



Newsletter, November 2024 GFWC Zwaanendael Women's Club

www.gfwcZwaanendael.org zclublewes@gmail.com





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 6th 5-8 pm and December 7th 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 Cor

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



Civic Engagement and Outreach:

I Support The Girls





-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

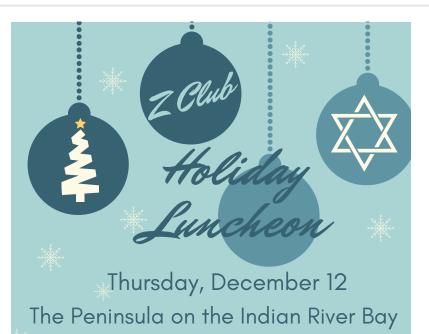
Before December 7, Drop off to Joyce Skrobot , 122 E. Quail Trail, Lewes On Friday December 6, Drop off to Dianne Stevens until 3:00 pm.,

- 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



Please Attend and Support This Event

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



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 GratuityCash Bar Available



Questions?
Contact Lisa Magnusor
18magliegmail.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.



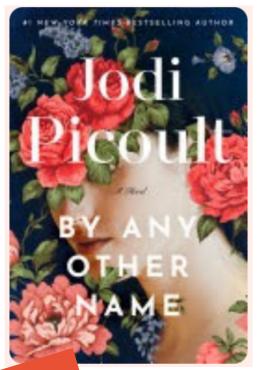
GFWC PHOTO AND WRITING/POETRY CONTESTS

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, <u>By Any Other Name</u>.

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

A180...

- 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."
- -Llovd 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



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.

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.

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.
- 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.
- The scoring sheets for the scholarships were revised as recently as November, 2022. The COSF will review the scoring sheets again sometime this year.

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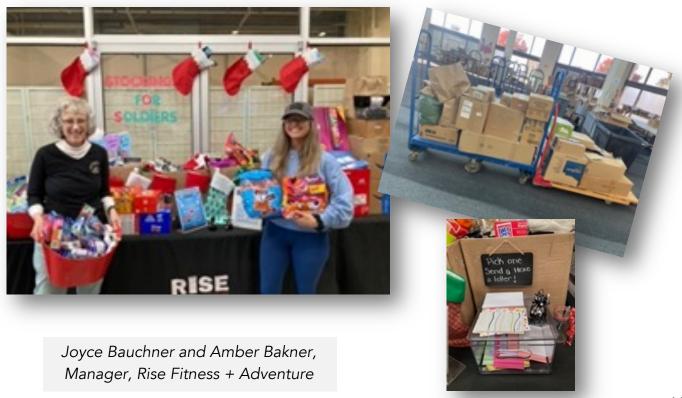


Stockings for Soldiers Collection Report

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 20 DVD's	159 CD's 130 DVD's	175 CD's 150 DVD's
20 D V D S	130 D V D S	130 D V D 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



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



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

- o MOST MONTHS, THE Z CLUB NEWSLETTER IS EMAILED TO MEMBERS MID-MONTH.
- o 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

Founded 995: PAY TO THE	P.O. Box 10	aanendael Women' 10 laware 19958	s Club	This will Contact Joy DATE	Z Club has a presentation r committee to present a Z Club help create grand ce Skrobot to	O USP +L
ORDER OF						
					DOLL	ARS
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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

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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 Dove
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