



# District 7 Newsletter

## Governor's Message



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Our District Conference is upon us—our district business meeting of the biennium. This is the time of each biennium when we choose new leaders for the future, examine our bylaws and procedures, report on the activities since the last Conference, hear a message from our International President and International Representative, and look forward to the International Convention! And this is not all; we also hear presentations on topics that relate to our mission and have time left over for re-

newing friendships, making new friends, and having fun, too! This year's Conference promises to be just as valuable and enjoyable as our past Conferences, and I hope those of you who attend will take a spirited District 7 message of Zonta ideals and goals back to your clubs.

On another note, I want to thank the nineteen clubs that submitted their quarterly reports. This means the information I sent to International about our district is the most complete and accurate than ever before during this biennium!



*Carol Pasanen*  
Governor, District 7

**Special points of interest:**

**What's happening in Every Area?**

**Who are your district committee chairs and coordinators?**

**Who went to Africa from the Jamestown Club?**

**Who is our District's Jane M. Klausman Winner?**

## Zonta Calendar

- |                  |  |
|------------------|--|
| 24 October 2007  | United Nations Day   |
| 27 October 2007  | USA Weekend's Make a Difference Day—do a small service project, enter your project and get publicity for your Zonta Club! For more Information, go to <a href="http://www.makeadifferenceday.com">www.makeadifferenceday.com</a> |
| 8 November 2007  | Zonta International Day  |
| 25 November 2007 | International Day for the Elimination of Violence Against Women  |



## News from Area 1—Joan Wrolstad, Director



**From Fargo-Moorhead - Stacey Lentz, President**

The Fargo Club is proud to have nominated the District 7 YWPA Scholarship winner, Kelsey Gustafson, from the Fargo North High School. Kelsey is now a college freshman at Yale!

Fargo's wine tasting fundraiser will provide funds for their Thanksgiving Basket project.



**Breckenridge-Wahpeton - Patty Lies, President**

The Breckenridge-Wahpeton Club will host the 2008 Area 1 Meeting. They are making Zonta totes as a fundraiser!



**Aberdeen - Dorene Nelson, President**

The Aberdeen Club provides financial support for Safe Harbor, a safe place for women and children to find shelter and basic necessities when needed. They also give two \$1000 scholarships for non-traditional female students at the two colleges in Aberdeen—Northern State University and Presentation College.



**Linda Wrangham, President**

The Bismarck club teams with Herbergers twice a year in selling their coupon booklets for \$5 each and then their club keeps all of these funds. They also sell booklets at the door on the day of the sale to make even more dollars for their service projects!



**Jamestown Club - Mary Reed, President**

Over the summer, the Jamestown club provided 80 volunteer hours to the local women's shelter. They also provided 25 volunteer hours of road cleanup for their local Zonta Park! Jamestown will be hosting the 2008 District Seminar!



## News from Area 2—Brenda Myers, Director

Area 2 clubs were especially busy this quarter bringing in new members, installing new officers, and taking an active role in their respective communities.

As follow up to a successful Women of Achievement luncheon in May, the Jefferson City club hosted a prospective member reception in June. In July, they initiated 17 new members to bring their club membership to an all-time high of 86 Zontians! They were also active participants at the community's Relay for Life event in June.

Zontians in St. Charles continue to focus on membership and have grown their club to an amazing 22 members with four additional members to join in the fall. They continue to inspire me with their enthusiasm and energy. They have also been at work in their community by being involved in a fashion show benefiting domestic violence!

The Cape Girardeau club continues to be strong and represents Zonta so well in southeastern Missouri! Most recently, they hosted a program for young women that focused on interview skills as well as how to dress and how to succeed in the workplace. In celebration of Rose Day, the club gave over 200 yellow roses this year to all of the high school teachers in their our area to thank them for educating our children.

Finally, I am so proud of the St. Louis club's accomplishment in hosting its first official Z-Club meeting! This has been a club goal for some time, and it is wonderful to see them make it happen! The St. Louis club has also brought in four new members and continues to be generous to those in need through individual enrichment awards and scholarships.

As area director, I have been fortunate to visit with and learn from each of the clubs in Area 2. These are four amazing clubs doing so much good in the name of Zonta! Thanks to ALL of them!



## News from Area 3—JoAnn Hanson, Director

The summer months often manifest themselves in activities that allow Area 3 Zontians to refresh, reflect and reinvigorate themselves. Some needs are best met by a hiatus during the warm and often too-short summer days that allows us to concentrate on our families and those never-ending summer projects. The St. Cloud Club will resume its regular activities this fall after a much-needed summer rest.

The St. Paul Club has spent much of the summer focusing on a new format for its monthly meetings. St. Paul is remarkable for its many accomplishments despite its smaller size. Recognizing that increasing membership is of vital importance to its success, St. Paul has structured its monthly meetings to mix achievement of Zonta objectives with fun and fellowship. The Club hosted a Zontian from New Zealand at its June meeting and joined the Minneapolis Club as it welcomed a sister Zontian from Sri Lanka.

Our Brainerd Club is involved in several community projects supporting at-risk young women. Brainerd Zontians meet with girls from the PORT Girl's Home to discuss career alternatives in addition to the provision of financial support for clothing and other needs. The Mid-Minnesota Women's Center is also the recipient of the Brainerd Club's service projects and funding. The Club's support is wide ranging and includes the provision of college scholarships to local high school girls and supplying local elementary schools with books about Amelia Earhart.

The Mankato Club is revered for its gardening prowess. Citizens of Mankato are reminded of Zonta every time they pass the well-tended garden on one of the city's busiest corners. The annual garden tour/fundraiser attracted the attention of the local paper and helped the Club fund scholarships and other service projects. Mankato is planning for its annual fall fashion show that allows it to support the Open Door Health Center for uninsured or underinsured clients. To cap off its August evening meeting the Brainerd Club traveled south of Mankato for a "Wildlife Safari". Discussing African society/culture and the impact of HIV/AIDS on the bush people offered Mankato Zontians an opportunity to better understand the importance of Zonta's International projects.

During the summer months Minneapolis Zontians engage in more informal meetings by gathering at members' homes. The fall October 5-6 District 7 Conference will be hosted by the Minneapolis Club and planning efforts continue to consume Minneapolis Zontians' energy. At its July meeting, the Club assembled personal hygiene packets for women and children residing at a local homeless shelter. August is the official kick-off meeting for the Club's annual fundraiser. Women Achieving New Directions is the Minneapolis Club's major beneficiary. In addition to financial support the members donate gently used professional clothing to WAND. Minneapolis Zontians gathered with St. Paul Club members to welcome a sister Zontian from Colombo, Sri Lanka to the Twin City area. The opportunity to explore similarities and discuss concerns between members from different countries is reflective of the true mission of Zonta International.



## News from Area 4—Sharon Stark, Director

### Atchison

The Atchison Club has been busy this summer giving tours at the Cray House on Saturday and Sunday afternoons from 1-4.

### Johnson County

The Johnson County Club has three new members who joined in June. They have been busy helping with the local Habitat for Humanity Women Build project in conjunction with the Kansas City, Missouri, clubs in June and August and are looking forward to another joint work day in October. They did receive local television morning news and video of their members with their new Zonta T-shirts installing vinyl siding on the Habitat house.

### Kansas City, Ks

The Kansas City, Kansas Club had a membership event in August and had five prospective members attended the event.

### Kansas City I

The Kansas City I Club will have their annual Fashion Show with Fashions by Cold Water Creek, Men's Wearhouse and Children's in November.

### Kansas City II

In June we broke ground on our Habitat for Humanity Women Build House. We had an all Zonta volunteer day to kick off the building of the house. The four area Zonta clubs raised over \$15,000.00 for the house. The volunteer day was a wonderful sight of maroon and gold as all the Zonta members wore specially designed Zonta T-shirts. It was a good bonding experience and a chance to talk about Zonta to other workers who had not heard about our organization. The Women Build house has been featured on a local news station and in the Kansas City Star. They have been working to plan a new member orientation scheduled for September 10. They adapted the Power Point presentation on the ZI website and added several slides specific to their local club.



### Topeka

The Zonta Club of Topeka participated in the Keep America Beautiful campaign. Five members cleaned a one-mile section of Topeka Boulevard, one of the main gateways to the city. Prizes were awarded to those who produced the cleanest mile, and the Zonta Club of Topeka won first place in the organization category! For its efforts the club received \$500 and a refurbished computer with accessories. The gifts were presented at the local Armed Forces Day ceremonies, giving the Zonta Club wide visibility in the community. The computer was donated to the Florence Crittenton Home for troubled or homeless teen-aged girls, one of the club's local beneficiaries. The monetary gift has not been directed yet, but will stay within the community and perhaps be used to fund an environmental project.

They are planning for the Women in Science Day to be held at Washburn University in October. The Zonta Club is going to be one of the major sponsors of this event, which is designed to inspire seventh and eighth grade girls to consider careers in the sciences.

## OMC—Kathy Swan, Lt. Governor, Chair

### Recruitment, Orientation, Retention and Rejuvenation – Does your club have a Membership plan?

#### Recruitment

What is an effective method of recruiting new members?

Do you have a plan to recruit younger members?

#### Orientation

Fifty percent of clubs surveyed do not have a formal orientation process.

What constitutes a good process?

#### Retention

How is your club providing value to your members?

#### Rejuvenation

Fifty percent of clubs surveyed do not have an active fellowship committee.

Plan to attend our Fall Conference in Minneapolis to obtain the club membership survey results and gather tips for your club!



## Public Relations and Communications—Mindy Primm, Chair

### Develop a Club Media Kit

In order to enhance your club's external communications with the media and public it is important that you develop a media kit. Do not let the terminology "media kit" overwhelm you. A media kit is as simple as a two-pocket folder containing pertinent information regarding your club. It should be updated and distributed to local radio, television, newspaper and magazine outlets yearly so they are aware of what your club's planned events include and who are the current officers.

Every media kit should contain some basic items. A fact sheet that reviews the Zonta International organization and its history. A fact sheet on your club's history, meeting location, time and accomplishments. Include a roster of current officers names, addresses and phone numbers so they know whom to contact for event information or a quote for a story. A current calendar of events as well as a club newsletter is also helpful in demonstrating what kind of programming your club is doing.

A media kit is beneficial in building a solid relationship with your local media. Delivering one to each media outlet will increase your exposure from press releases and events in the future.





## Women's Health—Dr. Lillian Pardo, Chair



### Staying Healthy Amidst Stress

Many recent events around us have made me think that stress is with us at all times. In certain instances, some amount of stress in our lives is normal, it makes us more alert, more vibrant and more motivated to reach our goals. Some thrive in those busy environments. However, for too many women today, as emotional and physical caretakers for many people in our lives – from small children to teenagers and aging parents, sometimes we forget to take care of ourselves.

Although individual reactions to stress vary, the results can be similar. A stress overload activates areas in our brain that send involuntary impulses to organs elsewhere in the body, such as it makes our hearts beat faster, it could increase our blood pressure or could produce indigestion. Stress can also cause sleepless nights, depressed moods and other subtle symptoms that we or sometimes even our own physicians may attribute to something else.

So what can we do to cope with stress? There are a few things we can control. Allow ourselves regular leisure time, or down time. Enjoy a hobby, lunch with friends, or simply sit down and read a good, entertaining book. For regular chores, learn how to get help or delegate without guilt – to your kids, your spouse, your co-worker, your committee chair, even your pet can stand some discipline. Let us take advantage of our natural body rhythms. If our peak performance time is in the morning, do the important ones first, or vice versa if evening time is your prime time. We can also learn to say no, or offer a counterproposal, or consider sharing a project instead of taking it on all by yourself, especially when you have a few other irons in the fire. Finally, locate the source of your stress, analyze your day's load of stress and if you can pinpoint a particular issue, we can deal with them more effectively. Problem solving itself can ease the stress.

Staying healthy also means that we exercise regularly, a daily walk of 30 to 45 minutes can make a difference in our physical health, eating nutritious food and maintaining our weight within our Body Mass Index (BMI) for our age and height are important in preventing common illnesses that affect women – osteoporosis, heart disease, hypertension and stroke. Visit your physician at least once a year for our regular health screening – mammography, cholesterol and lipid checks, blood pressure and weight checks, colonoscopy (if you've had one done and it was fine, it is good for another five years), For those who still smoke cigarettes, the time to stop is now, whatever age you are. We know that smoking adds risk to cardiovascular disease, hypertension, lung cancer and chronic obstructive pulmonary disease (COPD). Second hand smoke is also harmful to your children, your family and others.

Have fun in your Zonta activities, you're helping yourself and other women, thus can be stress-reducers if we all share the work load and feel a sense of accomplishment.

## United Nations—Kay Moss, Chair

As the weather begins to change here in the Midwest, I'm looking forward to seeing many of you at the District 7 Conference in Minneapolis. As each of us makes an impact within our Clubs, each Club is a part of Zonta's ongoing efforts to share our Vision for the health and equality of women worldwide. As we meet, work and debate the business and goals of Zonta for the coming year and the coming biennium, let us keep in mind all the women and children who need to share in our Vision - those who are not sure they will awaken tomorrow, those who are unable to provide for all the people who depend on them because of shrinking family units, lack of adequate health care, lack of funds or lack of concern or trust within their environment. Let us keep in mind our many sisters around the world, who struggle every day against the inequalities within their lives. Let us stand strong with them!



## Z Club—Laura Burton, Coordinator

The summer is drawing to a close and fall is upon us - school has begun and Z Club groups have geared up for the year! The **Jefferson City Z-Club** is chaired by Amparo Thomas and Rebekah Dothage. This club continues to be very active and have been providing many service hours in the community for a number of years. We look forward to hearing about their many projects during the year.

**Cape Girardeau's**, Cheryl Hill has been diligently working over the past 1 1/2 years contacting private and public schools in and around the area in efforts to establish a Z Club. Although they have not found a school to partner with, the committee will regroup and look for other options such as Big Brothers/Big Sisters and other local girls and boys' group. If other clubs have ideas that they would like to share with Cheryl, please contact her by e-mail at Cheryl\_Hill@bond.senate.gov.

The **new St. Louis Z Club**, chaired by Laura Burton, had its first kick-off meeting on September 10, 2007. President, Cheryl Bielema and seven other zontians were present for this long awaited event. Out of the fifteen students that signed up, eleven were present and a lively interchange of sharing information and questions and answers took place. Many thanks to Amparo Thomas of Jeff City for her support, Anne Wadlington for recommending Marian School, Gabrielle Hearn, Social Services Director/Liaison of Marian Middle School, and the St. Louis membership.

**If there are other Z-Clubs or Golden Z Clubs in the District; or, if you are exploring the possibility of establishing a club, please contact me at [director@cburtonglobal.com](mailto:director@cburtonglobal.com).**

**"The new St. Louis Z Club, chaired by Laura Burton, had its first kick-off meeting on September 10, 2007"**



## ZISVAW—Sherrill Mulhern, Coordinator

Toward the end of the summer, in preparation for our meeting in Minneapolis, I sent an email to all of the Zonta Clubs in District 7, requesting a brief summary of their efforts in the area of raising public awareness about the pervasive problem of violence against women. The answers that I received fall into two general categories: summaries of ongoing local service projects and guest speakers. Most clubs reported that they have long standing financial and volunteer commitments to local girls' and/or women's shelters. Some of these efforts explicitly address the problem of "violence against women" particularly when partner institutions provide specialized services to victims of rape and domestic violence. Moreover, even in those instances when Zonta clubs have partnered with institutions that focus on more general issues, like vocational training and career counseling, there remains an underlying link with the objectives of ZISVAW, since many of the women that these institutions serve have also been victims of violence. In addition to these ongoing local efforts, a few Zonta Clubs reported on global outreach initiatives - such as programs and invited experts - that are designed to inform their membership about international programs that deal both directly and indirectly

with the protection and treatment of women who are victims of violence, particularly in South America.

All of these initiatives clubs' steadfast commitment both to learning about and serving the needs of women. With this in mind and given the very real time constraints in the lives of professional women like ourselves, many clubs may feel daunted by the idea of taking on an additional project in the area of political advocacy. Fortunately, however, as many of you know, since 1991, the Center for Women's Global Leadership at Rutgers University has streamlined the process of advocacy in the area of violence against women by spearheading the organization of the 16 Days of Activism Against Gender Violence Campaign. As a result of the Center's efforts, advocacy related to and awareness about the impact and consequences of gender-based violence has grown dramatically. Each year, thousands of activists and advocates for women from all over the world utilize the campaign and the numerous tools that it provides to raise public awareness of gender-based violence as a critical issue and to further their local efforts in the areas of both protection from and prevention of all forms of violence against women

During the last decade much progress has

been made, however, many challenges still persist that hinder the effectiveness of the work being done by organizations like Zonta International. Consequently, the 2007 16 Days Campaign has decided to dedicate this year's theme to the dismantling of obstacles and overcoming of challenges posed by social attitudes and policies that continue to condone and perpetuate gender-based violence. The goal of the campaign is to finally achieve long overdue results in the struggle to end violence against women. In collaboration with activists and advocacy groups in all regions of the world the 16 Day Campaign has identified a selection of specific challenges and obstacles that are summarized in the 2007 Take Action Kit that is now available on the Campaign website: <http://cwgl.rutgers.edu/16days/kit07/kit.html>. It takes only a couple of minutes to download this material which provides valuable information about international activism and advocacy for woman and dozens of concrete examples of how local clubs can participate in this global effort. I believe that each Zonta Club in District 7 will be able to relate to at least one of the projects or actions proposed by the campaign. I urge you all to avail yourselves of this valuable advocacy resource.



**Don't forget to check out our District 7 website at**

**[www.zontadistrict7.org](http://www.zontadistrict7.org)**

**Resources, contacts, links, newsletters, and more... Kerry Dixon-Fox, Webmaster**



## Service—Dr. Jan Ruopp, Coordinator

There are lots of good service projects happening in our district. Here are some samples of projects in Area III and Area IV.

The Kansas City II Club has put their focus on one idea – the Habitat for Humanity Women Build House in Kansas City. The Kansas City II Club, the Johnson County and the Kansas City I Zonta Clubs plus other clubs have been raising the money for the house since December 2006. They broke ground in June, 2007 with an all Zonta volunteer day. All the volunteers wore Zonta t-shirts and Zontians from the greater Kansas City area worked together to help build a home for a family in need.

The Brainerd Minnesota club is very involved in a variety of service projects which includes the PORT girls home, a residential treatment center for at-risk girls; the Mid-Minnesota Women's Center; a Haitian Education and Literacy Program; the Susan G. Komen Breast Cancer Association; Adopt-A-Highway and this year they also donated money to build a well in Tanzania. Their main fundraiser for service is their annual style show in April. It looks like they put the money they raise into action through service.

The St. Paul Zonta Club also is deeply involved in service to their community. One of their ongoing projects is to make fleece blankets for Mom's and babies in the Women's Advocates Shelter – the oldest women's shelter in the United States. The club also provides holiday gift bags for women and infants for the Visiting Nurse Association Club 100, which distributes the bags to financially challenged young women and their children. They also adopted a grandmother in Kenya. They help the grandmother start up a new business to support themselves and the little children who have lost their parents to AIDS. The cost is \$360.00 per year per grandmother. In addition they donate clothing and household items to the Northwest Youth and Family Services for their Penny Pinchers store which provides jobs for socially challenged youth in the Minneapolis/St. Paul Area.

The Mankato Minnesota club has a newly established service committee this year. Their main project is an ongoing monthly collection of personal care items for CADA House, the women's and children's shelter in Mankato. They have also refurbished rooms for families in transition at the Theresa House; had a Mexican Fiesta for independent living residents, collected food for ECHO; and wrapped gifts for the Salvation Army. A new service project that began this year relates to Kids Against Hunger. Mankato has the only facility in Minnesota that sends food to starving children in a monthly basis. Zonta has been helping on a monthly basis and hope to help expand this non-profit network to include more Zonta clubs.

As you can see there are a variety of service projects devoted to helping women and children in Area III and Area IV in District VII. Thanks for all the work you do for Zonta.

## Legislative Awareness & Advocacy—Anne McCleery, Coordinator

### ONE WOMAN CAN CHANGE ANYTHING MANY WOMEN CAN CHANGE EVERYTHING

I wish I had said that. Where do women stand in terms of holding elected national government positions worldwide? A report released in 2006 by the Inter-parliamentary Union advises that the percentage is inching upward. A review of 187 countries shows that the average of women in parliaments and U. S. congress is 16.3%, up from 15.7% in 2004. Of the 39 countries that had elections in 2005, the numbers of women increased in 28 of those countries, with the largest gains in Latin American countries. There are 20 countries with over 30% of women who make up their elected national representatives including: Rwanda (48.8%), Sweden (45.3%), Norway (37.9%), Finland (37.5%), Denmark (36.9%), Netherlands (36.7%), and Cuba (36.0%). The United States has 15.2%, and ranks 69<sup>th</sup> out of a list of 187 countries. It should be noted, however, that some countries have implemented quotas to promote women in politics.

The United States now has 86 women in Congress, and 70 of them are mothers. That fact raises the question of how this will shape policy-making. Women bring different life experiences to the discussion -- balancing family and career, often making the decisions on health insurance, the family doctor, and long-term care for a parent. This is familiar to all Zontians. Increasing the number of women legislators does bode well for bringing issues affecting women and families into the national spotlight. It may even make world peace more likely. According to recent Emmy-winner Sally Field, "... if the mothers ruled the world there would be no ... wars in the first place." It's a risky promise but a worthy goal.

# Jamestown Zontian Leads Nursing Students on Trip to Africa

## *Our very own Lou Mayer is back from her trip to Africa.....*

Lou Mayer, an Associate Professor of Nursing at Jamestown College, led a group of six nursing students on a 26 day trip to work in a hospital in Chogoria, Kenya last spring. Lou was kind enough to share the following summary of their trip:

“ Well about Africa. The people were very kind and friendly and also they have a real belief in God and a true faith. They seem to be much happier than you would expect them to be in the conditions they live in. They truly have very little of the “creature” comforts.

However, I had some creature comforts. Delores (the retired nurse who went along) and I stayed in the guest house by the Chogoria Hospital. We had a very comfortable room with double beds with mosquito nets ( I never saw a mosquito – and that was the thing I was the most afraid of when I left!), a living room with a couch and comfortable chairs, a dining room, kitchen, TV, and best of all, a housekeeper named Douglas who cooked for us!!!! I really liked that! Douglas did a great job of cooking a variety of things without meat – we did not have meat most of the time we were there because of Rife Valley Fever that was affecting the cattle, goats, etc . So, our “protein food” was eggs. We ate a lot of beans, maize, lentils, potatoes, and rice. We also found a couple of women who washed our clothes by hand and hung them out to dry. The hospital did have a washing machine, but no one else does. Everyone does laundry by hand.

We did go on Safari the last weekend we were in Kenya. That was a good adventure. We saw quite a few animals even though this was not the best time of year to be on Safari. We stayed in a beautiful lodge for two nights and the food there was fabulous. We even had meat!! Safari I would do again. – but next time I would fly into the lodge. It took us nearly seven hours to go from Nairobi to the lodge. The roads in Africa are definitely a CHALLENGE. Think of the worst country road you have ever been on and multiply that by 25 and you might come close to knowing how bad the roads really are!!

The vehicles that are maneuvered over these roads are a sight to be seen. And they rattle –but how could they not? But I must say, for all the bad roads, we only had one flat tire and only got stuck and had to push once! I have a new respect for Toyota pickups – most of the time we rode in pickups.

We all stayed healthy while we were gone. No one got the “stomach flu” or anything like that. We tried to be careful and wash our fruit etc., but sometimes we’d just eat it! Especially the night we spent in the country with various families. That was an experience! And that was more primitive living than any of us were accustomed to! That was the only time that we truly got hot. Most of the time the weather was very comfortable – and cool enough at night to sleep with a blanket. Anyway, the day and night in the country was interesting. Each of us stayed with a different family and ate supper with them and then attended church the next morning. We walked to church – took anywhere from 20 to 30 minutes – and then church started at 10:30 am and lasted until 1:30 pm. Lots of singing! The most interesting thing was that if the members did not have money for the offering, they brought produce (eggs, maize, beans) and there was an “auction” during church and other members could buy the items and the person who brought it would get “credit” on the church offering record in the amount paid. The last item to be auctioned was a sheep! It was during the stay in the country that I learned I do not have good aim when urinating over a hole in the ground!!

We also took an overnight trip to Mount Kenya which was only a three hour drive from Chogoria. We loaded six students, Delores and I, Francis (the male chairperson of the Nursing School in Chogoria), and a driver in a pickup – four in front with the driver (it was an extended cab pickup) and the rest in the back box with the luggage! That was a ride! Especially when we went part way up the mountain! Can’t be adequately explained in writing! We stayed in a “lodge” there that did have flush toilets, and running water, and a fire place in each cabin. We had brought eggs, bread, and crisps (potato chips) to eat and that is what we had for supper and breakfast. It was beautiful there – very quiet! There were supposed to be elephants, buffalo, antelope, and monkeys. We saw antelope and monkeys. We nearly froze to death during the night! It was very cold and when the fire went out in our fireplaces the blankets on our beds did nothing to keep us warm. It was warm during the day though.

It was an experience that I am glad I had, but I would not go back again under the same circumstances. It was tiring, more than I expected. I became tired of seeing poverty, red dirt and traveling on bad roads. After 16 hours (two 8 hour shifts) on the trip, I get back to North Dakota.” *Lou Mayer*



**Lou Mayer, Jamestown Zontian in Africa**



**“..we did not have meat most of the time we were there because of Rife Valley Fever that was affecting the cattle, goats, etc.”**



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## District 7 Klausman Winner, Jenene Kolensie!

Zonta Club KC II is proud to introduce our candidate and Zonta District 7 winner of the 2007 Jane M. Klausman Women in Business Scholarship, Jenene Kolensie. Jenene was born in Boksburg, South Africa and is married with two young sons. Before coming to the United States, Jenene spent sixteen years in the finance industry, gradually working her way up the corporate ladder from the position of clerk to that of sales manager. In addition to working and caring for her young family, Jenene also served as the chairperson for a local South African charitable organization that fed and counseled the poor and individuals who were infected with HIV. In 2005, Jenene was awarded a Park University Presidential Scholarship, and moved with her husband and children to the United States to pursue an academic career in that university's work-study graduate program in Business Administration and Management. In addition to being on the University Dean's Honor List, Jenene was nominated as Student Employee of the year 2006 and in 2007 received an international grant for her work in the International Student's Service Office. She is a member of the World Student Union and the Park University Christian Group that counsels, mentors and supports students with social and educational problems.

Congratulations to Jenene. Jenene's application was forwarded to the International Jane M. Klausman committee for consideration for an International scholarship. Jenene was presented \$500 by the KC II club



**Jenene Kolensie receives \$500 check from KC II President, Cathy Denesia. Also pictured—Sherrill Mulhern, KC II's Klausman Chair and Janet Kannard, District 7 Treasurer and member of KC II club.**



## ZONTA DISTRICT 7

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## Jane Klausman—Pat Will, Coordinator

I would like to thank the four clubs that submitted applications for the Jane M Klausman Women in Business Scholarship from District 7 this year. The applications were judged by an outside judge and the winner forwarded on to Zonta International to be entered in the international scholarship competition. Letters were sent to the individual clubs thanking them for submitted applications and announcing that the application sent forward was from Zonta Club Kansas City II. Certificates for the Clubs and Districts are now available on the ZI Web site at member Resources/International Scholarship and Awards for your convenience.

Respectfully Submitted,  
Pat Will  
District 7 Jane M Klausman  
Coordinator

## Young Women in Public Affairs—Linda Linn, Coordinator



Thank you all for your support with this opportunity... this is my second year as YWPA Coordinator. Last year we had 14 clubs participate and we were able to allow a wonderful young woman our scholarship. I hope you will encourage your club to actively participate in this program this year.

Please see our website for details and applications on YWPA. There are so many young women today looking forward to their years of college life that could use this valuable contribution to their career....

This year, wouldn't it be great to have all clubs in our district participate... I am available any time for your help and support and look forward to receiving all of your YWPA candidates. Contact me anytime .....

Linda M. Linn  
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