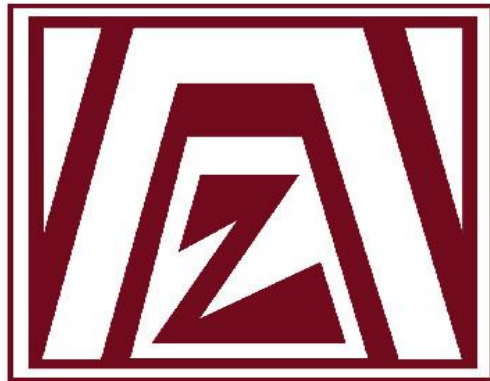


# ZONTONIAN NEWSLETTER

ISSUE 27

MARCH 2016



## ZONTA

CLUB OF  
ROSEBURG AREA

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN

® THROUGH SERVICE & ADVOCACY



## CELEBRATE- Woman of Achievement Recipient

### Allison (Ally) Gottfried, MFN, RD, LD

The criteria for selecting the annual Woman of Achievement include: civic, fraternal and service activities, career achievements and personal accomplishments. Allison (Ally) Gottfried excelled in all of these categories to be this year's WOA.

Ally was raised in England where she received her technical and associate degrees. After working as, a nanny in South Africa, she moved to Boston and worked at the New England Deaconess Hospital. She received her B.S. degree, then worked for the Clinica Corporation testing a new drug for Type II diabetes. This sparked an interest in research. She then worked for the Boston WIC program providing medical and nutritional services for women and children. In 1997, Ally moved to Roseburg where she worked at Mercy Hospital and was responsible for nutrition services for various clinical programs. While at Mercy, she also completed her M.S. degree and an independent dietetic internship that met the requirements of the American Dietetic Association as a Registered Dietitian. This internship included working within the numerous Douglas County health and wellness programs for women and children, as well as oncology.

Since 2005, she has worked as oncology dietitian at the Community Cancer Center. She provides nutrition support and counseling for cancer patients at-risk for malnutrition and in need of symptom management for gastro-intestinal and blood sugar issues, plus management of high-risk patients receiving tube and intravenous nutrition. She also assists indigent; nutritionally at-risk patients obtain emergency food supplies so they can continue their oncology treatment. She screens for potential supplement and herbal interactions that could affect treatment. She counsels patients in nutrition and weight issues when oncology treatment ends. She recently collaborated with Legacy Health in Portland to conduct a nutrition study on two different diets in obese breast cancer survivor's post-treatment. This was the first research project conducted at the Roseburg Cancer Center and once analyzed, the data will provide information on the effects of the different diets on body composition, weight loss, and body chemistry.

Ally also serves as the co-chair of the Cancer Center's Dream Night at Wildlife Safari and volunteers for the Douglas County Meals on Wheels program, reviewing/approving the menus. She also provides consultation to at-risk pediatric patients at the Mercy Institute of Rehabilitation Feeding Clinic and serves as an affiliate instructor at UCC. She also speaks to local clubs and organizations on a variety of nutritional subjects. Additionally, Ally writes a monthly nutrition column for the Roseburg News Review, answering questions from the public about a vast array of nutritional subjects.

Ally's professional memberships include: The American Dietetic Association, Academy of Nutrition and Dietetics, American Dietetic Association Oncology Practice Group and the United Kingdom Royal Society of Health. Her family includes her husband Eric and daughter Emma. She enjoys cooking, hiking, camping, gardening and entertaining Emma's friends.

Professionally and personally, Ally has achieved a very high level of success and benefit our community and her patients with outstanding nutritional support and compassion. She's known for her quick wit, sunny disposition, creativity, drive, and curiosity. Congratulations to our 2016 Woman of Achievement, Allison Gottfried. Thank you for your continued service. (Background material provided by Sandra Aker, Retired Dietitian, Fred Hutch Cancer Research Center, Seattle)

### CALENDAR OF EVENTS

- **March 8-** International Women's Day
- **March 8- 11:30 AM – 1:00 PM** -Eugene Hilton- "A Panel Discussion on Gender Wage Equality"
- **March 23-** Young Woman & Public Affairs (YWPA) award luncheon
- **April 22- 23-** Growing Zonta in Coos Bay
- **April 27-** Service of Money Program
- **May 25-** New Officer Installation

### MEETING SCHEDULE

- 1<sup>ST</sup> WED.** – Board Meeting
- 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

**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

△ **Public Relations**

- Newsletter & Public Relations: Co-Chairs Laura Jackson & Sandy Hendy
- Website: Sandy Hendy
- Facebook: Shon Garrison

**KEYNOTE SPEAKER IS PASSIONATE!**

**Putting Love into Action through Service**

Anne Kubisch, President of the Ford Family Foundation, was the keynote speaker for the Zonta Club of the Roseburg Area's Status of Women dinner. The theme of the night was Putting Love into Action through Service. Anne started her presentation noting, "if you do what you're passionate about (love), you'll never work a day in your life—I've never had to work a day!"

Daughter of a foreign service officer, Anne grew up amidst a variety of cultures, most with extreme poverty. That set the stage for Anne devoting her life to work in the service sector. The common thread throughout her career has been to reduce inequity and poverty while improving health, economic and educational opportunities. Those goals have been true whether her work has been in Africa trying to improve women's health, or working in inner cities in the US. Her job with the Ford Foundation allows her to continue that service work on a more regional scale by helping allocate grants that provide educational opportunities, equipment, buildings, or other items that give back to the community and improve the quality of life for others.

Through her travels and service, she's learned to successfully create change one must: "enter with humility, listen, learn from them, avoid judging, meet them where they are and listen to where they want to go." You must also help fill the void; provide people to talk to and resources to help them take the next steps on the path upward. She's observed some growing stress in Roseburg typical of areas with inequity or poverty. Still, she loves the area and for the first time ever purchased a house. Anne, with all of her enthusiasm, exemplifies Putting Love into Action through Service. Roseburg is fortunate to have her at the helm of the Ford Foundation.



Pictured from left to right are: District 8 Governor, Genelle Hanken, keynote speaker, Anne Kubisch, Women of Achievement Honoree for 2015-2016 Ally Gottfried, Roseburg Area Zonta club President-Elect, Rosa Mohlsick and Area 4 Director Jeannie Martin.



## International Women's Day

**March 8<sup>th</sup> is International Women's Day!** The theme for 2016's Women's Day is a "Pledge to Parity." While women have made great strides in achieving equality, the 2014 World Economic Forum predicted that global parity would not be reached until 2095. Then in 2015, they said that the closing of the gender gap wouldn't be reached until 2133—over a century from now! Thus, the "Pledge to Parity" is geared at helping each of us, individually or as part of a group, to take action to further parity. As individuals, we can accelerate parity in leadership diversity, cultural changes, opportunity and pay. We can mentor, we can help create opportunities, we can accept differences, we can speak up about discrimination, and we can become more informed. The International Women's Day website has a variety of information, resources and actions that individuals can implement. It also has a Pledge that men and women can take to show their commitment to action. See <http://www.internationalwomensday.com/>

The Roseburg Area Zonta Club also has a special "Rose Day" celebration as part of International Women's Day. Each year the club delivers a rose to an "unsung" hero(s) in our community. The rose has generally been given to women, but men have also been recipients. The club has presented roses to people ranging from police officers and postal workers to businesses and individual. It's our way of saying THANKS!



## SAVE THE DATE – GROWING ZONTA!

**Save April 22-23** for the Area 4 Zonta workshop. Friday evening will be a reception at the new Maritime Museum in Coos Bay, while Saturday will be the workshop at South Western Oregon Community College. The cost of the workshop & luncheon is \$50. There are blocks of rooms reserved at the Mill Casino and Red Lion Inn, call for discounts. An announcement with further details will be posted on our Facebook and website in early March.

## FOCUS ON NEW ZONTA MEMBER!

**Josie Sustaire** is a native Oregonian and grew up in Douglas County. She attended Glide Elementary and Middle School, then transferred to Roseburg High School. At sixteen she met her future husband, Tim, and they've been happily together since then. She graduated from UCC, then after their marriage the couple moved to Salem. Two kids later, they returned to Roseburg where her husband began teaching and coaching at RHS.

Josie took this opportunity to return to school where she received her bachelor's degree in English from the University of Oregon. She then entered law school where she graduated from Oregon in 2014. She passed the state bar exam the same year. Since then she has worked as an Associate Attorney at DC LAW, and McKinney & Sperry PC. At DC LAW, she focuses on family law and estate planning.

Her daughter is now 13 and her son 11. They're both active in sports and are excelling academically. Said Josie, "they make me proud every day!" To relax, Josie enjoys travel, reading (historical nonfiction and true crime novels), sewing, and cuddling with her two dogs. Josie is also a strong supporter of RHS sports and can be regularly seen in the bleachers cheering on sports from baseball and basketball to wrestling! She has been a member of Zonta since 2015. She is a member of the Advocacy Committee.

## March is Women's History Month

In 1980, President Jimmy Carter proclaimed the week of March 8<sup>th</sup> as National Women's History week. This presidential proclamation recognized, "From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well..."

In 1987, Congress passed a resolution to make March Women's History Month, and since 1995 presidents have annually proclaimed the month. This year's theme is, "Working to Form a More Perfect Union: Honoring Women in Public Service and Government." For many of us current Zontians, we were done with school before women's history was even being taught. We lived through the Civil Rights Act and Title IX, but may not have realized how it truly impacted women. Below is a quick timeline of women's history. More details on women's history, curriculums, and resources from speakers to books can be found on the National Women's History Project website at: <http://www.nwhp.org>.

- 1777—the states are fighting for their independence, yet pass laws prohibiting women from voting.
- 1789—the US Constitution is ratified. It used the words, "people, persons, electors" which allow for the eventual interpretation that rights include both men and women.
- 1866—the 14<sup>th</sup> Amendment defined citizens and voters as male.
- 1869—the territory of Wyoming passes the first women's suffrage law.
- 1870—the 15<sup>th</sup> Amendment states, "the right of citizens of the US to vote shall not be denied...on account of race, color or previous condition of servitude." Citizens are not defined as male.
- 1890—Wyoming is the first state to grant women the right to vote in all elections.
- 1894—Colorado elects three female legislators.
- 1900—All states have a law that gives women some control over their property.
- 1920—the 19<sup>th</sup> Amendment says the right to vote cannot be denied by the US or any state due to sex.
- 1925—Nellie Taylor Ross is the first female governor; elected to complete her deceased husband's term as Governor of Wyoming. American Indians also gain suffrage.
- 1933—President Roosevelt appoints Frances Perkins as the Secretary of Labor. She is the first female cabinet member.
- 1941-1945—women serve in a variety of WWII jobs. Over 400,000 women served in the US military.
- 1963—the Equal Pay Act is passed granting the same pay for same work regardless of race, color, religion or sex.
- 1964—Title VII of the Civil Rights Act prohibits discrimination based on the same characteristics.
- 1972—Title IX, closed loophole in the Civil Rights Act which didn't include educational institutions. Designed to end sexual discrimination in college admissions and hiring practices, it prevented women from being denied admission, being expelled if pregnant or caring for a child, being denied free choice of academic pursuits, denied promotions based on gender, and it made schools legally responsible to prevent and respond to sexual harassment. In 1975 rules regarding college athletic opportunity were developed and schools were given 3-years to comply. Clarifying rules have been issued in 1979, 1996, 1997, 1998, and 2003.
- 1974—Housing and credit discrimination against women outlawed by Congress.
- 1978—Pregnancy Discrimination Act passed.
- 1981—Sandra Day O'Connor sworn in as the 1<sup>st</sup> female US Supreme Court Judge.
- 1984—Geraldine Ferraro was the 1<sup>st</sup> female candidate for vice president on a major political party ticket.
- 1993—Family Medical Leave Act is enacted.
- 1994—Gender Equality in Education Act passed to teach teachers to promote gender equality, encourage math & science, counsel pregnant teens and prevent harassment. The Violence Against Women Act is also passed to provide services for victims of rape and domestic violence, a national hotline, police sensitivity training and opportunity to seek remedies for gender crimes.
- 2008—Hillary Clinton 1<sup>st</sup> female candidate for president and Sarah Palin 1<sup>st</sup> female candidate for V-P on major political party primary tickets.
- 2013—Women allowed to serve military in active combat roles.

There is much, much more to women's history, hero's, firsts, and fights for recognition and equality. In many cases it's years between the passing of a law and society embracing it. While we can't imagine a country where women couldn't vote, most of us have faced academic, athletic, or professional discrimination during our lives. However, our children are growing up in a world where dreams aren't limited by gender. Both boys and girls can dream of being president, an astronaut, an athlete, scientist, nurse or doctor. Yes, there's still room for improvement, but let's honor those before us who have helped clear the path for a more perfect union!

### △ 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: Connie Benham

### 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 Hedy or Shon Garrison with your thoughts.

**Besure to visit our website:**

**Zonta Club Website**

<http://www.zontaroseburg.org>

Or check us out on Facebook