



The Zonta International Convention to be held in 2010, will convene in San Antonio , Texas; much closer to home. So we may have a contingent going from the island and from Nanaimo. Start planning now and eating TexMex food.

NANAIMO NEXUS
The Zonta Club of Nanaimo
January/February 2008
Club: 1439 Area 5
Nanaimo, British Columbia
Canada

New Members: Please be prepared to welcome into our club the following women who wish to join our group and work towards the goals and ideals of Zonta International:

Our Induction ceremony will be held for: Donna Mighton, Sharon Nielson and Maggie Bannister.

You will be sent all the information from our Membership Committee re the festivities and celebration. We will now number 32 members in Nanaimo.

NOMINATIONS: Stay alert and please consider your club members for a position in the club for the coming biennium. Please have the nominee's permission for you to submit her name and position to Corinne and the committee by March 3rd. Yes, you may also volunteer for any position on the Executive, the Board or as a Chairman of a Committee. We have five directors.

Biennium: June 1,2008 to: May 31,2010

Our Installation of the new Board and Executive will take place at our Annual General Meeting, scheduled for June, date to be announced, hosted by Team 4.

February is **HEART** month: did you know that in 2002, 34 per cent of female deaths in Canada were due to cardiovascular disease. Just saying.

That is why we work so hard to make our Zonta Red Gala a success.

“Angels fly because they take themselves lightly”,
G.K. Chesterton

Young Women in Public Affairs Award: The applications have been processed, there were exceptional young women applying for the \$500. Award this year; from our own School District and from the mainland.

You will meet the recipient at the Zonta Yellow Rose Day event on March 7th at the Golf Club.

SHORELINE CLEANUP: Sharon Nielson is the new Coordinator for us! Event: September 10th to the 18th. .

Tracy will be collecting dues at meetings from February til April, in case you are off on a vacation. You may post date your cheque for May 1st. Please mail to: Tracy Raby, Treasurer, Zonta Club of Nanaimo, 1849 Hampton Court, Nanaimo, BC V9X 1X1 (722.4741)

Secret Pal: this program is running along nicely, if you have forgotten to whom you were assigned, call Del.

If you need a refresher on which team you are serving on: email Jane Adkins

Jane will be posting a new roster asap when she gets all the changes, additions, etc. This is a breathing organism, this roster of ours.

If you have mislaid your roster: jsadkins@shaw.ca will handle your request for assistance.

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AREA WORKSHOP COMING UP!

The Area 2 and 5 Workshop is being planned for Seattle, on Saturday, April 5th; hosted by the Anchorage, Alaska club. It is simpler for them to come down than for so many of us to head north.

Our Area Directors: Anna Reilly in Area 5 and Janet Granger in Area 2, will be assisting with the program, etc.

We will probably go down to Seattle on the Friday, stay for the Workshop all day Saturday, have dinner Saturday evening, then drive home early Sunday morning, when the traffic is lighter.

Costs and plans , etc. will be sent to every member as soon as received from the Zonta Club of Anchorage. They are dynamite women, loads of fun, a great opportunity to meet members from several other clubs: Tacoma, Olympia, Anchorage, Centralia Chehalis, South Puget Sound, Seattle; and in Area 5 we have: Everett, Victoria and Nanaimo.

**ZONTA YELLOW ROSE DAY;
INTERNATIONAL WOMENS DAY;**

These events will be held on Friday, March 7th at a luncheon at the Nanaimo Golf Club, at noon.

Gwyneth Evans will be our harpist once again, and it is a buffet luncheon : \$20. Cheques payable to the Zonta club of Nanaimo, please promote this event. Tickets: Del: 758-8792 or Patti: 753-1647

Our guest speaker: Ms. Leilah Nadir, a Canadian female author who released her book: The Orange Trees of Baghdad in October of 2007. A memoir, the book is "insightful, touching and poignant". We are so pleased that Ms. Nadir has agreed to discuss the family and its home in Baghdad, this is about her Iraqi roots; it is hypnotically readable.

At the luncheon we will also present the Young Women In Public Affairs Award of \$500. to our recipient for this year; the committee has worked hard to receive and judge the well crafted applications from the students. This award is another demonstration of Zonta's investment in education for women. Doors open at 1130am.

ZONTA RED GALA;

This is our club's very big event, now its Fifth Annual Zonta Red Gala.

Last year we were sold out; this year it is happening again; lots of new ideas: a large Silent Auction, great buffet heart smart dinner; entertainment by the gentleman who call themselves the Lounge Lizards, they are up to keeping a lively pace all evening;

Then we also have the wineglasses to raffle, buy one and find what gift you will be awarded; a fabulous fashion show being coordinated by Debbie of A to Zebra, such a classy portion of the program, wow!

Tickets are \$60. with a \$25. receipt from Heart and Stroke; send cheques to Tracy Raby; you may purchase tickets from Donna or Del as well.

Heather has some innovative decorating on the way and member Claudette came back from Pennsylvania and Gwyn is coming from Calgary for the big date! We even have Amber coming up from Gig Harbor to help supervise the decorating team. Let us make this an evening to remember; and thanks in advance for all your support and effort.

Heart and Stroke: the Breakfast is Friday, February 1st, at the Coast Bastion Hotel; 0700; \$20, call Marica at HSF.

Information: While we celebrate the Zonta Yellow Rose day, do join the rest of the International members, worldwide, in celebrating the advances

made in women's rights and in raising awareness to the continuing global need of equality for all people.

Inequality by numbers: 513 million women who are illiterate.

91 million women living on less than \$1. Canadian funds , a day.

60 million women "missing" due to gender-based violence.

55 million girls who are not in school.

4 million women and girls bought and sold every year.

7,000 women and girls who will contract HIV today.

Zonta International works globally and locally to help women overcome barriers to equal education, health care, legal rights, credit and employment through education, service and advocacy programs funded by the Zonta International Foundation:

www.zonta.org



SMART GOALS IN 2008?

Our member, Claudette Keller, kindly submitted this timely suggestion for the beginning of our New Year! Thanks to you, Claudette, for thinking of us.

This has been slightly edited to fit our page in the newsletter.

S: Specific Make your goal specific
M: Measurable. Make sure you can measure your steps along the way.
A: Attainable. Your goal must be attainable.
R: Realistic. As well as realistic
T: Timeline. must include a timeline!

If, for example, you wish to lose weight: Make it specific: what, why, how, : what you want to do and just why you want to do it and now how will you do it?

The goal is measurable by taking measurements of your body, at the beginning and the end. It is difficult to stay motivated if your goal is too far out of reach. Making the goal realistic, is making sure it will be possible and doable!

Setting a timeline to exercise and stick to the program daily, shop for special foods and weigh in weekly, log the results; this gives you a plan and a timeline to follow step by step.

Finally, using positive self-talk keeps you inspired and motivated every day. Try saying the following phrase over and over everyday: "by writing my goals, I am actually writing my own script for the story of my future, by following my specific action plan, I turn my dreams into reality". (Based on the work of Dr. Shad Helmstetter)

IMPORTANT DATES:

February 8th: Zonta Red Gala at 6pm
February 12th: Zonta Board meets 5pm
February 19th: General meeting: 530pm
Host: Team Four
February 21st: Victoria's YWPA Awards

March 7th: Zonta Yellow Rose Day
International Womens Day
Nanaimo's YWPA Award
March 8th: Pearson College: One World
Concert in Victoria, 2pm, 8pm
March 11th: Zonta Board meets 5pm
March 18th: General Meeting 530 pm
Host: Team One

April 5th: Area workshop: Seattle, WA
April 8th: Board meets 5pm
April 15th: General meeting 530pm
Last meeting to pay dues
Host: Team Two

President's Message: Thanks to all our members and Board for the year of accomplishments and growth. We are nearing the end of this biennium and the celebration of the club's Fifteenth Anniversary, our Charter date: September 20th of 1993, the club formed in June of 1993 with thirty members.

Your efforts have been rewarded with the reputation you have in the community and in Zonta International. Carole Ann Brown, 2006/08 President

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