End-of-Year Dinner
September 2025	TBD
October 2025	Girls Career Institute
November 2025	TBD
December 2025	Holiday Dinner

Second Vice President/Membership

Ann Caswell

Prospective Members

We will have a few prospective members coming to the March meeting. I will be reaching out to the mentors before the meeting to ensure these ladies feel welcome. As always please let me know if you have any friends who are interested in visiting our club meeting

New Member Orientation

is scheduled for May 20th at St. Paul's Church. This is for both new and seasoned members to learn about our club and our Federation. More to follow.

Honoring Members

We have some members who will be honored for their years of

service at the Garden District Spring Achievement Day Luncheon.

We will also honor a few members by naming them to Honor Roll and Order of the Lily. These special ladies will be announced at the March meeting. You don't want to miss this!

June Dinner Meeting

Jody Harris

**TUESDAY, JUNE 10, 2025,
6:00pm**

**Filomena Cucina Italiana
Restaurant & Bar
1380 Blackwood Clementon Rd.
Gloucester Twp.
856-784-6166**

Your dinner selection will include:

- Italian Bread and House Roasted Peppers
- Spring Mixed Salad with House Italian dressing
- Coffee, Tea, Iced Tea and Soft drinks
- Alcoholic Beverages may be purchased individually (cash bar)
- Choices of Entrees:
 - Chicken Parmigiana with Pasta
 - Broiled Flounder w/ sun-dried tomatoes, white wine butter sauce
 - Pasta Primavera
 - - OR -
 - Roasted Salmon w/sun-dried tomatoes, white wine butter sauce...
(unfortunately, this will be an additional \$2.00 charge)

All entrees are served with two sides; seasonal vegetables and potatoes, except for the Chicken Parm, which is served with pasta. The dinner is \$40.00 or \$42.00 per person. This includes your 20% gratuity.

Please give your check made out to WCWD to Sue Nelson, along with your dinner selection, **NO LATER THAN** the May Meeting. She can also accept Venmo or Zelle.

Thank you!

Your Social Committee



The WCWD Basket Raffle is coming!

Information will be shared at our March meeting

Stay tuned...great plans are in the works!

The Basket Raffle Committee



Jake Cobb, grandson of Linda & Bill Jones and junior/captain of the MIT men's cross country/track team is an Individual All-Academic Honoree for his high grade point average and finishing at the top of the regional championship meet with distinction. Congrats on your academic award in college, Jake!

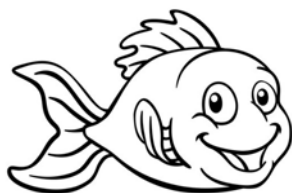
From the Treasurer:

It's Dues Time!

Membership dues should be paid at the March meeting. They will remain at \$45 and may be paid using cash, check, Venmo or Zelle. All dues must be paid by the April meeting.

NOTE: If anyone is paying for multiple things, please be sure to make each a separate payment and put the reason in the memo. If using Venmo or Zelle, please contact Sue N. by email nelsue1@comcast.net so she knows to look for your payment(s).

Sue Nelson
Operating Acct Treasurer



Arts and Culture

Ann Caswell

Garden District Achievement Day

If you are interested, you should be planning for the Garden District Spring Luncheon and Achievement Day on April 17th at the Pennsauken Country Club. Last year our club had many entries submitted for Arts Creative and all of our entries did well.

If you are planning to submit an entry this year, please go

to the NJSFWC website under **Materials>Arts & Culture Achievement Day Categories>Garden District 2024-2026 registration form**. For photography: **GF WC PHOTOGRAPHY CONTESTS** (categories & rules of entry) and sign waiver form.

All entry forms and waiver forms must be turned in to Kat N. & Bonnie D. by the March meeting.

Cost for the Luncheon is 50.00. If you are planning to attend the luncheon we will be collecting that money at the March meeting as well.



Don't forget to Spring Ahead!

"Why did the Easter egg hide? He was a little chicken."

Advocates for Children

Karen Hink



Let's Fill Easter Eggs!

March is our last collection for the year. We are filling plastic Easter Eggs to distribute to our local food banks. When clients come to receive food, they can get a Spring surprise of Easter Eggs. Our goal is to put a smile on the faces of those in need.

Items we are collecting:

- Plastic Easter Eggs.
- Bags of small wrapped Easter candies.

Please bring your contribution to our next meeting.

Day of Service Totals

Following up on Our January Day of Service, the State Federation Chair Lin Hrycenko has reported that 76 clubs participated. Totals for each category are :

Domestic Violence

- # of items reported: 2,768; value: \$15,147.00

Baby Products

- # of items reported: 3,712; value: \$16,151.00

Backpack Care

- # of items reported: 4,888; value: \$24,694.00

Total # of items reported: 11,368; Total value: \$55,993



Thank you to all of our members that contributed.

"There is Strength in Numbers"

Bring Crayons!

We are participating in "The National Crayon Recycle Program."

We will accept any and all used, broken and no longer needed crayons. We will recycle them through Staples.

  The crayons will be recycled into usable crayons and distributed to needy communities. This is an ongoing project. Please bring your crayons to our meetings.

Ronald McDonald House

We are always collecting aluminum tabs for Ronald McDonald House Charities.

Coming Next Month

In April, we will be participating in the National Child Abuse Prevention Initiative.

Committee: Karen H., Barb O., Karen B., Pixie O.

History Spotlight

Linda Jones



The theme for March, 2025 was picked to inspire, celebrate, and

reflect on contributions women have made globally. This theme, **"Moving Forward Together! Women Educating & Inspiring Generations,"** honors women who dedicated their lives to education, mentorship, and leadership. In 1987 the U.S. Congress designated March to highlight achievements of women in history who shape our world through their contributions.

Every woman has a story!

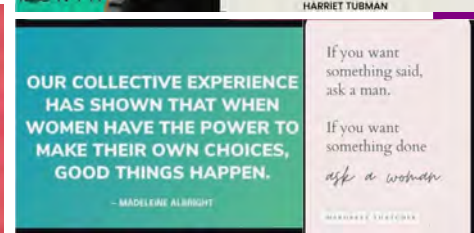
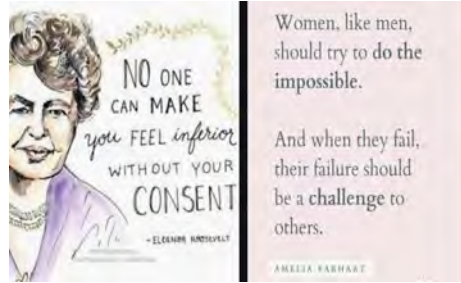
Each year the (NWA) **National Women's History Alliance** adopts a different theme to reflect on the powerful quote: "Every woman's success should be an inspiration to another. We're stronger when we cheer each other on." Quotes through time have inspired us to use our hearts, hands, and help when engaged in making a difference in our community and world.

Above right are some famous inspirational quotes that historically remind us of the lives or legacy of women who strived to make opportunities realized in their fields.

March is a great month to read books about the lives of past iconic figures, watch documentaries about remarkable women, and especially explore the **Women's History and Resource Center (WHRC)** online at gfwc.org to access a scripted PowerPoint presentation featuring the history and interior tour of 1734 N Street, our headquarters in Washington, D.C. "Every woman has a story to tell, a voice that deserves to be heard, and a contribution to make to the world."_ Unknown

***Enjoy HISTORY month!

—Linda J.



Civic Engagement & Outreach

Cynthia Holmes-Butler

Cereal for the Dream Center

Thank you to everyone who contributed cereal. We collected 40 boxes, which went to the Middle School for their collection for the South Jersey Dream Center.

The Middle School total was 1014 boxes. They reached their goal of 1000 boxes!!



Thanks to all our members that donated, and to Peg and her granddaughter for delivering the cereal!

RED BANK BATTLEFIELD Volunteer Meeting

Saturday, March 8 at 10 AM in the Whittall House

100 Hessian Ave. National Park, NJ 08063

For new and returning volunteers. We will review the upcoming season, new programs we are rolling out, and welcome new volunteers to the park. Light refreshments will be served. You are strongly encouraged to bring a friend who may be interested in learning more about the program. Please RSVP so we can get an accurate head count.



Gloucester County Board of Commissioners
Frank J. DiMarco, Director
Jim Jefferson, Deputy Director/Liaison
<https://www.gloucestercounty.nj.gov/>
Find more information at (856)251-6710
jjanofsky@gloucestercounty.nj.gov
gloucestercounty.nj.gov
Gloucester County is an Equal Opportunity/ADA Compliant Government Agency

Domestic Violence Awareness

Nancy Barna

NO MORE

TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT

Domestic violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and think loves you in return.

—Dianne Feinstein

'No More' Week March 2-8, 2025

'No More' Week usually falls between the first and second week of March. This year, it takes place from March 2 to 8. It is an annual campaign against domestic abuse and sexual violence that aims to rouse individuals, organizations, and communities to make a change. The event is an opportunity for everyone, governmental and non-governmental organizations, and communities, to unite to stop domestic abuse and sexual violence. The U.N. defines domestic abuse as a pattern of behavior designed to gain or retain power and control over an intimate partner in any relationship. Abuse can be physical, sexual, emotional, financial, or psychological, and it frequently has a detrimental impact on the other person.

History of 'No More' Week

There has been a long silence on domestic abuse due to social constructs and a lack of information and support for domestic abuse victims in many parts of the world. A 2009 report in Northern Ireland showed that domestic abuse is the least likely of all violent crimes to be reported to the police. A survey of 28 European Union nations was undertaken in 2014. Only 14% of

women reported their most serious event to the authorities, indicating a significant underreporting problem. It is safe to say that the statistic is even higher in countries in Asia and Africa that are red zones of domestic abuse and violence.

The 'No More' project and National 'No More' Week were founded in March 2013 by a collaboration of advocacy organizations to stop domestic violence worldwide. 'No More' is a project of the charity called NEO Philanthropy. In September of that same year, they launched a media video campaign, "No More' PSAs," featuring celebrities to pass the written message. In 2016, 'No More' helped raise over \$1.2 million for grassroots organizations through the 'No More' Challenge, an online fundraising competition held in 2016 and 2017.

The COVID-19 pandemic brought an upsurge in the number of domestic abuse cases. Reports show that stressful lockdown conditions triggered violence in homes. Victims were trapped inside their houses with their abusers, with no means of escape, leading to further underreporting. The fight against domestic abuse continues to rage for the safety of every woman and man in such conditions. National 'No More' Week is here to get everyone to say "NO MORE!" to domestic abuse and bring about positive change on an international, societal, and individual level.

How to Observe

Attend a domestic violence/sexual assault education event near you. Bring a friend or family member with you.

Join the campaign – Help create awareness by sharing related events, conversations & experiences with friends online. You can also participate by donating to online fundraising and flying the hashtag #NoMoreWeek to help end domestic violence.

Wear the blue 'No More' symbol. You can have the blue 'No More' symbol printed on a plain t-shirt & wear it to sow solidarity with the anti-domestic violence movement. You can also download a sticker from the 'No More' official website and attach it to your outfit.

If you, or anyone you know is suffering from domestic abuse, or if you suspect that someone you know may need help, then please contact Services Empowering Rights of Victims (SERVE) at 866-295-SERV (7378).

Domestic Violence Committee:
Linda M., Nancy B., Carol S.

COLLECTIONS

Due to our February meeting being on Zoom, DV is still collecting cash towards \$25 WAWA gift cards for SERV clients.

Along with Health and Wellness, we are also collecting personal hygiene items for the safe house (toiletries, overnight sanitary napkins, toothpaste and toothbrushes).

Socially Speaking

Jody Harris

Please read through the list of offerings, 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.

TUESDAY, MARCH 11, 2025, Following the meeting: Galantine's Day Pollyanna

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

Galantines' Day Pollyanna. If you wish to participate, bring in a small wrapped gift (\$5.- \$10. Max). All the gifts will be placed on a designated table. As you put down a gift you will take 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.

MONDAY, MARCH 17, 2024, Noon: St. Patrick's Day Brunch – Falcon Diner

297 Crescent Blvd – Brooklawn
(Brooklawn Circle)
RSVP to Jody by March 10th – They need a week's notice from us.

Ordering from the menu with separate checks. Each attendee will be responsible for purchasing her own breakfast/lunch.

THURSDAY, MARCH 20, 2025, 1:30-3:30pm: Afternoon Tea – La Mademoiselle Macaron

41 S. Main Street – Mullica Hill

If you wish to attend this event, please RSVP to Jody no later than March 10 (at our meeting) with the tea you are interested in and the PAYMENT. I need to let them know a week prior to the tea. All monies are to go to Sue Nelson clearly labeled with your name and your selection in an envelope.

We are being offered a "tea" to fit everyone's budget should you wish to attend.

Marie Antoinette Tea:

5 Tea sandwiches, petite quiche lorraine, scones & petite madeleines with cream and lemon curd, assorted French desserts & pastries, Unlimited tea. \$40.52

La Mademoiselle Tea:

5 Tea sandwiches, Unlimited Tea. \$27.86

Cream Tea:

Scones & petite. Madeleines with cream and lemon curd; unlimited tea. \$18.99

Dessert Tea:

Scones & petite madeleines with cream and lemon curd, assorted French Desserts & pastries. Unlimited Tea. \$27.86

All the prices above include the 6.625 tax and the 20% gratuity. For more information, please check their website/Facebook page.



Each attendee is responsible for their ceramic piece as well as the discounted \$4.00 studio fee. You can bring in snacks and beverages, including adult beverages. I will pick up all the items the following week and send out notification so you can get them from me. The studio requires final head count two weeks prior to our arrival. The room is on hold for us, and a deposit has been secured.

FRIDAY, MAY 2, 2025, Noon: Cinco de Mayo Luncheon Place TBD.

WEDNESDAY, MAY 14, 2025, 7pm: Zoom Book Club

The Last Letter by Rebecca Yarros.
Please RSVP by 5/7/25 to Jody to receive a Zoom invite. (originally scheduled for May 7, 2025) **Please note change of date due to Convention**

MONDAY, JUNE 9, 2025, 6:45pm: Phillies Game

Final payment is due to Sue Nelson no later than the March Mtg. You are welcome to make payments any time between now and then.

We sold seventy-two (72) tickets!!

As soon as final payment is made, I will receive the tickets, at which point, I will make myself available to hand them out. I'm really looking forward to this event!

Your Social Committee,
Jody H., Kat N., Linda C., Cynthia H-B.

THURSDAY, APRIL 10, 2025, 6pm: Fahrenheit Ceramic Studio 8 South Broadway – Pitman

RSVP by March 27 to Jody if you would like to attend.



Health and Wellness

Kimberly VanZoeren-Czoch

National Nutrition Month

March is the month that celebrates National Nutrition Month, spotlighting dietary habits, food knowledge and the joys of healthy and wholesome eating.

The path to wellness often begins at our plates. Healthy eating is recommended throughout life, but as we age there are factors that can affect our nutrient needs.

These tips can help us get started on the way to better eating as an older adult.

Make half your plate fruits and vegetables

Eat a variety of different colored vegetables, including ones that are dark green, red, and orange. Add fruit to meals, snacks, or as dessert.

Make half your grains whole

Choose bread, cereal crackers and noodles made with 100% whole grains. Look for items that are fortified with vitamin B-12, which is a nutrient that decreases in absorption as we age due to some medications.

Switch to fat-free or low-fat milk, cheese & yogurt

Older adults need more calcium and vitamin D to help keep their bones healthy. Include three servings each day.

Vary your protein choices

Eat a variety of foods from the protein group each week. When planning your meals spread your protein intake throughout the day by including protein in meals and snacks.

Limit sodium, saturated fats, and added sugars

Watch the salt content of the foods you eat. Add spices or herbs rather than salt to season food. Switch from solid fats to oils when cooking. Choose fruit for dessert rather than treats with added sugar.

Stay well hydrated

Plenty of water during the day helps prevent dehydration, which is very common with older adults, and promotes good digestion.

Portion size

Most older adults need fewer calories. Avoid oversized portions. Try using smaller size plates, bowls, and glasses.

Cook at home rather than eating out

You have more control over what's in your food. When ordering out, look for dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home.

COLLECTIONS

Because we were on Zoom last month for our club meeting please don't forget to bring your donations of purses/pocketbooks and trial sizes of toiletries. We have combs, toothbrushes, toothpaste and floss. Still looking for small notepads, deodorant, feminine products (single-wrapped) shampoo, cream rinse etc. Let us know what you have. Several have said they have the hotel samples sizes of products. All good!! We will be stuffing the purses/pocketbooks end of April or beginning of May. We are working alongside the Domestic Violence committee to get our project where it is needed most. We all thank you in advance.

Consult a registered dietitian-nutritionist

If you have special dietary needs a dietitian can create a customized eating plan for you.

Commit to a challenge

Try a new healthful recipe every week, and pledge to eat more fruits and vegetables

Committee: Carol D., Kim VZC., Kathy W.

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

—Doug Larson

March is National Nutrition Month



Special State Project: NJCA

New Jersey Children's Alliance

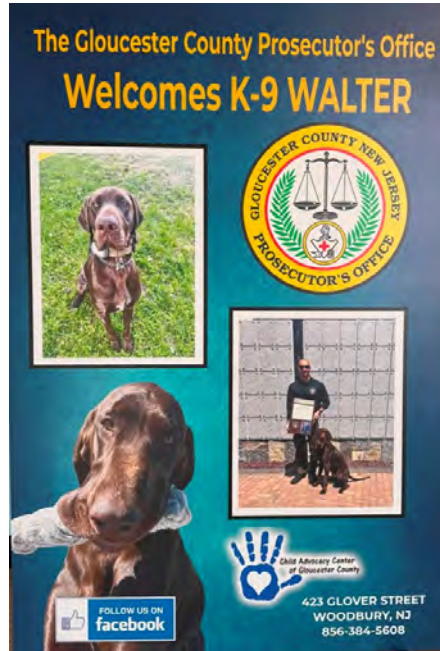
Our program for the March meeting will be Suzanne Hoolahan, Director of the Child Advocacy Center of Gloucester County (CACGC) and Multi-Disciplinary Team Coordinator (MDT) for Gloucester County. She will be accompanied by Detective Dan Farid and K-9 Walter.



Suzanne has her degree in Criminal Justice, Certification in Child Advocacy and over 17 years of legal field experience. She has worked with the Gloucester County Prosecutors Office since 2019 and was lead in the reorganization and digitization of the entire Megan's Law Unit.

She found her calling supporting the work of the Special Victims Unit when she joined the team in 2022, and subsequently entered into her current role as Director in 2023. This unit is near and dear to her heart as she works with the team to help child victims, from investigations to community support with partner agencies. She also is responsible for securing funding, working with non-profit agencies with fundraising, and bringing awareness and prevention to child abuse. As MDT Coordinator, she ensures all children visiting the CACGC receive the proper services and necessary supports for healing and recovery.

K9 Walter is a 2-year-old German Short Hair Pointer who was acquired by the GC Prosecutors Office in 2024. K9 Walter and his handler Detective Daniel Farid attended a 4.5 month long Electronic Scent Detection Training from the NJ State Police. Since graduating, K9 Walter regularly assists detectives assigned to the Internet Crimes Against Children (ICAC) Task Force in locating electronics on the scene of search



warrants. K9 Walter's great demeanor also allows him to be utilized in a comfort role with children, as he is a certified therapy dog who regularly proves invaluable when meeting with children who have witnessed or

Denise Pitchford

been a victim of a crime. Walter and his handler regularly provide Internet Safety presentations at schools. Walter has provided a positive experience for thousands of children across Gloucester County, and his impact will be exponential throughout his career.

We look forward to meeting Suzanne, Daniel, and K9 Walter at our meeting.

If you would like to support K9 Walter, we are collecting the following items, which you can bring to our meeting:

- Sentinel Spectrum Chew for Dogs (50.1-100 lbs.)
- Chuckit Ultra Ball Dog Toy (Large)
- Kong brand toys
- Paper Towels (he slobbers a lot so they're in constant demand)
- Chewy.com gift cards for grooming supplies

Federation News

Cynthia Holmes-Butler

CEO Day

Four club members attended the Garden District Civic Engagement & Outreach Meeting on Friday 2/28 in Merchantville. It was a very interesting meeting. VFW members from Camden County conducted the Empty Chair Ceremony, a very moving ceremony honoring missing POWs. If you are interested in seeing the ceremony, I took a video on my phone and can email it to you.

We wrote letters for the Elder Project, to seniors who are shut ins at nursing homes and have no contact from friends and relatives. This is a project we may be considering for our club.

Patricia Jones, a former Camden County Clerk, gave us much

information about the battleship New Jersey.

Volunteers are needed to help with the Battleship tours. If interested please let me know!



LET'S GET MOVING

Carol Dechen

March is rolling in like a lion and we are getting closer to warmer weather and summer months. Don't forget, summer bodies are made in winter. 😊. It's time to get moving or keep moving as I know many of you have been.

We had 441 hours of exercise activities. I'm just saying, we had 504 hours last month. Come on, ladies, let's get one foot in front of the other!

Join us on March 4th at the Deptford Mall, 8:45 at the Mall entrance by Red Robin for a quick 2 mile walk around the mall. It's fun chatting with each other and a little window shopping as we walk by. Afterwards, maybe you can take in some shopping after we walk. It's still a little too chilly to walk outside but we should be ready to go back outside next month and I cannot wait.

If you have any questions or concerns, please call me. We are always looking for a few more walkers to join us. Hey, do you have a favorite park or hiking trail? Let us know about it. We will put that on the schedule.

Don't forget to look at your sneakers. Might be time to get some new ones. I know it's time for me.

Community Impact Program

Sandy Mastrangelo

"Helping Hands~Happy Hearts"

Ready to Go!

March 5, 2025 is the beginning date for this project.

Our volunteers are ready and anxious. Our committee has been looking forward to this date, and now that it is here we are ecstatic.

We are so anxious to work with these women who have volunteered, and have been so encouraging and positive every step of the way.

"Helping Hands and Happy Hearts" is our goal.

Chairs: Carol D. & Sandy M.



"It takes a village to raise a child."
—African proverb

Performing Arts

Cheryl Fairchild

Performing Arts Day

We have a special performance at The Garden District Arts/Performing Day! Come on out and see our own Denise Hosier perform an original poem!

The event will be held on Friday, March 28, 2025 at the Davidow Theatre, Salem County

College. Registration is at 9:45 and the program begins at 10:30.

It's always fun to see your club sisters perform! We will meet at the library and car pool. Please let me know by March 27th so we know how many drivers we need.

Brigadoon

West Deptford High School will be performing a FREE Senior Citizen Performance of Brigadoon on Tuesday, March 11th at 10:30 a.m. Come out and support our talented high school students!

Environment

Patty Wyzkowski

Spring Conference

will be held on April 18 at the Pennsauken Country Club.

There are three Environment categories as follows:

- 1) **Artistic Design** - dollhouse floral arrangement, pressed flowers under glass, hat decorated with flowers, seasonal flower arrangement, flower arrangement in teacup or teapot, door decoration, potpourri, fresh flower design, flower arrangement in recycled container.
- 2) **Houseplant Division** - terrarium, African violets, cacti & succulents, ferns, orchids, pothos, & other plants.
- 3) **Upcycle** - taking a used item & converting it into art.

If you would like to submit an entry

under the Environment category, you can view the **Rules & Categories & the Environment Registration form on the NJSFWC website as follows:**

Go to the NJSFWC website----select Materials----select Achievement Days ----select Environment Achievement Day Rules & Categories----select Garden District 2025 Environment Registration form.

Please bring your completed Environment Registration form to the March meeting. We need to send the registration forms to the NJSFWC Environment chairman at least 3 weeks before the Spring Conference date.

If you would like to attend the Spring conference luncheon, please bring your \$50 payment to the March meeting also.



2025 Annual Earth Day Clean Up

We have submitted the registration for our club to GCIA. More information to follow.

Plastic medicine bottles & plastic caps for recycling!

Should you have any questions, feel free to contact our committee. Thank you!

Environment Committee: Patty W., Denise P., Isabella C. and Dorothy A.

Parliamentarian

Cheryl Fairchild

Convention 2025

The 131st Annual Convention of the NJSFWC will be held May 5 - 7, 2025 at the Hard Rock Hotel and Casino in Atlantic City. The daily registration fee is \$25.00 and the registration fee for the 3 days is \$45.00.

Our club can have 6 delegates and 6 alternates to vote at the convention. Delegates should attend all business sessions as well as informative workshops.

After the convention, delegates should report back to the club on the business that transpired at convention. If you are interested in serving as a delegate, please let me know.

Dinners are held Sunday night (\$75.00), Monday night (\$75.00) and Tuesday night (\$93.00). Room reservations are made directly with the hotel by calling 609-449-6860, group code GCLB25Z.

Please let me know by **APRIL 1st** if you would like to attend. All monies for registration and meals are due at that time. There are several of us planning to attend. Why not join us and get a good close look into how our Federation works?





GFWC Woman's Club of West Deptford

P.O. Box 381
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President: Janice Morrison
president@wdwomen.org

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

Community Service
Spiced with Friendship and Fun

UPCOMING

March 4: Walking Group
March 11: Regular Meeting
March 13: ECF Fundraiser
March 17: Lunch at Falcon Diner
**March 20: Afternoon Tea at
La Mademoiselle Macaron**
**March 25: NJSFWC Know and
Tell Training at Headquarters**
**March 28: Garden District Arts
Performing Festival (Salem CC)**
April 1: Walking Group
April 8: Regular Meeting
April 10: Fahrenheit Studio
**April 17: Garden District Spring
Conference/Achiev. Day**

Website: wdwomen.com

Facebook:

womansclubofwestdeptford

Instagram: [wcofwestdeptford](https://www.instagram.com/wcofwestdeptford)

Committee Collection Schedule

- ◆ **Every month**—Food pantries
- ◆ **Special State Project** — Priority
- ◆ **March:** Advocates for Children; **And February:** Health and Wellness, Domestic Violence
- ◆ **April:** Family Promise, Domestic Violence
- ◆ **May:** Education/GCI, Health and Wellness/ GWCM
- ◆ **June:** Family Promise
- ◆ **September:** Civic Engagement/Outreach
- ◆ **October:** Domestic Violence, Advocates for Children
- ◆ **November and December:** Civic Engagement & Outreach
- ◆ **January:** Family Promise, Advocates for Children

Dear Secret Pal

Dear Secret Pal,

Thank you so much for the delicious chocolate treats. They were wrapped so nicely. I enjoyed my special Valentines candy. Ty. —Carol F.

Dear Secret Pal,

What a wonderful Valentine surprise this month. I love the Valentine gnome, gnome potholders, triple heart frame, and delicious box of chocolates. You definitely know how to make a person feel special. Thank you! You are the best!

—Warmly April

Dear Secret Pal,

Thank you so much for the beautiful blanket poncho. It's in my family room and gets a lot of use at night. I just love it, it's warm and toasty. As

for the Barnes and Nobel gift card, I plan to use that to purchase the next book for the book club. That will definitely come in handy. Again, I wanted to thank you for the Disney crossbody. I used on my recent trip to Florida. The gift card was used to assist me in my purchase of Pink Disney Crocs. Thanks again so much for your generosity. —Jody

Dear Secret Pal,

Thank you so much for the Phillies bag, hat, and gloves. I have been wearing the hat and gloves a lot as they match my blue coat and of course I love representing our Philly teams! Also the candy was delicious. The gifts were much appreciated!

—Cheryl

Basket Raffle

2024 Sue Nelson/April Maska

Thank you to our gold sponsors:

- Solvay
- Keller Insurance Services
- An anonymous donor
- Johnson Mathey