

# ZONTONIAN NEWSLETTER

ISSUE 24

DECEMBER 2015



## ZONTA CLUB OF ROSEBURG AREA

MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

### CALENDAR OF EVENTS

- 16 Days of Activism  
Ends Dec. 10
- Dec. 9 Holiday  
Business Luncheon at  
Elmer's Restaurant
- Dec. 10 International  
Human Rights Day
- Dec. 12 Santa Run
- Dec. 12 Holiday Party
- Jan. 27 Amelia Earhart  
Program, Elmer's  
noon – 1 p.m.
- Feb. TBD- Status of  
Women Meeting
- Mar. 8 International  
Women's Day
- Mar. 23 Young  
Woman & Public  
Affairs (YWPA) award

### MEETING SCHEDULE

- 1<sup>ST</sup> WED.** – Board Meeting @  
Brix
- 2<sup>ND</sup> WED.** – Business Meeting  
@ Elmers
- 3<sup>RD</sup> WED.** - Team Meeting @  
Abby's on Stephens
- 4<sup>TH</sup> WED.** –Program Meeting @  
Elmers

### Zonta Blessing

For food in a world where many walk in hunger  
For friends in a world where many walk alone  
For peace in a world where many walk in fear  
We give thanks

### 2015 – 2016 Officers

President—Roxanne Kelly  
President-Elect—Rosa Mohlsick  
Secretary—Muriel Richardson  
Treasurer—Gail Trimble  
2 Year Board Member—Kareen LaValley  
1 Year Board Member—Carolyn Kemp  
Immediate Past President—Connie Benham  
Parliamentarian—Diane Swingley

### Vision

Zonta International envisions a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential.

In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men.

In such a world, no woman lives in fear of violence.



### ZONTA HOLIDAY PARTY FOR ROSEBURG ZONTIANS AND YOUR SPOUSE/SIGNIFICANT OTHER

DECEMBER 12, 2015, 5:00 PM SAUNDRA AND DON AKER 181 SUNDANCE COURT ROSEBURG, OR 97471 HOME PHONE: 206-523-0640

PLEASE BRING AN APPETIZER OR DESSERT PLUS BYO/BEVERAGE SIGN-UP SHEET AT NOVEMBER TEAM AND BUSINESS MEETINGS ORNAMENT EXCHANGE

PLEASE BRING 1 WRAPPED ORNAMENT (Maximum Value \$10) FOR EACH PERSON IN YOUR PARTY

RSVP TO SAUNDRA IF ATTENDING AND NUMBER IN YOUR PARTY

**Committee Chairs**

△ **Membership:**

- Membership: Co-Chairs Rosa Mohlsick & Diane Swingley
- Yearbook: Gail Trimble
- Fellowship: Carolyn Kemp
- Bylaws, Policies & Procedures: Gail Trimble

△ **Service**

- Service of Money: Co-Chairs Karen LaValley & Pam Bunnell
- Community Outreach: Rosa Mohlsick
- Rose Day: Muriel Richardson
- Wishes come true: Jason Aase
- Open World: Jason Aase
- Young Women in Public Affairs & Environmental: Muriel Richardson
- Hand-Up-Program: Karen LaValley

△ **Legislative Awareness & Advocacy**

- Trafficking of Women & Girls: Sandy Hendy
- ZISVAW: Josie Sustaire

△ **Finance**

- Fundraising Planning: Pam Bunnell
- Finance & Budget: Rosa Mohlsick
- Cash Raffle and Money Jug: Jason Aase
- Iron Woman: Co-Chairs Gail Trimble & Pam Bunnell
- Santa Run: Co-Chairs Pam Bunnell & Gail Trimble



**Our Ukrainian Partners**

On October 14<sup>th</sup> members of the Ukrainian Open World delegation attended the Roseburg Zonta Business Meeting luncheon. Several members of the Ukraine delegation worked for the university system and were in the process of earning their PhD in fields ranging from scientific research and botany to law. It was the 110<sup>th</sup> trip for their Ukraine interpreter that helped translate the conversation. The delegation felt the landscape in Uzzhorod, Ukraine is similar to Roseburg. However, the Kremenchuk area is more like Kansas. Ukraine is 50:50 rural and urban with the western portion of the country being more rural. When asked how they liked their tour thus far, one delegate mentioned that she was originally fearful due to her lack of English skills. However, the translations and communication have been good and she now had a better appreciation and understanding of the local people. Other members echoed that they enjoyed the people and the hospitality was even warmer and more open than they expected. Roseburg Zontians Roxanne Kelly and Jason Aase noted that they were equally impressed with the hospitality of the Ukrainians and especially enjoyed the potato pancakes and mushroom sauce during their 2014 Open World tour.

The Ukrainians noted the success of the Open World tours in stimulating new ideas and approaches to a variety of issues. One member noted her college dean had come to Roseburg in 2012 and that Ukraine students since then had benefited from changes she implemented upon her return. This year's Open World tour included Umpqua Community College, the University of Oregon, a trip to the coast, lunch with Governmental leaders hosted by the Cow Creek Band of Umpqua Tribe of Indians, and a stop in Washington DC to meet with Peter DeFazio and Jeff Merkley. The Ukraine group proudly reported that there was now four Zonta Chapters in Ukraine.

**SAVE THE DATE**



**ZONTA**  
CLUB OF  
ROSEBURG AREA  
MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

Presents **2nd Annual**



**SANTA**  
RUN  
/WALK

**Saturday, December 12**  
10 a.m. – Roseburg High  
School Parking Lot  
**\$35**  
**3K, 5K and 10K**

**Proceeds to be used for Zonta Foundation service.**

For information contact 541-430-2192 or email [pbun1@hotmail.com](mailto:pbun1@hotmail.com)  
Registration at [www.eclecticedgeracing.com](http://www.eclecticedgeracing.com)

## FOCUS ON NEW ZONTA MEMBERS!

**Shonene Garrison** is an Oregon native who briefly left the state to attend college in Missouri, but returned to complete her Bachelors then Masters at Portland State University. She started her career in the Portland area teaching elementary and middle school. Upon completing her Masters in counseling, she shifted gears and was a school counselor for 27 years, mostly at Aloha High School.

In 1989 Shon married James, who was a psychotherapist in private practice in the Portland area. James was also an accomplished martial artist who spent two tours in Viet Nam working with an admiral and training with a variety of specialists. James also operated the Pacific Rim Martial Arts Academy in Beaverton in addition to his therapist work. After marriage, James and Shon operated the academy together and traveled extensively in Asia. Shon earned five Black Belts ranks: 6<sup>th</sup> degree in Aikido, 5<sup>th</sup> degree in Hapkido, 5<sup>th</sup> degree in Taekwondo, 3<sup>rd</sup> degree in Jujitsu and 1<sup>st</sup> degree in Judo. Shon competed in both Taekwondo and Judo, but teaching was her forte.

The couple moved to Roseburg in 2014 after selling their house and transferring the academy to over to one of the senior black belts. The couple is now immersed in training Labrador Retrievers for field trial competition. Shon also helps judge various field trials. There's a debate between Shon and her sister, Zonta Governor Genelle Hanken, as to whether the field trials are a hobby or an addiction. Shon transferred her Zonta membership from Portland to Roseburg in October. Shon has been a Zontian for 8 years. She was a charter member of the Zonta Club of Tualatin Valley, then joined the Portland club. In Portland she held a variety of offices including board member, secretary, vice president and president. Shon joined the publicity committee in Roseburg where she now heads up our Facebook Page. Welcome Shon!



### Committees Continued:

#### △ Public Relations

- Newsletter & Public Relations: Co-Chairs Laura Jackson & Sandy Hendy

- Scrapbook/History/Photography: Sandy Hendy

- Website: Sandy Hendy

- Facebook: Shon Garrison

#### △ Program

- Program Planning: Carolyn Kemp

- Harvest Lunch: Diane Swingley

- Amelia Earhart: Carolyn Kemp

- Status of Women Event & Woman of Achievement: Diane Swingley

- Installation & Recognition Dinner:

## ZONTA INTERNATIONAL NEW PROGRAM!

Zonta Quiz: More than Just Cookies!

How much do you know about new Zonta international programs? Read on and learn more!

1. Voices against Violence is a project with WAGGGS to end violence against women and girls. What does WAGGGS stand for?
2. What are the objectives of this campaign?
3. How many boys and girls, aged 5 – 25 is this global advocacy campaign estimated to reach?

The United Nations Women and World Association of Girl Guides and Girl Scouts (WAGGGS) have joined forces to produce a new curriculum in English, French and Spanish for ages 5 – 25 to increase awareness about the root causes violence against women and girls and support services available to victims. Over 1,500 girl guides/scouts members in 20 countries have tested the curriculum. The curriculum will start rolling out in about 12 countries through the worldwide girl guide/scouting program and their partners. By June 2016, the program should involve an estimated 800,000 young people and by 2020, it is hoped that over five million children will take part in the program.

The program includes earning an age appropriate badge as guides and scouts learn about violence against girls and women. Participants tested in the pilot program had a measurable increase in knowledge of gender issues. Participants also took steps to engage parents, community members and decision makers to raise awareness in schools. Once published, the curriculum has the potential to be adapted to local/national contexts and implemented in schools or used by other youth organizations. Right now the UN Women/WAGGGS is gearing up to host 4 regional workshops. Each workshop would train at least 100 youth leaders, who in turn would train 3,000 active leaders in their home countries to help deliver the curriculum. By engaging our youth, it is hoped that gender discrimination, stereotyping and violence can be reduced by advocacy and peer awareness.

## HARVEST LUNCHEON REPORT

The annual Harvest Luncheon was held October 28<sup>th</sup> at Brix with nearly 30 people in attendance. Roseburg President Roxanne Kelly provided a heartfelt welcome that also touched on Roseburg's recovery from the October 1 tragedy at Umpqua Community College. Zonta Governor Genelle Hanken provided an overview of the District Conference which was held earlier in October. The Roseburg Area Zonta Club also received a new member, Shon Garrison, who transferred from the Portland club.

The feature speaker was Cindy Burrell, author of *"Why Is He So Mean to Me?"* The book and her presentation described her 20-year experience living with a verbal and emotional abuser. She escaped the abusive relationship and is now the owner of [www.hurtbylove.com](http://www.hurtbylove.com), a web-based, non-profit organization which offers support, informative articles and validation to abuse victims in over 40 countries. Cindy explained the confusion, fear, and isolation of an abusive relationship. She also noted that not all abuse includes physical attacks. Said Cindy, "just because he's not hitting you doesn't mean it's not abuse. Not all abuse is physical but all abuse is emotional."

Cindy described the abuse dynamic that keeps the victim living in fear and struggling to obtain the abuser's version of perfection to prevent yet another tirade and angry outburst. The abuse is systematic and predictable as is the victim's often enabling response. Cindy's goal is to help victims to recognize the pattern so they can find help and break out of the abusive cycle. Friends and family also need to be aware of the pattern and offer support to the victim.

Useful educational articles include such titles as:

- *Why an abuse victim doesn't leave (in six words)*
- *Ten lies enablers tell themselves*
- *If only he would hit me*
- *Isolation: another weapon in the abuser's arsenal*
- *Leaving an abuser. What to expect and how to stay grounded*

Cindy has recently moved to Grants Pass Oregon from California. Knowing that Zonta's mission is to help empower women, she may join Zonta in the future. Thanks to the Harvest Lunch Committee for organizing the luncheon.



Committee Meeting  
Schedule:

Hand Up - 1<sup>st</sup> Monday of  
the Month

Membership- 1<sup>st</sup> Tuesday  
of month

### Newsletter Ideas or Comments?

Contact: Editors

Laura Jackson, Sandy  
Hendy or Shon Garrison  
with your thoughts.

### Besure to visit our website

### Zonta Club Website

<http://www.zontaroseburg.org>

or check us out on  
Facebook

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**NEW ZONTA MEMBER PAGE FOR THE YEARBOOK!**

**GARRISON, SHONENE**  
**(SHON)**  
**Insurance Agent**  
**5993—124406**



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Position: Retired—School Counselor

Res: 223 Tabor Lane  
Roseburg, OR 97471

E-Mail: shon.garrison@outlook.com  
(C): 503-680-4174

Joined: July 2009  
Birthday: April 27

Spouse: James R. Garrison