



# ZONTA

CLUB OF  
HAMILTON I

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



**TEL-O-ZONTA**  
**JANUARY, 2021**

**MAILING ADDRESS:**

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

**KARIN ECKART, EDITOR**

## *Board of Directors 2020-2021*

### Officers

**President**

Trish Mongeon

**Vice-President**

Debbie Field

**Recording Secretary**

Alice Tyler

**Treasurer**

Maureen Hayman

### Directors

**First Year**

Dianne Moore

**Second Year**

Irene Polidori

## *JANUARY 26TH, 2021 MEETING*

You are invited to the  
**Zonta Club of Hamilton 1 Meeting**  
via Zoom

**When:**

**January 26, 2021 07:00 PM Eastern  
Time (US and Canada)**

**Topic:**

**Zonta Club of Hamilton 1  
January Business Meeting**

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Please click the link below

Join the Zoom Meeting

<https://ca01web.zoom.us/j/64484903098>



## *Dates to Remember*

### UPCOMING MEETINGS:

FEBRUARY 23, 2021 MONTHLY MEETING

FEBRUARY 24, 2021 SPEAKER – DENISE DAVY

## HAPPY BIRTHDAY!

**January 27 — Nancy Hume-Meletti**

**January 31 — Sylvia von Ellm**

## *Nominating Committee*

The club members will be selecting the Board for the 2021-22 period and one position of Director will need to be filled.

It is the role of the Nominating Committee to put together a slate of candidates by the first week of March, 2021. If members of the club would like to indicate their interest in serving, you are most welcome to identify yourself to the committee or contact the committee for further information.

Nominating Committee: Karin Eckart, Chair, Marlene Balsdon, Renate Davidson, Judi Park

Thank-you,  
Karin Eckart



## *January 2021 President's Report*



### **Life Lessons from Amelia Earhart**

Happy New Year.

January is the month that we traditionally would celebrate Amelia Earhart at our dinner meeting. This year we will be meeting by Zoom as we continue to fight the spread of COVID. However, that does not mean that we cannot continue to be inspired by Amelia.

It didn't take me long on Google to find a great article to share (why reinvent?) – **8 Life Lessons from Amelia Earhart** (<https://yogafitstudios.com/blog/8-life-lessons-from-amelia-earhart/>)

These quotes are powerful and apply just as much today and when Amelia spoke the words.

#### **1. Focus on the Journey**

"Adventure is worthwhile in itself."

#### **2. Don't Let Fear Hold You Back**

"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward."

#### **3. Just Do It**

"The most effective way to do it... is to do it."

#### **4. Learn From Mistakes**

"Women, like men, should try to do the impossible. And when they fail, their failure should be a challenge to others."

#### **5. Be Brave**

"Courage is the price that life exacts for granting peace."

#### **6. Have Gratitude**

"The more one does and sees and feels, the more one is able to do, and the more genuine may be one's appreciation of fundamental things like home, and love, and understanding companionship."

#### **7. Support Others**

"Never interrupt someone doing what you said couldn't be done."

#### **8. Create Your Own Future**

"The woman who can create her own job is the woman who will win fame and fortune."

Which of these quotes speaks to you the most? At our meeting on January 26<sup>th</sup>, we will take a poll and have a short discussion.



## Membership Matters

### New Members

We are very pleased to welcome new members **Sherrill Ritchie** and **Janice Sheehy** to our club. They will be inducted at our January 26<sup>th</sup> meeting by our Area Director and District 4 Lt.-Governor. Both women have joined us online several times, and have now chosen to join Zonta. Please welcome them at our club meetings, and also to committee meetings. They have jumped in with both feet, and are exploring committee activities. **Jelaine Foster** has been a stalwart at Bingo and a great help at many other Zonta events.

### Roster Update

Our membership roster has been updated to include Sherrill, Janice and Jelaine, as well as a few other updates. Please check under Member Resources on our website to access Excel or PDF versions of the roster. While you are getting your new roster, please check to make sure your information is up to date. We want to be able to stay in touch. "If there are any changes or if you need assistance with the password to access Member Resources, please reach out to Debbie Field or Sandra Cronk.

### Stay Engaged

There are many ways to stay engaged with Zonta at the club, district and international level. Please check out this list and see some of the interesting presentations in the next month:

- Thursday, January 14, 2021 7:00 PM — **Club** – Zoom 101 – Covering the Basics
- Saturday, January 16, 2021 9:00 AM — *D4* – ZOOM Training
- Tuesday, January 19, 2021 4:00 PM — *ZI* – Remarkable Women, Powerful Stories:  
ZI President - Sharon Langenbeck, PhD
- Monday, January 25, 2021 7:00 PM — *D4* – Learning with Membership
- Tuesday, January 26, 2021 7:00 PM — **Club** – Monthly Meeting – Induction of New Members
- Thursday, January 28, 2021 4:00 PM — *ZI* – Amelia Earhart Event with Dr. Anastasia Volkova,  
2017 Amelia Earhart Fellow
- Monday, February 8, 2021 7:00 PM — *D4* – Talks – United Nations
- Monday, February 22, 2021 7:00 PM — *D4* – Learning – Service
- Tuesday, February 23, 2021 7:00 PM — **Club** – Monthly Meeting
- Wednesday, February 24, 2021 7:00 PM — **Club** – Author Denise Davy, *Her Name Was Margaret — Life and Death on the Streets*

Register for District 4 Events at: [District 4 Online Sessions](#) | [Zonta District 4](#)

Register for Zonta International Events at: <https://www.zonta.org/Web/News/Events/Events>

Please note that past District and International Events are archived on their websites.

## Club Website Update

The new site has been launched at [zontahamilton1.ca/](http://zontahamilton1.ca/) so please check it out. Remember that it is a work in progress. Feel free to make suggestions and send complements to Sandra Cronk.



## *From Our Archives*



### ZONTA CLUB OF HAMILTON

●  
*30th  
Anniversary  
Dinner*

●  
*Saturday, March 29, 1958*

At the 30<sup>th</sup> birthday celebration of our club, held at the Scottish Rite Club, a presentation of our history was made by Mary Smale who was a past president. Mary was the former secretary-treasurer of the Council of Associated Service Clubs of Hamilton. I have extracted some of that information for your review and hopefully you will find it as interesting as I do.

Eighteen members signed the Charter for the Zonta Club of Hamilton on March 8, 1928, the beginning of the Great Depression. The only other Zonta Club at that time was in Toronto. In 1928, our club purchased and presented a Canadian Flag to Zonta Headquarters in Chicago. Our club was full of enthusiasm and keen to help establish other Zonta clubs and to that end, two members of our club went to Ottawa to help with the set up of an Ottawa Zonta Club. In 1930 the St. Catharines Zonta Club was established. The Charter and Installment was held at the Scottish Rite.

Our Club wanted to establish a Zonta home. Our budget included a yearly \$200.00 amount to meet that goal. Although this dream was never realized, the funds were used to help women who could not find employment. This continued until the Second World War when raised funds were directed to "War Work" support, however, funds were still given at Christmas to the Local Council of Women for use for older unemployed women of Hamilton.

WW2 started September 1940 and the Canadian Zonta Clubs received gifts of money from the American Zonta Clubs for use in the war effort. The Zonta Club of Buffalo sent a "good sized" cheque which was sent to The Lord Mayor's Fund in London England. This fund was to help all those working in the military service from nurses to soldiers. Our club and the Toronto club joined to help purchase a station wagon for overseas. Our club also formed a knitting club and helped staff the active Service Canteen in Hamilton, a canteen run by volunteers during the War. It provided servicemen a place to go where they could relax and have a meal or a drink and meet residents. Our club also adopted a ward of the Children's Aid Society who had joined the Navy and sent him parcels and letters while overseas.

In 1942 the Occupational Therapy Centre was established in Hamilton. This centre was our club's major project for many years. We provided them with much needed equipment – hand looms, bicycle saw, wax bath, high frequency machine, short wave machine, deep therapy lamp etc.

More next month..... Kathy Kingsmill Marsales (Historian)





## *McMaster Golden Z Club*

Co-Presidents Elize and Fatima are to be commended for doing a great job trying to keep all members interested and engaged while running as an e-club. As you know, it is more difficult to include everyone in discussions during Zoom meetings, so they plan to try some breakout rooms for committee sessions during their meetings.

The McMaster Golden Z Club started their 16 Days of Activism by helping to promote our Lunafest event, and so received \$200 from the proceeds. They are planning to donate money but have not yet met to decide the recipient(s). They also ran a social media campaign posting information about violence against women on Instagram, Facebook and LinkedIn.

This week they are getting ready to start their meetings for the second semester. Some plans to be discussed are a monthly trivia event for January, February, and March and a speaker's event in late February.

Nancy Zilvytis

Chair, Z & Golden Z Clubs, Zonta Club of Hamilton 1

## *Whisky in the Kitchen*

### **The Virtual Event**

In 2019 and 2020, the Zonta Club of Hamilton 1 held a fundraising event - Whisky and Food tasting.

We will not be able to hold an in-person event this year, so we are going virtual with **Whisky in the Kitchen**.



**Saturday, February 20, 2021**

**6:00 p.m. via Zoom**

Whisky samples will be delivered to you a day or 2 in advance along with the recipes for a set menu. You have the option of having the ingredients (safely packaged) delivered as well. You will have to cook yourself – sorry. However, what could be more fun than a group cooking together online while sipping whisky?

Cost: \$80 per person with ingredients

\$65 per person without ingredients (you purchase your own)

Contact Trish Mongeon ([trish@mongeonconsulting.com](mailto:trish@mongeonconsulting.com)) no later than February 10, 2021.

Proceeds will help support women's mental health in our community.



**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)