



Zonta Club of Newark

Member of Zonta International

**Volume 3
Issue 4**

The Zontian

**March/April
2009**

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Officers

President—Becky Shoults

Recording Secretary—Jo Ann Darnes

Treasurer—Kathleen Crowley

Parliamentarian—Joan Wine

Board Members—Diana Myers, Christy Williams, Phyllis Penick

Vice-President—Nasie Gallagher

Corresponding Secretary—DiAnna Green

Past President—Donna Buchanan

February Speaker

Terry McConnell from Licking Memorial Hospital talked to us about Heart Health. Heart problems are the number 1 killer of women, not cancer as many people believe. The hospital has several programs to help women understand how to overcome heart health problems.

March Speaker

Michele Layman from Hospice of Central Ohio spoke to us about how Hospice works, and all the programs they have to help people to deal with illnesses & death. She also explained how the woman embezzled from Hospice even though they had 3 or 4 audits in that time frame. They have now fixed the problem and have formed a foundation to handle all fund raising & donations.

Officers Elected for 2009-2010 Year

On Thursday, April 9th, members voted on next years officers. Elected where: Becky Shoults, President, Nasie Gallagher, Vice President, Jo Ann Darnes, Recording Secretary, DiAnna Green, Corresponding Secretary, Christy Williams, 2 Year Board Member, Linda Dimon, 2 Year Board Member & Mary Brown, 1 Year Board Member. New officers will be installed at the May 28th meeting by Club President, Becky Shoults.

Member News

Laurie Wells—would like to Thank everyone who purchased a cookbook for her daughter, Jordon, People to People's trip.

Remember This Date--

At 5 minutes & 6 seconds after
4 am on the 8th of July, this year,
the time & date will be:

04:05:06 07/08/09



Zonta Birthdays

Donna Buchanan—June, 1992

DiAnna Green—June, 1992

Sue Henry Mounts—June, 1999

Phyllis Penick—June, 1989

Beth Sundgaard—June, 2001

Joan Garrett Wine—June, 1972 Charter Member

Dorothy Zerger—June, 1972 Charter Member

Important Dates to Remember

Board Meeting—May 7th, June 4th

Club Meeting—May 14th & 28

Champagne Luncheon & Style Show—May 1, 2009

Picnic—June ??

District Conference—Oct. 16, 17, 18, 2009, Toledo, Oh



Members Birthdays

- Mary Brown—May 17
- Nasiee Gallagher—May 5
- Phyllis Penick—May 24
- Laurie Wells--June9
- Sandy Warner—May 4th

Name Badge

At the Area Meeting I was informed that name badges are to be worn on the right side and all other badges or pins are to be worn on the left side. When you shake someone's hand you shake the right hand and in doing so you are looking at the person's right side.

Comparison of events

The following chart compares the amazing coincidences in the deaths of Lincoln and Kennedy.

| Lincoln | Kennedy |
|---|---|
| Lincoln was elected to Congress in 1846 | Kennedy was elected to Congress in 1946 |
| He was elected President in 1860 | He was elected President in 1960 |
| His wife lost a child while living in the White House | His wife lost a child while living in the White House |
| He was directly concerned with Civil Rights | He was directly concerned with Civil Rights |
| Lincoln had a secretary named Kennedy who told him not to go to the theater | Kennedy had a secretary named Lincoln who told him not to go to Dallas |
| Lincoln was shot in the back of the head in the presence of his wife | Kennedy was shot in the back of the head in the presence of his wife |
| Lincoln shot in the Ford Theatre | Kennedy shot in a Lincoln, made by Ford |
| He was shot on a Friday | He was shot on a Friday |
| The assassin, John Wilkes Booth, was known by three names, comprised of fifteen letters | The assassin, Lee Harvey Oswald, was known by three names, comprised of fifteen letters |
| Booth shot Lincoln in a theater and fled to a warehouse | Oswald shot Kennedy from a warehouse and fled to a theater |
| Booth was killed before being brought to trial | Oswald was killed before being brought to trial |
| There were theories that Booth was part of a greater conspiracy | There were theories that Oswald was part of a greater conspiracy |
| Lincoln's successor was Andrew Johnson, born in 1808 | Kennedy's successor was Lyndon Johnson, born in 1908 |



Recipe of the Month

National Garlic Day is April 19th

On April 19th, we celebrate the wonders of the "stinking rose" - Garlic! Check out [this link](#) for more information on the health benefits and useful facts about garlic, and then whip up this delicious seasonal and fresh Chicken & Asparagus Risotto Skillet!

Ingredients:

| | |
|---|--|
| 1 tbsp olive oil | 2 cups milk |
| 1 lb boneless, skinless chicken breasts | 1 cup chopped onion |
| 1/2 tsp salt, divided | 2 oz grated fresh Parmesan cheese (about 1/2 cup packed) |
| 1/4 tsp coarsely ground black pepper | 2 garlic cloves, pressed |
| 1 can condensed cream of chicken soup | 1 tbsp lemon zest |
| 1/2 lb fresh asparagus spears, cut into 1 1/2-in. pieces (about 2 cups) | 2 cups uncooked instant long grain white rice |

Directions:

1. Heat oil in Stainless (10-in.) Skillet over medium-high heat 1-3 minutes or until shimmering. Dice chicken into 1-in. pieces. Combine chicken, 1/4 tsp of the salt and black pepper in large bowl; toss to coat. Cook chicken 4-5 minutes or until no longer pink in center. Remove chicken from Skillet; set aside.
2. Return Skillet to heat; add soup, asparagus, milk, onion, cheese, garlic, zest and remaining 1/4 tsp salt. Bring to a boil; reduce heat to medium-low and simmer 3 minutes. Stir in rice and chicken. Cover; let stand 5 minutes.

Yield: 6 servings Nutrients per serving: Calories 580, Total Fat 15 g, Saturated Fat 6 g, Cholesterol 90 mg, Carbohydrate 65 g, Protein 43 g, Sodium 1190 mg, Fiber 3 g

©The Pampered Chef, Ltd. 2009 - This recipe was developed and tested in The Pampered Chef Test Kitchens by professional home economists.



News articles need to be submitted by June 15th for the May, June Newsletter. Also need recipes and other news worthy items.

E-mail or call Jo Ann Darnes.

