



February 2025

2024-2026 Biennium

Zonta Club of Central Oklahoma

Heartland Exprezz

Central Oklahoma Celebrates 40 Years in Zonta International

The Zonta Club of the Mid-Del Area was chartered in February 1985, sponsored by the Zonta Club of Oklahoma City. In the late 1990's the club changed its name to the Zonta Club of Central Oklahoma since we were the only remaining club in Oklahoma.

In the early years, the club's board was comprised of President, Vice President, Secretary, Treasurer and two Directors. As membership increased, the membership voted to create the position of President-Elect. Historically, the President-Elect chairs the Membership Committee, the Vice President chairs the Programs Committee and the Treasurer chairs the Finance Committee. Although not a board member, a Parliamentarian is selected by the President from the membership at large or a sitting board member. We reflect this same organizational set up today.

We are extremely proud of our advocacy efforts, in particular, Sexual Assault Nurse Examiners, SANE. In 1994, with the help of local state legislators, the club convinced the District Attorney to allow nurses to testify as expert witnesses in rape cases. This alleviated the problem of long waits by rape victims for an emergency room physician to become available for the exam since only physicians were considered "experts" by the DA at that time. Through club efforts, the Oklahoma Legislature set aside \$25,000 for the SANE program to purchase a colposcope. The club also helped strengthen State laws on Female Genital Mutilation and Human Trafficking.

The club has supported local community projects through goods, services and funding. Examples of the club's support are YWCA Rape Crisis Center/ SANE - sexual assault nurse examiners program, Martha's House – a transitional living center for homeless single mothers and their children, Mid Del Youth and Family Services - shelter for at risk children, Project Safe – transition for victims of domestic violence to survivors, YWCA Passageways – battered women's shelter, Habitat for Humanity Women Build– building/repairing homes for single women, Dragonfly, offering shelter for victims of human trafficking, and the Oklahoma Coalition Against Domestic Violence and Sexual Assault. There are many other organizations benefiting from our club.

Congratulations, Zonta Club of Central Oklahoma, for your history of making a difference in our communities and around the world. You truly have built a better world for women and girls!

Zonta International is a leading global organization of individuals working to build a better world for women and girls..

www.zonta.org www.zontadistrict10.org www.zontacentralok.org



President's Posting

By Stephanie Wilson

Dear Central Oklahoma Zontians,

This year marks a significant milestone for the Zonta Club of Central Oklahoma—our 40th anniversary! For four decades, our club has been a force for good, building a better world for women and girls through advocacy, service, and unwavering dedication to Zonta's mission.

As we celebrate this remarkable achievement, we reflect on the countless lives we have impacted, the friendships we have built, and the progress we have made toward gender equality. None of this would be possible without the passion and commitment of our incredible members—past and present. Your hard work, generosity, and leadership continue to make a difference in our community and beyond.

Let's take this opportunity to honor our history while looking ahead to the future. We have much to celebrate and even more to accomplish. Stay tuned for upcoming events where we will commemorate this special occasion together!

Thank you for being part of this extraordinary journey. Here's to 40 years of service—and many more to come!





Foundation Ways and Means

by Connie Davis

Central Oklahoma Zontians love to provide funds to promote our mission of building a better world for women and girls. The fundraising arm for this purpose is the Foundation Ways and Means Committee. While the committee “steers the ship,” it takes participation from the entire club to raise the level of funds Central Oklahoma Zontians are proud to donate to fund educational awards for deserving young women to reach their educational goals, to like-minded organizations that do the hard, boots-on-the-ground, work that makes such a difference in the daily lives of local women and girls, and to the Zonta Foundation for Women to have a global impact as well. For the 2024-2025 Zonta Year, the Zonta Club of Central Oklahoma has completed two successful fundraisers and is ready to make a sprint and complete one last fundraising project. In this newsletter, you will find an update of the two completed projects and a preview of the remaining sprint.





Ways and Means Recap - Golf Tournament!

Seventeenth Annual Zonta Fall Classic

Before diving into an update of our most profitable fundraising project, I think it is worth the time to quickly review the roots of this project – I did type SEVENTEENTH in that title. If you are new to our club, it may seem that we have always held a golf tournament – and 17 years of tradition would make that assumption close to correct. But, as an 18-year member, I remember the start of this tradition, and the club's determination to find a project that was more profitable than the Valentines and Spring baskets we were selling at the time.

I would say we also had in mind less labor intensive, as planning for these baskets started in January and continued almost every weekend through March or April. One could certainly argue that the golf tournament is a lot of work, and we talk about it all year long, and then have a flurry of activity to pull off a successful tournament day.

However, we definitely met the more profitable goal when you compare 2005/2006 total fundraising of \$5600 to a 2008 single tournament amount of \$5300! And that tournament was put together in just a few months just to see how we could do! Golf tournament profits have steadily grown since then, with 2010 seeing a \$10,000 profit, and in 2021 we reached \$20,500 – and have continued a steady increase since. All thanks to visionary club members and leaders that wanted to do more to build a better world for women and girls!

So, as you may have guessed, the 2024 Golf Tournament was once again a success. We had 11 members recruit 33 teams (132 golfers); 25 members recruit \$12,240 worth of sponsorships and fair market value donations of \$20,284; and 24 members participate the day of the tournament – talk about an “All Hands-on Deck” club mentality! It was also our most profitable tournament with a profit of \$22,850.73!!!!





Ways and Means Recap (Cont.)



Popcorn Sales

Selling popcorn is the newest project that is finding its way into a Zonta Central Oklahoma tradition. This effort is what you would call a “sprint” because it lasts only four days, but there is a lot of activity – and competition – happening in those four days! This fundraiser started in 2022 – having 14 participants and raising \$1702. We peaked with participants and profit in 2023, with 18 participants raising \$2248. Last year we were down in participants at nine but held our own by raising \$2074.

Because having difficulty setting up an individual pop-up store may be a barrier for some members to participate, the Ways and Means Committee plans to create a “how to” guide that will be presented at the February Business Meeting and emailed to the membership. Please be on the lookout for this email if you are not able to attend the February Business Meeting. Think of the success our club could have selling popcorn if we had similar club participation as we have with the golf tournament and pecan sales!

The four-day window for this year’s Popcorn Sales is the **evening of March 19 through the evening of March 23th**. This window coincides with attending the Area 1 Meeting – which creates more opportunity for personal sales to other District 10 Zontians – and lots of opportunities to drum up club member competition! So, I hope you will plan to both participate in the Popcorn Fundraiser, and attend the Area 1 Meeting in Weatherford, Texas to make both efforts a rousing success!



Ways and Means Recap - Pecans!

Pecan Sales

Now, selling pecans may indeed have been a project the Zonta Club of Central Oklahoma has executed for forever. When I hear our seasoned club members reminisce about past fundraisers, I do not hear them “not” talking about selling pecans. The Zonta Club of Central Oklahoma is just known for selling delicious, “this year’s crop,” pecans from Langraf Farms. This is a steady funding stream for the club, with lots of good participation from club members. This year’s effort was no different as we purchased 1500 pounds of pecans, had 25 members participate to reach a profit of \$2991. It is always a great feeling to see how excited our customers get about the pecans we sell!



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Membership Minute: The Benefits of Mentorship

"A mentor is someone who allows you to see the hope inside yourself." - Oprah Winfrey. In any organization, successful women often reference at least one mentor who has fostered their professional and personal development. In Zonta, mentoring is a voluntary learning partnership between experienced club members (mentors) and new club members (mentees) for the purpose of sharing knowledge and information. Mentoring provides a club member with the opportunity for personal growth, with the focus on the specific needs of the mentee.

Benefits of Mentoring:

- Development of a bond between mentor and mentee, and from there with other club members
- Exposure to new ideas and skills: both mentor to mentee and mentee to mentor
- Better understanding of Zonta structure, club processes, Zonta language, projects, and activities
- Greater member retention
- Improved engagement and understanding of the club goals and mission
- Greater participation in club activities
- Increased participation in club leadership roles

Who are Zonta Mentors?

- Member of Zonta for several years
- Possess good interpersonal skills
- Be prepared to give time and share their knowledge
- Be a good "fit" for the mentee's interests

What tools are available to Mentors/Mentees through Zonta?

Access great information through the Leadership Tools available on the ZI website:

https://www.zonta.org/Web/My_Zonta/Tools/Zonta_Leadership_Program.aspx

A great big THANK YOU to our club members currently participating in a Mentor/Mentee relationship! If it's been a while since you and your Mentor/Mentee have connected, I challenge you to commit to a phone call, coffee meeting, or other 1:1 connection event outside of a Zonta meeting this month! Remember, we are Stronger Together!! For more information on how you can connect with a Zonta sister through Mentoring, contact Deanna Shackelford, Membership Chair, at presidentlect@zontacentralok.org. *Below, 2024 tea with the Z's! See the flyer on page 8!*



It's Time to Celebrate

INTERNATIONAL WOMEN'S DAY

*High Tea
with The Z's*

*Tickets
\$25*



*Bring a
Future
Zontian*

SATURDAY, MARCH 8, 1:00PM - 3:00PM

Red Raspberry Tea Room

11525 NE 23RD ST., NICOMA PARK, 73066

Prize for Best Hat/Attire

PLEASE RSVP BY FEB 27TH

PRESIDENTELECT@ZONTACENTRALOK.ORG



Scholarships

by Heather Hollen

2024 Zonta Educational Memoriam Award Winner: Jenny Ha

We are excited to announce that Jenny Ha is the recipient of the 2024 Zonta Educational Memoriam Award (ZEMA)! Jenny's dedication to education, advocacy, and empowerment for women shines through her work and personal journey. As a first-generation student and the daughter of Vietnamese refugees, Jenny has seen firsthand the impact of socioeconomic disparities, especially for women. Her commitment to bridging these gaps through education and digital media is inspiring.

The Zonta Educational Memoriam Award is presented annually to women pursuing a degree that will equip them with the skills to improve the legal, political, economic, educational, health, or professional status of women worldwide. Jenny has demonstrated how educational gaps can be bridged through digital media, advocating for the use of technology and media to amplify the voices of marginalized communities. With her MPA degree, Jenny aims to reduce educational disparities by utilizing multi-sector partnerships to invest in education and uplift underrepresented girls and women.

Jenny's journey includes invaluable experience, including her role as Board Chair for the Topping Student Aid Fund, where she strengthened her strategic planning and policy analysis skills. She has also contributed to Spotify's podcast accelerator program (empowering underrepresented creators) and Girls With Impact (a nonprofit dedicated to equipping girls and young women with business and leadership skills).

In December, members of the Zonta Club of Central Oklahoma gathered at McNellie's in Oklahoma City to celebrate Jenny's achievement and present her with a \$1,500 check and well-deserved recognition. It was a memorable evening filled with conversation, laughter, and pride as we celebrated Jenny's accomplishments and her future as a powerful advocate for women and education.

Jenny expressed her gratitude, saying, "The ZEMA Scholarship will allow me to pursue my degree comfortably and intentionally, equipping me to contribute to my community, my school, and society. This award will ease my financial constraints as I continue to strive for a career focused on empowering girls and women."

We congratulate Jenny on this well-deserved award and look forward to seeing the incredible impact she will continue to make.

Here's to a bright future for women everywhere, made possible by people like Jenny!



why? Why Zonta?

by Janis Wood

Each month one of our members shares at our monthly meeting her Zonta why—why Zonta is so important to her. For our January meeting, Janis Wood shared her Zonta why. Three things are important to her about Zonta: 1) Zonta is about women uplifting women. 2) You can capitalize on things that mean something to you. 3) Zonta opens you to evaluate when you don't agree with something.

What is your Zonta why? We'll share what our members value about Zonta each month!

Building a Better World for Women and Girls



As we approach Zonta Rose Day, we invite you to join us in honoring the incredible people who have made a significant impact on your life. Show your appreciation by making a gift in their name.

Zonta Rose Day, celebrated alongside International Women's Day on 8 March, is a time to recognize the achievements, strength and resilience of women worldwide. It is an opportunity to celebrate those who inspire us, uplift us and contribute to positive change in our lives and communities.

Your meaningful gift will not only commemorate the remarkable individuals who have touched your heart but will also support projects and programs that empower and uplift women and girls globally.

Mark Your Calendars For Area Meetings!

Area Meetings are coming up. The Call to Area 1 Meeting has been sent out, so make plans to attend. Area meetings remain an easy and inexpensive way to be exposed to Zonta activities and members beyond your local club. Governor Shelly hopes you will make plans to attend! Area 1 meeting is 22 March 2025, hosted by the Zonta Club of Parker County. Plan to attend. If you want a roommate or you want to carpool, reach out to President Stephanie to let her know.

Club Corner

...all the latest club happenings!

Members In Need

Yona Atwood (Daughter's Health)
Yona Atwood (Health)
Stephanie Wilson (Son's Health)

Zonta Anniversaries

LouAnna Munkres (43 Years)
Caroline Moore (16 Years)
Yona Atwood (5 Years)

Zonta Club of Central Oklahoma

District 10, Area 1

Club Number 1105

Chartered February 1985

President: Stephanie Wilson

Email: President@Zontacentralok.org

Editor: Judy Kautz
Email: newsletter@Zontacentralok.org

Meetings third Tuesday of each
month — 6:00 PM

Rose State College

Jeanne Webb Student Union
Room 213A

Significant Events

8 March – Tea with the Z's, Red Raspberry Tea Room, 1-3pm,
3 March – Board Meeting
18 March – Club Business Meeting
19-23 March – Popcorn Fundraiser
22 March – Area 1 Meeting
7 April – Board Meeting
15 April – Club Business Meeting
20-22 June – NAIDM, Novi, Michigan

Member Birthdays

February Birthdays

Sue Bokemper (11th)

Etola Reyes (12th)

Earline Hall (17th)

Kim Alley (20th)

Terri Hurte (20th)

March Birthdays

Darla Cheek (14th)



ZONTA

CLUB OF
CENTRAL OKLAHOMA

For More Information Check out the Central Oklahoma website to learn about membership and the organization. The address is www.zontacentralok.org