



Zonta Club of St. Paul
Member of Zonta International
Advancing the Status of Women Worldwide

Zonta Paul

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<http://www.zontastpaul.org>

Greetings!

Our beautiful fall weather continues, and the little trick or treaters had a mild night to go out ringing doorbells for treats. We all recall those times when we wore so many rain and/or snow winter clothing, hats, gloves and boots that no one could even see, much less ooh and ahh over our costumes.

November 2nd also marked the end of the mid-term election campaigns and now we can look forward to the upcoming holidays, free from the political attack ads and mostly negative campaigning. We vote in Precinct 1 in Shoreview and the election judges there had seen just over 550 people at 2 p.m., which they did not consider a good turnout. Perhaps everyone was waiting until they were on their way home, or had even voted absentee ballot. In any case, we can't blame the weather this year!

We had a great turnout to hear Gayle Anderson talk about her experiences in Qatar and Muslim women she had come to know as friends and co-workers. It was very interesting and I am sure she barely skimmed the surface of her experiences. Her presentation gave us personal glimpses into these women and their lives. It was encouraging to learn that women in Qatar and the UAE were given many opportunities to educate and excel in all types of occupations. We hope that Gayle will be able to join us again in the upcoming months and year.

Also many thanks to Pat and Carole for hosting our meeting at Eagle Crest. It is a lovely facility, we had good food and conversation, and the chapel meeting room worked very well for the presentation. Thanks again!

Our November meeting is at the Ridge Room, which is in Phyllis's and Erma's condo building at 334 Cherokee Avenue, St. Paul, MN 55107. If you are coming from down town St. Paul, go south across the river on the Smith Avenue Bridge (high bridge)

and turn left on George Street West at the light. Then turn left on either Manomin Avenue or Orleans Street (1st and 2nd streets after turning on George Street) and drive two blocks to Cherokee Avenue. Turn right and you will see their condo building. There is plenty of parking in the attached visitor parking area behind the building. The Ridge Room is down stairs. Since the building is a security building, Phyllis and/or Erma will be waiting for us to let us in.

Plan on arriving around 3-3:30 to work on our service projects. We will have an early dinner (5:30 or so) and then we would wrap up afterward. If you can't make it for the work session, and want to come for the dinner, please do so. We will be making the fleece blankets and the soup mix project.

If you have any toiletry items, prepackaged goodies, and other stocking stuffer items that you could donate for our Holiday Bags, please bring them to the November meeting. We will be scheduling a date and place to assemble these bags. We already have some items, such as crayons, pencils, pens, etc. and some toiletry bags and soaps/shampoos. We will plan on doing a shopping trip the day of the Holiday bag assembly, which is usually done the first part of December.

These Holiday Bags are greatly appreciated by the MVNA staff. They are given to families who would not have anything else during the holidays.

Please let Dorothy know whether or not you are planning on attending the November meeting. Phyllis and Erma need to know how many of us there will be. Let Dorothy know by Friday, November 12th. If anyone needs transportation, please let Dorothy know or give me a call.

Also, if you have a good pair of sewing shears, please bring them to the meeting.

Altrusa Speaker Event in October

Romelle and I attended the Altrusa presentation by MaryBeth Doyle about her four weeks in Kenya working with the Grandmothers' Circle. It was an enlightening presentation and another fun get-together with the St. Paul Altrusans.

December 7, 2010 Holiday Get-together

Our December Holiday meeting will be at Becketwood at Dorothy's on Tuesday, December 7th, 2010. Plan to arrive around 5:30 or so. Dinner will be at 6 p.m. Dorothy said there is a new chef who is very good; I am sure that she will select a delicious menu for us for that evening. Cost will be \$20. Please let Dorothy know as soon as possible so that Becketwood has ample time to plan for our party. This is also a nice event to bring friends and guests to get to know more about Zonta and our club. The deadline to RSVP is Friday, December 3, 2010.

January Meeting

Our January meeting will be at Janet's on Tuesday, January 25th. More info later.

Zonta International News

Zonta International Foundation (“ZIF”) entered into negotiations with the UN agencies that will manage the 2010-2012 projects. ZIF will be working with UNICEF for the Prevention of Mother-to-Child Transmission of HIV and Gender Based Violence in Rwanda projects. The remaining four projects are to be delivered by UNIFEM part of UN Women and UNFPA. UNIFEM is in the midst of a merger into the new UN Women organization which has delayed negotiations. ZI is still in negotiations with UNFPA for the obstetric fistula project.

- Elimination of Obstetric Fistula and the Reduction of Maternal and Newborn Mortality and Morbidity in Liberia UNFPA
- Safe Cities for Women in Guatemala City, Guatemala and San Salvador, El Salvador UNIFEM part of UN Women
- Comprehensive Strategy to End Burns Violence against Women in Cambodia, Nepal and Uganda UN Trust Fund/UNIFEM part of UN Women
- Security and Empowerment for Women and their Families: Ensuring a Gender-Responsive Humanitarian and Early Recovery Response in Haiti UNIFEM part of UN Women

Zonta International has a new Executive Director. His name is Jason Friske. Jason Friske started as the Director of Member Services and has, for the past five months, been Acting Executive Director. In this most recent assignment, he has given proof of being an excellent and capable manager.

His organizational skills, as well as his knowledge of state of the art office technology, were most valuable when Headquarters was moved from downtown Chicago to the Oak Brook offices. Most of all, thanks to his qualities as a leader, Headquarters can today rightfully claim to have competent and dedicated staff that together with Jason act as a team, eager to meet the needs of our members and keen on promoting the goals of Zonta.

Jason Friske has considerable experience with the management of not-for-profit-organizations, having worked for more than nine years in association management. The Board trusts that the decision to further build on Jason Friske’s qualifications as a successful not-for-profit professional, his drive, creativity and strong commitment to our mission will

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be most beneficial and help us to lead Zonta into a great future.

I have had some contact with Jason this past year when our member dues were lost. It took several months to straighten out this problem and we can credit Jason with helping us. I think ZI needed someone with organization skills as well as someone who works well with members and as part of a team.

We have gotten more news updates and correspondence from ZI in the past 6 months than we have gotten in the prior 10 years.

Correction from ZI: Apparently the increase in new member dues and application fees was not voted upon at the International Convention, so that increase will not be effective for another year or two, according to ZI e-mail sent this past month.

"Web Sites to Remember"

Zonta International
<http://www.zonta.org>

Zonta District 7
<http://www.zontadistrict7.org>

The Jeremiah Program
<http://www.jeremiahprogram.org>

Minnesota Visiting Nurse Agency Club 100
http://www.mvna.org/club_100.htm

Minnesota Women's Consortium
<http://www.mnbusinesswomen.org>

Poinsettia sales – it is not too early to start thinking about this fund-raising project!

Enclosed are the poinsettia sales and greenery sales forms and orders, along with the basic instructions on ordering the flowers and/or arrangements. There are also wreaths and swags, which are very nice. Orders can be placed starting November 15th.

Let's all try to make this a good money making project to fund our service projects. This is the only money making event that we sponsor during the year. Any questions, see Judy or me.

Scholarships, Scholarships, Scholarships

Carole has agreed to work on the Scholarship committee for our Foundation scholarships. As you may recall, we have \$500 of scholarship money available to Humboldt High School Student who pursues a post secondary degree and over the past several years have had gifts so that we now have close to \$1900 available for scholarships.

We do not have any formal applications, requirements, etc. for applying for the scholarship money. We need two more members to help Carole with this project. We would like to have the scholarship information available so that we can award some of the money this coming spring.

Minneapolis Fund Raising Event -

Minneapolis is hosting their 22nd annual Holiday Fund raising event at International Market Square, on Sunday, November 14th from 10:30 a.m. to 3 p.m. Cost Is \$40 per ticket and includes lunch and entertainment along with a fashion show. They will have raffle tickets and a silent auction. It is a fun event, so if you haven't attended in the past you might just want to go this year. Call 612-749-7481 for further information.

Upcoming Birthdays!

Pat – November 3rd
Joan – November 15th
Dorothy – November 21st



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Interesting November Holidays and Events!

American Diabetes Month (November 1-30)

American Diabetes Month is designed to communicate the seriousness of diabetes and the importance of proper diabetes control and treatment to those diagnosed with the disease and their families. Considering that this disease is fast becoming an epidemic, especially among our children, it is important to be knowledgeable in the disease and how to prevent it, if possible.

Throughout the month, the American Diabetes Association holds special events and programs on a variety of topics related to diabetes care and treatment.

Eating low glycemic index foods such as peanut butter, yogurt, beans and broccoli along with a diet high in cereal fiber can significantly reduce the risk of non-insulin-dependent diabetes in women, according to a new Harvard School of Public Health study recently published in the Journal of the American Medical Association.

Peanut Butter Lovers' Month (November 1-30)



Celebration of America's favorite food and #1 sandwich. Peanut butter is one of America's favorite foods. Found in about 75% of American homes, peanut butter is considered by many to be a staple like bread and milk. While the traditional kid and comfort food favorites - pb&j's and criss-cross cookies - remain favorites today, peanut butter is all grown up when used in savory sauces for pasta, meat and vegetables. There are many claims about the origin of peanut butter. Africans ground peanuts into stews as early as the 15th century. The Chinese have crushed peanuts into creamy sauces for centuries. Civil War soldiers dined on 'peanut porridge.' These uses, however, bore little resemblance to peanut butter as it is known today.

In 1890, an unknown St. Louis physician supposedly encouraged the owner of a food products company,

George A. Bayle Jr., to process and package ground peanut paste as a nutritious protein substitute for people with poor teeth who couldn't chew meat. The physician apparently had experimented by grinding peanuts in his hand-cranked meat grinder. Bayle mechanized the process and began selling peanut butter out of barrels for about 6¢ per pound.

Show your Peanut IQ by sharing some of these fun facts with your friends this month:

- **Peanuts are not actually nuts at all! They are legumes, like beans, peas and lentils.**
- **Americans eat 3 pounds of peanut butter per person every year. That's about 700 million pounds, or enough to coat the floor of the Grand Canyon!**
- **Peanuts may be a favorite food, but we've found many uses for their shells too! You might find peanut shells in kitty litter, wallboard, fireplace logs, paper, animal feed and sometimes as fuel for power plants!**
- **Two peanut farmers have been elected President of the United States: Thomas Jefferson and Jimmy Carter.**
- **One acre of peanuts will make 30,000 peanut butter sandwiches.**

<http://www.peanutbutterlovers.com/>

Dates to Remember:

- November 16th – Zonta St. Paul Meeting
- November 25th - Thanksgiving
- November 25th – International Day for the Elimination of Violence Against Women
- November 25th – December 19th – 16 Days of Activism Against Gender Violence
- December 1st – World Aids Day
- December 10th – International Human Rights Day

Hope to see you all at the November and December meetings!

Peggy