**The Zontiana **

**March 2017**

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**** **Birthdays:**

Shauna Anderson 14

Mary Ann Spanos 17

Barb Slumsky 27

**New Member Program Coming up March 15th!!**

**Lunafest Connecting Women Through Film**

LUNAFEST is a traveling film festival of award-winning short films by, for and about women. This season, our program of nine films – filled with stories of reflection, hope and humor – will travel to over 175 cities and screen in front of 25,000 people. Each year, various organizations bring LUNAFESTs to their communities and raise funds for their local non-profits as well as our main beneficiary - [Breast Cancer Fund](http://www.breastcancerfund.org).

March 11th 7pm at the Robert H. Jackson Center

405 East Fourth Street, Jamestown NY 14701

Tickets $20 General Admission; $12 Students & Military

Includes film festival & light refreshments

**Rose Day:**

As you set out to achieve your goals and make a difference in the world, who are the women you will look to for guidance? Who are the women you admire, who will stand beside you in your endeavors? This Rose Day, let them know how much you appreciate them by making a donation to the Rose Fund in their honor.

 Your donation to the Rose Fund enables Zonta to continue supporting projects and programs that help women achieve a life free of violence and empower them to overcome gender barriers that hinder their access to health, education, and professional resources.

 With each donation to the Zonta Rose Fund, we will email your honoree a virtual yellow rose and your special message to let them know that they have made a difference in your life. The campaign runs **3 February - 3 March**. All emails will be sent by 7 March.

 T**o make your donation to the Rose Fund, follow these easy steps:**

1. Go to [**zonta.org/donate**](http://r20.rs6.net/tn.jsp?f=001XzEpf_smT0rZ0jVMWErpWIiPFGnwQKHIW6TfekZ2IZKPkg5v_i653uVC3FI1FGRqSGvSK5Szf9KvBURaHY3NZZB2KauBjxjVLe8DcTpws4SQ9DZvRMuXZuRVRFenN8nK0T7Gz2rK_KS4iL336mRkBDwu3fUIgC8BiYmgt5waczBazkJjPLk2nxJqsbGl9gU_Ii7cP-VL5d3hIIaljjmeUEnHeuVRYEhsD2j1SrseKcT17yIxOIGDuBP4k_dn410Z&c=q76HaBlxv-Tb9cY8EVmKwgdxZGjSMNWbpijT7SGSmNhq9-rSECgEmg==&ch=be4VMpUW_jrwkvBSII9bRBzASCAtotfyrIB20XXMCNF-NZurXoMFCw==).
2. **Designate** a gift amount and choose the Rose Fund in the dropdown menu.
3. **Select** "This gift is in honor, memory, or support of someone," choose "In honor of" and enter their name. Then **check**"Please notify the following person of my gift" and enter in their contact details.
4. **Enter** payment details.
5. **Click** "Donate Now" at the bottom of the page.

Sonja Hönig Schough -International President 2016-2018  -Zonta International and Zonta International Foundation

Continued……….

Zonta Sisters!

I made my donation to the International Foundation in honor of another Zontian. We all make the world a better place by being part of something bigger. We are so lucky to have what we have and to be able to celebrate with each other twice (or more) a month with our get-togethers.  Pass it on! :-.}

Love and peace,  
Rosie

**Nominating Committee: How does it function?**

The Nominations Committee consists of five members. The members are determined by a vote of the members present at the meeting when elections for board positions are held (the first Wednesday in April). Members write down seven individuals to serve. The individual with the most votes is designated chairman, the next four highest are members of the committee.

The objective of the committee is to present a slate of candidates for the board positions of President-Elect, Vice President, Secretary, Treasurer, and Assistant Treasurer, and Directors. There can be more than one candidate for a position. Each candidate must agree to serve if elected. The Nominating Committee begins its search in February to allow for sufficient time to contact potential candidates. The slate is presented to the members at the March business meeting with the election to follow at the April meeting.

According to the By-Laws, the position of President is automatically filled by the President-Elect after she has served her two year term. All positions are for a two year period. There are four Director positions. Two directors are elected each year so that the terms overlap.

If there are more than one candidate for a position, then a written ballot is cast for that position. If there is only one candidate, then a voice vote will be held. If there are more than one candidate for a position, the Nominating Committee is responsible for distributing the ballots and determining the count. Roberta Anderson

**Program: Zonta Hearts Women**

PICTURED: Brenda Fitzgerald, RN From UPMC Chautauqua WCA Heart Center discusses Heart Disease, Stroke and SCAD at local Zonta Club meeting. ****

February is heart month and the Zonta Club of Jamestown recently learned much more about women's heart health as the club welcomed guest speaker, Brenda Fitzgerald, RN from UPMC Chautauqua WCA Heart Center.  During her speech, Brenda reminded us that heart disease is the most common cause of death for women, surpassing all other health issues because of it's 'silent symptoms.'  Brenda warned that often women have no idea they are having a heart attack because symptoms manifest in different ways from which we are most familiar.  Pain associated with a heart attack can come from the abdomen, side or back.  Women feel weak, out of breath, have trouble concentrating. It's a great idea to consult with a doctor and regular checkups are the most important thing women can do for their health.

During the Q and A portion of the program Zonta members were surprised to learn that one of their members, Bonnie Rappole, suffers from heart disease.  Bonnie said, "After facing the mental and physical challenges of finding out I had heart disease, and never being able to find a support group, I decided to try and start one."  The group: 'Sisters of the Heart' meets at least once a month for breakfast or lunch and shares their thoughts, concerns and friendship.

Zonta Club is comprised of executives and professionals working together to empower women through service and advocacy.  Zonta not only supports programs in the community designed to empower women and girls, members also discuss issues effecting women at regular meetings. If you are interested in "Sisters of the Heart" support group email [bonnierappole@hotmail.com](mailto:bonnierappole@hotmail.com).

Zinta Club of Jamestown

[www.zontajamestown.org](http://www.zontajamestown.org)

[Jamestown@district4.org](mailto:Jamestown@district4.org)

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