



VIA Newsletter

A member of the General Federation of Women's Clubs

VIA NEWSLETTER ISSUE 2019.9

SEPTEMBER 2019

FROM THE DESK OF Carole . . .



*The One Thing that You have that Nobody else has is YOU.
Your Voice, your Mind, your Story, your VISION.*

Neil Gaiman

It seems like only a couple of days ago we were saying, "It's August 1 already? I can't believe it!" Now it's about September 1 and only about 10 days till our September general meeting. And I can't believe that either! The days are getting shorter, much to my dismay! Yes, autumn is about to roll in on us. Hopefully the days will stay warm for us to get a few more beach days in--that would be wonderful.

After talking with many of you over the summer, it seems like we had many happy days visiting with our families and that's not over yet, especially since some of the schools don't start up till after Labor Day.

Some of our fundraising chairs are already getting their committees back in the groove, doing what we do best, raising funds for our charities. Our first event is our new BINGO NITE in September; after enjoying a couple of fun Bingo Nites at the Women's Club of Milton in the Milton Fire Hall, we decided to have our own BINGO fundraiser! The committee is planning a really fun night for everyone, so please come out on September 25 and make our first BINGO fundraiser a real success!

And with all that being said.....Our Beloved VIA is off and running.....Our next fundraiser in October is the Art of Accessorizing and these two are just the tip of the iceberg!

Remember my second goal last fall? It was to get every member on at least one committee. I know we are working on my goal and making good progress. Of the 23 new members since last September, many are already on committees! Kudos to the new members!! I'm not leaving anyone out..... Kudos to all!!

Our September general meeting will have lots of information about so many fundraisers, projects, and all events--this is not the meeting to miss. See you there!

Best ~ Carole Suchanek, President

DID YOU KNOW

- You don't know what you don't know until you find out what you don't know!

- In 1905 a new law by the Rehoboth Beach commissioners made it illegal to bathe in the surf without a bathing suit which shall cover the body from the shoulders to the knees, and shall “not appear vulgar” when wet.
- In 1776 Delaware hero, Caesar Rodney rode from Dover to Philadelphia to break a tie between Thomas McKean (for independence) and George Read (against) in Delaware’s vote on the Declaration of Independence.

110th Anniversary Celebration - 1960’s



Disaster struck in 1962 when a nor’easter pounded the Delaware coast for three days causing major damage to the City of Rehoboth. The beach was washed away as were many homes, businesses and structures. Miraculously, the VIA clubhouse stood through it all with needing repairs at a cost of \$6000.

After the Nor'easter of 1962, another accomplishment was the funding of the Children's Fishing Pier nestled by the brick bridge over Lake Gerar. At the time Rehoboth had no parks or playgrounds for children to have fun. There were no sidewalks over the bridge either! Children sat on the side of the bridge to cast their fishing lines. The VIA Ladies convinced the City Council to use the washed-up timbers to construct a fishing pier and raised \$600 to pay for the construction costs. Well done!

Also, in the 60’s VIA community service included the start-up of a free diabetes testing program and chest x ray program. They also instituted the first annual Beebe Nursing School scholarship award and planted the dune area in front of the clubhouse. Our dune conservation project continues to thrive and to protect our fragile beachfront.

Carolyn Billingsley and Rose Marie Patin

PRESIDENT’S SPECIAL PROJECT



CIP/MERR



Our Sunset Cruise was a wonderful success! Someone let the dolphins out and they put on quite a show! See some wonderful photos at our September meeting. Thank you to all our VIA Crusiers. \$15 of each purchased ticket is a GIK on TIF. **Record your travel time to the pier and then your GIK.**

The First State becomes the fourth state to pass a BAN on Plastic Bags! House Bill 130 replaces the existing at-store single use plastic bag recycling program by banning the use of thin plastic bags at large retailers. The bill allows for several exceptions such as meat, flowers and prescriptions. This helps create a cultural shift among shoppers to reusable bags!

A majority of the trash and debris on coasts comes from littering and dumping where it washes down storm drains into rivers and then to the sea. Marine debris also comes from boating and shoreline recreational activities such as picnicking on beaches.

MERR has an opportunity to offer simple solutions for a greener, cleaner planet. Plans are being made to start selling sustainable items online to help consumers adopt an ecofriendly lifestyle. Suzanne Thurman is looking for a merchandizing team to help with twice a month pickup of orders, managing inventory lists, sales rosters and receipts. This will be a funding source for the program in anticipation of opening a gift shop at the new facility. Take a minute to look at the items on display on

our table. *They would make great gifts for family and friends.* Let us know if you would be interested in assisting with this project.

ECO Maniac Items on display at our September meeting!

Our New 5 R's: Rethink, Refuse, Reduce, Reuse, Recycle

Jean Brolund and Sue Scaglione

UPCOMING EVENTS . . .

BINGO FUN FOR EVERYONE –



good time!!

The VIA will have BINGO for the first time on Wednesday, September 25, 2019 at our clubhouse. The doors will open at 5:00 PM and the bingo begins at 6:30 PM. Come early and enjoy one of our gourmet food selections and beverages. Seating is limited, so get your ticket for \$20 online right away! If available, tickets will be sold at the door for \$25 cash. Invite your friends and neighbors. Tickets can be purchased at: rehobothbeachvia.org.

Come join in the fun; prizes with every game, lots of laughs and a really
Carol Hall & Marge Cintavey - Co-Chairwomen

ART OF ACCESSORIZING

Save the Date for the Art of Accessorizing! This popular event will take place on Tuesday, October 15, from 5:00 p.m. to 7:00 p.m., in the VIA Clubhouse. Tickets are \$15, which includes a glass of wine and light bites.

Participating stores are Browseabout Books, Cool Spring Cottage, Coral Cove, Crystal Underground, Funky Lady, Ish Boutique and Water Lily. Come see their new fall and winter accessories. Bring your friends and neighbors. Start shopping, for Christmas or yourself, and enjoy an evening of fun. Tickets can be purchased online starting September 7.

If you are interested in helping sign up on Track It Forward.

Fourteenth Annual St. Nicholas Tea



November 8, 9 & 10, 2019

Seating 11 am and 2 pm on Friday and Saturday; 1 pm on Sunday
\$30 for adults and \$15 for children 10 and under. Delicious luncheon, boutique shopping and gift baskets! The boutique will open one hour before seating. Reservations can be made at www.rehobothbeachvia.org

St. Nicholas Tea Baskets - The SNT Basket Committee would like to thank those members who have volunteered to purchase items for a 2019 St. Nicholas Tea Basket. If you have not yet signed up but would still like to help, there is plenty of time! The updated St. Nicholas Tea Basket Sign

Up Sheet can now be found on the **Track it Forward Calendar**. You may select one of the many suggested basket themes from the sign-up sheet or create your own basket theme. Your original ideas are welcomed and encouraged as we are always looking for new and creative ways to improve our basket selection. This year the sign-up sheet also includes an option for the purchase of local

merchant gift cards. These cards will be included in our St. Nicholas Tea Raffle Basket, along with other donated items.

Although basket items are not due until *October 18*, we greatly appreciate your signing up in advance--we want to give you plenty of opportunities to shop and our members sufficient time to assemble baskets. When you sign up, you will be provided with a copy of the *Basket Inventory Sheet* as well as a list of *Basket Guidelines and Suggestions*. Once again, we thank you for your generosity! If you have any questions, please feel free to contact Marilyn Graham (410-458-6876) or Sherry Hall (908-783-0104).

Pick-A-Dilly Gifts - Gifts are needed to sell to our guests. As you are shopping, going in and out of gift shops, please think of small gifts that we will need for adults, children, and teens. They should be the size of the palm of your hand and have a value of \$5 to \$10. There are several bargains available at Bed, Bath & Beyond and online clearance sites. If possible, please bring the Pick-A-Dilly gifts to the September General Meeting.

COMMUNITY SERVICE PROGRAMS

ARTS



Lots of Art this summer. Did you visit RAL's outdoor show? A special thank you to all the VIA members who helped make the show so successful! Arts meeting is tentatively scheduled for September 27, and our fundraiser, "Pots of Art" is still a go. More info to follow.

Catherine Cofrancesco, co-chairwoman

EDUCATION



Book Club: The VIA Book Club will meet on Monday, September 16, and the book to be discussed is: **The House of Broken Angels by Luis Alberto Urrea**

Book Club meetings are usually on the 3rd Monday of each month at 1:00 at the Clubhouse. Book titles to be discussed through December are on the VIA Calendar, under Events. All book club meetings are open to the public. Come and bring a friend!

The VIA is proud to support both adult and children's book boxes. We are very fortunate that hundreds of children's books were donated with that book box and we have not needed to supply additional books. However, the adult book box provides approximately 200 books each month to our community. We always welcome gently used, recommended books! Help us keep the book box full, but not stuffed! THANK YOU for contributions!

Please contact Kathy Osterholm with questions about book donations or recommended book titles. shorefunrb@verizon.net or 227-6434

CONSERVATION

THANKS!! Thanks to everyone who provided food and helped serve at National Trail's Day in June. The hungry workers GREATLY appreciated your hard work.



NEW LAW ON THE BOOKS! As many of you know, this past spring, our state Legislature passed a law banning single use bags (grocery bags) beginning in January 2021. California, Hawaii, and New York all have similar laws regarding plastic bags. Please start to get in the habit of taking your reusable bags to the store, farmer’s market, etc. on each visit. I have a collection of assorted reusable bags and freezer bags that I keep in my car for my trips to the store. If you have plastic bags at home, please return them to a plastic bag recycling bin located at many grocery stores. Giant has one just inside the front door to the left.

Upcoming Events

- September 14 Coastal Clean Up – Rehoboth – 9-12pm
- 19 Conservation Meeting – Clubhouse – 11:00-12:30
- October 1 Adopt A Highway Clean Up – Bay Vista Road – 10:00 am – 12:00 pm

Carole Baker, chairwoman

HOME LIFE COMMITTEE

**HARRY K FALL/WINTER BABY PANTRY DONATIONS
MEMBERS, PLEASE HELP TO MAKE THIS THE BIGGEST
CLOTHING DONATION YET!**



- Date: September 11 at the General Meeting
- Please bring new or gently used fall and winter baby clothing
- All sizes up to 2T are appreciated. Boy and girl sizes 24 months and 2 Toddler are most needed
- Please remove all price tags. Clothes will be collected in the foyer of the clubhouse
- Do not bag your donations. We will be collecting and sorting them at the clubhouse
- Don’t forget to list your “gift in kind” on Track It Forward Thanks so much, Mary Ellen Kenney

CONLEY CHAPEL SOUP KITCHEN

- We need volunteers in October to make 8 quarts of soup (any kind)
- Please freeze soup in advance in freezer bags. Any kind of soup is fine
- Sign up on Track it Forward or contact Gail Geno

CLOTHING COLLECTION FOR DISPLACED TEENS

At the October general meeting we are collecting stylish, gently used male and female T-shirts and hooded sweat shirts for our needy students at Cape Henlopen High School. VIA will again join the Women’s Club of Milton and the Zwaanendael Club in Lewes for this collection and in April for summer clothing. Thanks, Karen Dettwyler

WALKING INITIATIVE CONTINUES THROUGH OCTOBER

If you like to take a stroll in the fall air, don't forget that the walking group meets each Thursday through October at the clubhouse at 9 AM and we'll walk the boardwalk and through Rehoboth. Congrats to winners from the spring and the summer walks!

Hope to see a large turnout this fall. Kathy DeGrange

CARING STITCHERS

Interested in sewing or knitting? Join us at 10 AM at the clubhouse on the 3rd Tuesday of the month.
Ann Ward

Moment for Health – Farmers' Markets

Take advantage of our local farmers' markets and their fresh produce:

Move Over Kale - Its cousins including bok choy, broccoli, brussel sprouts, and especially cauliflower are among the most nutritious vegetables. Rich in several vitamins and minerals, they also contain unique disease-fighting compounds. One serving per week can lower the risk of breast, colon, and oral cancer by **17%** and those who eat 6 ounces per day reduce the risk of heart disease about **20%**.

Watercress - more than a garnish: mix with greens like baby spinach. Try grating raw cauliflower in a food processor and sneak it into rice, mashed potatoes and pasta. Toss some chopped bok choy into your soup.

Cooking tips: Steam or stir-fry to preserve the healthy probiotics. Make a slaw and use as a topping for fish tacos. Make sauerkraut by slicing cabbage and combining with kosher salt. This will ferment the vegetable's natural sugars into lactic acid giving you a healthy probiotic. *Sources: Benjamin Wolfe, Ph.D., assistant professor of microbiology, Tufts University; Maxine Siegel, R.D., head of Consumer Reports' food-testing department.* Be Healthy, Susie Dominguez and Stephanie Hobbs



PUBLIC ISSUES



Public Issues' first meeting is scheduled for **Monday, September 23, 2019 at 10 a.m.** All members are invited to attend and help us plan for the coming year.

Operation SEAs the Day - This is a free beach week for wounded soldiers and their families which will be held this year September 3 through 8 in

Bethany Beach, Delaware. Go to operationseastheday.org to see all the exciting events planned throughout the week.

Home of the Brave I and II - The homeless veterans at our monthly Home of the Brave dinners are so appreciative of our home cooked meals. Please sign up on Track it Forward; dinners are the third Wednesday of every month.

Reminder: Public Issues' MERR Project - Congratulations to Carole Baker, Beth Magnus, and Kathy Nave for winning our "No Straw Please" contest. During the summer months members were to keep track of how many times they used a reusable bag while shopping. The member who has the highest count will win a prize at our September General Meeting. Bonnie Burslem, Chairwoman

DOMESTIC VIOLENCE

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 as well as links for free webinars. If interested, periodically check their website; or, better yet, sign up to receive their occasional, but informative, eblasts.

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)**

=> **Si Habla Español 1-302-745-9874** Catherine Perge, Chairwoman

INTERNATIONAL OUTREACH



Cleft Lip and Cleft Palate are among the most common craniofacial anomalies. A cleft is a gap in the mouth that didn't close during the early stages of pregnancy.

Operation Smile kick off is finally here! Thanks to the many VIA volunteers who have been busy over the summer sewing, knitting and preparing to present this project to you. Crafty ladies, sewers and non-sewers please consider joining us in providing hospital gowns, blankets, smile bags and supplies to young patients receiving Smile Surgery around the world.

September 24 10 am-noon: sign up on Track It Forward for Operation Smile. Demonstrations and kits for non-sewers as well as kits and patterns for sewers will be available. We are in need of colorful fabric, thread, yarn, and double wide bias tape.



International Student Outreach Program - May- August amazing VIA volunteers prepared, delivered, and served desserts and lasagnas for the student dinners at our local churches. Our 2 Grab and Go Lunches at the clubhouse in June and July were extremely successful. Bagged lunches with homemade turkey sandwiches, chips, carrots, deserts, and water with a fun fact sheet, *Facts About our Sea Neighbors* was served to 94 students in June and 83 students in July.

WaterStep - Collections continued over the summer with a total of 577 pairs of shoes collected bringing our 2019 total to 1,710. We collect shoes (no slippers please) at every meeting. We need about 1,000 pairs in the next 4 months to equal our 2018 total. Let's clean our closets and ask our neighbors.

Heifer International - Our Heifer Pig is always at the International Outreach table for loose change. Donations contribute to providing farmers in struggling communities in Europe, South America, Africa and Asia with livestock and training to become self-sufficient. Every bit helps!

Mary J Sparks, Chairwoman

FOR YOUR INFORMATION

VIA Online Ticket Sales

To purchase **online ticket sales** for **ALL** Fundraisers, please make sure to have your User Name (aka - email address) and Password when purchasing tickets. If you do not have your password, please contact Kathy Nave dakanave@comcast.net at your earliest convenience and she will update your password.

For upcoming Fundraising Events, such as BINGO and Art of Accessorizing, I will be available following the September General Meeting for members needing assistance purchasing tickets. Don't

forget - make sure to have User Name and Password. If you have any questions or need assistance, please contact Melynda Peet * peet41@comcast.net * 302-226-5262 home#.

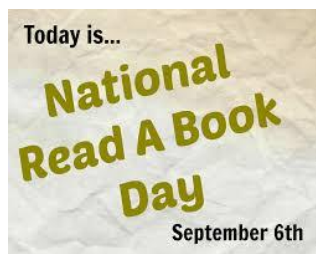
From the Tech Team

The Tech Team has exciting news. We've put together a very detailed User Guide to help our members fully utilize the VIA's website and the Track it Forward tool. We will have paper copies available at the September meeting – and you can also access the guide digitally at any time by clicking on the following link (<https://www.rehobothbeachvia.org/members-area/faqs/>).

As you're all well aware, we depend greatly on our website to communicate critical information to VIA members. Track it Forward is also an important tool for the VIA. Through it members sign up to volunteer for various events and also track volunteer hours. Please use the new User Guide to help you take advantage of all these tools have to offer.

A gentle reminder on a separate topic: all meetings and events need to be put on the Clubhouse Calendar on the website **separately** from setting up meeting sign-ups on Track It Forward.

ESO (EPSILON SIGMA OMICRON)



Hope everyone had time to read this summer. Remember to put your books on the website. Many of you read Nine Perfect Strangers by Liane Moriarty, and Where the Crawdads Sing by Delia Owens. Harlan Coben and James Patterson books were popular on many lists also.

If you make an error in submitting your books (for example, entering the same book twice), I can delete one for you. However, I can't add books since you need to log into the VIA site with your password. Pat O'Brien, chairwoman

MEMBERSHIP and ORIENTATION

We will be inducting Nancy Dickens, a new member, at the September meeting. Please introduce yourself and make her feel welcome to our wonderful club.

The next orientation will be Monday, October 21, at 9:30 am at the VIA. Please remember one of the sponsors must attend the orientation with the prospective new member. Please email me if you plan to bring a prospective member. Shirley728@live.com

ISOP THANK YOU

The VIA members who provided Lasagnas and desserts for the ISOP program at the Lutheran Church of our Savior were wonderful. I can't thank you enough for all your help. It made my job much easier and the students really appreciated the wonderful food and deserts. Thank you, thank you, thank you..... Shirley Fleegle

Rentals



The Rental Committee does a follow up after each venue. We would like to share all the responses with you but feel this comment sums them all up.

“Not pleased with my celebration yesterday.... Thrilled! Exceeded all expectations.

Thank you. I hope you get some business over the years as everyone loved the venue! So important to us as the money will go back into Rehoboth Beach for your grants program.

I cannot sing you praises enough!” Anne B.

Your Rental Committee

SAVE THESE DATES . . .



- September 14 - Coastal Clean Up – Rehoboth – 9-12pm
- September 19 - Conservation Meeting – Clubhouse – 11:00
- September 24 - 10am-noon – Operation Smile
- September 25 - at VIA – BINGO
- October 1 - Adopt A Highway Clean Up – Bay Vista Road – 10:00 am
- October 21 – new member orientation - 9:30 am at the VIA
- October 21 – All October newsletter articles due

Articles for the October Newsletter are due by Saturday September 21, 2019

Send to: mommadawgsbovz@yahoo.com; ctsuchanek@comcast.net