



Newsletter

July 2022

GFWC Zwaanendael Women's Club

www.gfwcZwaanendael.org

ZClubLewes@gmail.com



A member of the General Federation of Women's Clubs

Enjoy Your Summer



Next General Meeting

Tuesday, September 20, 1:00 pm

Lewes Public Library

Welcome New Members

June Berube, Joined July 13

Domestic and Sexual Violence Awareness and Prevention

School Supply
Collection



2022 School Supply Drive
Benefitting What Is Your Voice Kids
Collecting through July 31

How to Donate

- Drop off on Terry Yates' porch at 17277 Venables Drive, in the Senators Neighborhood, Lewes
- Drop off at the Karen Wearden Office of Edward Jones, 17723 Coastal Highway, Lewes. Enter off of Savannah Road near Five Points.

WIYV School Supply List 2022

75 of each needed unless otherwise specified

- Ticonderoga #2 pencils
- Crayola colored pencils, 12 pc packs.
- Crayola Markers 10 pc packs
- Crayola crayons 24 pc packs
- Bic or Papermate brand pens. Variety of blue and black
- Sharpie highlighters, 4 pc packs. Mix of yellow and multicolor packs
- Loose leaf college ruled paper, 125 or 150 pages per packs
- Spiral notebooks
- 40 - composition notebooks
- 10 - 5 inch kids scissors
- 40 - 7 inch adult scissors
- Elmer's glue sticks, 2 or 4 pc packs
- Avery binders: 5 - 1 inch ; 10 - 1.5 inch, 5 - 2 inch
- 35 - Binder dividers
- 55 - pencil pouches
- Personal hand sanitizers
- Puffs tissue boxes
- 20 teenager sized "boy" backpacks
- 10 teenager sized "girl" backpacks
- Remainder 17 backpacks mix for elementary/middle school kids sizes



Z Club Lunch Bunch

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

*Monday, August 15
Noon*



Big Fish Grill

20298 Coastal Highway
Rehoboth Beach
302-227-3474

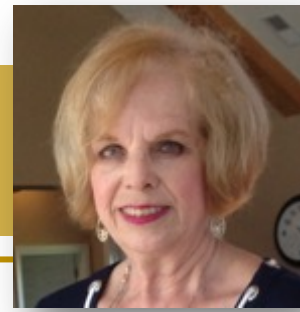
Please RSVP to Lynn at dr.LynnBarberi@gmail.com
by Friday, August 12

We Hope to See You There!

If you respond you are coming and then find you cannot make it after all please let Lynn know so we can adjust our reservation.

History Corner

Nancy H. Phillips, Club Historian



A Little Bit About My Work...

I volunteered to become the Club Historian in the fall of 2018 shortly after joining Z Club. My first task was to visit the Lewes Historical Society Museum to see the club's collection housed there. I met with Denise Clemons, LHS archivist, who graciously gave me a tour of the archives and showed me over 100 years of Z Club history that consists of records and artifacts housed in ring binders, scrapbooks, archival folders, and drawers. I thought "Where do I start?" and decided to start in 1905, the club's founding year. I began reading through the early Day Books where meeting minutes were recorded and then sharing my findings in the History Corner of our monthly newsletter.

I try to research areas in the past that connect to current activities. The day we presented the 2022 Nursing Scholarship I shared information about our past nursing scholarships. I also found that we began our support of the Lewes Fire Company in 1956 with a \$10 donation and shared that at the time our 2021 donation of \$500 was presented to them. These connections demonstrate the longevity and growth of our club.

I also compile a scrapbook at the end of each president's term that contains newsletters, fundraiser information, agendas, newspaper articles, member profiles, and other information that tells the story of that president's term.

I have invited Kathy Cochran to visit the museum with me and she has taken photos that are used on our website, in our newsletter and shared with club members at meetings.

Since I began, I have found so many fun facts, artifacts and newspaper clippings about past club happenings. The club's past continues to spark new ideas for the future.

I love being a history sleuth!

Nancy



*Delaware State Federation of Women's Clubs
125th Annual Convention, May 17 – 19, 2022*



Z Club Earned the Following Awards

1st Place, GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention

1st Place, Membership

2nd Place, Civic Engagement and Outreach

2nd Place, Education and Libraries

Honorable Mention and Creativity Award, Communications and Public Relations

Honorable Mention, Environment

1st Place, Maxine McWhorter-Ungerbuehler, Member Writing Contest, Poetry

Although our primary goal is to serve our community it is always nice to have our hard work recognized.

Congratulations Ladies!

Learn on the next page how you can enter next year's photography or writing contest



To help celebrate the state's 125th convention, a parade of fashions through the decades was held. Our own Terry Yates represented The 1940's as Rosie the Riveter.



Maxine McWhorter-Ungerbuehler, seated, receives her GFWC 50-year service pin from Deb Hiob, President, Selbyville Community Club. Maxine, also a Z Club member, has held numerous positions throughout Delaware.

Photography and Writing Contests

Each year the state holds a member writing contest (poems and short stories) and a member photography contest. Next year's entries must be written or photographed during the period January 1 - December 31, 2022. Details on these contests can be found in the January, 2022 newsletter posted on the club website under "Press/News" tab.

You may have already taken the winning photograph!



July is Healthy Vision Month

FIVE TIPS FOR A LIFETIME OF HEALTHY VISION

AMERICAN OPTOMETRIC ASSOCIATION (AOA)
OFFERS SIGHT-SAVING TIPS

Every waking minute, your eyes are working hard to see the world around us. According to AOA's annual American Eye-Q® survey, 40 percent of Americans worry about losing their eyesight over their ability to walk or hear.

It's Easy to Incorporate Steps into Your
Daily Routine to Protect Your Vision!



1

SCHEDULE YEARLY COMPREHENSIVE EXAMS

Seeing a doctor of optometry regularly will help keep you on the path to healthy eyes.



PROTECT AGAINST UV RAYS

No matter the season, it's important to wear sunglasses.

2

3

GIVE YOUR EYES A BREAK FROM DIGITAL DEVICE USE

Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.



EAT YOUR GREENS!

Eat five servings of fruits and vegetables each day—particularly the leafy green variety.

4

5

PRACTICE SAFE WEAR & CARE OF CONTACT LENSES

Follow your optometrist's recommendations for use and wear – keep them clean!



American Optometric Association

AOA.ORG

To learn more about eye and vision health, or to find a nearby doctor of optometry, please visit www.aoa.org. To find out how AOA members donate their services to help Americans save their sight through its charitable programs, visit www.aoafoundation.org.

Recycle for Sight

An ongoing program to collect used eyeglasses.

- Bring your used eyeglass, including sunglasses and reading glasses, to any Z Club monthly meeting.
- We will deliver them to the Lions Club for their *Recycle for Sight* Program
- Eyeglasses will be sorted, cleaned and shipped to mission sights to be dispensed to adults and children in need.
- Broken glasses are recycled for scrap with earnings benefitting local Lions and Leos projects.
- Your donations will be truly appreciated!

*Look for the
Eyeglass Collection Box
at Monthly Meetings.*

Great News!

A guest at our Victorian Tea was so impressed with our work that they recommended Z Club for a donation from the Carolyn S. and Donald F. Obrecht Foundation. We have received a check for \$5,000 to be used as we deem appropriate to further our service to the community.

At the September meeting we will discuss the best way to distribute this money as well as proceeds from our spring fundraisers.

If you have any new ideas on this subject, please let me know.

Lynn

Safety Deposit Box Key

We are trying to locate one of the keys for the club safety deposit box. If you know anything about this, please contact Lynn Barberi or our new treasurer Penelope Moreland-Gunn.

dr.lynnbarberi@gmail.com morelandgunn@gmail.com



TIF TEAM: Kim Ash, Lynn Barberi, Kathy Cochran, and Sue Olkowski

On behalf of our TIF TEAM I want to thank everyone who has started using Track It Forward (TIF) to record your volunteer hours and donations. We currently have 50% participation in the program and we need your help to reach our goal of 100% participation by September.

Contact me today and I will get you started in just a few minutes.

Kathy

Kathyjocochran@comcast.net / 410-371-8892

Need to Learn How to Post to TIF?

Contact me to get you started. We can meet in person or I can talk you through it over the phone in a few minutes. Even if you think you have no hours to post we want to set you up so you are ready to go for the fall. It is soooooo easy.

Already Posting to TIF?

Have You Remembered These Hours and Donations?

Attended the Lewes Historical Society Tour: Post in the **Arts and Culture** category. The cost of the tour should also be included as a donation.

Purchased/Sold Geraniums: Time spent selling to your friends and neighbors, delivering the order form, picking up geraniums, delivering to your friends. Post in the **Fundraising/Geranium Sale** category. The cost of geraniums you purchased should also be included as a donation.

Worked at or Attended the Victorian Tea: Time spent working at (set up, serving, clean up) or attending. The cost of your ticket and any money spent on raffles should also be included as a donation. Post in the **Fundraising/Victorian Tea** category.

Attended the May Happy Hour: Post in **Membership**. The cost of food you prepared should be included as a Gift In Kind (GIK) donation.

Lunch Bunch: Post time in **Membership**.

Notes: Always Include Travel Time to and from events. Round up your time. Estimate food ingredient costs.

Go to the Members Area of the Z Club website for TIF Frequently Asked Questions.

GFWC Holiday Open House, Washington DC Bus Information

Date is Actually
WEDNESDAY
December 7

Save the Date

GFWC Holiday Open House
Monday, December 7

GFWC Federation Guild has secured the bus for the trip to the GFWC Holiday Open House.

The bus will leave the Blue Hen Mall in Dover with an additional stop at the Food Lion Shopping Center in Bridgeville.

Contact **Peggy Long** to add your name to the list
302-538-6971

For more information on GFWC Headquarters, a historic building that also serves as the home of the current GFWC president, go to the Z Club website/About/GFWC & DSFWC and click on "A visit to GFWC Headquarters"

Details and cost of bus to follow.

*Seeking co-chairs for the annual
Holiday Bazaar and Raffle
Saturday, December 3.*

*Please contact Lynn Barberi
if you can assist
with this important fundraiser.*





CONTINUE TO SAVE YOUR USED SNEAKERS & RUBBER SOLED SHOES

You can leave your used sneakers on the front porch of Cindy DeEmedio at 326 Savannah Road in Lewes or bring to a monthly meeting.

Z Club supports the Nike used sneaker program that shreds used sneakers for playground material. This is an ongoing program.



*The Z Club newsletter is emailed to members mid-month.
Past newsletters can be found on the club website.*

COMMITTEE CHAIRS: Please let us know what is happening with your committee so that information can be shared with members.

Kathy is always happy to take photos to document your event.

Please submit photos and information to KathyJoCochran@comcast.net

Recent Thank You Notes



Milton Theatre

Dear Vickie Burrier & the GFWC Zwaanendael Women's Club,

Thank you for your donation of \$320.00 on June 8, 2022 to the Milton Theatre Scholarship Fund! For your records, our EIN: 81-5483283.

We pride ourselves in the support we provide to children with a passion for the arts. Keeping the spirit alive in each generation is vital to the preservation of our community. We never turn away a child with a desire to perform due to an inability to pay. Your donation to our scholarship fund will support two students at one of our summer camps and hopefully spark a lifelong interest in the arts for them.

As the Director of the Milton Theatre, I would like to personally thank you for making this important work possible. None of this would be possible without you and the support of our entire community.

Thank you again, and we do hope to see you soon at the Milton Theatre.

With deep gratitude,

Fred Munzert
Director