



Newsletter, October 2024

GFWC Zwaanendael Women's Club

www.gfwcZwaanendael.org zclublewes@gmail.com

A member of the General Federation of Women's Clubs



From the President....A month of Service and Connection

Since our last meeting life has been filled with purpose and connection for GFWC Zwaanendael Women's Club. Our journey of service and advocacy continues with many inspiring events and moments to share.

We came together for the I Support the Girls packing party to support women in need by packing underwear. Continuing our support, several members and I attended the Teacups and Terrariums fundraiser bringing our community together through creativity.

Terry Yates and I attended our first Mid-Atlantic Regional Conference in Harrisburg where we toured Chocolate World and the Milton Hershey Museum and ate lots of CHOCOLATE. 😊 It was a rewarding experience connecting with fellow GFWC members from New York, New Jersey, and Pennsylvania during our busy weekend of meetings.

I attended my first Sussex County Presidents' meeting at the Rehoboth Beach Public Library where I had the opportunity to network with the Presidents of VIA, Milton Women's Club, and Selbyville Women's Club.

I attended the heartwarming and beautiful ribbon-cutting ceremony for the What Is Your Voice House of Hope. And I had the opportunity to visit the Dover Century Club in Dover for their meeting and a special presentation to Jacqueline Sterbach. The Dover Century Club presented her with a Butterfly Mirror they had created from porcelain butterflies made by its members. This mirror will hang in the House of Hope as a symbol of the new lives survivors have built after escaping the trauma and horror of domestic violence and sexual assault

Several of our members and I came out to support the What is Your Voice annual Butterfly Bolt. Following our walk on the Rehoboth Boardwalk we gathered at Kiwi's Kove to hear survivor's stories, celebrate the women who have found their voice, and celebrate Jackie and her staff for the work they do each day, one victim at a time. We helped set up tables, stuff the bus with donations, register participants, and sell raffle tickets.

Such is the life of a Z Club President-filled with opportunities for service, community, and the unexpected twist as I unfortunately found myself coming down with a case of Covid. It was a reminder of how important it is to take care of ourselves even when we are focused on serving others. I am grateful for the dedication of our members and the work we have done and will do together in the days ahead. Stay safe and healthy and continue to connect with strength and heart.



Joyce

Important

We will be taking our group photo before the start of the meeting. I will begin positioning members around 12:50. I would appreciate it if you would try to be all checked in by that time. Thanks, Kathy Cochran

Both October and November General Meetings will take place at the Lewes Public Library

OCTOBER GENERAL MEETING

Tuesday, October 15

Lewes Public Library
111 Adams Avenue

1:00 pm - 3:00 pm

Speaker: Mike Agnew, Site Director for Code Purple

Ongoing Collections

Civic Engagement and Outreach:
Epworth Food Pantry
Mayonnaise, Catsup, Salad Dressing,
Cereal, Pancake Mix, Instant Oatmeal Packets

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

Environment
-Rubber Soled Shoes for Recycling

Health And Wellness
-Used Eyeglasses for the Lion's Club Recycling for Sight
-Lap Blankets for Delaware Hospice / Cancer Patients.



GFWC Delaware 30x30 Raffle



30 Chances to Win!

Tickets on Sale at October Meeting or through Joyce Skrobot
This is one of the 3 annual GFWC Delaware Fundraisers

Tickets are \$15 each - Pay by Cash or Check made payable to GFWC Delaware

One Winner picked each day in November - Each daily prize has a minimum value of \$50



“Sending Stockings Filled With Joy to Our Soldiers In Harm’s Way.”

GFWC Zwaanendael Women’s Club is collecting donated items for our deployed servicemen and women who are serving during the holidays. We are pleased to announce that *Rise Fitness and Adventure* in Rehoboth Beach will be partnering with us on this collection.

Two Lewes Drop Off Locations

Feel free to leave donations on their front porch.

NASSAU GROVE NEIGHBORHOOD

Joyce Bauchner, 32015 Carneros Avenue
Gate code to enter Nassau Grove: September/10554; October 11870

SENATORS NEIGHBORHOOD

Dianne Stevens, 17309 Venables Drive

Donations Accepted Through Friday, October 18

...or you can bring your donations to the September 17 & October 15 general meetings

Suggested Donation Items

NO aerosol cans, bars of soap, hand sanitizer

- DVD Movies
- Music CDs
- Paperback Books, *no romance novels*
- Pocket Games & Puzzles
- Crossword & Sudoku
- Beanie Babies
- Phone cards, *AT&T*

- Hand/Foot Warmers
- Fly Swatters
- Toothbrushes & Small Toothpaste
- Crew Socks, Mole Skin
- Toiletries & Lotions, *small packages*
- Chap Stick & Lip Balm
- Razors, *individuals or packs*
- Baby Wipes, Foot Powder, Sun Block

- Small Candy and Mini Candy Bars, Christmas and Halloween Candy
- Cookies/Nuts/Pretzels/Trail Mix, *less than 12 oz. size*
- Flavored Drink Mixes, single packets, lemonade, teas, hot cocoa, coffee
- Ramen Noodle Soup, *no Cup of Noodles please as they do not fit in stockings*
- Small Individually packaged meals: tuna, lasagna, beefaroni, fruit, *8oz or less preferred*

Also...

Soldiers Appreciate Getting Personal Holiday Messages of Support & Friendship, and Letters of Appreciation from Children.

Include return address/email if you wish...you might hear back from a soldier.

You Can Make a Financial Donation to Help with Shipping Costs.

Make checks payable to Z Club and give/mail to Joyce Bauchner. (Address above)

StockingsForSoldiers.org

- Chewing Gum
- Fruit Roll-ups/Gushers/Cracker Jacks
- Slim Jim’s/Beef Jerky
- Granola/Fruit/Breakfast Bars

In addition to our Stockings for Soldiers Collection, Civic Engagement and Outreach is also collecting SOCKS FOR THE MALE AND FEMALE RESIDENTS OF HOME OF THE BRAVE. Donations can be brought to the October meeting or contact Maureen at Maureen.Keeney@gmail.com

Membership

Chair: Lisa Magnuson

\$40 DUES
for club year 2024-2025
are due no later than
November 19.

Make checks payable to
"Z Club"
and
Mail to
PO Box 100
Lewes, DE 19958
Attn: Membership

*Payments will also be accepted
at the October and November
General Meetings.*



*Please take this time to check
your listing in the Membership
Directory that can be found in
the Members Area of the club
website and advise of any
changes to address, phone, etc.,
with your dues payment.*

Thank you!

Celebrating Membership Anniversaries

October – One Year

Adrienne Fernekees

Inge Gallagher

Karen Kabat

Joan Millard

Welcome New Members

Bridget FitzPatrick Joined September 17

Kathy Shea Joined September 30

Theresa De Temple Joined October 7

Margaret Mulvaney Joined October 7

CURRENT MEMBERSHIP 95

The Member Directory Now Has Clickable Email Links

The email addresses in the member directory are now clickable links.

You can just click the link to initiate an email to that member.

Cochran Kathy
37495 Washington Street
Rehoboth Beach, DE 19971
410-371-8892 (cell)
KathyJoCochran@comcast.net

Get to Know Recently Joined Members



Kathleen DeCataldo – Joined September 5

Kathleen became aware of the Z Club at the Lewes Historical Society Holiday Bazaar. She is newly semi-retired and looking for an opportunity in Lewes to volunteer and give back. Kathleen has served on several boards and volunteered with many organizations, including at the schools where her children attended, literacy programs and mentoring. She enjoys yoga, gardening, reading and long walks on the beach. Kathleen is married, with two grown daughters that reside in Washington, DC. She and her husband have a wire-haired pointing griffon named Lucy that her girls call the favorite child! Kathleen has joined the Legislation and Public Policy Committee.

Bridget FitzPatrick – Joined September 17

Bridget has lived in the Lewes area about 4 years and joined the Z Club because she wants to get involved with the community. She has a long and extensive background in non-profit management, development and public relations. Bridget has managed many non-profits including a performing arts organization, a 2600 seat cultural theatre and event venue. She acted as the Vice President of Advancement for a private two-year college and has served on boards for women's and children's advocacy organizations. Currently, Bridget is a freelance writer focusing on local history and human-interest stories. She has 4 adult children and 4 grandchildren.



Kathy Shea – Joined September 30

Kathy was introduced to the Z Club by Sue Crawford. She enjoys gardening, floral design, reading, traveling, meeting new people, painting and experiencing the wide range of community events in our area. She has been active with Lewes in Bloom, Dufflebags & More and the Mary Martha Circle of the Bethel United Methodist Church.



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

All Hands
on Deck
for This
Major
Fundraiser

Here Are Some Ways You Can Participate

- Sign Up On TIF to PROVIDE BAKED GOODS to be Delivered on Friday, December 6
- Sign Up On TIF to ASSIST WITH SET UP ON FRIDAY, December 6
- Sign up on Tif to WORK A SHIFT ON SATURDAY, December 7 (Various times available)
- ASK A BUSINESS YOU SUPPORT TO DONATE A GIFT CARD for Our Gift Card Tree Raffle. We can provide you with a letter to present.
- PROVIDE A GIFT CARD for Our Gift Card Tree Raffle.
- PROVIDE ITEMS FOR A RAFFLE BASKET. Seeking Items for These Theme Baskets: Red Wine, Beach, Spa, and Pets. Feel Free to Create Your Own Theme Basket.

Questions? Items to Donate?

Contact Vickie Burrier at VMburrier@gmail.com – 717-309-4739

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.



Vivek Murthy, the Surgeon General of the United States, has declared Loneliness an epidemic. The following are suggestions from the Surgeon General: "Our individual relationships are an untapped resource—a source of healing hiding in plain sight. They can help us live healthier, more productive, and more fulfilled lives."

Each of us can start now, in our own lives, by strengthening our connections and relationships.

- * Answer that phone call from a friend.
- * Make time to share a meal. Listen without the distraction of your phone.
- * Perform an act of service.
- * Express yourself authentically.
- * The keys to human connection are simple, but extraordinarily powerful.

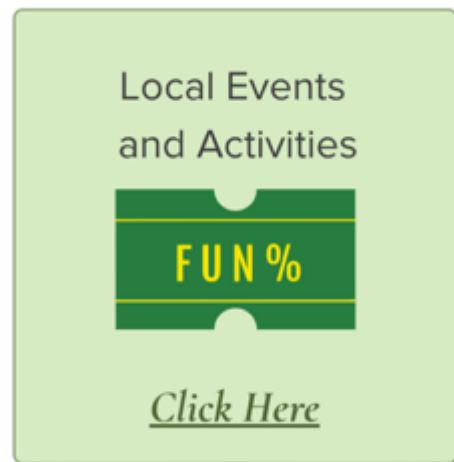
Get to Know Your Z Club Members Better: The H&W Committee is offering a variety of group activities including: (a) a discussion group on current health topics, (b) organized walks facilitated by an H&W Committee member, (c) attend local health events and (d) knitting groups for all levels of knitters, beginners to advanced.

You will find out more about these activities and how to sign up at the October 15 general meeting. We hope you will find them interesting and fun!



Arts & Culture

Co-chairs: *Deb Cebula & Connie Rivette*



DID YOU KNOW?

Last spring the Arts and Culture Committee began compiling a list of local events and activities and posting them to the Z Club website Home Page for you and everyone in the community to view.

If you haven't already, click on the FUN button to view this list that is updated regularly.

Please let us know if you think this is helpful. And let your friends know about this FUN resource.

Deb & Connie

History Corner

Nancy H. Phillips, Club Historian

1990-1992 Mrs. Mary DeVries

- *The September club meeting began with a salad/ luncheon for perspective members. Seven guests attended the meeting.*
- *On September 29, members cleaned the local Delaware beaches in " Get the Drift and Bag it " campaign .*
- *The club hired Kitchens by Connors to restore the clubhouse kitchen. The costs was \$ 5,000.*
- *The October meeting speaker was Dr. John Adams, a retired orthopedic surgeon and Lewes councilman. Dr. Adams gave a summary of how the Lewes council works and the current issues facing the town of Lewes. Dr. Adams went on to be the Lewes Mayor in 1992.*

Civic Engagement and Outreach: Lighthouse for Broken Wings/Sheltering Hearts

Co-chairs: Adrienne Ponzini & Judy Pagani

Hello Z Club Members,

It's hard to believe the summer is almost over! The Sheltering Heart Program at Red Mill Inn will begin the fall season September 1st and continue through November 30th 2024. The number of people staying at the Inn is 40 adults and 15 children under the age 10. We will be preparing dinner for all 55 people and preparing lunch for 30 people. Dinner is divided so you can choose to prepare the entire meal OR just a part of the meal.

When preparing dinner for adults and or children, please include a protein, starch, vegetable, and salad. Please include water bottles for the adults and juice boxes for the children. Fresh fruit and or dessert is always welcomed.

Below are the links for dinner and lunch. Don't forget when signing up to click on "Save and Continue". Then on the next page indicate under "Quantity" how much of the meal you plan to cook. Then type in your name and email and click on "Sign Up Now". If you have any questions about how to use Sign Up Genius or anything else, don't hesitate to call, text or email me.

Thank you for all that you have done over the years and for considering cooking this fall. I could not do this without you.

Kind regards,
Toni Short 302 727 3168
lighthouseforbrokenwings@gmail.com

Click the link or copy and paste into your web browser.

Dinners

<https://www.signupgenius.com/go/10C0D44A4AE2DA7FFCF8-50970747-sheltering#/>

Lunches

<https://www.signupgenius.com/go/10C0D44A4AE2DA7FFCF8-50970747-sheltering#/>



Z Club Lunch Bunch

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



Blackwall Hitch
52 Rehoboth Avenue
Rehoboth Beach
302-226-0550

Wednesday, October 23
Noon

Sign up on Track It Forward

If you must cancel, you should also do so on Track It Forward

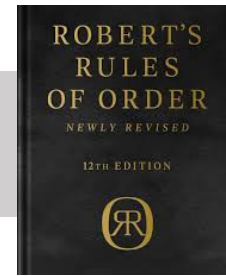


GFWC STATE CLUBS TREE ORNAMENTS

GFWC clubs across the country have been asked to help decorate the Christmas tree at GFWC headquarters in Washington, DC. Each state will submit one ornament. The Delaware ornament will be selected from submissions at the GFWC Delaware Executive Board meeting on October 17.

If you are interested in submitting an ornament, please know that ornaments should be between 4" and 5", with a color scheme of silver, gold, white or clear, or any combination of those colors.

Submissions must be to Joyce Skrobot by October 15th.



For easy reference, this protocol can always be found in the Members Area of the Z Club website.



Protocol For Bringing New Matters To The Floor at GFWC Zwaanendael Women's Club Meetings

Members raise new matters by making a motion.

How to make a motion: You state specifically what you want the group to do. It appears in the minutes and then you sit down. Do not give reasons for the motion or begin discussion yet. Just make the motion.

Example of a motion: I move the Z Club buy a beach wheelchair for \$1500 and donate it to Cape Henlopen State Park.

The motion must be seconded to be discussed. The Chair calls for a second. If not, seconded the matter is dropped and cannot be raised again at that meeting. If seconded, it is open for debate.

Debate: The chair recognizes the person who made the motion to speak first. After speaking the person sits down. The chair then asks is there anyone who wants to speak in opposition or amend the motion. That person can speak.

Example of Opposition: I think since we bought a wheelchair for the beach last year, we should do something different with our funds.

Example of Amendment: If we donate it to the State Park it won't be used locally. I move to replace Cape Henlopen State Park with Lewes Beach. If the amendment is seconded the person who made it can speak for it.

Debate continues with the chair alternating between those for and against the motion and the amendment. The chair can limit or extend debate.

The chair can choose to put the question for a vote by the group. You would first vote on the amendment. If it passes as amended, you are done. If it does not pass, you vote on the original motion.

The chair can move to table the motion by saying "I move to table the motion to the following meeting." If that is seconded and passed the motion is treated as Old Business at the following meeting. **At the following meeting,** the chair raises the motions as Old Business. The chair can ask if there is any more debate on the motion or amendment. When that is done, the chair puts the matter up for a vote, first the amendment and if that does not pass, the original motion.



What Is Your
Voice
—
Butterfly Bolt



National Day of Service
Food Drive to Benefit Epworth Food Pantry
Thanks! To Lloyds Market for Helping Us
Collect 1,173 Pounds of Food



I Support The Girls, Teacup Terrarium Fundraiser



Communications and Public Relations

Chair & Newsletter Editor: Kathy Cochran

November Newsletter Deadline
Monday, November 11

- 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 members and the community.
 - Let me know about your events and activities so I can come and take photos.
 - Any photos you may have can be sent to me via email or text
kathyjocochran@comcast.net - 410-371-8892

Dover
Century
Club

