



VIA Newsletter



A member of the General Federation of Women's Clubs

VIA NEWSLETTER ISSUE 2019.2

FEBRUARY 2019

FROM THE DESK OF CAROLE . . .

I think a HERO is any person really intent on making this a better place for all people. Maya Angelou



February is always my up and down month. First, it's an up because it's staying light longer, at least till 5:30; then it's down because the temperatures still go down in the 20's. I know it's February! Then it's back up again because the Super Bowl is the first Sunday in February, but then, it's back down because football season is over after the first Sunday. Here's the best back up, it's muskrat season in Delaware, my favorite local dinner and the down

is when the dinner is over the fried muskrat is gone!

But no matter what ups and downs there are for me, the VIA carries on with our fundraising meetings, most of our committees continue to meet, the DSFWC Board will meet at our clubhouse, our Board as well as our General meeting will meet. There are no ups and downs for the VIA. As we move forward, our members (most on a committee by now) are caring volunteers, insuring a positive impact on the people, and organizations in our area.

Carole Suchanek President

Did You Know?

- In 1784 — Benjamin Franklin expressed unhappiness in a letter to his daughter Sarah, over the choice of the bald eagle as the symbol of the United States of America. He stated his preference: the turkey.
- In the Delaware State Police there are 729 troopers of which 96 are women. At 13.2% Delaware currently has the highest percentage of sworn in female troopers nationally.
- The Los Angeles Rams have been in the Super Bowl three times (twice as the St. Louis Rams) with 1 win & 2 losses. In the XXXVI Super Bowl, the Rams loss 20-17 to the New England Patriots! 17 Super Bowls ago.

2019: VIA Celebrates 110 Years!



In the early twentieth century bathing attire covered much of a woman's body. Consequently, when the suits became wet, they were heavy and it became difficult to safely leave the surf and get back onto the beach without help. So, the VIA ladies solved this problem with a safety line from the ocean to the beach in order for the bathers to pull themselves out of the water. Ingenuity was a hallmark for VIA thinking!

Rose Marie Patin, 110th birthday celebration

PRESIDENT'S SPECIAL PROJECT



CIP MERR Seismic Testing Talking Points

Five permits have been approved to allow seismic testing for oil and gas deposits from New Jersey to Central Florida. The Bureau of Energy Management (BOEM) in the Department of the Interior must issue the final permits and this is expected in the near future.

We may be encouraged to write, call or email to state our opposition to the seismic testing

Our governor signed two bills at our Rehoboth Bandstand in September to protect our coastal waters by prohibiting drilling for oil and gas in the Delaware Coastal Zone however the Federal Government may grant these activities beyond our granted state zone.

Seismic Testing involves *air gun blasts* that occur every 10-15 seconds for days, weeks, and months that are towed out in the ocean by ships with arrays of 48-96 air guns. These blasts can be heard up to 2500 miles from the source.

These blasts are a disruptive force for whales, dolphins, seals and porpoises and cause:

- Hearing loss, both temporary and permanent
- Brain swelling and hemorrhaging
- Internal organ damage
- Displacement and disorientation
- Loss of prey source
- Inability to stay connected with social group and offspring

Sound is their most important sense for navigating and finding food and staying connected!

1 blast every 15 seconds = 4 blasts per minute=240 blasts per hour= 5,760 blasts per day=
40,320blasts per week= 172,800 blasts per 30-day month

A N D

Seismic testing and drilling are guaranteed to produce water contamination just from daily operations. A spill would be devastating to any coastal community. Delaware's clean beaches are the anchor to Sussex County's 1.7-billion-dollar tourism economy that supports 18,000 jobs!

Jean Brolund and Sue Scaglione, CIP co-chairs

UPCOMING EVENTS . . .

Fundraising Dinners



Wow ladies, thank you so much. Dinner tickets for the Land and Sea dinner were a sell out! Tickets are now available on line for the Mardi Gras dinner under events in the Member's Area. Secure your ticket soon for another amazing dinner of Slow roasted beef brisket, Bar-b-que smoked chicken and Bar-b-que smoked pork from Bethany Blues along with rum infused baked beans, coleslaw, and corn bread before it sells out! Last day for purchasing tickets will be February 28. Ticket price is \$30 and we promise to provide you with another night full of excitement, games, and door prizes. Wine will be available for sale as well at \$5 a glass. Doors open at 5:30 with dinner being served at 6:15 pm.

Georganna DArchangelo and Kay Monack, co-chairs

“While looking in the MERR see what you can Sea”

**Fashion Show April 6, 2019
10:30 AM to 2 PM**

**Atlantic Sands Hotel
\$40 per ticket**

Tickets on sale February 13 on line
Tech assistance is available for purchases at February 13 Meeting

Needed: bottles of alcohol and wine,
little things to go in baskets.
Please bring to meeting

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Basket of Cheer call Judy Haines  
947-1701 OR 908-963-3278

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information call Patty 302-542-0537

WINE TASTING at BIN 66



It is almost time for “*Last Call*” for the Wine Tasting on Sunday afternoon February 24, 2019, from 4:00 – 6:00 at BIN 66. Come and enjoy 6 wines with some light bites from Mariachi’s and Big Fish Grill. Tickets are \$20 in advance and \$25 at the door. Tickets are on sale now on our website. Please make your reservations right away as a **minimum of 60 people MUST be guaranteed by Monday February 18.** Invite your friends and neighbors for a fun winter afternoon!

Carol Hall and Ann Sebastian, Co-Chairs Wine Tasting

COMMUNITY SERVICE PROGRAMS

Arts



Thank-you to all the committee members who attended the January meeting.

- Upcoming: “Costuming the Crown” opens March 1st at Winterthur. Check the Arts table for additional info.
- Events being planned – “Tubs of Art.” More info to come.
- Don’t miss these art happenings...
 - RAL Jewelry Trunk Show on February 9 & 10.
 - City Hall has paintings in the open area. Some of the works are on loan from RAL.
 - “Crystal Blue Persuasion” at the Milton Arts Guild.
 - The Rehoboth Beach Film Society offers some excellent films.
 - RAL and Milton Art Guild also offer a variety of classes to feed your creative soul. Check the websites for dates, times, and admission fees.
 - Check the Arts Table for upcoming events and gallery openings.
- Calling all VIA artists. Do you have a talent that you would like to share with us? Zentangle, Dirty Pours, Photography, Flower Arranging to name a few. Contact Cathy or Edith.

GET CREATIVE!! GET INSPIRED!!

Catherine Cofrancesco and Edith Caputo, co-chairs

Conservation



Thanks to everyone that helped with our Martin Luther King’s National Day of Service Project. GFWC set a goal to have each club in the state participate in a project on January 21. Mother Nature did not cooperate with our original plan to clean up our dune. However, we were able to meet and work on a surprise project that will be revealed at the May luncheon. Members who helped on this conservation project also brought cleaning supplies that were delivered to Immanuel Shelter. They were VERY appreciative! Two projects in one day. GO VIA!!!

Upcoming Events:

- March 13: VIA Meeting – SPCA supply drive (more info to follow)
- March 16: Dune Planting – 9-noon. Location to be announced.
- April 22: Earth Day – VIA Dune clean up

Carole Baker, Chair

EDUCATION

March 2 is Dr. Seuss day!



We will be adding to the celebration by providing funds to two Cape Henlopen schools to purchase books for their libraries. Visit the Education table at our February general meeting to help us fill Dr. Seuss's Hat with donations. We're hoping to complete the collection we started last meeting. With our current Dr. Seuss budget and what we have collected so far, we are two thirds of the way there. It is \$9 a book; so please bring a few dollars, or whatever you can spare, to help our schools.

Book Club - Save the Date! The VIA Book Club has been chosen as one of the community discussion groups for the Rehoboth Reads book selection: *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson.

The public will be invited to join us as we discuss this book on May 13 from 1:00 – 2:30. This project was coordinated through Browseabout Books and the VIA Book Club will be promoted as part of this Community Reads Program.

Book Club Meetings

- February 18 – 1:00 pm
Killers of the Flower Moon by David Grann. In the 1920s, the richest people per capita in the world were members of the Osage Indian nation in Oklahoma. After oil was discovered beneath their land, they rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off.
- March 18 – 1:00 pm
Little Fires Everywhere by Celeste Ng.

Winter has not stopped usage of our Book Box by the community. Thanks for keeping books in your trunk so you can continue to keep it filled but not stuffed! Thank you for all your contributions!

Kathy Osterholm, shorefunrb@verizon.net

Lois Porterfield, Chair flablings@gmail.com

HOME LIFE

At the February 13 meeting we will have the annual food collection for the Cape Henlopen Food Basket. This is an emergency food service in the Cape Henlopen School District that provides assistance to anyone needing help. Check the January newsletter for foods to bring in grocery bags with handles. No outdated foods please! Sincere thanks, Linda Crowe

TRACK IT FORWARD

Don't forget to go online and enter your volunteer hours, include your donations and Gifts In Kind (GIK). Each year, these are very important items when we calculate the final totals. Get credit for what you do and what you give!

ONGOING ACTIVITIES:

- Immanuel Shelter Dinners: February 11, March 4. Sign up on Track It Forward.
- Volunteers needed at Community Resource Center and Cape Henlopen Food Bank.
- Conley Chapel Soup Kitchen, sign up with Gail Geno.

- Caring Stitchers are knitting for Community Resource Center. Contact Ann Ward.
- April will be the Baby Pantry semi-annual baby shower. Pick up winter clothes on sale now and bring to the meeting.

FEBRUARY SPEAKER

Kim Wescott, MS, RD, LDN, CSO Registered Dietitian, Medical Nutritionist at Beebe Healthcare. Find out what's important for our mental and physical being.

NEW ACTIVITIES

In the coming months a few new Home Life activities will be available. Stay tuned! Details to follow! Film at 11:00!

Moment for Health – For the Love of Chocolate

Dark chocolate, with at least 70% cacao, may have a positive effect on mood, memory and stress levels, thanks in part to its potent antioxidants which help fight inflammation and promote blood flow.



The kind of bar you choose is key: avoid ones with a laundry list of ingredients and loads of sugar. Two good options are Thrive Market Organic 72% Dark Chocolate and Alter Eco 85% Deep Dark Blackout. You only need a quarter of a bar daily to reap the rewards. Eating dark chocolate that's high in cocoa with almonds may lower bad "LDL" cholesterol. Sweet!

Sources: Journal of the American Heart Assn and Lee Berk, Dr.P.H., M.P.H. study coauthor and director, Clinical Molecular Psychoneuroimmunology Research Lab, Loma Linda University.

Kate McKenzie, Chair

INTERNATIONAL OUTREACH



Thanks to all who contributed 677 pairs of shoes, valued at \$4,062 to the Water Step program in 2018. In addition to the donated shoes from All Saint's Thrift Shop we delivered 3,306 pairs of shoes to the collection point. This translates to three chlorination systems, each of which is capable of filtering 10,000 gallons of water each day. Well done!!

During these cold winter days consider cleaning out your closet and gather those gently used shoes to the Water Step project. With your help, our goal is to double our VIA shoe collection from last year.

Please secure each pair of shoes with a rubber band, place multiple pairs in a bag with your name on the bag and leave at the International Outreach table at the February meeting.

Mary J. Sparks, Chair

PUBLIC ISSUES



Home of the Brave - For our February dinner, Wednesday the 20th, we are celebrating Valentine's Day with the residents. Anyone interested in attending, possibly helping make little crafts as gifts or have ideas to help us make that day special, please let me know.

Home of the Brave II - The Women's Home continues to need our help. As well as delivering food and household supplies, we are trying to help them with "life skills". We have discussed their needs and are going to start with cooking demonstrations, and help with resume writing and interview tips. Anyone interested in helping, please let me know.

Fire, Police and EMS - In March Public Issues is trying to concentrate on showing the Fire, Police and EMS departments our appreciation for their service. Anyone interest in helping with this project, or if you have ideas on how we can let them know how special we think they are, please stop by the Public Issues Table.

Crime Prevention Tip - "Can You Hear Me?" If you pick up the phone, and the caller begins the conversation by asking "Can You Hear Me," take a pause. The scammer might be recording your voice to use later to place a phone order in your name-with your recorded "yes" affirming that you have agreed to the bogus purchase. Even if it looks as if the call is from someone you know, just to be safe, rephrase your answer to "I hear you just fine" suggests Eva Velasquez, CEO and president of the Identity Theft Resource Center.

Bonnie Burslem, Chair

FOR YOUR INFORMATION

BRICKS

Remember to order your brick in the new year. The bricks are along the sidewalk coming from the deck. You can remember someone, celebrate a birthday, anniversary, family, and etc. The important thing is that whoever you put on the brick will be in the Rehoboth Beach VIA property forever.

The cost is \$150 and can be paid by check, cash, or credit card. Payments are also accepted: three \$50 payments or two \$75 payments in cash or check only. The order form is on our website and when ready, please send or give to Carol Hall; 35550 Dry Brook Dr, Rehoboth Beach, DE 19971, 302 226-5476.



2019 CHOCOLATE FESTIVAL

The 2019 Chocolate Festival will be held on Saturday March 9, 2019 at the Atlantic Sands Hotel. It is being organized by the Harry K. Foundation and all proceeds go to the foundation which supports food pantries throughout the state.

As in the past, VIA volunteers will be docents. Our docents will work in pairs and will be stationed at strategic locations throughout the hotel to guide Chocolate Festival participants to the ticket pick-up location in the Atlantic Boardwalk Grill and to the festival location in

the third floor Swan Ballroom. Grab a friend and sign-up. Chairs will be provided at each docent location.

In addition to our docents, the vendors have requested help to check participant tickets. We need one VIA volunteer per vendor table to check the ticket of each participant visiting that vendor. Chairs will be provided but this job will involve some time on your feet as you greet festival participants.

In return for volunteering, you will receive a free lunch and entry to the Chocolate Festival. If you would like a container to carry home some goodies, you may purchase a \$20 ticket. Otherwise, you may “graze” but no carry-out. A carry-out container is included with each ticket.

If you are unable to volunteer for the entire day, there are a few split shifts available. Go to Track It Forward to find the Chocolate Festival event sign-up.



JUDGES NEEDED FOR THE CHOCOLATE FESTIVAL!

Do you love chocolate enough to be a judge at the Chocolate Festival? If so, call Tish Brey from the Harry K. Foundation for details 1-574-276-2510. Just think! All that chocolate and VIA volunteer hours too!

ESO



Ninety-five books have been entered on the VIA book tracking website and the feedback has been very positive. Let me know if you are having any problems recording your books, or if you have any questions.

If you'd like to join ESO, the application form is on the VIA website also. These cold days make for good book reading time.

Pat O'Brien, chair

Tech Team



The Tech Team members are Valerie Evans, Kathy Nave, Sandy Neverett, Gloria Farrow and Ronnie Dannerhoj.

Any Website issues (including general questions, website access, Member's Directory, Clubhouse Calendar, Forms, Event Ticket Sales, Password Assistance or ESO) should be directed to Webmasters Valerie Evans and Kathy Nave.

If you are not receiving the Newsletter or Blasts, please contact Sandy Neverett.

Track It Forward questions (hours entry or volunteer sign ups on Track It Forward) should be sent to Susan Thompson White or Ronnie Dannerhoj.

All phone numbers and email addresses are in the directory! Thank you for your continued support of our efforts!

SAVE THE DATE

Please check TIF calendar for committee meetings and sign ups

- March 3, Harrington Fair Grounds – Federation Day
- March 5 – Mardi Gras Dinner

**Articles for the March Newsletter are due by March 27, 2019.
Send to: mommadawgsboyz@yahoo.com and ctsuchanek@comcast.net**