



The Forecaster

a publication of

The Haddon Fortnightly



New Jersey State Federation
of Women's Clubs of GFWC
Volunteers in Action



Garden District

September Edition 2024

Contact THF@TheHaddonFortnightly.org



SEPTEMBER 2024

- 18 – EMD Women's Bridge 7:30
- 19 – Garden District council Meeting
- 20 – Club Meeting 1:00 **GCI Students**
- 21 – 130th Anniversary Luncheon 12:00
- 21 – EMD Couples' Bridge 7:30
- 26 – 29 Mid-Atlantic Regional Conference
- 28 – GFWC Day of Service

OCTOBER 2024

- 1 – EMD Board Meeting 7:30
- 2 – Executive Board Meeting 10:00
- 7 – Reading Circle 12:30
- 7 – Trustees Meeting 3:30
- 8 – EMD Business Meeting 7:30
- 10 – Bridge and Games Luncheon 11:30
- 10 – Forecaster Articles Due
- 15 – Flash Articles Due
- 16 - Cathedral Kitchen Sandwich Drop-Off – 9:00 – 9:30
- 16 – EMD Women's Bridge 7:30
- 18 – Club Meeting 1:00
- 19 – EMD Couples Bridge 7:30



From Your President Sue Sheehan

Dear Friends,

September is one of my favorite months. As we begin our club year, I am very excited to be celebrating our 130th year Anniversary with our members.

We hope you will be excited to see the recent improvements at our club house. Many hours have gone into making new memories for all of our members.

So many wonderful events will be taking place which I am so proud to be a part of. Don't forget to get your book of chances for our \$500.00 gift card promotion. Sales are going great.

Make sure you pick up your new yearbook. It looks fantastic.

So, as we begin our club year, I look forward to everyone working hard but having fun, too. Ladies of The Haddon Fortnightly, be proud and thank you for all you do.

Sue

sue.sheehan9009@gmail.com

Trustees – Debbie Hagy

☞ The ladies room decorating is almost finished. I would like to thank Max Kahan of Octopus Wallpaper for donating his services. If you are looking into making some changes at home, please consider contacting him: <https://octopuswallpaper.com/>

☞ Phase 1 of the outside painting project is close to completion. The pillars have never looked better. Saturday's bride and groom will get some amazing pictures! Enjoy the new look in the clubroom! The stage has had an update and looks lovely. When you go in to set up for a meeting, have fun, turn on the spotlights on the stage and enjoy! Lastly, be sure to check out the newly framed photos of our past presidents.

☞ Thanks to everyone who has worked over the summer to make our building more beautiful.



Literature – Pat Underwood



SOCKTOBER!

Please come to the library during the month of October and help the scarecrow collect socks. These men's, women's, and children's "socks" will all be donated to a homeless shelter.

The Haddon Fortnightly, in conjunction with the Haddonfield Library, is sponsoring **"SOCKTOBER"**. We would like to collect as many pairs of socks as possible so the residents of the homeless shelter will be warm during the winter months. The library has graciously offered to host this endeavor, and The Haddon Fortnightly is excited to chair this project for the month of October. If you find that you can't get to the library, please give the socks to a Haddon Fortnightly member who will be glad to add them to the scarecrow's basket.

Looking forward to **Reading Circle at 12:30 on October 4**. We will be discussing **The Bee Sting** by Paul Murray. Sue Sheehan (if she is up to it), will be our facilitator.

We will be discussing **The Women** by Kristin Hannah in our **November Reading Circle** there will be a guest who was a nurse in Vietnam. I'm certain she will enhance our discussion of **The Women**.

Fundraising – Marie DiMatties



YOU COULD BE THE WINNER of The Haddon Fortnightly **Gift Card Raffle** Valued at **\$500** Includes: Visa \$100; Bonafish \$100; Target \$50; Home Depot \$50; Amazon \$50; ShopRite \$50; Wawa \$25; Panera \$25; Dunkin \$25; CVS \$25.

Tickets are **\$2 each**. Members of the General Club will be given a packet of 10 tickets at Board and Business Meetings September through November. Tickets are **\$2 each**.



Proceeds will benefit The Haddon Fortnightly. The drawing is on Friday **November 15, 2024**, at 2 pm. You do not have to be present to win. We are counting on your support of this project. Thus far, tickets have been selling like “proverbial hot cakes.”

Thank you to the members who have volunteered to sell tickets at Haddonfield’s Farmers’ Market. Please sign up to help on September 14 & 28. With your enthusiasm, we can sell LOTS of tickets. This promises to be a significant fund raiser as all the gift cards were donated and Jim Sheehan generously paid for the ticket printing. Contact **Marie DiMatties** at medimatties@gmail.com or **856-261-6911** for any questions and additional tickets. I will happily give you more!

130th Anniversary Celebration

September 21st is our big day- the actual date on which The Haddon Fortnightly was founded! The committee has been hard at work to ensure the anniversary celebration will be a memorable one. Invited guests include members of the General Club and the EMD as well as several notable dignitaries. We are pleased to have **Cathedral Kitchen** cater our meal. I look forward to seeing you all there.

Special State Project – Denise Sellers and Ginny DeLong

First, thank you again to everyone who participated for the donations to our backpack collection. Filling **forty backpacks** was amazing! And by connecting with the Camden County Prosecutor’s Office Child Advocacy Center, we know that ours went directly to children in Camden County.

Attached to this issue of the Forecaster is a flyer from NJSFWC which explains more about our Special State Project. It also includes a list of items they are asking us to collect and to take to the **State Fall Conference in October**. If you would like to participate in this collection, please get the items you are donating to **Denise or Ginny by the October Board Meeting**.

Thanks for your support of this worthy organization and their work on behalf of abused children in NJ.

Health and Wellness – Tricia Heary



The Health and Wellness Department has planned two free programs for the Fall to be held at the Haddon Fortnightly.

☞The Matter of Balance - Falls Prevention Program is being held on **Mondays and Wednesdays from 2:00PM to 4:00PM. Matter of Balance** (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program includes eight two-hour classes presented and led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely.

We hope you can join us. Please contact **Tricia Hearey at 609-217-6848 or Paula Toff at 856-583-0269**. You can also register by using the QR code on the flyer! Hope to see you there!

☞**QPR Question, Persuade and Refer**. Suicide Gatekeeper Training Program will be held on **October 15 at 6:30 PM. - 8:30 PM** at the Haddon Fortnightly. You are welcome to bring your friends and family.

Certified trainers from the Camden County Department of Health and Human Services will be covering the following components:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis
- Resources and booklets will also be provided.

If you have any questions regarding the program or about registration please call **Tricia Hearey, Health and Wellness Department at 609-217-6848**. We hope you can join us for this QPR presentation.



From the Editor – Ginny DeLong



Thank you all for your timely submissions. And, thank you **Debbie Hluchan and Denise Sellers** for your proof reading expertise. Remember to keep those pictures coming! Ginny@TheHaddonFortnightly.org



Federation Secretary – Marie DiMatties

The **September Garden District Council Meeting** will be held on Thursday, September 19th at St. Paul’s United Methodist Church in West Deptford. Registration and refreshments are at 6:00 pm with the meeting beginning at 6:45 pm. This is an opportunity to meet other members of the Garden District and to hear what clubs are doing. Registration fee is \$5.00. Please let me know at medimatties@gmail.com if you wish to attend and I will

send in our registration.

Prevent Child Abuse New Jersey – Kids Kits



Prevent Child Abuse-New Jersey is requesting donations of hygiene items to provide *Kids’ Kits* for students in need. School principals in numerous districts have requested **full size shampoo, body wash, bars of soap, stick deodorant, and liquid laundry detergent** for students in need identified by teachers, school nurses and school social workers.

Prevent Child Abuse New Jersey will distribute Kids Kits to schools throughout New Jersey that have indicated a need for them. Contact me if you would like to add to the number of items we are donating. Thanks to the generosity of members **Eileen Sanville, Denise Sellers, Grace De Marco, Mary Ann Mazza (and myself)** we will be donating 36 toiletry items at the **Garden District Council Meeting on September 19th**.

Members who wish to participate should deliver the products they wish to donate to me or arrange for me to pick them up prior to the District Council Meeting on September 19th. If you prefer, you can give me a donation and I will pick up the items for you.

NJSFWC State Fall Conference- Monday October 21 at a new venue at APA Hotel Woodbridge, Iselin, NJ. Additional details are on the attached flier. I hope you will join me for this very informative day with Federation Sisters throughout New Jersey.



This photo shows the 1st child born to a member of the General Club - Kristy Runzer!

Aiden George Paunil was born 8/26/24 at 7lbs 11oz. Congratulations Kristy!





Civic Engagement and Outreach – Liz Albert and Cathy Jenkins

☞ The **Civic Engagement and Outreach Department**, which replaces Social Services, will continue to take responsibility for the following ongoing programs during 2024 - 2025:

☞ **The Cherry Hill Food Pantry** - collection cartons will be at the entrance of the Fortnightly clubhouse.

☞ **Soles4Souls** - Drop shoes at DSW, Cherry Hill. For details call **Patricia Hearey 609-217-6848**

☞ **Beverage can tabs collection** - Marie DiMatties will collect the tabs at our meetings.

☞ **Sanitary products for Camden students** - Bring boxed tampons or sanitary pads to the meetings where Cathy Jenkins will collect them.



Education – Betty Eastwick

This promises to be an exciting year in so many ways, at least some of which involve activities for this department. I hope all of you will join us in participating in some of them.

☞ We will be starting our third year of “**Reading Buddies**” with the K-2 students at Elizabeth Haddon School. A big thank you to all of those who have volunteered over the past two years, and we hope that all of you will continue to do so. The kids love to have us come in and read to and with them. New volunteers are always welcome! See me if interested.

☞ Reports from the students we sponsored to the **2024 Girl’s Career Institute** at Douglass College will be shared at our September meeting.

☞ Our speaker for the October Club meeting will be **Kirsten Rogers, the Coordinator for the Delaware Valley “Reach Out and Read” program** sponsored by CHOP. Last year our club donated 100 new books to children who are patients at the Gibbsboro facility. We hope that you will consider donating again this year so that we can continue to support this worthy cause.

☞ I hope some of you tuned in to the virtual author presentation by **Shelby Van Pelt** (who wrote Remarkably Bright Creatures) offered through the Haddonfield Library. Both Haddonfield and Cherry Hill Libraries have additional virtual presentations and lots of other interesting in-person activities planned for the fall. Check their websites for details.

☞ There has been some interest expressed among some of our members in going to see “**Suffs: The Musical**” **on Broadway in December**. If interested, see Denise, Sue Foley or me and we will look into this further.



HOLD THE DATE:

*Support Veteran's Haven South and
The Haddon Fortnightly Building Fund*

Friday Game Night

November 22nd, 7-10pm

Bring friends, family members, neighbors and a Vet!

Fun details to follow

— A MATTER — OF BALANCE

Please join us for this free workshop hosted by Camden County's Evidence Based Programs at the Haddon Fortnightly, 301 Kings Highway, Haddonfield.

A Matter of Balance is a **FREE**, award-winning program designed to manage falls, minimize the fear of falling and can increase physical activity levels.

THERE ARE SEVERAL THINGS YOU WILL LEARN:

- To view falls as controllable
- Allow to set goals for increasing physical activity levels
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone interested in improving balance, flexibility & strength
- Anyone who has experienced a fall
- Anyone who feels they may experience a fall soon



To register call Margaret Murphy at **856-374-6063**
or email Margaret.Murphy@camdencounty.com
camdencounty.info/balance

SCHEDULE

MONDAYS & WEDNESDAYS
TIME: 2 PM - 4 PM

September 16

September 18

September 23

September 25

September 30

October 2

October 7

October 9



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

camden county
Making It Better, Together.

Download the
Camden County App!



CAMDEN COUNTY BOARD OF COMMISSIONERS PRESENTS:

KEYS TO SAVING LIVES: QUESTION, PERSUADE & REFER

The Haddon Fortnightly

301 Kings Highway East, Haddonfield, NJ

TUESDAY, OCTOBER 15, 2024

6:30PM-8:30PM

Gatekeeper Training Program

Conducted by certified trainers of Camden County Department of Health and Human Services

QUESTION, PERSUADE AND REFER (QPR)

"As CPR is for the Heart, QPR is for the mind"

Each year, thousands of Americans like you are saying "YES" to saving a life of a friend, colleague, sibling or neighbor.

Who is this training for?

Anyone who is in a position to recognize that someone may be contemplating suicide: parents, friends, teachers, coaches and many others.



Key components covered in training:

- How to Question, Persuade and Refer someone who may be suicidal.
- How to get help for yourself or learn more about preventing suicide.
- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for someone in crisis.

Sponsored by the The Camden County Partnership for Suicide Prevention



NJSFWC STATE FALL CONFERENCE

SPECIAL STATE PROJECT COLLECTION



New Jersey Children's Alliance promotes hope, healing and justice for victims of child abuse throughout New Jersey by supporting Child Advocacy Centers (CAC) with training, resources, advocacy, and leadership. The CACs are child-friendly centers where a multidisciplinary team (MDT) consisting of Department of Children and Families workers, police, prosecutors, victim advocates, medical and mental health professionals meet to coordinate a response to allegations of child sexual and severe physical abuse. There is a CAC in every county.

With the CAC model, a child discloses, or when abuse is suspected, the child is brought to the CAC, a child-friendly facility, where they are interviewed by a specially trained forensic interviewer. The professionals involved in the investigation can view the interview in monitoring rooms, with the goal of eliminating the need to re-interview the child. The team members share case information with one another and determine next steps. The family is then connected with needed services that promote healing, including medical and mental health care. The centers are in need of QUIET items for children waiting for services.

At NJSFWC's State Fall Conference, our members and clubs are asked to bring the following items that will be given to children when they come to the center to help with the waiting process. Please help with this project by donating the following items:

- **Small** boxes of crayons
- **Small** boxes of colored pencils
- **Small** stuffed animals that children can hold in their hands (for younger children needing comfort)
- **Small pads** of paper or notebooks (should be bounded – no loose paper)
- **Pencils**
- **Small** bottles of hand sanitizers
- **Pocket tissues** (the types that can be put into a purse or pocket)

Please Note: All items should be small and should not make any noise while the children waiting for services. These items will be distributed to all the Child Advocacy Centers throughout New Jersey.

NEW JERSEY STATE FEDERATION OF WOMANS'S CLUBS Of GFWC

Barbara McCloskey, President
Together in Service -United in Friendship

NJSFWC STATE FALL CONFERENCE 2024

Monday, October 21,2024

APA Hotel Woodbridge,120 Wood Ave South, Iselin N.J.08830

NO LATE REGISTRATIONS WILL BE ACCEPTED

DEADLINE: Friday October 4, 2024 - NON-REFUNDABLE

Registration 9:00 a.m. – 9:45 a.m.
Morning Session 10:00 a.m. – 11:30 a.m.

Speakers:

Assemblyman Brian Bergen
NJSFWC Legislation and Resolutions chairman, Jacqueline Wisner

Luncheon 12:00 p.m. – 1:00 p.m.

Afternoon Session 1:00 p.m. – 3:00 p.m.

Speaker - Special State Project - NJ Children's Alliance

GFWC & Membership Awards

Adjournment 3:00 p.m.

MENU

Salad

Choice of:

Chicken Franchise **OR** Fillet of Salmon w/Spinach Pesto Sauce **OR** Penne Primavera
Chocolate Ganache Cake

Coffee or Tea

Pitchers of Regular Soda or Diet will be on the Table

Cash Bar

Cost per person - \$60.00

Make check payable to:

NJSFWC

In the Memo section: State Fall Conference

Mail to: NJSFWC Federation Headquarters

55 Labor Center Way

New Brunswick, N.J. 08901-1593