



Zonta Club of Rochester



Dedicated to Empowering Women through Service & Advocacy

Message from the President

Dear Zonta Members & Friends,

October is Domestic Violence Month. As Zonta members we work hard to support those who are helping victims of this unimaginable human violation that prevents people from living a healthy, happy life. It is not just women who suffer from this, but it is predominately women. As some of you know, I have been helping a DV survivor for several months by providing a very small room in my very small home. For me it is a heart-breaking situation that I experience every day because of my willingness to help in this way. What I continue to learn is that the mental and emotional damage from DV is so deep that it can be crippling for years! Most of us are familiar with PTSD and associate it with the military. DV Victims also experience PTSD. As we recognize this month as the designated month for DV, please join me in supporting the many agencies helping these survivors. *Thank you* for what you do to help those experiencing this kind of trauma. I hope someday we do not need a month to raise awareness to domestic violence.

Highlights from the District 4 Conference:

Five members attended conference meetings & workshops in Buffalo, NY over two days. It was especially exceptional due to the 100 year celebration of Zonta's founding.

Our guest speaker was Kathy Hochl, NYS Lieutenant Governor. She inspired us as she spoke of being raised in Buffalo, NY by a strong, resilient mother. Kathy spoke of domestic violence in her life as a young child and the importance of women in leadership. We are so thankful to have her in Albany!

Alyce Van Patten was elected to the D4 Nominations Committee for 2020 – 2022. 3 people were voted in from a slate of 9. We are very proud of all that Alyce continues to give to our club and beyond!

Alyce also ran our Zonta store that sold the Zonta Blend Coffee. This is a new initiative for us as we partner with Coffee Connection. We will continue to offer this coffee at future events. Thank you, Alyce!

Nancy McCullough and Edna Silvernail managed the Amelia Earhart basket auction. Over \$5k was raised to provide two scholarships for girls pursuing education in aeronautics. Super proud of our members who share their expertise and work hard during conference.

Dot McDowell joined a tour of Buffalo that included highlights of Marian de Forest's life. She is the founder of Zonta; 1st woman newspaper reporter in western NY; an author; civic leader; playwright; producer; director and so much more!

Please join us at our upcoming Fall events. Thank you all for your continued support of our mission to empower women!

Fondly,

Cheri



**October 2019
Newsletter**

Volume 10, Issue 3

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District 4 Conference Highlights 9/27—29, 2019

By Edna Silvernail

Attendees: Cheri Magin, Nancy McCulloch, Dot McDowell, Edna Silvernail, Alyce Van Patten

This year's District Conference was hosted by the Buffalo Zonta Club at the Hyatt Regency Buffalo. It was a beautiful setting for our 100th Anniversary year.

Thursday evening began with a reception in the hotel to meet our Zonta International liaison, Judy Gorton of Perth, Australia. She made sure she chatted with and welcomed every attendee and was very interested in what everyone had to say. It was also a time for renewing friendships with Zontians from around the district that we hadn't seen since the last conference. Good food, good company, good time had by all.

Dot McDowell took a tour on Friday morning that went to Marian de Forest's grave (founder of Zonta), the Statler Hotel (where the very first Zonta meeting was held) and other sights around Buffalo. She said she learned a lot and was glad she went.

Meanwhile, clubs were bringing their goods to sell and their baskets and other donations to raffle to the conference store. Attendees registered Friday afternoon, delegates got their credentials and all were ready for the first business session at 3pm.

The first session established the rules to be followed during the sessions and introduced us to the nominees for officers and directors for the coming biennium. There were 148 people registered for the conference. Friday evening was a dinner in the hotel and the program was "Diva by Diva" by the Mary Kate O'Connell group. Good food, good company, good time had by all.

On Saturday morning, delegates voted for our District officers for the 2020-2022 biennium and everyone shopped at the conference store. Reports of the first year of the biennium were given by District Treasurer Marcia Bliss (announced that D4 Dues for 2020-2022 will go up by \$3 to \$23) and Foundation Ambassadors Lori Robinson and Kathy Smith. ZI Director Judy Gorton held an Open Forum where many Zonta-related questions were discussed and answered, NYS Lt. Governor Kathy Hochl and Dr. Beverly Jacobs, Canada Centennial Country Award winner addressed us.

Then, we had a buffet lunch. (more food!)

Saturday afternoon brought an address by Mary Travers Murphy, the D4 Centennial Recognition Award winner. Former D4 Governor Lee Fogarty then led a discussion on Advocacy and the United Nations. The newly elected D4 board and officers were announced. (our own Alyce VanPatten was elected to the Nominating Committee. Congrats, Alyce!) Workshops followed with topics such as Achieving Gender Equality, Invigorating Your Club, Zonta Club Life Cycle—Surviving to Thriving, Zonta Website Navigation—Frustrated to Confident and The Marriage and Divorce Fund. We also had reports on By-Laws, Membership and the Centennial Flag, and Service Committee.

Saturday evening, after more shopping at the Conference Store, offered a gala dinner with Jacquie Walker (Buffalo area news anchor and reporter) as speaker. Music was provided by the Ladies First Big Jazz Band. Last minute shopping and awarding of silent auction and raffle prizes were done at the Conference Store. Good food, good company, good time had by all. (Have you noticed the trend yet?)

Sunday morning began with a memorial service honoring all Zontians we have lost in the past biennium. Our own Peggy Wagner was honored at this service.

After a breakfast buffet, a proclamation from Canadian Prime Minister Justin Trudeau was read. Many more awards were issued for outstanding work in Public Relations, Membership, Z Club and other club activities. The Rochester Club was awarded the Advocacy Award for our upcoming CEDAW event and how we are partnering with other women's groups in Rochester. The newly elected officers and directors for 2020-2022 were installed. Erie, Pennsylvania presented their city as the next D4 Conference in 2021.

And, the very busy, jam-packed weekend came to an end around noon. Good food, good company, lots of business got done and good time had by all!

Zonta Club of Rochester



Join us to celebrate our Centennial Year at A Happy Hour Fundraiser!

Location:: Trio Restaurant, 3423 Winton Place, Roch, NY

Date & Time: Thursday, October 17th, 4:30 to 7:30 pm

Cost: \$20.00 in advance, \$25.00 at the door (includes appetizers & drink). Cash bar after 1st drink

Lucky Draws & 50/50 raffle

**Contact: Cheri Magin @ 585.748.0405 or
cherimagin@yahoo.com for RSVP or more information.**

Zonta Club of Rochester is part of the global organization Zonta International. We are a leading organization of professionals empowering women worldwide through service and advocacy. All proceeds to benefit local agencies or to scholarships in the Greater Rochester area and Zonta International projects worldwide

Zonta Club of Rochester
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The Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) is the most comprehensive international agreement on the basic human rights of women. It addresses women's rights to equality in education, health care, employment, economics, law, property, family relations, marriage and political participation. The United States is the only industrialized country that has not ratified. Cities for CEDAW is a nation-

THE ZONTA CLUB OF ROCHESTER
in honor of its Centennial Anniversary



presents

A FORUM ON CEDAW
(CONVENTION ON THE ELIMINATION
OF ALL FORMS OF DISCRIMINATION AGAINST WOMEN)



Legally binds signatory
governments to eliminate
all forms of discrimination
against women

- *What is CEDAW?*
- *The History of CEDAW and the Cities for CEDAW Movement*
- *Panel Discussion & Q&A*
- *Networking*

Tuesday, October 29, 2019
5:30 PM – 8:00 PM

Asbury First United Methodist Church
1050 East Avenue, Rochester, NY 14607

\$5 registration fee

To register, please go to
<https://www.eventbrite.com/e/the-zonta-club-of-rochester-presents-a-forum-on-cedaw-tickets-71759453457>
or contact Lesia Telega lesia.telega@gmail.com / 585-298-1665

Light refreshments will be served

Zonta Club of Rochester is part of the global organization Zonta International. We are a leading organization of professionals empowering women worldwide through service and advocacy.



October is Domestic Violence Awareness Month and we find ourselves asking what we can do to help these women in trouble.

Years ago, I read an article by Joseph M. Carver, Ph.D. Psychologist entitled,

"The Loser"

Warning Signs You're Dating a Loser

and as a survivor, it explained so much of my own inability to take action and the feelings that I myself did not understand.

Please read: <http://www.drjoecarver.com/clients/49355/File/IdentifyingLosers.html>

I have printed out many copies of this over the years to give to women and it opens their eyes to how badly they are being treated. (Honestly, some don't even know!)

The article gives a true sense on why women not only get into these situations, but how to break loose. Dr. Carver's article (referenced in the above link) '*Love and Stockholm Syndrome: The Mystery of Loving an Abuser*' explains why a woman stays and often won't press charges against her abuser. In addition, it also gives great tips on how you can assist, offering solid advice on making a plan to help; initiating action; and results that work. I hope you take time to read these articles to gain a serious understanding of domestic violence and become aware of what you can do to help and how to do it.

With much love & hope for a peaceful and better future for everyone,

Your Zontian Sister - Cindy Semrau

Service Collection for October

Personal hygiene products: Pads; Tampons & Adult Diapers.

As a reminder, you are not obligated to provide anything for our monthly collections, but we appreciate anything you can do to help. If you would like to give a check or cash instead of shopping, please give it to Andrea Somerville and she'll purchase items for you.

These will be distributed to the Pride Project (Place of Hope, Willow & St. Joseph's Neighborhood Center). If you'd like to part of the *Elite Delivery Team*, please let Andrea know. Thank you again for your time and generosity! Items can be brought to the CEDAW event at Asbury First Church on October 29.

A PERSONAL VIEW FROM A SEASONED ZONTIAN – LYNN NULTON:

“I joined Zonta 35 years ago! Mary Agnes Shultz, who was also a Zontian, was a secretary for Mattle Funeral Home, where she worked for many years. We had five funeral homes at the time Mary Agnes asked me to join Zonta under the funeral profession, where I worked for 33 years. I am so happy I did!

Zonta has been very fulfilling and enriching to my life. I love the support from Zonta sisters. They really came through for me when I had my brain tumor. The love and support from them, I will never forget. After the funeral business, I went to work for one of my best friends in the wholesale electronics business for quite a few years. I love the service work that we do, striving for better awareness and healing in our community to help those struggling with getting stronger and on their feet. For all the women and children we have affected throughout the world. It is an honor to be in such a wonderful caring club!”

Lynn Nulton says, 'Thanks!'

I don't know how to express how honored and surprised I was to be awarded the *National Women's Hall of Fame Book of Lives and Legends Award*.

Thank you, Status of Women committee and my Zonta club friends, for this magnificent award and the beautiful yellow roses.

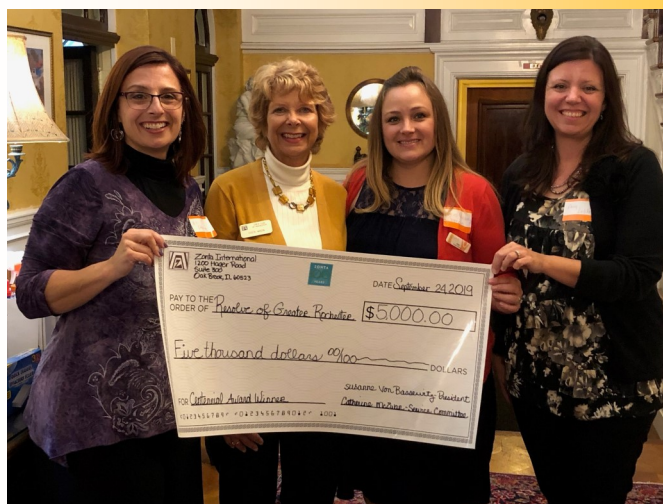
I so appreciate being part of such a amazing group of people.

Love,
Lynn

Congratulations Lynn Nulton on receiving the Status of Women Award!



Congratulations to Resolve for receiving the Centennial Grant Award presented by Zonta International!



Thank you to Attorney, June Castellano, Esq. for an educational talk at our September member meeting. June helped us understand how New York State laws are affecting women historically and current legislation. We all learned a great deal and appreciate June's work to help empower women.

Thank you to those that showed up to represent and cheer on the members of the Zonta Club of Rochester during the Suffrage City Parade & Festival sponsored by the Susan B. Anthony House and Museum on 9/14/19.



Save the Date! July 4—8, 2020

ZONTA INTERNATIONAL CONVENTION

For those of you seeking early registration for next year's convention, this website has all the information you need: <http://convention.zonta.org/>

The host hotel will be the [Chicago Marriott Downtown Magnificent Mile](#), 540 North Michigan Avenue Chicago, Illinois 60611 USA. Please see the ZI website for convention and hotel rates for members. Your special link to book the Chicago Marriott Downtown hotel at the member rate will be sent to you in your convention registration confirmation email.

Young Women's College Prep UPDATE

YWCP students hit college campuses this past summer & participated in camps and enrichment programs, including RIT's SMASH program, RIT's College & Careers Camp and St. John Fisher's first-ever pharmacy camp. YWCP alumna Janai P. (pictured) was a counselor at SMASH this year, helping rising 8th graders, including three YWCP students, learn science and math through hands-on experiments. She will be a sophomore at RIT this fall and is studying chemistry.

Save the date for this year's **YWCP Leadership Breakfast**, which will be held on **Wednesday, October 23rd!** Details and table sales will be released soon. To learn about sponsorship opportunities, please contact foundation@youngwomenscollegeprep.org. To learn about sponsorship opportunities, please contact foundation@youngwomenscollegeprep.org.

Interested in learning more about how you can support YWCP?



Zonta Websites / Follow us

Zonta International: www.Zonta.org

Zonta District 4: www.ZontaDistrict4.org

Zonta Rochester: www.ZontaRochester.org

[www.Facebook.com:](https://www.facebook.com/) *Search for Zonta Rochester, Zonta International, & Zonta District 4*

District 4 Centennial Events – Save the Dates

40th Anniversary Celebration – Friday November 1 - 6:30pm

Zonta Centennial Celebration Cocktail Party November 8, 2019 5:00-7:00 PM Buffalo, NY Statler Hotel- vestibule between the Golden Ballroom and the Terrace Room. Includes open bar, hors d'oeuvres, cake, coffee and tea \$30 per person or \$50 a couple

Send your check to Mary Vacanti, 450 Berryman Dr, Snyder, NY 14226.

Proceeds will go to *International Institute* for their Housing First Project.

May 2020: *Spirit of Womanhood* walk at Park to highlight advocacy projects of Zonta.

June 2020: Clubs can contribute items to the Time Capsule to be buried under the *Spirit of Womanhood* statue and a brass plate designating Zonta Club contributions.

SPECIAL CLUB ALERT!

Cindy Semrau is putting together a personal scrapbook page for every Zontian in our club and she needs your help!

At our December meeting, she'll explain the process and instructions.

She'll provide all the items you need to complete your page, but she needs to begin somewhere so the first thing she requires is funds to buy materials. (She would also appreciate donations of 1-dimensional stickers; embellishments

and cut-outs from magazines or catalogs of your hobbies/interests) Look for the donation jar at the registration desk and **direct all questions to Cindy directly** for details.

She needs the following information to complete each page so please give some thought to why you became a Zontian; why you've remained a member; some hobbies; interests; jobs you've held; travels you've taken; family, etc. ANYTHING you find interesting! If you miss this meeting, she'll catch up with you sometime at a later date.

In addition, she is assembling a scrapbook of events and happenings that Zonta has been involved in so if anyone has any photos they would like to submit, please send them to her with a short description. SemrauCindy@gmail.com. If you have any desire to help, that would be great, just let her know. Thanks!

Newsletter Schedule

The next newsletter will be distributed in November 2019. Submissions must be in no later than November 10, 2019.

All comments, suggestions and submissions are welcome! Please contact Cindy Semrau @ SemrauCindy@gmail.com
Thank you!

Share this newsletter with friends and associates!

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Happy Birthday!

Sheri Stanton – October 18

Joanne Chase – October 24

Member Anniversaries

Lynda Richards since 2001

Jackie Kukurudza since 2007

Zonta International

President

Susanne von Bassewitz

Zonta Club of Düsseldorf Germany

Zonta District 4

Governor

Bonnie Clesse

Lt. Govenor

Janice Durmis

Area 4 Director

Gina Orsini

Zonta Rochester Board

President

Cheri Magin

Vice President

Melissa Quinn

Secretary

Lisa Fluman

Treasurer

Sheri Stanton

Foundation Treasurer

Alyce Van Patten

Director 18-20

Joanne Chase

Director 18-20

Isabella Foltyniak

Director 19-21

Laurie Findlay

Director 19-21

Nancy McCulloch