

THE BRIDGE

Autumn 2011

GOVERNOR'S MESSAGE

Denise Quarles

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With tears in her eyes she said, "I wonder if the women who made these pillows really know how much something like this means to you when you're going through it." This statement was made by a breast cancer survivor who is an American Cancer Society (ACS) employee when she saw over 200 handmade mastectomy comfort pillows donated by the four Lansing area Zonta clubs. During the month of October in recognition of Breast Cancer Awareness Month, 18 Zonta clubs and the Brace-Lederle MacArthur Southfield Z Club donated mastectomy comfort pillows handmade in caring service for distribution by the ACS and hospitals to women who have had breast cancer surgery. What a privilege it is to know that the efforts of almost half of the District 15 clubs and a Z Club will be a source of comfort for 625 women. An ACS representative was presented with 180 pillows at the October District 15 conference and 445 pillows were donated throughout that month in other communities throughout the district. Our service resulted in press coverage at the conference and in some of our communities while also resulting in an interest in membership being expressed by several women who became aware of this project.

Not only were many District 15 Zontians focused in October on being of service to women who have had breast cancer surgery, during that same month at the district conference we also greatly enhanced our knowledge of some major types of violence against women. In recognition of National Domestic Violence Awareness Month, 3 Zontians provided very informative presentations regarding domestic and sexual violence against women. They shared concrete examples of how we can address this violence

through service and advocacy to effect social change and assistance to victims.

Other informative presentations regarding another form of violence against women were made by persons with expertise in human trafficking issues. They also provided concrete examples of service and advocacy efforts we can pursue as individuals and clubs. At the 2010 district conference Zontians were very touched by the keynote speech made by Teresa Flores who was a victim of human trafficking while a teenager. Following that conference several clubs and individual members expressed interest in learning more about this terrible crime while also requesting information on what actions they could take to combat it. In response to the interest expressed, presenters with a varied and extensive expertise were invited to further enlighten us at the conference this year.

Let's not just talk **about breast cancer, domestic and sexual violence and human trafficking. We need to make it a point to ensure there is a Zonta District 15 impact!!** I encourage you to review the suggestions described in this newsletter and on the district website and decide how as individuals and as clubs we can make a difference. Also, every October we should help women with breast cancer through service projects such as the donation of comfort pillows and/or by supporting a breast cancer awareness event.

Continued next page...





GOVERNOR'S MESSAGE (continued from Page 1)

Denise Quarles

Additionally, it was truly encouraging that at the district conference club delegates approved the proposal for District 15 to establish a cooperative affiliation with the Michigan Human Trafficking Task Force. This action will allow the district to formally lend its name and effort to work jointly with the Task Force to combat human trafficking through service and advocacy. In the future members will be informed of initiatives discussed by the District Board for pursuit with the Task Force.

Be sure to review the remainder of this newsletter for other highlights of the District 15 conference. ☺

2011 MASTECTOMY COMFORT PILLOW PRESENTATION

Denise Quarles, District 15 Governor



Our voice was heard as an organization doing its part to advocate for and to be of service to breast cancer survivors. The month of October, Breast Cancer Awareness Month, provided an opportune time for Zonta

clubs to sponsor public awareness events, construct mastectomy comfort pillows for women who have had breast cancer surgery and donate funds to organizations providing professional services.

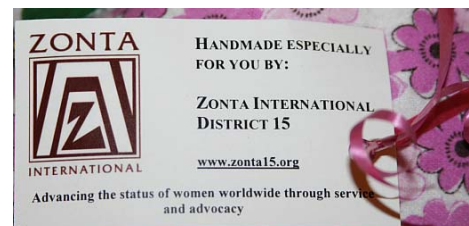
Members of the Brace/ Lederle MacArthur Southfield Z Club along with their Zonta Club of Southfield advisors and representatives of the Zonta Clubs of .Grand Rapids, Farmington-Nov, Metro Detroit, Troy-South Oakland, Benzie, and Detroit II were joined by District 15 Governor Denise Quarles, Zonta International Vice President Maria Oestergaard, District 15 Special Projects Coordinator, Darcie Clapp, District Service Committee Chair, Bonnie MacArthur, in presenting mastectomy comfort pillows to American Cancer Society Health Initiatives Manger Jennifer Nagy at the recent District 15 conference. Approximately 180 pillows were donated that day.

In the community, another 445 pillows have been donated by the following clubs: Meridian East, Michigan Capitol Area, East Lansing, Lansing, Metro Detroit, Sault Ste. Marie, Cadillac, Charlevoix, Fenton, Lenawee, Owosso and Petosky.



(above) American Cancer Society Health Initiatives Manager, Jennifer Nagy

Leslie Algren, "Reach to Recovery Michigan" Volunteer Coordinator, had this to say:
"The American Cancer Society had lots of pillows to show our Reach to Recovery group one night. We began giving them out then heard the response about how wonderful they are after breast surgery! I didn't get my pillow till a few years after my breast surgery, but it's been loaned to several friends. Just like kids give names to their stuffed animals, my pillow is named "Zonta". The light stuffing is absolutely perfect for putting under the arm and relieving the pressure caused by swelling tissue in the breast area as well as the underarm. Everyone that uses the pillow is amazed how such a fluffy little pillow can make such a big difference and the strap is most handy for walking around. Although we can't say they are from the American Cancer Society, we say the pillow comes from us but that it was made by Zonta. Not only are the pillows good for after the breast surgery, but I've had two shoulder surgeries and used my little Zonta pillow both times. It's such a valuable pillow I won't give mine away. I hope you always consider this a worthy project--because it is!"





16 DAYS OF ACTIVISM AGAINST GENDER VIOLENCE

**2011 Theme: From Peace in the Home to Peace in the World:
Let's Challenge Militarism and End Violence Against Women!**

District UN Committee Chair Sandra Vosper outlined the campaign for the 16 Days of Activism Against Gender Violence and suggested some concrete activities that clubs can undertake to draw scrutiny to the crimes of violence against women. The 16 Days of Activism Against Gender Violence is an international campaign originating from the first Women's Global Leadership Institute. Participants chose the dates, November 25, International Day for the Elimination of Violence Against Women, and December 10, International Human Rights Day, in order to symbolically link violence against women and human rights and to emphasize that such violence is a human rights violation. This 16-day period also highlights other significant dates, including November 29; International Women Human Rights Defenders Day, December 1, World AIDS Day, and December 6, the Anniversary of the Montreal Massacre.

HUMAN TRAFFICKING

Amy Allen, Homeland Security, Jane White, Executive Director of MI Human Trafficking Task Force, Bridgett Carr, Founder of Human Trafficking Law Clinic University of Michigan



THE DOCUMENTARY

Internationally acclaimed, Very Young Girls has been seen by over 3 million viewers, and is the first film of its kind to document the realities of the buying and selling of American girls. Very Young Girls is at the forefront of a national campaign to change public knowledge and perceptions of the commercial sexual exploitation of children.

Thousands have screened Very Young Girls to bring awareness to their friends, colleagues, and communities. Join the Girls Are Not for Sale campaign and host a screening.

"The reality, sadly, comes not just close to home but right into my home...Slavery globally touches not only my heart, but quite probably my table, my car, my clothing." ~ Julia Ormond, UN Goodwill Ambassador on Human Trafficking

The True Definition of REAL Slavery: Forced to work without pay—under the threat of violence— unable to walk away.

- o National Human Trafficking Resource Center: 1-888-3737-888
- o To end slavery, the following must happen: public awareness has to grow; money needs to be spent; great effort must be made.
- o Go to your computer and type Change.org into your search engine. Sign the petition asking US Senate to support the Trafficking Victims Protection Reauthorization Act NOW. Write letters to newspapers.

See the District 15 website for further suggested actions.



Jane White



Amy Allen



Bridgett Carr



IN RECOGNITION OF NATIONAL DOMESTIC VIOLENCE MONTH

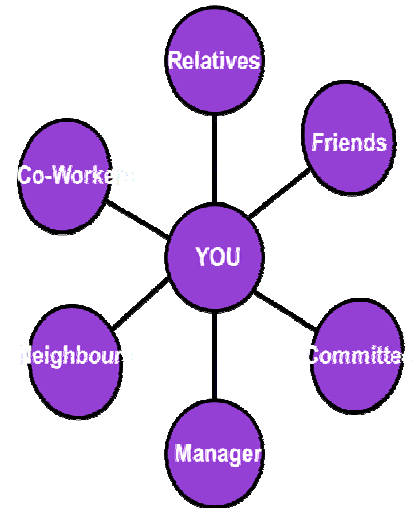
Impacting Domestic Violence and Sexual Assault Through Social Change

Gayle Manley, Zonta Club of Sault Ste. Marie, Sharon Mortenson, Zonta Club of Midland, Jan Mancinelli, Zonta Club of Petosky

- ⌚ One out of five Michigan women reports some type of violence in a relationship – yet it is estimated that 73% of domestic violence incidents go unreported.
- ⌚ 1 in 4 American women will be raped or physically assaulted in their lifetime

What Can You Do To Help?

- ⌚ Offer support and assistance to survivors
- ⌚ Don't stand by – speak up when you see something that causes you concern



What Can Zonta Clubs Do To Help?

- ⌚ Funding for client transportation (gas cards or bus vouchers)
- ⌚ Donating gift cards for local stores
- ⌚ Serving on local task forces (such as human trafficking, domestic violence, sexual assault)

In almost every case of domestic homicide, we found that the people around the victim knew what was going on – but didn't know what to do about it...

- ⌚ You can learn about the warning signs of woman abuse and you can learn how to help.

See the full PowerPoint presentations on the District 15 website



www.neighboursfriendsandfamilies.ca

www.kanawayhitowin.ca

www.voisinsamisetsfamilles.ca

www.makeitourbusiness.com



Gayle Manley,
Board Member of *Women in Crisis* shelter and community member of *Algoma Council on Domestic Violence* in Sault Ste. Marie



Sharon Mortenson,
Executive Director of *Council on Domestic Violence and Sexual Assault* in Midland



Jan Mancinelli,
Executive Director of *Petosky's Women's Resource Center of Northern Michigan*



We had the pleasure of having Zonta International Vice President Maria Oestergaard introduce the conference video of Zonta International President Dianne Curtis which addressed the State of Zonta International. She also provided further elaboration on membership concerns which was one of the important issues discussed in the video. Additionally, she encouraged Zontians to grow the District 15 membership through various methods such as establishing new clubs.



MEMBERSHIP MATTERS

Lt. Governor Karen Armaly

Fall Conference was a great success!

Lt. Governor's Award : Congratulations to the Zonta Club of Alpena for receiving the Lt. Governor's Award for their 35% increase in Membership.

Congratulations to our 30 Year Members: Helen Chase from the Zonta Club of Mt. Pleasant, Karen Milton from the Zonta Club of Northwest Wayne County , Lee Bovee from the Zonta Club of Traverse City, Joan Hartwig, Patricia Lowrie and Kathleen Wilbur from the Zonta Club of East Lansing, Ivy Benneian and Connie Huschitt from the Zonta Club of Windsor/Essex County, Carol Curtis from the Zonta Club of Iron Mountain-Kingsford and Cynthia Fisher M.D. from the Zonta Club of Southfield.

Congratulations to our 40 Year Members: Shirley Collins and Mary Houton from the Zonta Club of Flint I

Congratulations to our 50 Year Member: Mary Lou Gharity from the Zonta Club of Milford

Yellow Rose Award was given to two Members – Penny Boldrey from the Zonta Club of Alpena for sponsoring 3 new Members and Mary Ann Peters for the Zonta Club of Milford for sponsoring 4 new Members.

The Zonta Club of Pontiac North Oakland was awarded the **Membership Award** for the most Members attending Fall Conference with 35% of their Club attended. Coming in a close second was the Zonta Club of Michigan Capitol Area with 33%.

The Zonta Club of Leelanau was the winner of the **First Timers Award** for the most First Timers attending.

Congratulations to all that received awards.

Our International Representative Maria Jose Landeira Oestergaard, Zonta International Vice President has issued District 15 a challenge. She has asked us to sponsor a new club in each Area. As you know we lost 4 clubs in the past year. She has asked us to replace them. Do you have a friend or relative in an area that we do not have a club? What about the Port Huron area or Ann Arbor? Let us know. The OMC Committee will be examining the possibilities. Give us your suggestions. Let's make Maria proud!!

“When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.”

~ Helen Keller



THANK YOU ZONTIANS FOR FALL CONFERENCE ZIF DONATIONS

Jacquie Gudmundsen, District 15 Foundation Ambassador

Thanks to the generosity of District 15 Zontians, **\$2,885.00** was raised through individual donations to the Zonta International Foundation. Thirty-three participants at the 40th District 15 Fall Conference chose to contribute to the Foundation as a very concrete and personal way to advance the status of women worldwide. This money will help women who need help now, as well as investing in women's future through higher education.

Many Thanks - More than 20% of Conference participants chose to make individual donations to the Zonta International Foundation. Please remember that these individual contributions are over and above what members give through their club contributions. We are grateful for your generosity and inspired by your commitment.

Breakdown by Fund

International Service Projects	\$1,190.00
Zisvaw Projects	\$ 810.00
Amelia Earhart Fellowships	\$ 710.00 * (Includes \$15 in book sales)
Jane M. Klausman Scholarship	\$ 100.00
Young Women in Public Affairs	\$ 50.00
Rose Fund	\$ <u>25.00</u>
Total:	\$2,885.00



2011 Fall Conference Individual ZIF Contributors and their Clubs

Amber Theriault	Zonta Club of Gaylord Area	Jo Ann Dale	Zonta Club of Chatham-Kent
Amy Maple	Zonta Club of Southfield Area	Joan Boyd	Zonta Club of Traverse City
Bonnie McArthur	Zonta Club of Pontiac-N. Oakland	Joanne Lose	Zonta Club of Meridian East
Carole Calvert-Baxter	Zonta Club of Midland	Judy Nash	Zonta Club of East Lansing Area
Cherie Nutter	Zonta Club of Gaylord Area	Julia Breidenstein	Zonta Club of Detroit II
Cheryl Cross	Zonta Club of Pontiac-N. Oakland	Julie Dyer	Zonta Club of Cadillac
Cheryl Hall	Zonta Club of East Lansing Area	Karen Armaly	Zonta Club of Detroit I
Cynthia Chilcote	Zonta Club of Midland	Lani Ochs	Zonta Club of Charlevoix
Cynthia Fisher	Zonta Club of Southfield Area	Mari McKenzie	Zonta Club of Saginaw
Darcie Clapp	Zonta Club of Grand Rapids	Marilyn Valeri Colton	Zonta Club of Pontiac-N. Oakland
Diedra Boles	Zonta Club of Michigan Capitol Area	Martha Belfour	Zonta Club of Leelanau County
Elizabeth Barr	Zonta Club of Chatham-Kent	Mary Gilson	Zonta Club of Lenawee County
Gayle Manley	Zonta Club of Sault Ste. Marie	Pamela Costabile	Zonta Club of Flint I
Grace Chang	Zonta Club of Troy-South Oakland	Patricia Barber	Zonta Club of Detroit I
Jackie Pulford	Zonta Club of Lansing	Sally Churchill	Zonta Club of Lansing
Jacquie Gudmundsen	Zonta Club of Pontiac-N. Oakland	Valerie Cotanche	Zonta Club of Traverse City
Jan Mancinelli	Zonta Club of Petoskey		
Jenny Pelisek	Zonta Club of Chatham-Kent		
Jessica Glendon	Zonta C.lub of Marquette		



SERVICE OF REMEMBRANCE 2011 FALL CONFERENCE

Sandra Vosper, Past District 15 Governor

DISTRICT 15 FORMALLY OBSERVED THE PASSING OF OUR SISTER ZONTIANS WITH JOY FOR HAVING HAD THEM IN OUR LIVES. THIS YEAR WE HONOURED AND CELEBRATED THE CONTRIBUTIONS OF TWELVE ZONTIANS WHOSE TASKS ARE DONE. A YELLOW ROSE WAS CARRIED FOR EACH ONE AND A RED ROSE WAS CARRIED FOR PAST GOVERNORS BARBARA GEIL AND DR. GERALDINE PURCELL.

- | | |
|--------------------------------------|------------------------------|
| Charlotte Allen | Zonta Club of Midland |
| Cheryl Baker-Parker | Zonta Club of Southfield |
| Ruth Carey | Zonta Club of Chatham-Kent |
| Jule Fosbender | Zonta Club of Lenawee |
| Winifred Fox | Zonta Club of Grand Rapids |
| * PAST GOVERNOR Barbara Geil | Zonta Club of Detroit 1 |
| Shirley Iler | Zonta Club of Saginaw |
| Joann Tyler-Milnes | Zonta Club of Roscommon |
| Beverly Nester | Zonta Club of Roscommon |
| Virgilene Owen | Zonta Club of Mount Pleasant |
| *PAST GOVERNOR Dr. Geraldine Purcell | Zonta Club of Flint |
| Jane Rotier | Zonta Club of Traverse City |



*When you are joyous look deep into your heart
 And you shall find that it is only that which has given you sorrow
 that is giving you joy.*

*When you are sorrowful, look again in your heart and you shall
 see that in truth*

You are weeping for that which has been your delight.

*Accept the seasons of your heart, even as you have always accepted the
 seasons that pass over the field*

And you will watch with serenity through the winters of your grief.

~ Khalil Gibran



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 program ideas:

Invite a past or current Amelia Earhart Fellow to speak about her studies and experiences.

Meet at a member's home to rent and watch the latest *Amelia* movie about her life.

Invite a speaker from The 99's – an organization for women pilots.

Have a field trip to the local airport; arrange a visit to the control tower, or a private airplane.

Get a member to research Amelia Earhart's life and share what they learned.

District 15 is glad to report that we have two AE Fellows in our District this year. Sara Spangelo and Pavana Prabhakar are both studying at U of M in Ann Arbor. Both were able to join us at the Fall Conference in Dearborn and spoke at the Status of Women Luncheon. We also had the pleasure of having Zonta International Amelia Earhart Fellowship Committee Chair Sharon Langenbeck participate in the presentation of the certificates and wings lapel pins to the Fellowship recipients. Additionally, she gave an informative presentation about the history and significance of the Fellowship. [Read more](#) about Sara and Pavana on the District website under Scholarship Recipients.

Questions about the Fellowship? Contact AE Coordinator: Bonnie McArthur, Zonta Club of Pontiac N. Oakland

Jane M. Klausman Women in Business Scholarship – Our District winner for 2011 is Christy Hicks. Christy is a graduate student at Eastern Michigan University, pursuing a Master of Science degree in Human Resources & Organizational Development. She is the very worthy recipient of the District 15 award of \$1,000. As the District winner, her application was submitted to Zonta International for consideration of one of the International awards. We are happy to report she won! What fun it was for Gayle Manley, District JMK coordinator, to announce the additional \$5,000 honor to Christy at the Status of Women Luncheon during District Conference. [Read more](#) about her on the District website under Scholarship Recipients.

Questions about the Scholarship? Contact JMK Coordinator: Gayle Manley, Zonta Club of Sault Ste. Marie

Young Women in Public Affairs (YWPA) – The 2012 application and promotional materials are now available at www.zonta.org. Consider submitting a club application this year; due to the District Governor by April 1. [Read](#) about 2011 District winner Katelyn Flint on the District website under Scholarship Recipients.

Questions about the Award? Contact YWPA Coordinator: Penny Boldrey, Zonta Club of Alpena

Z & Golden Z Clubs – Members of the newest Z Club at Brace-Lederle Middle School in Southfield were in attendance at the fall conference to present their mastectomy pillows to a representative of the American Cancer Society at the Sunday brunch. What a delightful group of young women. Consider sponsoring a Z or Golden Z Club in your local area.

Questions on Z or Golden Z Clubs? Contact Z & Golden Z Coordinator: Julia Miller, Zonta Club of Michigan Capitol Area

Special Projects- Information on the mastectomy pillow project, reusable menstrual pad project or birthing kits can be found at www.zonta15.org under Member Resources.

Questions on Special Service Projects? Contact Special Projects Coordinator Darcie Clapp, Zonta Club of Grand Rapids

Reminder: Zonta's purpose is to **advance the status of women worldwide**. Please be sure you consider that when planning service projects. When you raise service monies – 1/3 should be targeted for International Service projects while 2/3 stay in the local community. Let's keep these ideas in mind as we work hard to touch lives with our service. ♡



**Newly Elected District 15 2012-2014 District Officers
Effective July, 2012**



Karen Armaly,
Governor



Cheryl Hall,
Lt. Governor



Bonnie Odom,
Treasurer



Anna Sylvester,
Area 1 Director



Barb Schram,
Area 2 Director



Celina Shoji,
Area 3 Director



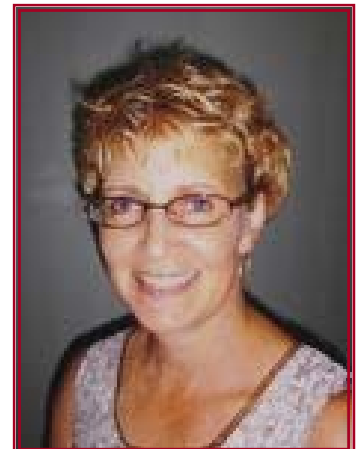
Ellen Dolsen,
Area 4 Director



Cheri Nutter,
Nominating
Committee
Chair



Jacquie Gudmundson
(left) and Cynthia
Chilcote, Nominating
Committee Members





STAYING HEALTHY THROUGH THE HOLIDAYS

Dr. Cynthia Fisher, Zonta Club of Southfield

The winter holiday season is upon us: an enjoyable time for celebrations with family and friends. Unfortunately, it is also potentially a time of increased stress, dietary overindulgences, less time for exercise and relaxation. As a result, many of us will gain weight, come down with a viral illness, raise our blood pressures, sugar and cholesterol levels, and/or become anxious and depressed. There are some things we can do to minimize the potentially negative impact and increase the joy of the season.

Take care of yourself during the holidays:

1, Stay active

In addition to cardiovascular benefits, exercise is a great stress reducer. Ideally, you should get your heart rate up for at least 20 minutes four days a week, but any increase in physical activity is helpful. During the busy holidays, consider:

- ∅ When shopping, park farther away from the entrance and walk a little faster
- ∅ Walk a lap around the mall before you start shopping
- ∅ Take the stairs instead of elevators or escalators
- ∅ Consider visits to museums or the zoo with family/friends
- ∅ Take a break from holiday preparations and turn on some music and dance for 10-15 minutes

2. Cook and Eat healthy – make the healthier choice whenever possible

- ∅ use low fat/fat free dairy products in dips, sauces, etc.
- ∅ use whole grain breads, pastas, flour whenever possible
- ∅ use less sugar
- ∅ at mealtime, load up on vegetables and protein – and smaller portions of carbohydrates and desserts
- ∅ keep healthy snacks available (veggy sticks, fruit, nuts)

3. Wash your hands/use hand sanitizer frequently

The best way to prevent transmission of flu and cold viruses (think shaking hands, money, gas pump handles, stair/escalator rails, etc.)

4. Get adequate sleep

Studies show that most adults function best with 8 hours of sleep a night

Lack of sleep impairs ability to concentrate, judgement, and our immune systems, in addition to increasing the risk of heart attack and stroke

5. Take time to breathe/relax several times a day

Although 20 minutes is ideal, even as little as 10 minutes of slow relaxed breathing helps to short-circuit the body's stress/"flight or fight" response

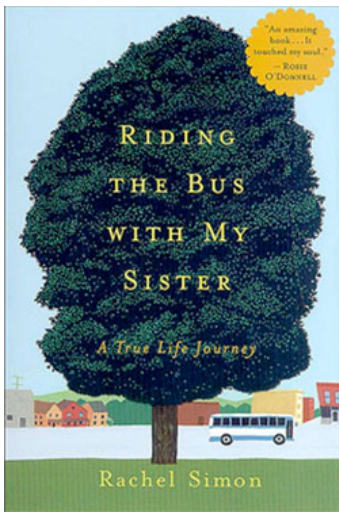
6. Enjoy the moment – the conversations, hugs, wrapping the presents, preparing the food. Savor each bite, each moment.

Happy Holidays!!!!



For Your Attention

- ∂ Due to the disbandment of the Zonta Club of San Luis, there are no longer any clubs in the country of Mexico. Zonta International is now represented in 63 countries.
- ∂ Membership is only official after dues payment is made to Zonta International (ZI) headquarters and the District Treasurer along with a completed Member Form containing the name and contact information of newly inducted members. The form which is available on the ZI website under Member Resources, should be completed by the Club Membership Committee.
- ∂ To ensure members receive all member communication from ZI and the District, when a member's contact information changes it is very important that this information is provided by the club Membership Committee to Zonta International and the District OMC (Organization, Membership, Classification) Committee Chair Karen Armaly via the Member Form. Members need to notify District Webmaster Joanne Lose who manages the District mass email member contact listings and update their profile in the Member Directory of the ZI website for the benefit of other members who may wish to contact them.
- ∂ A club's web page is its public face. Clubs should send timely updated information to District Webmaster Joanne Lose such as new club board member names.
- ∂ To avoid confusion and to ensure the appropriate person handles matters, the appropriate line of communication is member-Club President-Area Director-District Governor-ZI Liaison for District 15-ZI President. ∂



*Riding the Bus With My Sister:
A True Life Journey*
by Rachel Simon (non-fiction)

District 15 Book C
Submitted by Jaqui Stoneman, O
Zonta Club of Meridian East R
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Rachel Simon's sister Beth is a spirited woman who lives intensely and often joyfully, despite her intellectual disability. Beth spends her days riding the buses in her Pennsylvania city. One day, Beth asked Rachel to accompany her on the buses for an entire year; the book is the chronicle of that remarkable time. Rachel, a writer and college teacher whose hyperbusy life camouflaged her emotional isolation, had much to learn in her sister's extraordinary world. Here are life lessons from which every reader can profit: how to live in the moment, how to pay attention to what really matters, how to change, how to love—and how to slow down and enjoy the ride.

Simon elegantly braids together riveting memories of terrifying maternal abandonment, fierce sisterly loyalty, and astonishing forgiveness. She brings to light the almost invisible world of mental retardation, finds unlikely heroes in everyday life, and portrays her very special sister Beth as the endearing and indomitable person she is. This heartwarming book takes the reader on an inspirational journey, at once unique and universal. ∂



2012 District Calendar

January	Amelia Earhart Month	Clubs/Members
February 1	Deadline for submission of articles for the Bridge newsletter	Clubs/Members
March 8	International Women's Day & Yellow Rose Day	Clubs/Members
April 1	YWPA applications due to District Governor	Clubs/Members
April/May	Area Workshops	Clubs