



February 2023

“Building a Better World for Women and Girls”

Vol. 2 Issue 1

**Zonta Club of Mid-Maryland
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The next **Membership meeting is March 9, 2023, at 7pm. We will be in person at the Country Club at Woodmore (12320 Pleasant Prospect, Mitchellville, MD 20721).** Please make your best effort to be in attendance.



This is our opportunity to engage and continue our work to make a difference in the lives of women and girls.

We need you there!

Message from the President



Greetings ZMM Members,

March is the month we celebrate Women's History Month which encompasses the celebration of International Women's Day, March 8th. No matter what nationality, age, socio-economic or political demographic she is in; she always has a story to tell as well as a gift to share with the world.

Let's take a moment and look at a timeline of just a few women who have made strides and shared their gifts as they have paved a path for women all over the world.

- Women Win the Right to Vote – 1920 (19th Amendment) – Passage led by Ida B. Wells and Alice Paul
- First woman appointed to the United States Supreme Court - 1981 -Sandra Day O'Connor
- America's first woman in space – 1983 – Sally Ride – Female Astronaut
- First female Rock & Roll Hall of Famer – 1987 – Aretha Franklin
- First woman nominated for president by a major political party - 2016 - Hillary Rodham Clinton
- First Black woman Supreme Court Justice – 2022 – Ketanji Brown Jackson

Zonta Mid-Maryland's President's favorite Women's History Month Quotes:

- *"I am a woman / Phenomenally / Phenomenal woman / That's me."* – Maya Angelou
- *"A feminist is anyone who recognizes the equality and full humanity of women and men."* – Gloria Steinem
- *"If you don't see a clear path for what you want, sometimes you have to make it yourself."* – Mindy Kaling
- *"I am not free while any woman is unfree, even when her shackles are very different from my own."* – Audre Lorde
- *"Fight for the things that you care about but do it in a way that will lead others to join you."* – Ruth Bader Ginsburg

In all I ask you, what is your story and gifts? How will you share it in the world where women's rights are recognized as human rights, so every woman is able to reach her full potential?

Yours in Service and Advocacy

A handwritten signature in black ink, appearing to read "Nicole Barnes".

Nicole Barnes
President, Zonta Club of Mid-Maryland

Let's Celebrate Black Girl Magic!



As you know, February is Black History Month. This is a time in which we focus our attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history from the enslaved people first brought over from Arica in the early 17th century to African Americans living in the United State today.

As members of Zonta of Mid-Maryland, let's celebrate women of color around the country. "Firsts for Women" (*source: zonta.org*) acknowledges the accomplishments of the following women:

- **Adrienne Fairwell** – first Black person to be named general manager of Arizona Public Broadcasting Service.
- **Erin Jackson** – first Black American woman to win speedskating World Cup.
- **Kelsey Koelzer** – first Black woman to coach a National Collegiate Athletic Association (NCAA) hockey team.
- **Janet Rollé** – first Black woman appointed CEO and executive director of the American Ballet Theatre.
- **Keishia Thorpe** – first Black woman to win the Global Teacher Prize, a US\$1 million award presented annually to an exceptional teacher who has made an outstanding contribution to their profession.
- **Jessica Watkins** – first Black woman selected to join the crew of the International Space Station.
- **Adrienne Adams** – first Black woman to lead the New York City Council.
- **Neeli Bendapudi** – first woman and first person of color named president of Penn State.
- **Sharon Bowen** – first Black woman to be named chair of the New York Stock Exchange (NYSE).
- **Cardi B** – first woman rap artist to earn three diamond-certified singles.
- **Kristen Hayden** – first Black woman to win a U.S. national senior title in diving and the first Black U.S. diver to earn a bid to the FINA World Championships.
- **Susan Hutson** – first Black woman to be elected sheriff in the state of Louisiana.
- **Dawn Ison** – first Black woman U.S. Attorney in Detroit.
- **Brittney Johnson** – first Black woman to play Glinda the Good Witch in the Broadway musical, *Wicked*.
- **Jennifer King** – first Black woman to be a position coach in the National Football League (NFL).
- **Kiesha Nix** – first Black woman to become vice president in the Los Angeles Lakers organization.
- **Rachael Rollins** – first Black woman to be named U.S. Attorney for Massachusetts.
- **Shenseea** – first woman to win the Music of Black Origin (MOBO) Award for Best Reggae Act.
- **Dana White** – first Black woman to franchise a national hair salon. She is the CEO and founder of Paralee Boyd Salon.

Heart Health Awareness Month

Women's Health and Wellness

I Will Survive – Joycelyn Elders, Former United States Surgeon General

By Tammie Edwards, 1st VP, Membership Chair

While we've come a long way from the unacceptable women's health and wellness approaches of the past, it's important to recognize the legacy of important trailblazers in health and wellness — **Dr. Joycelyn Elders**, a trailblazer, advocate and leader in Public Health, has left an impressive mark during her career, making a difference by increasing national awareness of health issues, and [Changing the Face of Medicine](#).



In late 1978, Gloria Gaynor climbed the pop charts with her smash hit single "I Will Survive". The song has become something of an anthem of female emancipation and self-value. Gaynor, a proclaimed singer/songwriter received a [Grammy Award](#) for Best Disco Recording in 1980. The song's lyrics describe the narrator's discovery of personal strength and healing... a perfect song to honor Elders and to encourage others to embrace and promote health awareness and preventive care.

Born to poor farming parents in 1933, Joycelyn Elders grew up in a rural, segregated, poverty-stricken pocket of Arkansas, became the first person in the state to become board certified in pediatric endocrinology, and was the fifteenth Surgeon General of the United States. Joycelyn Elders was the first African American and only the second woman to head the U.S. Public Health Service. Long an outspoken advocate of public health, Elders was appointed Surgeon General by President Clinton in 1993. Despite opposition from conservative critics, she was confirmed and sworn in on September 10, 1993. During her time in office, she faced skepticism regarding her progressive policies yet continued to bring controversial issues up for debate. As she later concluded, *change can only come about when the Surgeon General can get people to listen and talk about difficult subjects*. Her autobiography, *Joycelyn Elders, M.D.: From Sharecropper's Daughter to Surgeon General of the United States of America* highlights her amazing journey.

Elders cited her biggest obstacles she had to face were poverty, racism, and sexism, but she stayed strong and survived the challenges, fears, and inevitable distractions.

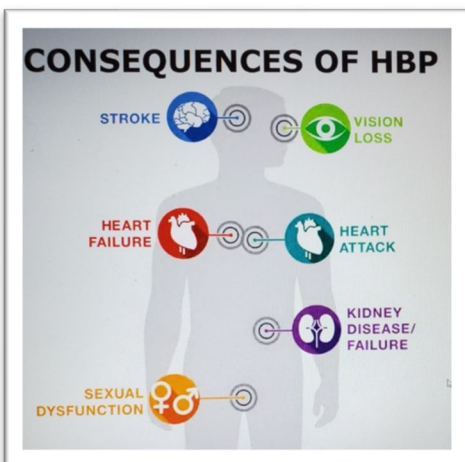
Let's be reminded that just like Elders, we must overcome the obstacles that get in the way of our surviving and moving forward. Elders' work to promote health and wellness, has empowered women around the world to have more control over decisions regarding their health and options for taking preventative measures. Getting preventive care **reduces the risk for diseases, disabilities, and death** — yet millions of women in the United States don't get recommended preventive health care services. When it comes to healthcare, most women act re-actively instead of proactively. They won't go to the doctor until they're sick and they won't take care of their body until problems start to arise. Preventive care can help identify health problems like high blood pressure, diabetes, or certain cancers earlier, when they're most treatable. Of course, tackling health issues early helps you get or stay on a healthy track, and reduces the risk of developing other health conditions.

What's considered preventive care you may ask? Examples of preventive care services include (for more information, visit [Preventive Care 101](#)):

- **Your annual checkup** – In addition to a physical exam, your annual checkup can include important general health screenings for high blood pressure, cholesterol and other health conditions.
- **Cancer screenings** – Most people don't experience cancer symptoms when diseases are in their earliest, most treatable stages. That's why screenings are recommended at certain times and intervals throughout your life. For example, it's recommended that both men and women begin colorectal cancer screenings starting at age 45. Other preventive screenings for women include Pap tests and mammograms. For men, prostate specific antigen (PSA) tests to screen for prostate cancer might be recommended.
- **Adult immunizations** – These include Tdap (tetanus, diphtheria, and pertussis) boosters, and immunizations against pneumococcal conjugate and shingles.
- **Your yearly flu shot** – Flu shots can help reduce your risk of getting the flu by up to 60%. And if you do happen to get the flu, having the flu vaccine can significantly reduce the chances of serious flu symptoms that could lead to hospitalization.

In 2016, the Library of Congress deemed Gaynor's original recording to be "culturally and historically significant" and selected it for preservation in the National Recording Registry. One can say the same about the trailblazer, Dr. Joycelyn Elders. As we listen to excerpts of the lyrics to Gaynor's *I Will Survive*, make the commitment, and find the strength of our trailblazers to prosper, be your own advocates, prioritize self-care and preventive measures. Repeat after me...*I Will Survive!*

*At first, I was afraid,
I was petrified...
I grew strong
And I learned how to get along...
I've got all my life to live...
I will survive, hey, hey...*



Did you know? *Courtesy of Zontian Alice Ross*

When your blood pressure is too high for too long, it damages your blood vessels – and can lead to atherosclerosis, which are fatty deposits that build up and can clog your arteries.

The increases the workload of your circulatory system while decreasing its efficiency.

You can manage your blood pressure and keep it in check. Even small changes will make a big difference.

Become an ambassador – More info, emPOWEREDtoSERVE.org



MLAW Conference - February 1

Conference Overview

Zontian Janelle Johnson-Lester
Advocacy Committee Co-chair

Zonta Club of Mid-Maryland was one of the sponsors and the club logo was included in the MLAW package (it is attached). In keeping with the theme of our "16 Days of Activism Against Gender-based Violence", Zontian Janelle recommends that ZMM advocate for the following two bills:

1.) Criminal Law - Victims of Child Sex Trafficking and Human Trafficking - Safe Harbor and Service Response Bill Number: HB297/SB292

Description: This bill would provide a safe harbor for child victims of sex trafficking and prevent prosecution for acts committed as a result of their trafficking including prostitution and other related offenses. Legislation was passed in 2019 establishing the Regional Navigator program that connects child survivors of trafficking to necessary services. This bill will benefit women and girls by preventing them from being criminalized for acts they committed as a result of their trafficking victimization and will support their healing rather than their continued punishment.

Benefit to Communities of Color: Children of color are over-represented as child victims of sex trafficking. Communities of color as a whole are over-criminalized leading to children of color being disproportionately represented within the adult criminal and juvenile legal systems. This bill would provide a pathway out of these systems and would instead divert trafficked youth into services that support their healing rather than compound the trauma they've already experienced.

2.) Maryland State Police Gun Center – Firearms Surrendered Under Final Protective Orders Bill Number: HB3/SB185

Description: If enacted, this bill will give us data about whether Maryland is effectively getting firearms out of the hands of respondents in final protective orders. This would be in support of domestic violence victims.

Benefit to Communities of Color: Many people of color are reluctant to call the police, even in domestic violence cases, because of their past experiences with law enforcement. For some people of color who are domestic violence survivors, the civil protective order is a good alternative because it is a civil, not criminal, remedy. This means the survivor can apply for a protective order without involving law enforcement. Passage of this bill would make the civil protective order an even stronger remedy.

In other news, as of February 2023, Zontian Janelle Johnson-Lester is now serving as the Prince George's County Human Trafficking Task Force's Legislative Committee Chair.



CITY OF BOWIE, MARYLAND

A Proclamation

MAYOR

TIMOTHY J. ADAMS

MAYOR PRO TEM

ADRIAN BOAFO

COUNCIL

MICHAEL P. ESTEVE

HENRI GARDNER

INGRID S. HARRISON

ROXY NDEBUMADU

DUFOUR WOOLFLEY

**OF THE COUNCIL OF THE CITY OF BOWIE, MARYLAND
HONORING AND RECOGNIZING ZONTA INTERNATIONAL FOR
THEIR GLOBAL THEME: "ORANGE THE WORLD! END
VIOLENCE AGAINST WOMEN NOW!"**

WHEREAS, Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy; and

WHEREAS, Zonta International was first established in 1919 and is now made up of more than 27,000 individuals in 1,133 Zonta Clubs in 62 countries; and

WHEREAS, 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, have access to all resources, are represented in decision-making positions on an equal basis with men, and do not live in fear of violence; and

WHEREAS, this year's 16 Days of Activism against Gender-Based Violence runs from November 25th to December 10th; and

WHEREAS, Zonta International's global theme is "Orange the World: End Violence Against Women Now!"; and

WHEREAS, the color orange is used to represent a brighter future free of violence against women and girls and the theme ties directly into the vision of Zonta International.

NOW, THEREFORE, BE IT PROCLAIMED that the Council of the City of Bowie, Maryland hereby honor and recognize Zonta International for their global theme and worldwide work empowering women and girls.

PRESENTED by the Council of the City of Bowie, Maryland on the 21st day of November, 2022.

Timothy J. Adams
Timothy J. Adams, Mayor

Attest:

Awilda Hernandez
Awilda Hernandez, City Clerk



Presented November 21, 2022...

NOW, THEREFORE, BE IT PROCLAIMED that the Council of Bowie, Maryland hereby honor and recognize Zonta International for their global theme and worldwide work empowering women and girls.



Pictures courtesy of President Nicole Barnes



ORANGE THE WORLD!

Wearing orange in support of the Zonta Says No to Violence Against Women awareness campaign.

Congratulations Zontian Amanda Welch



THE 2023 WILLIAM JEFFERSON JACKSON HONOR AWARDS LUNCHEON

TO BENEFIT SAINT AUGUSTINE'S UNIVERSITY

Celebrating Saint Augustine's University

ALUMNI EXCELLENCE

Zontian Amanda C. Welch will be recognized by the Saint Augustine's University Washington DC Metropolitan Alumni Chapter for Alumni Excellence. She will be celebrated along with six others on April 15, 2023, at Martin's Crosswinds. Zonta Club of Mid-Maryland sends our heartfelt congratulations to Zontian Amanda Welch for this prestigious honor.

Welcome to "Meet the Zontian" - Amanda C. Welch has worked in the field of corrections for over 30 years and has collaborated with community and faith-based organizations to develop awareness regarding the importance of reintegrating offenders back into society. In her current position as the Chief of Behavior Health and Wellness Services at Prince George's County Department of Corrections, she oversees programs that focus on mental health and substance abuse treatment and re-entry case management.

Amanda holds a Bachelor of Sciences in Business Education from Saint Augustine's University in Raleigh, North Carolina, and a Master of Arts in Forensic Psychology from Argosy University. She has held professional certifications in Gambling Addiction, Thinking for a Change, The Level of Service/Case Management Inventory (LS/MCI), and Mental Health First Aid. Currently, she serves as a Critical Incident – De-escalation Trainer for the Prince George's County Department of Corrections. She has completed independent study courses through the United States Department of Homeland Security, Emergency Management Institute; and Mental Health First Aid, USA to become a Mental Health First Aid Instructor. One of her most notable credentials is the training and certification she received from the National Institute of Corrections, where she completed 180 hours of training and received certification as an Offender Workforce Development Specialist (OWDS) and an OWDS instructor.

Amanda is a member of Alpha Kappa Alpha Sorority, Inc., Zonta Club Mid -Maryland Prince George's County, where she serves as the co-chair of the Advocacy Committee; and Top Ladies of Distinction, Prince George's County Chapter, where is she works on the sickle cell committee. Her previous professional memberships include the American Psychology Association and the National Association of Forensic Counselors. She also served as a volunteer for the Arlington County Victim of Violence Hotline for several years. In July 2007, Amanda was appointed to the Prince George's County Commission for Women where she served until September 2014. During her tenure with the Commission for Women, she led the human trafficking initiative. She is one of the founding members of Prince George's County Human Trafficking Task Force. In addition, she served as a member of the Maryland Human Trafficking Task Force and actively worked with the Victims Awareness Subcommittee for both task forces.

Amanda served as the President of the Washington DC Alumni Chapter of Saint Augustine's University from 2017-2019. Her focus was to reclaim alumni, restore linkages to support the university and raise community awareness of "St. Aug." In 2018 she served as WDC-SAU Alumni Queen. As alumni president she instituted several initiatives, those efforts increased membership and provided service to the community. In April 2023, she will receive the William Jefferson Jackson award for her service to the community.

Currently, she resides in Upper Marlboro, Maryland and is the proud parent of a teenage son.



Young Woman in Public Affairs Award

Zonta International believes that civic minded young women are one of the keys to women's advancement. The Zonta International Young Women in Public Affairs (YWPA) Award is open to young women, ages 16-19, who demonstrating leadership skills and commitment to public service and civic causes. The award is \$5,000. The process for 2023 YWPA is different from past years.

- Applications start at the Club level. All inquiries should be directed to local or nearest Club to applicant.
- Club sets deadline for applications. Applications, the Club application cover sheet, and other information can be found on the ZI website.
- District 3 Club YWPA submissions are due March 17.
- NEW – District 3 selects and submits 1 YWPA to Governor by April 1st. The official announcement from Zonta International is July 1.

For more information, please contact the YWPA District 3 Chair, Winifred Easterling.

Women in STEM Scholarship

The Zonta International Women in STEM Scholarship encourages women to pursue education, career opportunities and leadership roles in STEM fields. A single candidate from each of Zonta's 31 districts and one region will receive an award of US \$5,000 from Zonta International. For more information visit the Zonta International Website which includes a poster, description, [requirements and application](#). The deadline to apply is September 15, 2023.

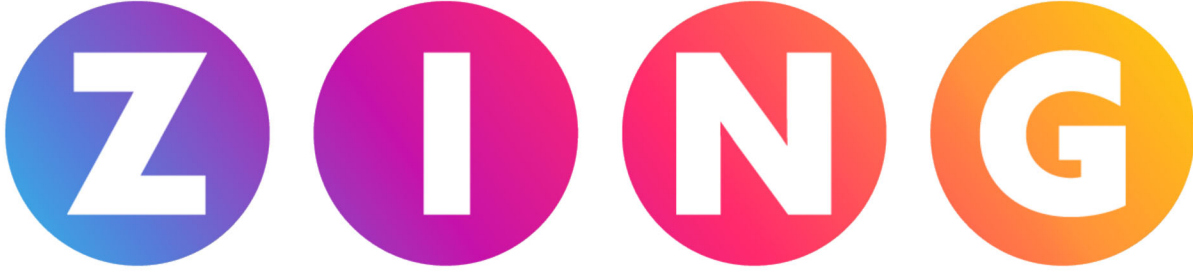
Register for the NGO CSW67 Forum! March 5-17, 2023

Over the two weeks of the United Nations Commission on the Status of Women, the Non-Governmental Commission on the Status of Women ("NGO/CSW") has organized almost 800 events during the Forum that inform, engage, and inspire grassroots efforts and advocacy needed to empower women and girls. This provides civil society organizations ("CSOs") and activists the opportunity to engage in the processes and CSW sessions. Use this link to register and learn more - <https://ngocsw.org/ngocsw67/>.

GOURMET POPCORN FUNDRAISER

Our District 3 popcorn fundraiser will start on February 23rd at 5 pm and end on Feb. 27th at 5 pm. Purpose is to raise funds to support several initiatives including reducing the registration cost for our upcoming conference. Our fall conference will focus on the mission of Zonta of building a better world for women and girls. To set up an online Pop-Up Popcorn store, please email us at governorz3@gmail.com before February 23rd. To purchase, please use and share this link: <https://s.dgpopup.com/mw1jf359>.

SAVE THE DATE



ZONTA MID-MARYLAND ZING

South Bowie Library
15301 Hall Rd, Bowie, MD 20721

MARCH 29, 2023

6:00 pm – 7:30 pm

*The time is now to gather your list of potential members to invite to the ZING.
Send names and contact information to
Tammie Edwards (ZontaMMtedwards@gmail.com)
by **March 13, 2023**.*

Additional Dates to Remember:

- Zonta District 3 Popcorn Fundraiser- February 23 -27, 2023
- Zonta District 3 Brunch Around- Sunday, March 5, 2023
- Commission on the Status of Women (CSW67)- March 6- March 17, 2023
- Zonta Club of New York City 100th Anniversary – March 6, 2023
- **Zonta Club of Mid-Maryland Executive Board Meeting – March 1, 2023**
- **Zonta Club of Mid-Maryland General Body Meeting – March 9, 2023**
- Zonta Rose Day -International Women’s Day – March 8, 2023
- Zonta International New Member Webinar – March 16, 2023
- **Zonta Club of Mid-Maryland ZING – March 29, 2023**
 - **Potential Member Information submitted by March 13, 2023**
- North American Inter-District Meeting- Indianapolis June 30- July 2, 2023
- District 3 Governor’s Conference – Baltimore - October 6 – 8, 2023 66th
- Zonta International Convention - Brisbane, Australia -June 2024
- Zonta in STEM Scholarship application due September 15, 2023