



Tidbits

Volume 32 ~ Issue 2

October 2025

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

Next Meeting
Tues. October 14
6:30 p.m. RiverWinds
Wear purple for
DV or pink for
breast cancer

Refreshments
NOTE: Please bring
your own beverage!
Snacks: Margaret O.,
Susan C., Joan B.,
Linda M.

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



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

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

President

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

President's Message

Janice Morrison

"For it is in the giving that we receive." St. Francis of Assisi

October is a busy month for our club. It's when we hold our largest fundraising event, the Basket Raffle. A big thank you to April Maska and Sue Nelson, who have worked diligently on this project since last May. Having this dynamic duo team has made light work of a heavy lift. Now the other volunteers are busy creating and wrapping baskets, so we have our usual beautiful baskets for bidding. Thank you to everyone who has donated baskets so far. Soon, volunteers will be greeting guests, selling 50/50 tickets (the proceeds from the 50/50 go to the Special State Project), and calling out the winners' numbers. It's a fun event that helps us support our charities and various scholarships. I hope to see many of you there with family and friends.

District Meeting

We hosted the September District Council Meeting for our District Vice President, Mary Schneider. I am proud to say that several members attended. Thank you to Sharon Bowen, Pixie O'Hare, and Jan Anastasi for organizing the refreshments. Thank you to Kim VanZoeren-Czoch and Joann Keefe for the beautiful fall favors and for collecting the

entrance fees. Thank you, Karen Brown, for managing the State table. I would also like to thank our First VP, Jody Harris, who kept me on track throughout the evening. A sincere thank you to everyone.

For the September meeting, Mary arranged for two speakers. Tina Ree, NJSFVC Conference Chair, spoke about the upcoming State Fall Conference, and Ellen Lund, Director of Girls' Career Institute, spoke about the program and changes for this coming year.

These District Council Meetings are informative, and they offer a good chance to meet members of other clubs and see what they are working on. I encourage everyone to attend at least one during the year. Club Presidents have the chance to discuss the top two or three projects their clubs worked on, and District Chairs from all categories share their top two or three projects. It's a valuable learning experience.

West Deptford Family Fun Day

We participate in this event every year. This year, the township moved our display up front with the other town-



ship displays. Since we are not a township-run organization, I see this as an honor. We are important to this community. We are a presence. Thank you to all who participated and helped set up and tear down. This year, we collected several names of interested women, and Ann Caswell will be following up with all of them.

Meeting Space

Ladies, we have already outgrown the space at RiverWinds. Unfortunately, RiverWinds cannot open another room on our meeting night as they have other events going on. We have been in touch with the School Superintendent, Brian Gismondi, to see if we can meet in a school location, and pending the BOE approval, we will be moving over to the West Deptford Middle School starting in February 2026. We hope we can remain here for a long time.

In Federation friendship,

Janice

First Vice President

Jody Harris

In September, we started back with our club responsibilities; baskets for the raffle, purchasing tickets, Fall Hoagie Lunch fundraiser, hosting the Garden District Meeting, and West Deptford Family Fun Day, where several of us did the tabling event. What a productive way to start up our club year.

Fundraisers

My personal goal was 100 Hoagie Lunch Packages this fall, and we landed on 99! I couldn't be more pleased or proud of this wonderful group of ladies. As an aside, let me share with you that one additional hoagie was ordered, but it came in after the deadline, so this order was not accepted. The deadlines are there for a reason; please be conscious of them. This fundraiser brought in a profit for our club of \$693.00, of which we get 25% for our club operations and 75% encumbered to use for

our donations. How would you feel about doing another hoagie lunch fundraiser for Super Bowl Sunday?

Upcoming Fundraisers

As we are very busy in October with our Basket Raffle, we will **not** be doing a fundraising activity. I looked into doing Thanksgiving Day Pies, but had no luck after several phone calls and messages, so it was decided to let this go. However, we will end our year with

our December Poinsettia Sale. The plants will come from Michael William Florist and Greenhouse. They come in two different sizes and are really beautiful. I hope that you will join in this fundraiser which will start in November. Delivery and pickup in mid-December. I will pass along more specific information as it becomes available to me.

La Sicilia

We have three dates booked for our fundraisers, the first being 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 to 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 would like to wrap up the third quarter volunteer hours of July, August, and September. Again, I do not need a breakdown as to how you collected them, just your name and your number of volunteered hours. Please send these to me at your earliest, if you have not already done so. Thank you to those that have been sending me monthly hours. You should now be starting to collect fourth quarter hours, October,

November and December. Please make sure you are also keeping a record of your hours, as they will be needed for end of year reporting.

Speakers/Programs

If you would like to suggest a speaker, please reach out with their name and what they would be speaking about. 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 list of speakers for 2025:

- September 2025: Rich Repas -NJEMT from Glou. County EMS – First Aid Presentation
- October 2025: Girl's Career Institute (GCI) and HOBY Award Winner
- 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

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

—Jody

My religion is very simple. My religion is kindness.
—Dalai Lama



2nd Vice President/Membership

Ann Caswell

Hello Members! Happy Autumn!

We had a very successful booth at West Deptford Fun Day. Our members spoke to quite a few women who were interested in hearing more about our club and what we do for the community. Twelve interested women signed up for more information. I responded to all and sent a copy of our club brochure.

We also had three visitors at the September meeting, one who decided to join us. Welcome Dottie Pariot! Dottie is

jumping right in by participating in the Helping Hands~Happy Hearts project.

Please reach out to me prior to the next meeting if you would like to bring a visitor, so I can make them feel welcome.



Peter Czoch's name was submitted by the state to the Selection Committee for Emerging Leaders of Gaming for the U.S. He was selected and will represent the 40 under 40 class of 2026. These 40 people under the age of 40 demonstrated significant Leadership, Innovation and Achievement in their professional field. He will be presented an award in Las Vegas, as well as being featured in the Global Gaming Business Magazine. Kimberly is one proud Mama.

Nancy B. held a very successful food drive at West Deptford Family Fun Day to benefit the Colonial Manor Food Pantry. In addition, she held food drives at WD High, Middle, and all three Elementary Schools at their respective Back-To-School Nights. An estimated 200 pounds of food was collected to help fight food insecurity in the school district. Nancy has been a member of the WD BOE for 9 years. If you know of someone who is suffering from food insecurity, email Nancy.

John and Linda M. have happily announced the birth of their fifth grandchild: David Christopher joins his almost two-year-old twin sisters in FL. Going down soon to meet him.

ornament from the tree. No need to let me know ahead of time if you are partaking in this. Let me know the night of the dinner. If you bring an ornament, you will go home with one.

Looking forward to seeing everyone there to ring out the holiday season.

Jody & Social Committee

Holiday Dinner

Jody Harris

**Holiday Dinner December 9
Seven Star – 6pm
1890 Hurffville Road – Sewell
856-228-5166**

Your dinner selections will include:

- Soup of the day
- Garden Salad with Italian Dressing
- Bottomless Beverages (soda, ice tea, coffee, tea)
- Alcoholic Beverages may be purchased individually at the bar

Choices of Entrees

- Chicken Parmigiana (linguini)
- Roasted Turkey (mashed potatoes, broccoli)
- Roast Beef (mashed potatoes, broccoli)
- Broiled Tilapia (mashed potatoes, broccoli)
- Virginia Ham (mashed potatoes, broccoli)
- Mama's Lasagna

Dessert

- Sheet cake (vanilla/chocolate)

Please make sure your \$45.00 payment for the dinner is given to Sue Nelson **NO LATER THAN THE NOVEMBER MEETING**. She can accept cash, checks made out the WCWD, Venmo or Zelle.

Holiday Exchanges

You may participate in one, both, or neither.

Cookie Exchange

If you are participating in the cookie exchange, I need to know by the November mtg. Please tell me what type of treat you will be making so I can make sure there is a variety, if possible. The number participating 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.) Members will pick a number after placing their ornament on the tree/table. When number is called they select an

Advocates for Children

Karen Hink

Birthday Cake Kits

Our club donated a total of thirty Birthday Cake Kits. We distributed them to the St. Paul's Methodist Church Food Bank and to Emmanuel Cancer Foundation. Thank you to all!



Advocates for Children Week

GFWC Advcates for Children Week is celebrated from October 19 to 25. In connection with the National Children's Alliance, we are asking our members to teach young people in our lives about boundaries and consent. An instructional flyer is below and I will bring copies to our next meeting. <https://njcainc.org/wp-content/uploads/2024/09/Boundaries-and-Consent-1.pdf>

Crayon Recycling Project

Please continue to save old and broken crayons for our recycling project. 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.



No act of kindness,
no matter how small,
is ever wasted.
—Aesop

Girls' Career Institute

Clara Campbell

Dear Janice and Fellow Club Members,

Girls Career Institute 2025 is in the books! My Honeybees were a fabulous group of young women and a highlight of my GCI career. It has been an honor and privilege to work with GCI as a club committee member and chairman, housemother, past Assistant Director and past Director over the last 23 years.

Now I feel it is time to "pass the baton" to a new chairman. GCI has been my passion for many years. I want to thank each member in this wonderful club for your generous contributions! You so generously gave time, money, food, and



many other items over the years. You made dreams come true for close to 100 West Deptford Delegates!! I am forever grateful for your generosity and support.

Janice, I am so grateful to you for your trust, support and encouragement. Thank you. It meant the world to me.

I know I am leaving the GCI Committee in very capable hands. Best wishes to Kim as the new Committee Chairman. I know you and Joann have this!



NEW MEMBER INSTALLED in September: Sharon McCool.

Love, Clara

Socially Speaking

Jody Harris

Your social committee is working to make sure you have a variety of events scheduled, various days of the week, mornings and evenings to accommodate all of our members. Please read through the list of events and social outings. Check dates, times, and **RSVP dates where noted**. Questions or suggestions, reach out to a member of the social committee. Thank you.

FRIDAY, October 10, noon: Lunch at Red Bank Battlefield, Pop-Up Event: NO NEED TO RSVP. Everyone brings their own lunch. We will eat at the tables near the restroom. 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 for your club sisters to enjoy, 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 for lunch and socialization.

THURSDAY, October 30, 9:30am: Halloween Breakfast at Falcon Diner
RSVP by October 23rd to Jody
Join us for this "spooktacular" breakfast. Ordering from the menu with separate checks is welcomed. A notice of who is attending so that carpool arrangements can be made will go out prior to the event. Each attendee will be responsible for purchasing her own breakfast. You are welcome to dress up for Halloween if you dare.

FRIDAY, November 7, 2025, 6pm: Fahrenheit Ceramic Studio
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 and 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.

MONDAY, November 24, 2025, 2pm: Longwood Gardens
Please note that this is a walking trip – so please wear comfortable shoes. Scooters are available on a first come, first serve basis, and **CANNOT** be reserved in advance. If you have mobility issues, you will have to consider if this trip is for you.

Yes, we will carpool. Meet at River-Winds Sr. parking lot by 1:50pm – so we can get on the road by 2:00pm This is the lot across from the Sr Center. It is approximately an hour drive from West Deptford to Longwood.

All attendees must purchase their own ticket in advance. As tickets are timed admission, please get it for 3:30pm. When we arrive, we may grab a bite to eat so that we can walk the gardens in the later afternoon when it's all lit up.

Dress appropriately for the weather—this is an outside event. You may want to make sure you have a few \$\$ on you. I don't know if they take cash or are cashless as so many other venues. Be prepared either way,

If you are interested and

have not told me, please do so, or we won't know to wait for you. If you have told me you wish to go and no longer choose to attend, I need to know that as well. **THE CARAVAN WILL LEAVE PROMPTLY AT 2:00.**

TUESDAY, December 9, 6pm: Holiday Dinner at Seven Star
This has already been booked. Cost per person will be \$45.00. (Please see specifics for our Holiday Dinner in separate article on page 3.)

SATURDAY, December 13, 2-7pm: Mullica Hill Annual Christmas House Tour
Tickets are \$15.00 in advance (plus \$1.50 service fee and 3% credit card fee). More information will be forthcoming in the next edition of Tidbits.

WEDNESDAY, January 7, 2026 "Zoom" Book Club – 7pm
RSVP by January 4th to Jody if you would like to attend. We will be discussing Rabbit Moon by Jennifer Haigh. Following our Club, either I or a member will do a 50-word write-up for the NJSFWC "Between the Pages" Book Club.

Next Book Club is scheduled for Wednesday, April 8, 2026. The book selected for discussion will be: Stephen Kings's 11/22/63.

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



Basket Raffle

April Maska

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

Can you believe that we are less than one month away from our biggest fundraiser of the year? Thank you to everyone who purchased and paid for their seats to attend our event. This has been very helpful to

Sue as now she can start putting table lists together. This is the final reminder to pay for your seats by our meeting in October if

you plan on attending our event. We need to adhere to a deadline to get everything done. The last day for purchasing your seats is October 15th.

Our baskets for this year's event are amazing!!!! We have 56 and they are wonderful. If you have not dropped off your basket donation, please do so as soon as you can. Again, our deadline is October 15th for basket drop off. **However**, you **must** reach out to Sue by October 9th with the name of your basket as our program goes to the printer on the 10th. Once the program is at the printer, it cannot be changed.

Also, if you were able to get a sponsor for our event, it is equally important to get the name of the sponsor by the 9th so that they can be included in our program. Again, once the

program is sent to the printer on the 10th, no changes.

Our deadline for seats is the day after our meeting in case we have members who cannot attend.

I personally want to thank all of you for all the work you are doing to help make this event a success. This fundraiser is going to be a success because we are all involved.

As a reminder, on the day of the raffle, please wear your purple club shirt if you have one. We are asking all club members to arrive at least a half hour before we open the doors so we can take a group picture.

Thank you again and I know we will have a great event!

April and Sue

Basket Raffle

2024 Sue Nelson/April Maska

Thank you to our gold sponsors:

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

Arts and Culture

Ann Caswell

Hello members! The Arts and Culture Committee welcomes our new member, Sharon McCool. Welcome Sharon!

Fall Craft Project

The Fall Project is a decoupage of your choice. We will meet on Thursday, October 16 at St. Paul's at 6 p.m.

There will be more to follow, since we did not have much interest. We are asking

that you bring a "vessel" of your choice. We will provide supplies with a cost of \$10 to cover supplies.

Please email our committee chair Ann Caswell if you are interested.

Holiday Card Making

Card Making will be held at Dee Hosier's home after Thanksgiving. More to follow. Dee is already working on this project.

A warm smile is the universal language of kindness.
—William Arthur Ward



Health and Wellness

Kim VanZoeren-Czoch & Carol Dechen

Even though it was summer the Health and Wellness Committee was busy. We delivered purses that were stuffed with toiletries and necessities to two organizations in Camden. These organizations clients are homeless women, woman with addictions, as well as recovering addicts. A majority of these women are living on the streets. Both directors were extremely appreciative and expressed their love, gratitude and sincere thanks to our club for our generosity.



Another visit was to the Ronald McDonald House in Camden where we delivered the aluminum tabs that we have been collecting. The director was also very thankful. It was very rewarding and humbling to see the work that is done here.



October has many health causes slated for the month. Perhaps the most well-known is Breast Cancer Awareness. Don't forget about our walk on Sunday 19 October at 8:30-Noon.

This will be rain or shine.

I urge you to explore some of the other lesser known health causes for October. Dyslexia Awareness Month is slated for October. I had no idea one in five people in the US are Dyslexic. Some other causes highlighted in October are: National Down Syndrome month, Mental Health Awareness, National Depression and Mental Health Screening month, National Physical Therapy month, as well as Pregnancy and Infant Loss month.

—Kim

Operation Smile

We are looking for some help in making smile bags for Operation Smile. Operation Smile is a global nonprofit organization dedicated to providing free surgical care for children with cleft lip and cleft palate by improving their quality of life and access to healthcare. It is an affiliate organization of the GFWC.

Operation Smile now serves 30 countries and has well over 6,000 medical volunteers. They transform the lives of children by improving healthcare and outcomes.

Health and Wellness committee would like some additional help with sewing "Smile Bags". We will need some fabric, a few sewing machines and those that know how to use said machines. 😊 I'm thinking we can get together as a group or small groups and knock this project out before the holidays.

Send Carol D. a text and let her know if you are interested. We will set up as a big group or smaller group, as needed.

Carol's goal is 100 Smile Bags. Who's able to help us????

A dear friend heard I was helping to organize supplies for Operation Smile and immediately asked if I would be interested in a bunch of Beanie Babies. She was waiting for something special to relinquish these little treasures and entrusted me and my WD Woman's Club to find their way into those children's arms. She donated 213 practically new adorable stuffed animals. —Carol D.



Let's Get Moving

17 participants and 464 hours

Come on girls!!! The weather is beautiful. Get out there and get some fresh air and walk (or sit)! But enjoy that Vitamin D.

Hey, so no walking next week as I am going to ECO Plastics with our Environmental committee and sorting our bottle caps. But keep track of your hours and get those steps in. BTW, did you happen to see Chris Taylors article last month about the "what is a good average of step count for maximum benefits"? It was very interesting! 😊 —Carol D.



Civic Engagement & Outreach

Cynthia
Holmes-Butler

Isz Cooper and I made new friends at the Home for the Brave in Camden. Veterans live here while they transition back into independent living. We dropped off items collected for the Home of the Brave in June & also some extra items from our Stockings for Soldiers project.

The welcome we received from these men and the gratitude felt for our gifts made this such a worthwhile project!!

Thank you all for your support



Wreaths of Remembrance

Wreaths will be laid in the Gloucester County Veterans Memorial Cemetery on December 6th. Volunteers are needed to help lay the wreaths. You can also purchase a wreath yourself.

Join this grassroots effort
To lay 4000 wreaths at the
Gloucester County
Veterans Memorial Cemetery

Wreaths with ribbons \$12.00 each
Volunteers are needed

**WREATHS OF
REMEMBRANCE**
DECEMBER 6, 2025

To sponsor wreaths:

Checks: Make payable to: *People for People Foundation*
write *Wreaths* in memo section

Mail to: PO Box 256, Mullica Hill, NJ 08062

On line: www.ppfoundation.org or
<https://givebuttr.com/WOR25>

To Volunteer or for more information:
Call Janis at 856-579-7561 ext. 203 or
email Janis at jadams1ppf@gmail.com

Together we can
change the world,
just one random
act of kindness at
a time.

—Ron Hall

Family Promise

Jeannette Wood

Family Promise of Southwest New Jersey

In 2012 The New Jersey State Federation of Women's Clubs chose Family Promise as their two-year Special State Project. Since then we have worked closely with this organization in various ways to give our support. Over the years we have donated over 600 duffel bags along with various items needed for these homeless families.

We continue our support of donating duffel bags which are given to each child of these families in the Family Promise program. The month of November is designated the month to help. You can donate money toward duffel bags or

purchase a duffel bag next month.

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

HOME FOR THE BRAVE is in Camden. They help veterans who are transitioning to life outside the service. Cynthia and Isz stopped by and dropped off some personal care items for the residents. They were very happy to see us and receive our gifts!



History Spotlight

Linda Jones

GFWC National Day of Service Theme: United to End Domestic and Sexual Violence

The historic 2025 GFWC International Day of Service was held on September 27, 2025. The primary goal this year is to raise awareness and engage in meaningful actions to end domestic and sexual violence worldwide. Participants engage through community service and advocacy.

The many forms of community service include assessing needs, donations for shelters, educational initiative and legislative change. Many clubs will submit projects and

activities on the GFWC portal and document their participation. Worldwide, over 800 million women while more than 16 million in the U.S.

The eight subcategories are:

- Campus Sexual Assault
- Child Abuse
- Elder Abuse
- Human Trafficking for Sexual Purposes
- Intimate Partner Violence
- Military Sexual Assault
- Teen Dating Violence

West Deptford Free Public Library
Oct 3, 2018 · 🌐

The Scarecrows on Parade are starting to line our path as they march into fall...it's not too late to decorate one of the light posts in front of the Library with yours! Sponsored by the West Deptford Historical Association and WDFPL.



Community Impact Program

Sandy Mastrangelo

“Helping Hands~Happy Hearts”

We are ready to start this project.

On Monday, October 13th the volunteers will be meeting their assigned teacher during the scheduled in-service day. On October 15th the project will start for the 2025-26 school year.



Federation News

Cynthia Holmes-Butler

Headquarters Anniversary

Come celebrate!! NJSFWC 60th Anniversary of Headquarters

Two dates available:

- Thursday, November 13 @ 1PM; Registration at 12:30PM OR

- Saturday, November 15 @ 10:30 AM; Registration at 10AM

Free gift to participants. Register by emailing openhouse@njsfwc.org.

Indicate which date you would like to attend.

Would you like to be a State Board member? Come and find out!

Workshop on October 9th 10:30 AM at Headquarters

Register by emailing Susie Chambers, President-elect, chambers@njsfwc.org or call 201-265-6282

Kindness is the sunshine in which virtue grows.
—Robert Green Ingersoll

Environment

Denise Pitchford

ECO Plastic Products Service Day

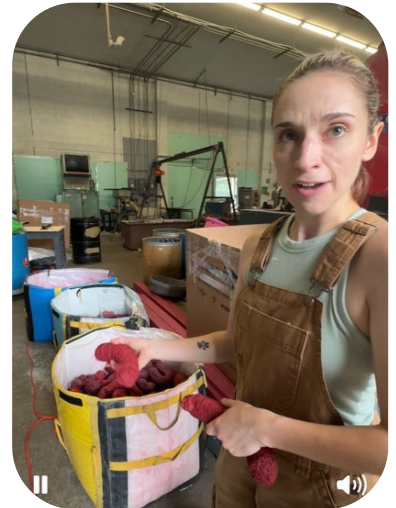
The following members and guest will be taking part in a bottlecap and plastic sorting service day at ECO Plastic Products (ECOPP) in Wilmington Delaware on Tuesday, October 7th:

Patty W., Isabella, Denise P., Janice, Jody, Debbie H., Pixie, Sharon B., Carol D. & Dan.

We can still take two more, however, this will be enough to make our sorting day productive.

We will meet to carpool at the West Deptford Library parking lot at 9 a.m. Please be prompt. Our sorting time is 10-12 noon and located at:

ECO Plastic Products of Delaware
18 Germay Drive
Wilmington, DE



WEST DEPTFORD FAMILY FUN DAY was a fun time for club members. Thanks to everyone that volunteered! We talked with lots of ladies who were interested in what we do!

Domestic Violence Awareness

Linda Marple

October is Domestic Violence Awareness month.

The new definition of domestic violence and abuse now states: Any incident or pattern of incidents of controlling, coercive or threatening behavior, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.

Here in Gloucester, Camden and Cumberland Counties we are lucky to have 24-hour hotlines to answer calls about DV. Callers may be requesting services for someone abused, finding safe housing for someone needing immediate shelter from an abuser, requesting assistance in filing a Temporary Restraining Order, or asking for someone to be at the court while the victim is testifying for the restraining order. (SERV does not provide legal services.) Other services offered are

free counseling for a victim of DV and free counseling for a child who has been living in a house where there was Domestic Violence. The abuser must no longer be in the household.

Trained volunteers meet victims of DV in local police stations and inform victims of the various services that are available to them. In cases of a serious form of DV like non-fatal strangulation, a victim may be met at a hospital. Trained volunteers also meet victims of sexual assault in the hospital.

Non-fatal strangulation (NFS) occurs when pressure is applied to the neck, restricting oxygen to the brain and potentially causing serious injury or death, even if no visible marks are present. It can happen with hands, forearms, or objects, and it's a common but often hidden form of violence in relationships. NFS can

lead to brain damage, strokes, swallowing/speaking problems, and mental health issues, so seeking medical and support services is crucial for survivors. If you know of someone who was the victim of NFS it is very important to have them go to the hospital immediately.

If anyone is interested in taking the 60-hour training, contact Linda Marple. The first and last sessions are live and the rest is online.

This month we will be collecting cash or \$25 WAWA gift certificates. If enough cash is collected, we will purchase \$95 Visa cards for women arriving at the shelter with only the clothes on their backs. Thank you all for your continuing support of these women in need.

The telephone number of the Gloucester County SERV hot-line is: 866.295.7378.



GOLF TOURNAMENT: Our club contributed along with other clubs from our Garden District to sponsor a hole at Emmanuel Cancer Foundation's Golf Tournament fundraiser. Volunteers at the event were Carol Dechen and Debbie Hinkle. Thanks, ladies!



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

Oct. 7 Plastic Sorting Field Trip
Oct. 10 Lunch Red Bank B'field
October 14: Regular Meeting
October 16: Decoupage Art Class
Oct. 20: State Fall Conference
October 26: Basket Raffle
Oct. 30 Halloween Brkfst Falcon
November 1: Tidbits Deadline
Nov. 7: Fahrenheit Ceramic Stu.
**November 9-14: NJSFWC
Membership Week**
November 11: Regular Meeting
**November 13 & 15: NJSFWC
Headquarters Open Houses**
Nov. 24: Longwood Gardens

Website: wdwomen.com

Facebook:

[womansclubofwestdeptford](https://www.facebook.com/womansclubofwestdeptford)

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

Committee Collection Schedule

- ◆ **Every month**—Food pantries
- ◆ **Special State Project** — Priority
- ◆ **October:** Domestic Violence, Family Promise
- ◆ **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
- ◆ **September:** Advocates for Children

Dear Secret Pal

Dear Secret Pal,
Thank you so much for the beautiful fall basket with so many fall dish cloths. The set is beautiful, and I love the pillow and the ornament for my doorknob. You're the best! Ty!
—Carol F.

Dear Secret Pal,
Thank you for the beautiful white mum with the pick, as well as the yard sign. They are both in the front of my house. Once again, thank you for your thoughtfulness. I hope your secret pal is as good to you as you have been to me. Have a wonderful fall, my favorite time of year. Before you know it the holiday season will be upon us!
—Jody

Dear Secret Pal,
Thank you so much for the colorful matching drink/lunch set and the lovely candle! The scent of the candle makes my living room feel so cozy—it's become one of my new favorite things. The bright orange pattern on

the cup is amazing! Now when my daughter "borrows" it, I'll be able to spot it right away in her room! I truly appreciate your thoughtful gift and the way you always remember me. It means a lot. —Warmly, Kristen C.

Dear Secret Pal,
Thank you so much for the Day of the Dead placemats and coffee mugs. They look awesome in my kitchen and Ken claimed one of the mugs as his new favorite mug! Thanks also for the new dish towels. I can't wait to find out who you are!! —Cheryl

Dear Secret Pal,
I absolutely love the lavender wreath that you gave me at our September meeting. I love lavender and cannot wait to hang it in my home. Thank you for such a beautiful gift.
—Warmly, April

Hi Secret Pal,
Thank you so much for the end-of-year gift and the gift at the September

meeting. Your selections are spot on, and I enjoy opening all the individually wrapped packages. I really appreciate your thoughtfulness.
—Love Janice

ANOTHER THANK YOU

Special thanks to Cynthia, Peg, Linda M., Patty W., Jan, Jeannette and Ellen for providing me and my husband with delicious dinners as I was recovering from my foot surgery. I always feel so blessed with the friendships that are developed being a member of our Woman's Club and how everyone is so willing to extend a hand when help is needed.

The dinners helped ease my husband's workload, and each meal was so delicious, and aided me in healing (and putting on a few pounds, LOL!). I feel very blessed.
—Denise P.