



Newsletter

April, 2020

GFWC Zwaanendael Women's Club

www.GFWCZwaanendael.org

ZClubLewes@gmail.com

A member of the General Federation of Women's Clubs



Dear Ladies,

During these unusual times we continue to serve our community and function in the same unified way. And thanks to Eva Dupont's skills we were able to vote remotely for the first time in club history.

Congratulations to our newly elected club officers for 2020-2022: Vickie Burrier, President; Lynn Barberi, Vice-president; Mary Kosowski, Treasurer; Eva Dupont, Assistant Treasurer; Mary Anne Rocks, Recording Secretary; Cindy DeMedio, Corresponding Secretary; and Ellen Grillo, Parliamentarian. Their term begins on June 1.

Many of you are spending your time cleaning out closets and organizing your homes. Be sure to look at the lists of the items we collect included at the end of this newsletter; You may run across some of these items.

Thank you to everyone who is assisting Adrienne with providing lunches for the Immanuel Shelter families. Please log your hours under Home Life and also include the cost of ingredients as Gifts In-Kind. If you would like to help with May lunches, see the article on page 3.

Thank you to those sewing masks and cutting fabric. Your hours should be recorded under Public Issues.

Traditionally, this is the time when we reflect on what we have accomplished. This year we are also celebrating what the suffragettes accomplished 100 years ago and we are looking back at the early years of our club. Please enjoy the information that our Historian, Nancy Phillips, and Public Issues chair Kathy Ruth have provided here.

Missing you,

Terry



2020-2022 Board Members



Vickie Burrier
President



Lynn Barberi
Vice-President



Mary Kosowski
Treasurer



Eva Dupont
Assistant Treasurer



May Anne Rocks
Recording Secretary



Cindy DeEmedio
Corresponding Secretary



Ellen Grillo
Parliamentarian

Immanuel Shelter Lunches Needed

There are still open dates for anyone interested in providing lunches for the Immanuel Shelter families.

Please contact Adrienne Ponzini if you are able to help anytime from May 9 through May 31.

After two moves, these families are currently residing at the American Inn in Rehoboth Beach.

Dear Ladies,

You have made and continue to make a difference in the lives of the guests of Immanuel Shelter. You, the members of the Z-Club have:

- Provided over 3,200 lunches.*
- Supplied baby diapers, baby food, wipes, and sneakers and clothes for the older children.*
- Provided the adult guests with shampoo, conditioner, first aid kits, bandages, band aids, etc.*
- Given monetary gifts so that we are able to provide items not donated such as water, juice, peanut butter, jelly, bread, and more.*
- Kept them warm and well dressed with winter coats, jackets, blouses, sweaters, shirts, slippers, shoes, and underwear.*
- With the help of the Bethany Beach Ocean Suites, provided the children with Easter pails full of goodies, and provided the children and adults with homemade decorated Easter cookies .*

I want you to know that everything we have done and continue to do for the guests of Immanuel Shelter is much appreciated. We are the "Awesome Z Club Ladies." Thank you!

*Sincerely,
Adrienne*

What is Your Voice?

Jacqueline Sterbach shared with us that she is getting very few donations and her supplies are dwindling. If you are able to donate any of the following items, they can be left on Terry Yates' porch.

- Pancake Mix – Syrup – Granola Bars – Cookies – Chips - Goldfish Crackers
- Laundry Detergent – hypoallergenic if possible -
- Alfredo Sauces -
- \$10 gas cards -

Save the Date:
June 5 & 6
What is Your Voice
Yard Sale

We will be looking for:

Organizers for Friday, June 5;
Shift workers for Saturday, June 6;
and Cookie Bakers.



Education: Scholarship

Application
Deadline
Extended to
May 1



Applications are now being accepted for the Z Club \$1,000 scholarship to be awarded to a Cape Henlopen High School 2020 graduating senior who will be continuing their education at a college or a vocational technical school. Applications can be obtained by visiting the Z Club website. Completed applications are due by May 1.

History Corner

Nancy H. Phillips , Club Historian

We travel back in time to 1905 at the beginning of the Zwaanendael Woman's Club in Lewes. The following meetings were held in March, April and May, 1905. During each meeting, the members sang, shared poems, served tasty treats, and served their community .

3/3/05 President Lena Tammany, The meeting was convened. The club had a reading of current events. They had an instrumental selection and a reading of the poem, " The Raven " by Edgar Allen_Poe.

3/31/05 They mentioned the Zwaanendael Women's Club for the first time.

4/21/05 It was moved, seconded and carried that the club join the Federation. Early meetings contained parliamentary drills. The meetings were held weekly on Fridays at 3:00 p. m. for one hour.

4/1905 The club planted trees at the Lewes Public School. It was stated that the trees be thereafter called Zwaanendael Trees.

5/5/1905 This meeting was devoted to the children. Many members brought their children to the meeting. The program consisted of a duet by Mrs. Gorman and Mrs. Virden. A selection of poems were recited by Mrs. Henderson. A Japanese song was performed by Miss Twilly, in costume. A children's song was sung by all the members and children, " Ten Little Fingers". At the conclusion of the meeting, sherbet and fancy cakes were served



Immanuel Shelter

Dianne Stevens and Cindy DeEmedio are two of the many ladies who prepared lunches.



Kathy Cochran baked and decorated Easter cookies.





Silent Sentinels Begin Suffrage Protest

January 10, 1917

On this day in history, the Silent Sentinels began their two and a half years long protest in front of the White House demanding Women's Suffrage. They were organized by Alice Paul, Lucy Burns, and the National Woman's Party. The women began on January 10, 1917 and protested for six days a week regardless of weather conditions, until June 4, 1919 when the Nineteenth Amendment was passed by both the House of Representatives and the Senate.

The name Silent Sentinels was given to the women because of their silent protesting. Using silence as a form of protest was a new way to principled, strategic, and rhetorical strategy within the national suffrage movement and within their own assortment of protest strategies.

The two-and-a-half year long protest sparked outrage, fury, beatings, scorn, derision, and arrests. The horrific conditions of the Occoquan Workhouse (beatings, torture, rotten food, lice, rats, and the force feeding of the suffragettes with raw eggs to break their hunger strike protest) ignited public sentiment and brought the cause further to national attention.

After Congress passed the Nineteenth Amendment on June 4th, the suffragettes turned their attention to state ratification. Tennessee turned out to be the tipping point state on August 18th, 1920, becoming the thirty-sixth state to ratify the 19th Amendment. It won by a single vote. Legislator Harry T. Burn had opposed the amendment but changed his position after his mother sent him a telegram saying **"Dear Son, Hurrah! And vote for suffrage! Don't forget to be a good boy and help Mrs. Catt put the "rat" in ratification."** The rest is history.

FACE MASKS: Our New Normal



"Several members of the GFWC Zwaanendael Women's Club have partnered with Beebe Hospital, Nanticoke Hospital and the Sussex County First Responders to cut and sew a variety of protective face masks. Hundreds have been delivered so far. Some of our members are also teaming with the Volunteer DE Face Mask Project to obtain supplies and deliver finished masks to a central location for distribution. Any member seeking more information about this project can email me at dr.lynnbarberi@gmail.com. The group can also be found on Facebook at vol.DE Face Mask Project."

Lynn Barberi

"I have made a total of 45 masks and counting. If anyone wants any, I will be glad to make them. You can pick them up on my front porch after I call you when they are ready. I make them in faith and hope, so please don't try to pay me for them. If anyone has single fold bias tape or shoelaces they want to donate, I'd be grateful for those. You could leave them on my porch also. The nurses are wearing them for long periods of time and the elastic is causing sore ears."

Sue Olkowski



Making Masks and Coping with Social Distancing

A Personal Essay by
Mary Anne Rocks

Terry asked me to write a little something about my experience sewing masks for the hospital. In the latter part of March, Beebe Healthcare reached out to the community requesting certain medical supplies and home-made masks in preparation for "the surge". Instructions for mask making were found on their website. If you sew they were fairly easy to follow and most sewers had the required supplies on hand anyway.

"Why do I sew masks?" The question is easy enough. As a retired nurse the project appealed to me.

The Z Club women are accustomed to helping in our community but since most of us are in that "vulnerable group" and need to practice "social distancing" this is almost impossible. One obvious answer is we can sew masks at home while quarantined and still help the community.

But what else does "sewing masks" accomplish? I already told you I am a retired nurse. As a nurse I've found that sewing masks has helped me. Sewing masks gives me some focus in my life which is important in this stressful time. It helps with self-care.

The CDC has many recommendations to help ourselves during this time. It's important for our emotional well-being to follow a daily schedule. Making a schedule and sticking to it helps prevent depression and isolation. Write down your schedule and cross off items as you finish them. Get up and go to bed at a specific time. Make your bed. Get dressed before 9 o'clock.

Sewing masks is part of my daily schedule but also... Clean out those closets. Gather items that can be donated when we are out of lockdown. Coats, clothing, shoes and housewares can be used by What is Your Voice, Lighthouse for Broken Wings and People's Place. Remember, Domestic Violence shelters are working overtime right now and these items will help survivors set up new living arrangements.

Make lunch for Immanuel Shelter. Grocery stores can deliver to your home if you are afraid to venture out. Adrienne will pick up and deliver lunches if you're unable.

Get some outdoor time. Use this time to clean your deck and outside furniture. This year many gardens will look astounding! Generally, I walk my dog. I don't always feel like it but sun exposure improves serotonin levels in the brain and wards off depression.

Pray. Praying outdoors in the sun is even better. There are services online if you miss going to church or synagogue.

Call your friends and family. Have a Facetime or Zoom visit. Trust me, if I can handle it technologically, anyone can!

Spend part of your day reading or gaming. I'm not a game player but recently I discovered "Wordscapes". It keeps my brain engaged.

Limit social media and watching the news. It just creates more stress in your life.

Try eating healthy and limit alcohol. I find I can't snack when I'm making masks. The material will get really messy. 😊

In the evening I reward myself by watching old episodes of "Grey's Anatomy". Mindless but entertaining.

If keeping a schedule doesn't help and you are feeling down, call your doctor. Depression can be a response to stress. Monitor yourself. Sleeping too much, insomnia, excessive drinking, staying in your pajamas all day, or just laying on the sofa much of the day are all symptoms of depression. You can find Depression Self Tests online.

So, Terry, yes, I make masks for Beebe but it helps me as well as the community. I'm sure this isn't quite what you expected but I'm still a nurse. We all need to take care of ourselves as well as others.



Remember When...

*Paint With a
Purpose
to benefit What Is
Your Voice?*

November, 2018



Directory Update

Maxine McWhorter-Ungerbuehler's email address has changed and the club directory has been updated with her new information.

A Cup of Tea With Friends



3/25/20

Today I reached out to all my friends who were coming to the Victorian Tea and suggested that we all raise a cup of tea to each other at 12 o'clock today. Just had to share with you what one of my crazy friends has done to make us smile.

Pinkies Up, Ladies!
Cindy DeMedio



Susan B. Anthony (1820-1906)

Champion of temperance, abolition, the rights of labor, and equal pay for equal work, Susan B. Anthony became one of the most visible leaders of the women's suffrage movement. Along with Elizabeth Cady Stanton, she traveled around the country delivering speeches in favor of women's suffrage.

Susan B. Anthony was born on February 15, 1820 in Adams, Massachusetts. Her father Daniel, was a farmer, a cotton mill owner and was raised as a Quaker. Her mother, Lucy, came from a family that fought in the American Revolution and served in the Massachusetts state government. From an early age, Anthony was inspired by the Quaker belief that everyone was equal under God. That idea guided her throughout her life. She had seven brothers and sisters, many of whom became activists for justice and emancipation of slaves.

After many years of teaching, Anthony returned to her family who had moved to New York State. There she met William Lloyd Garrison and Frederick Douglass, who were friends of her father. Listening to them moved Susan to want to do more to help end slavery. She became an activist, even though most people thought it was improper for women to give speeches in public. Anthony made many passionate speeches against slavery.

In 1848, a group of women held a convention at Seneca Falls, New York. It was the first Women's Rights Convention in the United States and began the American Suffrage movement. Her mother and sister attended the convention, but Anthony did not. In 1851, Anthony met Elizabeth Cady Stanton. The two women became good friends and worked together for over 50 years fighting for women's rights. They traveled the country, and Anthony gave speeches demanding that women be given the right to vote. At times, she risked being arrested for sharing her ideas in public.

Anthony was good at strategy. Her discipline, energy, and ability to organize made her a strong and successful leader. Anthony and Stanton co-founded the American Rights Association. In 1858 they became editors of the Association's newspaper, ***The Revolution***. Anthony began to lecture to raise money and help support the Association's paper and spread the ideas of equality and rights for women. She became famous throughout the country. Many people admired her, yet others hated her ideas.

In 1905, she met with President Theodore Roosevelt to lobby for an amendment giving the vote to women. That amendment wouldn't pass until 1920. Sadly Susan B. Anthony wouldn't live to see it. She died at her home in Rochester, New York on March 13, 1906 at the age of 86. Shortly before her death, Susan reportedly told a friend at her bedside, "To think I have had more than 60 years of struggle for a little liberty, and then to die without it seems so cruel."

WHAT WE COLLECT

Please take a moment to glance over these lists ...you never know when you may run across these items.



The Home Life Committee Collects the Following Items for the
Cape Henlopen High School Clothing Closet

New or Gently Used School Appropriate Clothing

- Girls & Boys Hoodies
- New Boxers, Sports Bras, Sports Socks
- Athletic Wear
- PJ Pants
- Backpacks & Tote Bags

And....Click link for complete list of accepted and not-accepted items

https://docs.wixstatic.com/ugd/58a3da_8f7b54778d62479599bebb9f13fdcae9.pdf

Please Label Your Donations
"CHHS Clothing Closet"

Questions? Contact Cindy Winkler



The Domestic Violence Awareness and Prevention Committee
Collects these items for the

People's Place, SAFE Program

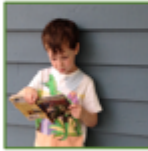
- Slippers and socks (winter) and flip flops (summer) for women and children
- Small toys, books or gifts for women & children
- Personal care items including unopened hotel size shampoo, body wash, etc.
- All items should fit into a gallon size bag

Please Label Your Donations
"Peoples Place"

Questions? Contact Mary Anne Rocks or Lauren Rose



The Conservation Committee Collects the Following Items



BOOKS

For the Little Free Libraries at Cape Henlopen State Park.
Especially looking for children's books, but all kinds accepted.



USED SNEAKERS/RUBBER SOLED SHOES

For Nike to recycle into playground surfaces in under-served communities.



PET SUPPLIES

For the Delaware Humane Society.
Towels, blankets, toys, pet food, etc.

Please label your donations "Conservation"

Questions? Contact Kathy Herman



The Home Life Committee Collects the Following Items for the Lighthouse for Broken Wings

- Scott brand regular toilet tissue
- Anti-bacterial soap
- Men's and women's clothing
- Groceries

Please Label Your Donations
"Lighthouse for Broken Wings"

Questions? Contact Adrienne Ponzini

Ongoing Volunteer Opportunities

Committee/Event	Date	Needs	Contact
HOME LIFE Lighthouse for Broken Wings	Ongoing	Prepare a meal, or part of a meal, for 12-14 people. Your choice of date and menu. Work alone or with 1 or 2 of your Z pals.	Adrienne Ponzini
DOMESTIC VIOLENCE AWARENESS & PREVENTION Group Home for Girls	Ongoing This volunteering currently on hold	<ul style="list-style-type: none"> - Assist with Homework. - Teach a cooking session. - Plan a fun activity for girls. 	Mary Anne Rocks

Send your answer to this riddle to Terry Yates

The first person to solve last month's riddle was Nancy Phillips.

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?



Newsletter Deadline

Please submit information for the newsletter to
KathyJoCochran@comcast.net

**Deadline for the May newsletter is
Monday, May 11**

*The newsletter is emailed to members mid-month
and can also be found on the club website.*