

# Zonta Club of Milwaukee



Zonta Club of Milwaukee  
Member of Zonta International

*Advancing the Status of Women Worldwide*

## BULLETIN

International District 6 – Area 2  
Chartered: January 8, 1926

**Wednesday, January 25, 2012**

***Speaker: Dr. Victoria Yorke, M.D.***

Our speaker this month comes to us from Wheaton Franciscan Healthcare, Doctor Victoria Yorke, M.D.

Dr. Yorke is a family medicine doctor with the Find-Lando Clinic in Cudahy. She views her role as a physician to help people live a healthy life. She sees her role as an educator and motivator to guide her patients through this journey.

Dr. Yorke can help guide us to fulfill that healthier lifestyle goal for 2012!

**Italian Community Center (I.C.C.), 631 E. Chicago  
Milwaukee, Wisconsin 53202**

**5:30 PM - Social**

**6:00 PM – Dinner**

**7:00 PM – Speaker: *Dr. Victoria Yorke, M.D.***

**Cost: \$30 per person, includes tax and tip**

**RESERVATIONS:** *Please call Helen Ludwig or e-mail her with your reservation by 9:00 am on Monday, January 23, 2012.*

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IN **THIS**  
*Issue*

Zonta Club of Milwaukee January Meeting – Page 1  
President's Message – Page 2-3  
Members Update – Page 3  
Membership Corner and Zonta Fashion Show – Page 4  
Zonta Club of Milwaukee Holiday Gathering Photos & Wisconsin Women's Health Policy Summit – Page 5  
Future Meeting Speakers, Thank You from Sojourner Family Peace Center and January Birthdays –Page 6

*The Zonta Club of Milwaukee is club #39, located in District 6 (Illinois, Wisconsin and Indiana). The Club meets on the fourth Wednesday of the month, September through June, for networking, dinner, program and business meeting.*

*President: Cheryl Lucas DeBerry  
Membership Co-Chairs:  
Claudyne Whitaker  
Marianne Zapall  
Bulletin Editor: Joann Henry  
Newsletter deadline for articles is the 10<sup>th</sup> day of each month.*

*For more information on Zonta, visit [www.zontadistrict6.org](http://www.zontadistrict6.org)*

**2011/2012**

### **Zonta Club of Milwaukee Officers**

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Maggie Aboagye, Club Board  
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Barbara Wyatt Sibley, Club Board*

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Linda Hext, Foundation Board  
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Claudyne Whitaker, Foundation Board*

## **Presidents Message.....**

Dear Zontians:

## **10 Tips for Keeping New Year's Resolutions**

*(Reprinted from About.com, December 2011)*

Chances are, you've made a New Year's Resolution -- and then broken it. This year, stop the cycle of resolving to make change, but then not following through. Here are 10 tips to help get you started.

1. **Be Realistic**  
The surest way to fall short of your goal is to make your goal unattainable.
2. **Plan Ahead**  
Don't make your resolution on New Year's Eve. If you wait until the last minute, your decisions will be based on your mindset on that particular day. Instead, your New Year's resolution should be planned well before December 31 arrives. If it's already too late for planning to start January 1st, pick another date -- February 1st, your birthday, the anniversary of your diagnosis -- whatever date is meaningful for you.
3. **Outline Your Plan**  
Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling on a friend for help, practicing positive thinking and self-talk.
4. **Make a "Pro" and "Con" List**  
It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.
5. **Talk About It**  
Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best case scenario is to find yourself a buddy who shares your New Year's resolution and motivate each other.
6. **Reward Yourself**  
This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution.

**Continued on page 3.....**

7. **Track Your Progress**

Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.

8. **Don't Beat Yourself Up**

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.

9. **Stick To It**

Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new habits will become second-nature in no time.

10. **Keep Trying**

If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.

The start of a new year is the perfect time to turn a new page, what will you resolve to do for Zonta this year? Here are a few suggestions.

I resolve to:

- Attend all Club meetings this year
- Attend both the Spring Workshop and Fall Conference (both are in Milwaukee this year-so you have no excuse)
- Support the Fashion Show fundraiser by selling a table of 8; buy raffle tickets; bid on silent auction items; meet/greet guests; support in any way you can
- Serve on a committee; Club Board or Foundation Board
- Invite prospective members to events and Club meetings
- Plan to attend an International Convention soon
- Support local service projects with time, service and finances
- Make a contribution to the Foundation
- Continue to help the Zonta Club of Milwaukee advance the status of women and children worldwide

Will you keep your resolutions this year? I will....

*Cheryl*



## Members Update

*By Claudyne Whitaker*

HAPPY NEW 2012!!

Still in the spirit of thanksgiving and thankfulness, there is no better time than now to continue to "give thanks" for family, friends and neighbors. As we have been blessed to see "another" year, let us continue to count our blessings, continue to be a blessing to others and "work on" our New Year's Resolutions!! May your NEW YEAR be HAPPY, HEALTHY, LOVING, AND PROSPEROUS. As you experience this New Year with NEW things to do, NEW places to go and NEW people to meet, may this be your BEST YEAR YET!!!

A Big Wonderful THANK YOU to Kim for our FABULOUS Holiday Gathering at her home on December 14th! Great food, many faces (some new), wonderful fellowship and a great way to start off the holiday "parties." Thanks to all Zontians who attended, brought food, exchanged gifts and brought clothing items for our Christmas project. You are all to be highly commended and thanked for the true spirit of sharing and helping others, what great TEAMWORK!! Keep the ball rolling in 2012!!

Our best wishes to Nell for a speedy recovery from her December surgery. Cards and calls WILL MAKE THAT HAPPEN! Thanks to Beverly Conners for being a great "care giver" for Nell for some time now, and for all of the help she has provided to and for her. George, Nell's right hand, is the "perfect" husband, spending every day at her side in the hospital. What companionship! He will deliver all messages from you to Nell, will be cooking for her when she gets home and continuing his care giving services to his beloved wife. To my knowledge, George knows to call on any one of us for any help that he may need during Nell's recovery as we keep her in our prayers.

Let us also pray for and extend our deepest sympathy to Barbara Wyatt Sibley in the recent loss of her brother. Thanks for your calls and cards to her in this time of need.

Please continue to talk up the Fashion Show and participate in Zonta activities as time is MOVING fast and June will be here before you know it. Remember this section of the newsletter is always "open" for you to share your "NEWS." Don't be shy; we all need to pat on the back every now and then.

"BEING A WOMAN IS HARD WORK." Maya Angelou



## Membership Corner

By Marianne Zapall

Happy New Year Zontians! We certainly hope that everyone enjoyed being with family and friends over the Christmas season.

As we move forward into the new year and those new resolutions lets all of us share the same one. Mark your calendars now for the fourth Wednesday of every month to meet at the Italian Community Center – 5:30 for social hour – 6:00 for dinner, followed by a fabulous program – ending with Club business and dismissal around 8:00 p.m. This is only 2-1/2 hours per month to attend all of our Club's monthly meetings. That's not a lot of time out of our busy schedules.

Please keep the membership committee informed of anyone you think will be an asset to our Club. Also, don't forget to invite friends, co-workers, family and members you may have noticed that have not been attending our meetings.



### Quotes by Amelia Earhart

"Women must try to do things as men have tried. When they fail, their failure must be but a challenge to others."

"The most effective way to do it, is to do it."

"Courage is the price that Life exacts for granting peace."

## Zonta Fashion Show

By Carol Cline and Pam Knackert

**Save the Date of Saturday, April 21, 2012** for our "Passport to Fashion" fashion show fundraiser. It will be held at the ICC. Chico's and it's sister store Soma's will be our vendors for the show.

Hopefully you are already lining up who to invite. **Each member will be responsible to sell a table of 8.** Invitations will be going out later in February.

Let Pam or Carol know if you know of a company or someone who might be interested in being a sponsor for the event. Sponsorships can range from \$100 and up.

You can bring any raffle and silent auction donations to the January meeting and give them to Laurie Ward. Food and drink are always popular items. If you frequent a restaurant or store ask them if they would donate something to our raffle and auction.

Letters to previous business donors went out in early January, so hopefully donations will be coming in from them.

We will have our next committee meeting on Wed. January 18 at Carol Cline's office.



**Zonta Club of Milwaukee  
Holiday Gathering  
Photos**



**Group Photo**



**Arlyce, Lynn, Claudyne and Susan**



**Pam, Carol and Cassandra**



**Beverly and Victoria**



**Present Exchange**

**2012 Wisconsin Women's Health  
Policy Summit**

Tuesday, May 15, 2012 from 8:00 AM to 5:00 PM  
Monona Terrace  
One John Nolen Drive  
Madison, WI 53703  
\$35

To register: <http://wwhps12.eventbrite.com/?ref=ebtn>

During the 2012 National Women's Health Week, Wisconsin women's health supporters will again have the opportunity to convene in Madison for a day of networking, education, engagement and empowerment. For the third annual Wisconsin Women's Health Policy Summit, advocates, providers, survivors, and policy makers are all invited to join in as we continue to collectively work to raise the status of Wisconsin women's health!

**Tentative Agenda Includes:**

- Updates from State Policy Makers
- Panels that highlight young women, women of color, and partners in health
- Insights into how Wisconsin women win with the Affordable Care Act
- 2012 Wisconsin Women's Health Supporter Voter Guide
- Networking with over 300 attendees and over 50 sponsoring organizations
- A silent auction to benefit the Wisconsin Alliance for Women's Health

## *Upcoming Zonta Club of Milwaukee Dinner Meeting Speakers*

*By Kim Brinsko*

Barb and I would like to inform you of who the speakers will be for the rest of the year.

January is Dr. Yorke from Wheaton Franciscan healthcare.

February is Janan Najeeb, Muslim Women's Network

March is Sharon Robinson, City of Milwaukee.

April is the business meeting and there will be not speaker this month.

May is Emily Winecke, Wisconsin Woman's Network.

June is our fun month. The activity for this month will be announced later.

September is Rhonda Matthews Ware, Research Center for Woman and Girls at Alverno College,

We hope this helps you with your planning for the coming year, as well as assist you in inviting your guests.

## **HAPPY BIRTHDAY**



**Lauren Ward**

**Judith Lehman**

## *Thank You -- Contributions to Sojourner Family Peace Center*

*By Kim Brinsko*

Ladies,

Thank you all for your generous offerings to Sojourner Peace House this holiday season. My car was filled with your generosity when I dropped off the items last month. Enclosed is a thank you letter.

Your outcry of support was overwhelming and from the survey taken at the meetings last year it appears that we will be doing another impromptu donation collection in the near future.

Thank you all so much.



December 29, 2011

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P.O. Box 080319  
Milwaukee, WI 53208

Zonta Club of Milwaukee  
221 W Manor Cir  
Bayside, WI 53217

Dear Friends,

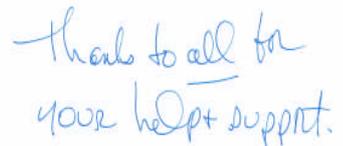
On behalf of all the families we serve at Sojourner Family Peace Center, thank you for making this holiday one that they will always remember. With your gift of sleepwear, cleaning supplies, linens, clothing, and personal care items, you have touched the hearts of victims of domestic violence and their children—bringing them joy and hope this holiday season. Your thoughtful donation has truly made a difference.

We are grateful for your spirit of kindness.

With special thanks,

  
Angela Mancuso  
Executive Director

AM:mk



No goods or services were received in exchange for this contribution. All contributions are tax deductible to the extent allowed by law. Please keep this letter for your records.



The mission of Sojourner Family Peace Center is to create peaceful communities in which domestic respect and a life free from violence is the right of every woman, man and child.

