



The Arlington Food Assistance Center (AFAC) is low on cereal, pasta, peanut butter and other food items. Please bring your donation to the meeting. **Please be generous.** 219 pounds have been delivered to date.

A BUSINESS MEETING

The Zonta Club of Arlington Area invites you!

- Date:** February 28, 2015 (4th Wednesday)
- Social:** 6:30 PM (cash bar)
- Meeting:** 7:00 PM
- Speaker:**
- Where:** Curious Grape (Shirlington)
2900 South Quincy Street
Arlington, VA 22206
703-671-8700

Reservations for the Business Meeting

Betsy Reilly coordinates our reservations. Please call or email Betsy (BX2Reilly@msn.com) by Sept 7th before the meeting. If you make a reservation and cannot attend the meeting, please advise Betsy.* Guests are welcome.

Board of Directors' meetings are held monthly before the business meeting. If you are interested in being on the distribution list, let Nancy (nramsay2@gmail.com) know.

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My Fellow Zontians,

President's Corner

First things first – With all of this frigid weather we have been having think about both homeless people and of children who are at home with little to eat absent their school breakfasts and lunches. Please keep this in mind as you bring your food donations to our meeting this month, Our contributions to AFAC do make a difference.

While one the subject of food, a merry band of Zontians provided Dinner with Friends at Doorways last week. Thanks so much to everyone who participated and/or donated food for this event. Janie once again pulled things together with expert precision and our team performed flawlessly in executing this activity. This is a wonderful hands-on bonding activity among our members. Marty has listed other hands-on activities in the newsletter, and we hope to expand these opportunities!

As Alina's last belongings were loaded by the movers, the long lost box containing the club gavel, President's pin, and some ceremony supplies was discovered under a bed. Thank you to Marty who was able to take possession of the box for us. You never know what long lost items you will find when you move!!

We have a lot of activities coming up in the next few months:

International Women's Day & Zonta Rose day is on March 8. As Zontians we take this opportunity to recognize special women who we know that work to advance the status of women. I will be handing out beautiful postcards (a few to each member) at our meeting and ask that you choose women to send these to with your personal note of thanks.

Please take a moment to read the newsletter section on the trip to New York City for the Commission on the Status of Women and the Today Show participation. It promises to be a very worthwhile trip and we would love to have you join us.

Get those hands ready to go up to volunteer for the many tasks to be done to make our Wine Seminar a success. Margo will be talking about this and soliciting volunteers during our meeting. Ellie has created the tickets for this year (they are just beautiful) and will bring them for us. Initial wine tastings at Snyder's are this weekend with Anne and Mike coming in from Oregon – talk about dedication – and the food pairing activity will be held on March 7.

The Spring Workshop (latest flyer attached) is scheduled for May 2. To date Margo, Charlotte, Marty, Virginia N., Polly and I are going. I can take one more (comfortably) in my car, and can actually seat another person in the middle, but it will be close. The focus this year is on Membership & and Public Relations.

I am always impressed with the amount of giving and caring that our members do. Please take the time to nurture yourself, stay healthy, and take time for your family and close friends. Taking care of these needs fuel our fires to continue our good works.

Don't forget to RSVP to Betsy as to whether or not you are coming to the meeting!!

Nancy

A NEW VENUE FOR MEETINGS



DOORWAYS-DINNER WITH FRIENDS

Thanks to Virginia McGee, Virginia Nickich and Ann Maradiegue who contributed items for the dinner. Kitchen helpers are pictured below. A well-oiled Zonta crew!

February 12th Dinner with Friends helpers: (front row) Janie, Karen, Marty; (back row) Nancy, Barb & Blanche.



Don't forget to email Janie your Service Hours/Expense report!

WHAT MIGHT BE HIDING UNDER YOUR BED?

Thanks to Alina's movers who discovered a box stored under her bed the Club has recovered its original gavel (1957) and President's Pin along with ceremonial items! President Nancy will call our next meeting to order with it!



CSW 59 and Zonta International at the Today Show – Margo is coordinating a morning at the Today Show for those Zontians attending the CSW59 events. Here is Margo's message:

March 12th seems to work for most of you. Please wear a simple gold scarf or pashmina, with Zonta bling, to the show. We'll need to assemble no later than 6:30 AM at Rockefeller Plaza--I'll probably be there at 6 AM to wrangle for a great location for the best visibility. I am planning to bring some signs, and you can as well. No big signs, as they block the TV view--2' X 3' are the largest sign we should show up with except for the banner I hope to hang on the barrier in front of us.

We are there to send a positive message. Feel free to bring Zonta PR materials and membership information to hand out to the crowd in between live outdoor broadcast shots. We should be finished by 9 AM unless a few of you want to hang around and get on TV looking into the studio from outside during the 9-10 AM broadcast hour.

Information on visiting the Today show broadcast is at <http://visit.today.com/>. You can register so they know you are coming.



ZONTA
CLUB OF
ARLINGTON AREA, VA
MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Minutes of January 28, 2015
Curious Grape, Arlington, VA

Two Year Theme –

Broadening Horizons – Strengthening Relationships

ATTENDEES: Janie DiSalvo, Marty Ditmeyer, Alina Dor-este-Johnson, Virginia McGee, Virginia Nickich, Nancy Ramsay, Betsy Reilly, Margo Sheridan, Mary Walker, Jan Witt, Barbara Kirkland, Blanche Anderson, Ellie Karro, Margaret Burcham, Ann Maradiegue (15 members)

7:00 Nancy Ramsay lead the Zonta Blessing and business meeting was begun. She then introduced 2 of our newest members, Margaret Burcham and Ann Maradiegue, who have both joined in the last few months.

Virginia McGee reported that there were no minutes from Chez Charlotte, or the Christmas party.

Virginia McGee reported that we now have 29 members, a record for our club.

Ellie Karro submitted the Treasurer's report, explaining that we are still collecting some checks for White House Ornaments, so we do not have a clear total yet. Heidi Ramsay called in during the meeting to report that she has over \$2,000.00 in checks to deposit, so we will be in the black. Ellie will have a more complete number by the next meeting.

Janie DiSalvo reported that we are scheduled to provide food and serve dinner to Doorways "Dinner with Friends" on Thursday 2/12/2015. There may be as many as 30 attendees. As in prior years we will serve lasagna, mac & cheese, hot dogs, salads, desserts and beverages. Janie will send an email asking for club members to sign up and listing the foods and other items needed. Doorways has asked that not more than 5-6 volunteers attend, but other club members can still provide the needed items.

Virginia Nickich reported that she has spoken with our contact at MaryMount and we have been asked to send the scholarship check to them in March this year. Virginia also asked about the Jane Klausman application forms from ZI Headquarters and Margo explained that they are still being "revised/updated" and should be available soon.

Nancy Ramsay reported that Mariam Al-Majid is currently in Afghanistan, and sent a report on how her trip is going. Copies were distributed to us (included in this Newsletter).

Margo Sheridan gave an update on the UN Commission on the Status of Women event that will take place in NYC from March 7 to 12. She is organizing a visit to The Today Show, for Zontians to be in the crowd with banners and signs.

Planning for our April 18 Wine Seminar was discussed, with schedules and tasks spelled out as follows:

1. The "wine choices" committee will meet at Schneiders of Capitol Hill on Feb.21, and the "food pairing" meeting will take place on Mar.7, at Louisa & Dave Gerbers' home.
2. Marty has drafted a Flyer and set up a separate email (Zontawineevent@gmail.com) so tickets and any other communications can be kept organized and tracked. Once the Flyer is finalized, she will email to us all.
3. Ellie Karro will do the tickets, and Heidi Ramsay has volunteered to "chair" the Silent Auction committee.
4. All club members should keep in mind that this year, because we have our 501(c)3 designation, part of the ticket price, auction purchases and donations will be tax deductible. That should help us sell tickets and get donations.
5. Margo asked that any ideas members come up with can be emailed to her.

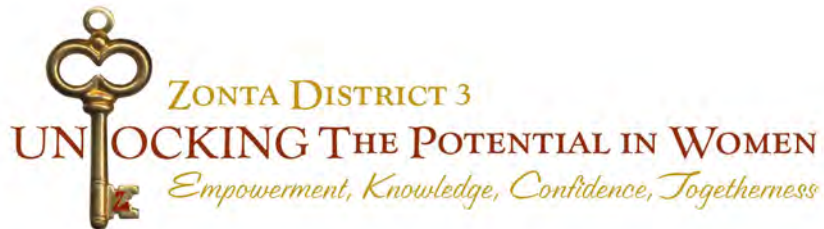
Margo Sheridan reported that The 2015 District Conference will be in Williamsburg, VA- Oct.2-4, 2015 at the Double-tree Hotel. This Conference will be hosted jointly by Area 4 clubs and our club will be responsible for registration and Margo intends to ask Charlotte Floyd to be the credentials chair.

New Business items that were discussed included, member id numbers can be found on the ZI magazine label and in our Club Roster, which Virginia McGee promised to get fully updated and email to everyone by this weekend; Girls on the Run is looking for some volunteers to do "packet stuffing" on Feb.28, in Fairfax City; Spring workshop will take place on May 2 in Howard County- Nancy Ramsay will email additional information soon; possibility that we may plan to do a fundraiser jointly with the Fairfax Club- June 26 to July 5 (pulling beer for the World Police and Fire Games).

Marty asked for input & content for the Newsletter.

8:45 PM Meeting Adjourned.

Minutes submitted by Virginia McGee



Zonta District 3 Spring 2015 Workshops

Save the Date & Invite Other Members to Join You

Three Sessions to empower yourselves and your clubs:

- 1. Togetherness:** A Teambuilding Exercise
- 2. Empowering Our Clubs with Knowledge:** A Turnkey Public Relations & Communications Plan
- 3. Empowering Our Clubs With Confidence:** A Turnkey Strategic Plan for Membership

Who: Areas 3 and 4

When: Saturday, May 2, 2015

Where: River Hill Meeting Room
6330 Trodder Road
Columbia, MD 21029

Host Club: Howard County

Registration Due: April 18, 2015

Both Workshops

Time: 9:00 a.m. - 9:30 a.m. — Registration, Coffee & Light Refreshments

9:30 a.m. - 2:00 p.m. — Training (Lunch Included)

Cost: \$25.00

Service Project: Details will be on registration forms & Eventbrite sites



OF INTEREST . . .

Afghanistan Visit Update from Mariam Al-Majid

January 27, 2015

So far, I have had countless engagements with all members of Afghan civil society and government officials who are eager to support and assist our organization. I am just extra cautious about trusting people and making sure I bring the right people on board. Today I met with one of the President's cultural and civil society Advisors who was extremely eager to learn and support my NGO.

Below you will find a brief description of my strategy.

Women's international Organization Against Corruption's (WICAC) main objective is a bottom up approach to work with the masses in rural areas through a comprehensive hands-on educational development community education and training Center program with a strong focus on reducing the negative effects of corruption on females in six specific sectors of society deemed detrimental to female development if left unaddressed. These community centers will consist of a Health sector, Education sector, Religious affairs, Justice System and human rights with a public affairs section. WICAC seeks to be branded as an umbrella organization to work exclusively with the new Administration specific to gender and corruption mainly with the Ministry of Women's Affairs, Ministry of Education, Ministry of Health, Ministry of Religious Affairs, and the Human Rights Commission on reviewing policy and procedure to pursue the need for revision or inclusion of new policy or guidelines to enforce anti-corruption efforts for the benefit of female empowerment. This method will ensure females are protected from corrupt activities and behaviors within those key sectors of society, specifically in rural areas. WICAC also seeks to ensure all females have access to higher education deprived of nepotism, have access to proper health care bereft of bribery, and ensure females are aware of their constitutional rights under the Afghan law within the judicial system, and lastly with the help of religious scholars we want to ensure females become fully aware of their religious rights in rural areas to ensure they do not fall victim to misinterpreting of Islam or abusive spiritual leaders. Safeguarding their basic human rights under the true Islamic teachings without distorted versions of Islam for the benefit of corrupt religious leaders. WICAC's validated approach is to provide a safe and secure environment so future Afghan female are protected from corrupt officials activities as well as ensuring the well-being of every citizen without discrimination.

Furthermore, it is the goal of this program is to eventually implement working groups throughout the country that educate women and girls of their rights under the law, duties, improve access to justice, and educate females on the benefits of engaging the law for assistance. These actions are not dishonorable to any woman or her family but are rights provided by the national government. These working groups specific to the six objectives of WICAC, must focus on equality in all sectors of national life and establishing mandatory gender mainstreaming in development projects from donor communities to strengthen institutional developmental mechanisms.

NOTE: Mariam Al-Majid joined the Zonta Club of Arlington Area in September 2014 and spoke at a club meeting about her activities.



National Women's Health Network invites individuals and groups to share their programmatic agenda of 40 years of advocacy for drug safety, affordable health care, and reproductive rights for all women. If interested contact: Heidi Gider- Director of Advancement or check out their website: National Women's Health Network | A Voice For Women, A Network for Change.



National Women's Health Network | A Voice For Women...

The National Women's Health Network is celebrating its 40th anniversary this year, and we are proud of the accomplishments we made over the years.

[View on nwhn.org](#)

Preview by Yotico

www.nwhn.org

VOLUNTEER OPPORTUNITIES



CLUB MEMBERS interested in volunteering should contact Lee Miller directly--see contact information below.

ARLINGTON FREE CLINIC

www.arlingtonfreeclinic.org

Volunteers are our greatest resource.

- AFC has more than 550 volunteers who support all aspects of our organization. The majority have worked with us for more than 5 years; many have been with AFC since its inception. The Clinic is a great – and fun – place to volunteer.
- Volunteers range in age from 14 to 92, speak more than 25 different languages and are working professionals, homemakers and retired individuals.
- Clinical positions include doctors, NPs, nurses, pharmacists and others.
- Non-medical positions include receptionists, referral and appointments volunteers, interpreters and administrative assistants.
- To match volunteers' skills and interests with Clinic jobs, potential volunteers must go through a process of application, interview and training.
- Individual volunteer commitments vary, but most provide 2-4 hours per month of service. All volunteers must adhere to AFC's confidentiality and best-practice policies.

If you'd like join the AFC team, please contact Volunteer Director Lee Miller for further information at (703) 979-1425, ext. 125, or lee@arlington-freeclinic.org.



CLUB MEMBERS--we need to increase our FOOD donations to AFAC--don't forget to bring you contribution to our monthly meetings.

ARLINGTON FOOD ASSISTANCE CENTER

Check out the website for updated information and volunteer opportunities--BRING donations to our monthly meetings to support AFAC!

www.afac.org



CLUB MEMBERS volunteered to register participants in the Fall as well as helping with the 5K race. The stuffing of packets in February is another way to help and more helpers will be needed for the Spring 5K races!

GIRLS ON THE RUN is looking for volunteers to help the organization prepare coach bags* and kits in February. On February 25th-27th in the mornings/afternoons until about 3:00pm, we also are looking for additional help on Saturday 2/28 during the hours of 8am-4pm.

If you can help contact Ashley Kearney directly:

Ashley Kearney
Program Manager
Girls on the Run of Northern Virginia
703-273-3153
www.gotrnova.org

GOTR NOVA
10560 Main Street, Suite 514
Fairfax, VA 22030

** As in materials passed out to coaches that work with the girls--not to be confused with COACH handbags (don't they wish).*

DOORWAYS for women and families

DOORWAYS FOR WOMEN AND FAMILIES

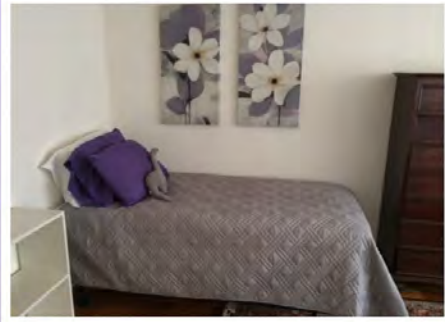
Announces Increased Shelter Options for Those Seeking Safety

Mid February marked a major milestone at Doorways! While the media and online communities were busy criticizing and lauding the No More Campaign Superbowl Ad, we were putting the final touches on a new strategy to increase our capacity to respond to those in imminent danger.

Through a new, innovative approach to emergency shelter for survivors of domestic violence, known within the industry as "Scattered Site Shelter," we have added four emergency beds to our current eleven bed capacity; a 36% increase in our ability to serve those with immediate safety needs.

These units are based in an apartment building, which broadens options toward safety for people who either don't thrive in traditional, communal shelter, or for whom we don't have space at the critical time they need it. Our staff and 24/7 support is available to these clients while they recover from abuse and begin to map their course to a safe future.

Thanks to locally-based affordable housing provider, AHC, local design/build firm Sagatov Associates and a cadre of dedicated volunteers, this expansion is fully furnished and ready to go. Timing couldn't be better as we've been operating over capacity at our Safehouse for months, and the calls for help continue to come in. We anticipate moving our first family into this new shelter within the next two weeks.



REBOOT FOR YOUTH

Thanks to member Virginia Nickich for this information.

Recently I read of some high school boys taking old donated computers, repairing them, and giving them to needy families/children. I was very impressed with them and donated my laptop and also gave them a check for a new battery. They do not ask for any monetary donations but it does help them since they do this on their own. They are 501(c)(3) nonprofit charity organization and even gave me a receipt. They have a website. I delivered mine to one of their houses in Fairfax, but they have a library that takes the computers for them as well.

The mission of Reboot for Youth is to increase educational opportunities for underprivileged children in the community through increased access to technology.

Here is their information:

Reboot for Youth
<http://www.rebootforyouth.org/>
Christopher Cao
chrisc99@gmail.com



The Zonta Club of Arlington Area invites you to our

11TH ANNUAL WINE SEMINAR

Wines suggested by **Schneider's of Capitol Hill**

Tickets are \$50.00 per person, payable in advance of the event,
\$25 of each ticket is a tax deductible charitable contribution.

Saturday, April 18, 2015

3:30 — 6:00 PM

(First pouring at 4:00 PM)

Women in Military Service for America Memorial (WIMSA)
www.womensmemorial.org
Arlington National Cemetery
Arlington, Virginia

*Join us for an afternoon of wine tasting, plentiful hors d'oeuvres, and
a silent auction in a beautiful venue.*

Learn about wines from all over the world.

Proceeds benefit organizations and individuals supported by
the Zonta Club of Arlington Area, a 501(c)(3) not-for-profit
charity providing education, service, and empowerment opportunities
for women and children locally and around the world.

Website: www.zontaarlingtonarea.org

Contact: zontawineevent@gmail.com

The Zonta Club of Arlington Area is a not-for-profit organization under Section 501(c)(3) of the Internal Revenue Code. Donations and contributions are tax-deductible within the limits prescribed by law.



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 CLUB OF
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ZONTA CLUB OF ARLINGTON AREA

2014-2015 CALENDAR

(Updated 2/17/2015)

DATE	EVENT	LOCATION	NOTES
January 2015	Amelia Earhart celebration		
Jan 20	Board of Directors	Metro 29 Diner 4711 Lee Highway Arlington, VA 22207 Metro29diner.com	Let the president know if you would like to attend
Jan 28	Business Meeting: 6:30 Reservation: Betsy Reilly bx2reilly@msn.com www.curiousgrape.com	Curious Grape 2900 South Quincy Street Shirlington Village Arlington, VA 22206 703-671-8700	Business Meeting Elect Nomination Committee
February 2015	Organize for Wine Seminar		
Feb 12	Doorways Dinner with Friends	Clarendon Methodist	Doorways Service Project Let Janie know if you will help
Feb 17	Board of Directors	Virtual	
Feb 25	Business Meeting: 6:30 Reservation: Betsy Reilly bx2reilly@msn.com www.curiousgrape.com	Curious Grape 2900 South Quincy Street Shirlington Village Arlington, VA 22206 703-671-8700	
March 2015	Prep for Wine Seminar		
Mar 8	International Women's Day March, NYC	New York City	Check (www.Zonta.org) International Advocacy website for updates
Mar 12	District 3, presence NYC UN Commission on the status of women (CSW59)	New York City	See District 3 Newsletter for detailed information
Mar 17	Board of Directors	TBD	
Mar 25	Business Meeting: 6:30 Reservation: Betsy Reilly bx2reilly@msn.com www.curiousgrape.com	Curious Grape 2900 South Quincy Street Shirlington Village Arlington, VA 22206 703-671-8700	Nominating Committee Presents Slate
April 2015	Wine Seminar	ALL HANDS ON DECK	
Apr 5	Easter		Enjoy the holiday!
Apr 14	Board of Directors	Metro 29 Diner 4711 Lee Highway Arlington, VA 22207 Metro29diner.com	
Apr 18	WINE EVENT <i>AREA 3 & 4 WORKSHOP: Registration Deadline for May 2nd Workshop</i>	WIMSA , Arlington National Cemetery	All Hands on Deck!

DATE	EVENT	LOCATION	NOTES
Apr 22	Business Meeting: 6:30 Reservation: Betsy Reilly bx2reilly@msn.com www.curiousgrape.com	Curious Grape 2900 South Quincy Street Shirlington Village Arlington, VA 22206 703-671-8700	Elections
Apr	Rally Against Rape	Northern VA Rally Against Rape	http://rallyagainstrape.org Website for information

May 2015			
May 2	AREA 3 & 4 WORKSHOP: Host Club: Howard County <i>Registration Due: April 18th</i>	River Hill Meeting Room 6330 Trodder Road Columbia, MD 21029	Reservations on Eventbrite Cost \$25 per person—see Newsletter for details
May 19	Board of Directors	Metro 29 Diner 4711 Lee Highway Arlington, VA 22207 Metro29diner.com	
May 16 and 17 (tentative date)	Girls on the Run	5K	http://www.gotrnova.org/get-involved/volunteer
May 27	Business Meeting: 6:30 Reservation: Betsy Reilly bx2reilly@msn.com www.curiousgrape.com	Curious Grape 2900 South Quincy Street Shirlington Village Arlington, VA 22206 703-671-8700	Celebration/Scholarship Installation of new BOD
May	AFAC Spring Carnival		Fund raiser for AFAC
June 2015			
June ?	Summer Planning Retreat	TBD Time 9 am- 3 pm	
For Long Term Planners			
October 3-4, 2015	District 3 Fall Conference	<i>Note: The Club will do conference registration</i>	Doubletree Hotel Williamsburg, VA
July 2-6, 2016	Zonta International Convention	Nice, FRANCE	

ZONTA CLUB OF ARLINGTON AREA INFORMATION



Zonta Club of Arlington Area--Officers and Directors

President	Nancy Ramsay
Vice President	Karen Bibbins
Treasurer	Ellie Karro
Secretary	Virginia McGee
Director	Barbara Kirkland
Director	Linda Sudi
Director	Marty Dltmeyer

HAPPY BIRTHDAY

Margo Sheridan	March 6
Janie DiSalvo	March 16

If I have missed your Birthday please email me the correct month and day (no years needed). Thanks, msdltmeyer@gmail.com

Zonta Club of Arlington Area
P.O. Box 6825
Arlington, VA 22206

Zonta Club of Arlington Area
www.zontaarlingtonarea.org
www.facebook.com/ZontaClubArlingtonArea

Zonta District 3
www.zontadistrictthree.org

Remember to Check the Facebook Page (Zonta Club of Arlington Area) for current information. Also for the Calendar and Membership Brochure use the Club Dropbox.

Zonta International
www.zonta.org
www.facebook.com/ZontaInternational