



ZONTA

CLUB OF
HAMILTON I

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY



TEL-O-ZONTA

MARCH, 2022

MAILING ADDRESS:

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

KARIN ECKART, EDITOR

Board of Directors 2021-2022

Officers		Directors	
President	Trish Mongeon		
Vice-President	Debbie Field	First Year	Jelaine Foster
Recording Secretary	Alice Tyler	Second Year	Dianne Moore
Treasurer	Maureen Hayman		

MARCH 22ND, 2022 MEETING

You are invited to the
Zonta Club of Hamilton 1
Meeting In person

Registration is Required

The Visitors Inn
Hungry Traveller Restaurant
649 Main Street West (near Hwy 403)

5:30 pm Social

6:00 pm Dinner

7:00 pm Business Meeting

Via Zoom

Please click the link below
to join the Zoom Meeting

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

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ATTACHMENTS

NONE



Dates to Remember

UPCOMING EVENTS

MARCH 14-25 CSW-NGO VIRTUAL SEMINARS AND MEETINGS

MARCH 26, 2022 D.4 WORKSHOPS VIRTUALLY

MARCH 31, 2022, CONVENTION EARLY BIRD REGISTRATION ENDS

HAPPY BIRTHDAY!

March 17 — Judi Harbottle-Park

March 28 — Sherrill Ritchie

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





March 2022 President's Report



#BreakTheBias

On March 8th, I had the opportunity to moderate a panel of female lawyers discussing their careers. They talked about how they have had to self-promote and overcome their own social conditioning to get ahead. For two of them, leaving BIG LAW and starting their own firms not only meant that their talents were recognized but it also meant that they didn't have to toe the corporate line. They bucked the trend to get the respect they deserved and to set their own agendas.

One of the key take-aways from the presentation was that women are great at negotiating for others. Yet we too often forget to advocate and negotiate for ourselves.

I think about us as Zonta members. We advocate for women in our community and around the world. We believe in empowering them through our work. But do we do the same for ourselves?

Sometimes our own social conditioning gets in the way as do other biases. We defer to being the supportive and cooperative person that is too often expected of women and forget that we have the right to speak up for ourselves. We need to remember that we are our own best advocates. We are strong. We are feisty. And we need to speak up for ourselves – at work, at home and internationally.

International Women's Day is for ALL Women.

#BreakingTheBias has to start with each of individually.

Go get em!

Trish





Membership Matters

March is a great time to encourage friends and colleagues to take a look at Zonta.



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

Dr. Roberta Bondar - Zonta International Honorary Member First Canadian Woman in Space Celebrates 30th anniversary of Space Flight

President Louise Duthie in 1990 reported that Roberta Bondar had been chosen for the next manned space flight.

January 22, 1992 - Dr Bondar was a payload specialist on the flight of the space shuttle Discovery. The television broadcasts from NASA throughout the space mission enabled people to watch her conduct her experiments and converse with the scientists at NASA. Fellow Hamilton Zontian, McMaster colleague and good friend Mary Keyes attended the launch as a guest of Dr. Bondar.

On the 65th anniversary party of the Zonta Club of Hamilton 1 in 1993, Dr. Bondar was the guest of honour. The club announced the establishment of the Zonta Club of Hamilton 1 Dr Roberta Bondar Bursary at McMaster University for women in Engineering and Honours Science.



Dr. Bondar is an Honorary Member of Zonta International.

For more information about Dr. Bondar see McMaster News Article [First Canadian Woman in Space](#)

Notes from Historian Kathy Kingsmill



Nominating Committee

The Nominating Committee has been working hard to put together a list of members willing to serve on the board for 2022-2023.

Our club’s strength depends on the willingness of members to step up and take on leadership roles. Unfortunately we are still looking for a candidate for the position of **Recording Secretary**. Please consider putting your name forward, we will support you in this role! If you have any questions, feel free to contact me, Karin Eckart, or any other member of the Nominating Committee.

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

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.

**DISTRICT 4
VIRTUAL
WORKSHOP**

**SATURDAY
MARCH 26, 2022
9:00 AM - 1:00 PM
Cost: \$10.00/person**

Key Speaker
**Roxy Rapedius: CRAZY BUSY
&
Interactive Breakout Sessions**