



District 7 Newsletter



September 2005

Volume 2, Number 1

*Getting Ready for
District
Conference in
Cape Girardeau!*

- Celebrating
Zonta
International's
long affiliation
with the United
Nations

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We're on the Web!
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From the Governor's Desk...

Warmest greetings, Zontians!

As we get busier in the coming fall season, it's important to remember to take time for Zonta. Open your calendars and write in all the club, area, and district meetings you need to attend to stay informed and energized. We are working hard to bring you a wonderful district conference in Cape Girardeau, and the host club and I are happy to greet you all very soon. It looks like we are going to have a terrific meeting, with participation from across our district. My deepest thanks to those of you who make the time to come and share your Zonta energy with us all! For you intrepid global Zontians, book your plane tickets soon to Melbourne, for the Zonta International Convention June 24-29, 2006. It's coming up faster than you think. The next issue of *The Zontian* you receive in the mail will have details on how to register for convention.

At the District 7 Board meeting just prior to conference this week, your Area Directors will be setting dates for next spring's Area meetings. Zonta is only as strong as the commitment and participation of each of its members, so I count on each of you to fully make time for Area meetings, too. These are a great chance to meet new Zontians, exchange ideas that work, mentor and encourage future leaders, and share stories that might inspire other clubs to advance the status of women in even more ways, thanks to you! Our Area Directors are very open, warm, and friendly, and welcome cross-area participation in all activities. Think about planning a cross-club adventure in the coming Zonta year, to further extend your knowledge and contacts in Zonta. The St. Louis club recently hosted a delightful bus trip to Springfield, Illinois, to visit the Lincoln Memorial Library. Several clubs joined together, chatted, and had a superb time touring this world-class historical facility. St. Louis sponsors a trip like this every year. Let me know what other clubs are doing to cross-pollinate, too, okay?

See you at conference, and safe journeys to you all, Linda

ZIF Ambassador Reports Gifts

Are at 48% of biennium goals. It is critical to give as much as we can, both as clubs and as individual Zontians, to the Zonta International Foundation. Being a United Nations NGO with the status and influence we have enjoyed for decades, it would be disappointing to the people out in the field who count on our contributions for the ultimate success of their/our service projects to help us advance the status of women around the globe. Dig deep, everyone, and remember that no part of your ZI dues goes to ZIF projects. And thank you for giving at least a third of your club's service funds raised to the ZIF each year. *Laurel Haroldson, ZIF Ambassador for D7*

OMC Chair Reports Great News!

Working with Area 1 Director Peg Irmen, and the Zonta Club of Jamestown, Williston, North Dakota is considering creating a Zonta club there, if interest can be stirred up. If anyone knows great people in the Williston area, let us know, so we can include them in any correspondence regarding ZI up north! Good luck Area 1, and keep us posted. We are all behind you and with you.

In Area 6, The Zonta Club of St. Charles is working hard to make a comeback. Club president Brenda Fraser, a professional fund raiser and event planner, recently hosted a Membership Drive Reception with club VP Stephanie Zeiss, a gourmet food consultant. Between them, these ladies earned the respect and interest of possibly six new members, in addition to the four they've recently registered with ZIHQ. St. Louis sister Cheryl Bielema was on hand to offer support and encouragement, too. Way to go, St. Charles and St. Louis! Meet Brenda at conference in Cape. She is hoping to learn lots of things about leading a club, and is happy to share her expertise in fund raising and events with each of her new sisters. *Carol Munns, Lt. Governor & OMC Chairman*

*District 7
Conference in
Cape Girardeau,
Missouri
September 30-
October 2, 2005*

*Celebrate United
Nations Day
October 24th*

*Area meetings set
for Spring 2006*

*Zonta International
Convention, June
24-29, 2006 in
Melbourne,
Australia*

*District 7 Fall
Seminar 2006 to be
hosted by the
Zonta Club of
Atchison!*

Jane M. Klausman Winner

This year, nine accomplished young women in District 7 applied for the Jane M. Klausman Women in Business Scholarship. All of these candidates were exceptionally well qualified so the process of selecting a winner was both a pleasure and a challenge. I am delighted to announce that the 2005 winner of the District 7, Jane M. Klausman Women in Business Scholarship is the St. Louis, Missouri Zonta Club's candidate, Ms. Nadya Bronstein. In addition to a brilliant academic record at the Washington University Olin School of Business, in 2004 Ms. Bronstein was awarded the Missouri Academic "Bright Flight" Award, the Art & Marge McWilliams Writing Award, the Community Service Award, and was listed in Who's Who Among College Students. Her enthusiasm and dedication to a successful career in business, as well as her commitment to both education and community service are clearly reflected in her essay, employment history and resume. Born in Ukraine, she is fluent in Russian, Ukrainian and Spanish. District 7 congratulates this ambitious and talented young woman and wishes her every success in the future. *Sherrill Mulhern D7 Chairman*

From D7 JMK Winner:

Dear Ms. Jacobsen,

My name is Nadya Bronstein, and Ms. Wenzel asked me to forward you a couple of my photographs and tell you a little about myself for the Zonta newsletter. I am currently a senior at Washington University in St. Louis. I am in the business school and my majors are Finance and Managerial Economics and Strategy (MES). Upon graduation I plan to seek full-time employment in the financial/business field, preferably in St. Louis, MO. I also hope to earn an MBA degree (Master in Business Administration) in the near future.

My interests include reading, writing, and learning and speaking foreign languages (I am fluent in Russian and Spanish, and have limited knowledge of French). I also enjoy volunteering and community service.

Please let me know if you would like me to provide you with more information.

I would like to thank you for everything that you and Ms. Wenzel have done for me. The Zonta scholarship will greatly aid me in my educational pursuits.

Thank you very much, and I highly appreciate your time and effort on my behalf.

Sincerely,

Nadya Bronstein



Amelia Earhart Winners x3 in D7

This year, District 7 is pleased and proud to announce we have THREE new Amelia Earhart Fellows.

At conference, meet University of Missouri-Rolla AE winner Ms. Lucie Johannes, who is pursuing her doctorate in Metallurgical Engineering. Two other District 7 AE fellows, both pursuing doctorates at the University of Minnesota are Ms. Ying Qi and Ms. Xueli Jiang. Ms. Qi is pursuing doctoral studies in Aerospace Engineering and Mechanics, and Ms. Jiang is pursuing studies in Aerospace Engineering. While neither Ms. Jiang nor Ms. Qi can attend conference, the Minneapolis club plans to make a fuss of them at an upcoming meeting.

What does your club plan to do to get the word out about Amelia?

Zonta Celebrates United Nations Day on October 24th

Each club has a chance annually to celebrate Zonta's continuing and impressive NGO (Non-Governmental Organization) status with the United Nations this October 24th. You have plenty of time to create a special activity around this relationship, and attract attention to your club, the mission of Zonta, and demonstrate how important our projects are to women around the world. Every club in District 7 is challenged to create a joyful noise around October 24th, and draw attention to the remarkable activities, service, and outcomes due to Zonta International's commitment to making a difference alongside the United Nations in the lives of women every day. *Marcia Southard Ritter, UN Chairman*

What is *your* Zonta club planning to do for United Nations Day? Write in and let us know!

Women's Health Initiative

Focus on Women's Health: Developing a Zonta Agenda

In the next few issues of our District 7 newsletters, I have been asked to write a series of columns to focus on women's health to bring awareness to our clubs and of other women in communities that we serve the value of health and wellness to uplift the status of women. As more women play prominent roles in our society, and as more women are in our work force, we are increasingly made aware of the importance of basic medical knowledge about ourselves, our families, our friends and Zontian sisters.

Although women are living longer, are we necessarily living better? As we face health problems that accompany aging – are we taking preventive measures to prevent common disorders such as osteoporosis, high blood pressure and cardiovascular disorders? The underlying preventive measures start with good nutrition, weight control, exercise and physical fitness. It is equally important to avoid known high risk factors such as smoking, alcohol in excess and obesity.

Other measures of prevention include health screening such as mammographies, Pap smear examinations, bone density measurements, regular blood pressure and blood sugar and cholesterol (lipids) check-up. When was the last time you had any of these done? If not, schedule them so, in the next few months. When was the last time you saw your physician?

As we begin to take care of ourselves, our parents and extended family members, we must pass this knowledge on to other women in our communities who may not have the level of awareness that they should have. In cooperation with your local medical societies, women physicians can be sought out to speak before your clubs about women's health issues. The specialties most likely to have expertise in these topics are internists, family physicians, obstetricians/gynecologists or endocrinologists. Plan a women's health activity within this year in your club. Collaborate with other health-related organization for a health fair – even your local drugstore sometimes might be able to help.

Next issue: mental health maintenance and coping with stress.

Lillian G. Pardo, M.D.
KCMO II Club,