

ZCoM News



Zonta Club of Midland

JANUARY 2015

“Humor for the Health of It”

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Kaw Wagner with some of her fuzzy friends.

Blending humor with the direct benefit of laughter and optimism to your health was the theme of the presentation by Kay Wagner at the January dinner meeting. Kay, an RN and the Director of Quality at MidMichigan Health is a dynamic speaker who engages and educates through personal stories and self-deprecating anecdotes.

Kay began by asking, “How do you use humor in your life?” The number one response was to relieve stress. It’s also used to improve communications by reducing tension and improves job satisfaction and creativity. Humor has physiological and psychological impact on a person’s health.

She went on to explain the stages of humor development in humans. Infants and preschoolers find silly noises, funny faces, and tickling hysterical because their sense of humor is very raw. Children in this age bracket laugh 300 times a day!

School-aged children laugh at slapstick humor and nonsense jokes. Their world is expanding as is their range of humor.

Then you have teenagers. Their humor is darker and can be mean and cruel. That’s reflected in their attitude toward parents, peers, siblings, and themselves. They have a poor filter for what’s socially acceptable.

College-aged people discover satirical humor as they become more politically aware.

By the time we reach adulthood, if we don’t use humor, we lose it. Adults laugh (really laugh) an average of only 3 times a day. If we don’t want to lose it, where do we start?

Kay’s answer: By smiling.



(continued on Page 4)



It’s a ZING!

Tuesday, February 3d

Feature Night Matches

- Individual Premium Seats
- Includes dining and drinks

\$40 per person

Presented by Dow Corning Corporation
7:00 p.m. (Dining 5:30 -6:45 p.m.)

Carol Arnosky at

misbgalore@sbcglobal.net
or call (989) 835-5577

Upcoming Dinner Presentations

- ♦ 2/17: Intercity dinner @ Swan Valley Banquet Center
- ♦ 3/17: Women in Leadership panel
- ♦ 4/21: AUCTION!

Humor = Health (continued from page 1)

Kay explained some of the physiological benefits of humor. Belly laughs are great muscle relaxants. Improving your immune system, as a diversion for pain, and as a cardiac conditioner, humor and laughter increase your body's ability to stay well.

Relating a personal story, Kay told of an incident that happened when she was a floor nurse in oncology. There was a woman patient who was dying of cancer. Kay's approach was to provide humor and a shoulder so the woman could express herself in ways she couldn't with her family. She thanked Kay for giving her the opportunity to talk and laugh because it helped her prepare herself to leave her family.

Continuing with the healthy impact of humor, Kay listed the psychological benefits. Humor empower us, keeps us balanced so we don't make mountains out of mole hills, helps us cope with stressful situations, and provides perspective because there's always someone worse off than we are.

In closing Kay presented several slides of one-liners....some were real groaners, others were thought-provoking, all were funny.

- Weight Watchers will meet at 7 pm. Please use large double door at the side entrance.
- Low Self-Esteem Support Group will meet Thursday at 7 pm. Please use the back door.
- Priest in fatal crash improves.
- Study finds sex, pregnancy link.
- The National Planning Association was not sure where their next meeting would be.
- A man in California won \$9 million in the lottery because he forgot his wedding anniversary and played the wrong numbers.

Her final slide was of Alex's Lemonade Stand. Alex Scott died at the age of 8 as a result of cancer. When she was diagnosed, she set up her lemonade stand to raise money to give to the doctors so they could find a cure. She raised \$2000 in one day. Her message went viral and inspired people across the nation who went on to raise over \$9million. A foundation established in her name by her family has raised over \$45 million to fight cancer. The power of Alex's positive attitude continues to inspire.

The Fellowship Committee asked Zonta members to bring stuffed animals to the meeting to be donated to Kay to help comfort children faced with scary medical conditions. The pile pictured here is just a sample of a table full of huggables that Kay will put to good use.



Homewalk Ticket Sale Winner(s)

Elizabeth Lumbert announced that the full Homewalk report would be given at the business meeting in February. The success of the event means up to 12 \$2000 scholarships are on the table. But in the mean time...

Following ZCoM tradition, the Homewalk Committee presented this gift basket to the person whose name was drawn from the pool of those members who sold more than their 6 required tickets. Cathy Budd sold the most tickets: **29!**

The winner of the drawing for the basket was Sandy Weimer. In true Sandy fashion, she turned around and gave the basket to Cathy.

Are You Ready for Some Auction????

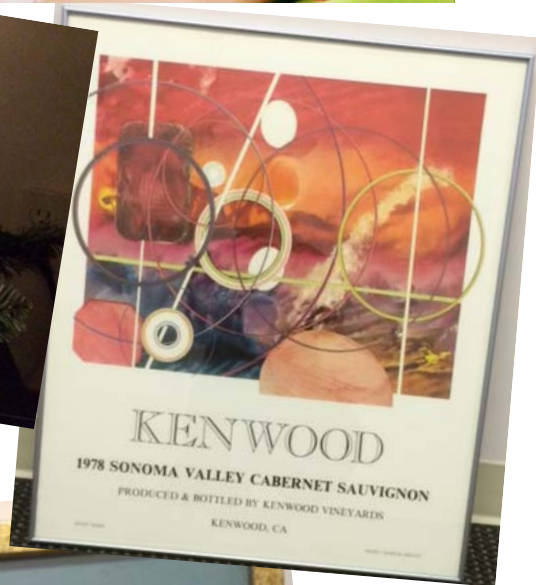


As we move into February, the Ways and Means Committee is busy collecting, storing, and photographing the auction items that have been turned in so far. Have you made your donation yet?

Sandy's silver SUV will be parked at the front door at every Zonta meeting until the auction in April. Fill 'er up!

Here's a preview of a few of the goodies waiting for your bids this year:

- Two one-hour sessions (value \$ 70. ea) with Rick Ferns (Ferns Consulting) for anything computer related.
- 4 hours with P & A Services. They specialize in decluttering, organizing, cleaning and painting.
- 90-minute Rejuvenation Facial & Massage from Linda Calzadillas.
- Loon's gift package
- \$50 gift certificate from I've Been Framed
- Meita hand-painted china



Do You Know a Candidate for YWPA Scholarship?

THE YOUNG WOMEN IN PUBLIC AFFAIRS AWARD

RECOGNIZING YOUNG WOMEN FOR THEIR
DEMONSTRATED LEADERSHIP SKILLS &
COMMITMENT TO PUBLIC SERVICE

2015



APPLICATION REQUIREMENTS:

Women of age 16-19 on 1 April each year, living in a Zonta district/region, or a citizen of a Zonta country, who demonstrate evidence of the following, are eligible to apply.

Note that applicants from geographic areas within a Zonta district/region where no clubs are located will be considered and also eligible to apply for the district/region Award. Z and Golden Z club members are also eligible to apply.

- Active commitment to volunteerism
- Experience in local or student government, workplace leadership (paid or unpaid)
- Volunteer leadership achievements
- Knowledge of Zonta International & its programs
- Advocating for Zonta International's mission to advance the status of women worldwide

CLUB:

One applicant from each club recommended for district/region Award.

DISTRICT:

One recipient per district/region receives district/region Award of US\$1,000 and application is submitted to be considered for an International Award.

INTERNATIONAL:

Ten district/region Award recipients receive an additional US\$4,000 International Award.

WWW.ZONTA.ORG



YOUNG WOMEN IN PUBLIC AFFAIRS AWARDS | A ZONTA INTERNATIONAL PROGRAM FUNDED BY: ZONTA INTERNATIONAL FOUNDATION

Member News

- Condolences to Barb VanderKelen whose father, James Warren Booth, 85, passed away in his sleep on December 25, 2014. Jim was an engineer with GM for over 35 years and loved golf and pheasant and duck hunting.

Zonta Club of Midland
Business Meeting Minutes – Proposed
 Tuesday December 2, 2014

The meeting was called to order at 12:02 by Zonta Club President, Sharon Mortensen. The meeting began with the Zonta blessing and introductions.

Secretary's Report. Beverly McCray. November meeting minutes were approved. Moved by Pam Nagel. Supported by Nancy Barker.

Treasurer's Report. Karla Oldenburg. The treasurer's report was reviewed. Moved by Linda Malekadeli. Supported by Jenny Kendrick.

Advocacy. Nicki Smith. We are in the 16 Days of Activism. There will be signs in the Homewalk homes promoting that.

ARR. Carol Arnosky. No Report.

Archives. Rhonda Anderson. No report.

Attendance. Deb Miller. No Report.

Bylaws. Ann Beck. No Report.

Finance/Fundraising. Ann Beck. No Report.

Fellowship/Awards. Nan Blasy. Nan thanked the club members for the food donations to the Open Door. She asked for June social ideas.

Golden Z Club. Megan Granda. No Report.

Homewalk. Elizabeth Lumbert & Denise Avery. More volunteers are needed for Homewalk. Each table has volunteer sign-up sheets. Members needing more tickets to sell can get them from Carol Arnosky. There are other area organizations doing homewalks also. Zonta has been holding Homewalks for 34 years. Elizabeth Lumbert promoted the Homewalk in an interview on the Art Lewis radio show. This year's Afterglow is December 9 at 6:00 at Scrapbooks Galore and More. Members and guest hostesses are invited. Bring an appetizer and your choice of drink.

Membership. Jennifer Chappel & Christin Petroski. Susan Putnam. No Report.

Public Relations/Newsletter. Colette St. Louis. Please contact Colette with member news that should be shared with club members. She will put it in the newsletter. Other members of the committee are Cynthia Chilcote, Jenny Kendrick, and Ashleigh Summers.

Status of Women Service. Jill VanderZowen. Maria Cohoon is looking for volunteers to help out December 15 at the Shelterhouse Christmas party which will be held at the Eagle Ridge Church. Volunteers are asked to be there at 5:30.

United Nations/Intercity. Kathy Swarthout. No Report.

Ways & Means Lynda Putt. Donations for the April auction can be brought to the January 21 dinner meeting. The vehicle to put the donations in will be outside.

Parliamentarian. Diane Moomey. No Report.

Nominating/Immediate Past President. Cathy Budd. No Report.

Unfinished Business

Kim Bruce, Shelterhouse Director of Advocacy & Volunteer Coordinator spoke on the impact of Zonta donations to them. Our donations helped to fund lock changes, GOTR, Transportation, the SANE program and the Shelterhouse Christmas party.

New Business

District Update Lisa Hulbert let the members know that they will be receiving emails from Zonta International.

The opening date for scholarships is December 1. Up to 12 scholarships will be awarded.

Closing

\$36 from the 50-50 Raffle was won by Kathy Swarthout.

Dollar Announcements

Bonnie Westervelt thanked the members for a warm welcome back. There is a Ruby Ribbon event at the H Hotel Sunday 10:00 – 4:00 in the Platinum Room.

Pam Nagel has samples from Dove Chocolate Discoveries today and there will be samples to try at the Homewalk rest stop.

Nicki Smith shared that the Safe & Sound fundraiser, Art & Advocacy is Dec 12 at Dow Diamond.

Carol congratulated Sharon Mortensen for being the Grand Marshall of the Santa Parade.

Sue Kleinhans daughter is accepted to The University of Toledo Medical School.

Elizabeth Lumbert shared that the Dow Gardens Christmas walk is this Thursday, Friday, and Saturday.

Nan Blasy's son is the new Chief of Staff at the Saginaw VA Hospital.

Beverly McCray is selling raffle tickets for the Junior Achievement Raffle.

Important Dates

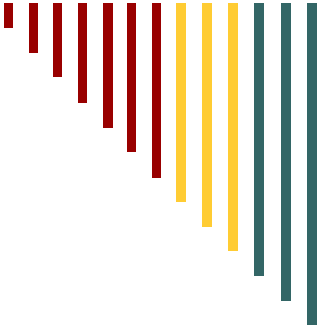
December 2	11:30a m	Business Meeting	Midland Country Club
December 6-7		Homewalk	
December 9	6:00pm	Afterglow	Scrapbooks Galore and More
December 15	5:00pm	Shelterhouse Christmas Party	Eagle Ridge Church of God
January 8	7:15am	Board Meeting	Midland Area Community Foundation
January 20	5:30pm	Social Meeting – Kay Wagner: Humor and Taking Care of Yourself	Midland Country Club
February 3	11:30a m	Business Meeting	Midland Country Club
February 12	7:15am	Board Meeting	Midland Area Community Foundation
February ?		Intercity Dinner	TBD
March 3	11:30a m	Business Meeting	Midland Country Club
March 12	7:15am	Board Meeting	Midland Area Community Foundation
March 17	5:30pm	Social Meeting – Women in Leadership: Speakers TBD	Midland Country Club

The meeting was adjourned at 12:40.




Respectfully Submitted

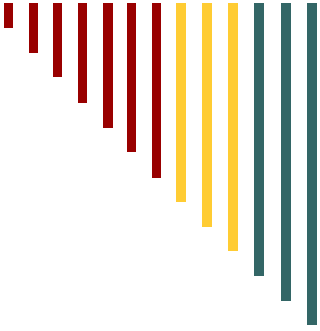
Beverly McCray

Corresponding Secretary











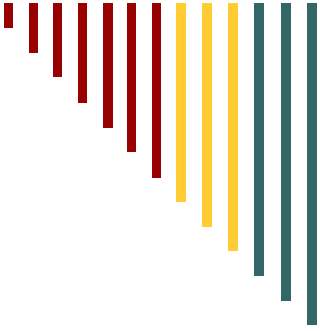
February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Business Meeting 11:30 @ MCC	4 Megan Farrell 	5	6	7
8	9	10	11	12 Board Meeting @ MACF, 7:15am	13	14
15	16	17 InterCity Dinner @ Swan Valley Banquet Center	18 Jill VanderZouwen 	19	20	21
22	23	24	25	26 Tammy Swinson 	27	28 Trish Steele 








March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Business Meeting 11:30 @ MCC	4	5	6	7
		Nan Blasy 				
8	9	10	11	12 Board Meeting @ MACF, 7:15am	13	14
			Jennifer Chapel 		Ann Beck 	Jenny Kendrick 
15	16	17 Dinner Meeting, 5:30 @ MCC Women in Leadership	18	19	20	21
22	23	24	25	26	27	28
Mary Hart Patti Tuma 	Sarah Delahanty 		Diane Moomey 		Linda Langrill 	
29	30	31				



April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Business Meeting 11:30 @ MCC	8 Elizabeth Lumbert 	9 Board Meeting @ MACF, 7:15am	10 Sharon Miller 	11 Denise Avery 
12	13	14	15	16	17	18
19	20	21 AUCTION 5:30 @ MCC 	22	23 Collette Smith 	24	25
26	27	28	29	30		