



Zonta Club of Lebanon
 Member of Zonta International
Advancing the Status of Women Worldwide

The Zonta Zone

District 6 • Area 4 • Club 369

April 2015

Zonta Club of Lebanon

President
 Suzanne Leeke
 317-752-3851
 sleeke@rds.net

Vice-President
 Lisa Conard
 765-516-2164
 b.conard@comcast.net

Secretary
 Kay Geisler
 765-482-0270
 dk.geisler@gmail.com

Treasurer
 Ann Durkos
 317-407-1955
 adurkos@gmail.com

Newsletter Publisher
 Christine Sterle
 317-626-7752
 csterle@thorntown.lib.in.us

Zonta Club of Lebanon
 PO Box 453
 Lebanon, IN 46052

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 an-
 other young woman with col-
 lege 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 commu-
 nity. Listening to them and
 their stories of volunteerism
 was inspiring. As always the
 program was a highlight of the
 year!

I appreciate your honest feed-
 back at the March meeting in
 providing your concerns for
 the club. I tallied similar com-
 ments 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 involve-
 ment 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 par-
 ticipation (1)
- Retain mem-
 bers (1)
- Provide good
 programs on empowering
 women (1)

Remember that
 Dues are due by May 1st so
 please write a check for Ann
 at the April meeting and re-
 ceive your Membership card!
 Our April meeting will recap
 our year with highlights pro-
 vided by Committee reports.
 Our program will focus on
 women's health issues so be
 sure to attend.

To wrap up my ponderings, I
 leave you with one of my fa-
 vorite 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 be-
 come.

APRIL MEETING

Program:

Women's Health Issues

Business meeting:
 Committee reports & election of Directors

Where: **Boone REMC**
 1207 Indianapolis Ave.

When: **April 1 at 6pm**

Dinner: Bob Evans

Cost: **\$12.00**

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 1

World Health Day
April 7

Area 4 Spring Workshop
April 18

Membership Dues
May 1

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 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 quizzes, 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 Health 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

Zonta Club of Lebanon



Established 1956

Find us on Facebook!

<http://www.facebook.com/groups/zontaclublebanon/>

On the web:

www.zontalebanon.org

Club Email Address:

zontaclublebanon@yahoo.com