

PRESIDENT'S NOTES

~ Sue Frost [243-4509]

“True Health is only possible when we understand the unity of our minds, emotions, spirits, and physical bodies.”

~ Christiane Northrys, M.D.

Now that our successful fashion show fundraiser is over, we can breathe a slight sigh of relief and begin to think about our emotions and physical bodies that have been in over drive the past several months. As a health care professional, I am interested in improving the health status of all of our club members. So for this reason, my message this month will reflect on two very important health issues for women, the flu and Breast Cancer Awareness month.

Though fall in Minnesota brings beautiful scenery and crisp weather, it also marks the beginning of the flu season. Each year in the US more than 200,000 people are hospitalized with complications from the flu. October through December is the best time to get vaccinated, and most of us should receive the flu shot. And everyone should do the things we should all be doing daily: eat properly, get enough sleep, exercise, and wash those hands. So don't put it off any longer-act now.

And while you are at it, how about getting that mammogram? If you are a woman 40 or older, the American Cancer Society recommends that getting a yearly mammogram is the best way to protect yourself against breast cancer. Mammograms are fast and safe. It's easier than most other things you do once a year. And it can save your life. Call your health care provider now to take care of these two very important things. I want all of you around for a long time to help carry out Zonta's mission.

From football to foliage, the reasons we love fall seem endless. Continue to enjoy all the autumn fun.

~ Sue

Z' CALENDAR OF EVENTS

OCTOBER

- 5 M News Due to: liner@outtech.com
- 8 R Business Mtg 6.45am @ Northwoods
- 13 T Kid's Against Hunger Event
- 16 F Garden Clean Up @ 4.30pm
- 20 T OMC Mtg 9.00am @ Dunn Bros Madison
- 22 R Program: African Drum Circle
5:15 pm @ Performing Arts Ctr (MSU)
Room 101
Free parking in PAC lot
Green Mill Supper @ 6.45pm

NOVEMBER

- 12 R Business Mtg 6.45am @ Northwoods
Program: Sara Kruse – ODHC

DECEMBER

- 22 M Women's Night Out
4.30 Exhibits/Networking
6.00 Dinner
7.15 Program
- TBD Holiday Party

MARCH

- 10 R Business Mtg 6.45am @ Northwoods
Program: Micro Financing

APRIL

- 30 F Area Meeting
Civic Center / Hilton Inn

JUNE (2010)

- 25 S Int'l Convention, San Antonio, TX

MEMBERSHIP

~Angie Schumacher [----]

Members Attending: Shelley, Julaine, Tricia and Angie

Discussion/Decisions: Adding to the membership responsibility and the committee job description about the by-law and stand rules that were for OMC.

Looking at a Fall Meet and Greet, Saturday Nov 7, 9a-11a. Place TBD.

Looking at working with PR and Advocacy to celebrate the ZI 90year Birthday. More to come on that.

Suggestion or the 2010-11 year OMC needs to work with Program to plan the 2 meet and greets to maybe work with a program night.

MENTORING: We think the length of your mentoring can be as long as it takes to get the new member engaged, determined by relationship, there really is not an actual cut off; it is also all case by case issue.

Orientation- the mentor should be a part of, and hand out the info BEFEOR the orientation so they can look at it before hand.

We recommend the board accept the document "Mentoring checklist", so we can send that to membership and get the program back on track.

Next mtg – T Oct 20 - 9.00am @ Dunn Bros Madison

November Birthday Celebrations

November 3 - Marilyn Ringheim
November 19 - Caroline McGowan

Z GARDEN

~Loretta Wolthuis [388-9217]

Thanks to all who helped with the garden this year. We will soon be putting it to bed. Stay tuned for further details.

~Loretta and Sue



**Keep an eye out for the next
Zonta Star!**

PUBLIC RELATIONS

~Kate Loging [---]

The PR Committee is promoting Zonta internally and externally in the Greater Mankato community. Below are a few things to keep in mind and consider throughout the year.

- Newsletter Sponsorships are still available for \$15. Your sponsorship helps cover the cost of printing the newsletter. Please talk with Barb Scott if you need to sign-up and pay your sponsorship.
- To continue relationship building within the club we would like you to take a few minutes to respond to 3-5 of the below questions. Thank you Pat Will and Diane Volden for your speedy replies. 😊 Return your responses to Kate Loging.
- What is your favorite childhood memory?
- What was your most devious ask as a teenager?
- What is your favorite vacation spot?
- What character in a movie or book do you most associate yourself with?
- What annual would you like to be and why?
- What is the most rewarding volunteer opportunity you've experienced?
- If you won the lottery tomorrow what would you do with it?
- What is your favorite State Fair food?
- Please submit your electronic or printed photos for the electronic slide show we are creating to Kate Loging (kloging@eidebailly.com). In addition to the electronic slide show we plan to update the Zonta board.

The PR Committee is working hard to get the word out about the great things Zonta does internationally and in Greater Mankato. Please contact anyone on the committee (Caroline, Muriel, Barb S. & Kate) with questions or for additional information.

Next meeting – M – Aug 10, 7.30a @ Coffee Hag

ZI AND ZIF NEWS

~ Sue Frost [243-4509]

2010 Convention in San Antonio is June 25-30. This year is Zonta's 90th birthday. Clubs and districts may use the 90th Anniversary logo this year until Dec 31 to celebrate the anniversary. This is available on the Z web site.

Update on ZISVAW and Int'l Service Projects will be on the web site shortly. The ZI Board has discussed membership and strategies which they will work on to address countries of concern for declining membership. In the USA, our District 7 is included in the concerns. Redistricting has started with the minimum number of 300 members in a district as of May 31, 2010. As of yet, there is not a timeline set for redistricting boundaries.

HERBERGER'S COMMUNITY DAY

~Julie Vetter [---]

October 1st was the first reporting date for our sale of Herberger's Community Day Coupon Books. If you could let me know by e-mail or at the morning meeting how many you have sold I can get our club up to date with Herberger's. If you're collecting checks for books sold, please have them made out to Zonta Club of Mankato.

We would like to select a date to sell coupon books at the store. The following are dates that Herberger's says are "key dates" to consider:

October 17, 24, 28, 30, 31
November 4 and 7

Please consider whether you would be available on these dates. We can firm up what works for all on Thursday. Additional books will be available at the meeting.

FASHION SHOW ~ LIVIN' ON ISLAND TIME

~Sara Sletten [779-3018]

Thanks for the successful night! It was wonderful to see everyone pull together and make it all work.

ZONTA AREA MEETING

April 30 – May 1, 2010

Stay turned for more details coming from Tricia Stenberg and Kate Loging!

BLOOMING PRETTY – JULY 11, 2010

~Tricia Stenberg [304-0660]

Looking forward to Blooming Pretty 2010. Ten gardens in 2010 for \$10 will be a perfect 10 with your input. We are currently seeking gardens before they are totally put to bed for the year.

Let's be Blooming Pretty together!

PROGRAM

~Diane Volden [---]

Thursday, October 22 arrive at 5:15pm. Karen Bouble will lead us in an African Drum Circle session from 5:30-6:30pm MSU Performing Arts Center room 101.

Free parking in the PAC lot adjacent to the building – the parking folks will be informed that a group is meeting in the building, so you don't have to worry about the Gold & Green permit signs. Supper at Green Mill at 6:45pm

Next meeting – to be held soon!

ADVOCACY COMMITTEE

~Judy Arzdorf [387-8281]

~Sonja Jacobsen

The committee has developed an Advocacy binder with Zonta International goals, policies and educational information. A presentation will be made at the August evening meeting to start a discussion about advocacy in relationship to our club.

The League of Women Voters and MSU's Women Center have been contacted to determine their interest in cooperative efforts.

SERVICE / STATUS OF WOMEN / Z-EARTH

~ Judy Vosbeek [387-7409]

We met on Thursday September 29, 2009 at Dunn Bros. Present were Loretts W, Lori T, Kelly F, Sara S and Judy V.

We discussed the packaging for Kids Against Hunger coming up on October 13th. Because we are partnering with the Girl Scouts, the money we gave last year does not go far enough. Therefore, we are recommending that we give another \$500. This will enable us to package for approximately two hours.

We discussed the possibility of a program night with the Girl Scouts - we will discuss this with the Advocacy Committee.

Contact has been made with the Toys for Tots people. They would welcome our involvement with the packaging - more about that later.

The CADA peace walk was postponed due to the weather.

Garden clean up will be October 16 @ 4:30 pm.

Next meeting – Coming soon!



Livin' on Island Time – Sept 24, 2009

FINANCE

~Patty Palm [----]

The Finance committee met and will make announcements at the morning meeting.

Next meeting – soon @ Dunn Bros Madison

~ E-mail Service Starts with You ~

- 1 – Always use the “Subject” line. This helps your reader know what the e-mail concerns. They know if they should open it immediately and they can sort their e-mails according to this subject line.
- 2 – Give more information than needed. If you are replying to a question in an e-mail, don't just send a reply that says, “Yes.” Give a reply that says, “Yes, I can help with Ticket Sales for the Fashion Show.” Giving a short recap helps the reader since your e-mail “conversation” can take place over a few days.
- 3 – When using e-mail in a club situation as we are, either use the “signature” option or be sure to end your e-mail with your name and a contact number. This helps your reader to be able to respond to you quickly.



International Day of Peace – Sept 21, 2009

Legislative Awareness and Advocacy Committee

Minutes

October 2, 2009

Present: Sonja Jacobsen, Judy Arzdorf

Next Meeting: to be determined after the business meeting

1. League of Women Voters

Sonja has made local contact. The club will be invited to attend their January candidate forum (probably January 20 or 21.)

Motion: LAA will forward information to membership concerning League of Women Voters' meetings and candidate forums.

{Motion passed Board on 10.5.09}

2. MSU Women's Center

The committee has met twice with Center staff.

Motion: LAA will forward information to membership concerning the Center's "Speak Out and Vigil" for Domestic Violence Awareness.

{Motion passed Board on 10.5.09}

The "Speak Out and Vigil" is on Oct. 14. The Speak Out begins at 6 p.m., MSU Student Union, Room 284 - domestic violence survivors and supporters are encouraged to speak. (The "Clothes line Project" will be on display.) The group then moves to the water fountain for the vigil. (The "Cutout Project" will be on display.) The event will end about 7:30 p.m.

Members are asked to spread word about the event in the community as they feel appropriate.

{Nov. 25 is the UN's International Day for the Elimination of Violence Against Women. And while the event date is not extremely close, LAA purposes that we support MSU's "Speak Out and Vigil" in place of this day.

As a club we get no Zonta points awarded to us for participating in an Elimination of Violence Against Women event.}

The Women's Center is checking on parking arrangements. {MSU will have free parking passes available for Zontians who attend the event.}

Judy will pass a sign-up sheet for anyone who wishes to sign up for the MSU Women's Center e-newsletter.

3. MN Women's Consortium

Sonja is signing up for the "Capitol Bulletin" and will forward appropriate items for the Wo-Tan-In.

4. Reports to Area, District, and International

Judy will regularly forward LAA information to Area, District and International; pictures will be attached as available. Her first report is prepared to send. Pictures from the International Day of Peace will be attached.

5. International Day of Peace

Eleven individuals attended the event on Sept.21.

6. United Nations Day, October 24

LAA is working with Program on the Oct. 22 program meeting to recognize the day. The program will focus on African Drumming. Judy will provide a short synopsis of the United Nations and then provide the synopsis to the Wo-Tan-In for the November newsletter. PR will provide a PSA to the media concerning the event.

7. CADA House: Inspire -Hope-Peace Walk
LAA will note that our club will participate in the Walk on October 8.
8. Zonta International's Birthday, November 8
LAA, Membership, and PR are working on a "Meet and Greet" on November 7 from 9 – 11. An open house brunch will be open to the public and will honor Zonta's 90th birthday. The brunch will focus on sharing information about Zonta and, hopefully, will include a presentation to Open Door with proceeds from the fashion show.

To internally celebrate the date, Sonja will prepare a newsletter article about Marian deForest, founder of Zonta.

9. World AIDS Day, December 1
Motion: LAA will forward information to membership concerning the AIDS Day recognition on December 1 hosted by UCC, First Presbyterian Church, and St. John's Episcopal.
{Motion passed Board on 10.5.09}
10. Human Right Day (December 10) and 16 Days of Activism Against Gender Violence
Judy will be checking with several sources to see if any events are already being planned and in which the club could participate. Sonja will look at the 2009 Take Action Kit on the ZI website for ideas.

LAA would be EXTREMELY INTERESTED if there are any Zontians who would be interested in helping organize events for these days if there are no established events the club can attach itself to.



**Notes from District 7 Area Conference –
Navigating the Waters of Change from Local Service to Global Awareness
Sept 18 – 20, 2009, St Charles MO
Shelley**

I have to put my notes in some logical order right after I attend an event or it never gets done!

Membership

- Use membership Pledge Cards – have sample
- View power Point for Meet and Greet on ZI website (Resources – tools for Clubs – membership) I looked at it and I think it has some merit.
- Yellow Rose Luncheon (see notes under Project Ideas)
- Do more with yellow rose...have that truly be our signature in Mankato? Whenever someone sees a yellow rose...oh that must be a Zonta event!
- Have more house parties
 - 10 min overview of Zonta
 - 10 min personal story ‘tug of the heart’ – how we have impacted Open Door Health Center, the number of hours of sweat equity at Madison Ave flower garden, Testimony from work at Theresa House,
 - 10 min – why you would want to join Zonta, or how you could be a Table Captain at Zonta fashion show, or how you could help be an advocate for women issues in our community etc.
- “Elevator Speech” for recruitment skit

Project Ideas

- “BIGGEST BRA” – to support thrift shop or whatever we wanted it to be...remember how much publicity the event in the twin cities got for people donating their bra for breast cancer research and then they strung them across the river!
- Financial Literacy Workshop – for women who need assistance with financial issues, questions etc. We have some pretty knowledgeable women in our club when it comes to finance!
- 2nd Chance Scholarship – women going back to school (non-traditional students) or entrepreneurs
- Chocolate Fever or Wine ‘N Chocolate Extravaganza (women love the smell of chocolate, coffee and black licorice, men – cinnamon and lavender...we all thought beer!!!) -
- Thank Heaven for Babies –gift or card to new parents
- Sexual Assault Response Team – donate nice sweat suits for sexual assault victims to wear home from hospital.
- Rose Day Raffle – dozen yellow roses...could have multiple dozens given away with literature about Zonta and then all profit donated to charity or organization of our choice.
- Rose Day – present a rose and cookies to women’s shelter.
- UN Day – do something with Foreign exchange students from High Schools in community.
- Yellow Rose Luncheon – similar to Outstanding Woman in Community already happening in Kato so we wouldn’t want to go there BUT....We could do a spin and have this be a membership drive over the noon hour and all guests leave with Zonta literature and one yellow rose!

➤ Congratulations Sonja on your election to serve as Lt. Governor of District 7!

Awards and Recognitions for Zonta Club of Mankato 2008 – 2009....hip hip hooray!!!!

- OMC – Silver
- PR/Communications – Silver
- Service – Bronze
- Mankato Club was also recognized as having the MOST MEMBERS CONTRIBUTING TO THE ZONTA FOUNDATION!!!!

I recommend you watch these song videos on YouTube....

How Could Anyone...by Libby Roderick and sung by Shaina Noll.

This song is used in a variety of ways...weddings, school choirs, K graduations, etc...It was used at the Memorial Service on Sunday morning. Pretty emotional and touching!

This One is for the Girls by Marina McBride

Kathy Swan, D7Governor used this video after her closing report. Please keep Kathy in your prayers as she will be having a lumpectomy and radiation treatment for the recent diagnosis of breast cancer on Monday Sept 28. She is an awesome woman and needs support and prayers.

Half the Sky by Nicholas Kristof and Sheryl WuDunn – powerful book on women

You might also want to look at the video on ZI website for San Antonio....that is our International President on the bull!!!!!!

Patty and I arrived early enough on Friday to stroll and shop downtown St Charles...very quaint and historical. The accommodations were beyond belief....someplace my wallet could not afford without the conference rates! Pool was beautiful and sun felt good when I did some relaxing on Friday and Saturday afternoon with Sue. Food scrumptious, bed firm and shower pulsating!!!!

Thank you Zonta Club of Mankato for allowing me to serve as the alternate delegate for the D7 Conference!



After Bloom at Edenvale Nursery 09



Garden Party at the Zonta Garden