

# BACK TO BASICS

Volume 2 Issue 1  
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## ***A MESSAGE FROM DISTRICT 3 GOVERNOR ELLEN KARO***

Dear District 3 Zonta Members,

Thanks to all of you who attended the District 3 Conference 2009 in Alexandria, Virginia. It was a time of great fellowship and learning for us all. We succeeded in accomplishing our business, attended great workshops, and enjoyed becoming reacquainted with old friends and making new ones. A great time was had by all at our Saturday night banquet. Our first timers got a real taste of what Zonta and District 3 are all about.

Expressions of gratitude would not be complete if I did not thank the wonderful conference committee and all the members of the Washington, D.C. Club. They did an excellent job and deserve much praise.

In the pages of this newsletter, you will find news about what occurred at the conference as well as new information you will need as we proceed through this last year of the biennium. It is far from over.

I would like to congratulate the newly elected 2010-2012 District 3 Board. Your board members-elect are: Lisa Fraser, Governor, Paulette Chatman, Lt. Governor, Cathy Paul, Treasurer, Kathleen Rau, Area 1 Director, Elizabeth Smith, Area 2 Director, Alice Kirchner, Area 3 Director, and Margo Sheridan, Area 4 Director. I know that they will work hard and keep District 3 running smoothly. We also have a new nominating committee. They are Barbara Lipka, chair, Ellen Karo and Mary Lou Shippe.

In closing, please accept my best wishes for a wonderful Thanksgiving, and I hope that the coming holidays will bring you all health, happiness and prosperity.

Yours in Zonta,

*Ellen*

Ellen Karo, District 3 Governor



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**District 3  
Conference 2009  
Reports  
And  
Much, Much**

Editor-in-chief and  
designer  
Mary Ann Tarantula

**Zonta Rocks with 18 First Timers at District 3 Conference**  
**Report of Lt. Governor Lisa Fraser**



We had an incredible showing of First Timer's at the 2009 D3 Conference! There were 18 dynamic, professional, talented, diverse and very energetic Zontians who had a crash course in Zonta: A to Z. Our organization attracts the best and brightest and this group proved to be just that.

They were given several challenges during the First Timers' meeting on Saturday morning at our conference. One was to get to know as many Zontians as possible throughout the weekend - not a shy one in the bunch. Another was to complete the Zonta A to Z quiz, which was an open book version so to speak - they were allowed to "ask a Zontian" versus "phone a friend."

They were also asked to find their Zonta "Rock" - yes, they had to search for an "18K gold-painted" stone by going up to other Zontians and asking them a very simple question: Do you have my rock? You would be amazed at what fun this exercise generated. If you attended conference, I bet you have a special memory you shared with one of our very enthusiastic First Timers.

I also encouraged them to let this be the first of many conferences they will attend. I do believe that many of them showed signs of "getting hooked" on Zonta. And I have to admit that they got me fired up about Zonta as well. New members and/or new conference attendees bring such a new perspective and energy to our organization so they are good medicine for us veteran Zontians.

Last but certainly not least, I encouraged them to bring in 1 new Zonta member over the next year and bring that member to an Area Workshop and/or District Conference. When we make Zonta friends within our own clubs, it is very special and makes being a Zonta member even more meaningful to us. But when you start to meet other Zontians outside of your own club, we gain even more friends and valuable connections to others.

Finally, I wanted to let you know that Deborah McKee from the Zonta Club of Suffolk County Area, was the winner of our First Timers' contest. She returned her completed quiz (all answers correct) and found her "18K gold-painted" rock to me on Saturday morning at 10:35am (only about 2 hours after our meeting). She certainly didn't waste any time and was clearly on a Zonta mission. All of the First Timers were winners, and I so enjoyed spending time with each one of them. We are extremely fortunate they chose to join Zonta!

Have you encouraged, promoted, or even driven a new Zonta member to an Area meeting or District conference? The level of engagement grows as we expand our Zonta experiences. So let's all strive to make a big hit with First Timers at our Area Workshops in the Spring. Start planning your strategy to get new members to attend with you and save the following dates on your calendar and look for upcoming details regarding location and time:

Area 1 & 2 Spring Workshop: Saturday, April 17, 2010

Area 3 & 4 Spring Workshop: Saturday, April 24, 2010

Looking forward to seeing you at the Spring Workshops!!

Lisa Fraser, District 3 Lt. Governor

(Pictured to the right—first timers at Conference 2009 and Heddy Steffenson and Lisa Fraser)



## Y'all Come to Convention 2010 in San Antonio, Texas



Zonta International's Convention 2010 in San Antonio promises to be a great event. The Convention opens on June 25, 2010 and closes on June 30, 2010. Registration will begin on June 24th for those who arrive a day early. The opening ceremonies will take place on Saturday, June 26th and the closing banquet will take place on Wednesday, June 30th. The convention committee has two hotels set to welcome Zontians from all over the world. They are the Marriott RiverCenter and the Marriott Riverwalk. The picture on the left shows the Marriott RiverCenter and the picture below on the right shows one of the amenities of the Marriott Riverwalk. More information will be available soon on the Convention website, [www.zonta2010.org/](http://www.zonta2010.org/). Visit it often for updates

If you have never experienced a Zonta International Convention, this is one you should not miss. You will

experience the International "flavor" of Zonta, make new friends and become reacquainted with others.

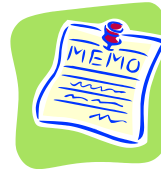
Hope to see you there!



### CONFERENCE DONATIONS TO ZIF EXCEED EXPECTATIONS



Our District 3 Foundation Ambassador, Donna Lane, reported that our very generous attendees to Conference 2009 donated a total of \$5200 to the Zonta International Foundation. As you all know, these donations go directly to fund our many service projects, scholarships, awards and fellowships. It is truly gratifying that so many Zontians understand that donations to ZIF make it possible for Zonta to truly make a difference in the lives of women all over the world.



### Save the Date!

#### Spring Area Workshops

Areas 1 & 2—April 17, 2010

Areas 3 & 4—April 24, 2010

More information will be upcoming soon.

## 2010-2012 District 3 Board Elected



Pictured below are the members of the District 3 Board who will serve for the next biennium. Pictured from left to right are:

Area 1 Director, Kathleen Rau; Area 2 Director Elizabeth Smith; Area 3 Director, Alice Kirchner; Area 4 Director Margo Sheridan; Treasurer Cathy Paul; Lieutenant Governor Paulette Chatman; and Governor Lisa Fraser.



ALL THE ZONTIANS IN  
DISTRICT 3  
WISH THE NEW BOARD ALL THE BEST  
AND WE KNOW THAT THEY WILL  
SERVE US WELL!  
CONGRATULATIONS!!!

## ZONTA INTERNATIONAL "NOTES AND NOTABLE"

The Zonta International board has decided that the number of members needed in order to charter a new club is 20. It is also important for these new clubs to continue to gain members as there is usually some attrition in membership within the first year. Of course, all clubs should be seeking new members to help their clubs grow and become even more effective.

Zonta International wishes to emphasize the importance of membership growth and so ZI will recognize any

Zontian who is reported responsible for recruiting two new members or more during the year 1 Sept. 2009 to 31 March 2010. Of course, ZI also wants to remind us that retention of members is just as important as growth.

Zonta International is celebrating its 90th anniversary. The logo seen to the right here can be downloaded at [www.zonta.org](http://www.zonta.org) and it may be used until 31 December 2009. The official birthday is 8 November 2009.

The Zonta International Foundation announces that clubs donating US \$20,000 or more during the biennium will be recognized on stage at Convention 2010 in San Antonio. The recognition will be based on contributions made by 31 March 2010.



## A REQUEST FOR RECIPES

The GAZELLES, Governors' class of 2004-2006, are putting together a cookbook from around the Zonta World for the benefit of the Zonta International Foundation. Each Governor is asked to submit up to 4 recipes that are somehow reflective of the District she governed, and is made of ingredients that are able to be obtained around the world and is not too difficult. We are

trying to compile it and have it printed for sale at the San Antonio convention.

In thinking of recipes from District 3 that might be representative, I thought of: New York cheesecake; Manhattan clam chowder; Maryland crab cakes; and Philly cheese steaks. Does anyone have any other ideas? Something with blueberries? Virginia corn

pudding? Or does anyone have what they consider the best of those mentioned? Are there any good stories about the recipe you are submitting? Please email your recipe and any interesting stories to me ASAP at [DrDuneNJ@aol.com](mailto:DrDuneNJ@aol.com). Please let me hear from you. Thanks! This will be fun!

Sue Halsey, D3 Governor, 2004-2006

# AND THE WINNER IS.....

## Jane M. Klausman Women in Business Scholarship

Our District 3 Jane M. Klausman winner is Amanda Burd, nominated by the Zonta Club of Harrisburg-Hershey. Amanda is also a ZI winner. She is currently in her 4th year attending St. Joseph's University's Haub School of Business with a major in marketing. Amanda will be graduating and receiving her BS in June of 2010. Amanda received "glowing" recommendations from two faculty members, both praising her diligence, focus and resilience as well as her ability to pose insightful questions. We are happy to congratulate Amanda for winning both awards and we were delighted to have her come to lunch with us at the Conference.



## Young Women in Public Affairs

Our District 3 Young Women in Public Affairs winner is Angeline DeChiara. Angeline's name was submitted by the Zonta Club of New York. She was, at the time of her selection, a senior at Marymount High School in Manhattan. This year she is attending the School of Public Affairs at American University in Washington, D.C. She will be majoring in Justice. Angeline was awarded the Class XI Prize at Marymount. She has, according to one recommendation, a unique blend of curiosity, perseverance, intellectual energy and sensitivity.

Angeline is, we are happy to say, also a ZI Y.W.P.A. winner. Congratulations to you, Angeline. We are proud to have you as our Y.W.P.A. winner and enjoyed having you at our conference lunch.



## Amelia Earhart Fellowship Program

District 3 is happy to announce that we have five winners of Amelia Earhart Fellowships. Three of them are Monica Syal who attends the University of Maryland, Elizabeth Jensen who attends Princeton and Laura Freeman, a second time winner, who attends Virginia Tech. All three of these ladies came to lunch with us at the Conference.

The other two winners were Catherine Florio who attends NJ Institute of Technology (the Essex Club will present her with her award) and Laura Bower who attends the University of Colorado (the Boulder Club will present her award). As usual, we have quite a few winners in District 3 and are so proud of all of

# CONFERENCE 2009 AWARD WINNERS

## Special Achievement Awards

For the first time, two achievement awards were given to clubs that have consistently accomplished recognition in realizing Zonta's goals. The Zonta Club of New York was recognized for its consistent United Nations efforts and the Zonta Club of Northern Valley was recognized for its consistent efforts in ZISVAW/Service through its creation and continuation of its R.A.V.E. Walk.

## 2008-2009 Club Achievement Awards

The entire District is proud of all the winners including: for United Nations, Westchester and Northern Valley; for ZISVAW/Advocacy/LAA, Northern Valley and New Rochelle; for Amelia Earhart, Loudoun County and Greater Queens; for PR/Communications, Charles County and Westchester.

## Lt. Governor's Award

The Lieutenant Governor's award went to Howard County.

## Governor's Award



Pictured here are Governor Ellen Karo and the President of the Zonta Club of Westchester, Pat Latona, after she accepted the governor's award on behalf of her club.



# Once a Month Program on Hiatus

Our Once a Month Program has been so effective that, according to Nicole Peacock, our contact at the U.S. State Dept., she has enough sanitary napkins for at least one year. According to Nicole, "Zonta Clubs of District 3 have outdone themselves!!! I have no more room in my office for pads. Pads are under my desk, under chairs and stacked to the ceiling behind my door. Kindest regards to all the Zontians of

District 3." Nicole has made arrangements to send some of the "overflow" pads to the Eritrean hospital (Mendefera Hospital) where there is a fistula program.

This means that we need to stop sending pads to Nicole until she lets us know that there is a need. As you can see from the picture here, we really outdid ourselves with the number of pads collected at

Conference 2009.



In true Zonta fashion, our clubs have come through to help ensure girls in Zambia continue their education.

## 16 Days of Activism Begins November 25th

The 16 Days of Activism Against Gender Violence is an international campaign which began at the first Women's Global Leadership Institute in 1991. The Institute was sponsored by the Center for Women's Global Leadership at Rutgers University in New Jersey.



The theme of this year's campaign is "Commit...Act...Demand: We Can End Violence Against Women." The campaign begins on November 25th, International Day Against Violence Against Women, and ends on December 10th, International

Human Rights Day.

The 16 Days Campaign has been used by over 200 activist organizations in over 155 countries in order to raise awareness about gender-based violence, emphasizing that such violence is a human rights issue. It also has been effective in bringing together activist groups to share their strategies.

To get started, visit:

[www.cwgl.rutgers.edu/16days/home.html](http://www.cwgl.rutgers.edu/16days/home.html)

There you will find masses of information including a take action kit.

### DATES TO REMEMBER

2010

March 6th	United Nations Event
April 17 <sup>th</sup>	Areas 1 & 2 Workshop
April 24 <sup>th</sup>	Areas 3 & 4 Workshop
June 25 <sup>th</sup> -June 30 <sup>th</sup>	ZI Convention – San Antonio
Oct. 1-3	District Conference – Atlantic City



**LOVELY ZONTA LADIES  
AT CONFERENCE 2009**



<b>COURTESY RESOLUTIONS FROM CONFERENCE 2009</b>
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***Zonta International District #3 Conference***  
**Courtesy Resolutions**

Hear Ye! Hear Ye! All Zontians in attendance at the District #3 Conference in the respected City of Alexandria (VA):

The Honorable Governor, Ellen Karo, asked me to prepare the ***Courtesy Resolutions***.

So with a **WHEREAS** and a **howdy do**, we thank the District 3 Board, The International President Beryl Sten for sending the International Director Heddy Tangen Steffenson, District 3 Committee Chairs, The Zonta Club of Washington, D.C., and all of the speakers and meeting facilitators, who provided quality information and excellent direction,

**And**, we applaud the women in law, taxation, and politics, who overcame the *ODDS* by figuring out ways to make our amendments happen without confrontation,

**And**, we will remember that **Membership** is the backbone of our organization, and to recruit and to retain members are the actions we must take for a **future beyond tomorrow**,

**And**, we cheer our *Five Centurians* and look on them with pride as they worked the room to certify our votes and direct all conference participants in the art of **"This is who we are and this is who we serve,"**

**And**, we applaud with pride Carolyn Fitz Johns, Beryl Sten, Maryann Tarantula, Karen and Amy Nicodemus, for loyal and *"un-reluctant"* dedication to Zonta's high ideals and innovative approaches to *women-centered health and global family issues*,

**And**, we need to understand and digest the meanings of UNIFEM, CETA, ZWCR, AE, NOVOCO, RAVE, HMS, TGIF, WIKI, Zoe's Place, and Buckaroos, before the next Convention in *San Antonio, TX*, and the next Conference in *Atlantic City, NJ*.

**Therefore**, it is decreed that **all** participants take these words back to their clubs and continue to *"remain ahead of the curve"* in making a difference in the lives of women and young girls.

***So says the Governor.***

*Dr. Ina A. Brown-Woodson, Zonta Club of Essex County, October 4, 2009*

A MONTAGE OF PICTURES—CONFERENCE 2009—SWEET MEMORIES

