



Boca Bulletin

APRIL — 2021

President's Message

Dear Boca Zontians and Friends,

Welcome to Spring! As our community continues healthy activities and celebrates a Happy Passover and a Happy Easter, I am once again so grateful for our membership and friends of Zonta Club of Boca Raton Area.

Thanks to all who participated near and far in our Spring Raffle. With your support we have raised \$2800 for our local service organizations! Congratulations to Winners; Kelly G (Boca Raton) \$500 Grand Prize, Irene H (Maitland) hand-knit shawl, Ramona M (NJ) chocolate basket, and Holly H (Loxahatchee) stained glass mirror.

Plans are moving forward for our 2022 fundraiser on Saturday, January 29, 2022. Please contact us at info@zontabocaraton.org for more information regarding business donations and sponsorships as we prep for an amazing event.

April is Sexual Assault Awareness Month (SAAM); our Club will be volunteering at the 5th Annual Field of Hope Survivor Speak Out. In observance of COVID-19 protocols this will be a drive-thru event on Tuesday, April 6th at PBC Victim Services from 4:00-6:00PM. Survivors are invited to stop and “plant” a personal message flag in the Field of Hope as a symbol of reclaiming their power and providing hope to others.

Sexual violence can happen to anyone and have a long-lasting impact on survivors, their families, and friends. The theme, “I Ask” empowers all of us to put consent into practice. Consent cannot be obtained by force, threat, coercion, or by causing a reasonable fear of imminent injury. A significant part of consent means asking, accepting the answer, and acknowledging that consent can be withdrawn at any time.

April 28th is Denim Day when millions of people worldwide will wear jeans with a purpose, support survivors, and educate others about all forms of sexual violence. Please visit www.denimdayinfo.org to learn more. THERE IS NO EXCUSE AND NEVER AN INVITATION TO RAPE!

Shirin

MEETING ANNOUNCEMENTS

- Apr 6—5th annual Field of Hope (see page 4 for details)
- Apr 7—Zoom Board Meeting, 6:15 pm, email instructions will follow **NOTE DATE CHANGE**
- Apr 21—Business Meeting, with elections, Pavilion Grille, 5:30 social, 6 pm dinner
- Apr 28—Denim Day
- May 1—Area 3 Virtual Workshop, Free the Girls (see Pg 6)
- May 4—Zoom Board Meeting, 6:15 pm, email instructions will follow
- May 19—Business Meeting with installation of board members, 5:30 social, 6 pm dinner
- Oct 22-24—District 11 Conf, Orlando, FL (details to follow)

2022

- Jan 29, 2022—Annual Luncheon and Fundraiser (see page 3)

ZONTA CLUB OF BOCA RATON AREA
P.O. Box 3974
BOCA RATON, FL 33427
[HTTP://WWW.ZONTABOCARATON.ORG](http://WWW.ZONTABOCARATON.ORG)

President—**Shirin Weisman**
Vice President—**Shelly Olkey**
Treasurer—**Amy Robbins**
Board of Directors
Cindy Felsten (2 yrs), Loretta Fink and Nancy Thompson (1 yr)
Recording Sec’y, Bus.—**Pat Cox**
Recording Sec’y, Bd—**Jo Kuczenski**
Corresponding Sec’y—**Cooky Duboff**

Zonta Club of Boca Raton Area — Boca Raton, Florida
District XI - Club No. 765 - Chartered - March 3, 1975
A Member of Zonta International: 30,000 members in 66 countries
working together to improve the lives of women and girls.



The Women's Circle

912 SE 4th Street
Boynton Beach, FL 33435

Office Hours:
Monday thru Friday
9 am to 4 pm

Our Mission:

Improving the lives of women in Palm Beach County since 2000! We provide the tools women need to realize their full potential and become better educated, employed, and leadership in the community. We meet women at their point of need and guide them towards self sufficiency, economic stability, job security, and leadership roles.

Our Vision:

All women have the ability to develop their potential and be all they can be, while effectively assimilating into culturally diverse communities.

Our Values:

- Respect for human dignity.
- Justice for all.
- Appreciation for different cultures.
- Awareness of the special importance of women in the family and in the community.
- Active development of each woman's potential for employment and leadership in her community.
- Belief in democracy and participation of persons in all areas that impact their lives.
- Appreciation for the spirituality of each person which nourishes their aspirations.

Email: info@womenscircle.org



BOCA HELPING HANDS

Boca Helping Hands is always in need of pantry items. Please bring food donations to any of our meetings. Diane Sawchuk will be happy to collect them and take them to the center. She is always happy to answer your questions about our work at BHH. In addition, if you can't get to a meeting, contact President Shirin Weisman for pick-up. Contact Diane at 561-477-0852, dianesawchuk@comcast.net

Palm Beach Victim Services

Donations of children's books (ages 0-18), games, coloring books, crayons, markers, toys, etc., will be collected by Jane at all meetings.

Butterfly House—Not Just Me Foundation

Unused small toiletries, grooming tools, blankets, and socks—for men and women.

Contact info for **Susan Ander**
Harbour's Edge
401 East Linton Blvd.
Delray Beach, FL 33483

Cell phone 956-454-4647
To make an appointment to visit Susan, call Aura at 561-526-0113.

Not Just Me Foundation

Our Mission

To prevent sexual assault through awareness and education and to help survivors reclaim their lives by giving them access to appropriately trained advocacy networks.

EMPOWERING
SURVIVORS.
EDUCATING
COMMUNITIES.

julie@notjustmefoundation.org



The Butterfly House

at Wellington Regional Medical Center



Victim Services & Rape Crisis Division

24/7 Hotline: (561) 833-7273

Zonta Club of Boca Raton Foundation, Inc.

**Invites You To A Luncheon
Featuring Entertainment by**

IT Takes Two

**Benefitting The Women’s Circle, Inc.,
Not Just Me Foundation (Butterfly House),
Zonta Club of Boca Raton Foundation Scholarship,
& other Service Projects**

**Honoring Pilot, Yogini Modi
Chairman of the Florida Goldcoast Chapter of 99’s**



**New
Date!**



**January 29, 2022
11:00 am to 3:00 pm**

**Pavilion Grille
301 Yamato Road, Boca Raton, FL**

Ticket Price \$60.00

Community Friends

We are looking for donations of gift cards and items listed below for our raffle baskets. If you can donate or are interested in sponsoring a basket, please contact Shirin Weisman to arrange your donation recognition.

- ◇ Sign up for a basket theme and work on donations
- ◇ We’re considering doing a swag bag for each guest
- ◇ Table settings will include our memorabilia—like “Zonta Says No” bookmarks and our tri-fold Zonta flyer
- ◇ Forms are available on the web site—Save the Date, Donation Letter, Invitations, RSVP cards
- ◇ Don’t forget our wine, liquor and scratch off lottery ticket baskets!
- ◇ Lots of gift certificates for spas, salons and restaurants
- ◇ **Other items needed for theme baskets**—beach, chocolate, car care, coffee, dog grooming, hurricane and Jan’s looking for a book about Florida light houses!

Please LIKE us on Facebook
<https://www.facebook.com/>



Use this link every time you shop <https://smile.amazon.com/>

On your first visit, you’ll select your charity—Zonta Club of Boca Raton Foundation. Then Amazon Smile

Another way our club can benefit with donations!

We need your support.
Contributions to **Zonta Club of Boca Raton Foundation** can be given through **Network for Good**, an online giving platform for donors.

Go to www.networkforgood.com, or use Facebook or Google, to make a contribution. Please consider starting an online contribution drive of your own to benefit our community service projects.

Network For Good does all the hard work!

**PALM BEACH COUNTY
VICTIM SERVICES
CERTIFIED RAPE CRISIS
CENTER**

**Serving Victims
of Violent Crime**

**Toll Free Hotline
1-866-891-7273**

**TTY
561-355-1772**



Vision
Justice for all crime victims

Mission Statement
With compassion and respect, we assist victims of sexual assault domestic violence, homicide, and other violent crimes through crisis response, advocacy, therapy, and community awareness.

5th Annual

Field of Hope

For Survivors of Sexual Assault & Their Supporters




Drive-thru Event

Survivors are invited to stop and plant personal messages in the Field of Hope as a symbol of reclaiming their power and providing hope to others.

Free Registration
<https://fieldofhope.eventbrite.com>
Music • Visual Display • Giveaways



Scan QR code with your smartphone

**4.6.21
4-6 PM**

**4210 North Australian Ave.
West Palm Beach, FL 33407**

  PBCVictimServices | **QUESTIONS?** Contact Briana Salter
bsalter@pbcgov.org | (561) 625-2526



Our organization provides equality of services and care to everyone, regardless of people's age, disability, gender, gender identity, race, religion or belief or sexual orientation.



Palm Beach County Board of County Commissioners
Dave Kerner, Mayor, Robert S. Weinroth, Vice Mayor
Maria G. Marino, Gregg K. Weiss, Maria Sachs
Melissa McKinlay, Mack Bernard
Verdenia C. Baker, County Administrator

Here's to your health!

By: Arnaldo Liechtenstein, physician.

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion: People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that, every two hours, you must drink some liquid. Remember this!

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).



Diane Sawchuk—Apr 8
Loretta Fink—Apr 29
Mary Ann Souza—Apr 29

Susan Ander—May 2
Cindy Felsten—May 5
Nancy Thompson—May 7
Lana Rosenzweig—May 18



Applications now open for Women in Technology Scholarships

Zonta International will award up to 20 scholarships of US\$8,000 each to women pursuing a degree in information technology. While applicants will apply directly to Zonta International, we encourage Zonta clubs to download the scholarship poster and social media images to promote the Women in Technology Scholarship in your local community and within your members' personal and professional networks.

Find more information and a link to the online application at <http://www.zonta.org/womenintech>.

Application deadline is 15 October 2021.

Add Your Voice Global Membership Campaign

The goal of the 2021 membership campaign is to recruit new members to help achieve our mission.

The intent is to offer a friendly competition amongst clubs based on club size divided into three tiers: large clubs, mid-size clubs, and small-scale clubs.

The campaign will run from 1 April –31 May 2021. More details will be shared this month.



www.freethegirls.org

DONATE A BRA

COLLECT BRAS

Women once enslaved to sex trafficking are now living free and victoriously.

Discover how something simple (bras!) is being made extraordinary.

What if you could help bring freedom to survivors of sex trafficking with something surprisingly simple?

WE EXIST TO HELP GIRLS RESCUED FROM SEX TRAFFICKING LIVE A LIFE OF TRUE FREEDOM.

YOU CAN HELP EMPOWER THEM

When you donate **4** bras...you're providing a living wage for a woman in our El Salvador program.

When your company, church, or group of friends donate **200** bras...that's half a month's inventory for a woman in Mozambique.

**North American Inter-District Meeting
June 25 – 27, 2021**

*Challenges and Opportunities for Zonta's
Second Century*

Hilton Cincinnati Netherland Plaza
Cincinnati, Ohio



This is a superb opportunity for you to talk with Zonta International's leadership; become more familiar with our biennial goal to end child marriage; learn new information on service and advocacy, leadership and innovation, membership and outreach; spend time with Zontians from all over the United States and Canada - and perhaps spend a little time visiting, shopping and touring the Cincinnati area.

Early registration through April 15 is \$225; standard registration from April 16 to May 15 will cost \$240, and late registration after May 15 is \$265. The registration fee includes the program as well as the Friday night 'Cincinnati Favorites', Saturday lunch and dinner and Sunday breakfast. [Hotel rooms](#) need to be reserved separately and will cost \$145 a night plus fees from June 24 to June 28.

