

ZONTA ZEST

Zonta Club of St. Louis

President's Message to the Club

Greetings Zontians,

It is time to pick Pumpkins for decorating and baking pies as we enjoy the cooler temperatures. Leaves have begun to change from green into beautiful orange, wine, brown and rusty green. September ended with a bang and already history has been made due to the severe damage of Hurricane Helene. Several states were affected and clean up will take awhile; we pray for all of those displaced and misplaced. We know that sister Zontians live in these affected areas and donations are being accepted at Red Cross, Florida Disaster Fund and The Salvation Army. It is easy to forget after a few days, but this disaster is not going away soon. Each time we flip the lights on, remember to pray for those families who have lost loved ones, and all their worldly possessions.



October represents Global Citizenship Month which reflects the principles of empowering women. Zonta International decided that in order to be more visible we needed to speak a language that all people would understand. Our tag line: "BUILDING A BETTER WORLD FOR WOMEN AND GIRLS" speaks clearly.

Our condolences go out to Sharon Hales and Family for the loss of her father William J. Hales. Mr. (Duke) Hales proudly and honorably served his country and was a WW II Veteran in the US Navy. Zontian Norma Nesbit and I attended the service and repast.

The rest of this year is fast approaching. Remember our Field trip to Canton, Ill, (Oct 12), Santa's Helpers (Oct. 15), Valeda's Hope Walk and Run for Breast Cancer (Oct 19), and Gateway Trafficking service project (Oct 29).

Happy October Birthdays!

Laura Burton
President

"Learn to speak kind words. Nobody resents them." Carl Rowan



October Board Meeting Updates:



The Board Meeting was cancelled as there was nothing pressing to address that couldn't be addressed via email or phone.

If you have an issue or something that needs to be addressed by the Board, please contact [Laura Burton](#) and leave a message. We will still address the needs of the club as they arise.



[Zoom Link](#) (If joining without link: Meeting ID: 873 4242 4587 passcode: zonta)

[Easy RSVP Link](#) *RSVP by Monday, October 14th*

Meeting Honoring Community Grants Recipients

Guest Speakers:

Kathie Thomas from Hope Creates

Kathy Thompson from LINC St. Charles



Share the Art of Sobriety®

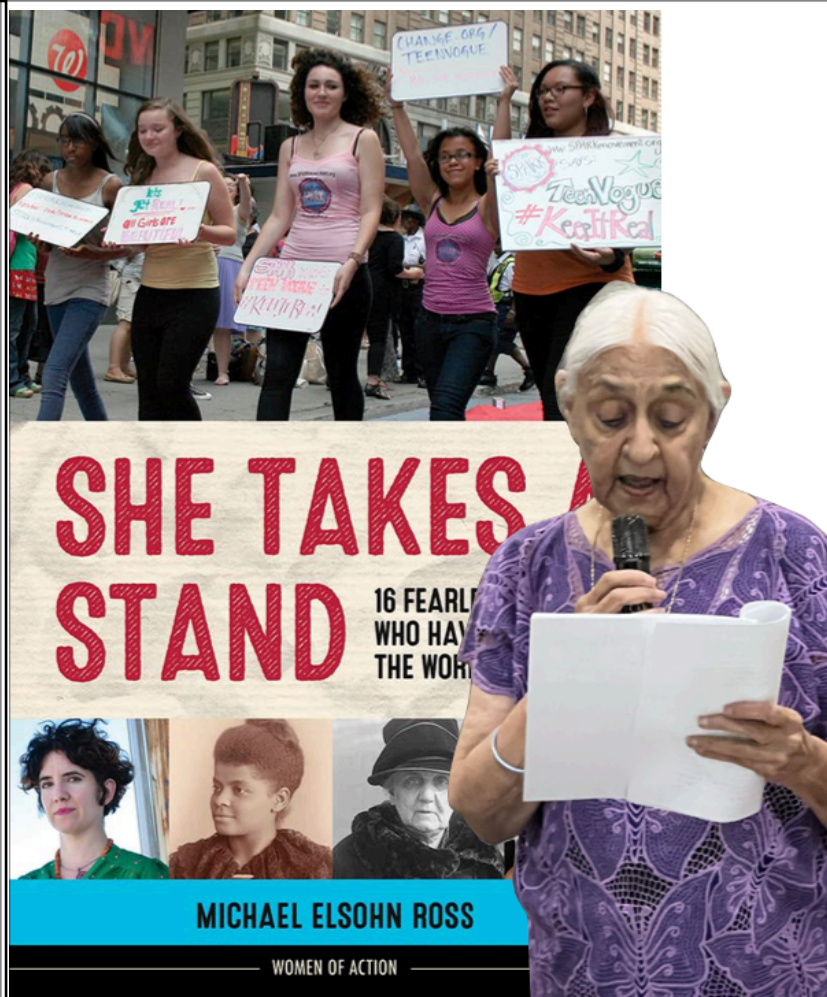


At our September Membership Meeting, Uma made a presentation based on the book *She Takes a Stand: 16 Fearless Activists That Have Changed The World* by Michael Ross.

It was suggested that the presentation be expanded into a format that could be easily shared....

Well, It's on the way! Stay tuned!!

P.S. Uma... Thank you for sharing your presentation with us! It was very interesting and inspiring!



**Meet in Person or
ZOOM in!**
Watch For Additional Info
in the November ZEST

November 21st - Membership Meeting

Time: 6:00 pm – 6:30 pm (fellowship); 6:30 pm – 8:00 pm (meeting)

Meeting Topic: Honoring Founder's Day

Meeting Type: Hybrid (in person and virtual options)

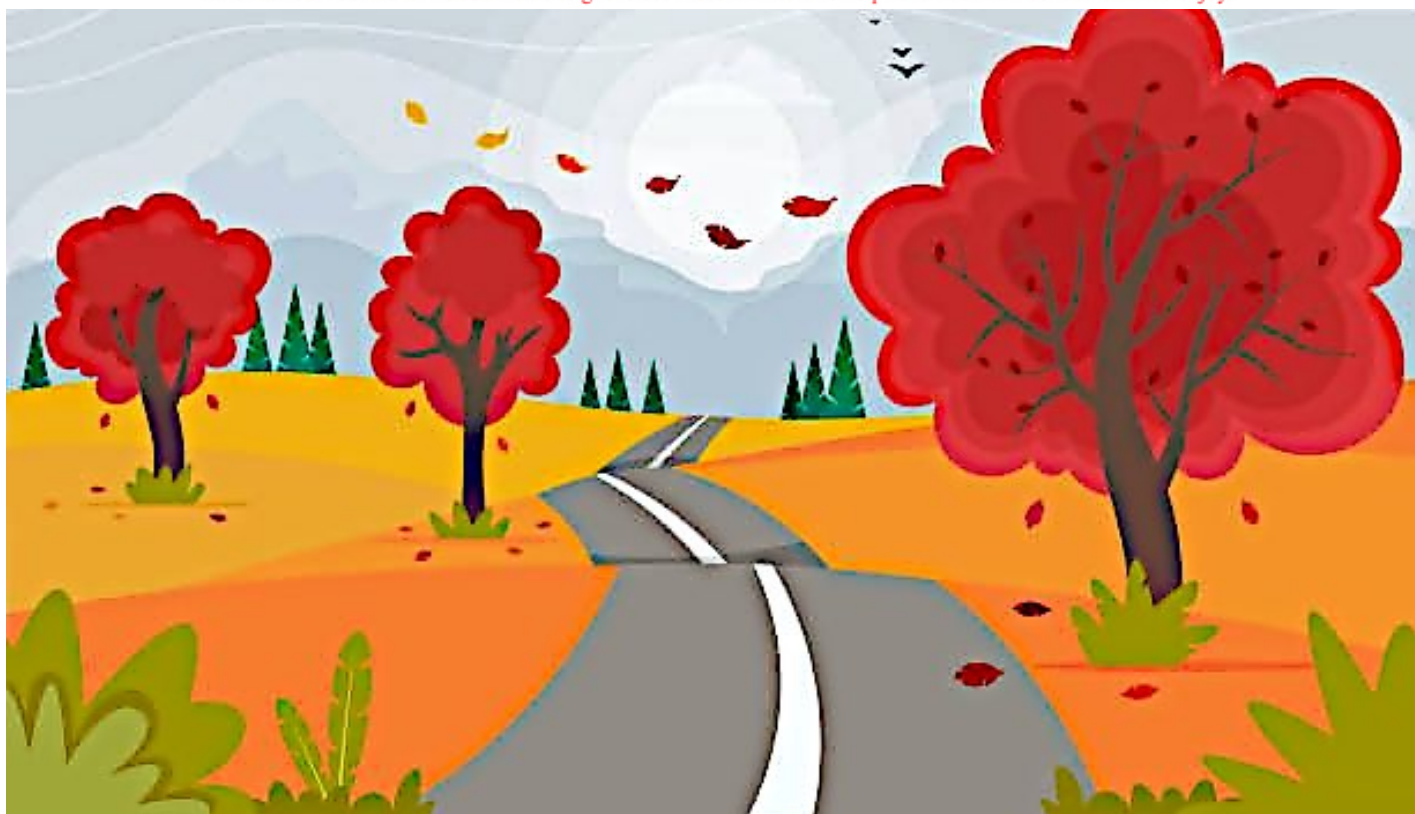
Locations: Zoom and Moneta 100 South Brentwood Blvd., Suite 500 St. Louis, MO 63105



SPOON RIVER VALLEY SCENIC DRIVE FALL FESTIVAL

OCTOBER 5, 6, 12, & 13, 2024

Watch for our red and white contributor signs to see those that want to help fund this Fall Festival for all to enjoy!



FUN FALL FIELD TRIP!!!



Let's go see visit our ZONTA sister, Cheryl Bielema and join her in some Spoon River Valley fun!

Meet up Saturday, October 12th at 11:00

Canton, Illinois - Cheryl can tell you where to meet up when you RSVP

Approximately 3 1/2 hour drive from St. Louis.

Let Cheryl know if you're interested.

Maybe we can get a car pool going!

bielema@comcast.net 314-440-0326

The Service Committee Presents the following “Hands On” Opportunities...



SANTA'S HELPERS-TUESDAY OCTOBER 15th 10:AM-1:PM

[Home - Santa's Helpers \(santashelpersstl.com\)](http://santashelpersstl.com)

This is an organization we have worked with for many years in the past, but haven't been able to do so the last several years. We will meet at their warehouse location and wrap Christmas presents that will be delivered to over 1300 families in December. (They no longer have Saturday volunteer days)

RSVP TO gilbertson.peggy@gmail.com

VALEDA'S HOPE WALK TO WIN is

LOOKING FOR VOLUNTEERS

SATURDAY OCTOBER 19th 8:00 AM-11:00 AM

[Valeda's Hope - Supporting Women With Breast Cancer \(valedashope.org\)](http://valedashope.org)

Valeda's Hope is an organization run by our Zonta member Valeda Keys. It is a community breast cancer support organization. They will be holding their annual walk and they're looking for members to not only participate in the walk but help with registration, set up, etc.

RSVP TO valeda@mystrengthisyourstrength.com



**PLEASE SUPPORT YOUR FELLOW ZONTIANS IF AT ALL POSSIBLE.
SERVICE IS WHAT WE ARE ALL ABOUT!**

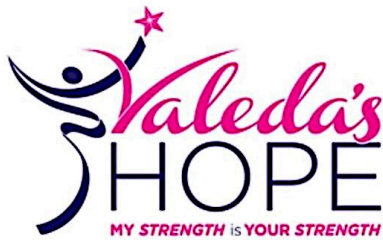
Zontian's in Action...

Supporting our community charities

GATHER YOUR FAMILY
& FRIENDS TO WALK
WITH US!

9AM-11AM

**Saturday,
October 19, 2024**



WALK to WIN



**Tiemeyer Park
St. Ann, MO**

CLICK [HERE](#) TO REGISTER.

All proceeds goes to Valeda's Hope Programs

- Recliners For Her
- Navigate Her
- Save Our Sisters and Daughters





Zontians in *ACTION*... Lending a Helping Hand

HELP OUT at the GATEWAY ALLIANCE AGAINST HUMAN TRAFFICKING ANNUAL DINNER

WEDNESDAY NOVEMBER 13th

[Gateway Alliance Against Human Trafficking](https://gatewayalliance.org/) | [We educate communities and inspire positive systemic change to end human trafficking. \(gahtmo.org\)](https://gahtmo.org/)

GAAHT provides training and education to end human trafficking. Shima Rostami, Zonta member, is Executive Director. She is requesting us to help her with her annual dinner. There are two shifts: *12pm-4pm or 4pm-9pm*. The first shift will do basket transfers, and set up, and the second shift will do registration, raffle, donation, collection, and basket bid monitoring during the dinner. Meals will be included for the volunteers. ***in addition, help putting together the baskets on October 29 would be also appreciated.***

RSVP to sr@gahtmo.org to volunteer!

Consider purchasing a ticket to attend below:

2024 Annual Dinner

Become an **Ally**, Help us Prevent Human Trafficking

Wednesday, November 13, 2024 | 5:00 pm to 7:30 pm

Sheraton Westport Chalet | 191 Westport Plaza Drive | St. Louis, MO 63146

(Free Parking)

Join us for a special evening and treat yourself to Cocktail Hours, delicious dinner, Auction, Raffle, Awards and more!

PURCHASE TICKETS



Campus sexual assault makes up the greatest proportion (43%) of total on-campus crimes in the United States, resulting in approximately eight forcible sex offenses per 10,000 students. Rates of sexual assault victimization are particularly high among female students at 25% of college students. Women in their first year have reportedly been at the highest risk for sexual assault compared to other college women after their first year, including drug-and-alcohol facilitated sexual assault as well as attempted or completed forcible rape.

Research has found that the odds of lifetime diagnoses of posttraumatic stress disorder (PTSD) and depression increased by two to four times based on having experienced rape. Additionally, college women who experienced sexual assault during their first semester of college were associated with elevated rates of clinically significant symptoms of anxiety and depression. This puts women at a higher risk of incompleting higher education. The bipartisan Campus Accountability and Safety Act (H.R.9264 & S.4962), introduced by Rep. Ro Khanna (D-CA) and Sen. Kirsten Gillibrand (D-NY) would increase reporting requirements and address the preventative actions taking place on campuses as well as survivor care.

The bill would improve the way institutions address and report incidents of sexual assault that take place on their campuses, and it would protect both survivors and accused students by ensuring that schools have a uniform and fair process for investigating and conducting campus disciplinary proceedings. Additionally, it would create new resources and support services for survivors and set new notification requirements for both survivors and accused students involved in the campus disciplinary process.

"One in five women and one in sixteen men experience sexual assault on college campuses. Due to stigma and complex systems, many survivors don't report sexual violence, much less pursue justice through their university's system, and many perpetrators are never held accountable. I'm proud to lead this bipartisan bill with my colleagues to increase transparency, provide resources for survivors, and reduce barriers in the reporting process," said Rep. Khanna.

"Students can't learn if they don't feel safe. Sexual harassment, sexual violence, and stalking are widespread issues on college campuses, and survivors of these traumas must have access to resources to support them and hold abusers accountable. I'm proud to co-lead this effort to make our colleges a safer place for all," said Rep. Frankel (D-FL).



Your Action is the Difference...

Take Action Now

Selecting to Take Action Now gives you access to a pre-drafted letter urging your district's State Representative and Senators to co-sponsor and support the Campus Accountability and Safety Act (H.R. 9264 and S. 4962). You may modify or add to the letter as you see fit. The program identifies and sends your message directly to legislators representing your district based on your address.



ZONTA USA



Girls hear enough about how they should fit in. How about telling them that they are enough? This International Day of the Girl, submit a message of hope to girls worldwide:

- On one side of a paper, write a message you heard as a child that didn't empower you.
- Flip the paper, and on the other side, write an empowering message you wish you'd been told instead—something that counters negative thoughts that can hold girls back.
- Film yourself holding the paper for about 10 seconds on each side; there's no need to speak or smile, just be yourself.
- Please send your submissions to pr@zonta.org by **4 October**.



A LEADERSHIP SERIES BY
ZONTA INTERNATIONAL

**REMARKABLE WOMEN
POWERFUL STORIES**

Access Powerful and Inspirational Stories Here

Zonta International Webinars & Workshops

INFORMATIONAL SESSION ON CSW69

(Commission on the Status of Women - 69th meeting - UN Women)

4 October 2024

Join us for a discussion with our UN Committee Chair Pamela Morgan about what to expect for CSW69 and about the 30 year assessment of the Beijing Platform from 1995. Learn about what happens during CSW and how to participate in the events. CSW69/Beijing+30 will be 10 to 21 of March 2025.

[Register Here](#)
9:00am CDT

INTERNATIONAL DAY OF THE GIRL

11 October 2024

Adolescent girls have the right to a safe, educated and healthy life, not only during these critical formative years, but also as they mature into women. The International Day of the Girl focuses attention on the need to address the challenges girls face and to promote girls' empowerment and the fulfillment of their human rights.

NEW MEMBER ORIENTATION

17 October 2024

Are you new to Zonta? Join the Zonta Headquarters Membership Team on this meeting and let us welcome you. We will provide a history of Zonta, the programs we support, resources available to you, and an opportunity to meet with a member of the International Membership Committee.

[Register Here](#)
For 9:00am CDT

[Register Here](#)
For 6:00pm CDT

WEBINAR: THE ROLE OF CIVIL SOCIETY ON THE MONITORING OF THE ISTANBUL CONVENTION. WHAT CAN ZONTIANS DO?

23 October 2024

Join the Zonta International Council of Europe Committee on 23 October at 11 AM CDT to learn how Zontians can be part of the Monitoring Mechanism and be instrumental in reporting on deficits and gaps in the application of the Convention on a national level.

[Register Here](#)
11:00am CDT

UPCOMING MEETINGS & EVENTS

October

- 3rd Board Meeting via ZOOM
- 11th International Day of the Girl
- 12th Field Trip!
Spoon River Valley Scenic Drive Festival
and visit with Cheryl Bielema
- 15th Santa's Helpers volunteer project
- 17th Membership Meeting via ZOOM
- 19th Walk to Win with Valeda's Hope
- 25th St. Louis Diaper Bank's
10th Birthday Party

November

- 7th Board Meeting via ZOOM
- 13th Gateway Alliance Against Human
Trafficking Annual Dinner
- 21st Membership Meeting

UPCOMING BIRTHDAYS

October

- 7 Kay Moss
- 27 Bea Armstrong-Logan

November

- 9 Sharon Hales
- 12 Mary D'Angelo
- 16 Aslihan Vuruskan
- 17 Betty Davidson
- 18 Cynthia Kirkpatrick
- 24 Peggy Gilbertson
- 25 Malaika Horne
- 27 Laura Burton
- 28 Ellen Embry

