

# January Newsletter



## Message from the President

Happy New Year Zontians!

I hope everyone had a great holiday season and that 2010 is off to a great start!

My wish for you is that you will be inspired in 2010 to do great things!

As we embark on a new year and a new decade, I'd like to take a few moments and share with you two inspiring concepts from the bestselling books **212° the extra degree®** and **Smile & Move™**.

**212° the extra degree®** is a powerful philosophy that reminds us how sometimes it's the smallest things that can make the biggest differences:

At 211 degrees, water is hot.  
At 212 degrees, it boils.

And with boiling water, comes steam.  
And with steam, you can power a train.

**One degree more = Exponential results**

**212° the extra degree®** is a powerful message that reminds us how sometimes it's the smallest things that can make the biggest differences.

Simple. Clear. Actionable

Please see: [www.just212.com/](http://www.just212.com/)

**Smile & Move™** is a fun new call-to-action that I mentioned last year. We can use it as a reminder to stay focused on the fundamentals of being valuable to each other. It's all about attitude and action.

Smile, be happy! Move, do something! Please see: [www.smileandmove.com](http://www.smileandmove.com)

Let's all become "Smovers" —people who smile and move!

Thanks,

Lesia A. Telega  
President  
Zonta Club of Rochester

## Amelia Earhart January Speaker

**Annie Lane & Stand Up Guys**

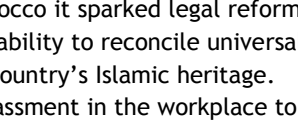
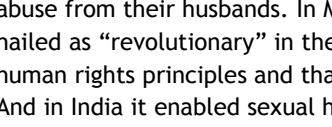
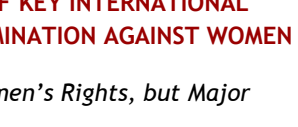
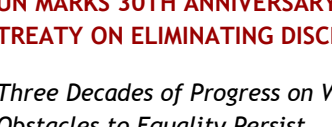
January 26, 6 p.m.  
Century Club of Rochester

Annie Lane left a job with a six-figure salary a few years ago to help start a movement to combat violence against women—by enlisting men. This was personal for her—something she was familiar with from her own past and her friends' experiences. But after a female co-worker was killed by her husband, Annie was inspired to start volunteering at ABW and other groups that worked to end domestic violence. Then she heard about the group **Stand Up Guys** ([www.standupguys.org](http://www.standupguys.org)) and was intrigued because it involved men working to stop other men from domestic violence.

**Stand Up Guys**, founded by area mental health professionals Jack Brennick and Pete Navratil, has as its mission "to raise awareness about men's violence against women and children and to promote gender equality, safety and justice in our community." They accomplish this mission through prevention education, community projects and by holding events and activities that raise awareness.

Hear more about Annie Lane and one of the board members from Stand Up Guys at our January 26<sup>th</sup> meeting.

## Photo Gallery



## 30th Anniversary of CEDAW

**UN MARKS 30TH ANNIVERSARY OF KEY INTERNATIONAL TREATY ON ELIMINATING DISCRIMINATION AGAINST WOMEN**

*Three Decades of Progress on Women's Rights, but Major Obstacles to Equality Persist*

United Nations, New York—In Cameroon it was used to bring justice to village women suffering rape and other physical abuse from their husbands. In Morocco it sparked legal reforms hailed as "revolutionary" in their ability to reconcile universal human rights principles and that country's Islamic heritage. And in India it enabled sexual harassment in the workplace to be outlawed.

These are just three of the myriad ways that the United Nation's women's human rights treaty has made its mark. The Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) turns 30 years old in December of 2009. Its impact as a force for change on women's lives is being discussed and celebrated in events all over the world.

Thirty years after its adoption by the United Nations General Assembly, on 18 December 1979, the treaty remains the essential international tool for achieving women's human rights. National action spurred by the CEDAW treaty has been wide ranging: new constitutional guarantees for women in Thailand, land-owning rights established for women in Kyrgyzstan and Tajikistan, changes to the law of evidence benefiting women in the Solomon Islands, reproductive health rights established in Colombia, a new Magna Carta for women's equality enacted in the Philippines (for more details on these and other stories see [www.unifem.org/cedaw30](http://www.unifem.org/cedaw30)) However, the Convention's implementation has been uneven and eight countries still have not ratified it: namely Holy See, Iran, Nauru, Palau, Somalia, Sudan, Tonga and USA. Nevertheless, 186 other states have ratified CEDAW making it one of the most widely subscribed-to international treaties in existence.

"It is a very practical document," said UN Secretary-General, Ban Ki-moon, referring to the CEDAW convention. "It says concretely and explicitly what countries have to do at the national level to achieve women's equality. But progress is not automatic - it requires a great deal of work and commitment in order to make the necessary changes in societies." Sometimes the first step to equality is to create a new law, as in the sexual harassment case of India. Justice Sujata Manohar, one of the Supreme Court judges who decided this case in 1997, looked to the CEDAW treaty to enable India's Supreme Court to create a new national law, which could be later enshrined in legislation, prohibiting sexual harassment in the workplace.

The true measure of the impact of the CEDAW treaty is the condition of women's actual lives today. Serious human rights violations against women are still happening and violence against women is a major concern world-wide, whether occurring as sexual violence in situations of armed conflict or domestic abuse at home.

These questions and other stories about how CEDAW has changed women's lives around the world can be found on their website, [http://www.unifem.org/cedaw30/about\\_cedaw/](http://www.unifem.org/cedaw30/about_cedaw/).

## Of Special Note

**BACK BY POPULAR DEMAND!!!**

Zonta Club of Niagara Falls

3RD ANNUAL

*My Funny Little Valentine Breakfast*  
February 11, 2010

at

Americana Conference Resort and Spa

Featuring: Guest Speaker/Humorist

Judy Suke

Doors Open at 7:00am

Breakfast at 7:15am

Entertainment at 8:00am

\$35.00 per person

**CAUTION: BE PREPARED TO LAUGH!!**

**RAFFLES! DOOR PRIZES! AUCTIONS! FUN! GIFTS FOR YOURSELF OR YOUR "SIGNIFICANT OTHER"**

**TREAT YOUR SIGNIFICANT OTHER TO A FUN BREAKFAST--WHAT A GREAT VALENTINE'S GIFT! OR BRING A GROUP OF FRIENDS**

Complimentary Parking

Tickets also available in Niagara Falls at: The Flower House, 8189 Lundy's Lane 905-354-1999 &

Cole's Jewellers, Town & Country Plaza 3643 Portage Road 905-354-3251

All Proceeds to Project Share, Women's Place of South Niagara Inc. and Other Local and International Projects

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Lesia Telega, President, Zonta Club of Rochester

## Zonta Boards

**Board Members:**

**President:** Lesia A. Telega  
**Vice President:** Amy Irish  
**Secretary:** Connie Herrera  
**Treasurer:** Edna Silvernail  
**Directors 09-11:** Jackie Kukurudza, Eileen Murray, Rita Tibbetts  
**Directors 08-10:** Rita Eygabroad, Dot McDowell, Alyce VanPatten  
**Past President/Advisor:** Nancy McCulloch

**Zonta Rochester Foundation:** Pat Deane, Kate Cerulli, Peg Wagner, Alyce VanPatten, Sandy Yorkey-Morgan, Rita Tibbetts, Lynne Bataglia-Triggs

## Committee Updates

The **Fundraising Committee** will be meeting Thursday, January 21, 4:30-6 pm at HCR. Contact Lesia for more information.

There will be a meeting of the **Service Committee** at HCR (85 Metro Park) from 5:30-8:00 on **Thursday, February 4**. All members are invited to attend. At this meeting, we will determine the local organizations who will receive our grants this year—one of our most important activities each year! Please attend so that you have a voice in how our grants are distributed. RSVP to Edna ([ednasil.aol.com](mailto:ednasil.aol.com)) or Amy ([airish1@rochester.rr.com](mailto:airish1@rochester.rr.com)) if you plan to attend, so that we can provide refreshments. We will also be discussing a possible service project of providing "birthing kits" to women around the world. This would be an on-going commitment and requires members' support. We hope to see as many of you there as possible.

The February Zonta meeting, hosted by the **Service Committee**, will be Tuesday, February 23 at the Century Club. More information will follow in the February newsletter.

## Notices

We are still collecting the following items at the dinner meetings:

Toiletries for St. Joseph's Neighborhood Center.

Plastic bottle caps for Step-by-Step.

Print cartridges for Mt. Hope Family Center.

## Our Members in the News

Lesia A. Telega is mentioned in an RBJ article about young professionals finding help charting careers. [www.rbj.net/article.asp?alD=182638](http://www.rbj.net/article.asp?alD=182638)

## Upcoming Events

**SERVICE OPPORTUNITIES January—watch for email**

**SAVE THE DATE:**

**Saturday, May 1, 2010**  
**Zonta District 4**

**2010 Spring Workshops: ZONTIANS MOVING FORWARD**

Areas 3&4 May 1 Batavia, NY

Session Topics for the Day:  
Dealing with Difficult Situations  
Technology & Web Site Development

Membership  
Advocacy/CEDAW

Mark your calendar for fun, fellowship and fact finding!

Details regarding registration, costs and locations to be announced at a later date.

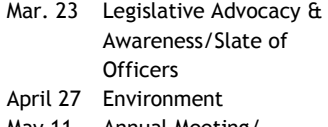
**4<sup>TH</sup> Annual Soup Cook-Off in Tonawanda**

On Sunday, February 14, 2010 the Zonta Club of the Tonawanda will be hosting the 4<sup>TH</sup> Annual Soup Cook Off. The event will take place at The Elks Lodge Main and Sweeney Street, North Tonawanda from 1 - 4 p.m. General admission tickets are \$10 Adult, \$5 Ages 6 -16, and children under 5 are free.

Awards are given to the top 3 soups in the Individual and Restaurant Categories. Those attending the cook-off judge all soups. Entry forms and tickets are available at Floral Accents 877 Payne Ave, N. Tonawanda, or by contacting Zonta member and Chairperson Debbie Jaeger at 716.417.2181. Tickets may also be purchased at the Elks Club on February 14, 2010.

Proceeds benefit Degraff Memorial Hospital Patient Services and local charities sponsored by the Zonta Club.

## 2010 Meeting Schedule



Jan. 26 Amelia Earhart  
Feb. 23 Service & Heart Award  
Mar. 23 Legislative Advocacy & Awareness/State of Officers

April 27 Environment  
May 11 Annual Meeting/ Induction

June 22 President's Meeting

## Questions? Comments?

Your comments, suggestions and submissions are welcome! Please contact Connie Herrera, Board Secretary and Newsletter Editor, 585.473.8119.

Please feel free to share this newsletter with friends and associates. It is suggested that the attached .pdf be used for forwarding, to maintain the integrity of the layout, and for a printed version, please use the attached Word file.