



VIA Newsletter

A member of the General Federation of Women's Clubs



VIA NEWSLETTER ISSUE 2020.9

SEPTEMBER 2020

FROM THE DESK OF ANN . . .



This year will be different from other years as we begin our Fall activities – very different. I have been reviewing past VIA newsletters re-reading the President's Messages for inspiration. All of the newsletters have the same happy theme of looking forward to a new club year, meeting and working with friends on upcoming events, volunteer and fundraising efforts. This year will be much the same, except that for the most part, most of us will not actually be able

to physically get together to accomplish our goals. Our clubhouse itself will remain closed to all club activities for the remainder of 2020. We have had to cancel our in-person face-to-face fundraising events and meetings. This, I know, is a great disappointment. The distance, however, can also bring us together in different ways as we learn to live with the changes imposed on us by the Coronavirus pandemic and continue to work together on many of our longstanding Community Service Program projects such as the upcoming Baby Shower for the Harry K. Baby Pantry, Stockings for Soldiers, and the Holiday Gift Giving event. Sixty-one members either sewed bags or filled the bags for the Delaware Hospice Pediatric Katybug effort! Cheers to the Book Club for their outside gatherings!! Cheers to Membership for their planned outdoor Orientation!! Cheers to Environment and their continuing outside adventures!! The willing hearts and helping hands of VIA members make all of this possible.

I look forward to being invited to committee meetings (Zoom?), or hosting them myself if asked to do so. I should be available for morning or afternoon tea almost any time*NOW THAT IS AN IDEA.....all we need is for Shirley Fleegle to tell us how long to steep our Constant Comet tea... check with Beth Magnus, Valerie Evens and Kathy Nave about how to make our own VIA chicken salad and cucumber sandwichesdress up and meet on Zoom in November for Tea!!* We need to be Direct, if you would like to purchase a ticket for the Tea or any other of our now cancelled events, please see below. And please check this space for further developments on my wacky idea for *Zoom Tea*. This could be fun!

All Committees are being asked to schedule their meetings and events both on the Clubhouse Calendar in the Member's Area of our Website, and in Track-It-Forward to sign up to participate. This will allow all members the opportunity to review ongoing activities and to contact the relevant chairman about how to participate via Zoom or in socially distanced in-person gatherings. Again, do not wait to be asked - please join in and enthusiastically participate!

Stay well and Safe. *With Much Love, Ann Sebastian, President*

LET'S BE DIRECT!!



After canceling the Designer Show House in April, we were optimistic that we would be able to hold Bingo, the Art of Accessorizing and the St. Nicholas Tea this fall. As you know, in an effort to keep all of our members and guests as safe as possible, the VIA Executive Board has made the very difficult decision to cancel all of our remaining fundraisers this year.

In order to maintain our charitable giving, we need your help!

If possible, we are asking our membership to consider donating at least the amount of money you would have spent attending these events. This will enable us to support the community causes we all hold dear.

This fundraising drive will begin on September 9 and go through October 31, 2020. Of course donations to the VIA's charitable funds are welcome at any time.

You may make a credit card donation on the website or you may mail your contribution to: Village Improvement Association, PO Box 144, Rehoboth Beach, DE 19971.

As soon as it is safe, we will again sponsor all of the wonderful events you enjoy.

With your willing hearts and helping hands, the VIA will continue to be the strong, vibrant organization it has always been. If you have any questions, please contact *Valerie Evans, Chair* (VALEVA1@msn.com)

PRESIDENT'S SPECIAL PROJECT



We want to thank the members who purchased items to be put into the gift bags created by our sewing volunteers. Katybug will distribute these bags to patients and their siblings. A job well done by both groups. VIA ladies are the best!

We have a few "Cure Childhood Cancer" magnets left and we now also have decals of the same design as the magnets. If you are in dire need of one or the other please contact Carol Hall at 302-841-4829 for magnets or Adrienne Stitzel at 302-752-8512 for decals. Special price of \$5.00 each.

Again, many thanks for your continuous support.

Carol Hall, Roxanne Nelson, Adrienne Stitzel, Co-



Chairs

Suffragette Flag Raising Rehoboth Beach City Hall

Mary Folan, August 26, 2020



“As I stand in front of the Rehoboth Beach City Hall, I recall the plans Donna Mabry and I had for today’s celebration. We envisioned 750 civic-minded women gathered in Lake Gerar Park. Dressed in white and wearing purple Suffragist sashes, the women would march up Grenoble St. past the VIA clubhouse to the Boardwalk. Led by fife and drum corps, they would continue down the Boardwalk to the bandstand where they would witness a program of tribute to our sisters of a century ago. While COVID-19 changed these

plans, it did not change the fact that the 19th Amendment brought one of the most significant changes to American life.

While the Amendment was ratified a century ago, we must remember that the call for it began much earlier. When Abigail Adams sent her husband to Philadelphia, she sent him with the message “John, don’t forget the ladies.” Lucretia Mott, a nineteenth century Quaker preacher, spoke about the need for equality for women and was largely responsible for setting the stage for the Seneca Falls Convention. Susan B. Anthony and Elizabeth Caddy Stanton devoted over fifty years to the cause. The Civil War



stole momentum from the movement, but soon after Sojourner Truth awakened people with her unforgettable speech, “Ain’t I a Woman?”. Carrie Chapman Catt grabbed the baton and continued the marathon until the Amendment was ratified and the League of Women Voters launched. Meanwhile Alice Paul and Lucy Burns took a more aggressive approach to highlighting the issue. The staged the first peaceful protest in front of the Wilson White House. Arrested for obstructing traffic and refusing

to pay the five dollar fine, which they saw as an admission of guilt, they were remanded to the Occoquan Workhouse, an obsolete, rat-and-roach-infested building. They organized a hunger strike which caused the authorities to force-feed them. Finally, the story came out and Wilson was forced by public opinion to release them. This action caused many to recognize the injustice and gave momentum to the passage of the Amendment by Congress in June, 1919.

With 35 states having ratified the Amendment, Delaware had the chance to make history. On June 2, 1920, Delaware failed to pass the Amendment. On August 18 Tennessee, part of the Southern block that was opposed, was evenly divided until Harry Burns, a twenty-two-year-old legislator, cast the deciding vote. Harry lived with his widowed mother who ran the family farm and, in spite of hiring and paying her voting workers, was unable to vote herself. The night before the final vote she wrote to her son, “Harry, I know you’ll do the right thing.” On August 26 the U.S. Congress made the Amendment law.

In the ensuing hundred years things for women have improved. Job opportunities have opened up, and women no longer have to be housewives, secretaries, teachers, or nurses. Political offices at all levels are held by women. But our battle is not yet won. Women often do not receive the same pay for the same work. In many areas, women are not present at the top levels of management. Most companies

do not provide affordable and dependable daycare, a must if women are to contribute to the economic growth of the country.

Today we can look back with pride on the accomplishments of our sisters, but we must look forward with resolution: our battle is not ended until all people--white, black, brown, yellow and red--enjoy true equality.”

UPCOMING EVENTS . . .

Fundraising Committee

Our fall activities and events have been cancelled or postponed until 2021, but we still have initiatives whose proceeds will go to support charitable contributions to our needy, local non-profit organizations. See below for other activities that can keep you busy.

Along with the NEW AND EXCITING FUNDRAISING EVENT: LET’S BE DIRECT we have OH THE PLACES YOU WILL GO heading into September, its last month. Marti Badali was the winner for July with several members close behind. We reached the goal for July and are very close for August! Remember that you can accrue volunteer hours for your time exercising and getting donations.

Thanks to all of you who participated and for your dedication! *Kate McKenzie, Fundraising Chair*



OH THE PLACES YOU WILL GO



SEPTEMBER IS THE LAST MONTH FOR THIS SUMMER PROGRAM - The weather should be cooler and the tourists may be leaving town. If you are walking, running, swimming, biking or counting steps, put your time and mileage to good work by signing in and registering for only \$10 on the VIA website (www.rehobothbeachvia.org). If you have been thinking about getting a little exercise, we invite you to sign up. It’s not too late to be a part of the group. All information is on the website and the two most important items are:

1. **Enter your exercise hours on Track It Forward.** Yes, the hours exercised count toward the 60 annual hours that we all strive to achieve. Many members have reached their goal!
2. The last thing you have to do is to have friends and family **sponsor your exercise plan at any level.** Get the overall total to equal \$100 if you can! Donations are submitted on the VIA website under Events. No need to collect money and turn it in.

Not interested in walking? Then sponsor a friend! Read more on the website or contact *Kathy DeGrange, Chair* at kdegrange@icloud.com.



Rehoboth Cooks!

“This is my invariable advice to people: Learn how to cook—try new recipes, learn from your mistakes, be fearless, and above all have fun.”

Julia Child, My Life in France



This newsletter launches ***Rehoboth Cooks!***: a new planning project to compile, recipe-taste test, publish, and sell a new VIA cookbook; and, in so doing, provide members with multiple volunteer opportunities adaptable to COVID-19 quarantine bubbles and social distancing.

Volunteers with recipes and/or a wide array of interests from cooking and eating to graphic design and marketing; or, those looking to learn something new, like how to cook—are needed and welcomed. As the project progresses, we also anticipate occasional **Cape Gazette** articles about the project, multiple taste-testing opportunities, possible cook-off competitions to determine the best iconic recipe for crab cakes, etc. The ultimate, very ambitious goal is to publish a book potentially as a hard copy and online, by fall 2021.

Curious? Interested in joining this virtual kitchen and have some fun? Please email Catherine Perge, catherineperge@me.com, with **Rehoboth Cooks** in the subject line or cell/text 301-648-9531. Multiple Zoom meetings will be scheduled beginning in early September. In the meantime, sort through your favorite recipes and test them within your social bubble to see what family and friends think would shine in the new VIA cookbook. *Catherine Perge, chair*



RENTAL COMMITTEE

August has been busy! New members of the rental committee were treated to an orientation and some teamed up with experienced members for first-hand knowledge of our team’s functions such as rental deliveries and pickups and event chaperoning. As a team we were able to honor the two wedding contracts in August and one additional wedding in September. Our sincere thanks to every member of our committee.

Our team is enthusiastic and looking forward to 2021 and our already contracted events. We appreciate that the entire membership contributes in their own way when they free up the parking lot for events. In addition, we want to thank Ann Sebastian, Karen Adams, Melynda Peet and Mary Ann Warner for the support and assistance that they have provided through these extraordinary times.

Mary Gears and Sarah Johnson Chairs

COMMUNITY SERVICE PROGRAMS

CIVIC ENGAGEMENT AND OUTREACH



Below is information on registering to vote in Delaware, for anyone who has not done so already. I personally believe it is the single most important duty we can perform as citizens.

This information is for the November 3 general election. For information on the September 15, 2020 state primary, check with the [Delaware election office](#). Delaware offers [online voter registration](#). You can register by mail to vote in Delaware by printing a voter registration form, filling it out, and mailing it to your local election office. You can also register to vote in person if you prefer.

We will have a guest speaker from the League of Women Voters/Sussex County Delaware Chapter at our general meeting in October. Martha Redmond will present information on ballots, the Vote411.org site and answer any questions you have. Further information will be provided in the October newsletter.



Harry K Baby Pantry fall/winter clothing drop-off will be held October 13, 10-11 AM at the Clubhouse parking lot. We need new or gently used clothing for boys and girls, sizes 18 months, 24 months, and 2 Toddler. The need in our community is ongoing, so please consider donating. Thank you!

Delaware Clubwomen Induction: On September 21, 2020, two suffragettes, Margaret Burton White Houston and Mary Seward Phillips will be posthumously inducted into the Delaware Women's Hall of Fame. They were also members of the Delaware Federation of Women's Clubs. The event will take place during the historical marker dedication to Women's Suffrage in Delaware at 11 AM on the East Market Street side of the Sussex County Courthouse in Georgetown. If you are interested, please send an email to kmsdettwyler@hotmail.com. Thank you.

Karen Dettwyler, Chair

EDUCATION AND LIBRARIES

Book Club is meeting on September 21, 2020 from 1:00 – 2:00 pm at a location to be determined. An email blast in September regarding the location of the meeting will be sent out closer to the date of the event. Book Club meetings are open to the public. Come and bring a friend!

The book that will be discussed is *A Gentleman in Moscow* by Amor Towles. We will also be discussing books everyone has read during the summer. If you have a favorite, please contact Kathy Osterholm at shorefunrb@verizon.net.



The book boxes continue to be used by the public and hopefully by our members. The adult box is now 3 years old and thousands of books have been exchanged. Thank you for your donations. Here is a clarification about counting time on TIF if you donate books to the book box.

You can count ½ hour once a month for donating books to the book boxes. This will be an honorary system so that all members can get some credit for helping to keep our boxes filled. In order to have your ½ hour approved, fill in the NOTES section of TIF with the number of books you donated. The purpose of the box is to provide beach reading for everyone. We have had some really old and really funny donations! THANK YOU!

For information about the Book Club and monthly email book suggestion list, contact Kathy Osterholm. shorefunrb@verizon.net or 227-6434.
Paula Varrassi, Chair

ENVIRONMENT

COASTAL CLEAN UP 2020

Due to COVID-19, there are some changes to this year's Coastal Clean Up Day. Instead of a 1-day event, it will be a month-long campaign.



“All Delawareans and visitors are encouraged to make a special effort during September to keep our communities and natural areas in Delaware clean and support the Governor’s “Keep Delaware Litter Free” initiative. (DNREC)

We will meet as a group on Friday, September 11 from 9-12 to do a cleanup of our dune and around the clubhouse. Please bring gloves, gardening tools, and your masks. I will bring lawn waste & trash bags. Please sign up on Track It Forward.

DON'T THROW THAT OUT.....

Did you know that 1/3 of all food produced worldwide is discarded or wasted? The total amount of wasted or discarded food worldwide is **1.3 BILLION** tons per year. Rotting food in landfills creates methane gas. Methane gas contributes for global warming.

Here are a few suggestions from Healthline.

<https://www.healthline.com/nutrition/reduce-food-waste>

1. Shop smart – don't buy more that you need
2. Store your food correctly.
3. Keep your refrigerator clutter free – you can see everything in there
4. Eat the skins on fruits and vegetables – they are full of nutrition
5. Save leftovers and pack them for lunch
6. Keep the seeds – see below
7. Make smoothies or flavor your water with scraps
8. Use leftovers to make homemade stocks
9. Compost
10. Save your coffee grounds – they are great fertilizer & a natural repellent for mosquitoes.

Growing food from scraps:

Celery – Cut off bottom of celery and lay in bowl with a bit of warm water. Keep in direct sunlight for about a week. Once you see the leaves thickening and growing along the base, transplant your celery into soil and wait for it to grow.

Cilantro – Place the bottom of the stem in glass of water and put in sunny area. When roots grow a few inches long, replant in soil and wait for new sprigs to grow.

Onions – Cut the root of the onion off (leaving about ½ inch of onion). Cover with soil and keep in sunny area.

Tomatoes – Don't throw out those seeds!!! Rinse them and allow them to dry. Plant the seeds in potting soil and allow to grow. Once they are a few inches tall, you can transplant outdoors.

Carole Baker, Chair

HEALTH AND WELLNESS



Please save your pop tabs from all soda, cat, dog, soup, veggies, etc. cans. They are all acceptable for the Ronald McDonald House and are used to help their Foundation. These tabs help the children and their families who are being treated for their illnesses, like cancer, so they can stay locally at the House. We will have a drop off date at the clubhouse parking lot and already have someone who will take them up to Wilmington. Thanks for your compassion.

The Community Resource Center needs intake volunteers to work with local individuals and families who desperately need help. Intake volunteers talk to clients over the phone to discuss their needs and gather information to help find resources and solutions to their immediate issues. The CRC provides a 60 to 90-minute training session and then opportunity to shadow a seasoned intake volunteer until you are comfortable doing the interviews on your own. These volunteers make a difference every day and enable CRC to deliver critical services to all those they serve. Even if you only have three hours a month or each week to share, you can get involved and help create a community of caring for people who are struggling. Please contact the CRC's director Jo Allegro-Smith. Her direct number is 302-727-4572

Don't forget me....



Even though Operation Smile mission trips are temporarily suspended supplies are still needed. We have 27 hospital gown kits ready to be sewn. The kit contains pre-cut fabric, thread, bias tape and easy to follow instructions. Anyone interested in getting a kit please Nancy Schindler Youngdale at 703-402-2033 call or text or email nancy.schindler@gmail.com

Marti Badila, Chair, mbadila@cox.net

Moment for Health



Watermelon Days

Watermelon is in full season and a standard serving (2 cups) has about 10% of a day's vitamin A, 25% of Vitamin C, a good shot of potassium plus a healthy dose of lycopene, all for only 90 calories! Locally grown, it leaves a smaller carbon footprint than other fruits. Try this watermelon salad:

- 6 C. cubed seedless watermelon
- 3 T. olive oil
- 2T Rice wine vinegar
- 1-1/2 T. fresh lemon juice
- Dried mint leaves to taste
- 1/2 cup sliced red onions or radishes

Optional: sliced English cucumber or a salty cubed cheese

Combine and let flavors blend for a couple of hours, at least. Store in frig for 3 days.

Source: Nutrition Action Healthletter, Center for Science in the Public Interest

Marti Badila, Chair

FOR YOUR INFORMATION

MEMBERSHIP



Please remember if you are bringing a prospective member to her first meeting, two sponsors must be identified and one must attend the meeting. You can find eligible sponsors in the VIA directory. An eligible sponsor must be a member for a year, has not sponsored anyone for a year, and she must have at least 60 volunteer hours. Since we will be doing Zoom general meetings for the foreseeable future, please email me the email of your prospective member so that I can include her on the list of invited guests.

NEW MEMBER ORIENTATION

An orientation will be held on **Monday, September 14, 2020 at 9:30** in the backyard of Marge Cintavey at: 121 Beachfield Dr. A prospective member may attend orientation before attending the required meetings. Remember, only one sponsor is required to attend orientation with a prospective new member, however, it would be nice if both sponsors attended. Please email me if you plan to bring a potential new member to orientation. Please bring a mask to this social distancing meeting.

The next orientation will be **Monday, October 19 at 10:00 a.m.** Location to be announced in the October newsletter. Please let me know if you and your prospective member plan to attend by October 12. Thanks!

Marge's house is in the Beachfield development, off Munchy Branch Road., which is the road next to Walgreens.

Thanks! Carol Hall, Membership Chair, challraa@comcast.net and Marge Cintavey, Co-Chair

TECH TIP

These days, we're glued to our phones. From scrolling through our social media feeds to reading the news, there's not much our devices can't do to hold our attention.

If you use the web to search on your phone, there's a very good chance that your web browser has multiple tabs open with different websites you've visited over the past days, weeks, or even months. I once assisted someone who had over 300 tabs open! Over time, a situation like this can negatively impact the phone's performance, so you may want to do a bit of "housekeeping".

If you've lost track of what tabs you have open, and simply want to start from scratch, it's possible to close all open tabs on your phone at once. On an **iPhone** at once (see below for **Android** phone instructions) doing so is quick and easy and it's just good iPhone hygiene —here's how....

1. On your iPhone's home screen, tap the Safari icon to open the app.
2. In the lower right-hand corner of your screen, press and hold the "tabs" icon, which appears as two overlapping squares (see red circle below).



3. An option will then appear to close all tabs (it will tell you how many tabs you have open). Tap this and then tap the next "Close all X Tabs" button. This will then close all open tabs on your phone, and you will be returned to a blank home screen in Safari and, if you have sites bookmarked, they will appear as small squares.

From here, you can either choose one of these bookmarks to navigate to, or use the toolbar at the top to type in the URL of the site you wish to visit, or a search term.

If you're using an **Android phone**, closing all of your web search browser tabs is even easier. Simply...

1. Open the Chrome (browser) app
2. Tap the "Tab" icon (the small square with a number on it) in the top-right corner.
3. Tap the three vertical dots in the upper right corner. .
4. Tap "Close all tabs".

Valerie Evans, Chair

SAVE THESE DATES . . .

Please note that any committee meetings will take place on ZOOM if the clubhouse is unavailable for use at the time of the scheduled meeting.

- September 7- October 31: **LET'S BE DIRECT** fundraiser
- September 11 VIA Clubhouse Clean Up – 9-12pm
- September 12 Coastal Clean Up – location to be determined – 9-12pm
- September 17 Field Trip to DSWA Recycling Center – New Castle, DE
- October 6 Environment Meeting –VIA parking lot 10:00 - 11:30
- October Submit all donations for **Oh The Places You Will Go**

VIA September Meeting



Since COVID-19 restrictions prevent us from gathering in the clubhouse for our monthly meetings, we will be holding the September meeting online via Zoom.

How will this work?

On September 9, your leadership team will convene on Zoom for the Fall opening meeting. The session will be recorded and, shortly after the event, a link will be sent to you and all others members via email. Whenever it is most convenient for you, click

on the link and you'll be able to view ("attend") the meeting. No Zoom skills or apps will be required!

While we would all much prefer to gather as a group at the clubhouse for lively discussion, a light lunch and our informative monthly meeting, such is not to be until we can all be assured of a much safer environment. Holding the meeting via Zoom seems like the next best alternative since it provides a convenient and safe way for us to conduct club business and keep everyone informed of VIA news and activities.

Shortly after the September 9 meeting, be on the alert for a VIA Blast. A link to access the meeting recording – along with brief directions -- will be included in the note.

DELAWARE CLUBWOMEN HONORED POSTHUMOUSLY

Two prominent members of the GFWC Delaware State Federation of Women's Clubs have been selected for induction into the Delaware Women's Hall of Fame for 2020. Governor John Carney made that announcement on Thursday.

2020 is the 100th anniversary of the passage of the 19th Amendment, guaranteeing and protecting women's constitutional right to vote. To honor that anniversary, the Delaware Women's Hall of Fame Committee partnered with the Delaware Women's Suffrage Centennial Committee to induct two Delaware women's suffragists into the Delaware Women's Hall of Fame. The late Margaret Burton White Houston, and the late Mary Seward Phillips Eskridge will go into the Hall posthumously.

"As we mark the 100th anniversary of the 19th Amendment, it's only fitting to induct Delaware suffragists – Margaret Burton White Houston and Mary Seward Phillips – into the Hall of Fame of Delaware Women," said Governor Carney. "These two leaders worked tirelessly to ensure the women of the future would have the rights they should have had all along."

Margaret White Houston was a founding member of the Georgetown (DE) Century Club in 1898. She served as the third President of the Delaware State Federation of Women's Clubs from 1903-1905. She was also a founding member of the Delaware Equal Suffrage Association in 1896 and as vice-president she used her family's considerable political influence in an effort to eliminate the word "male" from the qualifications for voting. Unfortunately, that effort failed in 1897 when considered at the Delaware state political convention.

Mary Seward Phillips Eskridge was president of the GFWC Acorn Club of Seaford in 1913 as the club was building the town's first library. In 1919 as the Delaware Equal Suffrage Association was gearing up for the ratification effort she served as co-chairman of the ratification committee and not long after, became its treasurer. Her suffrage activism consumed almost every moment between March and June of 1920, determined to win ratification of the 19th amendment by Delaware. Unfortunately, the legislature adjourned without ratifying the amendment.

The 2020 induction ceremony will take place during the historical marker dedication to women's suffrage in Delaware on September 21, 2020 at 11 a.m. on the East Market Street side of the Sussex County Courthouse in Georgetown.

Rita Hollada, GFWC DSFWC President

An Inside Out Christmas in Odessa December 5, 2020

Presented by the
WOMEN'S CLUB OF ODESSA



~ 56th Anniversary ~

You're invited to join us for a free outdoor celebration of the season.

DECKED OUT DOORS

Stroll through our charming town on a self-guided tour, enjoy the festively decorated doors, and learn more about our town's history.

FRESH GREENS FOR SALE

Purchase freshly cut evergreens to decorate your home.

TREE LIGHTING

Our day will end with a tree lighting at 5:00 pm.

SATURDAY, DECEMBER 5, 2020

12:00 noon to 5:00 pm • Historic Odessa, Delaware

Admission is free this year, but donations are greatly appreciated to help support the Women's Club of Odessa's Scholarship Program that benefits local students.

For more information, or to make an online donation, please visit

www.christmasinodessa.com

or find us on Facebook @ GFWC Women's Club of Odessa.

**Articles for the October Newsletter are due by Sunday, September 27.
Send to: mommadawgsboyz@yahoo.com; annsebastian2@gmail.com**