



# Tidbits

Volume 32 ~ Issue 1

September 2025

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

**Next Meeting**  
**Tues. September 9**  
**6:30 p.m.**  
RiverWinds  
Community Center

**Refreshments**  
**NOTE: Please bring**  
**your own beverage!**  
Snacks: Barb O.,  
Bonnie D., Karen H.

**Sept. Birthdays**  
12—Barbara O.  
17—Janice M.  
25—Susan A.  
26—Carol D.



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

Member of  
General Federation  
of Woman's Clubs  
(GFWC),  
New Jersey State  
Federation of  
Woman's Clubs  
(NJSF),  
Garden District  
of NJSF.

**President**

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

## President's Message

Janice Morrison

My hope is that everyone had a wonderful summer break. I know I did. We spent time at our Green Creek vacation spot and made several trips to Stone Harbor Beach. I highly recommend it. The beach is my favorite.

Below is what your board and committee chairs have been up to during the break.

### Committee Tweaks

Many Committee Chairs kicked off their fall projects and will be reporting at the September meeting on upcoming plans. With several new members joining and a few dropping out, we have some shifts in committee positions. The GWCM that Joan collects school supplies for is now under Advocates for Children. The past state projects, Family Promise and Emmanuel Cancer, are now under Civic Engagement and Health & Wellness, respectively.

Below is the committee collection schedule for the club year 2025-2026. Please remember to stay within these guidelines so each committee has an opportunity to collect for their charity. Advocates for Children has been given one extra month to accommodate GWCM collections for school supplies and backpacks. We want to make sure all committees get

their time to collect, so if you need a special collection, please reach out to me.

We need a committee chair for Arts Performing, so if you are interested, please reach out to me.

### Committee Collections for Club Year 2025-2026

- Food Pantries: every month
- Special State Project: every month
- September: Advocates for Children
- October: Domestic Violence, Advocates for Children
- November: Civic Engagement & Outreach, Health & Wellness
- January: Advocates for Children, Health & Wellness
- February: Domestic Violence
- March: Advocates for Children, Health & Wellness
- April: Domestic Violence
- May: Education/GCI
- June: Civic Engagement & Outreach

### Basket Raffle

Our largest fundraiser of the year is coming up in October, and this is the time for us to sell out of the facility. Our goal is 200 tickets, so please share it with family and friends. Unlike some of the other basket raffles that are increasing their entrance fees, we chose to lower the cost of the entrance fee



and provide a free sheet of raffle tickets. *Bonus: it's during the day, so no night driving.* To make this happen, it's a "bring your food" event. April Maska will be reporting on the Basket Raffle in September; however, you can **go online now to reserve your seats**. Sue Nelson will be collecting the money at the September meeting if you are more comfortable paying by check. To register, click here or copy to your browser:

<https://forms.gle/qSPzztpQNdizsRmd6>

### Apparel

Many of the new members have been waiting to purchase club apparel. Peg Shirey and Ann Caswell put together a list of WCWD apparel that can be purchased this fall. The club does not make a profit on the apparel; the cost from the

**Continued on  
next page—>**

**Fundraising is the gentle art of teaching the joy of giving.**  
—Hank Rosso

## President's Report (continued from previous page)

vendor is the cost that you pay. Excellent job, ladies! Apparel will be available for sale twice per year, at the beginning of the club year and in the spring. If you want something before the spring, now is the time. Peg will provide instructions for purchasing.

### Books Review

The "books review" happened in late August with Debbie H., Karen B., Sue N., and Peg S. Karen, Debbie, and I signed off on the books. Of course, our books are balanced; our treasurers are

fantastic. This task is completed for the year.

As the song goes... "See you in September, see you when the summer's through..."

In Federation friendship,

*Janice*

## First Vice President

Jody Harris

Welcome back rested and ready for our first fundraiser as we start up our new club year. I hope you will once again come out and support us in our efforts. Whatever funds we can bring in go a long way to help our club continue serving our community at large.

### Fundraisers

Our largest internal fundraiser, our **Fall Hoagie Lunch Packages** are back. This will include a hoagie made by Stella-to, plus a bottle of water, chips and cookies. I am pleased to announce that we have volunteers to donate large brown paper lunch bags, bottled water, packages of chips and packages of the two-pack cookies. Volunteers also filled

several positions the day of the hoagie sale pick-up which will be **Sunday, September 21, 2025, 10:30-11:30am** at my home. A huge thank you to everyone who helped to make this project a success. I would like to aim for 100 hoagies this year, as we are a larger group than in the past.

Please remember that your order and payment are due **NO LATER** than Friday, September 12. You are welcome to bring them to our meeting on September 9th in an envelope (do not seal) clearly marked with your name on the front and your order form(s) with payment inside. This is to be given to Sue Nelson who so graciously has offered to help me with this project.

### Upcoming Fundraisers

As we are very busy in October with our Basket Raffle, we will not be doing a fundraising activity. In November, I am looking into a Thanksgiving Pie Sale using a different vendor than we used previously. I am currently gathering information to share with the board. Once again, we will

end our year with our December Poinsettia Sale. Information will be forthcoming as these events get closer.

### La Sicilia

We have three dates booked for our fundraisers. The first is December 17, 2025. We will follow up in both January and February. If you are not familiar with this fundraiser, La Sicilia will give us 20% of the funds collected during the hours of 4-8pm. The patrons have to mention the Woman's Club of West Deptford when ordering. This will be accepted for both takeout and delivery. This was a very productive fundraiser for us last year.

Looking forward to your assistance in promoting these evenings. Please ask your neighbors, family and friends to support us and enjoy a nice meal, or pizza from La Sicilia.

### Volunteer Hours

I am ready to accept your volunteer hours for our third quarter; July, August, and September. Again, I do not need a

**Cont'd on next page-->**



## First Vice President's Report (continued from previous page)

breakdown as to how you collected them, just your name and your number of volunteer hours. You are welcome to send these to me at your earliest, as I'd like to be able to start filling this out. Our total number of volunteer hours for the second quarter (April, May, June ) totaled 2471.5 hours. We surpassed our hours for the first quarter (January, February, March) by 302 hours. Great job ladies! Thank you to the people who have been sending me their hours monthly.

### Guest Speakers/Programs

If you would like to suggest a speaker, please reach out with their name and why you feel they would be someone the club could benefit from listening to. I also need their contact information, and a brief biography to be used as an introduction. In turn, I will send out a confirmation with the month that the speaker has

been scheduled, to both the speaker and the member that suggested them. I am currently scheduling into second half of 2026.

This is the tentative listing of speakers for 2025:

- September 2025: Rich Repas, NJEMT from Glou. County EMS – First Aid Presentation
- October 2025: Girl's Career Institute (GCI)
- November 2025: Anthony Jiles – WDPD – Demonstrate and instruct a small group of volunteers in a self -defense presentation. Accompanied by a female officer.
- December 2025: Holiday Dinner – No speaker.
- January 2026: Zoom Mtg. – No Speaker.

### End of Year Review:

We concluded our 2024-25 club year

with a total of \$1,562.18. This is the total for internal fundraisers. My goal is to bring in more internal funds this year, and I hope you are all up to the challenge to help me.

- \$574.00 September Hoagie Sales: 82 Hoagie lunches were sold
- \$105.00 November Paint & Sip Night
- \$144.00 Thanksgiving Pie Sale: 36 pies were sold
- \$229.00 December Poinsettia Sale: 46 were sold
- \$290.43 December/January La Sicilia Nights
- \$219.75 April/May La Sicilia Nights

Thank you for your continued cooperation/support. If you have any ideas for our internal fundraising, or speakers, please reach out to me.

—Jody

## 2nd Vice President/Membership

Ann Caswell

Welcome back everyone! I hope that you all had a fun and relaxing summer. I look forward to working with all of you for our community.

### New Members



We have two new members who will be installed at the September meeting. Welcome Rhonda B. and Sharon M.!

### West Deptford Fun Day

We are planning to have a membership table at West Deptford Fun Day. We will also have some visitors who will be seated with a member "mentor" at the September meeting.

Remember, if you know anyone who is interested in the club, reach out to me prior to the meeting so I can make them feel welcome.

### Marketing our Club

by Cynthia Holmes-Butler

This summer several club members attended three Farmers Market evenings at Riverwinds. Brochures were passed out, pictures were shown and conversations held with people to promote our club.



Thanks to our volunteers for spreading the word on how great our club is: Janice M., Ann C., Cynthia H-B., Lisa H., Chris T., Susan C., Sharon B., Sue N., Peggy G., Carmel F., Peg S., Jan A. I apologize if I left anyone out.

## Education & Libraries

Ellen Sanker

### 2025 Scholarships

On June 16, Linda M. and Ellen S. attended the WDHS Senior Scholarship and Awards Night. It was a long evening, but it was very nice. We presented our three recipients, Lindsay Gallagher, Kathryn Pitts, and McKayla Laxton with the three \$1,000 Scholarship letters.

It is interesting to note that Lindsay Gallagher was chosen Valedictorian of the Class of

2025 and Kathryn Pitts was chosen Salutatorian of the Class of 2025. So I think we made some good decisions.

Please think about participating on the Committee for next School



year. It was a pleasure to work with everyone this year.

## Arts and Culture

Ann Caswell

**Crafting is putting ideas into action and then holding them together with an inexpensive adhesive.**

—Amy Sedaris

The Arts and Culture Committee has decided on our next Fall Project. We will be doing a decoupage project of each member's choice.

Each member will be creating their own project on the "vessel" of your choice which you will provide.

For example, candle, wood cutting board, glass bottle, or plate. The committee will provide all other needs, including waterproof Mod Podge, scissors, heat dryers, napkins (designs) etc.

Cost is \$10.00, which we will collect at the September meeting. Signup sheet will

also be provided at the meeting. Deadline for signup and money will be Oct. 1.

The activity will be held at St. Paul's Church on Thursday October 16, 6pm. We are hoping this will be a fun group activity and that we will be learning a new skill.



Clara and Bill Campbell are happy to share the news of the latest addition to their family. Antonia Elise, their first granddaughter, was born on August 9.

St. Paul's will be holding a Chicken BBQ Dinner (take-out only) on Sunday, October 19, 11-2:30. Delicious Rode's chicken plus sides and dessert! Advance tickets \$15 each. See Denise H.



# Environment

Denise Pitchford

## Bottle Cap Collection

This summer the Environment Committee visited ECO PLASTIC PRODUCTS (ECOPP) in Wilmington, DE and dropped off 56.6 pounds of plastics from our collections over the past several months. We had a carload full of bags of our club's collected donations of #5 plastic bottle caps and medicine bottles.

Patty and I toured the facility and were quite impressed with this nonprofit company that is really trying to make a difference in the world by recycling these plastics, which many communities do not collect, and making beautiful park benches out of them.

Each park bench that is made takes two days to make and weighs 130 pounds. The process begins by taking the separated colorized plastics, placing them into a granulator, which shreds the plastic into finer size. It is then heated and poured into molds of 2x4s or leg molds for the park benches and cooled in a large vat of water. Each bench is composed of (6) 2x4s and 3 legs, takes

less than an hour to assemble once the tedious process is complete, and costs \$650 each for their clients to purchase. They are presently eight weeks out for orders. It is a slow process with the heating and cooling, and there are only nine employees that work at this facility.

ECOPP is the only nonprofit, post-consumer plastic recycling company in the State of Delaware. Their hope is to get the message out to the public to bring other such facilities to their communities. In this vein, we are hoping to have them come out to speak to our club at one of our meetings. During our visit, we discovered that service opportunities are available at the facility to help sort the plastics by color and to dispose of products that are not in their collection protocol. They work closely with volunteer organizations and an autistic school to schedule "sorting" days and nights to help prepare the collected plastics for the melting process.

We have scheduled a sorting service day for our club to sort bottle caps



by color on Tuesday, October 7th from 10 a.m. – 12 p.m. We will carpool from the library for the 35-minute ride to the facility. They can only accommodate 12 people. You may sit or stand to do the sorting process. We will take volunteers on a first-come basis. Please contact Denise P. if you would like to volunteer, [denisepitch3@gmail.com](mailto:denisepitch3@gmail.com).

Keep in mind, as we continue to collect plastic bottle caps and prescription medication bottles (**with #5 only on them**), please make sure they are clean of any residue and do not contain metal.

Committee: Patty W. (Chair), Denise P. and Isabella C.

# Civic Engagement & Outreach

Cynthia Holmes-Butler

## Stockings for Soldiers

We had a tremendous response in donations for the stockings. What a wonderful, giving group of ladies you are!

We stuffed 24 stockings very full with treats and necessary items. <—See photo on previous page.

Some of the extra items from the stockings will also be dropped off to

Home for the Brave, which houses veterans, and some will go to our Pocketbook Project sponsored by Health & Wellness and Domestic Violence Awareness Departments.

Thank you so much!

## Food Collection

Please try to bring a food donation to our September meeting. Many people in our community need our

help. Donations will be divided between South Jersey Dream Center and Colonial Manor Food Pantry.

Label donation bags with your name, number of items and how long it took you (shopping, transporting, etc.)

\*\* Susan Combs will be happy to take any clothing donations for Jeanette's Closet.

## Federation News

Cynthia Holmes-Butler

Interested in becoming a NJSFWC board member? Helpful discussion will be held October 9 at headquarters 10:30-12pm. Talk to President-elect Susan Chambers, and VPs Chris Sienkielewski and Patricia Dahl about what they are looking for in members.

### 1894 Society and S&H Green Stamp Pin

We still have special edition S&H green stamp pins available to celebrate 60 years at our Headquarters building. With a minimum donation of \$60 you can receive a lovely replica of an S&H green stamp. You may donate by credit card online at [njsfwc.org](http://njsfwc.org). (Select "Donation.")



## Parliamentarian

Cheryl Fairchild

### Garden District September Council

The Garden District September Council will be held on Thursday, September 18th at St. Paul's United Methodist Church. Registration and refreshments will begin at 6:00. Please let Cynthia H-B. know if you plan to attend and can donate refreshments. Registration fee is \$5.00, payable at the door.

Presentations will be by Tina Ree, NJSFWC State Fall Conference Chairman, and Ellen Lund, NJSFWC Girls Career Institute Chairman.

## Special State Project

Denise Pitchford

### New Jersey Children's Alliance

On June 17th, nine Woman's Club members and two guests attended the NJ Children's Alliance (NJCA) "Know & Tell" Training Program for adults on preventing, recognizing, and reporting child abuse. Olga Aramini, Director of Communications & Outreach of the NJCA, provided an interactive and dynamic workshop on how to create a safe community where all

adults help promote child safety and understand their role as a mandated reporter of child abuse. All participants received a Certificate of Attendance and a total of three professional development hours.

Some pertinent items we learned:

- Everyone is a mandated reporter.

and Permanency (DCPP) first, then to school or church authorities (or wherever the incident happened.)

- Don't interview the child... just validate and listen, listen, listen.
- Only 1 in 10 children report their child abuse.
- 90% of children who are sexually abused know their abuser.

To report suspected child abuse or neglect call 1-877-NJ ABUSE (1-877-652-2873)

Keep in mind we are still collecting Lyft, Uber, and Target gift cards.

Give to any members of our committee: Denise P., Karen H., Debbie H., Pixie O. or Jeanette W.

The true character of a society is revealed in how it treats its children.  
—Nelson Mandela



# Socially Speaking

Jody Harris

Welcome back to a new club year with new activities We'd like to welcome Peggy G. to our committee. We have been working this summer to line up some different events that we hope you will be excited about.

I'd like to thank everyone who came out for our "Welcome Back" Happy Hour on August 19th at Hollywood Diner/Café. We had a wonderful turnout with 24 members in attendance. This was a successful mixer where cocktails, appetizers, and catching-up with club sisters were enjoyed by all.

Please read through the list of offerings below, check dates, times, and **keep in mind the RSVP dates.** Any questions, reach out to a member of the social committee. If you have suggestions, we'd love to hear from you!

## **WEDNESDAY, September 24: Zoom Book Club Meeting, 7pm**

*RSVP by September 20th to Jody to be put on the Zoom Invite list.*

We will be discussing The First Ladies by Marie Benedict and Victoria Christopher Murray.

## **FRIDAY, October 10: Lunch at Red Bank Battlefield – Noon**

*Pop-Up Event: NO NEED TO RSVP (Rescheduled from May when it was rained out.)*

Everyone brings their own lunch. We will eat at the tables near the rest rooms. If the pavilion is available, we can move there. This is strictly a no-

frills social event. HOWEVER, we will designate a table as a dessert table, and if you would like to donate something you are welcome to do so. Please be sure to pack your own utensils, as well as a paper plate with your lunch if you wish to partake of the dessert table. If you don't want to add to the table, you are not required to do so, and are still invited to join us for lunch and socialization.

## **THURSDAY, October 30: Halloween Breakfast at Falcon Diner – 9:30am**

*RSVP by October 23rd to Jody*

Ordering from the menu with separate checks. I will put out a notice of who is attending so that carpool arrangements can be made. Each attendee will be responsible for purchasing her own breakfast. You are welcome to dress up for Halloween if you wish to do so.

## **FRIDAY, Nov. 7th: Fahrenheit Ceramic Studio – 6pm**

8 South Broadway – Pitman

*RSVP by October 22nd to Jody if you would like to attend.*

Each attendee is responsible for cost of their ceramic piece as well as the discounted \$4.00 studio fee. You are welcome to 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 your item from me. The studio requires a head count TWO

WEEKS prior to our arrival. The room is on hold for us, and a deposit has been secured.

## **TUESDAY, December 9th: Holiday Dinner at Seven Star – 6pm**

This has already been booked. Cost per person will be \$45.00.



We will have two different exchanges at our dinner. You are welcome to participate in both, one, or neither. I will need to know if you are participating in the cookie exchange by the November mtg.

**Cookie Exchange** – I need to know what type of treat you will be making so I can make sure there is variety, if possible. Based on how many choose this option, we will determine how many cookies go into each bag.

**Holiday Ornament Exchange** – You will purchase an ornament ranging from \$8-\$10, and place it on/near the holiday tree/ menorah (must be NEW in package/box). Participants will pick a number. When number is called they select an ornament from the tree. No need to respond ahead of time; just let me know the night of the dinner. If you bring an ornament, you will go home with one.

## **SATURDAY, December 13th, 2025: Mullica Hill Annual Christmas House Tour**

2pm-7pm. Tickets are \$15.00 in advance.

Please mark the date if you are interested in participating. More information will be forthcoming.

Your Social Committee: Linda C., Peggy G., Jody H., and Cynthia H-B.



# History Spotlight

Linda Jones

HISTORY provides a club with information taken from different events, records, and documents. Recording our club's history is valuable to its members but also to the community at large.

Did you know? Club history provides an overview of the club's origins and the key individuals who established it. Histories are often written to commemorate significant milestones. The GFWC Woman's Club of West Deptford has had awards and honors presented to the club from our West Deptford community.

For our newer membership who are learning about this club, important notable honors from the past are the three township proclamations awarded and presented to us by Mayor Raymond Chintall, December 5th, 2013 on the occasion of our Twentieth Anniversary; by Mayor Denise DiCarlo, November 26, 2018 on

the occasion of our Twenty-fifth Anniversary; and by Mayor James P. Mehaffey, December 12, 2023 on the occasion of our Thirtieth Anniversary.

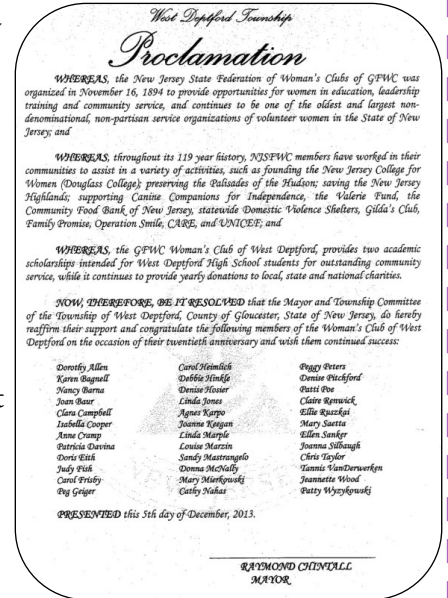
These formal letters are official declarations made by and presented by our township mayors to recognize and declare significant ongoing community work done for the public within our town. Each proclamation details events, activities, donations, and charities which have benefited from our community service along with the membership names of the women belonging to the WD Woman's Club at the time of the proclamation as we are wished for continued success.

A club HISTORY SCRAPBOOK is in the plans to commemorate fifty years of our oldest WD club member in the NJSFWC of GFWC and a group

of women following her in several years hitting the fifty-year mark in 2027 by first belonging to the WD Junior Woman's Club. The three West Deptford Township Proclamations will be entered into the future scrapbook as we record our club's HISTORY. As the summer break has ended and club meetings begin again, "Let us do good together!"

The study of History is the beginning of wisdom.

—Jean Bodin



# GFWC Day of Service

Janice Morrison



Our club is so amazing! This year, the International Day of Service is September 27, 2025; however, we were able to wrap up early and deliver our items to the Gloucester County Safe House at the end of August.

We collected 54 items, valued at a total of \$470 in kind. This included sheet sets, towels, and blankets.



Thank you all for your continued generosity. These items make a big difference for victims of Domestic Abuse.

How nice it is for them to have clean, fresh sheets and towels after suffering trauma.

Thank you to Janice, Sue N., and Linda M.

## Advocates for Children

Karen Hink

This year we hope to continue to support our communities as Volunteers at Elementary School Holiday Shops and Book Fairs.

### Birthday Cake Kits

We are again planning to assemble birthday cake kits for our neighbors in need. Those who receive assistance for food will no longer be able to buy birthday cakes with their assistance so this will be very needed in our community. We are collecting in September and October.

#### Items needed:

- Cake mix
- Can of icing
- 12 ounce lemon-lime soda
- Package of candles

- Package of sprinkles
- 9x13 aluminum cake pan with lid.
- Birthday gift bags to hold the above items.

### Crayon Recycling Project

Thanks to our generous members and the elementary school Art teachers, we donated 50 pounds of used crayon to The Crayon Initiative. The crayons will be recycled into new crayons and distributed to children in hospitals. This is an ongoing project.

### Ronald McDonald House

Please bring your soda tabs to our meetings. We take them to RMH -South Jersey where they recycle them to support the program.

## GWCM Update

Joan Baur

The School Supplies Project at the Greater Woodbury Cooperative Ministries (GWCM) food pantry was a success. More than 260 students were given supplies to start their new school year. Some children received full backpacks or bags of supplies. When supplies ran low just crayons and pencils were given out.

This Advocates for Children project was definitely an example of community involvement. Our generous club members donated **eighty** backpacks/bags and many supplies to fill them. The members of the churches of the GWCM and volunteers at the food pantry also made donations. Kim VZC met two strangers in Staples who paid for some of the supplies in her shopping cart. The Shop Rite in West Deptford set up a collection spot designated for GWCM.

Club volunteers Kim, Joan B., and Peg S., Doris E.'s daughter and grandchildren, and friends Monica Q-D. and Peggy P. packed supplies in late July. Kim, Joan, Monica, and Peggy distributed the supplies and packed more bags as additional supplies were donated.

Thank you to our generous club donors and club volunteers on behalf of the GWCM food pantry and their clients.

## Family Promise

Jeannette Wood

### Family Promise of Southwest New Jersey

Thank You! Thank You! In June \$60.00 was collected toward purchasing duffle bags along with two club members who donated duffle bags.

Four bags were purchased with the money and all 6 duffle bags will be delivered to Family Promise. The

homeless families who come to Family Promise are in crisis and are so grateful for the duffle bags we donate.

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

## Girls' Career Institute

Clara Campbell



# Basket Raffle

April Maska

**2025 Basket Raffle**  
**Sunday, October 26**  
**1-4 p.m.**  
**Four-Star Event Catering**  
**595 Princeton Blvd.**  
**Wenonah NJ**



Summer is coming to a close and our schedules will be getting busy again. Our Basket Raffle is coming along really well.

wrapped yet, Peg S. is collecting all unwrapped baskets now. She has a few ladies who will be helping her wrap them and get them ready.

As of this writing we have 114 seats confirmed and paid with more forms coming in daily. I know several tables are being reserved, so get your form and payments to Sue N. as soon as you can. Seat sales are picking up now that September is here and I want all of you to get your seats.

If your baskets are wrapped, those baskets will start being collected on September 15th. Please reach out to Peg S., Peggy G., Pixie, Karen H. and Jan A. for dropoff. Any of those ladies will be collecting after the 15th.



At our last Basket Raffle Zoom meeting, we went over all of the jobs that needed to be filled and I will give a report on everything at our September meeting.

I have seen some of the baskets to be raffled and they are amazing and very impressive. Sue N. has started a Google doc with the names of the baskets that were sent to her. If you did not send her your basket theme name, please do so as soon as you can. She needs this information for our program.

Our Mystery Bags items are bought, bagged and ready. Our Super Basket is amazing! A \$500 gift certificate to the Queen Victoria Bed and Breakfast, a \$100 gift certificate to the Ugly Mug, two t-shirts, two beach towels, car magnet, key chain, two coffee mugs, ornament, and Bayberry soaps from the Queen Victoria as well. All in an adorable Cape May Beach tote. This is going to be a very popular Super Basket.

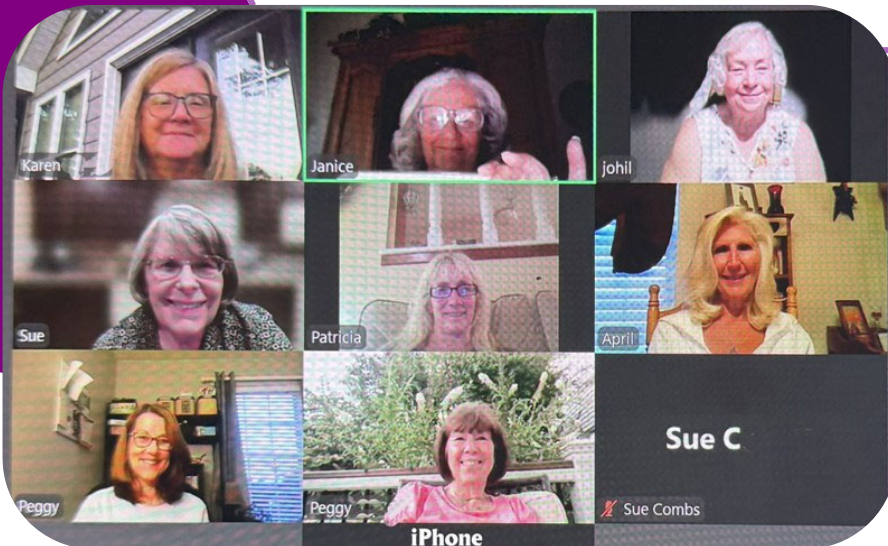
This is going to be a very successful event because of all of you!

Speaking of baskets, if you have all your items and have not

Thank you from your Basket Raffle Gems, April, Sue N., Peg S., Jody H., Janice M.

**Any time women come together with a collective intention, it's a powerful thing.... Magic happens.**

—Phylcia Rashad



## Basket Raffle

2024 Sue Nelson/April Maska

Thank you to our gold sponsors:

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

# Health and Wellness

Carol Dechen

Wow!! Where did summer 2025 go? Summertime goes too fast, just like they always do. Now it's back to schedules and appointments, but here is what Health & Wellness has in store for you....

## Let's Get Moving

Well we only have until the end of this calendar year 2025 to finish up strong on this State Project. We have had approximately 20 members send in their exercise hours each month for a total of 450-470 hours of exercise. It's easy and fun to see what we all have done over the last 30 days each month. We would love to see a few more join us. We have 60+ members in our club and wonder how many more we can get to join in the fun. Remember every first Tuesday of the month we get together and walk outside and if the weather isn't cooperating then we walk inside at the Deptford Mall.

Here is an interesting article that Chris T. sent to me regarding step count and what is a good average for the maximum benefits.

<https://www.medpagetoday.com/primarycare/exercisefitness/116635>

## Breast Cancer Walk

Making Strides of Greater Philadelphia and Southern NJ, Cooper River Sunday, Oct 19th 8:30 to noon. It is rain or shine. More info can be gotten at [secure.acevents.org](http://secure.acevents.org). If you want to join the team or make a donation, the website can help. Our team name is: WCWD IS MAKING STRIDES AGAINST CANCER. Linda M. is the team leader. If you would like to join the team, please contact Linda for more information.

## Operation Smile

Our committee would like to propose this project as a Spring project. There are two collections: one in the Fall and another in the Spring. We felt that there is just too much going on in the Fall with the Basket Raffle and our Community Impact Project, Helping Hands~Happy Hearts, starts up again in October so we are thinking a Spring project would be the only way we could participate. This can be as big or little as possible, but we should participate, as it is a project being supported by the State chair of Health & Wellness, Katie Chambers. If you are interested please see one of our members to sign-up and get more information.

## Emmanuel Cancer Foundation

Emmanuel Cancer Foundation for Children is sponsoring a Golf Outing on Sept 29th at RiverWinds in West Deptford. The clubs in the Garden District were asked to help sponsor a Hole and we were successful. We collected \$300 from 7 Clubs and their names will appear on the hole being sponsored. Thank you to the Waterford Woman's Club, The Haddon Fortnightly, Women's League of Mount Holly, Marlton Woman's Club, GFWC Woman's Club of West Deptford and our District VP, Mary Schneider.

## New members needed

We are a fun group of ladies and always looking for new members, so if you see something that we are doing that looks like fun and want to join in, give me or one of our members a call or text for more information.

# Domestic Violence Awareness

Linda Marple

Wow! Summer has just flown by. Looking forward to seeing everyone soon.

## GFWC Day of Service

Please See Janice M.'s article on page 8 about the Volunteer Day. The shelter was so pleased to receive all the towels, sheets, and blankets! One of the blankets was so soft I wanted to keep it. JK...

## Collecting Gift Cards

Our next collection will be at the October meeting. This time we will

be collecting cash for our WAWA \$25 gift cards or the \$95 Visa cards. These cards are for the women who come to the shelter with just the clothes on their backs. Your generosity is very much appreciated. October is Domestic Violence Month. Please wear Purple shirts.

## Training Session

If you are interested in training to be a volunteer meeting victims at police stations or certain Gloucester County hospitals, another training will begin in September. The first and last

sessions are in-person; the rest are online. See me for more info.

Finally, if you want to be part of this team, we'd love to have you. You do not have to take the training.





## 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**  
**September 9: Regular Meeting**  
**September 18: Garden District Council Meeting (We host!)**  
**September 21: Hoagie Pickup**  
**September 24: Zoom Book Club**  
**Sept. 27: GFWC Day of Service**  
**October 4: Tidbits Deadline**  
**Oct. 7 Plastic Sorting Field Trip**  
**Oct. 10 Lunch Red Bank B'field**  
**October 14: Regular Meeting**  
**Oct. 20: State Fall Conference**  
**October 26: Basket Raffle**  
**Oct. 30 Halloween Brkfst Falcon**  
**November 1: Tidbits Deadline**  
**Nov. 7: Fahrenheit Ceramic Stu.**

Website: [wdwomen.com](http://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
- ◆ **September:** Advocates for Children
- ◆ **October:** Domestic Violence, Advocates for Children
- ◆ **November** Civic Engagement & Outreach, Health & Wellness
- ◆ **January:** Advocates for Children, Health & Wellness
- ◆ **February:** Domestic Violence
- ◆ **March:** Advocates for Children; Health and Wellness
- ◆ **April:** Domestic Violence
- ◆ **May:** Education/GCI,
- ◆ **June:** Civic Engagement & Outreach

## Dear Secret Pal

Hi Secret Pal,  
Thank you for the card and present inside. What a ray of sunshine on a rainy day! Thank you for always being my sunshine! Thank you again. —Kristen C.

Dear Secret Pal,  
Thank you so much for your extremely thoughtful End-of-the-Year gift. It was such a clever theme. I love the idea of all the lemon themed items. The cup, plate and bowl are so beautiful. I have them sitting out on my dining room table. I am planning to get some silk flowers to put inside of the cup and use that set as a centerpiece for my dining room, as soon as I put away all the assorted "stuff" that has found a home on that table. The soap will go in either my kitchen or the powder room. The dishtowels will look great on my stove handle, my grands will love the lemonade mix, while I enjoy the lemon-ginger tea with the lemon snaps. Lemon-heads were a favorite when I was a little kid! My grandson loves sour patch kids, so I will share them with him. I will enjoy the Bath and Body Works gift card as well. Thank you so much for your thoughtfulness. I hope you had a wonderful summer. —Jody

Dear Secret Pal,  
Once again, I am awestruck by your kindness. I was surprised to find a package on my porch that had two beautiful red and white striped containers with votive candles and a blue star container with a votive candle in it. I will use them for our family get together for Labor Day. They will make the perfect addition to our backyard BBQ. The Michaels gift card is perfect to finish my Paris Scrapbook. Thank you so much. —Jody

Dear Secret Pal,  
Thank you for the Northern Lights backpack, the Moose pin, and the gift card. They are all packed away to take to Alaska later this month. By the time you read this, I will be back and have pictures to share with you at the December dinner when I know who you are. In the meantime, a huge thank you for your generosity this summer. I hope you had a wonderful summer. Looking forward to seeing you at our September meeting. —Jody

Dear Secret Pal,  
Thanks so much for my Mary Poppins tote bag and journal. I love them both! I have used the tote going to my grandchildren's house multiple times. —Karen B.

Dear Secret Pal,  
What a wonderful surprise for summer. You really knew the best way to celebrate my pool days. Thank you so much for the cooler tote bag, collapsible picnic basket, pool noodle, large dominos game, floating raft, towel clips, popsicles molds, splash balls and the toss and stick ball set. We had so much fun and used everything throughout the warm days. This was the perfect idea for me. You have definitely spoiled me with your thoughtful gifts. —Warmly, April

Dear Secret Pal,  
Thank you so much for the beautiful beach bag, towel, and towel clips. They were well used and enjoyed this summer! Also, the wine glasses are perfect for outside on my patio. You have truly spoiled me! I appreciate your thoughtfulness! —Cheryl

