



VIA Newsletter

A member of the General Federation of Women's Clubs

VIA NEWSLETTER ISSUE 2019.5

MAY 2019

FROM THE DESK OF CAROLE . . .



THE BEST TIME TO PLANT A TREE WAS TWENTY YEARS AGO! THE SECOND-BEST TIME IS NOW!

Well, the month of April was certainly a productive month for our charities as well as our natural resources, as you will see in this newsletter. With the arrival of May, our fundraising slows down for the upcoming summer months when our families will be coming to visit us and our sandy beaches and also enjoying our beautiful Atlantic Ocean.

The annual May Luncheon Meeting is such a pleasant event for us to share together since we are not volunteering, we are just relaxing and chatting with each other at our wonderful luncheon and meeting. The May Luncheon committee has planned a fantastic afternoon for us to welcome our new Directors, meet our Education Scholarship winners, honor George Cole, our retired County Council member, an opportunity to get your picture taken for our directory, and of course we don't want to forget to thank our outgoing Directors for their support over the last two years.

May also brings our annual DSGFWC Convention. This year Sussex County is the hostess at the Atlantic Sands, starting May 15 through May 17. Please try and come by the Convention. Only ten dollars to register for all three days, the convention includes: workshops, awards, vendors with lots of different items, and our GFWC 2nd V.P. will be joining us. Also, there will be a boat race--you have to come by to see that!

My first year as President will be ending soon, the second year starts June first. I have truly enjoyed this first year, learned a lot, and I'm hoping the second year will be just as wonderful!

Thank you for your support. You all are just so nice to be around, making my position that much more enjoyable! Here's to a happy, healthy second year for us all!

Best, *Carole Suchanek* President

Did You Know?

1. This is the last newsletter till September 2019.
2. We are 30 times more likely to laugh when we are with other people than when we are alone.

May 2019

2019: VIA Celebrates 110 Years!



The War Years of the 1940s changed life on our coast as nightly blackouts occurred and the presence of troops was felt. Soldiers on horseback patrolled the beach daily and resided at Fort Miles in Cape Henlopen State Park. The ladies of the VIA turned from flower beds to Victory Gardens. They also participated in Red Cross classes and started an Emergency Food Bank.

Carolyn Billingsley and Rose Marie Patin. 110th Anniversary Committee

PRESIDENT'S SPECIAL PROJECT



A HUGE THANK YOU to all of our members, family and friends who dined at Big Fish for our MERR Fundraiser on April 16! Big Fish was very happy and unusually busy for a Tuesday and had over \$5000 in sales. This generated a donation of over \$800 to MERR!

MERR's Annual YARD, PLANT and BAKE Sale is one of their two major fundraisers for the year and will be held at their building 801 Pilottown Road in Lewes from 8am to 1pm on Saturday MAY 18!



We will be collecting donations for the Yard Sale on Tuesday, May 14 in the VIA parking lot from 11:30am-2pm. MERR will also accept donations at their building on Pilottown Road from May 14-17. **Volunteers are needed!** Sign up on Track It Forward for pricing items on Wednesday May 15 two shifts, Thursday May 16 pricing and set up- two shifts, Friday May 17 set up- two shifts.

*Set up: at MERR May 18, 7-8am

*Help during sale hours: 8-10:30 and, 10:30-12:30pm

*Clean up: 12:30-2pm

Keep track of your hours and GIK on Conservation MERR/PSP Volunteer on Track It Forward.

Mark your calendar for the MERR Sunset Cruise and Dolphin Watch on Sunday July 21. More information to come with a BLAST!

Jean Broland

COMMUNITY SERVICE PROGRAMS

CONSERVATION



In honor of Arbor Day, 8 VIA members helped plant trees with the Center of Inland Bays. It was a beautiful day to work outside and help to reforest part of Sussex County. Together, we planted over 173 saplings in 2 hours.

Thanks to everyone who helped to clean up around the clubhouse for our Earth Day Project! Sixteen volunteers climbed the dune, crawled under bushes, and even went up a tree to help clean up the area. They filled 22 bags with yard waste. GO VIA!!!!



WANTED: Looking for volunteer to help feed the volunteers at Trail Day on Saturday, June 1 from 10:30-1:30. We will need volunteers to make pasta salad, baked beans, desserts,

and provide buns & chips. We will also need volunteers to help serve. Please sign up on Track It Forward.

TIP OF THE MONTH: Use natural cleaners for your household chores. Distilled white vinegar, castile soap, baking soda, coarse salt, and lemon juice can all be used to make natural cleansers.

Multipurpose Spray: Combine 2 tablespoons castile soap with 2 cups of water in a spray bottle. Use on countertops and other hard surfaces.

Glass Spray: Combine equal parts distilled white vinegar and water into spray bottle

HUGE SHOUT OUT to Kathy Osterholm, her husband Jon, and Cynthia Ritthaler for getting the new Children's Book Box painted and installed. It is located right next to the original book box. A sign will be added to the book box soon. Please be sure to check it out and help by recycling your used books!



UP COMING EVENTS

May 1: Adopt A Highway Clean Up 10 am – noon Bay Vista Road

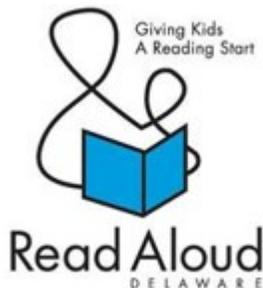
May 6: Tour of the Botanical Gardens, Piney Neck Road, Dagsboro: 10 am – noon tour of gardens
Carpool meeting at 9 am at Bed Bath and Beyond

May 10: Conservation Meeting; 1 pm VIA Clubhouse

June 1: Trail's Day; 10:30-1:30 Cape Henlopen State Park

Carole Baker, Chair

EDUCATION



CHICKS FOR CHARITY Fund Raiser
Supporting Read Aloud Delaware

MAY 21, 2019 6:00pm
IRISH EYES, LEWES, DE 2ND floor

Great raffle and silent auction items – Join the fun – Buffet Tickets \$30 cash payable at the door. Reservations: chicksdinner@gmail.com

Book Club: The VIA Book Club will meet on Monday, May 13, from 1:00 to 2:30 and discuss *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson as part of Rehoboth Reads. This book club meeting is also being publicized by Browseabout Books. As with all of our book club meetings, everyone is welcome! Bring a friend and come join the discussion of this thought-provoking book.

Following the discussion, Jerry Capone, an attorney in the Public Defender's Office in Sussex County, will make a presentation about the effect a person's race may play at various points in the criminal process. Jerry has represented clients in many high-profile criminal cases during his 41-year legal career. He will answer questions at the conclusion of his remarks.

Thank you for bringing gently used books to our book box! Now check out our Children's Book Box. This book box was donated to us and painted by Jon Osterholm. (Thanks to all those husbands who help us out!) Cynthia Ritthaler worked with the donor and we have lots of books to add to it! She also helped with installation! In coordination with the Conservation Committee, who thanks you for recycling your used books for reuse, and the Art Committee, who is taking care of new signage, we now have two book boxes to share with the public!

The book club will officially meet again in September but stay tuned for information about our mid-summer lunch meeting! *Kathy Osterholm*

Lois Porterfield, Chair flablings@gmail.com

DOMESTIC VIOLENCE



LET'S
END DOMESTIC
VIOLENCE
TOGETHER

The Delaware Coalition Against Domestic Violence (DCADV), Delaware's federally recognized state domestic violence coalition, website, dcadv.org, contains a wide variety of current topics as well as general information for advocates and the public. In addition, they offer one- or two-day workshops and seminars geared to all levels of interest and expertise for nominal cost. Even though the exact dates for the next seminar targeted for September

have not been set as of this writing, if you have an interest in attending, periodically check the website as the published schedules are confirmed by early summer.

And please note, if you or anyone you know is a victim of Domestic Violence, here are key telephone numbers for help—if in immediate danger: dial 911.

=> ***Delaware Victim Center 1-800-842-8461 (1-800-VICTIM-1)***

=> ***Rape and Suicide Crisis 1-800-262-9800***

=> ***Si Habla Español 1-302-745-9874***

Catherine Perge, Chair

HOME LIFE

BAKE SALE FOR MERR: Drop off your donated cookies, brownies, or cupcakes for the MERR bake sale to Kate McKenzie on Thursday May 16 at the clubhouse between 11 AM and 1 PM, or to Kate's house on Friday May 17 from 10 AM and 12 PM. See Track it Forward for details.

THANK YOU FROM THE HARRY K FOUNDATION BABY PANTRY!: Thank you VIA members for the heartfelt donations to the Baby Pantry. With your help there were 234 outfits (127 girls; 107 boys) and 35 miscellaneous pieces! Thanks to the financial contributions, too! In keeping with MERR and Conservation, the committee will be recycling plastic storage bags for clothing this coming year.

THANKS FOR THE SOUP! Many thanks to the many ladies who have donated soup to the Conley Chapel Kitchen this year!

"Oh! The places You'll Go" New Walking (or running) Initiative from VIA to get you out-of-doors, get you healthy, and get you ready for summer! Meet every Thursday at 10:00 from April 1-Oct 31 at the clubhouse to walk. Occasionally there will be other locations. Change notifications will be sent by eblasts. Send your numbers to Sharon Ferrara.

ROAD RACE HELP NEEDED: Like to be out of doors? We have just the thing for you! Help with registration, water stops, course marshals or participate yourself for the following run/walk events that raise money for some of our favorite groups. Sign up on Track It Forward.

- Run for the Books, for Rehoboth Beach Public Library on Saturday 5/18
- DE Feat Breast Cancer for Delaware Breast Cancer Coalition on Sunday 5/19



Moment for Health – Sugar Content in a Food Label

In response to rising concerns about the negative health effects of diets high in added sugars, the FDA has made “Added Sugars” a separate category on Nutrition Facts labels. Look under Total Carbohydrates.

Examples:

	Serving size	Sugars
Healthy Choice Chicken Noodle	1 cup	2 grams
Green Giant Healthy Heart Veg	1 cup	4 grams
Kraft Catalina Dressing	2 Tbsp.	8 grams
Smuckers Strawberry Jam	1 Tbsp.	12 grams
Libby’s “Light” Chunk Pineapple	½ cup	17 grams
Regular Cola	12-oz.	37 grams

To roughly convert grams to teaspoons, divide by four. 8 grams of added sugars divided by 4 equals 2 tsps. of sugar. *Source: Tufts University Health & Nutrition Letter, February 2019*

Kate McKenzie, Chair

INTERNATIONAL OUTREACH

Heifer International: Thanks to all who contributed their loose change and bills amounting to \$62.36 at the International Outreach table this month. Our donations help families in need around the world help themselves and their neighbors. Periodically throughout the year our Heifer Pig will be at the International table for loose change.



Operation Smile Treatment of cleft conditions in developing countries. Looking for a summer project? Few things give more comfort to a child in a hospital than a warm, soft blanket. Consider sewing, knitting or crocheting quilts, blankets and afghans for children receiving an Operation Smile surgery. For many, this will be the first blanket they’ve

ever owned. Information can be found on Track It Forward on the first day of May thru August. Sewing of children’s hospital gowns will begin in the fall.

International Student Outreach Program: Sign up’s for baking desserts, lasagnas, preparing side dishes and working at Epworth church picnic are being posted on Track It Forward as information becomes available from each church. Check TIF periodically for new postings.

WaterStep: January thru April we collected and delivered to Bridgeville 1,133 pairs of shoes; 405 from VIA, 728 All Saints Thrift Shop. Thanks!

Mary Sparks, Chair

PUBLIC ISSUES

Home of the Brave I and II - We are continuing our monthly dinners in June, July and August. The men and women appreciated our home-cooked meals so much that the volunteers wanted to continue through the summer. Feel free to sign up on Track it Forward, they are still the third Wednesday of the month. If you cannot make the trip to the home to help serve, simply call Bonnie at 302-930-5501 and I will gladly meet you to pick it up.



Stopping Spam Calls - When you say hello, or anything else, automated voice-activated calls launch the robocall recording or transfer you to a call center, where a live operator angles for personal and financial information. But saying nothing usually disconnects these calls within seconds, with no robo-message or callbacks from that phoney number. If it is an unsolicited “live” caller, wait for that person to speak to break the silence. If you don’t recognize the voice, hang up. [AARP Bulletin, October, 2018]

Reminder: Public Issues MERR Project - Congratulations to Carole Baker, Beth Magnus and Kathy Nave for winning our “No Straw Please” contest. During the summer please keep track of how many times you use a reusable bag while shopping. The member who has the highest count wins a prize at our September General Meeting.

School Board Elections are Tuesday, May 14, 2019, from 7:00am -8:00pm.

Bonnie Burslem, Chair

FOR YOUR INFORMATION

Boardwalk Kiosk Information Meeting



May 13, 2019 10:00am - 11:30am At the VIA Clubhouse

Please sign up under Track it Forward
Any questions call Marina Gray; (302) 827-4786 home, (973) 698-6774 cell

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. Go in with a friend or two friends to cover the cost. \$50 or \$75 is a lot better than \$150. The order form is on our website and when ready, please send or give to Carol Hall, 302 226-5476.

ESO



Four hundred sixty-four books have been entered on the ESO Book Tracking site and we have three new members. I will email directions and the password to those who have still not logged in. It’s almost sit on the beach and read time. Yay! Happy Summer, everyone.

Pat O’Brien, Chair, bgobrien23@verizon.net

Fundraising Shopping Event

Sharee's Fashions Jewlery & Accessories For VIA Members & Friends of the VIA



Date: May 14, 2019
Time: 10:00 AM – 5:00 PM
Place: 168 Rehoboth Avenue, Rehoboth Beach

Sharee Spangler Sypinski, the owner of Sharee's, is graciously donating 20% of its total sales *to VIA members and friends of the VIA on May 14* to the Village Improvement Association. Call Adrienne Stitzel at 302-752-8512 for further information.

Ann Sebastian, 1st Vice President

MEMBERSHIP RENEWAL

There are approximately, 100 members who have not paid their 2019-2020 dues. **Let's get to it "gals"!** This is probably the last reminder to renew your 2019-2020 Village Improvement Association dues and parking permit. All submission of volunteer hours received by December 14 deadline have been tallied and checked for VIA approved hours. This was accomplished to comply with the GFWC-DSFWC reporting time frame covering January through December 2018.

In order to receive the reduced parking rate, you must have completed 60 VIA-approved hours. The membership renewal will continue to be \$60; the parking tag cost is \$40 for the qualified reduced rate of 60 volunteer hours. If you have > than 0 hours but < than 60 hour you can qualify for a parking tag for \$200. If you do not have any hours, you will not qualify for a parking pass. This fee allows \$16 to be placed in the Property Maintenance Fund in anticipation of any large unexpected expenditure to occur.

The VIA appreciates all the volunteer hours by each member and hope we will have even more participation next year. Keep a good record of your hours and gifts-in-kind again this year and remember to have your 2019 VIA Volunteer Hours received by the IT Committee no later than **December 11, 2019**, to qualify for your next year's parking tag eligibility.

How to Pay:

- Go on line and pay your dues with a credit card, before **May 23, 2019**, to continue your membership in the VIA. This date is **FIRM, no dues** will be accepted after May 23, 2019!
- You will receive your parking tag at the May luncheon if your dues are received by the Membership Chairperson no later than May 5.
- If you do not have a computer; or it is not working; or you don't have a credit card, please call me; (c) 302-841-3757 or (H) 302-226-1681
- If you are not attending the luncheon and would like your tag mailed, send a stamped self-addressed envelope to:
Shirley Fleegle,
59 Wanoma Circle
Rehoboth Beach, DE 19971.

Shirley Fleegle, Chair

VIA Directory – New Member Photographs to Be Taken at May Luncheon



An addendum to the 2018-2020 VIA Directory will be published in time for the September 2019 General Meeting. The addendum will contain pictures of all the NEW MEMBERS since September 2018 and any members who do not have a picture in the current 2018-2020 directory. We will be taking pictures for the addendum at the Atlantic Sands prior to the luncheon itself of new members and non-pictured members. We are hoping to photograph most, if not all of the new members at the May Luncheon. If necessary, additional dates to take photographs at the Clubhouse will be scheduled.

Sharon Culley and Ann Sebastian



Welcome to our new Directors!

The three newly elected Executive Board members for 2019-2021 are: Carole Baker, Sharon Culley, and Margie Sherwood.

RAL COTTAGE TOUR



Volunteers will soon be needed for the 70th Rehoboth Art League Cottage Tour July 9 and 10 (Tuesday/Wednesday). There will be two shifts needed per day; 9:30 am -- 12:30 pm, and 12:30 pm -- 3:30 pm. Our big beautiful home is located at 8 Pine Reach in Henlopen Acres.

It's an easy job -- all you need to do is smile and greet the customers as they walk through your assigned area and just make sure that nothing is touched or pictures taken -- also an easy way to earn summer credit hours.

And, as a Thank You for signing up as a volunteer, the RAL will host a social gathering for home owners and volunteers on June 27.

As soon as we are able to schedule a tour of the home with the owners to determine how many volunteers will be needed, we will put it up on the Track It Forward signup sheet.

Any questions or concerns please call/text (443-926-3970) or email me vnanderson1@comcast.net.
Virginia Anderson, Chair

SAVE THE DATE



Bingo

Wednesday, September 25, 2019

6:30 PM Doors open at 5PM

VIA Clubhouse, 415 N. Boardwalk

Rehoboth Beach, De 19971

Tickets available on www.rehobothbeachvia.org after August 15, 2019

Please check TIF calendar for committee meetings and sign ups

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