



# Z Club News

January 2026

GFWC Zwaanendael Women's Club

*A member of the General Federation of Women's Clubs*



## 2026 - A New Year of Service, Connection, and Community Impact

As we step into this new year, Z Club is abuzz with activity and continues to shine through meaningful acts of service, compassionate outreach, and a shared commitment to supporting those around us.

Our ongoing partnership with the CHEER CENTER offers opportunities that bring companionship, joy, and support to our local seniors. Whether through conversation, activities, or simple presence, these moments make a difference.

Our work at the Epworth Food Pantry and with Lighthouse for Broken Wings continues to be a vital lifeline for families in need. Volunteers are helping to ensure that shelves stay stocked and that those in our community receive nourishment with dignity and care.

The Health and Wellness Committee, as part of its ongoing speaker/conversation series, welcomes input from our Z Club members about recent health experiences. These gatherings offer a space for learning, reflection, and community building - an important reminder that wellness is something we cultivate together.

Two events also happening this month is "Human Trafficking Awareness - Online Exploitation" hosted by Sister2 Sister on Saturday, January 17 at The Crossing Church; and a community-wide packing party for the Delaware Dignity Project (Formerly I Support The Girls) at the Cambria Hotel in Rehoboth Beach on Monday, January 19. There has been a terrific response from our club with over 20 members already committing to attend. Details about both events can be found below.

A fresh calendar always feels like an invitation – a clean slate with a little spark of possibility! I am so glad we are stepping into 2026 together.

In Appreciation and Gratitude,

*Joyce*



Please  
Note  
Location

## January General Meeting

Tuesday, January 20

1:00 pm – 3:00 pm

Margaret H. Rollins School of Nursing  
424 Savannah Road  
Behind Beebe Hospital

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The 2026 Nursing Scholarship Will be Awarded To  
**Francesca Heller**

*This annual scholarship is awarded to a nursing student who has achieved academic excellence at completion of the fall semester during their first year. This scholarship award is in the amount of \$2,000.*

Communications  
and Public Relations

February Newsletter Deadline  
Friday, February 6  
Note earlier deadline

Kathy Cochran,  
Chair & Newsletter Editor

*Lunch  
Bunch*



*A Monthly Social Gathering for Club Members*

Wednesday, January 29  
Sunny Bay Café  
236 Rehoboth Avenue, Rehoboth Beach  
Noon  
Sign up on TIF

It's All Hands on Deck  
for this Major...and Majorly Fun...Fundraiser  
Full details on how YOU can help at the January Meeting

## 2026 Victorian Tea

Thursday, April 16

1:00 pm - 3:00 pm

\$45 per person

**Tickets on sale January 31**

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### ❖ Victorian Tea Volunteer Opportunities ❖

#### COOKING

Monday, 4/6

Tuesday, 4/14

Wednesday, 4/15

#### DAY OF TEA

Sell Raffle Tickets

Room Clean Up

#### GENERAL SET UP

Wednesday, 4/15

#### POST TEA

Launder Tablecloths and Napkins

Wash Trays

TABLE SERVER/HOSTESS

Sign up on TIF - Questions? Contact Kathy 410-371-8892

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### ❖ Raffle Items ❖

- We are collecting Mystery Gifts and Gift Cards
- You can bring items to the January meeting.
- At the meeting, Vickie will be explaining what type of baskets/items she is seeking.

Questions? Contact Vickie at [vmBurrier@gmail.com](mailto:vmBurrier@gmail.com) - 717-309-4739

ESO 2025 READING  
LISTS  
DUE JANUARY 31

You can submit your reading list to

Muriel Pfeiffer via mail or email

[muriel6177@aol.com](mailto:muriel6177@aol.com)

13 Apache Ave., Millsboro DE, 19966

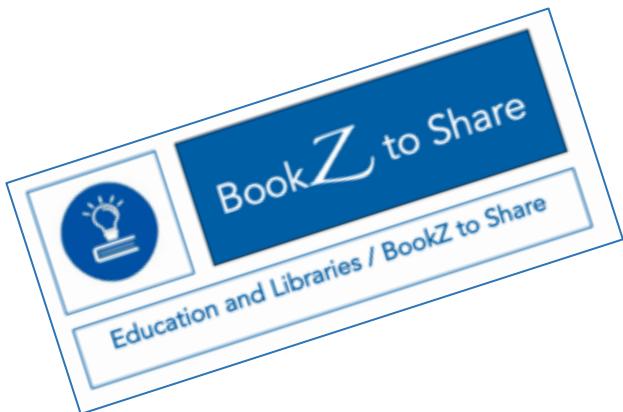
or

Bring to January Meeting where they  
will be collected by Pam and Karen

MENTORS STILL NEEDED FOR  
CAPE HENOPEN  
SCHOOL DISTRICT

Contact Kim Hoey Stevenson  
for more information

[Mentoring@cape.k12.de.us](mailto:Mentoring@cape.k12.de.us)  
302-703-3522



Don't forget to bring your  
BookZ to Share to general meetings  
and peruse our stacks  
for some winter reading.



We are now offering an opportunity to review  
books you share. Forms available at the  
meeting that you can complete and insert in  
books before they are left.

Membership  
Chair: Lisa Magnuson

Membership Report as of  
January 15

89 Members  
88 Active Members and 1 Honorary Member

## Welcome New Members

Kate Henkel - Joined December 1  
Barbara Harlin - Joined December 11

## January Membership Anniversaries

Celebrating Five Years  
Penelope Moreland-Gunn

Celebrating One Year  
Carmen Tucker



***I Support the Girls is now the Delaware Dignity Project (DDP)*** focusing 100% of their resources on the needs in our state. Check them out at [www.DelawareDignity.org](http://www.DelawareDignity.org) or <https://www.facebook.com/delawaredignity>

**DDP Packing Party, January 19** - On MLK Day, help package supplies. Sign up on TIF to record your hours. Details on flyer.

# Health and Wellness

Chairs: Ann Marie Ackerman & Kitty O'Reilley

## HEALTHY HABITS: Sleep Is the Most Underrated Health Habit

You don't need a new supplement. You need better sleep. Start by protecting your last 30 minutes before bed – no screens, no stress. Just calm.

### "My Experience With..."

*The Health and Wellness Committee,  
as part of its ongoing speaker/conversation series,  
welcomes input from our Z Club members.*

Fill in the blanks: "My Experience With..." to share with our members a health issue you or a family member or friend has undergone. This is not to be invasive to your privacy. Instead, it is meant to be educational and informative so that others can benefit from your experience and suggestions.

It could be anything health-related, whether it is preventive measures, or an illness or injury that you feel other Z Club members should be aware of as it may affect them at some point as well. Examples include eye or vision care, orthopedic recovery, physical therapy or even managing health care for a family member or friend in need.

WHEN: FRIDAY, JANUARY 30, 2026

WHERE: SHOWFIELD CLUB HOUSE – 14421 Foals Way

TIME: 10:00am – 12:00pm

Sign Up on TIF

If you are interested in sharing your experience or would like to learn more about what others have experienced, please join us. Members and guests typically meet in small and intimate groups. In advance, thank you for sharing your personal experience with us.



Domestic and Sexual Violence Awareness and Prevention  
Chairs: Terry Yates & BetteJayne Barney



Saturday, January 17, 2026 at 11AM – 2PM  
**Human Trafficking & Online  
Exploitation Community  
Awareness Event**  
Public - Event by S2S - Sister2Sister

Human Trafficking &  
Online Exploitation Community  
Awareness Event

Saturday, January 17  
11:00 am – 2:00 pm

The Crossing Christian Church  
15183 Coastal Highway, Milton DE

- Learn the signs of human trafficking and online exploitation and how to protect families and communities.
- Donations accepted: hygiene items, feminine products, hats & gloves, and school supplies to support survivors.
- Sponsored by Sister 2 Sister DE, in partnership with Survivor Ventures & Zoe Ministries

**WIYV NEEDS  
GROCERY BAGS**

*We are collecting  
paper and cloth  
grocery bags for  
What Is Your Voice.*

*You can bring to  
January meeting  
or contact  
Terry Yates.*

**GFWC PHOTO AND  
WRITING/POETRY CONTESTS**

- GFWC Photo and Writing Contests cover work that was created between January 1 and December 31, 2025.
- Contest details can also be found in the GFWC Manual - Photography Contest, page 222/223, and Writing Contest page 228/229.
- You can access the GFWC Manual in the Members Area of the Z Club Website.
- Entries should be submitted to Joyce Skrobot by February 12.

Questions? Contact

Sharon Stein

GFWC Delaware Writing Contest Chairperson

[drsstein@comcast.net](mailto:drsstein@comcast.net)

301-980-8738 Cell/Text



**GFWC**  
est. 1890  
**GENERAL FEDERATION  
OF WOMEN'S CLUBS**

# Preserving Our Legacy

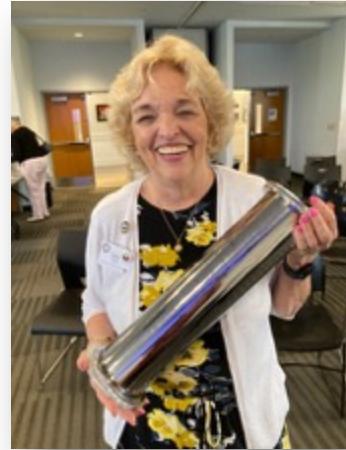
## A Time Capsule Project

The GFWC Zwaanendael Women's Club is taking a meaningful step toward preserving its history, achievements, and history by creating a time capsule that will be buried and uncovered in the year of our 125<sup>th</sup> anniversary. This project is not about storing objects - it's about capturing the energy, dedication, and community that define our club history so future members can look and see how far our organization has come.

### What's Going Inside?

What goes inside is up to YOU. The time capsule should reflect the club's identity, accomplishments, and memories from this year forward until our 125<sup>th</sup> anniversary. Here are some thoughts about the treasures to be included:

- Photos of board members that have helped shape the club's direction, representing the teamwork and commitment behind every initiative.
- Photos from service projects and social gatherings, that showcase the heart of Z Club and its members in action.
- Flyers that highlight the creativity and outreach efforts that helped grow the club and spread its mission.
- Meeting minutes that record decisions, discussions, and plans that guided the club's progress throughout the years.



### Why a time Capsule?

This project serves as a bridge between today's members and the GFWC Zwaanendael Women's Club of the future. When the capsule is opened in five years, new leaders and members will gain a firsthand look at the club's evolution, and celebrate growth, traditions, and spark inspiration for the years ahead.

### Our Gift to the Future

The time capsule is more than a container - it's a message of hope, pride, and continuity. By preserving these memories, Z Club ensures that our story lives on, reminding future members of the passion and purpose that built the foundation they stand on. When we unearth the capsule, the Z Club community will have the opportunity to rediscover the memories and appreciate the journey we traveled.

If you have additional thoughts, ideas, messages etc. that you think should be included, do not hesitate to reach out to Z Club historian Nancy Phillips. Let's make sure the future of Z Club has a window into the incredible work happening today and in the future.

*Joyce*

## Arts and Culture

Chairs: Deb Cebula & Connie Rivette



REHOBOTH BEACH  
**FILM SOCIETY**

Please Join the Arts and Culture Committee for  
*the Reel Art Appreciation Film Series*

### *Caravaggio*

Wednesday, February 11 @ 1:00 pm

Cinema Arts Theater

17701 Dartmouth Drive, Lewes

Tickets \$15 / Members \$12

1) PURCHASE TICKETS at [RehobothFilm.com](http://RehobothFilm.com).

To attend with the group, please reserve by Friday, January 23

2) LET DEB CEBULA KNOW YOU ARE COMING by signing up on  
Track It Forward or emailing [DCebula57@gmail.com](mailto:DCebula57@gmail.com), by Friday, January 23



*Five years in production, this is the most extensive film ever made about one of the greatest artists of all time – Caravaggio. Featuring masterpiece after masterpiece and with first-hand testimony from the artist himself on the eve of his mysterious disappearance, this beautiful new film reveals Caravaggio as never before. For more info go to [RehobothFilm.com](http://RehobothFilm.com)*  
*Join us for a post-film Q & A with Jamie Moore, Rehoboth Art League.*



## Coming In March



"Sending Stockings Filled With Joy to Our Soldiers In Harm's Way."

# Thank You!

