

THE BRIDGE

Autumn 2010

GOVERNOR'S MESSAGE

Denise Quarles

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The 39th District conference provided an opportunity for Zontian enrichment. Enhanced knowledge of Zonta mission-oriented issues, sharing ideas about service projects, interacting and having fun with members of other clubs and participation in health screenings are just some of the benefits members stated they realized by attending the district conference. Be sure to read conference highlights provided by others in this newsletter.

It is hard, but fulfilling work for persons who were involved in the considerable detail required for conference planning. I greatly appreciate the efforts of the host club, the Zonta Club of Iron Mountain- Kingsford Area, the District Board, District Committee Chairs and others who contributed their time and skills for the conference. I am particularly thankful for the cooperative Zonta spirit shown by some individuals who were willingly called into service at the last minute. Julie Dyer (Zonta Club of Cadillac) led and provided a quick tutorial to Marquette Senior High School Z Club members for the presentation and posting of the flags when the designated Girl Scout Troop was unable to provide this service. Paula Somerville (Zonta Club of Southfield) and Lucy Contois (Zonta Club of Marquette) gathered "intelligence" for and prepared the Courtesy Resolutions. Sadly a family member of the Courtesy Resolutions Committee Chair, Mary Gilson (Zonta Club of Lenawee Area), died so she was unable to attend the conference.

The conference provided an ideal opportunity for me to unveil and launch my goals for the district and to address the two areas about which I would like the district to focus in this biennium. Most of the conference program was related to these goals as

well as the two areas of focus – violence against women and women's health. Details on some of the implementation actions which have been/will be taken can be viewed in the "Governor's Corner" on the district website www.zonta15.org I welcome the receipt of any additional recommendations for implementing the goals. The goals can be best achieved if members and clubs as well as the District Board and District committees work toward implementing them, so I encourage your assistance in this regard.

The following goals have been established for the 2010-2012 biennium:

1. Increase membership by 5%
2. Raise the profile of the international aspect of Zonta
3. Explore technological methods for increasing financial and operational efficiencies to enhance service to the district membership
4. Promote professionalism, leadership development and team work
5. Enhance connection of Z and Golden Z Clubs with the District
6. Raise the profile of District 15
7. Promote fund raising efforts of clubs

I encourage members who have expertise in the issues of violence against women or women's health to help educate other Zontians by submitting articles for future newsletters. Members may also enhance our knowledge of any Zonta mission-oriented issue by submitting reviews of fiction or non-fiction books for the *Book Corner* segment of the newsletter. The deadline dates for such submissions will be noted in each newsletter. ☺





District 15 Fall Conference
Martha Belfour and Julie Dyer

Our 39th Annual Fall Conference held October 15-17 in Harris, Michigan at the Island Resort and Casino was one to remember. Most members traveled several hours to attend the conference. There were 153 members and 9 guests in attendance (it was luck of the “troll” that we did not get snowed in way up dare in da UP!). The Zonta Club of Iron Mountain-Kingsford Area Conference Committee ensured that we were going to experience the feel and taste of the Upper Peninsula. Each day of the conference we were educated during the “Yooper Moments” on the traditions, or just plain mind-blowing highlights of the Upper Peninsula. Good job from host club member Nancy Schaub. Hey, Zontians, she is NOT a native Yooper, but she is a great artist. However, not to out-do Yooper Moments, our very talented, Emmy-worthy Area Directors provided us Membership Minutes; information and video creations to help us improve membership strength and attitude. On Friday and Sunday the Sault Northernaires, members of the Zonta Club of the Sault Ste Marie Area, entertained us with songs. Do we have Grammy nominees in our midst??



A highlight of this year’s conference, the Zonta Wellness Stations were set up with medical professionals from a public health service to provide blood sugar testing, bone density testing, and oral health checks on Saturday. Information on nutrition was also available. This opportunity emphasized that our own health is important and ensures we are able to help others.

The 2010 ZI Foundation Financial Support Goals by District 15 Clubs were presented by District Treasurer Patty Johnson:

International Service Projects	\$13,637
ZISVAW	11,870
Eva Mowbray Fund	990
Rose Fund	2,807
Other, Endowment	400
Amelia Earhart Fellowship Fund	7,170
Young Women In Public Affairs Fund	4,844
Klausman Women In Business Fund	3,947
Total ZIP Goals	\$45,715

The Retirement of Colours by Julie Dyer (Zonta Club of Cadillac) and Marquette High School Z Club members concluded a Northern Lights Experience weekend in Michigan’s beautiful Upper Peninsula. By the end of the conference we were all energized to maximize our people power by recruiting new Zontians to accomplish our mission. Most importantly, we became ever more empowered to be the voice of reason and advocacy for those women and young girls who need us more than ever. *∂* (See further details on the District 15 website!)

Congratulations!!!!

- Zonta International President Dianne Curtis was awarded the Minerva Award on November 15 in the Hall of the Capitol in Rome, Italy. She is the first American to receive the prestigious Minerva Award which was established in 1983 by the President of the Women's Club. The award recognizes women who are continuously fighting against all odds to instill new knowledge, new values, and new passions in their communities. President Curtis accepted the award on behalf of Zonta International indicating the organization will continue to do all it can to prevent violence and improve the lives of women in need throughout the world.
- The District 15 Board and the Nominating Committee were installed at the District conference on October 16.
- In October Jason Friske was appointed as Executive Director by the Zonta International Board. He had previously served as Acting Executive Director for several months and prior to that he was the Director of Member Services.



Individual Foundation Contributions at 2010 Fall Conference: \$1,880

Jacquie Gudmundsen, Foundation Ambassador

We really do make a difference in the lives of women in Rwanda, Liberia, Guatemala, El Salvador, Cambodia, Nepal, Uganda, and Haiti! These are the countries where women benefit from our current Zonta International Foundation service projects. And, thanks to you, we are \$1,880.00 closer to our goal of \$3,758,000.

Thank you to the 24 district 15 Zontians and 1 guest who made individual Foundation contributions at our 2010 Fall Conference at the Island Hotel and Casino Resort in Harris, Michigan, October 15-17. **Thank You!**
Fall Conference Contributors are:

Martha Belfour, Zonta Club of Leelanau

Christine Benson, Zonta Club of Flint I

Grace Chang, Zonta Club of TroySouth Oakland

Sally Churchill, Zonta Club of Lansing

Darcie Clapp, Zonta Club of Grand Rapids

Audrey Coon, Zonta Club of PontiacNorth Oakland

Valerie Cotanche, Zonta Club of Traverse City

Carol Curtis, Zonta Club of Iron MountainKingsford

JoAn Dale, Zonta Club of ChathamKent

Linda DeGrow, Zonta Club of Charlevoix

Julie Dyer, Zonta Club of Cadillac

Cindy Gabara, Zonta Club of Alpena

Mary Georges, Zonta Club of Saginaw

Jacquie Gudmundsen, Zonta Club of PontiacNorth Oakland

Susan Haut, Zonta Club of Big Rapids

Joanne Lose, Zonta Club of Meridian East

Christine Myers, Zonta Club of Marquette

Cherie Nutter, Zonta Club of Gaylord Area

Sally Randall, Zonta Club of Northwest Wayne

Aleta Runey, Zonta Club of Downriver

Amber Theriault, Zonta Club of Gaylord Area

Mary Jane Thomson, Zonta Club of Alpena

Cynthia Trost, Zonta Club of TroySouth Oakland

Joy Smith, Zonta Club of Lenawee County

In addition, our guest from the Michigan Women’s Hall of Fame, Sandra Soifer, also made an individual gift to the Foundation.

Our total from individual contributions during our Fall Conference weekend demonstrates that we at District 15 are serious about fulfilling our mission by supporting our international service and education programs and goals.

At Fall Conference, I announced that Governor Denise Quarles and I believe that at least 10% of District 15 Zontians will make individual contributions to the Foundation during the 2010-2012 biennium with a goal of raising \$50,000. Right now, that would mean about 100 Zontians in District 15. So far, since the beginning of the biennium in San Antonio, 35 Zontians from District 15 have made individual contributions—some more than one. Last biennium, 69 Zontians from our district made 90 individual contributions to the Foundation for a total of \$43,964.

Last biennium, 40 District 15 clubs contributed \$81,000 to the Foundation. Governor Denise and I believe that we can raise \$100,000 for the Foundation this biennium with 100% of our 44 clubs making Foundation contributions. We know that goal for each club is to contribute one-third of its service money to the Foundation for Zonta’s international service and education programs. With two-thirds of our club service monies going to local service, we can make a huge impact in the lives of women—in our own communities and throughout the world.

Club Visits

I am happy to visit each and every club in the district to do a presentation on the Foundation and the status of our international service and education programs. All you have to do is ask me. I will be happy to bring my own laptop and projector, the new Rwanda video that we weren’t able to see at Conference, and any other information that you would like for your club. I also have paper summaries of our projects and will bring copies for all club members. If your club is a long distance from Auburn Hills, I would ask for an overnight with a local Zontian. I firmly believe that our Zontians need to know what we are doing internationally. Not only does this knowledge increase our donations to the Foundation, it also makes it easier for us to attract qualified members to our organization.

In future Newsletters, I will update you on the status of our service and education programs, as well as our District 15 is doing in reaching its individual and club goals for the biennium. Thank you again for your generosity and dedication to Zonta. *o*



MEMBERSHIP MATTERS

Lt. Governor Karen Armaly

Congratulations to all that received Membership honors at the District Conference:

Sponsoring 3 or more members since October 1, 2009

- From the Zonta Club of Petoskey Area, Linda Hume – 4 and Kelly Scripter – 3
- From the Zonta Club of Alpena, Penny Boldrey – 8
- From the Zonta Club of Troy South-Oakland, Alice Alexander and Bea King - 4

Thirty Year Members

- From the Zonta Club of Lansing, Margaret Groves and Mary Zehner
- From the Zonta Club of East Lansing Area, Nancy Craig, Marylee Davis, Sue Neller and Virginia White
- From the Zonta Club of Mt. Pleasant, Alice Holms
- From the Zonta Club of Traverse City, Susan Noakes

Forty Year Members

- From the Zonta Club of Lansing, Jacquelyn Pulford

Fifty Year Members

- From the Zonta Club of Lansing, Norma Bunday

Highest Percentage of First Timers Attending Conference

- Zonta Club of Troy South-Oakland **Highest Percentage**

of Membership Attending Conference

- Zonta Club of Troy South-Oakland
- Zonta Club of Metro Detroit

The group "Five is Alive" won the **First Timers and Delegate Contest**. Congratulations to Deanna, Cherie, Susan, Anna, Lynn, Theresa and Julie!!!

Remember that all of you are challenged by Governor Denise and Zonta International to raise your membership numbers. Governor Denise has set a goal of a 5% increase in this biennium. I have added my own challenge for each member to *Sponsor 1*. It is an easy challenge. Bring a qualified person you know to a meeting. I am sure once they find out what Zonta is all about, they will be anxious to join. @

From Mary Lou Gharrity, Past Governor

Dear Governor Denise, District Board & Zontians,
Thank you for the miniature yellow rose bushes and the many cards and notes I received from clubs and Zontians. Sorry I wont be with you but wishing you a successful conference. Thank you for including Bob in the Memorial Service. My heart will be with you.

Important Future Events

2011 North American Summit

The dates: June 3-5, 2011

Location: Siena Hotel Spa Casino, One South Lake Street, Reno, NV 89501

- **2012 ZI convention location: Torino, Italy**
- **2014 ZI convention location: Orlando, Florida**



Service Committee Report

Bonnie McArthur

Amelia Earhart – January is Amelia Earhart Month – and a great time to plan your January program around our most famous aviator/member. Use this time to educate members and the community about

our Amelia Earhart Fellowships. Plan a fund raising event and use the proceeds as your club's donation to this International fund. Some ideas other clubs have done:

- Invite a speaker from The 99's – an organization for women pilots
- Meet at a member's home and watch the latest *Amelia movie about her life*
- Invite someone from the local nature center for a workshop on why things fly
- Have a field trip to the local airport, arrange a demonstration of the control tower
- Ask a pilot to give a tour of their private aircraft
- Get a member to research Amelia Earhart's life and come as Amelia to your meeting
- Invite a past or current Amelia Earhart Fellow to speak
- Fly to New York or Chicago for a day of sightseeing and shopping


District 15 is glad to report that we have a 2010 AE Fellow in our District. Azadeh Sheidaei, studying at Michigan State University, and her husband were able to join us at the Conference in Harris and spoke at the Status of Women Luncheon. [Read More](#) about her on the District website. Questions? Contact AE Coordinator: Bonnie McArthur, Zonta Club of Pontiac N. Oakland

Jane M. Klausman Women in Business Scholarship – Our District winner is Cailey Anne Ryckman, a very worthy recipient of the 2010 District 15 award of \$1,000. Cailey's application was submitted by the Zonta Club of Farmington/Novi whose members were impressed with the enthusiasm, creativity and dedication exhibited by Cailey toward her career goal of becoming a business owner. Cailey, who is in her last year in Accounting at the University of Notre Dame, is an accomplished woman in many different areas. As well as being a strong student, Cailey has varied interests which include rowing and boxing and has also volunteered tutoring children in the South Bend Indiana community. She has worked to become fluent in Spanish, which included studying in Puebla Mexico during the Spring 2010 semester. The last two summers she has participated in very interesting internships, one in purchasing at Corning Incorporated and the other working for a micro-finance company that primarily supports members of the Latino community in start-up business ventures. After graduation in May 2011, Cailey plans to work in a public accounting position, hoping to gain experience with the ultimate goal of opening an upscale dessert bar. As District 15's winner of the Jane M. Klausman Women in Business Scholarship, Cailey's application has been forwarded to Zonta International where she will be considered for one of the \$5,000 international scholarships. We wish her well in all her future endeavors! Questions? Contact JMK Coordinator: Gayle Manley, **Zonta Club of Sault St. Marie**

Young Women in Public Affairs (YWPA) – The 2011 application and promotional materials are available at www.zonta.org. Consider submitting a club application this year; due to the District Governor by April 1. Questions? Contact YWPA Coordinator: Penny Boldrey, **Zonta Club of Alpena**

Z & Golden Z Clubs – An informative presentation was given at the district conference. A summary will be available on the District website soon. Questions? Contact Z & Golden Z Coordinator: Julia Miller, **Zonta Club of Michigan Capitol Area**

Rose Day – “One Project, One Paragraph, One Picture” – One of the goals of our District Service Committee is to have each club do some service/public relations project on International Women's Day, March 8, 2011. We will ask you to submit one picture and one paragraph describing your project. What an impact we can make if all 44 clubs participate. If you already do something on that day, submit that. If your club has not done a project on that day, please consider doing something this March. If you need ideas, consider the projects presented at the Fall Conference - mastectomy pillows, reusable menstrual pads or birthing kits. Information on these three projects will be available on the District 15 website. Please feel free to contact Darcie Clapp, Zonta Club of Grand Rapids, [at dclapp@walshenv.com](mailto:dclapp@walshenv.com) or 616-842-2714, should you need information before it is posted on the site. Start planning NOW and stay tuned to this newsletter for how and when to submit your project. Questions? Contact District Service Project Coordinator: Darcie Clapp, Zonta Club of Grand Rapids

Reminder: Our Zonta purpose is to **enhance the Status of Women worldwide**. Please be sure you consider that when planning local service to be sure your club's projects are aligned with our overriding goal. One third of Service monies raised should be targeted for International Service projects while two thirds stay in the local community. Let's all keep these ideas in mind as we work hard to touch lives with our service. 




Cailey Anne Ryckman Named Recipient of the Jane M.Klausman Women in Business Scholarship for District 15

(see additional information on the district website!)

Azadeh Sheidaei Named District 15 Amelia Earhart Fellowship Winner

Azadeh Sheidaei was born in Esfahan, Iran in 1979. She received her B.Sc. degree in Aerospace Engineering in 2003 from Sharif University of technology and her M.Sc. degree in Mechanical Engineering in 2008 from Michigan State University. She is currently a PhD Candidate in the Mechanical Engineering Department of Michigan state university where she works with Professors Farhang Pourboghrat and Larry Drzal.

During her M.Sc. she worked in the field of biomechanics and has published two journal papers and four conference papers on Simulation of Abdominal Aortic Aneurysm. Her research interest comprises a range of topics from simulation to testing of material behavior in variety of applications from aerospace to auto industry.

In her PhD she is working on design and optimization of composite materials, specifically on fiber reinforced polymer composites for crashworthiness analysis. She also is studying the impact resistance of natural fiber polymer composites. 



(Note: YPWA winner featured in previous Bridge.)



Calendar

November	16 Days of Activism Against Gender Violence (Nov. 25-Dec. 10)	Clubs
December	World AIDS Day (12/1) and Human Rights Day (12/10)	Club Club
February	Submit IRS Group Subordinate Form due to ZI	Club Treasurer
March	Hold elections if not done in April	Club Nominating Committee
April	Area 1: May 14-Lapeer; Area 2, May 15-Lapeer Area 3: May 14-Lenawee; Area 4, May 15-Lapeer	Club Member
	Submit contribution to ZI Foundation	Club Treasurer
	Hold Elections	Club Nominating Committee



Zonta International District 15 Conference Service of Remembrance 2010

Sandra Vosper, Past District Governor

In compliance with ZI recommendations, the service of remembrance was non sectarian. "Let everything you do be your religion and everything you say be your prayer, "- Lakota Sioux Wisdom. In keeping with the traditions of first nations people the world over, the service was accompanied by the haunting "Tribal Winds Music from Native American Flutes"

Hold on to what is good, Even if it's a handful of earth.
 Hold on to what you believe, Even if it's a tree that stands by itself.
 Hold on to what you must do, Even if it's a long way from here.
 Hold on to your life, Even if it's easier to let go.
 Hold on to my hand, Even if someday I'll be gone away from you.

A Pueblo Indian Prayer

The Native American Ishi people of the Pacific Northwest imagined that their dead spoke to them, saying "When I am dead, cry for me a little, think of me sometimes, but not too much. It is not good for you to allow your thoughts to dwell too long upon the dead. Think of me now and again as I was in life, at some moment which is pleasant to recall, but not for too long. Leave me in peace, as I shall too leave you in peace. While you live, let your thoughts be with the living."

Reading: Your Sister by Reesom Haile, African Poet

Daughter sister; Your own sweet daughter; Your mother's Daughter;
 Her sister's and brother's Daughter ; Your father's daughter; His sister's and brother's Daughter;
 Your brother's and sister's Daughter; Your older brother's Daughter; Your older sister's Daughter;
 Whoever that may be; Daughter of this town; Daughter of your neighbour;
 Daughter and sister of our nation; Your sister; Your daughter; Your grandmother and mother;
 Your fiancé and your wife; Every daughter, Part of you; Your own sweet daughter;
 Sister to sister to sister; Respect their rights

A candle was lit to honour the life, the living and the memory of our departed friends.

Floral Presentations were made by Zontians for those whose tasks are done as follow:

Lucille E. Belen	Zonta Club of Lansing
Dora Sadie Cohodes	Zonta Club of Iron Mountain Kingsford
Marian Crossman	Zonta Club of Traverse City
Ruth Emerick	Zonta Club of Grand Rapids Area
Robert Thomas Gharrity	Late Husband of Past Governor Mary Lou Gharrity, Zonta Club of Milford
Lois Herbage	Zonta Club of Saginaw
Virginia Hilbert	Zonta Club of East Lansing Area
Joy Hodges	Zonta Club of Roscommon
Donna Johnson	Zonta Club of Chatham-Kent
Audrey Lovell	Zonta Club of Grand Rapids
Ann Mapes	Zonta Club of Traverse City
Beverlee McAllister	Zonta Club of Farmington/Novi Area
Jan Montei	Zonta Club of Roscommon
Deborah Morrow	Zonta Club of Traverse City
Evelyn Mundy	Zonta Club of Northwest Wayne County
Jean Roffey	Zonta Club of Chatham-Kent



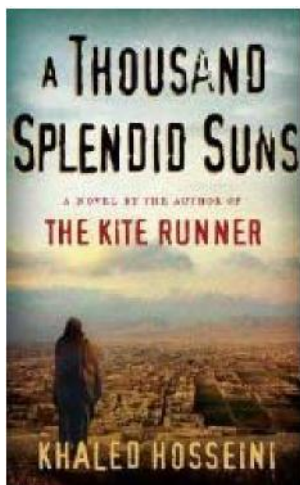
Service of Remembrance 2010 (continued)

An Ute Prayer Reading: Earth, Teach Me

Earth teach me quiet ~ as the grasses are still with new light.
 Earth teach me suffering ~ as old stones suffer with memory.
 Earth teach me humility ~ as blossoms are humble with beginning.
 Earth teach me caring ~ as mothers nurture their young.
 Earth teach me courage ~ as the tree that stands alone.
 Earth teach me limitation ~ as the ant that crawls on the ground.
 Earth teach me freedom ~ as the eagle that soars in the sky.
 Earth teach me acceptance ~ as the leaves that die each fall.
 Earth teach me renewal ~ as the seed that rises in the spring.
 Earth teach me to forget myself ~ as melted snow forgets its life.
 Earth teach me to remember kindness ~ as dry fields weep with rain. ∂

District 15 Book C

Submitted by Jaqui Stoneman



This quarter's book corner is a review of the fiction "*A Thousand Splendid Suns*" by Khaled Hosseini, author of "The Kite Runner."

Hosseini guides our journey through recent tragic history of Afghanistan to just prior to the 1979 invasion by Soviet Russia and up through the current American battle against Taliban occupation.

The story centers on the lives and daily struggles of two very different young Afghani women, Mariam and Laila, brought together through old marriage customs of the region.

Enduring cruelty, pain, despair, poverty, and anguish, their daily struggles to survive in a culture in turmoil is a tribute to the resiliency and endurance of women. It brings to life a part of the world the average American knows little about and will never experience. The Edmonton Journal notes, "[The story is] the keening of mothers, wives, sisters, and grandmothers...war's first voice is the pain of loss, of disappearances, murders, executions, and families cleft in twain, all borne by the anonymous women of war." This story is uplifting, enlightening and universal. ∂

For Your Attention

- To ensure Zonta International and the District can communicate with you, make sure you update your contact information on the International website and inform your club OMC (Membership) Committee Chair.
- The OMC Chair needs to routinely provide updated member contact information to the International headquarters and the District Treasurer via completion of the Member Report Form.
- Club and member financial support to the Zonta International Foundation is critical to sustaining the service projects as well as the Amelia Earhart, Jane Klausman and YWPA scholarship/awards. If clubs increase their donations and each member makes at least an annual donation, the impact of the Foundation on critical problems can be substantially increased.
- On ZI website view the new electronic communication policy that includes use of media such as Facebook.



LEGISLATIVE AWARENESS & ADVOCACY TOOLS

Glenda Stephens, Legislative and Advocacy Com. Chair

The Zonta International Website has great tools for your club's LAA Committee to use when planning your activities. Your committee's responsibilities include: Engaging actively in LAA activities to improve the status of women globally; Developing resources to assist clubs and members to be effective advocates in their communities; Reporting on successful advocacy outcomes through the Zonta International website and to members directly; Promoting service projects through linking of outcomes to inform about the status of women, thus emphasizing advocacy through service; and Working closely with the Zonta International United Nations Committee.

The **Advocacy Scoreboard** is a fast and effective method of determining if a project is something that we should pursue and if it is consistent with the objectives and goals of Zonta International LAA. The forms and the criteria to review can all be found at the ZI website under Member Resources/Tools/Advocacy Tools. Below is the scorecard and a synopsis of the status criteria.

(* strike out one not applicable; if both Service and Advocacy – leave) TOPICS/PROJECTS ZONTA'S OBJECTS RE: STATUS OF WOMEN	(STATE ADVOCACY TOPIC/ SERVICE PROJECT HERE)	DOES IT MEET OBJECTS?# YES = NO = X
Bylaw Article II (a) Improving the Status of Women LEGAL STATUS (Incl. PROFESSIONAL STATUS)		
POLITICAL STATUS		
ECONOMIC STATUS		
EDUCATIONAL STATUS		
HEALTH STATUS		
Bylaw Article II (c) Justice and Universal Respect for Human Rights (Women and the Girl Child)		

One or more items **must be ticked against ZI Objects for the Advocacy/Service** project to proceed. Refer to *ZI Advocacy Framework* for detailed explanation of what is covered under each 'status' category.

Status Criteria:


Legal Status: Eliminate Discrimination; Guarantee of Basic Human Rights and Fundamental Freedoms; Address Sex Role Stereotyping and Prejudice; Prostitution, Marriage and Family Life; Equality under the law.

Political Status: Eliminate discrimination of Women in political and public life; Equal Representation; Nationality Equality

Economic Status: Employment equality; Equal Economic and Social benefits; Access and equality for Rural Women.

Educational Status: Equal access, opportunity and conditions for all forms of education.

Health Status: Equal access to Health Services especially in the area of Women's health.

The criteria included in the newsletter is general but at the website you can find very specific examples to help you determine if an issue is a Status of Women Issue. You may wish to include copies of this information with your meeting agenda so you can discuss with your members. Please consider using this as you make plans for your upcoming projects and be sure to share your experiences with the District Newsletter to assist other clubs to learn and grow. 

"We have a hunger of the mind which asks for knowledge of all around us, and the more we gain, the more is our desire; the more we see, the more we are capable of seeing."

~ Maria Mitchell

Domestic Violence is everyone's business

Gayle Manley, Zonta Club of Sault Ste Marie Area



Did you know that approximately one-third of all women in America experience abuse by a partner during their lifetime? Domestic violence is the single largest cause of injury to women in the United States, more common than injuries from car accidents, muggings and rapes combined. Statistics Canada indicates that women who are under 25 years of age, women with a disability, Aboriginal women and women living common-law are at an even higher risk of abuse.

Recognizing the warning signs of abuse and where to seek help could save a life. "In almost every case of domestic homicide, we found that people around the victim knew what was going on but didn't know what to do about it..." stated Al O'Marra, the former Chief Counsel in the Coroner's Office of Ontario. In other words, neighbours, friends, family members and professionals may have had suspicions that someone they knew was being abused but felt that they should not interfere in someone's private life or did not know how to talk about it. The Neighbours, Friends and Families Campaign in Ontario is designed to raise awareness of the signs of woman abuse so that people who are close to an at-risk woman or an abusive man can help.

If you see some of these warning signs, it may be time to take action:

He puts her down

He does all the talking and dominates the conversation

He checks up on her all the time, even at work

He tries to keep her away from you

He acts as if he owns her

She may be apologetic and makes excuses for his behaviour or becomes aggressive and angry

She is nervous about talking when he is there

She seems to be sick more often and misses work

She tries to cover her bruises

She seems sad, lonely, withdrawn and is afraid


What can you do? It is important to know the rule of isolation that is always present in situations of domestic violence. Isolation happens to everyone involved- the victim, the abuser, the children and even bystanders who do not know what to do. Your goal is not to solve the problem or be a hero but to break that isolation and offer support. It is essential that you believe the victim and tell her that it is not her fault. Other ways one can support her include:

Encourage her not to confront her partner if she is planning to leave- her safety must be protected

Tell her she can get advice and help at the local shelter or she can call a domestic violence hotline for safety planning

24 hour National Domestic Violence Hotline (in U.S.) 1-800-799-SAFE

24 hour Assaulted Women's Helpline (in Ontario) 1-866-863-0511

These helplines can also offer support to a neighbour, friend or family member who suspects that someone is being abused by their partner. The premise behind the Neighbours, Friends and Families campaign in Ontario is that everyone has a role to play in helping prevent domestic violence. It can no longer be considered a private matter. The campaign has three brochures, as well as safety cards that cover recognizing the warning signs of abuse, safety planning tips for women who are abused and how to talk to men who are abusive. The website www.neighboursfriendsandfamilies.ca offers a number of resources and links to anyone accessing the site, including security measures for a victim who uses the site. Another interesting campaign around this issue is the Cut it Out Campaign: Salons Against Domestic Abuse started in the United States where salon professionals have posters about domestic violence and safety cards for their clients on the premises (www.cutitout.org) 

Gayle Manley, Zonta Club of Sault Ste Marie Area, is a community animator for the Neighbours, Friends and Families campaign in Sault Ste Marie and area, for the Algoma Council on Domestic Violence.



October: National Domestic Violence Awareness Month and Breast Cancer Awareness Month

Jaqui Stoneman, Zonta Club of Meridian East



U.S. National Domestic Violence statistics:

- One in every four women will experience domestic violence in her lifetime.
- An estimated 1.3 million women are victims of physical assault by an intimate partner each year.
- 85% of domestic violence victims are women.
- Historically, females have been most often victimized by someone they knew.
- Almost one-third of female homicide victims that are reported in police records are killed by an intimate partner.
- The cost of intimate partner violence exceeds \$5.8 billion each year, \$4.1 billion of which is for direct medical and mental health services.
- Victims of intimate partner violence *lost almost 8 million days of paid work because of the violence* perpetrated against them by current or former husbands, boyfriends and dates. This loss is the equivalent of more than *32,000 full-time jobs and almost 5.6 million days of household productivity as a result of violence.*

For an extensive listing of important information, see [www.ncadv.org/files/DomesticViolenceFactSheet \(National\).pdf](http://www.ncadv.org/files/DomesticViolenceFactSheet(National).pdf)

U.S. Breast Cancer Awareness statistics:

- About 1 in 8 women in the United States (between 12 and 13%) will develop invasive breast cancer over the course of her lifetime.
- In 2010, an estimated 207,090 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 54,010 new cases of non-invasive (in situ) breast cancer.
- About 39,840 women in the U.S. are expected to die in 2010 from breast cancer, though death rates have been decreasing since 1991. These decreases are thought to be the result of treatment advances, earlier detection through screening, and increased awareness.
- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.
- Compared to African American women, white women are slightly more likely to develop breast cancer, but less likely to die of it. One possible reason is that African American women tend to have more aggressive tumors, although why this is the case is not known. Women of other ethnic backgrounds — Asian, Hispanic, and Native American — have a lower risk of developing and dying from breast cancer than white women and African American women.
- In 2010, there are more than 2.5 million breast cancer survivors in the U.S.
- A woman's risk of breast cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. About 20-30% of women diagnosed with breast cancer have a family history of breast cancer.
- About 70-80% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic abnormalities that happen as a result of the aging process and life in general, rather than inherited mutations.²



For an extensive listing of important information, see

http://www.breastcancer.org/symptoms/understand_bc/statistics.jsp

The next newsletter deadline is February 1st.

Send articles for "The Bridge" to Jaqui Stoneman at jstoneman@fnba.com
or mail: 6043 Redondo Drive, Haslett, MI 48840.

For questions or comments, contact her at 517-332-7787.

Please add Jaqui to your Club's newsletter mailing list (email preferred.)





Governor's Reception

Photos Courtesy of Merideth Williams, Zonta Club of Southfield



" I very much appreciate all of the expressions of support and good will I received from clubs and individuals. I am honored and look forward to serving as your District Governor for the 2010-2012 biennium. With a commitment to expanding our knowledge about the problems faced by women, with a commitment to meaningful mission-oriented service projects and with a commitment to financially support Foundations of Zonta International and individual clubs I know that working together we can have a significant impact in our mission to improve the lives of women during this biennium. "

ADVANCING THE STATUS OF WOMEN WORLDWIDE



District 15 Fall Conference

Photos Courtesy of Grace Chang, District 15 Photographer

