

ZONTA ZEST

Zonta Club of St. Louis



Board Meeting Updates:

July is VACATION Month!

**Future board meetings will remain on ZOOM, the
first Thursday of the month at 7:00pm.**

President's Message to the Club



Greetings Zontians!

What a great time we had at the Scholarship Picnic on June 17th at the Irv Zied Park in Olivette. Thanks to Dr. Malaika and her committee for doing an outstanding job coordinating this event with students and their children, Zonta guests, and friends of Zonta. Our Women's Another Chance (WAC) committee was well-represented and available to help at every turn. The weather was perfect and the playground and pavilion were surrounded by a canopy of shade trees. The food was tasty with a special treat of homemade desserts provided by Zontian Edith Holmes. Thank you WAC committee for your contribution in making this an outstanding event.

President's Message to the Club continued....

The students were eager to share their personal stories during the icebreaker session, followed by a photo session with mentors. One student who had been in the prison-to-work program came to share her story and to thank Zonta for giving her a chance. She is now gainfully employed and happy supporting herself. One parent asked to attend our August meeting because she is considering becoming a member. I asked her what made her decide to become a member and she replied, "I observed your interaction with each other and was impressed with the way Zontian members care for one another." Thank you WAC Committee - You Did It again!!!

This was our last planned activity before the July break - We will reconvene our board and regular membership meeting in August, so be SAFE and ENJOY the pause.

As President, I recently attended the Membership Committee planning meeting and shared my thoughts. In addition to our regular meeting schedule, I would like for us to consider doing two other activities:

1. a group local day trip, similar to the one we did in Effingham, Illinois with member Jane Herman before she moved.
2. Have a Yellow Rose Awards Banquet. We use to do this to raise WAC scholarship funds. However, we were blessed to partner with MPS. The main purpose for reinventing the Yellow Rose Awards Banquet is for publicizing ZONTA. This event would be to honor women and girls who are doing outstanding work in the metropolitan area and would require all members' participation!

We have asked Sandra Cornell, possible new member, to sponsor our August meeting. The Program Committee will provide specifics as they get everything organized.

Laura Burton

Zonta Awards Picnic

The 2nd Annual Zonta Awards Picnic was a HUGE success. Fun was had by all!
What a great event for showing support to our award winners!!





Awards Report to the Club

June 2023

WAC STUDENTS - GRADUATED

Schwana Brown
SLCC-Forest Park
Major: Nursing
Mentor: Jessica Allen
Graduated: May '23

TaRushajai Coffman
Lindenwood University
Major: Business Administration
Mentor: Genevieve
Gibson-Newman
Graduated: May '23

Porsche Reeves
SLCC-Florissant Valley
Major: Nursing
Mentor: Mary DeAngelo
Graduated: May '23

New WAC Students

Ashley Church
Goldfarb School of Nursing
Major: Nursing
Temporary Mentor:
Malaika Horne
Anticipated Graduation: Aug '24

Danetta Keeper
Goldfarb School of Nursing
Major: Nursing
Mentor: Genevieve Gibson
Newman
Anticipated Graduation: Jan '25

Delilah Rainey
University of Phoenix
Major: Social Work
Mentor: Jessica Allen
Anticipated Graduation: Dec '24

WAC CONTINUING STUDENTS

Charity Bean
St. Louis Community College
Major: Nursing
Mentor: Mary DeAngelo
Anticipated Graduation: ?

Aisha Davis
Grand Canyon University
Major: Education
Mentor: Liz Heitman
Anticipated Graduation: Jan '24

Tyresha Johnson
SLCC-Florissant Valley
Child Development
Mentor: Peggy Gilbertson
Anticipated Graduation: May '25

Deanna McDaniels
SIU-Edwardsville
Major: Nursing
Mentor: Mary DeAngelo
Anticipated Graduation: Jan '24

Asia Ward
UMSL
Nursing
Mentor: was Bea Armstrong
Graduating: May '24
(has exhausted WAC funding)

JANE M. KLAUSMAN WOMEN IN BUSINESS SCHOLARSHIP

Amanda Culian
Mississippi State University
Business Administration with a focus on Business Law, Marketing and International Business

YOUNG WOMAN IN PUBLIC AFFAIRS AWARD

Candace Weeden
University City High School
Class of 2023
Neuroscience/ Finance

WOMEN IN STEM SCHOLARSHIP

Aneliese Hebenstreit
Missouri University of Science & Technology
Masters in Aerospace Engineering

Lindsay Armstrong
University of Kansas
Masters in Architecture

SHARON CARMODY AWARD

Abigail Berger
Washington University
Psychology/Brain Science (law school eventually)
Mentor: Laura Burton

Irene Geer Art Award

Jen Newmark
Graduation Recognition
Maryville University

North American Inter-District Meeting Report to the Club

WOW! What fun... and I learned a LOT! I was really impressed: the venue was really nice; the presentations were relevant; the breakout sessions were interesting and educational; the food was GREAT! The chef even received standing ovation recognition in the closing ceremony!

Zonta International's president, Ute Scholz, and the international board was also in attendance.

Breakout Sessions:

Empowering Survivors of Domestic Violence

We learned about the Cycle of Abuse, why women stay with

Red flags include:

- Repeated injuries, clumsy
- Bruises on arms or hidden areas
- Reason does not match injury
- Red marks or bruises on neck
- Withdrawal from family and friends
- Blames self, self doubt
- Changes plans at the last minute
- Refers to partner as jealous, possessive
- Checks with partner at all times - constant calls or texts
- Asks partner's permission before agreeing to anything
- Changes in personality (extremely meek, apologetic, apprehensive, fearful)
- Social media monitored, partner always knows where person is
- Constant nit-picking, name calling, criticism
- Property damage, revenge injury to children, pets
- Doesn't have money or know finances
- Increased drinking substance abuse (self medicating or forced)



Offer support, listen, help identify resources. The abused partner will need to make the decision to leave the abusive relationship when they feel it's safe.

Breakout Sessions Continued...

The Magic of Mentoring

- Mentors see something in you that you may not see in yourself.
- Good mentors have experience - not necessarily tied to level of education.
- Mentorship doesn't have to be from older to younger person.
- A mentor conveys wisdom based on expertise.
- Mentoring is friendship oriented.
- Mentors: train, motivate, advise, direct, coach, support, goal set, succeed.

ZI has an orientation program welcoming new members. The program covers Zonta's history, highlights programs we support and provides tips on available resources. It's also an opportunity to meet longtime members who serve on the International Membership Committee and other new members from around the world. A registration link can be found on ZI's website under the "News and Events" tab - subsection "Events".

[ZONTA FAQs and Questions](#)

The Cape Girardeau Club has a "New Beginnings" program every 3 months. All new members are invited. It's an informal meeting where new members can learn more about the club. Wine and snacks are involved as well. It's fun!

Designed to Excel

This breakout session explored how to be a better leader.

- Expectations - set goals: 1yr, 3yr, 5yr
- Experiences - learn from your past experiences and seek new ones
- Examine - Strengths, Opportunities, Aspirations and Results (SOAR)
- Extract - Identify and get rid of things holding us back
- Extrude - Spend 75-80% on strengths

Book Recommendations:

- The Slight Edge - Jeff Olson
- You Can't Hurt Me - David Goggins
- Who Moved My Cheese - Spencer Johnson
- Atomic Habits - James Clear
- Eat That Frog - Brian Tracy

Breakout Sessions Continued...

Advocacy Made Simple

The ZONTA Interntional USA Caucus website has a wealth of information!

Resources, tools, videos, action plans..... and much more. Check it out!

- Climate Actions - Zonta Says NOW!
Zonta says NOW! campaign
ZI Climate Actions
- End Child Marriage in the USA
End Child Marriage USA Action
End Child Marriage Resources
National Coalition to End Child Marriage
- End Gender Violence - Zonta Says NO!
Safety Signal for Domestic Violence
Human Trafficking
- Equal Rights Amendment
Why ERA?
- Women in Leadership
Equal Pay USA
- Women's Health
Ending Period Poverty
End Female Genital Mutilation (FGM) USA

Fast Action Friday

Take action from your phone!

Text ZONTA to 50457 to
receive advocacy alerts.

Goals for 2023-2024

- Push President Biden to ratify ERA
- Push Representatives to ratify ERA if President Biden doesn't ratify ERA
- Support ERA Caucus

ADVOCACY: POLITICAL YES, NON-PARTISAN, YES

**Zonta USA caucus often gets asked,
"How can we do advocacy, I thought we were non-partisan?"**

Non- partisan means Zonta can't be advocating for a candidate or a party. However, we can advocate for a position or a policy. Zonta USA Caucus developed this video to help illustrate the issue: **Advocacy Video**

North American Inter-District Meeting

TEAM ZONTA

Racing to Build a Better World for Women and Girls







Watch now on-demand: Meet Maame Afon, an internationally recognized thought leader and a passionate advocate for women, girls and leaders globally. By leveraging her vast experience, principles of intersectionality and passion for transformative leadership, philanthropy, facilitation and impact coaching, she supports many global organizations.

Hear Maame's story and learn why she is a remarkable woman!

Be inspired by the Remarkable Women, Powerful Stories sessions. Each guest has shared what they have done to overcome their own challenges while offering advice and ideas for their fellow leaders. **All sessions have audio options that you can listen to on the go!**

An Evening with Amelia's Family

July 20th, 2023

The Amelia Earhart Birthplace Museum is having a cocktail hour and dinner to celebrate Amelia's birthday a few days early on July 20th! Three of Amelia's family members are coming to the museum to share cocktails and dinner with attendees.

Cocktail Hour: 20 spaces,
\$100/person
Dinner: 7 spaces,
\$5000/person, \$9500/two

Amelia Earhart Birthplace Museum
 223 N. Terrace St. Atchison, KS 66002
www.ameliaearhartmuseum.org
 913-367-4217





Follow this QR code to reserve your spot.
Hurry, space is limited!

Come Eat with Amelia Earhart's Family!

On July 20th, 2023 three of Amelia's grand-nephews will visit the Amelia Earhart Birthplace Museum to enjoy a dinner. Only seven guests will have the opportunity to dine with the family members in the Formal Dining Room of the house. This is a once in a lifetime event.

There are two events of which the night will comprise. At **5:30 pm**, there will be a cocktail hour with the three grand-nephews and twenty guests. Tickets for the cocktail hour are \$100 per person, with drink tickets included. Following the cocktail hour will be the formal dinner at **7 pm**. The dinner will include the grand-nephews and seven guests. Dinner tickets are \$5000 per person or \$9500 for a couple. Dinner will be catered by Pete's Steakhouse.

Proceeds of the event will go towards the preservation and renovation of the house. Also, the guests will be named on our new donor board.

Amelia Earhart herself had no biological children, but her younger sister Muriel did. Muriel had two children with her husband Albert Morrissey, and three of her grandchildren will be in attendance at this dinner. Brothers Bram and Caleb Kleppner, and their cousin Jim Morrissey will regale guests with tales of their great-aunt Amelia that they heard while growing up. As well, they will share memories of their other family members that lived alongside Amelia, including their grandmother Muriel.

Staff of the Amelia Earhart Birthplace Museum will also be in attendance. Executive Director Heather Roesch is "beyond excited to spend the evening with Amelia's family at their familial home. I can't wait to hear the stories of their lives and of Amelia and Muriel."

Reserve your spot soon, space is limited and spots are filling up quickly.

Amelia Earhart Birthplace Museum, 223 N. Terrace St., Atchison, KS 66002 (913)367-4217
director@ameliaearhartmuseum.org

Virtual tours now available from anywhere www.ameliaearhartmuseum.org

ZONTA International Convention News!



**Can't attend the Zonta Convention in Brisbane, Australia?
Then consider this...**



UPCOMING MEETINGS & EVENTS

July

Summer Vacation! See you in August!!

August

3rd Board Meeting (ZOOM) @ 7:00pm

17th Membership Meeting @ 6:00pm

* Location to be announced

UPCOMING BIRTHDAYS

July

1st Edith Holmes

August

30th Carol Murray

September

3rd Kit Whittington

24th Barb Meyer

