



# Newsletter

June 2022

GFWC Zwaanendael Women's Club

www.gfwcZwaanendael.org      ZClubLewes@gmail.com



A member of the General Federation of Women's Clubs

June, 2022

Dear Members of the GFWC Zwaanendael Women's Club,

It is truly my honor to serve as your President for 2022-2024! Working together with our newly elected board, I am confident that we women will continue to serve and improve our community in myriad ways.

To our many long-term members, I hope to honor the legacy you have created in making the GFWC Zwaanendael Women's Club one of the most celebrated clubs in the state of Delaware. You have shared your time and talents hundreds of times over the years. Debra A. Strahanoski, in her introductory letter as our new GFWC International President, recognized club members like you who have shown your "compassion, service and philanthropy" time and time again.

To our returning members, the last two years have shown that even a global pandemic couldn't stop us from our volunteer efforts to help others. Our wonderful President, Vickie Burrier led our members to "think outside the box" and managed to find ways to both raise funds and make donations in record numbers. We are a wonderful group of caring women whose creativity in helping others is second to none.

To our newest members, welcome! It makes me very happy to know that so many women are joining our wonderful club. What gifts and talents would you like to share with us and with the community? As you read through our website, you will see that we have many areas of service that match your interests.

In order for me to be a successful president, I know that I need many more of you to serve as leaders within our organization. Are you ready to step up and lead a committee within one of our Community Service Programs? Most of these have chairs and co-chairs, but all could use your help! These include Arts and Culture, Civic Engagement and Outreach, Education and Libraries, Environment, Health and Wellness and The GFWC Signature Program: Domestic and Sexual Violence Awareness and Prevention.

While only our board will meet in the summer, our first general membership meeting is scheduled for September 20, 2022 (always the third Tuesday of the month) at 1PM at the Lewes Library. Please mark your calendars and plan to join us!

Additionally, there will be a special leadership workshop sponsored by the GFWC Delaware State Federation of Women's Clubs held in Dover on October 20 to which you are all invited. Please mark your calendars now and more details will follow.

Thank you for trusting me to lead our wonderful GFWC Zwaanendael Women's Club. It is truly a privilege and my pleasure to serve you.

Sincerely yours,

*Lynn*

Lynn C. Barberi, Ed.D.



*Vickie Passes the gavel to Lynn*

CONGRATULATIONS TO OUR 2022-2024 OFFICERS



Lynn Barberi  
President



Maureen Keeney  
Vice-President



Penelope Moreland-Gunn  
Treasurer



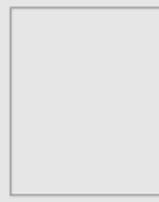
Eva Dupont  
Assistant Treasurer



Eileen Spangler  
Recording Secretary



Ellen Grillo  
Corresponding Secretary



Parliamentarian



Vickie Burrier  
Director

*Next General Meeting Tuesday, September 20*



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

## Education and Libraries

Chair: Sue Olkowski



Ride anytime  
June 1 - June 30



For details go to  
[Lewes.lib.de.us](http://Lewes.lib.de.us)

## Attention Bike Riders

### Support our Library While You Ride

*Sign up for the  
library newsletter here.*

## 2022 Scholarship Winner Sarah McClung

Sarah McClung was chosen as the recipient of the Z Club annual Cape Henlopen High School scholarship for 2022. This year's scholarship award was \$2,000.

Sarah will be attending the University of Delaware and plans to study Psychology.



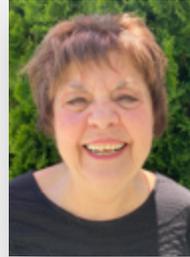
# *Welcome New Members*



*Lisa Magnuson  
Joined April 20*



*Ann Marie Ackerman  
Joined May 2*



*Judy Bernat  
Joined May 17*



*Darlene O'Neill  
Joined June 6*

## New Member Induction, May 24



*(l-r) Ann Marie Ackerman, Mary Aufseeser, Joanne Fabiano, Judith English, Judy Bernat, Melanie Steinmetz, Betty Jane Barney, and Lisa Magnuson.*

# History Corner

Nancy H. Phillips, Club Historian:

## Z Club Photographs Included in Lewes Temporary Art Installation at George H.P. Smith Park

Earlier this year we were approached by artist Rose DeSiano who was seeking historical photographs to be included in an art installation commissioned by the Lewes Public Art Commission. Ms. DeSiano created Absent Monuments, two large obelisks made of reflective material that sit atop two tile platforms that feature historic photographs of marginalized groups throughout the history of Lewes.

Be sure and plan a visit to view it!



3 Photographs from the Z Club archives included are (top center) 1905, original Z Club Ladies; (center bottom) Day Book #1; (top left and right) 6 composition books used for minutes.

At our April general meeting Denise Clemons, archivist at the Lewes Historical Society, spoke to the membership about the museum and some of the interesting ways items are acquired. She also shared items from the Z Club collection housed there.



Z Club Items on Table: Silver Tray presented to club 3/1/60 by DSFWC for "Outstanding Participation" Day Book #1, 1905; 50<sup>th</sup> Anniversary tray.

Shoe found in the walls of the Cannonball House. (Not part of the Z Club collection.)



Original photo of Z Club ladies (and others) from 1905, and card describing photo.

Picture on the front around 1900  
 Information gotten from Mrs. Wilson (Mrs) Ingren Sept. 19, 1977  
 Going East  
 - Back Row (Left) next to man Helser Yieder  
 2<sup>nd</sup> From Right top (Ed Maull Sr. Grand mother) Miss Linda Yieder  
 (1<sup>st</sup> Zwaanendaal Club Pres 2/6/1905) CLARA MAULL  
 3<sup>rd</sup> From Right Bottom - Mrs. Roman (lean) Tammeny  
 4<sup>th</sup> Bottom Row - MEGGIE ORR  
 1<sup>st</sup> Middle Row (ow) Mrs. Thomas (Elizabeth) Ingren  
 Mother of Pat Deaton (Completed by Denise Clemons)  
 Grand mother of Club Pres (Mrs) [unclear]

# Spring Fundraising Totals

(approximate)



Geranium Sale \$4,100



Victorian Tea \$7,000

Congratulations  
everyone  
on an  
Outstanding Job!

*Ladies , Just Wow!*

*What a wonderful Tea Party Event ! I so enjoyed helping out and getting to chat with other members. I'm excited that next year I can volunteer to adopt a table as my Aunt is giving me her China set !! Hoping for chairs for 2023 so we can do this again.*

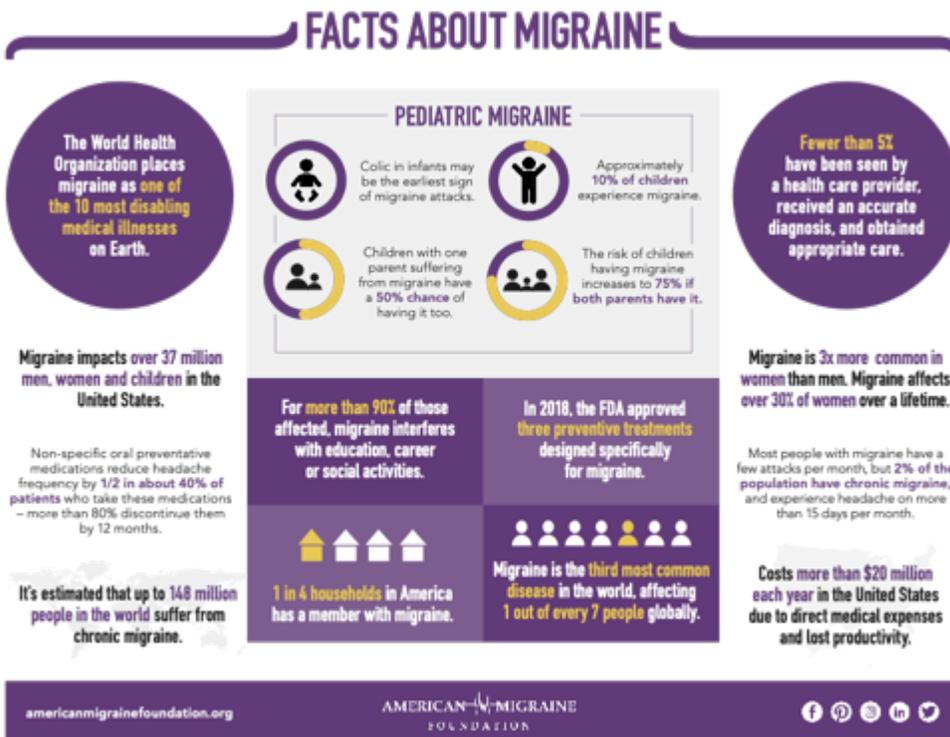
*Lisa Burnam*



# Health and Wellness

Chairs: Denise Burke and Kitty O'Reilly

June is National Migraine and Headache Awareness Month



A **migraine** is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so severe that it interferes with your daily activities.

The exact cause of migraine headaches is unknown. Genetics and environmental factors appear to play a role.

There are a number of migraine trigger, including Hormonal changes for women, Alcohol, Caffeine, Stress, Sensory stimuli, Sleep changes, Physical factors, Weather changes, Medications, Foods, and Food Allergies.

As many as **half** of migraine sufferers go undiagnosed. A simple **screening tool** (below) will help more people get a proper diagnosis. Sometimes headaches have serious causes not identified by the screener, but the test should get patients and doctors talking about what is going on.

If you answer **yes to at least two** of these three questions, you could have a migraine. Make an appointment with your doctor to discuss your headaches and what treatment option will be best for you.

- Has a headache limited your activities for a day or more in the last three months?
- Are you nauseated or sick to your stomach when you have a headache?
- Does light bother you when you have a headache?

Even if you have a history of headaches, see your doctor if the pattern changes or your headaches suddenly feel different. **See your doctor immediately or go to the emergency room** if you have any of the following signs and symptoms, which could indicate a more serious medical problem: An abrupt, severe headache like a thunderclap; Headache with fever, stiff neck, confusion, seizures, double vision, numbness or weakness in any part of the body, which could be a sign of a stroke; Headache after a head injury; A chronic headache that is worse after coughing, exertion, straining or a sudden movement; New headache pain after age 50.

Health and Wellness  
Committee

## Celebrating Nurses

In recognition of National Nurse's Week, the GFWC Zwaanendael Women's Club presented Beebe Healthcare nursing staff with a poster to demonstrate their sincere appreciation and praise to all the nurses who selflessly share their skill and compassion to provide exceptional healthcare for our community, and honor and celebrate nurses this week and all year long. The staff was touched and grateful for the recognition.



(l-r) Sue Carroll, Z Club Health and Wellness Committee; Beebe Healthcare nurses Dareth Penuel, Jen Whaley, Jessica Ketterman, Loretta Ostroski, Tara Cooper, Jamie Dickerson, Liz Zehner, and Dani Blankenship

Arts and Culture  
Committee



On June 8, A check for \$320 was presentation to Milton Theater to sponsor a child for the theater's 2022 youth camp. (l-r) Terry Yates, Fred Munzert, Director of Milton Theatre, Deb Cebula, and Connie Rivette

# Arts and Culture

Chair: Deb Cebula & Connie Rivette



Lewes Historical Society  
Tour



# Environment

Chair: Maureen Keeney



(l-r) Lisa Marchione, Dan Cochran, Maureen Keeney, Lynn Barberi, Joanne Fabiano, Sue Carroll, Cindy DeEmedio, Mary Yonych, Alex DeEmedio, Terry Yates, and Bill Yates. Not shown, Kathy Cochran and Buster Yonych

## National Trail Days at Cape Henlopen State Park



Kathy Herman and Margaret Bracco

### 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, Lewes.

*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.  
Recent 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.*

Please submit photos and information to [KathyJoCochran@comcast.net](mailto:KathyJoCochran@comcast.net)

