



ZONTA

CLUB OF
HAMILTON I

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN

THROUGH SERVICE & ADVOCACY



TEL-O-ZONTA

FEBRUARY 2015

NEW MAILING ADDRESS:

PO Box 89034
WESTDALE SHOPPERS DRUG MART
HAMILTON, ON L8S 4R5

MARGARET BLACK, PRESIDENT

KARIN ECKART, EDITOR

Board of Directors 2014—2015

Officers

President

Vice-President

**Recording Secretary
Treasurer**

Margaret Black
Anne Farrington

Karen Dawson
Sylvia von Ellm

Directors

First Year

Second Year

Denise Doyle
Jelaine Foster

Judy Lindsay
Joan Vineberg

TUESDAY, FEBRUARY 24TH DINNER MEETING REMINDERS

**DINNER IS AT 6:00 P.M. SHARP IN THE
CONTINENTAL EXPRESS BALLROOM AT
LIUNA STATION**

**IF YOU ARE UNABLE TO ATTEND, OR IF YOU ARE BRINGING
A GUEST, PLEASE ADVISE**

**LIZ NEWMAN AT 905-627-4292 OR
enewman6@bell.net
BY THURSDAY, FEBRUARY 19TH, 2015.**

**YOU WILL BE BILLED FOR YOUR DINNER IF YOU HAVE NOT
CONTACTED LIZ BY THAT DATE.**

February Programme

**Living Rock Wellness Works Program
Val Campbell
United Way—ArcelorMittal Dofasco “Do Gooder” Challenge
Jeff Vallentin**

INSIDE THIS ISSUE

Birthdays	2
Dates to Remember	2
Open House Event	2
President’s Report	3
Programme News	4
Bingo Schedule	5
Soupfest 13 Invitation	5
Volunteer Opportunity	6



Dates to Remember

UPCOMING MEETINGS:

FEBRUARY DINNER MEETING
TUESDAY, FEBRUARY 24TH, 2015

MARCH DINNER MEETING
TUESDAY, MARCH 24TH, 2015

APRIL DINNER MEETING
TUESDAY, APRIL 28TH, 2015

MAY DINNER MEETING
TUESDAY, MAY 26TH, 2015

OTHER DATES TO NOTE:

INTERNATIONAL WOMEN'S DAY
SUNDAY, MARCH 8TH, 2015

LUNAFEST
FRIDAY, APRIL 10TH, 2015

OPEN HOUSE
TUESDAY, APRIL 14TH, 2015

ZONTA CLASSIC
WEDNESDAY, JUNE 10TH, 2015

HAPPY BIRTHDAY TO YOU!

February 14 — Anita Isaac; February 17— Maggie Hall;
February 19 — Denise Doyle; February 27— Margaret Bowman

Open House Event

On Tuesday, April 14th the Membership/Fellowship Committees are hosting a drop-in mixer Open House event at Williams Fresh Café located at 47 Discovery Drive, Hamilton, Ontario from 5-7pm. All members are encouraged to come out and to invite potential members.

Thank you,
Jelaine Foster



February 2015 President's Report



I am writing this on the coldest day so far this winter – BRRR!! Happy Valentine's Day to you all.

Our February meeting should be quite interesting as we invite Jeff Valentin from United Way to accept our cheque to their fund as well as someone from Living Rock to tell us about their Wellness program. This is a good opportunity for us to invite guests/prospective members to learn about the service projects our hard-earned money goes toward. I have heard from Membership that they are planning to hold a Meet and Greet event in April for prospective members so that will be another opportunity for us to send out invitations to those who wish to make a contribution to our community through membership. Think strategically, for example, identify those who have unique skills and knowledge, such as fundraising or public relations expertise, and invite them to the event. More details to follow.

International Women's Day is fast approaching and although our club is not hosting an event, there are plenty of options to travel to other clubs, as we have seen from recent messages Diane has shared.

The Strategic Planning Committee developed objectives that have been shared with the chairs of the three main committees (Resources—Membership & Communication, Service & Fundraising, and Advocacy), who are being asked to devise an action plan, along with target dates for implementation of these plans. After meeting with their committees, the Chairs of these committees will forward their plans to the Strategic Planning Committee for review (in March) before I and the relevant chairs present this information to the club members at the March 24th dinner meeting. On another note, our Board has had preliminary discussions about our committee structure and how best to organize it, so if you have ideas or suggestions, please let me know.

Finally, I am proud to say we are nominating Jelaine Foster for the YWCA Young Woman (aged 22-30) of Distinction award. This award “goes to someone who has been engaged in issues in her community and/or workplace inspiring her peers to follow her example. She has demonstrated leadership, maturity, and compassion by being involved in community issues. This exceptional young woman has already made her mark and will continue to inspire us for years to come”. Whatever the outcome, we believe Jelaine is a worthy nominee and wish her the best on April 16th. Recently, I have also been asked to submit a support letter on behalf of the club to nominate Dr. Izzeldin Abuelaish for an Honorary Degree at Brock University. I plan to ask other club members who know him to help me with this task. See you in a few weeks!

Yours in Zonta,
Margaret



Programme News



Our Winter Program

Join us for the following W4C educational events. Each provides an opportunity to learn more about the impact our grants are having in the community and develop a deeper understanding of the issues affecting women and girls as well as strategies that make a difference. More information about the educational sessions is available on our website at hamiltoncommunityfoundation.ca/w4c

Date	Topic	Location
Wed, Feb 25 10-11:30am	A visit to Queen Victoria School to meet with girls in the Girls ONLY program supported through our grant	Queen Victoria School 166 Forest Ave.
Sat, Apr 11 9:30am-12:30pm	Join the kick-off assembly and learn about the FAB program	Bennetto Recreation Centre 450 Hughson St. N.

Please RSVP no later than a week in advance of each event by emailing Rose at r.taylor-weale@hamiltoncommunityfoundation.ca



This year the YWCA has been able to get both Hamilton Boards of Education to participate in the event on March 5th, 2015

Further information is available at

<http://ywcahamilton.org/events/25-totally-awesome-young-women-s-breakfast-february-10-2015>

B-I-N-G-O Schedule—Princess Bingo, 300 Fennell Avenue East

**Note: We have to be there no later than 5 p.m. to count cards.
Bingo is at 6:45 Friday and Sunday nights**

We would like some more Zontians to work BINGO.

IF YOU CAN HELP OUT,

PLEASE CONTACT PHYLLIS DEPTUCK [905-387-1485](tel:905-387-1485)

SPARES—Sharon Haas Ingrid Popaleni Alina Zilvytis

FirstOntario Credit Union presents:

SOUPFEST!

-13-

for Living Rock

Stirring up support for youth-at-risk

Diamond Sponsor:
FirstOntario
CREDIT UNION

Platinum Sponsor:
Cooper
You're A Part of Us
UGetMedia

Gold Sponsors:
Black Dog Trucking
Marin's Canada
Omni Basement Systems
Soundbox Productions
The Gas Works

Silver Sponsors:
Bell
Mackesy Smye Lawyers
Oakrun Farm Bakery

Bronze Sponsors:
Bay Gardens Funeral Home
CN Rail
Crock & Doodle
David Sweet, MP
GTFrench
Jackson Square
ProSigns
Salerno Dairy
Stringgo
Videoman Dave

Media Sponsors:
108
AM900 CHML
CHCH
CH31
CABLE 14
HAMILTON TELEVISION
SILVERGOLD
Yes
Hamilton

Tuesday, February 24, 2015
11:30 a.m. to 9:00 p.m.
Hamilton Convention Centre by Carmen's
1 Summers Lane, Hamilton

Advance Adult \$12 Advance Child/Senior \$10
Adult at Door \$15 Child/Senior at Door \$12

Advance tickets are available at FirstOntario Credit Union and Living Rock. Call 905-528-7625 or visit www.livingrock.ca for more details.

Featuring soups from:



To participate in SoupFest as a SPONSOR, RESTAURANT, VOLUNTEER or CELEBRITY SERVER, please contact: 905-528-7625 x224 or Qint@livingrock.ca

Friday, February 27th, 2015

Jelaine Foster
Judy Lindsay
Margaret Black
Sylvia Von Ellm
Phyllis Deptuck
Renate Davidson

Sunday, March 8th, 2015

Renate Davidson
Karin Eckart
Sandra Cronk
Barb Nethercot
Jelaine Foster

_____Need 1

Friday, March 27th, 2015

Phyllis Deptuck
Karin Eckart
Karen Dawson
Judy Lindsay
Irene Polidori
Anita Isaac

Sunday, March 29th, 2015

Sylvia Von Ellm
Barb Nethercot
Phyllis Deptuck
Nancy Zilvytis

_____Need 2

Friday, April 24th, 2015

Anita Isaac
Karen Dawson
Sylvia Von Ellm
Irene Polidori
Diane Stogiannes
Judy Lindsay

Zonta International:

www.zonta.org

District 4 Website:

www.zontadistrict4.org

Zonta Club of Hamilton 1:

www.zontahamilton1.ca

For information, please email:

contactus@zontahamilton1.ca



Find us on
facebook

Volunteer Opportunity

passion for
helping young girls become strong women

BECOME A FAB COACH!

You don't need to be a competitive runner to experience the rewards of coaching FAB Girls.

We are currently accepting applications for our April - June 2015 program.

As a coach, you will make a difference in the lives of young girls by teaching them the skills to reach their goal of crossing the finish line, and helping them become strong women. We hope you will find coaching FAB Girls a very rewarding experience!

The following outlines the FAB Girls 5K Challenge Program coaching expectations and time commitment from April to June 2015:

- Together with three additional coaches you will co-facilitate 90-minute sessions (does not include travel time), once per week for 12 weeks, at one designated program location in Hamilton.
- Additionally, You will accompany FAB Girls by bus to five events held on Saturdays* from approximately 8 a.m. - noon including:
 1. Program kick-off assembly in late March or early April
 2. Volunteering at the Burlington Runner's Club *Good Friday run in April
 3. The 3K Mud Run in May
 4. The 4K Challenge and shoe distribution in late May or June
 5. The FAB 5K Community Challenge in June
- New coaches are required to attend training in February 2015.
- A clear police check and vulnerable sector screening are mandatory.
- FAB coaches must provide proof of CPR / First Aid Certification or attend and complete CPR/First Aid training provided by Fit Active Beautiful Foundation.
- FAB coaches must sign and adhere to the FAB Girls 5K Challenge Program coach's Code of Conduct and the FAB Values Agreement and fulfill requirements outlined in the FAB Girls 5K Challenge Program roles and responsibilities.

We understand and respect that life commitments will cause the inability to always ride the bus, and attend all FAB sessions and events. We ask that you please make every effort to be there for the FAB Girls.

If you are interested in coaches, please contact our FAB Program Girl, Stacey Marshall, at Stacey@iamfab.ca



Fit Active Beautiful

info@iamfab.ca | t:905.672.0955 | fb:fabfoundation | twitter:@FABFdn | www.iamfab.ca

Charitable registration #848761458 RRO