



# ZONTA CLUB OF FINDLAY, OHIO

P.O. Box 415 - Findlay, OH 45839-0415

## ZEE NEWS DECEMBER 2008

Mission Statement of Zonta International: Zonta International is a global service organization of executives and professionals working together to advance the status of women through service and advocacy.



Service Clubs'

### CHRISTMAS CELEBRATION

Tuesday, December 16, 2008

Findlay Country Club

Gather: 11:30 A.M.

Welcome and Service Sharing: 11:45 A.M.

Lunch Served: 12:00 Noon

Program: 12:30 "Good News" from St. Andrew's U.M.C.

You will have a choice of HAM or TURKEY Sandwich

With Minestrone Soup and Accompaniments

Dessert- Toasted Pecan Ice Cream Ball Cost: \$19.00

Altrusa will be your hostess for the day.

You will need to let Lois know if you can attend (include your sandwich selection) by December 2, 2008.

Lois Bell 419-422-0883 or wilobell@aol.com

You may want to bring extra cash for Raffles or CD purchase.



**NOTES FROM BARB WILSON:**

**TO ALL COMMITTEE CHAIRPERSONS:** Please copy me on your committee meeting dates. I would like to attend as many as possible.

**President's Message:**

Thanks to Missy Depinet for the great job on the 2008-2009 Membership Roster. That is a huge job well done. If you do not have a copy, I will bring some extras to the December 2, 2008 Business Meeting.

Please check the Zonta Website for some very interesting articles. [www.Zonta.org](http://www.Zonta.org). . Deb Bartlett submitted an article about our goal of 50 Members for our 50 Years, entitled How It Makes "Sense" to Increase Membership.

For access to the Zonta website Member Resources Pages, you need a Username and Password. The Username will be your membership number on the back of the Zonta Magazine that you get bi-monthly. I have a list of 14 members who are not registered and I can help them to complete that task.

Look for more information on the Christmas Luncheon which will be held at the Findlay Country Club on December 16th for a cost of \$19.00. The Altrusa Club is hosting this year and they will be sending an invitation soon. You will need to let Lois know if you can attend by December 2, 2008.

Merry Christmas to Everyone!

Dates to Remember:

November 18 -Noon— Program Meeting at Mazza Gallery UF

December 2, 2008 Business Meeting at the Findlay Inn

December 4, 2008 – 5:15pm Zonta Bd Meeting National Lime & Stone No Meeting on Thanksgiving Day

December 16, 2008 – Christmas Luncheon – Findlay Country Club \$19.00

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## Birthdays/Anniversaries for December

*Happy Birthday:* Suzy Nauert - 2nd, Kathy Natal - 15th, Jodi DeVore - 22nd,  
Roberta Howard - 25th -- *Anniversary:* Marge White, 1973

Cancellations -- Reminding everyone to please call me before 11:00 am on the Friday before a meeting if they are NOT going to be able to attend. Otherwise, they will be charged for their meal -- Please call Lois Bell, 419-422-0883. Committee heads, please send your meeting attendance to Jan Pevoar, they count toward perfect attendance! -- *Thanks, Lois, Attendance Chair*

January Newsletter Deadline is Friday, December 12th. Any items of interest for the Zee News should be forwarded to Deb Perkins at [debperkins@thecourier.com](mailto:debperkins@thecourier.com).

## Zonta Memorabilia Anyone?

Anyone who has any Zonta memorabilia that the Celebration Committee could use for the traveling displays and banquet display, please contact Kathy Creighton. Also, anyone with photos of past (recent or long ago) Zonta events or people who would let us have them or make copies, please let me know.

## ***CHRISTMAS NUT & CANDY SALE!***

Thank you to everyone who sold nuts and candy...it was a success. We netted \$1,356.98 for our general fund. Congratulations!!! If you have not paid for, or picked up your order, please do so at the Nov. 18 program meeting at the Mazza Museum. Thanks again to all who participated.



### ***Jan Pevoar Home***

After 13 days in the hospital and 12 more at Birchaven, Jan is back home at home continuing her physical therapy in order to build up her strength. She wants to thank everyone for their prayers and thoughts throughout her surgery and recovery.



### ***Holiday Anxiety . . . Is There A Cure?***

By Kathy Foust, Licensed Professional Clinical Counselor

The holiday season is a very stressful time of the year, which can rob us of the joy of Christmas. During this time, we may deal with problems concerning finances, schedules, commitments, family or health. Perhaps the following suggestions will help reduce holiday anxiety.

Focus on what the true meaning of Christmas means to you. Set aside a few moments during the days of shopping and baking to remember why we are celebrating. During those moments of relaxation, forget about the long lists of things to do and concentrate on the "real reason for the season!"

Boundary setting is an excellent way to avoid anxiety. A boundary is an invisible wall that can protect us physically, emotionally, mentally, and spiritually. Setting a financial boundary for spending will lesson the emotional anxiety in January when it comes time to pay the credit card bills. Making homemade gifts is a great way to give a gift from the heart that is also economical.

Making sure that you take time for yourself is very important. Sometimes the holiday schedule of parties and social gatherings can become overwhelming, and often there is stress because of family gatherings. Some down time for you will be beneficial.

Planning ahead is a smart way to avoid stress. Make a list of things you need to do, and then prioritize from the most urgent to the least urgent. Waiting until the last minute can cause some very anxious moments, so instead of putting it off until next week, do it today.

Lowering your expectations will save disappointments. We often have expectations centered on gifts, family, and parties which may not be realistic. Remembering to communicate openly with your family can help to keep your expectations in check and to avoid anxiety.

Proper diet, exercise and sleep go hand in hand for healthy living. There is a strong tendency to not take care of ourselves when we get to busy. If we are going to lesson anxiety we must not neglect our health needs. This means we need to take care of ourselves physically, emotionally, and spiritually.

In order to enjoy the holidays more, these suggestions need to become a part of our lives and practiced not only during the holidays, but all through the year.

**Have a wonderful and safe holiday season!**

## *Z Club*

Barb and I have enjoyed working with the kids and getting to know them. They are really an amazing group of kids. Most of these students are involved in numerous outside activities, both sports and volunteering.

The Z Club has been busy this month with the following projects:

- Scavenger Hunt – Collected 19 large boxes of food and personal hygiene products for the Chopin Hall, as well as, collected 5 large boxes of pet toys, dog chews and paper products for the Humane Society.
- Make a Difference Day – Raking leaves for the elderly.
- Thanksgiving – Baking bread to assist feeding the needy on Thanksgiving Day.
- UNICEF – Trick or Treated for UNICEF – Collected \$238! The club will round that up to donate a total of \$250!
- Middle School Bake Sale – Baking cookies, pies, puppy chow and Buckeyes to raise money for a family in the community that has Cancer or has some other major illness.
- Talent Show – Liberty-Benton High School is holding their annual talent show, many of which are performing. Z-Club members donated home-baked cookies and punch, as well as, worked the concession stand to raise money for Relay for Life.
- Jump Rope for Heart – Volunteering to help with the Middle School Jump Rope for Heart fundraiser.
- Canned Food Drive – Collecting canned food for the Salvation Army. Local schools compete every year against each other to see who can collect the most pounds of food. This year's goal is 8,000 pounds of food. Last several years LB has won the competition. The winning class is treated to pizza and the whole school is treated to a Winter Fun Day.



### *60-Second Updates:*

Our featured 60-second speakers at business meetings  
for the following months will be:

December: Ann Brossia --- January: Renee Perry --- February: Kim Trautman  
Those interested in slots for the rest of the year, please contact Melinda at  
pydia@aol.com or 419-427-2335.



### *About Zonta*

Zonta International is a global organization  
of executives and professionals working together to advance the status of women worldwide  
through service and advocacy. Nearly 33,000 members belong to more than 1,200 Zonta Clubs in 67  
countries and geographic areas.

Our Issues and Programs \ If poverty, HIV/AIDs, illiteracy, violence and human trafficking had  
a face it would be female. The world's plagues are rooted in gender inequality, and the only  
common solution is the empowerment of women.

Zonta International is on the front lines of global and local efforts to help women overcome  
barriers to equal education, health care, legal rights, credit and employment through education,  
service and advocacy programs funded by the Zonta International Foundation.

#### Fast Facts

- 70 percent of the 1.3 billion poor are women.
- Two-thirds of illiterate adults are women and two-thirds of children not in school are girls.
  - 60 million women are "missing" because of gender-based violence.
- Every year an estimated 4 million women and girls are bought and sold worldwide.
  - Today, 7,000 women and girls will contract HIV.