

ZONTIANA

February Birthdays!



Laura Corey
Born on February 6th
&
Jennifer Peck-Wells
Born on February 11th



January “4 Under 40 Program” Recap

Zonta members were treated to a wonderful “Four Under 40” program in January. Welcomed to the Marvin House were: JCC Communications Department Director, Simone Sellstrom, Jacqueline Chiarot Phelps, Dir of Constituent Services from the office of Congressman Tom Reed, Amber Grekalski, the

Pictured at the Marvin House stairs (L-R): Kaitlyn Whalen, Amber Grekalski, Jacqueline Chiarot Phelps and Simone Sellstrom



The four panelists at the program meeting talking about their experiences.

Resource Development Coordinator for the United Way of Southern Chautauqua County, and Kaitlyn Whalen, the Manager of Peterson Farm & Owner of Dalahäst Roasting Co. and Scandinavian Corner Gift Shop.

The four young women discussed their beginnings, how they came to be in the

Jamestown area and why they continue to live and work here.

“It was very inspirational to hear these young professionals discuss their local ties and how they believe in the potential and growth of the Jamestown area,” says Rosie Papalia, President of the Zonta Club of Jamestown.

Three of the four are current members of the Jamestown Young Professionals (JYP) group, a local nonprofit with the mission to create opportunities to connect the young minds of Jamestown, build strong social and professional networks and transform Jamestown into a modern city, aware of the past but with a focus on the future.

JYP can be found online at:
jamestownyoungprofessionals.com

**“If you get,
 give.
 If you learn,
 teach.”**

-MAYA ANGELOU

COMMITTEE UPDATES

Scholarship & Awards:

The scholarship applications have been sent to counselors to share with their students. The committee will be meeting in early March to review applications.

Service:

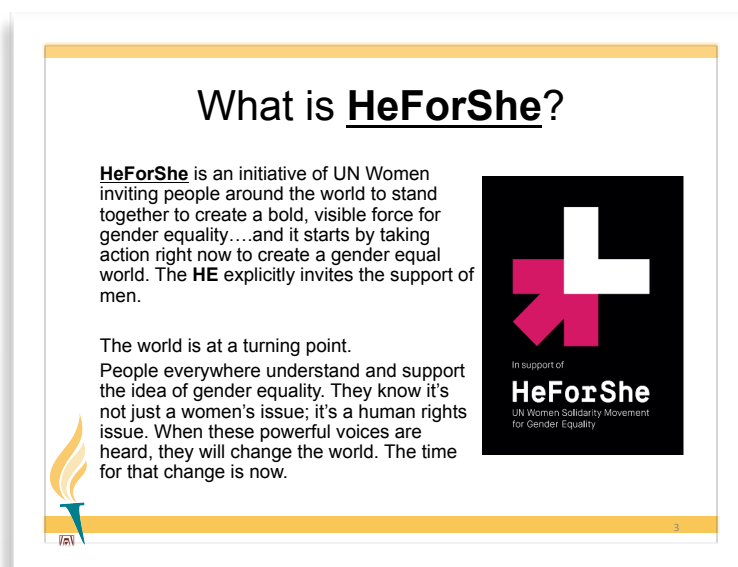
The service committee has received a request from the Princess Club for assistance with their yearly trip to SUNY Buffalo. The program this year will be helping the girls become more tech savvy.

We also want to thank Laurie Wilkins, a parent from Bush School, for two donations to our club. She has given 12 hats to Lily's Hope in honor of her cousin who was one of our LH recipients. Laurie also provided us with a bag of knitted infant hats to send along with some of our birthing kits.

The service committee will be meeting on Monday, February 5. Fund raising will be one of our topics of discussion that evening.

Public Relations:

Zonta International's "Leadership Program" held a webinar recently for those interested in supporting "HeForShe" campaigns locally. Below are a some slides from the powerpoint presentation.



Steps to Taking Action

First: Visit zonta.org and review the **HeForShe** section for information and links to plan an event or learn how to engage men in your community.

Second: Visit **HeForShe.org** and **tap on the Count-Me-In Tab** to register as a supporter of this movement. Encourage other members to do so too. Take a look at the worldwide map to see what countries are engaged and what areas are not. View the many tabs for ideas and detailed how-to plans to set up various activities.

Third: Share this presentation with your club/district and create an action plan outlining activities to do and how to identify those in your community to partner with.



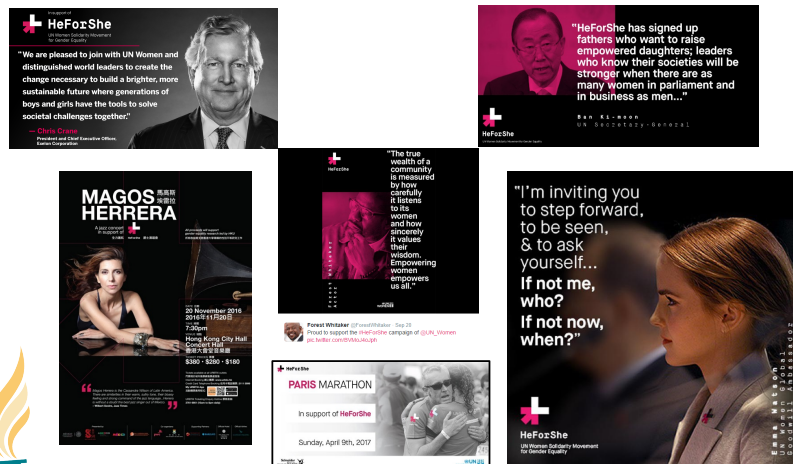
#BreakTheSilence with a simple question:

Are you **#HeForShe**?

We are encouraged to hold movie nights, discussions, a photo booth, poster days, role playing, band with likeminded organizations, start a book club, or hold an essay contest in order to participate and engage our community.

Do you have ideas? Let's talk!

Some final examples...



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(More from PR Committee:) Lily's Hope cards and posters are available. Please email or see Roberta for copies. We still need someone to please consider taking on the Zontiana newsletter. "PAGES" on Macintosh works a lot smoother than MS Word. *Please let Rosie know how this issue displays on your computer, laptop, phone etc...*

Advocacy:

Please help us spread the word about LUNAFEST! Please like and share the links on Facebook. Grab posters and hang them in our community and at your workplace. Special thanks to Marcia Restivo, Ellen Munella, Sylvia Stenander, Rosie & family for going to the Breakfast Party on the Radio with Dennis Webster to solicit sponsorships for LUNAFEST.



PRESIDENT'S MESSAGE

Do you suffer from SAD? Seasonal Affective Disorder disables millions of Americans every year. I have a good friend that deals with it every year, and this year booked a vacation in the Bahamas to boost her intake of Vitamin D. I'm sure it helps because just *thinking* about how the sun would feel right now, makes ME smile.

This January/February I haven't been thinking too much about the cold and overcast weather because I've been engaged in another activity - a healthy competition with my FitBit community (who happens to include my sister, Marcia Restivo Zonta sister, Eileen Healy). I've been getting more exercise, have been more motivated, and haven't felt cranky about the weather since doing the Workweek Hustle. I highly recommend it! Let me know if you get a device and want in our 'hustle.' It's been so fun!

What do you do to shed the winter blues? I'd like to hear your thoughts and stories. Please email them to me and we can share via the March 'Zontiana.'

If you DO struggle with this time of year, remember that you're a Zonta sister and engaged in the same mission as 30,000+ others - in other countries! You are part of an impassioned and caring community. And YOU ARE SPECIAL TO ME because you're my Zonta sister! If you're ever feeling doubt, give me a call and we'll go for a walk together and talk about it. :-.)

Warmest Regards,

Rosie



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