

Zonta International is a global organization of executives and professionals working together to advance the status of women worldwide through service and advocacy.
www.zonta.org www.zontadistrict10.org www.zontafortsmith.wordpress.com

your nice presentation! We are glad for your interest in government and politics.

Members Jo Carson, left, and Deborah Avillion are teaming up to bring our club interesting world updates on Zonta's work with the "2-Minute International Focus." In this photo they are also enjoying the delicious Summer Salad Supper the Quarterly Dinner hostesses served directly after the meeting. Thank you Dolores, Lisa, Candy, Becky and Grissa!

August Meeting Filled with Fun, Food and Facts

Mary Beth Sudduth, attorney and retired executive vice chancellor of UA Fort Smith, gave our club an informative and entertaining program on "gathering up all your stuff" to make it easier on others upon your death. Members enjoyed Mary Beth's power point that explained how to put together a neat package with everything from important documents, people to notify, financial information and personal wishes. Thank you, Mary Beth!



Amy Calloway told of the fun she had and great learning experience at Girls State with the help of our club's sponsorship.



Hanbing Song sent Jo and Deborah this picture of Chinese weight-lifting athlete Chen Yanqing, who competed in the 2008 Olympics.

Jo Carson and Deborah Avillion, who co-chair the new "2-Minute International Focus," added a real spark to the meeting by emailing a Zonta International Amelia Earhart Fellow who lives in China. Hanbing Song reported back on her perspective of life for women in China, especially in light of the 2008 Olympics held in Beijing. We thank Jo and Deborah for their enthusiasm in bringing to light women's international issues and Zonta's work around the world at our monthly meetings.



Karen Ford, left, Membership Chair, and Julie Moncrief, right, president, induct new members Kaye Ichniowski, middle left, and Lucy Gist at the August meeting.

The club was happy to see the induction of two new members, Kaye Ichniowski and Lucy Gist. They are excited to join and have already thoroughly enjoyed participating in our service projects with Girls Inc and the Crisis Center for Women. Amy Calloway of Southside High School came to the meeting to tell members of her enjoyable experience at Girls State this past summer. Thank you, Amy, for



August Meeting and Quarterly Dinner Highlights



*Zonta Club of Fort Smith received its charter April 24, 1967. Our club is part of Area 1, of District 10, of Zonta International. **President:** Julie Moncrief, 479-414-8927 **Editor:** Becky Fitzpatrick, 479. Meetings are held the third Monday of each month at 6 p.m. at the Fort Smith Public Library.*



July and Karen induct new members Lucy and Kaye.



Deidra and Grissa

Status of Women Update

Girls Shelter

Much laughter was heard amidst pizza, candy, and Taboo, as Zontians Cathy Williams, Kathy Coleman, Linda Teague, and Sheryl Flanagin visited the Girls Shelter on August 25.

The Zontians planned a night of games at the beginning of the second week of school for the girls. After reciting the Girl Scout Promise and Law, the girls and Zontians had a great time enjoying the pizza and teaming up to play Taboo. Who knew that words could be so funny?



Jo Carson delivers her 2 minute International Projects talk.



Speaker Mary Beth Suddeth

Girls Inc.



"Tea anyone?" Lisa asks

Girls Inking Their Thinking" had a successful beginning August 26 at Girls Inc. Nine girls joined Janie Weber, who developed the project, Kaye Ichniowski and Sheryl Flanagin for the new writing workshop.

The girls participated eagerly in writing a diamante, a diamond-shaped poem about opposites. After the girls and Zontians wrote their poems, each shared with the group her writing. The girls were enthusiastic about both writing and sharing. Of course, we shared some giggling, as well.

Crisis Center for Women

Shannon Roman, Lucy Gist, Kathleen King, and Genie Nichols, entertained 7 kids with pizza, cookies donated from Golden Corral, and drinks for the August visit to the shelter. The children enjoyed playing video games and leggos while the mothers were pampered by Genie with their Mary Kay session.



Tidbits

Do you know that in District 10 we have 8 of the Zonta International Amelia Earhart Fellows? That is phenomenal that one district is host to that many of these outstanding young women scientists. They will be receiving their wings at the District 10 meeting in Sequin on November 7-8. I hope some of you are planning to go to see that very special award ceremony along with participating in the other Zonta sessions and events planned for the District 10 Conference in Sequin.

BY: *Deborah Avillion*

While zooming through my pre-recorded Colbert Report on my DVR, I started reading about one of Zonta's International Service Projects: Reduction of Obstetric Fistula in Liberia. What on earth is that? I had never heard of Obstetric Fistula and I thought I had been pretty thorough in reading about every possible, potential problem of pregnancy. The reason I had never heard of it, is because: one, it virtually doesn't exist in America; and two, my country has not been ravished by civil war for the last 15 years.

Liberia is a country still recovering from the recently ended civil wars. During the fifteen years of fighting the healthcare system was all but destroyed. Perhaps the cruelest complication is a condition known as obstetric fistula, which is literally a hole in the birth canal. In 87% of cases obstetric fistula is caused by prolonged labor, often lasting two days or more, without medical care or intervention. The child is usually stillborn. Women with obstetric fistula suffer from chronic incontinence caused by urine leaking through the hole in the birth canal.

In addition, most women living with obstetric fistula also struggle with depression, abandonment by their partners, families and communities, and live in isolation because of the constant leaking and odor. Many women report feelings of humiliation, pain, loneliness, shame and mourning for the loss of their lives and the child they lost during delivery. Because of the constant leaking and smell, many women are isolated from food preparation and prayer ceremonies because they are thought to be constantly unclean. Suicide and attempted suicide are also common amongst women with this condition. Social isolation, increased poverty and decreased employment opportunities due to this condition force many women to turn to commercial sex work and begging.

These poor women must be doomed for life, right? No, treatment/surgery is available for less than what I pay for my DirecTV for three months! For about \$300 a woman in Liberia can be given her life back. It gives me chills to think what a difference Zonta can make when all the clubs join together to support this project. Our pledges to International DO make a difference.



Donations needed for District 10 meeting

In keeping with Zonta's legacy of service, District 10 will once again ask for support at the November 2008 conference in Sequin. This year, Orphan Outreach has been selected as the District 10 Hands-On Project.

Items needed are: backpacks, pens, pencils, crayons, markers, scissors, glue sticks, pencil keepers, colored pencils, and pencil sharpeners. There will be a donation box at the sign-in table at the September and October Zonta club meetings for members to donate these items. Some Fort Smith Zontians will be traveling to conference by automobile, so there is plenty of room to fill the trunk with school supplies!!



Even the rains of Hurricane Gustav couldn't stop 1st Wednesday lunch! Arenda Yancey, Sheryl Flanagin, Jennifer Schmidt, Kim Vann, JoAnn Gedosh, and Cathy Williams all braved the rain and enjoyed a delicious lunch at Calico County on September 3rd. Please plan on attending the next 1st Wednesday lunch at La Huerta on Garrison Avenue on October 1st.

Recognized by International for Our Gifts

By Sheryl Flanagin

In the booklet recently received by members from Zonta International Foundation giving the 2006-08 biennium highlights, Zonta Club of Fort Smith and several members are recognized for their donations to the Foundation.

As you recall, during my term as your president, our club made it a goal to have every member contribute individually to Zonta International Foundation. We didn't quite achieve that goal, but we came close. Of course, each year we contribute one-third of our service money to International as recommended. Because of these efforts, Zonta Club of Fort Smith is one of approximately 185 clubs world-wide (There are over 1200 clubs.) to contribute at least \$5,000 over the biennium to International. Out of the twenty-three clubs in District 10, only Brownsville, Dallas, Longview, Houston, Parker County (formerly Weatherford), and Fort Smith received this recognition. From our service money and from individual donations, our club donated over \$6000. Way to go Fort Smith Zontians!

Individual Fort Smith Zontians were also recognized for their contributions. Jan Neilsen is recognized for lifetime achievement at the Turquoise level, \$5,000-\$9,900. In the past biennium, the following Zontians were listed at the Bronze level, \$100-\$499: Kara Bushkuhl, Dolores Chitwood, Sheryl Flanagin, Karen Ford, Beverly Stites-Jones, and Arenda Yancey. Many other members made individual contributions to Zonta International. The generosity of all members who did so is greatly appreciated, regardless of the amount of the donation.

As the president of the Foundation stated in her letter, the contributions from clubs and individuals funded remarkable achievements across the world. From enabling the Foundation to fund 70 Amelia Earhart Fellowships, 12 Jane M. Kausman Women in Business Scholarships, 10 Young Women in Public Affairs Awards, 4 International Service projects in four countries: Afganistan, Bolivia, Niger, and Sri Lanka, and 5 ZISVAW projects, we have all helped as President Bourdon states, "...make a difference in the lives of thousands of women around the world."

I ask each of you to pledge to continue making that difference by contributing individually during this new biennium 2008-2010. Let's make it a new goal for EVERY member to make that individual contribution. Any amount is needed and appreciated. Won't it be wonderful to see Zonta Club of Fort Smith and our individual members recognized once again at the end of this new biennium? I have faith that we will be there!

Member Spotlight



Member Spotlight: Sandi Reiss
By Sheryl Flanagin

After getting to know Sandi Reiss through their mutual Girl Scout experiences, Kim Vann realized that Sandi would be a great Zontian and invited her to join in June 2005.

Born in Maywood, California, Sandi and her family moved to this area when her twins were six months old. Danielle and Matt are now thirteen. Daughter Britney is sixteen. Sandi and her husband, David, realized that between her full-time job, day care, and commuting time, they were basically paying someone else to raise their children. They wanted a place where Sandi could stay at home to care for them. Sandi's mother lives in this area, and her family loved the openness and the friendly people they met whenever they visited here. That's what brought them to eastern Oklahoma.

An adult Girl Scout, Sandi previously worked as the Membership Specialist for the Girl Scout Council of Mount Magazine Area. She also has been and continues to be an active volunteer in the program. Currently, she is the leader of Troop 90 in Roland, a troop for juniors and cadets. In addition, she is serving as registrar for the Sassafras Service Unit. Sandi enjoys many of the opportunities afforded to Girl Scouts. She and her daughter Britney are also members of the Girl Scout Choir, which performs at many Girl Scout and community events. Britney, by the way, was selected to attend WS08 in West Sussex, England, this past summer.

In addition to her Girl Scouting activities, Sandi enjoys quilting and knitting, as well as watching and helping her children excel with their talents. Britney, of course, is the singer. Matt enjoys band, and Danielle is an Irish dancer.

Sandi currently is the Family Life Director for Christ the King Church. She is also a member of the Presentation Circle, a women's church group that is both for social connections and for service.

About Zonta, Sandi states, "I love Zonta's mission overall, as well as the fellowship and the service our local club provides."



Kathleen with flags!!!

Membership Spotlight: Kathleen King

by Sheryl Flanagin

If members want or need to know anything about the workings of Zonta International, all they have to do is ask Kathleen King, who joined Zonta in December 1985 after a neighborhood walk with Rita Ramey, a former president.

Kathleen's family, which includes her parents Charlie and Margaret Brown and four sisters and one brother, is fourth generation Irish from County Cork. Another military family, Kathleen lived in seven states and Germany twice. She states that if they knew they were going to be some place more than a year, they would have cocker spaniels as family dogs.

Growing up, Kathleen was active. A Girl Scout to Cadet level, she met German Scouts overseas and exchanged pins with them. She was also on various swim teams and has the medals and ribbons to prove it. As a drill team member, she marched in front of her school's band in the Rose Parade.

At eighteen, Kathleen bought her first car, a VW Beetle and began college. While attending college in Savannah, Georgia, Kathleen worked for Sears Roebuck and Co. for \$1.50 an hour. She

remembers her first raise as being one nickel. Always frugal, Kathleen attended college, worked, and paid her parents \$40.00 a month to live at home. Kathleen says that she still has the receipts to show she paid!

After meeting and marrying while in college, she and her husband moved to Metairie, Louisiana. Four, as Kathleen says, "party years," later, they were transferred to Fort Smith. She describes Fort Smith as a town with rifle racks in pickup trucks, cattle cars going down main street, a "True Grit" kind of town, just right for starting a family. After twenty years of marriage, Kathleen divorced and raised a son and daughter without any family nearby.

Kathleen was not going to move again, so she sharpened her job skills at Westark by taking business classes and jumped into the job market again. She began at a urology clinic, a stint that lasted for nine years. That led to another medical clinic job at Cooper Clinic, where she is today. Kathleen says, "Education doesn't stop just because you have a job. I transferred to a new department in January, studied and just became a Certified Professional Coder."

When not working or being involved in Zonta activities (Kathleen is one of the famous "K(C)athy's" well known in District 10.), she enjoys attending auctions to find unusual items, remaking jewelry, and cross stitching. In fact, check out the exhibit at First National Bank on Garrison. Kathleen has some pieces showing there.

In the year Kathleen joined, our club gave enough money for a water well in Sri Lanka, a place where women had to travel far to gather water for their families. Kathleen has always been interested in women's issues. She says, "I have been around many strong women who always made it or revised it or reworked it to survive." She feels that our Zonta club is on the right track to help our community through our service and advocacy. Remember. Any questions? Just ask Kathleen.



September 15 Meeting to Feature State Rep. Tracy Pennartz

Come enjoy a dynamic meeting Monday as we enjoy a program by **Tracy Pennartz**, State Representative of District 65, which is the north side of Fort Smith. Tracy was elected for her first term in 2007. She serves on many committees in the Legislature and is deeply committed to working for the needs of Fort Smith. Tracy ran for this office after retiring as associate director of the Western Arkansas Counseling & Guidance Center after 25 years of service.



State Representative Tracy Pennartz will speak at our September 15 meeting.

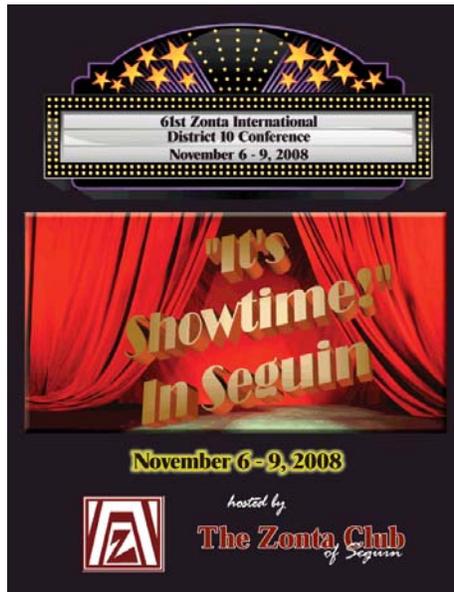
Her community service has included membership on the Board of Trustees for the Fort Smith Public Library, WestArk Retired & Senior Volunteer Program Advisory Council, Governmental Affairs Committee of the Fort Smith Regional Chamber of Commerce, Fort Smith Literacy Council, Fort Smith Art Center, Legislative Committee of the Mental Health Council of Arkansas, and Fort Smith League of Women Voters.

Tracy has also served as a volunteer in the Rheem Golf Charity Classic, a tutor for the America Reads Program, Board of Trustees for the Fort Smith Girl's Shelter, Board of Directors for Volunteer Connection, Board of Directors for the YWCA of Fort Smith, Co-Founder of the Rape Crisis Service, Board of Directors for the Arkansas Valley Chapter of the March of Dimes, and former Board Chair of United Blood Services in Fort Smith.

We will also enjoy a visit by the **Single Parent Scholarship Fund Executive Director Christy Williams**, who will come to accept our annual gift. Zonta provides \$1,000 annually to help a local single parent as she works to gain an education.

Come also to greet new guests; receive your copy of our club yearbook – put together once again by the generous and talented **Arenda Yancey**; hear more

enticing news about the opportunity to travel to Seguin, Texas for the **Zonta District 10 Conference** November 6-9; to hear updates on our service projects; and to be with your good friends!



October Birthday Wishes

October 1st - Linda Teague
October 3rd - Sherry Traylor
October 14th - Kathy Coleman
October 29th - Delores McMillan
October 30th - Janie Weber

**Happy Birthday and hope
You have many more!!!**