



Zonta Club of Marietta

P.O. Box 240 Marietta, Ohio 45750

August 2008 Newsletter

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By Carrie McNamee, Newsletter Committee

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Visit These Websites

www.zonta.org
Zonta International Website

www.zontamarietta.org
Marietta Zonta Club Website

Feature Story...

The Essentials of Overall Health

Many people are fooled by the common fad diet that comes out and promises rapid weight loss. However, there are many ways to lose weight in a healthy manner, and keep the weight off for good. The body may be a complex matter, but maintaining a healthy lifestyle doesn't need to be. There are five main concept areas that everyone needs to have a foundation in, and then three subcategories that are beneficial to know.

Step 1: Eat more complex carbohydrates.

The first of five areas that everyone should become familiar with is carbohydrates. Carbs have mistakenly been given a bad reputation with the Atkins and South Beach diet that has become another fad. There are simple carbohydrates and complex carbs. Simple carbs are the unhealthy ones that leave us unsatisfied, and craving more food. Some examples of simple carbs include white flour, white bread, potatoes, and sugar. Anything white is often referred to as the "white death". Make a healthy switch in your life, take everything that you eat that is white, and turn it into wheat or whole grain. You will be on your first step to living a healthy lifestyle. It is effortless, and over time you will never notice a difference. Complex carbohydrates, such as sweet potatoes and fruits offer healthy benefits. They release slowly in the body, keeping us full, often times offer high amounts of fiber, and do not make the blood sugar rise rapidly, which is what makes us hold onto fat.

Step 2: Add healthy protein and a multi-vitamin to your daily routine.

Step number 2 is a lesson in protein. Protein is often thought of as something that only weight lifters need to supplement in, however in actuality every person that is physically active needs approximately 1 gram of protein per pound of body weight. For example, if you are an active woman who weighs 140 lbs. then you need to obtain 140 grams of protein in a day's time. This may sound like a lot but protein is surprising in large amounts in things that you already consume. Protein releases over an extended period of time in the body, keeping us fuller throughout the day, and helps strengthen not only our muscles, but also our hair, skin, and nails. Protein along with a great multi-vitamin is essential for everyone. Grilled chicken is a great food example for protein because a small serving can equal up to 20 grams of protein! You can also purchase healthy protein bars and protein powders to add to your diet.

Step 3: Incorporate essential fatty acids.

Step number 3 is the dreaded fat! Fat is always considered a bad thing when women talk about dieting, however adding a certain kind of fat into your diet, can actually help you lose weight. The body needs a balanced amount of Omega-3 fats and Omega-6 and Omega-9 fatty acids. When the body has a balanced amount it can function properly. Many people take a supplement for the essential fatty acids because it is hard to consume all of them from your diet, the body does not manufacture all essential fatty acids. Trans fat and saturated fats are the unhealthy fats that you consume from different foods, and they can clog the arteries and make you gain or hold fat. Monounsaturated and polyunsaturated fats are the healthy fats that can be found in nuts and fish, and they help lower the level of cholesterol. Essential fatty



Listen up....

acids are not only used to help maintain body weight, but they are also critical for brain and retina development, balanced mood, and energy production.

Step 4: Get lots of fiber!

Step number 4 is one that people tend to be more familiar with: fiber. The general recommendation is for everyone to get 25-30 grams of fiber daily. Fiber is mainly found in vegetables, fruits, and legumes or beans. The average person gets nowhere near enough fiber everyday. There are fiber capsules available, but make sure that you research a company before buying fiber supplements so you know exactly what you are getting. Fiber is what helps our food move through the digestive system. Some people, who have troubled digestive systems, can hold weight due to having no or little bowel movements. In some cases some forms of a total body detoxify could be helpful to cleanse the body before starting a new diet regime.

Step 5: Drink water regularly.

Step number five is essential in so many ways, and I hope everyone is familiar with water. Water is something that we often take for granted and don't realize the great benefits that it has for the body. Water is essential for cleansing the body daily, and keeping our body "quenched". Adults should drink 40-60 ounces of water, but if you are active in any way you should consider getting upwards of 72 ounces each day. Also, do not wait until you are thirsty to drink water, by the time that your body signals that you are thirsty you could be mildly dehydrated. You should aim to drink on water all day long.

These are just five main areas to consider when trying to live a healthy lifestyle and staying fit and active. There are a few other things to also learn more about; organic foods and their benefits, whole food diets, and acidic levels in the body.

Committee News:

Membership Committee

It is that time of the year for Intercity dinner and this year, Tanya and her committee has put together a wonderful location at Marietta College with Chartwell catering-Yum! What a perfect time to invite a guest to attend a social gathering and a great time for us all to catch up with one another! (and of course to refrain from our cooking!)

Before the Fall really sets in and takes over, let's all celebrate and try to fit into our schedules an evening to network, gather and invite a potential member to see what Zonta is all about!

The membership committee is putting together materials and some great ideas to increase our numbers and a goal for our club to attain 5 new members this year!

It is the responsibility of our committee to put forth the effort to provide opportunities for the membership to entice and attain new members.

We do not have many social times to do so and this dinner will be a perfect function!

So please try, think of at least one potential member you know or have thought of in the past to invite. If you do not have time to contact and arrange a meeting- please just pass the names along and we will do so!

This is going to be a great year for Zonta for service, and for our membership!

Archives

Martha Crock, Archives Chair, has asked that the following information be put in the newsletter. Remember Archives is important because it helps us track our history as a club. Please remember to "clean out" files if needed before passing along to the next person. All information is to be stored in archives, located above Teri Ann's. If you have boxes of "Zonta stuff" at your house please contact Martha as it needs to be sorted, stored or tossed.

Here's the Scoop...



Spread the News
and Mark your
Calendars!



Here's what our members are doing...

Dues Information

Payment Plan

Zonta members will have the option to make quarterly dues payments. Please note it is your responsibility to remember to make payments, you will not receive a reminder. Full dues payment must be received by April 1, no matter if you use the payment plan or not.

The first dues quarterly payment could have been paid June 30, 2008

Service Committee

This year, the Service Committee started encouraging everyone who volunteers for a Club approved project to complete a Project Evaluation Form to let us know how valuable your experience was to you as a volunteer. We use the information you share to evaluate the extent of the Club's participation in both current and future projects. So far, your comments have strongly indicated we are on the right track and your suggestions have been very valuable in planning new and upcoming activities.

The Service Committee recently revised the survey to allow ample room for written comments, which we found more helpful than a simple number grade. A copy of the new form is attached to the bottom of the newsletter.

Request for Pictures

I need any digital photos of Zonta for our website- please email to Pam Holschuh at designsbypam@hotmail.com

Zonta Website Up and Running

Attention all members: Our website is up and running and available for all to use. Please make sure to include it in ALL PR for our group, it has the Zonta Zing posted on it and any new potential members should hit the site for more information. Please use this valuable site! www.zontamarietta.org

Also please make a special note for these e-mail addresses. So we do not have to keep changing everyone's email address or who the chair will be, these are standard e-mail addresses that are on the website for people visiting to send questions, correspondence and PR through and it will not junk up your current e-mail. You can access hotmail from anywhere and all of the Chairs should make a note to check frequently.

Here they are:

President: zontapresident@hotmail.com

Membership: zontamembership@hotmail.com

Fund Raising: (including Unique Boutique) zontafunds@hotmail.com

PR: zontapr@hotmail.com

Service: zontaservice@hotmail.com

Scholarship: zontascholarships@hotmail.com

Pam will e-mail the password. If you need the password please contact Pam H. designsbypam@hotmail.com

From the President:

[Traci Stotts](#)

You should have all received your official "call to conference" in the mail for this year's District 5 Fall Conference. It will be held on October 17-19 and will be hosted by the Zonta Club of Louisville. The name of the conference is "[Zontians Winning Thru Service and Advocacy](#)". Please mark your calendars for this fun and exciting weekend with fellow Zontians. A fall conference is a wonderful way to help us as individuals and as a club, get excited about what Zonta is all about. From my experiences at the conference last year...it makes you realize that we are a part of something much larger than just our club!

Please let me know if and when you decide to make your reservations for the conference, so we can all make arrangements for rooming and driving together if you like. Besides...don't we all deserve a weekend away!

Traci

Member News:

Upcoming Events and Announcements:

Annual EVE Auction

The Annual EVE Auction will be held on Friday, August 22 from 6 pm- 11pm at the Lafayette Hotel. There will be a silent auction, live auction and dance. Cost of tickrt is \$15 per person. All proceeds will benefit EVE, Inc. If you would like to volunteer please contact Molly Varner 4237wmh@embarqmail.com

InterCity/International Dinner

The International/Intercity Dinner will be held Thursday, August 28, 2008 at 6:00 pm. This dinner will be hosted by our club this year. The dinner will be held at Marietta College. The cost is \$16.00. The Dinner buffet will include salad, Sauteed Chicken Picatta, Stuffed Ricotta Shells, Wild Rice, Fresh Vegetables. Please contact Tanya Judd-Pucella by August 21 if you plan to attend the dinner tjoo2@marietta.edu or 740-350-6808. Speaker will be Renee Steffen.

Young Emerging Leaders (YEL) will host Dinner Cruise

The Young Emerging Leaders will host a dinner cruise on Friday, September 19 from 7 pm- 9pm. The cost of the ticket is \$20 per person. The 2008 Faces of the Future will be honored. Entertainment will be provided by Darby K. If you would like a ticket for the event contact Mike Archer archerm@pioneerpipeinc.com, Traci Stotts tstotts@pickeringusa.com or Carrie McNamee cmcnamee@wmcap.org

Congratulations- Desni Crock and Traci Stotts

Desni and Traci were both named as "Faces of the Future" by the Marietta Times in July 2008. Along with 15 others, Desni and Traci were noted as young professionals who not only work in the community but also give back. Congratulations!

Washington County Fair

Mark you calendars for the Washington County Fair. The Fair will be held August 30-September 2. The cost is \$8.00 per person. The fair parade will be held August 30 and will begin at 10 am

Ohio River Sternwheel Festival

The Ohio River Sternwheel Festival will be held September 5- September 7. Don't miss the fun and the excitement of the festival. Visit mariettaohio.org for more information.

Call to Conference

The Zonta International District 5 Fall Conference will be held October 17-19, 2008 in Louisville, KY. The conference will be held at the Galt House Hotel and Suites. The

conference will be hosted by the Zonta Club of Louisville. Early Registration deadline is September 19.

Renee Steffen, Americorp Vista

On June 6 Renee Steffen gave her year-end presentation on her efforts as an Americorp Vista, working under the sponsorship of Marietta College as part of the Ohio Campus Compact. In the audience were fellow VISTAs, Marietta College staff and persons representing groups with whom she had worked. Among the Zontians present were Tonya Judd-Pucella, her immediate supervisor, and Molly Varner and Rose Marie Thomas. Renee, who was also featured in the Marietta Times as a "Face of the Future", was congratulated personally by Marietta College president, Dr. Jean Scott, at the conclusion of the program. Renee has helped recruit students at Marietta College outside of the leadership program to provide volunteer service to the community, including assistance with Zonta events.



Change for Change:

Remember to bring your loose change to the Board and Business meetings to put in Kim's jar for the "change for change" campaign.

Zonta Meetings:

The next **Board Meeting** will be September 11, 2008 – Lafayette Hotel 5:30pm**

*** (Board members don't forget to e-mail your dinner request to Carrie, cmcnamee@wmcap.org)***

The next **Business Meeting** will be held September 11, 2008 – Lafayette Hotel 7:00pm

**Zonta Club of Marietta and Environs
Service Committee Project Survey Sheet
What we do really does matter!!**

Title of Project: _____
Date of Project: _____ Hours Volunteered: _____
Name(optional) _____

The Service Committee hopes your volunteer experience was enjoyable and rewarding. To help us evaluate how well this project supports our mission and provides satisfaction for our members, please take a moment to answer the following questions and return your responses to a Service Committee member.

On a scale of one (1) to five (5), please rate your experience with the project noted above:
1 = strongly disagree; 2 = disagree; 3 = neutral; 4 = agree; and 5 = strongly agree.

For scores of 3 or less, please provide an explanation.

1. _____ This project supported the needs of women and children.

2. _____ The project committee was organized and prepared.

3. _____ The project/my volunteer shift began on time.

4. _____ My volunteer efforts were appreciated.

5. _____ My volunteer time was used wisely and well.

6. _____ There were enough community volunteers to adequately complete the project in the time allotted.

7. _____ Zonta should continue to support this project next year.

8. _____ Zonta should continue to support this project and provide additional volunteer services to the organizing committee throughout the year.

Please use the back of this sheet to add any comments you feel pertinent
and/or which will assist the Service Committee in future planning.