

MEMBER NEWS

Happy Birthday to:

- > Laura Corey—2/6
- > Suzanne Olson—2/20

CALENDAR

February 1—Business Meeting

February 15—Program Meeting

March 21—Women in Leadership Awards

March 26—Interclub Council Woman of the Year Dinner

SAVE THESE DATES:

April 14—Spring Workshop

July 7—Tour de Zonta Bike Rally

THANK YOU TO THIS MONTH'S CONTRIBUTORS

- Shauna Anderson
- Karen Dolce
- Rosie Papalia
- Mary Rappole
- Lisa Schmidtferick-Miller
- Catherine Way

LET'S READ IN 2012—LAA RECOMMENDATIONS

Our LAA Committee has recommended three new titles for us to consider adding to our libraries or borrowing because of their messages pertaining to women. Here's a peak at these books which are all available on Amazon.com.

This Child Will Be Great: Memoir of a Remarkable Life by Africa's First Woman President by Ellen Johnson Sirleaf

In January 2006, after the Republic of Liberia had been racked by fourteen years of brutal civil conflict, Ellen Johnson Sirleaf—Africa's "Iron Lady"—was sworn in as president, an event that marked a tremendous turning point in the history of the West African nation. In this stirring memoir, Sirleaf shares the story of her rise to power, including her

early childhood; her experiences with abuse, imprisonment, and exile; and her fight for democracy and social justice.

By telling her story, Sirleaf encourages women everywhere to pursue leadership roles at the highest levels of power, and gives us all hope that we can change the world.

The Female Brain by Louann Brizendine

Why are women more verbal than men? Why do women remember details of fights that men can't remember at all? Why do women tend to form deeper bonds with their female friends than men do with their male counterparts? These and other questions have stumped both sexes

throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and who they love.

The Help by Kathryn Stockett

The Help is about a young white woman in the early 1960s in Mississippi who becomes interested in the plight of the black ladies' maids that every family has working for them. She writes their stories about mistreatment, abuse and the heartbreaks of working in white families' homes, all just before the Civil Rights revolution.

A NOTE FROM MARY RAPPOLE



This picture is from my trip in November 2011 giving 100 birthing kits to the

Village of Hope new medical clinic in Croix-de-bouget Haiti.

On another note, I attended the Zonta of Sarasota meeting last week. They are a small club of 17, have been in existence for 20 years, and support women who may need financial help with starting or expanding a business. They are struggling with

fund raising and adding and retaining new members. I was proud to represent our club and share some of our programs with them. They meet once a month as a club for a luncheon. The executive committee meets separately once a month as well.



Cheryl and friends



MEET CHERYL EVAN

Cheryl Evan is one of our newer members. I personally have known her from the real estate field, as she was an agent with ERA Vacation Properties. Lets see what else we can find out about her.

Cheryl is originally from Frewsburg, spending most of her former years there. She has one sister, Linda. Cheryl attended and graduated from Jamestown Business College. She was a co-owner of the Gristmill Restaurant, which in my memory, was a great dining

venue. Her next chapter took her and her family, to the Athenaeum in Chautauqua Institution, where they lived and worked at the hotel for seven seasons. Wow, what an experience. She has also worked for Sysco, ERA Vacation Properties and Heritage Village Recruitment Campus as an administrator. She is currently Director of Community Affairs with the Tanglewood Group and the Adult Day Care-Comfort Today.

Cheryl and her husband,

by Karen Dolce

Jack, have been married about seven years and live just on the outskirts of Jamestown. You may remember Jack's family business, Evans Skateland. They enjoy golfing and boating. Cheryl has two grown daughters: Nikki who teaches at SWCS and Sarah, who is a PA with Family Health Services.

In keeping with true Zonta spirit, Cheryl has traveled to Haiti, Honduras and Biloxi, doing mission work.

MEMBERSHIP MOMENT

It may be February, and not the month when everyone focuses on what "new" things they can do for the year. Actually many have somewhat relaxed in their resolutions! It's easy to do. The dreary Western NY weather really takes on the focus. Regardless of the weather, our mission re-

mains the same—to advance the status of women. What better way to "advance the status" of your day than by calling a fellow Zontian! If you haven't done so yet, send a note or give a call to one of your Zonta Sisters and have lunch with her, or just catch up. Just that 5 minutes to

by Rosie Papalia

an hour you spend talking to one of your fellow Zontians helps lift us out of the doldrums of the weather and further solidifies this wonderfully close group of extraordinary women. It also encourages us to all live our mission everyday between meetings!

INTERNATIONAL INFO

Did you know that Zonta International is the only women's international non-governmental organization which focuses solely on Articles 1-16 of the **Convention on the Elimination of All Forms of Discrimination against Women (CEDAW)?** The Convention was adopted in 1979 by the UN General Assembly and is often described as an international bill of rights for women. Consisting of a preamble and 30 articles, it defines what constitutes discrimination against women and sets up an

agenda for national action to end such discrimination.

Article 7 says: "State Parties shall take all appropriate measures to eliminate discrimination against women in the political and public life of the country and, in particular, shall ensure to women, on equal terms with men, the right: (a) To vote in all elections and public referenda and to be eligible for election to all publicly elected bodies; (b) To participate in the formulation of government policy and the implementation thereof and to hold public office and perform all public

by Catherine Way

functions at all levels of government; (c) To participate in non-governmental organizations and associations concerned with the public and political life of the country."

Think of how far women in the US have come since earning the right to vote in 1920, but think of how far women throughout the rest of the world still must travel before they, too, can vote. We should be proud to be a part of an organization that advocates tirelessly on behalf of our sisters throughout the world.

GET GIRLS IN THE GAME

by Lisa Schmidtfrerick-Miller

Looking for something to keep weight off, reduce stress, improve mood, and prevent osteoporosis, diabetes, and heart disease? How about something that has been demonstrated to reduce rates of teen pregnancy, drug use, and school dropouts among girls? And this thing has also helped to promote gender equity and develop leadership skills for girls and women across the globe. Sound good? Participation in sports can do all these things! Here are just a few ways to start accruing these benefits, not only for our-

selves but for women and girls everywhere.

-Be the role model. Challenge yourself to try just one new activity, and you are sure to inspire someone else to step outside their own comfort zone and get active too.

-Create opportunities. Meet a friend for a hike instead of coffee, or take a fitness class together. Support local girls' sports! Attend a girl's game, or help out with a team fundraiser.

-Help girls in your life to discover new sports, like a learn-to-row or a kayak

lesson, or an outing to a climbing or adventure course.

-Globally, support initiatives that encourage girls to be active, such as giving girls bikes to get to school in Tanzania, or girls' soccer programs promoting girls' health in Haiti.

"Get in the Game" is AAUW's local initiative to introduce 4th–7th grade girls to a variety of fun sports. This year's event is Saturday, March 10, 2012 at JCC. For more information, go to www.gitgamestown.webs.



A NOTE FROM PRESIDENT SHAUNA

Please help get the word out on our Prendergast Library System initiative in which we provided the library with DVD's and books on pregnancy, childbirth and early childhood. There was interest in checking out the resources the very first week they arrived in the library. We want to make sure it isn't a well-kept secret that these resources are there for everyone who wants to learn more!

The Strategic Planning Process is presented to the entire club this month for review. Please be sure to participate in this exercise to keep the club strong and healthy into the coming years so together we can accomplish the new goals.

Did you know there have been some exciting changes

to insurance regulations recently affecting women.....

According to the US Forum #95 from Nov 2011:

- Insurance companies are prohibited from dropping people's coverage if they become sick. (effective 2011)

- Health plans are prohibited from denying coverage to children ages 0-19 with pre-existing conditions such as asthma and diabetes. (effective 2011)

- Insurance companies are prohibited from requiring women to get approval for care for obstetrical and gynecological care. (effective 2011)

- All health care plans must cover preventive health care for women

with **no copay or deductible**. *Effective 2012 this includes:*

- Mammograms for every 1-2 years for women over 40
- Cervical cancer screening
- Smoking and alcohol cessation programs for adults
- A wide range of prenatal screenings and tests
- Diabetes and blood pressure screening and counseling
- Depression screening for adolescents and adults.

The list is expanded in 2013 to include:

- all FDA-approved contraception
- Well woman visits
- Lactation consultation and supplies
- Screening and counseling for interpersonal and domestic violence
- Screening for gestational diabetes

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STRATEGIC PLANNING

Why do strategic planning?

Creating a plan forces us to take an honest look at our club—its strengths and weaknesses—as well as the opportunities and threats for the club that exist in the wider community.

The process of creating a plan causes us to focus our club on the mission of Zonta and to create a vision that will excite and motivate us as members.

A strategic plan will result in the creating of goals and the prioritization of those goals. The goals will guide us to use our club resources, both financial and personal, as effectively as possible.

How can you help?

In January, the board did a SWOT analysis to determine the club's strengths, weaknesses, opportunities and threats. The results of the SWOT were emailed to

everyone last week.

Please take time to review the SWOT and write down any things that you think the board missed. On Wednesday night, you'll have an opportunity to add your ideas to the list and then provide feedback about which items you think are the most important for the board to consider in developing our plan.

2nd Annual
Tour de
Zonta Bike
Rally

July 7,
2012

A NOTE FROM PRESIDENT SHAUNA (CONT.)

f. DNA co-testing for HPV

g. Counseling regarding sexually transmitted infections including HIV

h. Screening for HIV
Effective in 2014

a. Insurance companies will no longer be able to deny

women coverage due to pre-existing conditions, which in the past have included having had a C-section, breast or cervical cancer, or having received medical treatment for domestic or sexual violence.

b. Insurers must end the practice of charging women more for coverage than they charge men.

**The source for this information is the National Women's Law Center.

BUSINESS NAME

Primary Business Address

Your Address Line 2

Your Address Line 3

Meetings:

September through June

First and third Wednesdays

6 p.m.

Marvin House, Jamestown, NY

For more information or to attend a meeting, contact:

Shauna Anderson, President

Phone: 555-555-5555

Fax: 555-555-5555

Zonta International is a worldwide service organization of executives in business and the professions working together to advance the status of women. Nearly 33,000 members belong to more than 1200 clubs in 67 countries and geographic areas.

The Zonta Club of Jamestown, formed in 1921, was the twelfth club to be created. We support international activities as well as local projects that are within the mission of Zonta. Service projects include support of missions to Honduras and Haiti to assist women, the local domestic violence prevention program and the awarding of four scholarships of \$1000 each to deserving women every year.

Zonta on the WEB:

Zonta.org

www.zontadistrict4.org

www.zontajamestown.org

Email: Jamestown@zontadistrict4.org