



ZONTA

CLUB OF
HAMILTON I

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY



TEL-O-ZONTA
OCTOBER, 2021

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OCTOBER 26TH, 2021 MEETING

You are invited to the
Zonta Club of Hamilton 1 Meeting

October 26, 2021

In person at 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

Business Meeting Via Zoom

For those not attending in person

Please click the link below

Join the Zoom Meeting

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

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Dates to Remember

UPCOMING MEETINGS:

ZONTA HELPS AT INTERVAL HOUSE OCTOBER 12–NOVEMBER 10 [Sign Up Link](#)

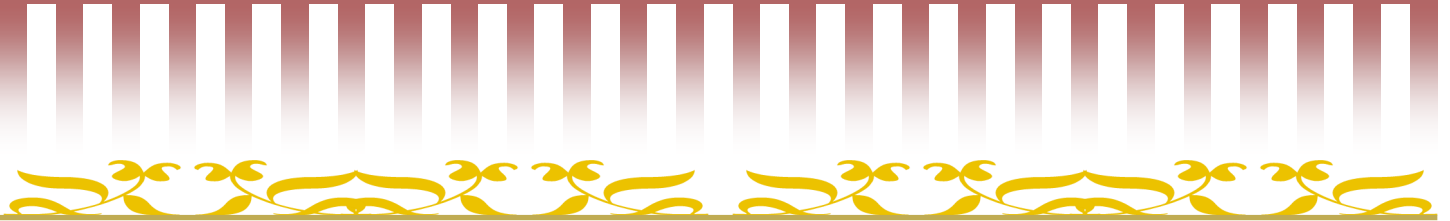
LUNAFEST–SUNDAY, NOVEMBER 7, 2021

BIRTHING KIT ASSEMBLY, SATURDAY, NOVEMBER 20, 2021

NOVEMBER 23, 2021, DINNER MEETING

ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN BANNER AT CITY HALL
DECEMBER 6-12

DECEMBER 14, 2021, DINNER MEETING



HAPPY BIRTHDAY!

October 17 — Alina Zilvytis

October 23 — Nancy Zilvytis

October 25 — Joan Heels



The speakers for the October 26 Dinner Meeting will be:

Heather Barkley- Campaign Officer

Sara Charters- Philanthropy Coordinator

They will be speaking about partnering with the YWCA in hands-on projects with the women whose mental health needs are served by the YWCA.



October 2021 President's Report



Why I am grateful

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

Ralph Waldo Emerson

Some days are just great. Things go as planned or even better and you bounce from meetings to tasks to your private life and you feel wonderful on the inside.

Then there are other days. Days when you do not feel much motivated at all. When your best laid plans go out the window before the day has barely begun.

When I am faced with one of those days when all I want to do is go back to bed, I turn my focus to gratitude. I don't try to come up with a list of a 100 things I am grateful for., rather, I try to reflect on only one or a few things on a simple list of things I am grateful for:

- A roof over my head
- Plenty of drinkable water
- I don't have to go hungry
- I can enjoy the small and free pleasures of life
- Access to the internet
- My family and friends
- The kindness of people I have never met before
- My health
- The setbacks that have formed me and made me stronger
- I am alive

When I take the time to truly be grateful for even one of these things, it helps me to put into perspective what my world is really like. So if I think my day is bad, someone in the world is having it worse.

I often think about the women we, in Zonta, are working to help. How many of them today cannot be grateful for things I have on my list. If our Zonta efforts help even one woman to be able to say “I am grateful I have a roof over my head”, or “I am grateful for my health”, then I feel we have accomplished something.

Let us never forget how fortunate we are. And when we are fortunate, we should build a longer table not a higher fence.

Trish



Membership Matters

It was so good to see many of you at our first in-person meeting, fellowship is such an important part of membership.

Membership grows with you, and I encourage you to invite a friend, colleague or community member to join us at our meetings and events. This month staff from the YWCA will share information about the opening of the Putman Family YWCA on Ottawa St, which Zonta has helped to fund, and how Zonta can partner in various YW programs.

Debbie Field
Vice President and Membership Chair

District 4 Member Inquiry



D4 wants to know “What are you passionate about in Zonta?” In order to innovate and remain relevant to members, D4 wants to know about your interests. This will help the district develop programs for the future.

Please click the link and complete the inquiry to let D4 know how you wish to help and inspire those around you. Please submit by October 18, 2021.

[Member Inquiry Link](#)

Fundraising

Christmas Raffle

Now that we are meeting in person again, we will be running our wine raffle and bake sale at our Christmas meeting. We use the proceeds to help run the club. You can bring donated bottles of wine to any of our upcoming meetings. We would also like baked goods or preserves that we can sell at that meeting. Further updates with guidelines will be provided next month.

Bingo Update

We are doing well at bingo. Our two bingos in August netted us just short of \$2200, and the two in September earned just under \$2000, so around \$1000 per event, with just two people is great. We would like a few more people who could come out a couple of times a year. An experienced captain will be with you, and training is free! Come and give it a try.

VG Meats

We will be running another sale soon, likely beginning before the end of October with pickup or delivery in November. So empty your freezer, and plan to make at least a small order of these fine meat products. Stay tuned for the flyer and please circulate it to your family and friends.

Maxsold

We have about 50 lots ready to be sold, but need about another 50 to make a viable sale. These Maxsold auctions are a win-win for everyone. Lots of items are saved from landfill, people get to declutter or downsize. We have happy customers who buy things at great prices. Plus we make some money for our club. So look around your house for any items you might want rid of, and if any friends or neighbours are moving, downsizing, or decluttering, ask them to donate items for a good cause (Zonta).



Advocacy

We are happy to announce the reintroduction of the District Zonta Award . For 2021 each club is encouraged to recognize one person or group with a club award to be given during the 16 Days Of Activism for their work on the elimination of gender based violence. We are looking for nominations asap, please review criteria below and contact Sharon Haas with ideas please.

The nominee can be an individual or group/corporation and living at the time of nomination.

The nominee need not be a resident of the specified areas at the time of nomination, but must be closely identified with them and be recognized for contribution in the specified communities.

Nominees may not currently be holding elected public office.

Before finalizing the award, the Zonta Club of Hamilton 1 must receive the nominee’s consent to publish their names, photographs and biographies.

The City of Hamilton has approved our application to have our banner ‘Zonta Says No to Violence Against Women’ hung across the front façade of city hall December 6 to 12. This will occur during the 16 Days of Activism (November 25 to December 10). The banner will be on display during the National Day of Remembrance and Action on Violence Against Women December 6 and World Human Rights Day December 10. This is subject to Provincial Covid regulations. We will be working on a possible event to coincide with the display. Any ideas are welcome.

Sharon Haas and the Advocacy Committee



Birthing Kit Assembly

Birthing Kit Assembly day is Saturday November 20th at Pioneer Memorial United Church 1974 King Street East, Hamilton. The time is still to be confirmed, but do mark your calendars.

Please note: You must be doubly vaccinated and provide a certificate showing this to access the building and you will need to be masked throughout the day. Please let Maureen know if you will be available to participate and if you are able to bring along other participants.

Maureen: 905 531-1337 or email haymanml@gmail.com

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





Fundraising

LUNAFEST® is Back – Live and Online



Zonta Club of Hamilton 1 will be hosting our 6th Annual LUNAFEST®. Short Films By and About Women. Rated Equal™

Sunday, November 7 at 2:00 p.m. (“doors” open at 1:30)

This year we will be virtual. Everything – Our “cinema” will be on Zoom. We will have an online silent auction and door prizes will be delivered, and you will view the movies from your computer or device. But it is still LUNAFEST!!!!

Cost: \$20 for adults
\$5 for students

This is a fundraising event for our club. Invite your family and friends. If they are part of your bubble, just invite them over. Otherwise they can join from their home. If you would like, we can offer you a private breakout room for you and your guests for ½ hour before the start and 1 hour after the finish of the main event – so that you can enjoy each other’s company.

Start inviting your friends and family.

Service

The Service Committee continues to work on offering volunteer opportunities for our members to engage with organizations serving the mental health needs of women in our community. During this month, some of our members will be participating in the YWCA project, ‘Bags to Bedrolls’ for the homeless women they serve. Also, we have been asked again to stuff envelopes for the Interval House, this time for their Holiday Mailers. This project, involving four-hour daytime weekday shifts, will extend until November 10, so please consider taking a shift to assist Interval House in preparing their mailers for the season of giving. If you’re interested in helping with this project, please complete the sign-up form in the email sent on October 11.

Please be sure to attend the October 26 Dinner meeting to learn more about partnering with the YWCA from our speakers, Heather Barkley and Sara Charters. They will outline projects with which we could help and also explain the process of becoming a volunteer for the YWCA.

We’ll look forward to preparing Birthing Kits in November and please continue collecting items for the Hygiene kits which we’ll be assembling in January, 2022.

Alice Tyler
Service Committee Chair