



Newsletter, February 2025

GFWC Zwaanendael Women's Club

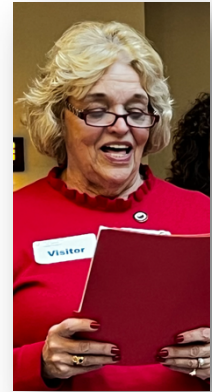
www.gfwcZwaanendael.org zclublewes@gmail.com

A member of the General Federation of Women's Clubs



Message from the President...

The first month of the calendar year has come and gone and what a month it was with snow followed by VERY cold weather, but we had a few bright spots too. January was a month of Report Writing and what a great job our chairs did with that task. We will let you know once they are posted to the Website members area...I cannot wait for you to read them. I was filled with gratitude and very proud as I read about the great work and accomplishments of GFWC Zwaanendael Women's Club in 2024. We all should be very proud of the difference we make in our community.



Seventeen members of Z Club have been preparing to sing at The Moorings and Brandywine Assisted Living @ Seaside Pointe during February. Thank you, Singers, for this gracious act of kindness that will certainly brighten the residents' day and put a smile on their face.

Our annual Food Drive is well underway, and I am anxious to hear the final totals of how much food we collected for Epworth Food Pantry. Thank you to all our members who have volunteered to help make this event a huge success. Due to weather, our special collection day at Lloyds Market is being moved to Saturday, February 22.

GFWC Delaware's Federation Day will be on Saturday, March 1 at the Harrington Casino. Once again, our club has paid for a table of 10 for members to attend and that table has been filled. However, if you would like to join us, we can always get another table, but you will be responsible for the \$32.00 Registration fee. There will be Entertainment, Raffles, Silent Auction, and Bake Sale. It is always a fun day!

Our Fundraising Committee has been hard at work soliciting and preparing to celebrate International Women's Day on Saturday, March 8. Thank you to the members of the committee for their hard work and effort to make this event a success. You can see the details below. We need every member to help the committee by spreading the word to your friends and neighbors about this event. Bringing them to Lewes to eat and "ride" will help us to continue supporting women's charities.

Appreciatively yours,
Your Proud President, Joyce

February General Meeting

Tuesday, February 18

1:00 pm – 3:00 pm

University of Delaware
Cannon Laboratory Building

1044 College Drive, Lewes

NOTE
LOCATION

IMPORTANT

AT THIS MEETING WE WILL BE
VOTING ON 3 BY-LAW CHANGES.

*You Should have already received details about these changes
as well as a proxy for you to submit if you cannot attend.*

*Proxies Should be Submitted to
Eileen Spangler no later than 5:00pm, Monday, February 17.
Full proxy instructions included on the proxy form that was emailed to you.
Submitting a proxy is very important
As we need 2/3 of members to pass by-law changes.*

*If you did not receive the by-law and proxy information that was emailed on
Thursday evening contact Kathy Cochran at 410-371-8892*

FEBRUARY COLLECTION

Food Drive to Benefit Epworth Food Pantry
List of needed items and drop off locations in flyer below



Ongoing Collections

Health And Wellness

- Used Eyeglasses for the *Lion's Club Recycling for Sight*
- Used Hearing Aids
- Lap Blankets for *Delaware Hospice / Cancer Patients*.

Environment

- Rubber Soled Shoes for Recycling

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

Epworth Food Pantry

FOOD DRIVE in FEBRUARY – See List

Join the
GFWC Zwaanendael Women's Club
in celebrating

International Women's Day Saturday, March 8

TWO WAYS TO PARTICIPATE

BETHANY BLUES - DINE TO DONATE
18385 Coastal Highway, Lewes
From 11:30 am - 8:00 pm, 10% of sales donated

SEA BARRE FITNESS - RIDE TO DONATE
34410 Tenley Court, Lewes
Ride to donate class, 10:30am - 11:15am
To Book Your Ride Go To seabarrefitness.com

ADDITIONAL SUPPORT RECEIVED FROM
Pilottown Marina, LLC & Paul Kares: The Room at Cedar Grove

SOME OF THE WOMEN'S ORGANIZATIONS THAT Z CLUB SUPPORTS.
I Support The Girls 🌿 *What Is Your Voice*
DAPI (Delaware Adolescent Program, Inc.)

gfwcZwaanendael.org

Dine to Donate at Nicola Pizza

17323 Ocean One Plaza, Lewes

Monday, March 17 5:00pm - 9:00pm

20% of DINE IN Sales (No takeout) will be split
between these two great organizations.

Overfalls Foundation

Preserving, teaching and honoring the
lightships and their sailors of the
United States and the maritime history
of our community.

overfalls.org

GFWC Zwaanendael Women's Club

Public spirited women serving and
improving our community
since 1905.

gfwcZwaanendael.org

Z Club Lunch Bunch

An informal social gathering
for members of the
GFWC Zwaanendael
Women's Club

Nicola Pizza

17323 Ocean One Plaza, Lewes

Thursday, February 27 Noon

Sign up on
Track It Forward

Victorian Tea, Thursday, April 10

The upcoming tea is one of our major fundraisers and the most labor intensive.

For years, the GFWC Zwaanendael Women's Club has been known for its teas. From several a year seating 12-15 in the old clubhouse to our annual Victorian Tea that seats over 100. Regardless of the size, this event is fun for the attendees as well as our members who work so hard to make it a success.

Thank You! To everyone who has already signed up to volunteer.

We are looking for just 2 more TABLE SERVERS and 2 more FOOD PREP People on Tuesday, April 8 from 9:30am to 12:00pm at Kathy's House.

The GFWC Zwaanendael Women's Club invites you to our annual

Victorian Tea

Thursday, April 10
1:00 pm - 3:00 pm
Doors open at 12:00
Lutheran Church of Our Savior
20276 Bay Vista Road, Rehoboth Beach

\$45
Per Person

Wear Your Prettiest Hat or Fascinator

Tables Seat 8 Persons

- Tea, Scones, Tea Sandwiches, and Sweets
- Basket Raffles, 50/50, Mystery Gifts, & Gift Card Tree Raffle
- Live Music



TEA TIME WITH CHERRY BLOSSOMS
Becky Clark, director of publishing at the Library of Congress, will share a colorful presentation on the ancient Japanese custom of flower viewing and its influence on the National Cherry Blossom Festival.

To order your seats go to gfwcZwaanendael.org



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TICKETS NOW ON SALE
Download Ticket Order forms from Z Club Website

Health and Wellness

Chair: Kitty O'Reilly



A TIME WHEN ALL PEOPLE,
ESPECIALLY WOMEN, ARE
ENCOURAGED TO FOCUS ON
THEIR CARDIOVASCULAR HEALTH

Heart Disease Quick Facts

Heart disease is very common. In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. In 2002, 1 in every 5 deaths was caused by heart disease.

High Blood Pressure Is A Leading Cause Of Heart Disease. Nearly half of U.S. adults have high blood pressure, which puts them at risk for heart disease and stroke. Just 1 in 4 people with high blood pressure has it under control.

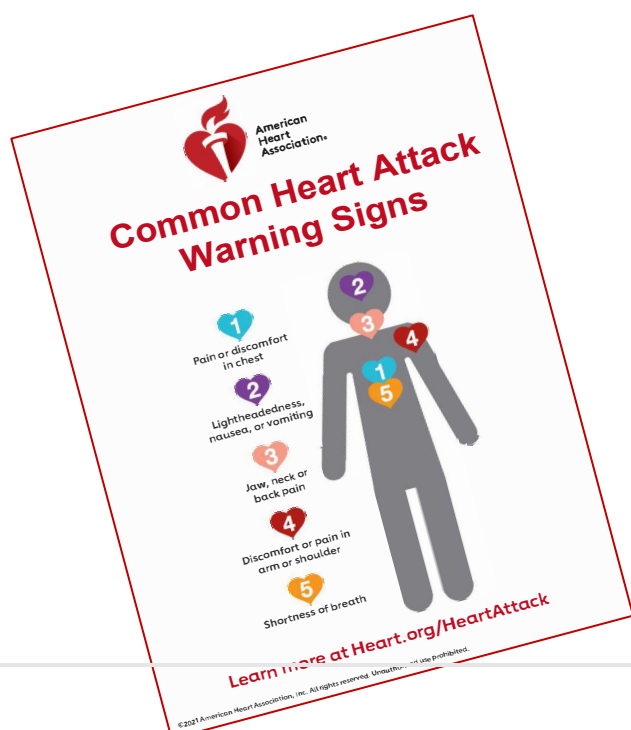
Heart Disease Is Costly. All things considered, the cost was \$252.2 billion between 2019 and 2020.

What is heart disease?

The most common type of heart disease is coronary artery disease which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

Risk Factors

Overweight, physical inactivity, unhealthy eating, and smoking tobacco.



Health Topics Discussion Group

First discussion February 28 at 1:00 PM.
Showfield Club House, 14421 Foals Way, Lewes
Sign up on TIF

Have you recently read an interesting article or book about a health topic? Would you like to discuss it with others? Consider joining other Z Club members to read and discuss a selected reading each month. It is sure to be interesting

The first book for discussion will be The Story of a Heart by Dr. Rachael Clarke. Dr. Rachel Clarke is an NHS (United Kingdom) palliative care doctor and the author of three Sunday Times bestselling non-fiction books.

Her latest book, The Story of a Heart, is a moving and unforgettable story about how one family's grief was transformed into a lifesaving gift. While telling this beautiful true-life story, Dr. Clarke expertly explores the history and many-faceted topics of organ donation and transplantation.

We'll talk about the story and learn more about organ donation. For example,

- 103,223 men, women, and children are on the national transplant waiting list.
- 17 people die each day waiting for an organ transplant.
- 95 is the age of the oldest organ donor. There's no defined cutoff age for donating organs.
- 46,000+ transplants were performed in 2023.

The book is available at the Lewes Public Library, Browseabout Books, Barnes and Noble, Amazon, Kindle and discounted through Walmart online.

Check out this informative and interesting webinar put on by the GFWC Health and Wellness Chair Jolie Frankfurth. *GFWC Learning Gateway: Heart Health Month Webinar with Jude Malone.*

https://us06web.zoom.us/rec/share/xP1lflDc7Lqbukm4zFUmNl-ctnwQHC4FIYzLkQK_EJTB5c5bc75Kma1K7u4BZL5WFulRoA9iowkh4



**Seeking Volunteers
at the 2025 Rally for First Responders
Saturday, May 31**



Rain date, Sunday June 1

Hudson Fields, Milton

Please Sign up on Track It Forward by April 25

**Volunteers needed for shifts from
11:00 am – 1:00 pm; 1:00 pm – 3:00 pm; and 3:00 pm - 5:00 pm**

FRONT GATE

- Take / sell tickets, provide wrist bands and hand out silent auction QR codes
- Assist coordinator with merchandise sales at front gate

INSIDE VENUE

- Assist coordinator with merchandise sales.
- Sell 50/50 tickets while seated at table.
- Sell 50/50 tickets walking around venue with a partner.
you will be given pens, aprons and pouches to hold money and tickets.
- Work at silent auction tent monitoring visitors, assisting with QR code, and contacting winners when auction ends at 4:00 pm.

Questions?
Contact Joyce at
joyce.bauchner@gmail.com

Please Join Us!

Help Support These Vital Organizations that Keep our Community Safe

This Years' Beneficiaries

Lewes, Milton, Georgetown, Indian River and Rehoboth Beach Fire Departments,
Georgetown EMS, Fit 4 Duty, Southern Delaware Unity Team,
Crime Stoppers, DE State Police Honor Guard Association, Camp Barnes,
DE Police Chiefs' Foundation, Community Engagement Unit,
DE State Troopers Benevolent Fund, and Beebe Medical Foundation

2025 Winter Food Drive

Benefiting

Epworth Food Pantry

at Epworth United Methodist Church, Rehoboth Beach

Requested Items

FOOD: Salad Dressing, Canned Fruit, Apple Sauce, Oatmeal, Baked Beans, Canned Peas, Carrots or Mixed Vegetables, Spam, Canned Chicken, Dinty Moore Beef Stew, Pancake Mix and Syrup, Rice in pouches or boxes, Boxed Pasta and Sauce in plastic containers (if available), Mayo, Mustard, Ketchup, Peanut Butter, Jams and Jellies.

PERSONAL CARE: Full-size Containers of Shampoo, Conditioner and Body Lotion, Deodorant, Tissues.

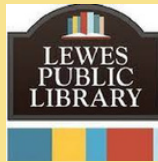
CLOTHING: Hats, Scarves, Gloves, Socks

OTHER: Metal Hand Can Openers.



Sponsored by
GFWC Zwaanendael Women's Club
gfwcZwaanendael.org

Donation Locations



Lewes Public Library
111 Adams Avenue
Lewes

Rise Fitness + Adventure
35770 Airport Road
Rehoboth Beach
Behind Inn at Rehoboth



Lloyd's Market
611 Savannah Road
Lewes

Blooming Boutique, Lewes
Blooming Boutique Accessories, Lewes
Blooming Boutique, Long Neck



In-store Donators Earn \$1 Certificate for Each 2 items Donated

Donate Online at bloomingboutique.com/donate

Online Donators Receive Store Discount Coupon Sheet

100% OF CASH DONATIONS WILL PURCHASE FOOD

January 27 - March 1

Members
Can Also
Bring
Donations
To the
February
General
Meeting
or to
These
Members.

NEIGHBORHOODS

- RED MILL POND NORTH, June Berube, 18700 Golden Sunrise Place
- SENATORS - Deb Cebula, 14335 Allee Lane
- NASSAU GROVE - Emily Amerman Vagnoni, 31700 Corvino Court
- GOVERNORS - Penelope Moreland-Gunn, 11447 Maul Road
- LEWES - Cindy DeEmedio, 326 Savannah Road
- BAY CROSSING - Janet Pietrovito, 34826 Capstan Lane

History Corner

Nancy H. Phillips, Club Historian

1990-1992 Mrs. Mary DeVries

The General Federation of Women's Club Centennial celebration was held in April 1991 in Stango Park. Many state and local dignitaries attended. Club ladies dressed in colonial costumes and served as hostesses to greet guests.

Mayor Alfred Stango read a Proclamation declaring April 24, 1991 as Centennial Day. The gazebo, which was a GFWC Zwaanendael Women's Club CIP project, was decorated in red, white and blue streamers, and bows and flags. The club had exhibit tables on the lawn, showcasing state awards that the club had won. The club ladies congratulated Mary, Club President, for an outstanding job on the event.



Editor's Note: Nancy Phillips was recently contacted by Mary Jo De Vries, daughter of Mary De Vries who passed away in 2021. Mary Jo is sifting through her mom's belongings and has come across some items pertaining to Z Club that she is offering to us for our archives. Nancy will report back to us on what is found.

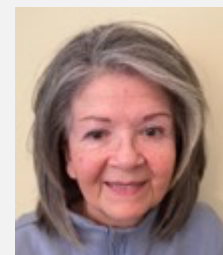
Membership

Chair: Lisa Magnuson

Current Membership: 88

Welcome!

*New Member
Carmen Tucker*





Legislation and Public Policy

Chair: Lynn Barberi

Our goals include keeping our membership informed on relevant legislative activities and to have more of a presence in the community as an organization(especially with local, and state officials).

- Click on this QR code to sign up for alerts from the Legislation Action Center.

- Click on this QR code periodically to check for new bills. Then, if you wish to support any bills, you can click on the proposal and letters are automatically generated to the proper representative(s).



Communications and Public Relations

Chair & Newsletter Editor: Kathy Cochran

March Newsletter Deadline
Monday, March 10

- **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, but email preferred.
- kathyjocochran@comcast.net - 410-371-8892