

ZONTA ZEST

Zonta Club of St. Louis

President's Message to the Club

Dear Zontians,

We wholeheartedly thank Edith Holmes and her committee for a very inspirational Public Relations Program, Feb 15, 2024. Our guest speaker Teresa Johnson shared her poignant story and life journey. For over ten years Teresa has chaired a women's prayer group. She thanked Zonta for the work we do to help families and encouraged us to continue our legacy. She also told us that same day she was diagnosed with cancer, but said she did not want to miss this opportunity. We are happy she persevered. All present can attest that she inspired and challenged each of us to forge ahead, while she was in the midst of processing negative news about her own health. We are glad she was comfortable sharing her life story and recent cancer diagnosis with us. She brought a friend with her who is the PR manager at Nestle Company in St. Louis who expressed interest in learning more about Zonta. Our Membership Committee will follow up with her and the other three guests that were invited by PR Chair Edith Holmes.

Thank you Debbie and Judy, Long Range Planning committee who met with the Archivist at the Missouri Historical Center, and the Peggy, Service Committee's Alleluia (Easter Basket) project in O'Fallon, Missouri. (more info in Zest).

We recently received a message from President Nita McCown of Zonta Club of Toronto, Dist. 4 UN Chair. She will be in Wildwood, MO visiting her daughter from March 22-Jul 6, and would like to attend a Zonta meeting while she is in the area. It is always exciting to have other zontians visit us and we look forward to meeting both mother and daughter. You will hear more about Nita McCowan as we coordinate schedules.

We also have been contacted by Ruthi Sturdevant, Area 2 Director about the upcoming Area 2 meeting in April. She has requested a count of those planning to attend. More information in the Zest and online.

Enjoy all the local activities celebrating Women's History Month and International Women's Day/Yellow Rose Day! BUILDING A BETTER WORLD FOR WOMEN AND GIRLS!

Laura Burton





March Board Meeting Updates:

- The Nominating Committee presented the slate for 2024-2025 elections.
- Discussion on how to encourage others to take on roles in the club ensued. Judy Jensen suggested that Long Range Planning would concentrate on this issue - maybe have a leadership workshop.
- The Service Committee will remain as it stands with Advocacy as its subcommittee.
- The Bylaws for the Club and the Trust were distributed. Jill Cooper had made minimal updates. Linda suggested that additional adjustments may be required based on bylaw changes approved at the international convention. Laura Burton suggested that we review a section at a time during membership meetings. Everyone would learn more about the club and how it functions.
- Laura Burton will present the Owens-Culbertson Award at the March Membership Meeting.
- Linda White is the only club member thus far that's planning on attending the international convention. She may be the delegate by default.
- There is an Area 2 Meeting in the works. April 26-27 in Leawood, KS. More information to come.



Teresa Johnson Spoke at the February Membership Meeting. She shared her life story. She's a spiritual leader, poet, has written several books and is an artist as well.



ZONTA STL

MARCH

MEMBERSHIP

MEETING



*Join us to celebrate our milestone honorees and
welcome new members!*

Thursday, March 21

6:00 pm

Trattoria Toscana

1686 Gravois Rd, St. Louis, MO 63126

*The Trattoria has prepared a prix fixe menu with your
choice of entree for \$30.00*



Please RSVP to Sharon Hales, shales713@gmail.com



ZONTA

**CLUB OF
ST. LOUIS**

**BUILD A BETTER WORLD
FOR WOMEN AND GIRLS**

The Nominating Committee Presents...

NOMINATING COMMITTEE'S SLATE of CANDIDATES for 2024-2025

OFFICERS:

President	Laura Burton
Vice President	Stacy Donovan
Treasurer	Jill Cooper
Secretary	Linda White

DIRECTORS:

Finance	Barbara Meyer
Long Range Planning	Judy Jensen
Membership	Sharon Hales w/Ellen Embry
PR	Edith Holmes
Service/Advocacy	Peggy Gilbertson

NOMINATING COMMITTEE:

Cheryl Bielema
Sherri Brown
Gerda Thalheimer

- Nominations from the floor are welcome and encouraged at the March Membership Meeting. If you are interested in a leadership position, let your feelings be known!! Get on the ballot!!!
- Voting is at the April meeting.
- We are currently looking for a co-treasurer as this is the last year Jill will be able to function as a treasurer per our club bylaws. She will need someone to take over in 2025-2026. If you are interested, contact Jill Cooper for details.

Nominating Musings

Zonta is a vital organization which relies on participation in all its activities. Members participate in service projects and Membership Meetings. We work together and celebrate one another. The club adds value to our lives. There is another area which is vital to our club. We need those who lead our efforts. By leaders I mean we need people to incorporate our ideas and activities toward growth for us all. They don't generate ideas, they delegate and guide committee ideas to reality.

As a member of the Nominating Committee, I've heard how difficult the work of this committee is. How difficult can it be to find leaders in a group of leaders? You are in Zonta because you have shown leadership in the past. In your working relationships, you were a leader. Working to fund important groups, you were a leader. Trying new approaches to present challenges, you were a leader.

Zonta needs your enthusiastic participation and you can start by letting us know what areas you have skill or interest in pursuing. You have, in our club, a group of supportive, caring people who will value and help in your efforts to learn something new. Now's a time to experience doing that in a safe place.

Zonta is a place to accomplish good things. The members are interesting, welcoming people who enjoy being together. It is also a place that thrives on creative energy in its leadership. That's where you have a place too - as a leader. That's what we're looking for.

A deep and sincere thank you to those that stepped up to be on the slate. Additional club members interested in fulfilling a role may be nominated from the floor at the March Membership Meeting. Voting is in April. We hope to see some new faces assuming leadership roles in the near future, growing with the club and experiencing the fulfillment that comes from being involved.

Miriam Schuchardt, Nominating Committee



Nita McCown

President of the Zonta Club of Toronto
District 4 United Nations Chair

Nita reached out to our club through the club email. She will be visiting the St. Louis area in late March or early April. She would like to get together for lunch or dinner!

Watch for an invitation to dine with her once her schedule is set.

Take a Field Trip

"Sitting in" on another club's meeting sparks growth. It offers fresh perspectives, fosters connections, and ultimately, drives improvement. This valuable experience benefits clubs of all ages in these 6 ways:

1. **Skill development:** Observe and learn practical skills used, possibly acquiring new techniques and knowledge
2. **Networking:** Build connections, potentially leading to future collaboration on a project or just increased camaraderie.
3. **Build creativity:** Become more open to new ideas and possibilities. Different approaches and viewpoints can inspire innovation and creativity.
4. **Better awareness:** Compare meetings. Identify your meeting's strengths and weaknesses. Target areas for improvement.
5. **Increased knowledge transfer:** After the meeting, facilitate knowledge-sharing in a conversation. Ask questions, ensuring valuable ideas are retained.
6. **Improved communication and collaboration:** Cross-club visits foster understanding. A welcoming environment and open communication ensure a positive impact, strengthening inter-club relationships.

Zontians in ACTION!

ALLELUIA BASKET SERVICE PROJECT

Eight Zontians participated in the latest service project at Alleluia Baskets, filling Easter baskets for underprivileged children. These baskets are then distributed to various non-profit organizations throughout St. Louis, including several churches, women's shelters, foster families, and women's counseling centers. This organization expects to deliver approximately 750 baskets this year. The baskets were filled with books, toys, stuffed animals, candy, and socks. Those participating were Peggy Gilbertson, Jill Cooper, Laura Burton, Mary De Angelo, Judy Jensen, Sharon Hales, Genevieve Gibson Newman, and Uma Eachempati. Lunch afterwards as always!





SAVE THE DATE!
THE ZONTA CLUB OF ST. LOUIS and WELCOME NEIGHBOR STL

MARCH 16TH SERVICE PROJECT 11:00am - 1:00pm

Commercial Kitchen owned by STL Foodworks

408 N. Sarah St.

St. Louis, MO 63108

Those attending the September membership meeting learned about an organization called [Welcome Neighbor STL | Community Support Group for Refugees](https://welcomeneighborstl.org). They were our guest speakers that evening. This organization partners with refugee and immigrant families helping them adapt to their new country through English classes, tutoring and organizing supper clubs/catering events lead by immigrants who provide meals for the community as a way to fundraise. One of the programs they offer is cooking classes for outside groups. Attending a cooking class helps them raise funds for the immigrant/refugee families. **LET'S Do IT!**

We need to have 15 participants so please invite any family/friends that may be interested as well.

The Service Committee has selected a Syrian menu. Refugee Syrian women will teach us how to prepare a meal from scratch. Of course we will be eating the meal after preparing it!

The menu includes *Hummus* made of chickpeas, garlic, lemon, tahini and olive oil served with pita bread and *Middle Eastern Ouzi Rice* with vegetables, ground beef, aromatic spices, basmati rice, pine nuts, peas, carrots, onion and ghee.

The cost per person is \$50. Much of the proceeds go toward helping refugee/immigrant families.

This will be a great opportunity to introduce friends to Zonta and for the newest members and longer serving members to get to know each other better.

In order to attend, please sign up via the online registration site:

<https://welcomeneighborstl.org/events/private-syrian-cooking-class-11-am-1-pm/>

ONLY 7 SPOTS LEFT!!
Will open to the public

State Legislation Update

Well.... it seems that there is much support in helping to make change in Missouri! Zontains on the district and international levels are pitching in. Unchained at Last has also been included on emails that are starting to “fly”. In the process, two other pieces of legislation were brought to light that might peak your interest.

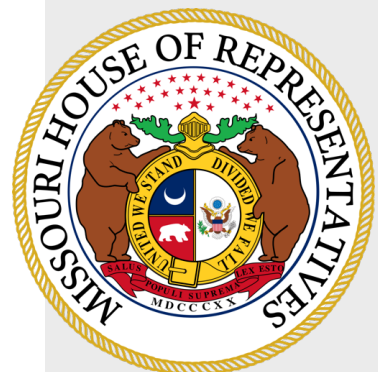
Just How Does a Bill Become Law?
[Learn More here!](#)



SB767 - This bill would raise the age for marriage in Missouri. Under the current law, 16 and 17-year-olds are allowed to get married with parental consent. Marriage between a minor and anyone 21 or older is prohibited. SB767 would prohibit issuing marriage licenses to anyone under the age of 18 under any circumstances. Under the identical bills, co-sponsored by Republican Sen. Holly Thompson Rehder of Scott City and Democratic Sen. Lauren Arthur of Kansas City, Missouri would join 10 states that have banned child marriage. SB767 was voted out on 2/5/24 and was placed on the informal calendar - Senate Bills for Perfection on 3/7/24.



SB1706 - This bill would change a conviction for purchase or attempt to purchase sex from a class B misdemeanor to a class E felony. The conviction would carry a sentence of prison time for up to 4 years. It is an attempt to combat sex trafficking. The sponsor, Rep. Jeff Myers, a Republican, is from Warrenton, MO and is a former highway patrolman. It was heard and voted out of committee and is now on the House calendar for debate.



HB2402 - Missouri is one of 4 states that doesn't allow a pregnant woman to be granted a divorce while pregnant. She can file for divorce however an order granting the dissolution cannot be issued until the baby is born. Homicide (most often by the spouse/partner of the pregnant woman) is the 3rd leading cause of death of pregnant women in Missouri. This bill would change Missouri law to allow judges to enter a judgment of dissolution regardless of pregnancy status. It has been heard in committee but has not yet been voted out. The bill was filed by Rep. Ashley Aune, a Democrat from north Kansas City.

Area 2 Meeting

SAVE THE DATE!

April 26-April 27

“Leadership Development: Find Your Seat at the Table”

Guest speakers from the Kansas legislature and from the League of Women Voters. The idea is to encourage more women to become involved in leadership roles.

Springhill Suites by Marriott in Leawood, Kansas.

Hotel costs are \$149 for King rooms and \$179 for Queen rooms.

There are things to do within walking distance of the hotel and parking is included.





Zonta International

INTERNATIONAL WOMEN'S DAY and ZONTA ROSE DAY

8 March 2024

Each year on March 8th, the global community celebrates International Women's Day, recognizing women for their achievements regardless of national, ethnic, linguistic, economic or political divisions. The Zonta International community also celebrates Zonta Rose Day on March 8th, a time to reflect and give tribute to the women who have empowered us.

DIVERSITY AND INCLUSION IN ZONTA: EQUITY AND BELONGING, OBSTACLES TO ACHIEVING IT, AND APPROACH FOR ZONTA

5 April 2024

Join the Greater Diversity Team as they explore best practices in diversity and inclusion for your club. The team will be joined by four Zonta members from around the world: Therese Hartwell (USA), Ann Margreth Hellberg (Sweden), Dilruba Ahmed (Bangladesh) and Zonta International Director Anne-Marie French Cudjoe (Ghana).

They will share

- Their experiences and answer your questions about why diversity and inclusion are important.
- The key obstacles that prevent us from achieving an inclusive club.
- Ideas about how you can go about improving the diversity in your club.

9:00 AM CST

[Register
Here](#)

Beverly Wendland
Provost and Executive Vice-Chancellor for Academic Affairs

February 12, 2024

Zonta Club of St. Louis
Awards and Scholarships
PO Box 170083
St. Louis, MO 63117

Dear Zonta Club of St. Louis,

Thank you for your generous support of university scholarships at WashU. Your contributions make a tremendous impact in the lives of exceptional students. Centralized university scholarships, like the Zonta Club of St. Louis Scholarship, bolster our ability to compete with peer institutions by offering stronger financial aid packages and enable the university to distribute financial aid equitably and flexibly across the schools.

I'm pleased to share the enclosed profile of Jialing Sun, the student receiving your scholarship this year.

Thank you for your investment in WashU students. You are helping to push barriers aside and create pathways to a transformative undergraduate education.

Warm regards,



Beverly Wendland

BW/rcs
Encl.

Our new scholarship recipient selected by Washington University. She will receive scholarship money through our endowment at Washington University until she graduates...

JIALING SUN

Class of 2027 | Major: Finance; Marketing

Zonta Club of St. Louis Scholarship

Why did you choose your area of study?

It seems fun to help companies build favorable images while addressing consumer needs. Marketing allows me to leverage my creativity and problem solving skills simultaneously.

Describe a course or professor that has had a positive influence on you.

The "Individual in a Managerial Environment" provides a case competition project, which allowed me to collaborate with people who share very different backgrounds and perspectives. It enhanced my teamwork, creative thinking, public speaking, and problem-solving skills.

How has your WashU experience shaped your goals and aspirations?

I have met many supportive friends and professors at WashU, and I wish to help them the same way they have helped me!



"Thank you so much for your kindness and for helping me with my academic journey!"

ACTIVITIES & INTERESTS

Photographer for Student Life Newspaper

Hearts for Arts

Washington University Marketing Association (WUMA)

Women In Finance



February 23, 2024

Zonta Club of St. Louis
P.O. Box 150416
St. Louis, Mo. 63115-8416

Dear Members of Zonta Club of St. Louis,

On behalf of the Directors of the Zeta Charitable Foundation, I would like to thank you for your support of the Foundation's mission to "help provide an opportunity for students to achieve their goal of receiving a college education." Your gift of \$100.00 is greatly appreciated. Since our beginning, in 2009 we have been able to provide over 25 scholarships to deserving young women. We would not be able to do this without supporters like you who know the value of an education. In March of 2023 we provided scholarships for three young women. This year we will provide four scholarships.

In addition, the Stork's Nest continues to be housed at the Care STL Center (formerly the Homer G. Phillips Center) at 2425 Whittier. We have launched an updated version of the Stork's Nest program which will hopefully allow us to reach more women.

Before her departure from St. Louis, Charellise was an active member of the Foundation. She, in fact, was one of the chartering members.

Thank you again for your support.

The Zeta Charitable Foundation of St. Louis is a 501c3 organization. Your contribution is tax deductible to the fullest extent allowable by law. Please consult your tax or legal counsel for additional information.

Sincerely,

Akella Wicker
President
Zeta Charitable Foundation of St. Louis, Inc.

Thank you for donation
made in memory of our
Zontian sister,
Charellise Coleman

P.O. Box 150416 | St. Louis, MO 63115 | Website: zetafoundationstl.org | Email: zscholarship@yahoo.com

The Mission of the Zeta Charitable Foundation of St. Louis Inc. is to encourage and support activities designed to improve the human conditions of individuals.



Dear Zonta friends

As we reflect on the year 2023, we are overwhelmed with gratitude. Your unwavering support, prayers, donations, and purchases have helped Monarch make an impact in the fight against trafficking and child exploitation. Thanks to your generosity, Monarch raised over \$254,000 in 2023!

The \$254,000 Monarch raised supports Crisis Aid's US Safe Initiative. The US Safe Initiative includes services and resources for survivors of sex trafficking and child exploitation through these 3 programs:

- Children's Anti Exploitation Partnership (CAP)
- Project Identify
- House of Hope

In 2023 alone, 1,361 individuals were served through Crisis Aid's US Safe Initiative and since its inception in 2018 4,154 individuals here in the US have been helped.

In addition to the \$254,000 we raised for Crisis Aid's US Safe Initiative, we are delighted to share some of the other achievements that your support has made possible in 2023:

- Providing a Baby Bed for a Young Mother:

Your generosity allowed us to provide a much-needed baby bed to a young mother in need. Your act of kindness has undoubtedly made a significant impact on her life and the well-being of her child.

- Furnishing an Apartment for a Survivor:

We recently helped a survivor furnish her own apartment, including the gift of a bed and mattress. The survivor expressed that knowing the people who donated the bed are also praying for her brings her comfort and hope.

- Back-to-School Supplies:

You enabled us to provide essential back-to-school supplies to children in the CAP program. Without your support the kids would not have had the supplies they needed. By investing in their education, you have shown your commitment to helping them succeed.

- Christmas Dinner:

Through your generosity, we were able to give 27 families in our CAP program with gift cards for Christmas dinner. Your contribution brought joy and relief to those in need during the holiday season, ensuring that they could enjoy a delicious and festive meal together.

- Christmas Gifts for Kids

You helped provide Christmas gifts to 77 children enrolled in the CAP program. Your act of kindness brought joy and excitement to these children, showing them that they are loved and cared for during the holiday season. They would not have had a Christmas if it were not for you.

- Providing Essential Necessities

Your assistance in providing essentials like laundry detergent, money for the laundromat, cleaning supplies, and hygiene items is truly impactful. These basic necessities are often overlooked but are crucial for maintaining cleanliness, hygiene, and overall well-being.

- Transforming Painful Memories into Empowerment

Through collaboration with a local tattoo artist, we helped a survivor have a tattoo redone, transforming a painful reminder of her past into something empowering and meaningful.

- Dental Health Support

Your efforts in helping a survivor with her dental needs are truly commendable. Dental health is an important aspect of overall well-being, and your support has made a difference in her life.

- Comfort and Care for Children in Crisis

Your support in providing blankets and blessing bundles to children who are brought into the police stations has brought comfort and care during their difficult times. Your act of kindness shows them that they are loved and not alone.

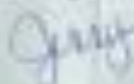
- Emergency Clothing Support

Your commitment to providing basic clothing like undergarments, sweats, and hygiene items through our Amazon wish list for Crisis Aid to use in emergency situations is highly appreciated. We have received thanks from the recipients, Crisis Aid advocates and law enforcement.

Your dedication and commitment to making a positive difference in the lives of those affected by sex trafficking and child exploitation are remarkable. The challenges and trauma survivors face are heartbreaking, but with your support, we can address their needs and provide them with the support they deserve. Your efforts not only provide essential resources but also show survivors that they are not alone and that there are people who care about them.

Once again, we express our deepest gratitude for your support throughout 2023. Together, we are making a significant impact in the fight against trafficking and child exploitation. Let us continue to spread awareness and work towards a world free from these crimes.

With heartfelt gratitude,



Jonny Michaud and the Monarch Team of Volunteers

MonarchJewelry.org
Crisisaid.org/US/Safe
Monarchlove@gmail.com

*Thank you
for your
continued support
Monarch*



*Zonta Club Ladies,
We are so thankful for all that you do.
The women and families get great joy each time you
deliver such wonderful surprises and supplies.*

*Sincerely,
Leslie Hughes
Office Manager
Kathy J. Westman, Shelter*



UPCOMING MEETINGS & EVENTS

March

- 7th Board Meeting
- 8th International Women's Day and
Zonta Rose Day
- 16th Welcome Neighbor STL
Community Service Project
- 21st Membership Meeting
hosted by Membership Committee
Trattoria Toscana 6:00

April

- 4th Board Meeting
- 18th Membership Meeting
Annual Meeting (Elections)
hosted by the Program Committee

UPCOMING BIRTHDAY

March

- 3rd Gerda Thalheimer
- 4th Sandra Cornell
- 6th Linda White
- 15th Julie Hardy
- 28th Kathleen Braun

April

- 14th Debbie
Redmond

