



# Newsletter, November 2024

## GFWC Zwaanendael Women's Club

www.gfwcZwaanendael.org zclublewes@gmail.com

A member of the General Federation of Women's Clubs



### A Message From Your President....

As the season of gratitude is upon us, I want to extend my heartfelt thanks for each and every one of you for your dedication and service to our organization that helps to drive our club's mission forward and creates positive change in our community.

The fall was filled with planning and meaningful activities. The Board and I are especially thankful for chair and co-chairs for their leadership and committee members for the part they play in making our initiatives successful. We are very grateful. November will bring additional opportunities to serve and connect with our community.

Coming soon will be our first of three major fundraising events. It is our annual Holiday Market and Bake Sale which will be held on December 6<sup>th</sup> 5-8 pm and December 7<sup>th</sup> 9am-4 pm. This event will be held in the old Schoolhouse Building at the Historical Society's complex in downtown Lewes. **We ask that each member sell 6 Raffle Tickets for the gift card tree that will be raffled to help make this event a success. In addition, we still need a few more baked goods. Please attend and support this event.** See details on page 4. We know that our members will come through and together we can continue to make a difference - one day, one event, one project and one act of kindness at a time. Your unwavering support and generosity are deeply appreciated.

In closing, I want to wish you all a joyous Thanksgiving and may you enjoy making memories with family and friends.

In gratitude and service,

*Joyce*



# NOVEMBER GENERAL MEETING

Tuesday, November 19

Lewes Public Library

111 Adams Avenue

1:00 pm - 3:00 pm



No Speaker Scheduled for November

## Ongoing Collections

### Environment

-Rubber Soled Shoes for Recycling

### Civic Engagement and Outreach:

#### **Epworth Food Pantry**

Mayonnaise, Catsup, Mustard,  
Pancake Mix, Syrup, Baked Beans

**Thanksgiving:** Stuffing, Turkey Gravy,  
Canned Sweet Potatoes, Peas, and Corn,  
and Mashed Potatoes,



### Civic Engagement and Outreach:

#### **I Support The Girls**

-Individually wrapped Maxi Pads, Thin Pads,  
and Panty Liners

-Small packs of Feminine Wipes

-Fabric, thread, and 12" zippers to make toiletry bags



#### **Health And Wellness**

-Used Eyeglasses for the *Lion's Club Recycling for Sight*

-Lap Blankets for *Delaware Hospice / Cancer Patients*.

## October Group Photo





The Z Club Environment Committee is Sponsoring a

# Pet Collection

To Benefit our Furry Friends at  
*Humane Animal Partners*



## REQUESTED ITEMS

### FOOD

Wet Food for Cats

Dry Food for Dogs and Cats

Treats for Dogs and Cats

### OTHER

Slow Feeder Dog Bowls

Dog Collars, Leashes and Harnesses

Dog Chew Toys

Kong Dog Toys and Treat Paste

### CLEANING

Laundry Detergent and Bleach

Gallon Trash Bags

### TOWELS, SHEETS & BLANKETS



Scan QR code for  
Amazon wish list.

## HOW TO DONATE

**1) Bring Donations to November 19  
General Meeting**

**2) Drop Off Donations on Any of  
These Front Porches:**

- **Deb Cebula, Senators Neighborhood**  
14335 Allee Lane, Lewes

- **Penelope Moreland-Gunn, Governors  
Neighborhood**, 11447 Maull Road, Lewes

- **Cindy DeEmedio**, 326 Savannah Road,  
Lewes, Across from Honey's Restaurant

- **Mary Anne Rocks, Nassau Grove  
Neighborhood** 18317 Port Circle,  
Lewes,



Collecting  
November 1 - November 30

# All Hands on Deck for This Major Fundraiser

## WE ARE STILL IN NEED OF A FEW MORE BAKED GOODS

to be Delivered on Friday, December 6  
Sign up on TIF

## **WE ARE ASKING EACH MEMBER TO SELL 6 RAFFLE TICKETS. for the GIFT CARD TREE RAFFLE**

We will have them for you at the November meeting  
or you can contact Kathy who can drop them off to you.

410-371-8892 - KathyJoCochran@comcast.net



## **Ticket Stubs and Money must be turned in by Saturday December 7 at 2:15 pm**

**Before December 7, Drop off to Joyce Skrobot , 122 E. Quail Trail, Lewes  
On Friday December 6, Drop off to Dianne Stevens until 3:00 pm.,**

- 17309 Venables Drive, Senators Neighborhood
- On Friday December 6, Turn in at event, 5:00pm – 8:00 pm
- On Saturday, December 7 Turn in at Event 9:00 am - 2:15 pm
- Anytime, Contact Kathy Cochran for pick up – contact info above

The GFWC Zwaanendael Women's Club presents their annual

## Holiday Market Raffle & Bake Sale

### Saturday, December 7

### 9:00 am - 4:00 pm

Lewes Historical Society Campus  
110 Shipcarpenter Street, Lewes

**Need not  
be present  
to win**

**Winners  
drawn  
at 3:00 pm**



**Bake Sale**



**50/50 Raffle**



**Mystery Gifts**



**Basket Raffles**

We will also be open on

**Friday, December 6, 5:00 pm - 8:00 pm**

during Lewes Historical Society's First Friday at the Pub.

**Please  
Attend  
and  
Support  
This Event**

Questions? Contact Vickie at  
VMburrier@gmail.com  
717-309-4739





**Z Club**  
*Holiday Luncheon*

Thursday, December 12  
The Peninsula on the Indian River Bay  
32981 Peninsula Esplanade, Millsboro  
11:30 am - 2:30 pm

**BUFFET LUNCH:** Focaccia Bread; Maryland Crab Soup; Garden Salad with assorted toppings and dressings; Mozzarella and Vegetable Stuffed Grilled Chicken Breast; Herb Encrusted Broiled Salmon; Vegetarian Ziti; Whipped Potatoes; Green Beans; Carrot Cake & Chocolate Cake; Coffee, Tea, Iced tea.

**\$48** • Includes Gratuity  
• Cash Bar Available

 **Live Music**

 **Questions?**  
Contact Lisa Magnuson  
18maglie@gmail.com  
302-291-2722

**SIGN UP on Track It Forward by Friday, December 7**

**Sign up on Track It Forward** and make payment at the November 19 meeting or mail your check, made payable to "Z Club", to Lisa Magnuson 35457 Peregrine Road, Lewes, 19958 **Payment due no later than Friday, December 7.**

We Hope You Can Join Us!

PLEASE NOTE

There are 2 things you need to do to attend:

- 1) Sign up on TIF
  - 2) Make payment no later than Friday, December 7
- Details on Flyer*



**WEDNESDAY DECEMBER 4 - ANNUAL HOLIDAY BUS TRIP TO WASHINGTON DC GFWC HEADQUARTERS**  
GFWC Acorn Club of Seaford is organizing a bus trip to the annual GFWC Holiday Open House with a stop at the National Museum of Women in the Arts. \$50 per person. Details and timeline on page 14.



**GFWC PHOTO AND WRITING/POETRY CONTESTS**  
**More details to follow from the Arts and Culture Committee and the Education and Libraries Committee**  
These contests cover work that was created between January 1 and December 31, 2024. Details can also be found in the GFWC Manual in the Members Area. Photography Contest, page 222/223, and Writing Contest page 228/229.

## BookZ to Share

Chairs: Denise Burke & Jill DiZio



YOU CAN HAVE A CHANCE TO WIN A NEW BOOK AT THE NOVEMBER GENERAL MEETING WHEN YOU PURCHASE A TICKET TO OUR MONTHLY 50/50 RAFFLE

A second ticket will be drawn, and the lucky winner will receive an autographed copy of Jody Picoult's latest book, By Any Other Name.

This is a perfect opportunity to start reading books for **ESO**, the GFWC Reading Program! An ESO Application will be in the book and more applications are available at the **BookZ to SHARE** table as well as in the Members Area of the Z Club website. Questions about ESO can be directed to our Delaware GFWC ESO Chairman: Muriel Pfeiffer

Also....

- Don't forget to bring books you'd like to share with other club members to the November monthly meeting. Cookbooks might be fun to bring now as we plan our menus for the holidays as well as children's books for us to share with the children in our lives!
- And be sure to stop by the **BookZ** table and pick up some fall reading.

*"Keep reading. It's one of the most marvelous adventures anyone can have."*

**-Lloyd Alexander**

*American (Philadelphia) author of more than 40 books, primarily fantasy novels for children and young adults*



## Membership

*Chair: Lisa Magnuson*

89 Members as of November 14

*5 Resignations*

## CELEBRATING MEMBERSHIP ANNIVERSARIES NOVEMBER

*1 Year Anniversary*

*Kathy McKiernan*

### October Lunch Bunch Blackwall Hitch, Rehoboth Beach



*(l-r) Ann-Marie Rooney, Lynn Barberi, Ellen Grillo,  
Anne Marie Ackerman, and Juanita Holler*

## Health and Wellness

Co-chairs: Kitty O'Reilley & Lynn Davis

For the 2024-2025 year, the Health and Wellness Committee will focus on Mental Health with an emphasis on Loneliness.



In the October GFWC Newsletter we included suggestions from the Surgeon General of the United States regarding the “loneliness” epidemic and how to combat it.

**Social Isolation** is the lack of social contact and having few people to interact with regularly.

**Loneliness** is the distressing feeling of being alone or separated.

Social isolation is a situation where loneliness is a feeling.

Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections. These include Hearing, vision and memory loss; Physical disability; and Loss of family or friends. These factors can affect a person's health and increase higher risks for several other health problems including heart disease, diabetes, high blood pressure and other serious conditions.

The **Key is to Stay Connected!** Ideas for staying connected: (1) Find an activity that you enjoy or learn something new. (2) Get moving! Exercise. (3) Volunteer. You'll feel better by helping others. (4) Stay in touch with family, friends and neighbors. (5) Consider adopting a pet if you can care for them. Find tips and resources at [www.nia.nih.gov/CommitToConnect](http://www.nia.nih.gov/CommitToConnect).

At the November 19 general meeting we will have booklets with a lot of good information titled “**Understanding Loneliness and Social Isolation.**” Don't leave without one!

Thank you to those who filled out the **H&W Questionnaire** at last month's meeting. If you did not fill out a form, we have extras for you to fill out at the November meeting.





## History Corner

Nancy H. Phillips, Club Historian

### 1990-1992 Mrs. Mary DeVries

- *In December 1990 , the Club's holiday program consisted of a singer, Fran Baker and comedian, " Pop " Jefferson . The members shared delicious holiday desserts brought in by the members.*
- *Early in the new year, 1991, a memorial tribute was put together for a deceased member, Anna Beebe . She passed away on December 20, 1990 at the age of 92. Anna initiated the recycling program in Lewes., initiated birthday parties for the patients at the Lewes Convalescent Home and led many educational programs within the club.*

Domestic and Sexual  
Violence  
Awareness and  
Prevention:  
What Is Your Voice

Chair Terry Yates at the  
WIYV Food Pantry





Remember those 30x30 tickets that  
GFWC Delaware sold this fall?  
Well, so far Z Club has two winners  
and the month is not over!

*November 12 Winner, Ticket #235: Kitty O'Reilley won a \$50.00 Capriotti's Gift Card donated by the Federation Guild Association.*

*November 6 Winner, Ticket #182 : Muriel Pfeiffer won a \$50.00 SoDel Restaurants Gift Card donated by the Newark Century Club*



#### **GFWC Delaware Scholarships**

*Please share this with anyone you know who might be eligible.*

*Scholarship applications can be found at  
[GFWCDelaware.org](http://GFWCDelaware.org).*



#### **Diane Raycob, GFWC Delaware Custodian of Student Funds Report to GFWC Delaware Board Meeting October 17, 2024**

1. Student applications were revised to reflect the earlier convention date and now are due March 20, 2025.
2. Applications are now available on the GFWC Delaware website and the Delaware Scholarship compendium website.
3. The scholarships are available to cover two types of applicants: a high school senior and an older person wishing to return to continuing their education.
4. The amount for the traditional scholarship is \$2,000 and \$1,000 for the non-traditional.
5. The scoring sheets for the scholarships were revised as recently as November, 2022. The COSF will review the scoring sheets again sometime this year.



# Stockings for Soldiers Collection Report

This is so much more than  
we've ever collected before.  
Great job!

COLLECTED BY Z CLUB	COLLECTED BY RISE	TOTAL COLLECTED
128 Pounds Misc. Items	225 Pounds Misc. Items	353 Pounds Misc. Items
\$440	-	\$440 to assist with shipping to troops
16 CD's	159 CD's	175 CD's
20 DVD's	130 DVD's	150 DVD's
144 tubes of toothpaste 144 toothbrushes	-	144 tubes of toothpaste 144 toothbrushes
-	600 Empty Stockings	600 Empty Stockings
1 Wii Gaming System w 4 Game programs	-	1 Wii Gaming System w 4 Game programs
48 Ramen Packs	12 Ramen Packs	60 Ramen Packs
42 Bagged Snacks	-	42 Bagged Snacks



Joyce Bauchner and Amber Bakner,  
Manager, Rise Fitness + Adventure



# Arts & Culture

Co-chairs: *Deb Cebula & Connie Rivette*



*Wine & Design*



## *Sussex Academy Drama Department Check Presentation*





Communications and Public Relations  
Chair & Newsletter Editor: Kathy Cochran

PLEASE  
NOTE

THERE WILL BE NO DECEMBER NEWSLETTER  
DECEMBER "NOTES" WILL BE SENT OUT AS NEEDED

**JANUARY NEWSLETTER DEADLINE IS JANUARY 6**

COMMITTEE CHAIRS: SUBMIT INFORMATION YOU WISH TO BE PUBLISHED AS YOU HAVE IT

- MOST MONTHS, THE Z CLUB NEWSLETTER IS EMAILED TO MEMBERS MID-MONTH.
  - PAST NEWSLETTERS CAN BE FOUND ON THE CLUB WEBSITE
  - COMMITTEE CHAIRS:
    - Please let me know what is happening with your committee so that information can be shared with our members and the community.
    - Let me know about your events and activities so I can attend and take photos.
    - Any photos you may have can be sent to me via email or text
- kathyjocochran@comcast.net - 410-371-8892

Z Club has a new large  
Presentation Check  
for your committee to use the next  
time you present a Z Club donation.  
This will help create great photos.  
Contact Joyce Skrobot to Use Check



GFWC Zwaanendael Women's Club  
P.O. Box 100  
Lewes, Delaware 19958

DATE \_\_\_\_\_

PAY TO THE  
ORDER OF \_\_\_\_\_

\$

\_\_\_\_\_ DOLLARS

MEMO \_\_\_\_\_

GFWC Zwaanendael  
Women's Club

⑈ 1 2 3 4 5 6 7 8 9 ⑈ 0 9 8 7 6 5 ⑈ 9 8 7 6 5 6

Reservations need to be made by November 20th. Checks may be posted by that date, but a head count is needed asap. Make checks payable to GFWC Acorn Club of Seaford. Call Betty at 302-629-6810 with your reservation and send your check to me at 200 Marion Dr., Seaford, DE 19973. Also, please list your club name & which pickup point you will be using...Big Lots on Norman Eskridge Hwy in Seaford (8:15 a.m.) or the Blue Hen Corporate Center, 655 S Bay Rd., Dover (9:30 am).

We will *not* be having lunch on the bus so please bring a sandwich. Snacks & water will be provided. Bring money...we will have some games along the way. Our bus size depends on the number going. There may or may not be a restroom on the bus so please plan.



The GFWC Acorn Club of Seaford  
invites you to join members of GFWC Delaware  
to the Annual  
GFWC Holiday Open House in Washington, DC  
Wednesday, December 4

*We are sponsoring a bus to take us to GFWC Headquarters with one stop at the National Museum of Women in the Arts before our scheduled arrival time at Headquarters of 1:30pm.*

\$50 per person  
Payable to  
GFWC Acorn Club of Seaford  
c/o Betty Truitt  
200 Marion Dr.

TIMELINE

8:15am – 8:30am	Boarding at Big Lots parking lot, Norman Eskridge Hwy, Seaford, DE
8:30am – 9:30am	Travel time to Blue Hen Corporate parking lot 655 S. Bay Rd. in Dover
9:30am – 9:45am	Boarding
9:45am – 12:00pm	Travel time to the National Museum of Women in the Arts, 1250 New York Ave, Washington, DC
12:00pm – 12:15pm	Unloading
12:15pm – 1:00pm	Explore the Museum 1:00 – 1:15 boarding time
1:15pm – 1:30pm	Travel time
1:30pm – 3:30pm	GFWC Headquarters, 1734 N St. NW, Washington, DC, explore Headquarters, enjoy yummy food & wine
3:30pm – 3:45pm	Boarding time
3:45pm – 5:45pm	Travel time to Blue Hen Corporate Center, Dover
5:45pm – 6:00pm	Unloading
6:00pm – 7:00pm	Travel time to Big Lots parking lot, Norman Eskridge Hwy., Seaford
7:00pm – 7:15pm	Unloading