



# ZONTA

CLUB OF  
HAMILTON I

MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



## TEL-O-ZONTA SUMMER 2019

**MAILING ADDRESS:**

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

**KARIN ECKART, EDITOR**

### *Board of Directors 2019—2020*

*Officers*

<b>President</b>	<b>Karin Eckart</b>
<b>Vice-President</b>	<b>Trish Mongeon</b>
<b>Recording Secretary</b>	<b>Kathy Marsales</b>
<b>Treasurer</b>	<b>Maureen Hayman</b>

*Directors*

<b>First Year</b>	<b>Irene Polidori</b>
	<b>Alice Tyler</b>
<b>Second Year</b>	<b>Lena Marie Neil</b>
	<b>Diane Stogiannes</b>

### ***SEPTEMBER 24TH DINNER MEETING***

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

**LIZ SHOULD ALSO KNOW WHO IS PAYING FOR A  
GUEST'S DINNER**

**YOU WILL BE BILLED \$35 FOR YOUR DINNER  
IF YOU HAVE NOT CONTACTED LIZ BY  
THURSDAY, SEPTEMBER 19TH, 2019**

### **INSIDE THIS ISSUE**

Summer Birthdays	2
Dates to Remember	2
President's Report	3
Joan Heels	3
Advocacy	4
Summer Pot-Luck	4
Sylvia Kajiura	5
Bingo Schedule	5
Calendar at a Glance	6



## *Dates to Remember*

### UPCOMING MEETINGS:

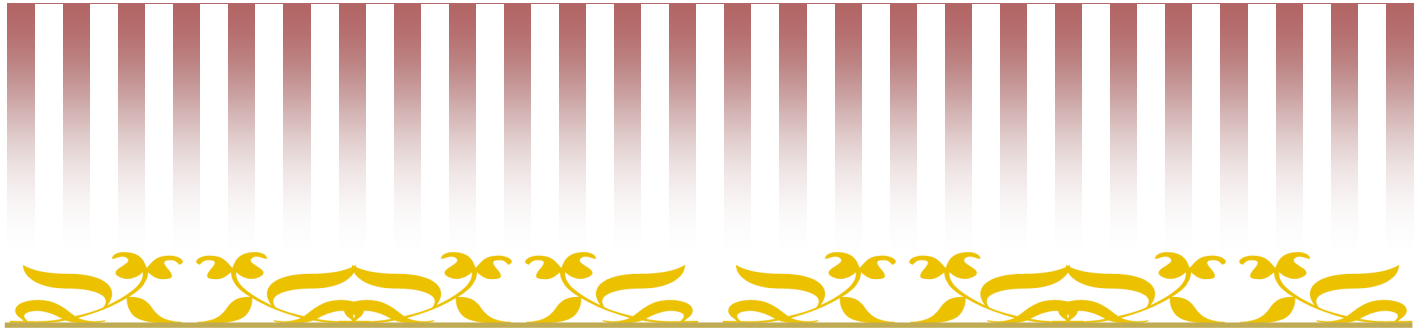
*AUGUST POT-LUCK*  
TUESDAY, AUGUST 13, 2019

*SEPTEMBER DINNER MEETING*  
TUESDAY, SEPTEMBER 24, 2019

### OTHER DATES TO NOTE:

*D4 CONFERENCE*  
BUFFALO, NEW YORK  
SEPTEMBER 27-29, 2019

*BIRTHING KIT ASSEMBLY DAY*  
OCTOBER 5, 2019



## HAPPY BIRTHDAY!

**June 3 — Dianne Moore; June 10 — Sharon Haas**  
**June 11 — Gertrud Taunton; June 23 — Kathy Kingsmill**  
**June 26 — Marlene Balsdon; June 26 — Sylvia Kajjura**  
**June 27 — Karin Eckart; July 3 — Renate Davidson**  
**July 10 — Joan Hutcheson; July 18 — Trish Mongeon**  
**August 17 — Kendra Coats**





## Summer 2019 President's Report



Dear Zonta Sisters,

Happy Summer to all of you. I hope you are enjoying all it has to offer – heat, spectacular thunderstorms, hammocks in the shade, rest and relaxation!

I heard from Alina Zilvytis that the social event on June 25<sup>th</sup> at Toast was a success and you were treated well! My attempts to co-ordinate with the Cathedral on James Street North for Super Crawl were unsuccessful. I have tried a few other contacts and have also not been successful. If you have any ideas...please let me know.

Information on our summer potluck on August 13<sup>th</sup> at Kathy Kingsmill's cottage is included in this newsletter. A new set of Bingo dates has been circulated, so please help Phyllis by indicating your preferred dates. The Fundraising committee has also determined that Lunafest will take place on October 27<sup>th</sup> at the Playhouse on Sherman Avenue.

Unfortunately, 5 of our members did not choose to renew their membership – Judy Ambrose, Susanne Crago, Sheila Creighton, Jackie Dove and Lisa Palmer. In addition, Marg Bowman chose a Leave of Absence. We will miss them but hopefully will see them back at some of our events. I will need to redraw the committee lists for this year, so please let me know your preferences, especially if you would like a change.

We need to add to the voices for women in our community and world-wide. Equality is our right and gaining access to opportunities for women and girls is Zonta's mission.

Yours in Zonta,  
*Karin*

Empowering Women Through Service and Advocacy

## Congratulations Joan Heels

In June, Joan Heels was honoured with the Paul Harris Fellowship Award from the Rotary Club of Hamilton.

Joan is a busy lady—still teaching singing and examining for the Royal Conservatory of Music and has been knitting squares for the Juravinski Hospital/Wellwood Centre for many years. Recently she got “rid” of 700 squares and 3 finished afghans. The 700 squares should make about 20 afghans. Joan is happy to receive any worsted yarn you may have hanging around at home that you won't be using. When watching TV, Joan also knits mitts and scarves for whoever needs them ... inner-city children, homeless women.





## *Advocacy Committee*



Thank you to our members and to our community who have donated 425 bras for Free the Girls! If you haven't already, please check out their website <https://freethegirls.org>

In preparation for our Fall projects, please gather up any toiletries for hygiene kits or The Purse Project. We will look forward to accepting your items this Fall. The Purse Project needs new or gently used medium to large purses, socks, mitts and hats. Knitters and crocheters please consider making scarves and hats. Our hygiene kits and the Purse Project help women in our community who need assistance with the basics of life. At this time we have about 60 empty purses, so if you don't plan on donating a stuffed purse, consider donating items to stuff them.

Please make a special note in your calendar of Tuesday November 26. We will be kicking off our dinner meeting at Hamilton City Hall, where our “Zonta Says No to Violence Against Women” banner will be displayed with the Hamilton sign lit in orange. For dinner we will be at the YWCA ‘At the Table’. Please plan to join us to participate in the 16 Days of Activism.

Thank you,  
Have a great Summer advocating for women!

## *Summer Potluck August 13th at Cedar Springs*

Our annual Potluck takes place at Kathy Kingsmill’s cottage in Cedar Springs on Tuesday August 13th. Karin Eckart [kareck@gmail.com](mailto:kareck@gmail.com) has agreed to co-ordinate this event. Members and guests are welcome! If you are planning to come, please send your potluck choice to me, Karin and I will compile the list.

**Tuesday, August 13th, 2019 – starting at 5:00 pm. Bring a folding chair.**

Directions to Kathy Kingsmill’s Cottage at Cedar Springs

1. 403 E
2. Brant Street Exit – turn left
3. Brant Street becomes Cedar Springs Road (above highway 5)
4. Cedar Springs Road about 4.9 miles – road will become windy
5. Markers - On Cedar Springs Road you will pass Hidden Valley Golf Course on the left, Burlington Springs Golf course on the right, Britannia Road on the left (you’re getting close).
6. Look for a street sign called GRAND BLVD (green – on a tree pole).
7. Turn right on Grand Blvd – you will go through some gates that have signs saying private property. Cedar Springs Community Club
8. If you miss this, you will end up in Kilbride so you’ve gone too far – turn around.
9. Continue on Grand Blvd
10. Markers – stop sign just past the gates, our community hall on the left, our swimming area on the left. Continue onwards – road is windy and it will have an incline. At the top of the incline, on the left, you will see a street sign for Sunset Drive.
11. Turn left onto Sunset and we are the 2<sup>nd</sup> cottage on the left. There’s a flagpole and a steel marker that says **2174 Sunset**. You’ve arrived. Kathy will be there to tell you where to park.

The speed limit is 20 miles per hour because of small children and golf carts, so please don’t go any faster. Everyone waves to each other so take your time and wave back.



## *Congratulations Sylvia Kajiura*

Fourth-year kinesiology students studying human aging were able to share their written research on how exercise can affect different diseases associated with aging. The students then took their work, translated it into eye-catching posters, and set up at Caroline Place, a retirement residence in downtown Hamilton, where Sylvia Kajiura resides.

“We’ve done our research for the past four years on why exercise is good for us, and they’re telling us and they’ve been telling us about all the exercise they’ve been doing, so it’s really encouraging,” says Rob Armstrong, one of the students. “We learn about [exercise] for four years, but sometimes we don’t put it into practice. [The people here] seem to enjoy life, and one of the big things is having access to exercise and classes that they can take.”

For the video, please go to <https://dailynews.mcmaster.ca/articles/fit-for-life/>



## *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 starts at 6:45 Friday and Sunday nights**

### **Friday, August 9th, 2019**

Trish Mongeon  
Sandra Cronk  
Sylvia von Ellm  
Irene Polidori  
Nancy Zilvytis  
Anita Isaac

### **Friday, September 6th, 2019**

Trish Mongeon  
Sylvia von Ellm  
Irene Polidori  
Nancy Zilvytis  
Karen Dawson  
Anita Isaac

### **Sunday, August 18th, 2019**

Marlene Balsdon  
Wayne Balsdon  
Karin Eckart  
Jelaine Foster  
Phyllis Deptuck

### **Sunday, September 8th, 2019**

Marlene Balsdon  
Wayne Balsdon  
Irene Polidori  
Joan Heels  
Karin Eckart



**Zonta International:**

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

**District 4 Website:**

[www.zontadistrict4.org](http://www.zontadistrict4.org)

**Zonta Club of Hamilton 1:**

[www.zontahamilton1.ca](http://www.zontahamilton1.ca)

**For information, please email:**

[contactus@zontahamilton1.ca](mailto:contactus@zontahamilton1.ca)

**IF YOU CAN HELP OUT AT BINGO**

Please contact **PHYLLIS DEPTUCK** [905-387-1485](tel:905-387-1485)

<b>Date</b>	<b>Event</b>	<b>Details/Location</b>	<b>Contact</b>
Friday, August 9	BINGO	5:00pm Princess Bingo 300 Fennell Avenue East	Phyllis Deptuck 905-387-1485 <a href="mailto:phyllis.deptuck@sympatico.ca">phyllis.deptuck@sympatico.ca</a>
Tuesday, August 13	Summer Social Pot-Luck	Kathy Kingsmill's Cottage Cedar Springs	Karin Eckart 905-527-2957 <a href="mailto:kareck@gmail.com">kareck@gmail.com</a>
Sunday, August 18	BINGO	5:00pm Princess Bingo 300 Fennell Avenue East	Phyllis Deptuck 905-387-1485 <a href="mailto:phyllis.deptuck@sympatico.ca">phyllis.deptuck@sympatico.ca</a>
Tuesday, September 3	Board Meeting	Fortino's Party Room 1579 Main Street West Hamilton	Karin Eckart 905-527-2957 <a href="mailto:kareck@gmail.com">kareck@gmail.com</a>
Friday, September 6	BINGO	5:00pm Princess Bingo 300 Fennell Avenue East	Phyllis Deptuck 905-387-1485 <a href="mailto:phyllis.deptuck@sympatico.ca">phyllis.deptuck@sympatico.ca</a>
Sunday, September 8	BINGO	5:00pm Princess Bingo 300 Fennell Avenue East	Phyllis Deptuck 905-387-1485 <a href="mailto:phyllis.deptuck@sympatico.ca">phyllis.deptuck@sympatico.ca</a>
Tuesday, September 24	Dinner Meeting	Liuna Station 360 James St N, Hamilton, ON L8L 1H5	Liz Newman 905-627-4292 <a href="mailto:enewman6@bell.net">enewman6@bell.net</a>
September 27-29	District 4 Conference	HYATT REGENCY BUFFALO / HO- TEL AND CONFERENCE CENTER, 2 FOUNTAIN PLAZA, BUFFALO, NY 14202, USA	<a href="https://zontadistrict4.org/district-events/d4-conference-event-page/">https://zontadistrict4.org/district- events/d4-conference-event-page/</a>
Tuesday, October 1	Board Meeting	Fortino's Party Room 1579 Main Street West Hamilton	Karin Eckart 905-527-2957 <a href="mailto:kareck@gmail.com">kareck@gmail.com</a>
Friday, October 4	BINGO	5:00pm Princess Bingo 300 Fennell Avenue East	Phyllis Deptuck 905-387-1485 <a href="mailto:phyllis.deptuck@sympatico.ca">phyllis.deptuck@sympatico.ca</a>
Saturday, October 5	Birthing Kit Assembly Day	Chedoke Presbyterian Church 865 Mohawk Rd W, Hamilton, ON L9C 7B9	Karen Dawson 905-679-9132 <a href="mailto:karenmdawson@gmail.com">karenmdawson@gmail.com</a>
Sunday, October 13	BINGO	5:00pm Princess Bingo 300 Fennell Avenue East	Phyllis Deptuck 905-387-1485 <a href="mailto:phyllis.deptuck@sympatico.ca">phyllis.deptuck@sympatico.ca</a>
Tuesday, October 22	Dinner Meeting	Liuna Station 360 James St N, Hamilton, ON L8L 1H5	Liz Newman 905-627-4292 <a href="mailto:enewman6@bell.net">enewman6@bell.net</a>
Sunday, October 27	Lunafest	The Playhouse 177 Sherman Ave N, Hamilton, ON L8L 6M8	Trish Mongeon 905-648-8783 <a href="mailto:trish@mongeonconsulting.com">trish@mongeonconsulting.com</a>