



THE BRIDGE

Spring 2011

GOVERNOR'S MESSAGE

Denise Quarles

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During the last several weeks I have been busy with one of the many important duties I have as the Governor - installing new Board members for clubs. In doing so I have the opportunity to meet the persons in whom members have expressed their confidence to serve as club leaders. These individuals express a special commitment to Zonta by pledging to put forth the time and effort necessary to perform their duties for the benefit of their respective clubs and Zonta in general. Choosing one's club leaders is of major significance as is the opportunity to voice a choice for leadership at the district and international levels.

Members have already received information from Zonta International seeking nominees for the International Board and for International Nominating Committee positions. In this issue of the district newsletter and also at the recent spring area workshops, the District Nominating Committee has provided information about and encouraged nominations for those positions as well as for District 15 Board and Nominating Committee positions. Soon each member will receive an email message from the committee providing critical information needed for a member to nominate themselves or others by June 30. Please carefully review the nominating form along with the detailed information about the duties and eligibility requirements for each position for which an election will be conducted at the fall conference. Whether considering members to serve at the district or international levels, it is of critical importance that we seek members who are willing to lead, who are fully engaged and committed to carrying out the mis-

sion and objects of Zonta International and on whom we can rely to fulfill the responsibilities of the positions.

At our 2010 district conference Karen Macier, member of the Zonta Club of Syracuse, New York and International Chair of the Jane Klausman Women in Business Scholarship Committee shared with us valuable insight into leadership and the keys to success such as -

- Effective leaders are persons who are willing to lead, to do their best and to make a difference.
- These persons are not just "superstar, big name" leaders but also these are the traits of "everyday" leaders who are all around us.
- Success is achieved by persons who have the right skills, knowledge, motivation and performance in the right place at the right time.
- Zonta leaders have the opportunity to perfect their skills in the company of Zontians who share their vision, their passion and their issues.

Let your voice be heard – nominate enthusiastic and committed members who are willing to lead!!

"We may affirm absolutely that nothing great in the world has been accomplished without passion."

~ Hegel



Message from the Nominating Committee of District 15
Hilary Henley, Nominations Committee Chair

Leadership is the process of social influence in which one person can enlist the aid and support of others in the accomplishment of a common task. The work that our Zonta International Foundation funds throughout the world is extraordinary - giving women in a developing countries back their dignity and humanity through fistula surgery; working to eradicate violence against women; helping women achieve excellence in aero space engineering - the list goes on. The work we do is important and so is the thought that goes into choosing our leaders.

You have had the past several months to observe your clubs, so you have a pretty good sense who in your club not only has leadership skills but who is available and willing to have her/his name put forward. The Nominating Committee is eager to receive your suggestions. The deadline for **District 15 nominations is June 30**. The positions which require nominations are: Governor, Lieutenant Governor, Treasurer, four Area Directors, and three members of the Nominating Committee.

When you are thinking about Zonta leadership, please remember that the International Board also requires nominations for positions. Nominations for positions on the **International Board and Nominations Committee must be received by the International Nominations Committee by August 31**.

Please give serious consideration both individually and within your clubs to your leadership abilities and those of the members you have observed within your club and contact a member of the Nominating committee with your suggestions. The nominating committee consists of:

Hilary Henley-Zonta Club of Chatham Kent	queenforaday@cogeco.ca
Hilda Odom-Zonta Club of Sault Ste. Marie ON	hilda@mapleleafmotors.ca
Joanne Lose-Zonta Club of Meridian East	jlose@fnba.com

Watch for an email in May with specific details about the positions available and nomination forms attached.



For Your Attention

- 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 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. 🍷



MEMBERSHIP MATTERS

Lt. Governor Karen Armaly

By now all of you have received your dues notice and know the dues are to be paid to Zonta International, District 15 and your clubs by June 1. The District OMC Committee has been told that sometimes the dues are an obstacle in recruiting and keeping members. We have come up with some suggestions for setting up a special fund with monies coming from individual members such as charging \$1 to anyone who does not wear their name tag to a meeting or special event. Have a white elephant raffle or at your meeting pay \$1 for announcements of good news. Note: It would not be appropriate to use monies from fund raising efforts for this purpose.

- Zonta International charges a \$15 fee for new and reinstated members. The club can pay that fee making it easier for the member.
- Pay the dues for a member that is in financial straits. An active member will help to grow your club. Keeping that member, by paying her dues for a year or helping with partial payment, will keep that member.
- Set up a payment plan. Start in June to collect monthly installments so the member has paid her dues by the time they are due to Zonta International the next year. The Club Treasurer can set up a spread sheet to keep track.
- Take the meal costs out of your dues. Have the members pay for their meals when they eat. Some clubs have come up with an option for members to come to the meeting after the meal. The social part of the meeting is usually during the meal. Maybe your facility can provide options for your members to choose.

Remember...Sponsor just one member...You will double the size of your club. Zonta International will again recognize members that have sponsored 2 or more members at the International Convention in Torino Italy. Congratulations to the Zonta Club of Alpena who have increased their membership 35% this year.



CRAZY LOVE

District 15 Book **C**

Submitted by Glenda Stephens, **O**

Zonta Club of Saginaw **R**

N

E

R

Leslie Morgan Steiner is the author of *Crazy Love*, a *New York Times* bestseller. Her memoir about surviving domestic violence in her first marriage describes how, at 22 and a recent Harvard graduate working at *Seventeen Magazine* in New York City, she met a charming, handsome Ivy League graduate on the subway. Steiner takes readers on the baffling, terrifying journey of true love turned devastating – how she endured four years of attacks, eventually escaping and rebuilding her career and finding a happy family life with her second husband.

Steiner holds a BA in English from Harvard College. Her first job was writing and editing for *Seventeen Magazine*. After graduating from Wharton in 1992 with an MBA in Marketing she worked for Johnson and Johnson before returning to her hometown of Washington, DC in 2001 to become

General Manager *Washington Post Magazine*. She is a trustee for The Maret School in Washington, DC and a former spokeswoman for The Harriet Tubman Center in Minneapolis, the country's oldest shelter for abused women and children. She lives with her husband and three young children in Washington, DC.

Each year the Public Libraries of Saginaw One Book One Community Committee selects a book that it feels speaks to our entire community. They strive to choose books that foster both community and intergenerational reading. This year's selection, *Crazy Love* appeals to a wide audience and delves into the sobering issue of domestic violence that knows no boundaries.

The Zonta Club of Saginaw was the proud sponsor of the presentation by the author. Bookmarks with more detailed information about the club were distributed and Zonta sponsored a book signing and reception following the event. Each year, the Zonta Club of Saginaw awards a woman that is improving the status of women in our community with the **Woman of the Year Award**. This year we have selected Valerie Hoffman, the president and CEO of the Underground Railroad. Valerie's passion, leadership and commitment to end domestic violence made her our obvious choice. We were most fortunate to be able to combine these two special events to bring even greater visibility to this issue.



Service Committee Report

Bonnie McArthur

JANE M. KLAUSMAN WOMEN IN BUSINESS SCHOLARSHIP

Who is eligible? Any woman in at least the second year of an undergraduate degree in business or a business-related program, up to the final year of a Master's program, can apply.

How much is the scholarship? The District winner receives \$1,000. The application of the winner at the District level is sent on to Zonta International by September 1st of each year as part of the world-wide competition for 12 scholarships of \$5,000 each.

How does one apply? Applicants apply through a local Zonta Club and the club sends one application to the District Governor. The Service Committee scores and selects the recipient of the District Scholarship.

When is the deadline to apply? July 1 of each year

Where does the club send the application? Applications go to Governor Denise Quarles.

How can clubs get involved?

Clubs need to actively advertise the scholarship in their area. Before distributing application forms as found at www.zonta.org clubs should insert their name, return address and their local deadlines to receive and review the applications for completeness before one is sent on to the District Governor. Clubs may want to have their own JMK Selection Committee and offer a club award.

Why should clubs get involved?

1) The Jane M. Klausman Women in Business Scholarship program offers a public relations opportunity for clubs. 2) The JMK program indicates Zonta's engagement with young women developing leadership skills and fostering community service. 3) The JMK program may lead to potential future members.

Any questions? Email District JMK Coordinator, Gayle Manley at gmanley@shaw.ca

YOUNG WOMEN IN PUBLIC AFFAIRS AWARD WINNER

The District 15 Service Committee, which acts as the YWPA selection committee, is thrilled to share that Katelyn Flint from Dow High School was selected to receive the 2011 YWPA Award. Katelyn's application was submitted by the Zonta Club of Midland. Congratulations to Katelyn and the Midland Club. More information about Katelyn will be in the next issue of the Bridge. Stay tuned!

Any questions? Email District YWPA Coordinator, Penny Boldrey at boldreyp@alpenacc.edu

Z CLUB AND GOLDEN Z CLUBS UPDATE

As District 15, Coordinator of Z and Golden Z Clubs, Julia R. Miller, Ph.D. contacted advisors to provide a synopsis of activities that their members have been and are currently engaged in to share with professional clubs. Visit the district website for information and pictures which clubs provided to update you on their activities/events. *Any questions?* Contact Julia Miller at jrmiller@msu.edu

ROSE DAY REPORT

Thanks to all clubs that responded to the Rose Day **One Project, One Paragraph, One Picture**. The activities were creative and varied. Look for the full report with pictures at Fall Conference.

District 15 Leadership – sponsor of the Michigan Association of Female Entrepreneurs Networking Event

Alpena – Assistance to Humanitarian Medical Mission in Guatemala

Detroit II - Career Day @ Alternative For Girls

Gaylord - W.A.R (Women at Risk) International Jewelry Party

Marquette - Community "Heroes" Recognition Luncheon & 10+ year Club Members Service Recognition

Meridian East - Letters to Women Who Make a Difference in Our Lives and Bookmarks

Pontiac-N Oakland — Reusable Menstrual Pad Kits for Days For Girls program

Saulte Ste Marie - Rose Presentations at the Workplace to 10 Community Women

Southfield Area - Evening with Jane White, Exec. Direc. of the Michigan Human Trafficking Task Force

Contact any of these clubs for details. Plan to participate with your own project in March 2012.

Any questions? Email District Service Chair, Bonnie McArthur at bonsmca@comcast.net

Thanks for ALL you will do as individuals and clubs to enhance the status of women worldwide in the next fiscal year! Remember that 1/3 of funds raised should be given to the Zonta International Foundation. ∂



DISTRICT NEWS

April Celebration of the Zonta Club of Downriver Wayne County 27th Anniversary

Pictured left to right: Katie Wiebush, President Charlene Bramble, Governor Denise Quarles, Linda Michalek and Diana Wiebusch



Marlene Morris
Club President

Second Annual Genesee Regional Women's Hall of Fame

The Flint 1 club conducted it's second annual Genesee Regional Women's Hall of Fame event April 21st. There were 160 persons in attendance at this wonderful event where seven well deserving women were honored for their significant, positive impact on the community. Additional photos can be viewed on the District 15 website.

"What a night it was! The room was filled with ex-citement and apprecia-tion. I'm always proud to be a Zontian but our Genesee Regional Women's Hall of Fame this year was over the top. The emotional remarks made by the recipients had to touch everyone there." **Marlene Morris, President Zonta Club of Flint 1**



Pam Fernsler
Event Coordinator

New Area 1 Director

Current Professional Status:

1972-2008: Department Head for Clinical Laboratory Sciences at Northern Michigan University, Marquette, MI

2008 – Present: Professor Emeritus, CLS Dept, NMU

2008- Present: Consultant Saginaw Valley State University, Saginaw, MI DeVry University (Phoenix Campus)

Zonta Status:

2007-2009 and 2010-2011: Chair Status of Women Committee

2009-2010: President

2006-2009: Recording Secretary



Lucille Contois

District Calendar

June 1	Due date for dues payments to District 15 and International	Club
June 30	Due date for nominations for District 15 Board positions	Club
August 1	Bridge newsletter deadline—send to jstoneman@fnba.com	Club & District
August 31	Due date for nominations for International Board positions	Club



YOUR HEALTH MATTERS

Judy Nash, Zonta Club of East Lansing

An advocate of attention to women's heart problems is Zonta Club of East Lansing member Judy Nash. She is a member of the Women Heart National Board of Directors, Women Heart and Support group of the Lansing area, and advisory board at Ingham Medical Center. Judy was a *Greater Lansing Woman* magazine 2010 finalist for "Woman of the Year" award. She was the first of 22 children to survive an open heart surgery procedure. Most recently she has been working for Ingham Regional Medical center for weight management. Judy is a frequent speaker at health clinics and centers. After three heart surgeries herself she advocates for eating healthier, losing weight and exercising more. As pay back for Judy's good fortune and survival, she has spent endless hours helping family, friends, neighbors and strangers live a heart attack free life. She has provided information to help people understand their risks. Remember it is your life, live it to the fullest!

Heart Health

Heart disease is the number 1 killer of women. If you have been lead to believe that men have more heart problems than women you have a surprise in store. 54% of women die of heart attacks in comparison with a 50% death rate for men. Many women need to be seen for early detection. Too many women are dismissed by the doctors with misdiagnosis; calling their pain indigestion for example. Heart disease risk factors include smoking, diabetes, high blood pressure, high cholesterol, family genetics and history, lack of exercising and unhealthy diet. Many women need to go through a series of diagnostic testing.

Know Your Numbers!

Below are listed optimal levels to help you understand your heart disease risk factors and take charge of your heart health. Please discuss your family history of heart disease and personal risk with your healthcare providers and, together, develop an action plan to reduce your risk.

Cholesterol Good (HDL) More than 60 Bad (LDL) Less than 100 **Triglycerides** Less than 150

Blood Pressure Less than 120/80 **Fasting Glucose** Less than 100

Walking/Physical Activity Brisk walking or other moderate physical activity for 30 minutes or more 5 days per week

Waistline Less than 35" **Food Choices** 5 or more daily servings of fresh fruit and vegetables; whole grain foods; foods rich in soy protein and moderate size portions.

Heart Attack Symptoms

- Discomfort, fullness, tightness, squeezing, or pressure in center of chest that stays for more than a few minutes or comes and goes.
- Pressure or pain that spreads to upper back, shoulders, neck, jaw, or arms.
- Dizziness or nausea.
- Clammy sweats, heart flutters or paleness.
- Unexplained feelings or anxiety, fatigue or weakness — especially with exertion.
- Stomach or abdominal pain.
- Shortness of breath.

If you have several of these symptoms, go immediately to the nearest hospital emergency room. Call 911 for an ambulance or ask someone to drive you there. Tell the hospital staff you are having heart attack symptoms. Also tell them if you have a family history of heart disease or heart attack.

Chew and swallow with water a full-strength uncoated aspirin to prevent blood clotting. Insist the hospital takes your complaints seriously, does not make you wait, and gives you a thorough cardiac evaluation, including an electrocardiogram (EKG) or echocardiogram, and a blood test to measure your cardiac enzymes. Ask to see all test results. Ⓜ

"Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights."

~ Pauline R. Kezer



“CONNECTIONS”

Linda Nabers, Area 4 Director

Left: Cheryl Hall, Area 2 Director

Below: Joy Smith, Area 3 Director



Zonta is about making “Connections” locally, nationally, and globally.

The Area Directors would like to thank the Zonta Clubs of Gaylord, Meridian East, Lenawee and Lapeer for hosting the Spring Workshops. We appreciate the planning and coordination efforts of each event to make sure things ran smoothly. Great Job! A warm greeting from the presidents of the host clubs kicked off each workshop. There was an average of 33 participants per workshop with a mix of current and former District Board members, club officers, seasoned and new members.

Building “Connections” in the club, the community with business partners, potential members and other service organizations was the focus of the workshop. If a color was assigned to describe the workshops it would be “RED”. Red is the color of feelings and energy. We had both. The workshop highlighted each participant by sharing not just the participants’ name and the club name but why they joined Zonta and why they stay in Zonta. It was very emotional at times, funny at times, but bottom line; we were all connected by the Zonta thread, the Zonta Mission.

Tons of information was provided by the speakers. Governor Quarles informed us of the critical importance of club public visibility and highlighted the options outlined in the District 15 Public Relations Plan already underway to enhance the profile of the district. Lt. Governor Armally grabbed us with her stats on membership. Treasurer Patty Johnson provided a reminder of the International dues increase and the requirement for district and international dues payments to be submitted by June. She also addressed the importance of clubs submitting throughout the club year the Member Form C to her and to International headquarters whenever there is a change in membership status or contact information for any member. The Service Committee explained the award & scholarships funded by the Zonta International Foundation and the benefits for the recipients as well as the clubs presenting applicants for consideration. The committee representatives also addressed the value of the Z and Golden Z Clubs as well as the service projects options discussed at the last District Conference. The Nominations committee encouraged us to nominate members for district and international positions.

Workshop participants were challenged with various thought provoking exercises. Participants examined their clubs and reflected on club “Victories”, “Ideas”, and “Problems” related to recruiting potential members and community partners, retaining members and community partners, and revitalizing members. They were able to create and draw a vision of their club in 1, 3 and 5 years. Photographs of the “Create a Club Vision” will be available on line at the District 15 website along with other workshop results.

The fellowship, the food, the fun, and the “In’fomation”, helped the participants take away a feeling of being reenergized home with them. *o*



UNITED NATIONS FOUNDATION

Sandra Vosper, District Committee UN Chair and Past District Governor

Do you want to keep your club informed about activities around the world that involve the United Nations?

Go to UN Wire, a service launched by the UN Foundation in 2004, UN Wire is an e-mail newsletter that delivers a daily snapshot of the myriad news stories that touch on the work of the UN, including diplomacy, humanitarian relief, addressing climate change and fighting disease and poverty. By offering a balanced and unbiased update, UN Wire has proved to be a trustworthy source for those hoping to cut through the frequent disinformation released about the UN and its broad efforts to meet global challenges.

What is the UN Wire?

- Daily e-mail news briefing
- E-mail news covering the United Nations and the World
- News from hundreds of top international sources
- It's what informed citizens need to know
- It's FREE!
- Go to www.unfoundation.org



Gladys Beckwith
Co-founder and Past
Exec. Dir. of MI Women's
Hall of Fame

(1929 -)
Current Member of Zonta Club
of MI Capital Area



THE BRIDGE



**ZONTIANS—Past Michigan Women's
Hall of Fame Honorees**

**Anna Sutherland
Bissell**
(1846 - 1934)
Inducted: 1989



Past Member of Zonta Club
of Grand Rapids



Kathleen Wilbur
(1953 -)
Inducted: 2007

Current Member of Zonta
Club of East Lansing



Marion Weyant Ruth
"Babe Ruth"
(1918 - 2004)
Inducted: 2003

Past Member of Zonta Club of
Lansing



Hilda Patricia Curran
(1938 -)
Inducted: 1998

Current Member of Zonta Club of
Lansing



**Sandra Laser
Draggoo**
(1940 -)
Inducted: 2010

Past Member of Zonta
Club of Lansing



Lucile Belen
(1912 - 2010)
Inducted: 2001

Past Member of Zonta
Club of Lansing



Mary Aikey
(1928 -)
Inducted: 2010

Past Member of Zonta
Club of Lansing

Photos courtesy of MI Women's Hall
of Fame Exec. Dir. Sandy Soifer.
Additional information will be
available on the District website.