



Executive Officers

Marie Sluberski
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Liaison*

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Marge Carter
Recording Secretary

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Treasurer

Joanne Kay, Esq.
Asst. Treasurer

Lynne Dubler
Past President



Branch President/VP

Dot Niwinski/
Sonja Hipple
Cape May

Sharon Cooper
M.A.S.H.

Theresa Williams/
Delores Ambruso
Greater Wildwood



Wilda Richardson
Nominating Committee

Mary Ebley
Membership/Sunshine

Susan Handron
Scholarship

Annette Scully
EtCetera Shops

Dot Niwinski
Vendor Sales

Julie Paoella
*Dir. Of Volunteer Svcs.
Auxiliary Liaison*

Kris Poole
Newsletter Editor/Web

From the President's Pen:



Welcome back! I hope you all had a very nice and happy "hot" summer, enjoying the company of family and friends.

On Memorial Day weekend, we celebrated our 41st year of the Antiques, Art & Collectibles Show & Sale, where we made a bit more money than last year, but not enough to justify all of the work and effort put into it. The event Chairman and some of the members of the

Antique Show Committee recommended to discontinue the Antique Show due to lack of public support as well as insufficient parking at the Community Center – weather conditions didn't help, either! Unfortunately, at the September 1 Board of Trustees meeting a motion was made and carried (with two in opposition) to cancel the Antique Show. Thank you to *all* of the members that have worked diligently over the years in support of the Antique Show! The Auxiliary Board welcomes your suggestions for a new fundraiser to replace the Antique Show.

The Cape Regional Foundation's 7 Mile Home and Health Show was a complete success, surpassing last year's profit. The Foundation appreciated the service of the Auxilians who served as host or hostess at one of the designer homes as well as those who helped at the school.

As we close out this year, don't forget that the branches will be sponsoring monthly luncheons, with interesting speakers and presentations. We also still have several Vendor sales scheduled at Cape Regional Medical Center. We try to list all events on the website (www.crmcauxiliary.org).

We strive to stay active in support of our wonderful Medical Center, and are always looking for new members/volunteers. If you know of someone who is interested, please bring them to our Annual Meeting on November 3rd at Avalon Links – their lunch will be free if they join the Auxiliary with a \$15 annual membership.

Marie

Wildwood Branch Events:

The Greater Wildwood Auxiliary has had a very busy summer. Our members donated \$100 so we could place an ad in the program for the 41st Antiques, Art & Collectibles Sale & Show. We started off the summer season selling our Aurora animals at the Festival on the Coast Guard base. Unfortunately, we had to cancel participating in a few outdoor events due to the extremely high heat, namely the 4-H fair in July, and again in August, when we were scheduled to sell our Fuzzy Friends outside the Wal-Mart. However, we still had a wonderful, busy, safe and prosperous summer. The Wildwood branch is still out there, we have dates at the Wal-Mart and North Cape May Acme in September, and at the



Fourteen members of the Greater Wildwood Auxiliary branch met on 09/17/16 at Port Royal Grille for their monthly meeting.

Harvest Festival in October and at the October Fun Night scheduled for the end of October.

In September, we met at the Port Royal Grille in the Port Royal Hotel, on the ocean in Wildwood Crest. This was our first meeting after the summer break. Fourteen members attended the luncheon. At our meeting, Marie Sluberski presented a report on the outcome of the 41st Antiques, Art & Collectibles Sale & Show. We then enjoyed each others' company for a few hours before we adjourned the meeting.

Two members have moved out of state, and we also mourn the passing of our first male auxiliary member, Maurice Quill. We will miss all of these members.

Our next luncheon is scheduled at noon on October 19th, at the Star Diner in North Wildwood.



Marie Sluberski, reporting to the members of the Wildwood branch in

Cape May Branch Activities:

Our Annual Card/Game & Meeting was held at the Grand Hotel in June. We had quite a large attendance. Most of our members participated in card or board games. We played games for an hour or so, and then enjoyed a wonderful luncheon served by the staff of the Grand. After lunch was enjoyed, numbers for the Bag Raffle were drawn; members and branches had donated baskets and gift card packages to be raffled at the luncheon. Over twenty baskets and gift card packages were won by our members. There was also a 50-50 drawing.

Our next luncheon is on Monday, October 24th at the Washington Inn. Dr. Patricia Martz, General Surgeon and Breast Care specialist will be our featured speaker. For information, contact Anne Burrows at 884-2409. We will also be hosting a Vendor sale at the Medical Center on December 15th and 16th. The Vendor will be a fun one – "Socks!" If you're available to assist during the vendor sale, please call Dot Niwinski at (609) 898-9559.



Left to right: Marge Carter and Sonja Hipple look over the donated gift bags and gift card packages; Anne Burrows, Sonja Hipple, Sharon Tierney, and Mary Ann Mosso assisted with the Luncheon; Cape May Auxiliary President Dot Niwinski, Vice-President Sonja Hipple, and Sharon Tierney enjoy the afternoon.



Left to right: Marge Carter sells 50-50 tickets as a Guest looks on; Sonja Hipple sells arm's-length batches of Bag Raffle tickets to a Guest; Sharon Tierney distributes meal tickets to Cape May members Anna May Manning, Kristine Poole, and Ethel Mae Oxner.



A smile is a curve that sets everything straight.

Phyllis Diller



Candid shots of Cape May branch members and their Guests enjoying themselves at the Annual Card & Games Luncheon at the Grand Hotel in Cape May on June 26th.

M.A.S.H Branch Activities:

The M.A.S.H branch managed to stay busy over the summer. We staffed two vendor sales at the Medical Center; in June, we were very happy to realize a profit on our Masquerade vendor sale. We are also hosting the Advance Uniform sale in September.

Theresa Montgomery reported a profit of \$1,342.00 on our Bridge-a-Rama event, which will run through the Fall.

We are gearing up for a great fall season. We will be hosting a two day fundraiser at Bobby Dee's Rock 'N Chair in Avalon on October 13th and 14th. Tickets are \$15 each for your choice of three luncheons. Please call Sharon Cooper at 967-3009 to purchase tickets.



We are also very excited to be hosting a fashion show at The Etc Shop in Cape May Court House on Saturday, October 22nd. Please stop by for light refreshments and great fall and winter fashions!

A "Difference Maker" Volunteer Honored:



Mary Maher, a member of the M.A.S.H. Auxiliary branch, has been named Cape Regional Health System's Difference Maker Volunteer for the third quarter of 2016. Her award nominators, staff, and fellow volunteers commend Mary for exemplifying the Health System's Service Standards of always being positive, engaged, and proactive.

In addition to being an outstanding member of the hospital team, Mary is also a true hero to her family. At a young age, Mary was tragically widowed and went on to raise eight children – sending all to college with most attaining their Master's Degree. This focus has contributed to Mary's fine service ethic, which is admired by all at Cape Regional. Mary shares, "Volunteering is wonderful and gives me the opportunity to interact with both staff and visitors - I meet the nicest people!"

Mary's nominators note that she is always cheerful and willing to help out whenever needed.

Mary, a Sea Isle City resident, has been a Gift Shop Volunteer since 2002, and to date has contributed more than 8,200 volunteer service hours. During the award service, Mary was presented with flowers, a Difference Maker Volunteer pin, a gift card, and a commemorative plaque.

For more information on exciting volunteer opportunities at Cape Regional Medical Center, please visit the website at www.caperegional.com, or call Julie Paoella, Director of Volunteer Services, at (609) 463-2367.

Membership Committee:



Please remember to send in your membership updates to assist us in keeping track of changes to our membership. We like to be able to send out get-well or condolence cards, but we can't do so if we're not aware of an illness or death. If you hear of an illness or death, whether or not you're an officer in your branch, please notify us! Also, if members move out of state, we'd like to be able to contact them; sometimes, people who move ask to be kept on the "list," while others ask to be removed. You can call Mary Ebley at (609) 770-7811 or send an email to Mary at meece@yahoo.com.

TWIGS Branch Activities:



Join the members of the TWIGS branch mid December for our annual Christmas Cookie Swap. The date and location haven't been set, but you can start looking through your recipe books for a worthy candidate! Each person brings bags of six cookies for each attendee and then you swap out your cookies for different cookies. You'll have assorted cookies to take home for your holiday entertaining! Once the date has been set, we'll put it on the calendar at the CRMC Auxiliary website at www.crmcauxiliary.org. Please contact Lynne Dubler if interested

in attending at Ldubler@yahoo.com

Vendor Sales:

Our June vendor sale, Masquerade, was hosted by our M.A.S.H. members. We were fortunate to net almost \$1,300.

Our July vendor sale, Books 'R Fun, unfortunately had to be cancelled due to an injury by our contact. We thank the Wildwood branch for finding a replacement; we had a one-day Tupperware sale, and were lucky to net over \$400 despite the last-minute change.

In August, again we were visited by the "Vendor Jinx." Our Vendor, Silpada Jewelry, closed permanently for business on July 31st. Again, a replacement was found, and we had a two-day sale with Scentsations Candles, hosted by our Cape May branch members. Again, we netted a bit over \$400.

Advance Uniforms is our vendor for September, hosted by the M.A.S.H. branch. This is a very popular sale with our Medical staff.

The final vendor sale of the year will be a fun one – "Socks!" This sale is planned for December 15th and December 16th, and will be hosted by the Cape May branch. Dot Niwinski will be looking for volunteers to man the tables; she can be reached at (609) 898-9559.



October is the Start of Flu Season:



It's that time of year again, to start thinking of protecting yourself from the flu. The start of flu season is unpredictable, so it's important to get vaccinated before flu activity begins. The Cape May County Department of Health offers several free flu clinics throughout the season; to check them out, visit www.cmhealth.net or call the County's flu hotline at (609) 463-6581.

During the flu season, some precautions to take include:

- Get a flu shot! Every year, the virus mutates, so each year the vaccine is reformulated to be effective against this year's virus; previous year's flu shots most likely are not effective!
- Wash your hands for at least 15 to 20 seconds whenever you've had contact with potentially contaminated surfaces; carry an anti-bacterial with you if you don't have access to water;
- Avoid touching your eyes or nose with your hands;
- Sneeze and cough into a tissue, then, throw the tissue away;
- Minimize contact with anyone who is ill;
- Finally, relax! Stress can decrease your immunity.