



**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

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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 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/zontaclebanon/>

On the web:

[www.zontalebanon.org](http://www.zontalebanon.org)

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