



ZONTA

CLUB OF
HAMILTON I

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY



TEL-O-ZONTA
FEBRUARY, 2022

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FEBRUARY 22ND, 2022 MEETING

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

In person

The Visitors Inn

Hungry Traveller Restaurant

649 Main Street West (near Hwy 403)

5:30 pm Social

6:00 pm Dinner

7:00 pm Guest Speaker

Via Zoom

Please click the link below
to join the Zoom Meeting

<https://adric-ca.zoom.us/j/62528162480>

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ATTACHMENTS

- Interval House Volunteer Opportunity
- January Meeting Minutes



Dates to Remember

UPCOMING EVENTS

FEBRUARY 11 INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

FEBRUARY 22, 2022 MONTHLY MEETING
CANADA'S AWARENESS AGAINST HUMAN TRAFFICKING DAY

FEBRUARY 28, 2022, CONVENTION EARLY BIRD REGISTRATION ENDS

MARCH 8 ROSE DAY INTERNATIONAL WOMEN'S DAY

MARCH 22, 2022 MONTHLY MEETING

HAPPY BIRTHDAY!

February 17 — Maggie Hall
February 19 — Denise Christopherson
February 27 — Margaret Bowman

February Guest Speaker—Karen Trollope-Kumar

Karen Trollope-Kumar is a family physician with over 30 years of clinical experience. In addition to her medical qualifications, she holds a PhD in medical anthropology. She is an Associate Clinical Professor of Family Medicine at McMaster University, and has been involved in medical education for many years, teaching medical students in her clinical practice, and later serving as Co-Director of the Professional Competencies program at McMaster. Karen will deliver a presentation on the outcome of the Body Brave Project grant of \$4000 funded by our Club in 2019.





February 2022 President's Report



I just want NORMAL!

After more than 2 years of COVID, and more than 22 months of being in and out of lock down, all I want is some semblance of normal. Go on a plane and have a great vacation. Go to a restaurant when I want and with whomever I want. Go to the grocery store and not worry about what I am bringing home other than groceries. Go to a Zonta meeting with EVERYONE!

I am tired and frustrated.

My head hurts from hitting the COVID wall (as I call it). Most days are fine. But then something happens and I just want to curl up with a good book and tell the world to go away. I see the light at the end of the tunnel and am praying that it is not an oncoming train. Sound familiar? If yes, call me. Let's Talk. You are not alone and I will not judge. You may just need someone to listen.

I know that this is not a very uplifting message. That is the COVID fatigue talking. But I do feel hopeful, I believe we are coming to a crossroads of being able to live with this dragon, if not able to slay it.

So let's do some little things to make this last lap easier. Pick up the phone and call another Zonta member today – at random. Check in to make sure that they are ok. Maybe plan for a coffee or even lunch – now that we can be together in small gatherings. In fact, I would like to invite you to join me for small gatherings and support a local business. Sammy's in Ancaster is a family-owned restaurant. If you would like to join me for lunch (or breakfast) on one of the following days, let me know. We should keep the number per day small – 4 of us – to help Sammy's spread people out. Over the next month, I would love to share a meal with you and shoot the breeze.

Friday, February 18 at 12:00

Friday, February 25 at 12:00

Wednesday, March 2 at 12:00

Friday, March 4 at 12:00

Tuesday, March 8 at 8:00 (for breakfast)

Call me at 905-390-1818 or email me at trish@mongeonconsulting.com.

You are strong. Together we are stronger.

Trish

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





Membership Matters

Membership Matters – Step Up (and maybe Step Down) Part 2



Last month we encouraged members to Step Up and Step Down, by trying a new committee. A new mix can bring vitality and ideas and energy.

Chairs from Advocacy and Golden Z have expressed their plans to step down at the end of their term. But they have also said they want to participate on these and other committees and support new committee chairs. Please consider putting your name forward.

Thank you to Judi Park who has volunteered to Step Up to send Birthday Greetings to club members. We thank Alina Z for her cheerful greetings, and wish her well when she focuses on recovery from an upcoming surgery.

Add Your Voice Membership Campaign

Zonta International is encouraging clubs to grow membership by offering 2 months extra (April and May) to yearly membership dues to new members.



Please invite potential members to our meetings. Let them know the good things we do at Zonta Hamilton 1.

ADD YOUR VOICE - To Empower Women

ADD YOUR VOICE - For Women's Rights

ADD YOUR VOICE - For Gender Equality



Debbie Field

Vice President and Membership Chair



HUMAN TRAFFICKING EARNS GLOBAL PROFITS OF ABOUT \$150 BILLION A YEAR FOR TRAFFICKERS



Zonta supports February 22nd as Canada's Awareness Against Human Trafficking Day



MOST VICTIMS OF HUMAN TRAFFICKING ARE TRAFFICKED WITHIN THEIR OWN COUNTRIES' BORDERS



Zonta supports February 22nd as Canada's Awareness Against Human Trafficking Day



District 4 Workshop Information

**COMING OUT OF THE DARK
BEYOND COVID
STRONGER THAN EVER**

**SATURDAY MARCH 26,
9:00 AM - 1:00 PM, ONLINE \$10.00**
Register at: www.zontadistrict4.org

Keynote Speaker: Roxy Rapedius - Life and Wellness Coach

Find out about D4 New Advocacy Project - "Signal for Help"

Our great President Trish is coordinating technical support for the conference.

If you would prefer to pay your registration through the club, add \$10 to your dinner payment, either on cheque or e-transfer.



Advocacy



ZONTA SAYS NO

JOIN THE CAMPAIGN TO END VIOLENCE AGAINST WOMEN

**ARE YOU OR SOMEONE YOU KNOW
VICTIM OF HUMAN TRAFFICKING?**

It takes ONE minute of bravery to reach out for HELP

 **1.833.900.1010**  **1.888.373.7888**

 Zonta supports February 22nd as
Canada's Awareness Against Human Trafficking Day

February 22, 2022

Canada's Awareness Against Human Trafficking Day

Please share the word by sharing the public announcements on our club social media.

Scattered throughout the newsletter are the images that will be rotated.

Please wear your orange shirts that day

March 8 is International Women's Day.

The Advocacy Committee will be sharing our club activity shortly. Stay tuned to your email and we will share at our February meeting.



Fundraising

MAXSOLD JANUARY 2022

Six brave bundled up Zontians and friends held our pickup day on Saturday January 29th. It was -12 but spirits were warm and we had fun. Kathy Kingsmill brought her 18 year old grandson and her husband to haul things for us. Karin Eckart checked in our 60 buyers who maneuvered very high snow banks on the street. Sandra and Nancy organized the lots and kept the process moving. Most of the action occurred from about 9:30 until 12:30 with just a few stragglers coming to pick up lots until 3 o'clock.

Summary:

Had 108 lots of goods and all but 5 sold

60 purchasers in total, including 6 of our members, so lots of strangers which is great.

Earned \$1775.06

We think January is not the best month for sales as prices seemed lower than normal. We will be holding another Maxsold in either May or June as I already have some items (two bicycles, couple of brand new screen doors etc.) Thanks to everyone who donated items or referred their friends, who bought things and in some cases were just bidding up the item and got stuck with it (lol).

Sandra



**WOMEN AND GIRLS MAKE UP 72%
OF ALL VICTIMS OF HUMAN TRAFFICKING**



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Canada's Awareness Against Human Trafficking Day



**SEXUAL EXPLOITATION MAKES
UP 59% OF HUMAN TRAFFICKING &
FORCED LABOUR REPRESENTS 34%**



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Canada's Awareness Against Human Trafficking Day

McMaster Golden Z Club

Dear Zonta Club of Hamilton 1,

McMaster Golden Z is working on a project where our goal is to increase and promote menstrual equity on campus. We aim to provide free pads and tampons to students that live in residences, and we are in the process of applying for the Okanagan Grant in order to help fund this pursuit. As part of this process, we would greatly appreciate any guidance or suggestions/steps we can take to secure additional sponsors and funding. Please pass any information you have to Nancy Zilvytis.

We will also be collaborating with the executive members of the housing services at McMaster University.

Thank you!
McMaster Golden Z Executive Committee