

Co-President’s Message:

Dear Members,

An experience this week showed me what a great group our members are. I am having difficulty with my knee and was both gratified and truly overwhelmed when several people offered me a ride to our meeting. We are a small club but clearly the saying about having big hearts is very true. Please know how much the response meant but, even more, proved to me the generosity and caring we have for each other.

Mary Bowman-Kruhm

Welcome to Our New Members -

Leah Mayer and Joan Quinlan

Zonta Club of Frederick Meetings

Our monthly meetings are now being held at the Frederick Elks Lodge, 684 Willowdale Dr. Dinner costs is \$17 and covers the speaker’s meal. There is still a Zoom so those who can’t be at the meeting in person may still attend.

Carleah Summers from Andrea’s House will be our presenter. Andrea’s House is a new organization supporting women recently released from incarceration.



Congratulations to Zonta Clubs on their March milestone anniversaries!

95 years

- Zonta Club of Hamilton 1, Canada, District 4
- Zonta Club of Warren, USA, District 4

75 years

- Zonta Club of Bern, Switzerland, District 28

60 years

- Zonta Club of Essen I, Germany, District 29

50 years

- Zonta Club of Iloilo City, Philippines, District 17

45 years

- Zonta Club of Aschaffenburg Area, Germany, District 14
- Zonta Club of Fleurieu Peninsula Inc, Australia, 23
- Zonta Club of Kristina, Finland, District 20
- Zonta Club of Naruto, Japan, District 26
- Zonta Club of Sault Ste Marie Area, Canada, District 15

35 years

- Zonta Club of Rauma, Finland, District 20

30 years

- Zonta Club of Luxembourg, Luxembourg, District 27
- Zonta Club of Noosa Inc, Australia, District 22

25 years

- Zonta Club of Daegu II, South Korea, District 32

Rose Day, 8 March -

Our club is presenting yellow roses to Heartly House for their support in helping those suffering from domestic abuse.

Rose Day is celebrated along with International Women’s Day as a time to reflect and give tribute to the individuals who have empowered you or the women in your community. Zonta’s annual Rose Day campaign will run through 8 March. To donate, follow these easy steps:

1. Go to zonta.org/donate.

2. Designate a gift amount and choose a fund.
3. Under the Honor/Memorial Tribute Information section, click the checkbox for Yes, this gift is an honor or memorial gift. Then click the checkbox for Yes, I would like to send an eCard and enter your recipient’s email address and your personal message and select your preferred eCard.
4. Enter your payment details.
5. Click the Submit button at the bottom of the page to process your donation.

If you prefer to mail your donation, download the donation form.

For assistance, please contact the Zonta Foundation for Women at zifoundation@zonta.org.

Communication Committee Report

Please send your committee reports and input for the May/June 2023 newsletter to Eileen by April 30.

Please consider submitting anything you think would be of interest to our members and those who may be interested in joining our club. The newsletter is yours to make it educational and entertaining.

If you use Facebook, please “share” posts from our club’s Facebook page to your personal page as the information will reach a much wider audience.

INTERNATIONAL WOMEN'S DAY 8 MARCH 2023

Only 57% of women aged 15 – 49* made their own informed decisions regarding sexual relations, contraceptive use and reproductive health care.



*64 countries, 2007-2021; Source: The Sustainable Development Goals Report 2022

At the current pace, it will take another 40 years for women and men to be represented equally in national parliaments.



Source: The Sustainable Development Goals Report 2022

#IWD | #IWD2023 | #EmbraceEquity
#InternationalWomensDay



January Speaker – Kate Cullen Kranitz Kate shared her knowledge and personal experience on the topic of “Why We Stay.”

Some of the reasons are financial, children, fear of losing status, fear of abuse if “he finds me,” embarrassment of perceived failure, going into the unknown, denial, and more.

When a woman decides to leave, it may be a conscious decision or made in little increments. Many times, if someone leaves, they usually go back.

If a person decides to leave, they must have a safety plan to overcome obstacles, such as: health insurance; where they are going; how long; cost; transportation; and income.

Kate closed her talk by saying if we know someone who is in an abusive situation, build trust and, at some point, you can ask if you can help, possibly with the safety plan. But “don’t push anyone.”

ZONTA INTERNATIONAL DISTRICT 3

April 29, 2023
Zonta Spring Workshop District Three, Areas 1, 2, 3 & 4

THEME: Building a Better World for Women and Girls through Climate Justice, Gender Equality and STEM (Science, Technology, Engineering and Math)

- Informative speakers include District 3 Past Governor, Joanne Gallos, Bobbee Cardillo, Joanna Smith and more!
- We will include breakout sessions for small group discussions

WHEN: Saturday, April 29, 2023, 9:30 AM to 12:30 PM

WHERE: Virtual, online via ZOOM

REGISTRATION FEE: \$15 via Eventbrite for Zoom Technical Guru

PLEASE mark your calendars and plan to join us!
Your email invitation is COMING SOON!!

Significant Women’s Historical Events and Birthdays – March and April

(Information collected from the National Women’s History Alliance)

These events recognize the achievements in promoting women’s rights.

March Highlights in Women’s History

- **March 1, 1978** – Women’s History Week is first observed in Sonoma County, California
- **March 1, 1987** – Congress passes a resolution designating March as Women’s History Month
- **March 3, 1913** – Women’s Suffrage Parade in Washington, DC, where over 8000 women gathered to demand a constitutional amendment guaranteeing the right to vote.
- **March 4, 1917** – Jeannette Rankin (R-MT) took her seat as the first female member of Congress.

- **March 4, 1933** – Frances Perkins becomes United States Secretary of Labor, the first female member of the United States Cabinet
- **March 8 – International Women’s Day, whose origins trace back to protests in the U.S. and Europe to honor and fight for the political rights for working women.**
- **March 12, 1912** – Juliette Gordon Low assembled 18 girls together in Savannah, Georgia, for the first-ever Girl Scout meeting.
- **March 12, 1993** – Janet Reno is sworn in as the first woman U.S. Attorney General
- **March 17, 1910** – Camp Fire Girls is established as the first interracial, non-sectarian American organization for girls.
- **March 17, 1917** – Loretta Perfectus Walsh became the first woman to join the navy and the first woman to officially join the military in a role other than a nurse.
- **March 20, 1852** – Harriet Beecher Stowe’s novel *Uncle Tom’s Cabin* is published and becomes the best-selling book of the 19th century.
- **March 23, 1917** – Virginia Woolf establishes the Hogarth Press with her husband, Leonard Woolf
- **March 31, 1888** – The National Council of Women of the U.S. is organized by Susan B. Anthony, Clara Barton, Julia Ward Howe, and Sojourner Truth, among others, the oldest non-sectarian women’s organization in the U.S.
- **March 31, 1776** – Abigail Adams writes to her husband John who is helping to frame the Declaration of Independence and cautions, “Remember the ladies...”



April Highlights in Women’s History

- **April 2, 1931** – 17-year-old Jackie Mitchell, the second woman to play baseball in the all-male minor leagues, pitches an exhibition game against the N.Y. Yankees and strikes out both Babe Ruth and Lou Gehrig. The next day, the Baseball Commissioner voided her contract, claiming baseball was too strenuous for women. The ban was not overturned until 1992.
- **April 7, 1987** – Opening of the National Museum of Women in the Arts in Washington, D.C., the first museum devoted to women artists.
- **April 13, 1933** – Ruth Bryan Owen is the first woman to represent the U.S. as a foreign minister when she is appointed as envoy to Denmark.
- **April 16, 1912** – Harriet Quimby becomes the first woman to fly an airplane across the English Channel
- **April 19, 1977** – Fifteen women in the House of Representatives form the Congressional Caucus for Women’s Issues
- **April 22** – Earth Day, honor Rachel Carson today, a woman who changed America and greatly influenced the environmental movement with her revolutionary book, Silent Spring
- **April 28, 1993** – First “Take Our Daughters to Work” Day, sponsored by the Ms. Foundation, in 2003. It became “Take Our Daughters and Sons to Work” Day



- March 5 – Laura Duthoy
 - March 5 – Cheryl Concannon
 - March 23 – Karen Butler
 - March 20 – Elaine Lynch
 - April 29 – Barbara Stastny
 - May 3 – Maida Wright
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