

Advancing the Status of Women Worldwide

District 6 • Area 4 • Club 369

April 2015

#### **Zonta Club of Lebanon**

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**Zonta International** is a leading global organization of professionals empowering women worldwide through service and advocacy.

### **PRESIDENT'S PONDERINGS**

From a Chinese Proverb, "When you have only two pennies left in the world; buy a loaf of bread with one, and a Lily with the other."

I hope many of you purchased a Lily for family, friends or for your own enjoyment. The beauty of a Lily definitely marks the beginning of spring and the Easter season. The Lily Fundraiser was our last fundraiser of the year and I want to give Lisa Conard a big "Thank You" for organizing it. As you already know, all of our fundraisers have been successful. When we tally the profit from the Lily sales we may be able to offer one more scholarship this year! The prospect of helping yet another young woman with college expenses emphasizes our mission to empower women!

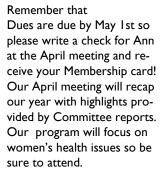
I applaud the Rose Award Committee for honoring amazing women at our March Rose Awards Program. The

women honored make a big difference in our community. Listening to them and their stories of volunteerism was inspiring. As always the program was a highlight of the year!

I appreciate your honest feedback at the March meeting in providing your concerns for the club. I tallied similar comments together. Please take a moment to consider solutions for your concerns. I will ask you to anonymously submit your ideas for solutions at the April meeting on Wednesday.

- Increase membership (4)
- Keep meetings short for busy women. Agenda's should be shorter and relevant. (3)
- Need more local meaningful service projects and involvement with the community (3)
- Increase attendance at meetings and functions (2)
- Appeal to younger members (2)
- Involve new members right after joining (1)

- Encourage member participation (I)
- Retain members (I)
- women (I)



To wrap up my ponderings, I leave you with one of my favorite quotes.... "The tallest oak in the forest was once just a little nut that held its ground!" I think of all the women before us that held their ground to grow the mighty forest that we've become.

# - Provide good

programs on empowering

# APRIL MEETING

Program:

#### Women's Health Issues

**Business meeting:** Committee reports & election of Directors Where: Boone REMC

1207 Indianapolis Ave.

When: **April I** at **6pm** Dinner: Bob Evans \$12.00 Cost:

RSVP regrets to Debbie at 765-894-2054 or dholloman.quality@comcast.net by 2pm Monday

# **Save the dates!**

Area 4 Spring Workshop registration deadline March 31

Club Meeting April I

World Health Day

Area 4 Spring Workshop Abril 18

Membership Dues May I

#### **AREA 4 SPRING WORKSHOP**

Don't forget to register for the Area 4 Spring Workshop! This year's workshop will be hosted by the Columbus club and features sessions on club leadership, development, and organizational change. The registration deadline is March 31, 2015.

#### WORLD HEALTH DAY

World Health Day is celebrated each year on April 7 and is sponsored by the World Health Organization (WHO). Each year the WHO chooses a theme to spotlight specific health issues; past themes have included healthy blood pressure, aging, hospital safety, and motherhood.

The theme for 2015 is food safety. Unsafe food — food containing harmful bacteria, viruses, parasites or chemical substances — is responsible for more than 200 diseases, and is linked to the deaths of some 2 million people annually, mostly children.

## **Key facts**

- Access to sufficient amounts of safe and nutritious food is key to sustaining life and promoting good health.
- Unsafe food containing harmful bacteria, viruses, parasites or chemical substances, causes more than 200 diseases - ranging from diarrhoea to cancers.
- Foodborne and waterborne diarrhoeal diseases kill an estimated 2 million people annually, including many children.
- Food safety, nutrition and food security are inextricably linked. Unsafe food creates a vicious cycle of disease and malnutrition, particularly affecting infants, young children, elderly and the sick.
- Foodborne diseases impede socioeconomic development by straining world HEALTH DAY 2015 (A) MORE DESCRIPTION OF THE PROPERTY OF health care systems, and harming national economies, tourism and trade.
- Food supply chains now cross multiple national borders. Good collaboration between governments, producers and consumers helps ensure food safety.

The WHO website includes guizzes, fact sheets, and feature stories on food safety, as well as links to food safety initiatives in countries around the world. For more information about World Heath Day and health initiatives past and present, visit http://www.who.int/campaigns/world-health-day.

"You only live once, but if you do it right, once is enough."



~ Mae West



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