From the President

Spring has arrived however the outside temperatures and the snow covering certainly does not reflect its arrival. But with the melting of the snow, we are anticipating blooming flowers and all the beauty that Spring brings.

I have heard nothing but positive feedback from the membership meeting last Thursday. Thank you to our guest speakers and to all those that attended. To Miriam and her committee, thank you so much for your effort to present such a wonderful, informative program. A job well done! I am so sorry that I had to miss it.

Congratulations are in order for our new Zonta officers and Board members. We thank you for saying “Yes” when asked to serve. As members, we are here to support you in your new endeavors.

The April membership meeting typically is when we present the annual reports from all of our committees. This year, I have asked the Board members to prepare written reports that will be published in the May Zest for everyone to read. Instead, I would like to use this meeting to assess where we are and where we are going as a club. It has been particularly frustrating this year to only have about 15% of membership present at our meetings and to have had to cancel our community service project due to lack of participation. We need you to tell us, the Board, what interests you, where we can improve and your concerns. Please take some time to jot down your thoughts for the meeting.

And finally, I hope all of you have a Wonderful Easter.  Linda Daus

June 27-July 1, 2014 - 2014 Convention Hotel Registration Now Open

You can now make your hotel reservations for the 2014 Zonta International Convention in Orlando, Florida, USA. The World Center Marriott, the site of the 2014 Convention, is the only convention hotel for the 2014 Convention. It is a self-contained resort with many activities for all ages. Although the hotel is within a 15-minute drive from many area attractions, there is no public transportation or routine shuttle service between the World Center Marriott and other local hotels; therefore, we recommend that you stay at the World Center Marriott for convenient access to all convention activities. For complete instructions on using the hotel registration, please click here to read more.
**SPRING IS COMING!**

Zonta Club of St. Louis is celebrating with a wonderful dinner.

**YOU are invited**

To the Hearth Room Café  
**APRIL 18, 6:00pm**

265 Lamp & Lantern Village  
Town and Country, MO  63017  
West of Hwy 141 and Clayton Road.

The menu features a choice of two delicious Entrees:

- Pork Tenderloin with Raspberry Chipotle glaze  
- Chicken Picatta

With Orange Almond Salad, Twice Baked Potatoes,  
Vegetable Medley, Rolls and Butter, Dessert  
Both Entree selections at $25.00

As we reflect on our inspirational membership meeting at Spazio’s (see page 4), let’s carry that momentum and join together to share ideas for how each of us, personally, want to meet the challenge of our Zonta Membership.

Let’s spend an evening developing relationships, reflecting on our accomplishments and setting goals. Bring your ideas and your enthusiasm!

RSVP with menu choice NO LATER THAN APRIL 11 to Jill Cooper  
jcooper@connerash.com or 636-536-37952.

**See you soon.**
**CALENDAR**

**April 4**  
- Board meeting at Conner Ash

**April 12**  
- Friends of St. Luke’s doctor’s luncheon. Contact Sue Adams  
  Executive Director of Development, St. Luke’s Hospital, 314-205-6230, sue.adams@stlukes-stl.com

**April 18**  
- Membership meeting – Spring Fling, see page 2

**May 1**  
- Membership dues payments due
- Jane M Klausman applications due from applicants

**May 14-17**  
- Zonta International & Foundation Board Meetings

**May 18**  
- Membership meeting – installation of Officers

**May 31**  
- Dues payable to District and International

**June 6**  
- Board meeting – transition to new Board members

**June 20**  
- Membership meeting with WAC students

**June 14-16**  
- Zonta International North American Inter-District Seminar. See below.

**July 1**  
- Jane M. Klausman application due to District Governor

**July**  
- No membership meeting

**Sept 20-22 ...**  
- District Conference in St. Louis

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**Zonta International North American Inter-District Seminar**

**Why you should Attend**  
Meet Zonta International Leaders and reconnect with Zontians from other Districts. Select from 16 workshops organized into 4 tracks: Leadership, Credibility, Visibility, Action plus presentations and an informative panel discussions led by distinguished Zontians. Refresh your commitment to improving the lives of women through Zonta and leave with great ideas, practical solutions and a renewed energy! **Register Today!**

**What you’ll Do**  
Engage ideas in workshops tailored to meet your needs; learn about how Zonta really works; take away useful tools to strengthen your club; raise the level of dialogue about how North American Zonta Clubs can successfully collaborate on membership, service and advocacy. **Learn more** about the workshops!

**Where you’ll Stay and Learn**  
Our meetings will be held at the newly opened **Scotia Bank Convention Centre** which is right across the street from our accommodations at the **Marriott Gateway on the Falls** - overlooking the spectacular falls themselves.

**Registration, Payment, Schedule Workshops & Details**  
Please visit **ZontaDistrict4.org**

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**Early Bird (Until 4/15)**  
~$210~

**Register Now**

**When**  
June 14 to 16, 2013

**Where**  
Scotiabank Convention Centre, Niagara Falls

**What**  
Meet Zonta International Leaders and reconnect with Zontians from other Districts. 16 workshops 4 tracks: Leadership, Credibility, Visibility, Action **Learn more**

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**APRIL  2013**  
**PAGE 3 OF 9**
You Just Had to Be There

By Rachelle Reeg

“Words cannot describe….” How often have you heard someone tell you about an event or an experience beginning with that phrase?

Finding just the right words to depict the depth of the atmosphere and ambience at the March Zonta Membership dinner meeting is quite a challenge. The warmth, the pride, the empathy, the gratitude and validation overwhelmingly whirled around that room. To hear the heartfelt appreciation from so many women touched by our club brought smiles, tears, laughter and true joy.

Teresa Quarles and Carla Bradley, staff representatives from the Weiman Center, explained the work they encounter every day with women and children in need of temporary housing. Carla specifically noted (with a few tears) the Christmas gift certificates we send for the clients, a bit different from the regular donations.

Former WAC recipient, Cindy Grochowski, now a special education teacher at Churchill School, guided us along her journey to fulfill her dream with her family and her career.

Myrta Vida, a participant at the UMSL Women's Networking Series and Girl’s Leadership Programs, shared her experiences with both the professional women and high school girls in these programs. She gave us quite a glimpse of these events and their influence on her own career path.

One of our young teen projects is the Z Club at the Marian Middle School whose administrators, Jessica Kilmade and Kaitlyn Sanders, informed us about the unique program there. Inez Guerro, one of their graduates and a recipient of a Zonta scholarship to St. Elizabeth's Academy, expressed her gratitude and that of her family for this opportunity. Tears appeared in the room from some of us as she said, “I am the first member of my family to finish high school.”

As a new member, Edith Holmes expressed her commitment and prayers for all of us as we work together to address the various needs of so many women in our area. She represents the ways in which individual members have initiated ways to help the girls and women in our programs.

President Elect Jill Cooper expressed the intensity of the pride she felt at being a member of Zonta realizing the complete story of our work and the many roads to success our efforts have produced. Our individual effort is small in comparison to the challenges in the lives of our recipients.

Thanks from all of us go to Miriam Schuchardt, Membership Director, and her committee--Sherrie Brown, Sherry Brooks, Cara Gannon, Nita Griffin, Liz Heitman, Edith Holmes, and Paula Kersten--for the careful planning presenting for all of us the panorama of Zonta in our community.

The reality of it all was awe-inspiring. You just had to be there.

Editor’s note: There’s another opportunity to share the good and join our fellow lovely women at the April membership meeting.
CONGRATULATIONS TO RACHELLE REEG

Rachelle Reeg was honored by Y’s Men International (Y Service Clubs) on International Women’s Day, per the following article. Debbie Redmond is also pictured, as one of the five women on the International Council.

Women in Y's Men International

Y’s Men International was founded as a luncheon club in Toledo, Ohio, USA in 1922. At that time, membership of the organization was reserved exclusively for men. The wives of the Y’s Men members were traditionally known as Y’s Menettes. While they could not be members of Y’s Men clubs, they soon began creating auxiliary clubs to the local Y’s Men’s Clubs and the first Y’s Menettes’ Club was established in 1924 in Vancouver, Canada. In 1972 the Constitution was amended to admit women as members of the Association. Soon after this decision, women began to fulfill senior leadership roles that had been the sole domain of men for more than 50 years.

In 1978, Ariani Brenner became the first female Regional Director (Midwest Region). The first female Area President and Council member, Edna Beckett (Latin America/Caribbean Area), was appointed in that same year. However, it would take a further 12 years until a woman would occupy the highest position in Y’s Men - International President.

Mrs. Rachelle Reeg, after serving as the first female president of Area USA in 1987, was installed as the first woman International President at the International Convention in Minneapolis, Minnesota, USA in 1990. She remains the only female to have served in this position.

In 1987-88, the decision was made to recognize the Y’s Menettes Movement as full partners of Y’s Men International and the growth of the Y’s Menettes organization accelerated worldwide. Since 1982, the Y’s Menettes have raised money to support a number of international projects and today a Y’s Menettes' Club is no longer an auxiliary to a Y’s Men's Club but has its own program to support the local Y’s Men's Club, YMCA and the community.

In 2013/14, five women will hold seats on the 21-seat International Council. While this is a modest figure, it is the highest female representation seen in the more than 90-year history of the Movement. They are Joan Wilson, Canada/Caribbean; Olga Vozchikova, Europe; Susy Mathew, India; Jennifer Jones, South Pacific and Debbie Redmond, USA (pictured at left.)

Although the name Y’s Men International has always been retained, the alternate name of ‘Y Service Clubs International’ was approved in 2009 and is now widely used, especially in English-speaking countries such as Australia, Canada, Kenya and the USA. In 2012/13, a proposal to change the name of the organization to ‘Y Clubs International’ was defeated in a club vote, however, the International Council approved a new official emblem with the words ‘Men’s Club removed.'
2012-13 Zonta Endowed Technology Scholarship
St. Louis Community College (STLCC)

(Contributed by Peggy Ashton)

Two women have shared the scholarship award for this year’s STLCC Zonta Technology Scholarship award for those pursuing nontraditional career fields by gender in technology.

Barbara Dishman is an Automotive Technology student at STLCC-FP who will graduate in May 2013. She is a single mom with 3 daughters, ages 19, 16, and 12. Her dream is that an education in automotive technology will help support and create a better future for her family. In the career field of Automotive Technology less than 1.5% of workers are women. An automotive technology graduate must have acquired about $3,000 in tools to qualify for the hiring process at most employers. The average starting salary for an automotive technician is $16 - $17 per hour. In her scholarship essay Barbara reported that the highest paying job she ever held paid $9.83 per hour as a manager at an auto parts store. In her thank you note to the Zonta Club of St. Louis she writes:

"Thank you, Zonta Club of St. Louis Members. When I started this program I never dreamed I would be awarded a scholarship, but you all have made my dream a reality. I am using the money to invest in some specialty tools that I can use to increase my potential as a new automotive technician. I look very forward to the bright future that I know myself and my children will benefit from because I have an education. Thank you, very, very much!"

Barbara dreams are large. She plans to work to stabilize her life and pursue her Bachelor’s degree in Automotive Technology and then a master’s degree in teaching. Her long term goal is to teach others what she has learned about repairing today’s highly technological vehicles.

Julie Duncan is a Biotechnology student at STLCC-FV. She is a single mother of two young boys with a degree in education/teaching certificate, with 15 years of teaching experience and formerly taught at Riverview Gardens. Her contract was not renewed when Riverview Gardens lost its accreditation. Since she has a bachelor's degree, she in not eligible for financial aid. Julie wrote

"This scholarship will alleviate some of the stress that I encounter when trying to juggle paying my bills, providing for my family and paying for tuition. I just want to be able to provide for my family and this scholarship will assist me in doing so."

CONGRATULATIONS BARBARA AND JULIE

WOMEN’S ANOTHER CHANCE COMMITTEE

The WAC Committee seeks member to start June 1 in secretary/archivist position, computer literacy helpful for record keeping responsibilities. Contact Chair Annette Lewis.
# NOMINEES FOR 2013–2014

## OFFICERS

<table>
<thead>
<tr>
<th>Position</th>
<th>Nominee</th>
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<tbody>
<tr>
<td>President</td>
<td>Jill Cooper</td>
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<tr>
<td>President Elect</td>
<td>Rachelle Reeg</td>
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<tr>
<td>Vice President</td>
<td>Barbara Meyer</td>
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<tr>
<td>Secretary</td>
<td>Nita Griffin</td>
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<td>Treasurer</td>
<td>Kim Prosser-Noonan</td>
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## DIRECTORS

### (one year term)

<table>
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<tr>
<th>Committee</th>
<th>Nominee</th>
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<tbody>
<tr>
<td>Finance</td>
<td>Julie Hardy</td>
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<td>Membership</td>
<td>Miriam Schuchardt</td>
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<tr>
<td>Public Affairs</td>
<td>Sharon Carmody</td>
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### (two year term)

<table>
<thead>
<tr>
<th>Committee</th>
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<tbody>
<tr>
<td>Service</td>
<td>Liz Heitman</td>
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<tr>
<td>United Nations</td>
<td>Norma Nisbet</td>
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<tr>
<td>Long-Range Planning</td>
<td>Pamela Abercrombie</td>
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## COMMUNITY GRANT AWARD

<table>
<thead>
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<th>Nominees</th>
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<tbody>
<tr>
<td>Laura Burton</td>
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<td>Uma Eachempati</td>
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<td>Lois Nowlin</td>
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## NOMINATING COMMITTEE

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<tbody>
<tr>
<td>Cheryl Bielema</td>
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<td>Charellise Coleman</td>
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<td>Betty Davidson</td>
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## INDIVIDUAL ACHIEVEMENT AWARD

<table>
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<tr>
<td>Edith Holmes</td>
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<tr>
<td>Norma Nisbet</td>
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<tr>
<td>Rachelle Reeg</td>
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Zonta International Foundation Team for the 2013 Bank of America Chicago Marathon

An exciting and challenging opportunity to improve the lives of women and girls is coming up in the next few weeks. For the third consecutive year, the Zonta International Foundation will have a team for the Bank of America Chicago Marathon. This year, the race will be on 13 October 2013. We encourage you to consider joining the team or supporting a team member to help us in our efforts to improve the lives of women and girls. As an organization, we are incredibly proud and thankful to our runners from last year for surpassing our fundraising goal of US$10,000. Through their efforts to not only train for a 26.2 mile race, but also fundraise, the Zonta International Foundation had an additional US$10,416 in funding to put toward Zonta International's projects.

While accomplishing our goal of raising US$10,000 last year, we look to continue our momentum in 2013. This year, we have set a team goal of raising US$15,000. Additionally, as we continue building the strength of our team, we hope to increase the number of participants running on behalf of the Zonta International Foundation to 10 runners. With raising the goal on both money raised and team members in 2013, we need help from every member of Zonta International. To begin, we are looking for interested runners. In the past, the running experience of members of the Zonta International Foundation Team spanned from those entirely new to the sport to veterans. In addition, runners are not limited to Zontians. If you know someone interested in running for our cause, please encourage them to join! With an increased number of runners, the potential to fundraise for the Zonta International Foundation only goes up. You can find additional information on joining on the team web page on the International website.

In addition to runners, every member of Zonta International is critical to have a successful 2013 Bank of America Chicago Marathon team. With a larger fundraising goal, we need financial assistance from Zontians and supporters of the organization to help raise more than US$15,000 for Zonta's projects that are helping prevent HIV/AIDS, making life safer for women in Central America, assisting women with obstetric fistulae, increasing awareness and prevention of gender based violence and offering financial benefits to women looking to further their education. It is through these funds that we can best make an impact to improve the lives of women and girls all over the world. Please consider giving to the team and make an impact this year.

Registration for the 2013 Bank of America Chicago Marathon opens on 19 February! Due to space limitations in the race, we encourage you to sign up early. Last year, the race sold out in seven days. If you want to sign up, we encourage you to try to do so as early as possible.

Thank you for your support of the 2013 Zonta International Foundation Team!

Sincerely, Zonta International Foundation

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2013 Bank of America Chicago Marathon

- Sunday, 13 October 2013
- Chicago, IL

[Race's Website]
SUPPLIES FOR HAITI

From: Bruce and Polly Holten <holten@charter.net>

To: Club Presidents and Sister Zontians

I have gotten a few requests from Clubs asking about items that are needed for Haiti. I have enclosed a list of items that are requested and that we would be able to take down with us. The biggest need is in jewelry supplies, threads and needles, and over the counter medications. If any of your members would like to donate items they can send them to me at: Polly Holten - 2447 Green Trail Dr - Jackson, MO 63755

Most of the items are small that can be shipped in flat rate boxes to avoid large shipping fees. Of course we will also accept cash donations. All of these can be tax deductible since they are going to 50(c)(3) organizations. We will send you a donation letter if you include your receipt or the total of your contribution. Please share these needs with your Club Membership. Any donations would be appreciated.

NOTE FROM LINDA DAVIS: Apparently Polly wants them sent to her via mail so that would be our responsibility to get it to her. Their trip is scheduled for May 4th so we would need to have the items there before that.

HAITI SUPPLIES

Sewing supplies:
- Cash to purchase sewing machines for the women’s group
- Thread, sewing needles, elastic, lace trim, buttons, sewing scissors, neutral fabrics, sewing machine needles, pins, patterns for children’s clothing, notions.

Jewelry Supplies:
- Glass beads – no plastic. Any size will work.
- Jewelry string- stretch plastic, wire gauge
- Jewelry findings – silver beads, silver clasps, crimp beads, spacer beads, toggle clasps, jump rings, earring wire, earring posts, keychain rings, lanyard hooks.
- Modge podge glue, water based varnish
- Jewelry making tools, guillotine paper cutters

Birthing Kits:
- Scalpels (usually donated from Dr offices)
- 4x4 gauze squares
- Hotel size bars of soap
- Rubber medical gloves
- Pint size ziplock bags

Needlework Supplies:
- Embroidery thread
- Embroidery needles
- Yarn (light weight)
- Knitting needles
- Embroidery Kits - ie: pillow cases, tablecloths, towels (not cross – stitch kits)

Medical Supplies:
- Children’s medications, Tylenol, pedialyte, acetaminophen, ibuprofen, anti-inflammatoryatories, antibiotic ointment, band-aids, children’s vitamins, adult vitamins, heartburn relief, antibiotics, cortisone cream, wraps, anti-fungals of any kind, anti-diarrhea medicine, tums, and anything else that you would use as over the counter medicine.