

# ZCOM News

District 15, Area 4

November 2011

## Spice (and Herb) Up Your Holidays



The upcoming holiday season challenges everyone's healthy eating habits. Thanks to our own Zonta Club of Midland member, Dr. Lydia Watson, we are now prepared to face the holiday feasting using the tips and recipes in her "Healthy Holiday Survival Guide."

Dr. Watson's presentation at the November dinner meeting provided helpful ideas

to deal with the parties, family dinners, office treats, and gourmet delights that are an integral part of this time of year. One of the main ways to keep on a healthy track is to use herbs and spices, which add flavor without the calories. Dr. Watson explained the medicinal properties of some common herbs and spices. For example: garlic helps prevent viral infections; cayenne pepper improves circulation and decreases blood pressure; and cinnamon helps control diabetes.

Another suggestion is to prioritize treats by surveying all the options first and choosing foods that aren't available all year. Skip the foods you can get at other times and save calories for special, homemade goodies. Eat slowly and don't hover at the buffet table. Dr. Watson said that the first three bites are the most enjoyable, so take a small sample of several rather than big portions of a few.

(continued on Page 3)

### Inside this issue:

President's Message	2
Submitting an Article	2
Birthdays	2
Member Highlight	4
Homewalk Update	4
Tickets, tickets	5
Shelterhouse Christmas Party	5
Minutes	6

## Upcoming Events

**Saturday/Sunday, Dec. 3-4, 1-5 pm: Homewalk!**

**Tuesday, December 6, 6:00 pm:** Afterglow, Midland Country Club (This meeting takes the place of both the December business meeting and social meeting.)

**Thursday, December 15, 7:15 am: December Board Meeting**

**Thursday, December 15, 5:40 pm:** Shelterhouse Christmas Party @ **Eagle Ridge Church**

**Tuesday, January 10, 11:30 am:** Business Meeting, Midland Country Club

**Tuesday, January 17, 5:30 pm:** Social Meeting, Midland Country Club - Marie Eckstein presents "Empowering Women of Cambodia"

**Thursday, January 19, 7:15 am:** Board Meeting, Big Brothers/Big Sisters





## Healthy Holidays (continued from Page 1)

If you act like an accountant and budget your food, you can have a small dessert if you skip a cocktail. Using a small plate, or even a napkin, forces you to take smaller portions. If you're at a meal with a salad, put the salad on your dinner plate to take up space and you'll take less of the main course. Dr. Watson offered a tip for avoiding seconds: bring mints or gum to keep you busy after you finish your first serving.

Dr. Watson also had recommendations for holiday beverages. Eggnog, without alcohol, is 350 calories, so sip sparingly. Alcoholic drinks add calories and increase appetite. You should drink one bottle of water for every alcoholic drink you have. .

If you are a baker, you can help yourself and others by following these simple suggestions:

- When you bake, package it up right away to remove temptation.
- Resist the urge to spoon-taste throughout the day...those calories really add up.
- Use PAM or olive oil mister to lighten baked goods.
- Use mini-muffin pans or shot glasses for a serving size and really cute presentations.
- Anything on a skewer looks festive and fun.

### Dr. Watson's recommended websites:

[cookinglight.com](http://cookinglight.com)  
[eatingwell.com](http://eatingwell.com)  
[allrecipes.com](http://allrecipes.com)  
[diabetes.org](http://diabetes.org)  
[heart.org](http://heart.org)  
[dlife.com](http://dlife.com)

There *are* healthy holiday foods out there. Dr. Watson listed cranberries, pumpkin and winter squash, skinless turkey breast, baked sweet potato, and nuts as good choices. Use those instead of these more caloric, less beneficial options: mashed potatoes and gravy, stuffing, pecan pie, or sweet potato casserole with marshmallows. She admitted that Starbuck's peppermint mocha was one of her weaknesses, but that tasty treat has 470 calories!

In addition to making healthy food choices, staying active is also essential. You have to make time to fit in extra walking and make exercise a priority. Don't wait until after the holidays....start now to avoid holiday weight gain.



Managing stress during the holidays also helps control eating. If you shop early, wrap as you buy, ask family to bring dishes to pass instead of doing it all yourself, and get enough sleep and exercise, you'll be able to enjoy the season while maintaining a healthy diet.

Giving a gift of health and fitness is a good way to help others stay healthy. Dr. Watson had several suggestions such as healthy cookbooks, subscriptions to health/fitness magazines, workout clothing, passes to fitness classes, teas, dried fruits and nuts.

In closing, Dr Watson reminded us that the holidays are about getting together with family and friends. Thanks to her presentation, Zonta Club members will have a survival guide to navigate through the high-calorie weeks ahead and be able to enjoy holiday events and family gatherings without feeling guilty.

## Member Highlight: Jill Van Buskirk

Jill grew up in the Detroit area with brief stints living in Denver CO, Berkley CA, and Worcester MA.

She loves to travel and her favorite places are mostly islands: Mackinac Island, San Juan Islands, WA, Greek isles, and Sanibel Island, FL. Jill fell in love with Sedona, AZ when she visited in 2008.

Jill graduated from the University of Michigan with a Master's degree in Library Science (AMLS). Since then, she's taken many CE courses and continues to learn a lot about the field as it grows and changes. She is credentialed by the Medical Library Association.

Jill moved to Midland in 2009 to take the position of Health Sciences Librarian at MidMichigan Medical Center. She's been many types of librarian, but her first love is hospital librarianship.

Midland has become a sanctuary for her as it has been a busy two years fraught with family health issues, but Jill is a survivor. Zonta has helped Jill assimilate into the Midland culture. She says she still has a lot to learn but is grateful for the friendships she's made here. Jill recently accepted the position of Zonta Club Secretary, which is a great way to become fully immersed in club activities.

Jill is a member of the Midland Bead Guild because one of her hobbies is making jewelry. She plans to join some craft shows next year with a friend where they will share a table and, hopefully, sell some jewelry.



## Homewalk Update



Cathy Budd and Sue Moody reported at the dinner meeting that the homeowner gifts this year are beautiful photos of their homes taken by Bob Stafford and framed by Cari Francis. They were on display and are shown here. In addition, some of the Homewalk raffle items were on display to help

spur ticket sales.

Cathy asked for tips from other members on how to sell Homewalk tickets. Some of the suggestions are: 1) Have them present at all times; 2) Send email blast to people in your contact list with a copy of the flyer and scanned images with raffle information; 3) Put posters up in your office; 4) Tap other community members who you've supported when they were having fundraisers; 5) Give them as gifts.

The PR for Homewalk is out there. Cathy displayed one of the wrappers that appeared in a recent Midland Daily News. The newspaper apologized for the poor quality and will be running two full-page color ads to make up for the illegible print. On the other hand, the MPX 106.3 radio ads are great. They provide an audio ad on their website about Homewalk that also adds information about Homewalk results and purpose. The MCTV spot Sue Moody and Maureen Acker did with Linda Malekadelis is available for viewing and tied Homewalk fundraising to scholarships and community support. You can view the program at <http://www.midland-mi.org/mctv/channel99.htm>.

## Tickets, tickets, and more!

Due to several questions about Homewalk and raffle tickets, Cari Francis prepared the following break down to provide Zonta members with the correct contact information:

See Diane Moomey for:

- The six Homewalk tickets you must sell and to get your own Homewalk ticket;
- Additional Homewalk tickets to sell;
- An additional Homewalk ticket for yourself should you sell your original one;
- Additional Homewalk tickets for your business to sell.

See Lynda Putt to:

- Turn in money from sold Homewalk tickets.

See Cari Francis to:

- Get raffle tickets;
- Turn in raffle tickets money/stubs/unsold raffle tickets;
- Pick up Homewalk tickets for GUEST hostesses only.

Keep in mind that all raffle tickets must be returned by Sunday, 12/4—sold ticket stubs along with unsold tickets. You may turn in your stubs, tickets and money to the head hostess at the home you work for Homewalk or you can drop them off at HangUps in the sealed envelope provided with your tickets. Please make sure to fill out the information on the envelope.



These raffle items are just waiting to be won!

## Shelterhouse Christmas Party



There's no better place to be on Thursday, December 15, from 5:40—8:00 pm, than the Shelterhouse Christmas Party. This is one of Zonta's annual events that really serves the mission of Zonta and impacts families in Midland County. Zonta members are asked to show up by 5:40; children and parents begin arriving at 6.

Zonta volunteers work in Santa's workshop, help take and frame pictures with Santa, wrap gifts, tell stories, make crafts with children, and serve refreshments. We also donate gifts, wrapping and trims. Maria Cohoon is still looking for volunteers. Please give her a call so you can be part of

something really special.

Do you have a photo printer you could donate for the evening? Picture frames are also needed. Call Sandy Weimer if you can help with these items.

The Shelterhouse Christmas Party has a new location this year. **DO NOT GO TO SHELTERHOUSE.** The event this year is at Eagle Ridge Church, 2808 Waldo Ave.

## Zonta Club of Midland Business Meeting Minutes - Proposed

Tuesday, November 1, 2011

The meeting was called to order by Zonta President, Cynthia Chilcote. The meeting began with the Zonta blessing and introductions.

**Secretary's Report** - The minutes of the October 4, 2011 meeting were presented for approval. Motion to approve as presented by Cari Francis; supported by Sharon Miller; approved.

**Treasurer's Report** - Lynda Putt presented copies of the Treasurer's Report. The general fund increased due to missed and guest meals. The convention fund revenue increased due to the 50/50 drawing. The club service fund increased due to the sale of Homewalk tickets. Motion to accept the report by Sue Moddy; supported by Maria Cohoon; approved.

Cynthia Chilcote introduced Cal Hoerneman from the Kiwanis club who introduced the annual Kiwanis candy and nut sale fundraiser. He will collect the orders today and bring the order to the next evening meeting and collect checks for the candy. Thier slogan is "Go Nuts".

He also mentioned the fundraising dinner dance in March for \$90/couple \$45/each.

### Standing Committee Reports

**Assimilation/Retention/Rejuvenation (ARR) Committee** – Nan Blasy. She rescheduled the Zing for Tuesday, November 8 from 5:30 pm to 8:30 pm.

**Archives Committee** - Chair, Jill Van Buskirk. No report.

Cynthia Chilcote mentioned that the Archives Committee has 2 committee members.

**Attendance** – Chair, Tammy Swinson. Reminder that if bringing guest, include name of business for name tag.

**By-Laws Committee** – Chair, Cari Francis. No report.

**Fellowship Committee** -- Kate Maxwell Thanks for donating food items to United Way of Midland County. Members may bring food or other items to November meeting as there is a great need for food in the pantry.

June social venue will be planned at a committee meeting on Nov. 29.

**Homewalk** -- Cathy Budd/Sue Moody have Homewalk tickets, brochures and posters. Cari Francis has raffle tickets. Members must sell 6 Homewalk tickets; raffle tickets are optional.

Cynthia Chilcote said the raffle will be drawn at the Afterglow.

**Finance/Fundraising Committee** – Cari Francis. Extra money was made at the Loons parking. Motion by the committee to distribute the funds as follows: \$1,550 to the Service Fund; \$700 to District/International; supported by Patty Aspin; approved..

**United Nations/Intercity** -- Chandra Morse No report.

**Organization Membership/Classification** - Chair, Susan Putnam. Sharon Miller reported thanks for bringing guests – we now have 4-5 new members bringing the membership almost up to 66 members. Also keep asking people to join Zonta and welcome new members.

**Public Relations and Communications** - Debbie Stephens. No report.

**Status of Women in Service/Legislation/Advocacy** - Chair, Maureen Acker. The committee is meeting monthly and finding ways to support the club such as linking back to district level articles in the Bridge Newsletter. We can also contribute to the Midland Daily News. Look for an announcement about the scholarship award in the Midland Daily News. The latest Homewalk infor-

mation is now on the website. The Board has discussed the pros and cons of using social media.

**Ways and Means** – Chair Diane Moomey. April is the Zonta auction - think about it and bring items from home to donate. We need baskets and places to house auction materials. New members – the April auction raises money for our club.

**Parliamentarian** – Kate Maxwell. No report.

**Nominating Committee/Past President** – Esther Seaver. No report

### **Unfinished Business**

District 15 Fall Conference (October 14-15 2011) report by Cynthia Chilcote as reported in the Board minutes.

**New Business** No new business

### **Dollar Announcements**

Sue Moody – Morning Rotary bread sales are ongoing - forms on table.

Lisa Lundahl - A new wine bar is opening around the 14th with tapas and wine and beer. Runners – shoes store is open too at Bell Plaza, Wackerle and Jefferson. New dog training facility opens in spring.

The 50/50 Drawing was won by Lisa Lundahl. She donated back the funds to the club.

### **Upcoming Events**

Nov. 1 Business meeting luncheon, 11:30 – 1:00 pm, MCC (Kiwaniis holiday nuts and candy for sale)

Nov. 15 Dinner meeting, 5:30 – 8:00 pm, MCC, Lydia Watson, M.D., OB/Gyn, presents “Holiday Eating Survival Guide” (Kiwaniis orders delivered)

Nov. 17 Board meeting, 7:15 am, BBBS conference room

Dec. 3-4 Homewalk, 1:00 – 5:00 pm each day

Dec. 6 No December lunch or dinner meeting. Let's celebrate our 31<sup>st</sup> successful Homewalk! Afterglow (important business will be conducted as well), MCC, 5:30 – 8:30 pm.

Dec. 15 Board meeting, 7:15 am, BBBS conference room; Shelterhouse Christmas Party

Jan 10 Business meeting luncheon, 11:30 – 1:00 pm, MCC

Jan 17 Dinner meeting, 5:30 – 8:00 pm, MCC, Marie Eckstein presents “Empowering Women of Cambodia”