

Building Bridges



And Beacons

Zonta International is a worldwide organization of executives in business and the professions working together to advance the status of women

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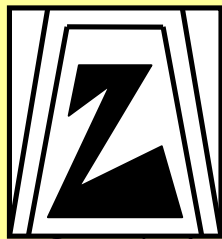
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Zonta



International

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President's Message

Hello and warm welcomes!

The past month has been a little dreary but it seems things are looking up now! The weather has made a turn around and the sun is out finally.

Well, we had our Long Term Planning meeting July 18th and with the board members present it seems we are going to have another rip roaring year ahead of us.

September is back to school and for us adults it is back to ZONTA. 1st on the agenda is our WALK/RUN with our sister club, the Center for the Women of New York. We are partnering with Ann Jarvin to have a "fab" event around beautiful Fort Totten.

We are presently in the process of obtaining our own 501C3 with the steady assistance of Grant Siegel and Mary Loughrey from our able Service Committee.

Grant brought a lot to the table at the Long Term Planning meeting and we look forward to hearing more as well as moving forward

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with this venture. Toks Sofolo will also be inputting valuable info from a legal standpoint. We will be losing Hannah Braune-Friedman from SAVI's Mt. Sinai Elmhurst Hospital but Ms. Melissa Goodman will take over.

Many good wishes go out to Hannah and her husband as he has accepted a position in Oxford England!

We will continue with all past activities such as collecting shoes at our dinner meetings to assist Soles4Souls + \$1.00 for each pair donated;

The Women in the Military project, thru Arizona Sun, is giving out toiletries to service women overseas with Personal Comfort Kits.

CAPS is always a favorite helping young children that are bullied in schools and just lending a helping hand.

We have instituted a few NEW projects for the upcoming year too which include perhaps working with President Obama's "United We Serve" to participate
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**Give Girls a Chance: Tackling Child Labor,
a Key to the Future**

Reprinted From WUNRN

GENEVA (ILO News) – The global financial crisis could push an increasing number of children, particularly girls, into child labor, according to a new report issued by the International Labor Office (ILO) for the World Day Against Child Labor on June 12.

The ILO report, entitled *Give Girls a Chance: Tackling Child Labor, a Key to the Future*, notes that while recent global estimates indicate the number of children involved in child labor has been falling, the financial crisis threatens to erode this progress.

“We have seen some real progress in reducing child labor. The policies chosen in the present crisis will be a test of national and global commitment to take this fight forward.” said ILO Director-General Juan Somavia.

The report says the danger of girls being forced into child labor is linked to evidence that in many countries families give preference to boys when making decisions on education of children. It states that because of the increase in poverty as result of the crisis poor families with a number of children may have to make choices as to which children stay in school. In cultures in which a higher value is placed on education of male children, girls risk being taken out of school, and are then likely to enter the workforce at an early age.

Other factors which could push up the numbers in child labor include cuts in national education budgets, and a decline in remittances of migrant workers, as these remittances often help to keep children in school.

This year’s World Day against Child Labor also coincides with the tenth anniversary of ILO Convention No. 182 on the elimination of the worst forms of child labor.

“With 169 ratifications we are now just 14 short of universal ratification by our member States” said Mr. Somavia. “It is a remarkable expression of commitment. This Convention calls for special attention to the situation of girls and we want to highlight the particular risks that girls face during this crisis. Protecting girls – and all children – from child labor calls for integrated responses that include jobs for parents, and social protection measures that help them to keep both girls and boys in school. Access to basic

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education and training for girls and boys must also be part of the solutions for the future.”

The ILO report says the most recent global estimate indicated that more than 100 million girls are involved in child labor, and many are exposed to some of its worst forms. Girls face a number of particular problems that justify special attention, including:

- Much work undertaken by girls is hidden from public view, which creates particular dangers. Girls make up the overwhelming number of children in domestic work in third party households and there are regular reports of the abuse of child domestic workers;
- In their own homes, girls take on household chores to a much greater extent than boys. Combined with economic activity outside the household, this imposes a “double burden” that increases the risk of girls dropping out of school; and,
- In many societies girls are in an inferior and vulnerable position and are more likely to lack basic education. This seriously restricts their future opportunities.

The report highlights the importance of investing in the education of girls as an effective way of tackling poverty. Educated girls are more likely to earn more as adults, marry later in life, have fewer and healthier children and have decision-making power within the household. Educated mothers are also more likely to ensure that their own children are educated, thereby helping to avoid future child labor.

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Birthdays

July

None

August

Aug 7: Wendy Phillips

Aug. 17: Ron Francomano

September

Sept. 17: Lordeas Braxton

Sept. 22: Claire Siegel
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**STATEMENT TO THE 11th SESSION OF THE
HUMAN RIGHTS COUNCIL, CLIMATE
CHANGE, WOMEN**

By the Worldwide Organization for Women
15 June 2009

This statement is joined by the following members of the CoNGO NGO Committee on the Status of Women: *Worldwide Organization for Women (WOW)*, *Pan Pacific and South East Asia Women's Association (PSAWA)*, (International Federation of University Women, International Business and Professional Women, International Alliance of Women, International Council of Women, Zonta International, Federation of American Women's Clubs Overseas, International Network for the Prevention of Elder Abuse, Women's Federation for World Peace International.)

We appreciate the opportunity that has been given in this 11th Session to discuss human rights and climate change. Specifically today we would like to address the issue of women and climate change. According to the research of the Women's Environment and Development organization, women and children are fourteen times more likely to die than men are during a disaster. In 2006, a study at the London School of Economics analyzing disasters in 141 countries provided the definitive evidence that gender differences in deaths from natural disasters are directly linked to women's economic and social rights. That is, gender inequalities are **magnified** in disaster situations. So when women lack basic rights, more women than men will die from natural disasters.

In many countries women are supposed to look after children, the elderly and their homes which hampers their own rescue efforts in almost all types of natural disasters. Yet, the most important reason why women are more vulnerable to the fatal impact of natural disasters is because of their lower social and economic status in many countries. Climate change poses a serious challenge to social and economic development. Women have less access to financial resources, land, education, health and other basic rights and are seldom involved in the decision making processes. When poor women lose their livelihood, they slip deeper into poverty and the inequality and are less able to cope with the impact of climate change.

These discrepancies are the result of existing inequalities. For example climate change will affect some of the most fundamental social determinants of

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health: poverty, food, housing and water. The warming of the planet will be gradual, but the increasing frequency and severity of extreme weather events, such as intense storms, heat waves, droughts and floods, will be abrupt and the consequences will be acutely felt.

Both women and girls suffer more from the shortages of food and economic resources in the aftermath of disasters. Boys are likely to receive preferential treatment in rescue efforts and often during and after disasters such as long periods of droughts more girls drop out of school to reduce household expenses by saving school fees or to assist in the household with task such as fetching water.

A strain on food production will certainly translate into increased hardship for women, who often carry out the majority of farming activities. As crop yields decline and resources become scarcer, women's workload will expand. In times of drought, they will also have to spend more time performing another typical female responsibility – carrying, purifying and supplying the family's water.

Since it is poor and elderly women who are disproportionately affected by climate change, there is a strong case for the need to ensure equal social and economic rights for all women. Climate change interventions that fail to address women's needs will fail to support those most affected by climate change and reinforce the disparity between men and women in their capacity to adapt to ongoing changes in the world climatic conditions.

Effective and responsive re-plementation requires balanced participation of all relevant stakeholder including men and women where their experiences are reflected.

UN Secretary-General Ban Ki-Moon said climate change imperils the most precious treasures of our planets and it's the defining issue of our era.

The time for this definition is now and should necessarily reflect a woman's perspective.

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USA STUDY: TEEN DATING VIOLENCE UP IN RECESSION

Teens in Households Suffering from Economic Downturn Increasingly Facing Violence in Relationships

(CBS) A new study says teen dating violence is on the rise -- and it may have something to do with the recession.

On *The Early Show*, as part of the special series called "CBS Reports: Children of the Recession," CBS News correspondent **Michelle Miller** reported that a study released by Liz Claiborne and The Family Violence Prevention Fund shows an increase in teen dating violence -- directly tied to the economic downturn.

The study says nearly one-in-three teens reports being the victim of verbal, physical or sexual abuse. Nearly one-in-four says they've been harassed by e-mail or text messaging. Nearly half of the respondents report being controlled, threatened or pressured to do things against their will.

"Families in economic distress are themselves experiencing higher rates of violence," said Kiersten Stewart, of the Family Violence Prevention Fund, "and teens in those same households are also experiencing much higher rates of dating violence in their own relationships."

And that's the case for 18-year-old Whitley-Ann, whose last name CBS News is not disclosing. She told Miller she was abused by her former boyfriend.

"He bruised me. I was bruised for days," she said. "I didn't want people to not like him, because I knew I was going back to him."

And like many victims in the study, Whitley-Ann was too scared to tell anyone close to her.

"A lot of people don't know when they're in an abusive relationship," Whitley-Ann says. "They're in denial, like I was."

Whitley-Ann has been free of her abuser for six months, and plans to attend college this fall.

But for those still in abusive relationships, CBS News medical correspondent Dr. Jennifer Ashton offered some tips on the Early show Wednesday on ways to get

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help.

She recommended talking to someone close to you, such as a friend, a guidance counselor, a parent, or a relative.

"If you don't tell anyone, you can't get help," Ashton said.

The hope, Ashton explained, is that the person will do an intervention or tell someone else what is going on.

The second tip for teens is to not get in a dangerous situation.

"You have to anticipate what logistical situations could arise that could be actually compromising and endangering ... your health," she said. "... You always have to prepare for the worst-case scenario."

Ashton said teens shouldn't go anywhere alone: Don't go into the woods, into a car with someone or into someone's home where there's no one else around.

Another thing to remember, Ashton noted, is to not blame yourself.

"People who are victims of domestic violence are victims," she said. "They didn't ask for it. It's not their fault. And that sense of blame can really add to the problem."

Ashton said parents should also be on the lookout for their kids' safety.

She said signs of trouble can be subtle, such as your child suddenly wearing inappropriate clothing. "If it's warm weather, and suddenly you're (seeing your child) wearing sweat pants and long sleeve shirts, that might be a warning sign," Ashton said.

She added that drastic changes in behavior, such as crying all the time or withdrawing from friends and family, may also be red flags.

Ashton also suggested keeping the lines of communication open between parents and children.

"We need to stress to everyone that, starting at an early age, the key to a healthy relationship is mutual respect. ... (But) any relationship where there is violence and hurt and shame, whether it's emotional or physical, is

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US Births Hint at Boy Bias in Some Asians
Reprinted From AOL

(June 15) — Sifting through United States census data, two Columbia University professors came across a surprising trend — a significantly higher proportion of boys being born to Americans of Chinese, Indian and Korean descent.

Demographers believe that the statistical difference arises from a preference for male children -- and a growing tendency for such families to use sex-selection techniques and abortion, The New York Times reported.

"That this is going on in the United States — people were blown away by this," said Lena Edlund, one of the Columbia professors.

Take a look at the statistics, from the 2000 census, as broken down by The Times:

- Ratio of boys to girls born in the U.S.: **1.05 to 1**
- Ratio of boys to girls born to Chinese, Korean or Indian couples if their first child was a girl: **1.17 to 1**
- Ratio of boys to girls born to such couples if their first two children were girls: 1.51 to 1

What's behind the trend? The Times suggested that a cultural preference for boys lives on among some groups who immigrate to the United States.

"Inheritance in the old country is carried through the male line," said Joyce Moy, executive director of the Asian American/Asian Research Institute of the City University of New York. "Families depend on the male child for support."

The newspaper also interviewed one Chinese immigrant couple who considered abortion when they kept having girls instead of boys. For more, read the full story in The Times.

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Dates to Remember

July

July 4: Independence Day

August

August 1: Zonta Social at Ron and Sharon Francomano's 589 Pacing Way, Westbury

September

September 7: Labor Day

September 19: Rosh Hashanah

September 21 International Day of Peace

September 22: Autumn begins

September 28: Yom Kippur

USA STUDY: TEEN DATING VIOLENCE UP
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is not a healthy one."

Early Show co-anchor Julie Chen pointed out that the abuse also needs to be reported.

Ashton agreed, saying parents need to educate children from an early age about abusive situations and what they can do about them.

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President's Message

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in the country's recovery and renewal by serving. EX; Community Gardens; Children's Health; Starting a Clothing Drive; Starting a Book Distribution or Starting A Walking team and last FEEDING AMERICA'S HUNGRY. We will investigate "My Sister's House" a women's prison to receive our books - that would be good! What do you say everyone! You all remember Ms. Stacy Bellem, well she and Ms. Jung Ki, our newest member, will be presenting perhaps in October on a new organization called "Domestic Harmony Foundation" for Islamic Women - sounds interesting –

We also want to expand upon our Asian/African Diasoras; other immigrant communities. Karen has come up with a wonderful idea and this program was held right here in Queens "In-Sight Dance Company - working to improve society through performance, community partnership and service.

Alley Pond Environmental Center will also come into play - And as ever, we all will be assisting Dr. Karen L Siegel on her mission with NGO Work at the United Nations combating sex trafficking, gender equality; CEDAW:MDG's etc. Oct. 24 is Int'l United Nations Day - and perhaps in Nov. we will have for our Thanksgiving Celebration with Original Women's Crafts, always a good thing for the holidays. Shop early, "shop till you drop" is the saying! Dec. is Gwen Williams, you remember her, that little dynamo with Women and Finances which brings us to January, and the Amelia Earhart Program which will be held again at the 56th Fight Group Restaurant our at Republic Airport in Farmingdale. GOOD STUFF COMING OUR WAY

Our wishes go out to Vera Eli, VP - hope you are recovering and BE WELL Vera dear.

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**Expanded Human Trafficking Watch list
Puts Dozens of Countries on Notice**

The State Department's annual "Trafficking in Persons Report," the first released since President Obama took office, includes 52 countries and territories -- mainly in Africa, Asia and the Middle East. – Fox News June 16, 2009

WASHINGTON -- The Obama administration on Tuesday expanded the U.S. watch list of countries suspected of not doing enough to combat human trafficking, putting more than four dozen nations on notice that they may face sanctions unless their records improve.

The State Department's annual "Trafficking in Persons Report," the first released since President Barack Obama took office, placed 52 countries and territories - - mainly in Africa, Asia and the Middle East -- on the watch list. That number is a 30 percent jump from the 40 countries on the list in 2008.

Several previously-cited nations were removed from the list, but new countries cited for human trafficking problems include Angola, Bangladesh, Cambodia, Iraq, Lebanon, Nicaragua, Pakistan, the Philippines, Qatar, Senegal and the United Arab Emirates, according to the report.

The report also placed the Netherlands' Antilles, a self-governing Dutch territory in the Caribbean, on the watch list.

"With this report, we hope to shine the light brightly on the scope and scale of modern slavery so all governments can see where progress has been made and where more is needed," Secretary of State Hillary Rodham Clinton said as she released the 320-page document.

Inclusion on the watch list means those countries' governments are not fully complying with minimum standards set by U.S. law for cooperating in efforts to reduce the rise of human trafficking -- a common denominator in the sex trade, coerced labor and recruitment of child soldiers.

If a country appears on the list for two consecutive years it can be subject to U.S. sanctions.

Seventeen nations, up from 14 in 2008, are now subject to the trafficking sanctions, which can include a ban on non-humanitarian and trade-related aid and U.S. opposition to loans and credits from the International

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Monetary Fund and World Bank. The penalties can be waived if the president determines it is in U.S. national interest to do so.

Those 17 countries include traditional U.S. foes like Cuba, Iran, Myanmar, North Korea, Sudan and Syria, but also American allies and friends such as Saudi Arabia and Kuwait.

Malaysia, another U.S. partner was added to the list of worst offenders as were Zimbabwe, Chad, Eritrea, Mauritania, Niger, and Swaziland.

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Feminist Daily News Wire
June 15, 2009

Legislation to Eliminate Child Marriage Passed in House of Representatives

The International Protecting Girls by Preventing Child Marriage Act of 2009, an initiative to end child marriage in developing countries, passed in the House of Representatives on a 235-187 vote last week as part of the Foreign Relations Authorization Act.

According to Betty McCollum (D-MN), author of the original bill, the legislation affirms that "child marriage is a human rights violation that undermines America's investments in foreign assistance to improve women's and girl's education, health, and economic status." McCollum's original bill, which is adapted in Section 1111 of the Foreign Relations Authorization Act, calls for the Secretary of State, acting on behalf of the President, to research the ongoing practice of child marriage and develop a strategy to address it.

Child marriage remains a common practice in rural and impoverished areas in many countries, with 100 million girls expected to marry in the next ten years, according to the United Nations Population Fund. Child brides often have few or no educational opportunities, heightened pressure to reproduce, and lower long-term reproductive health.

Media Resources: Betty McCollum Press Release 6/10/09; H.R.2410; H.R.2103; United Nations Population Fund

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Hutchison-Mikulski Bill to Award WWII Women Airforce Pilots the Top Civilian Honor Passes in U.S. House Bill Will Now be Sent to the President to be Signed in to Law Reprinted From Senator Bailey Hutchinson's' Press Release – June 16, 2009

WASHINGTON, DC - Today, legislation honoring the Women Airforce Service Pilots (WASPS) of World War II with the Congressional Gold Medal was passed in the U.S. House of Representatives. U.S. Senator Kay Bailey Hutchison (R-TX), Texas' senior Senator, in March introduced legislation together with Sen. Barbara Mikulski (D-MD) to honor these women pilots, who have never received formal or public recognition for their wartime service to the United States. Representative Ileana Ros-Lehtinen (R-FL) sponsored the House version of the bill.

In the Senate, 75 Senators cosponsored the bill, which passed unanimously on May 18, 2009. The House version was sponsored by 334 Representatives. Now that the legislation has been passed in both chambers of Congress, the bill will be sent to the President for final approval.

"I am so pleased that my colleagues from both sides of the aisle and in both houses of Congress have come together to award the Women Airforce Service Pilots this long overdue honor. Their service and sacrifice has earned them a place of distinction in American history, and this medal will serve as a small token of our nation's gratitude," said Sen. Hutchison. "With Congressional passage of this legislation, the process of designing, casting, and presenting these medals may begin. The day that surviving WASP, and the families of those who have passed, get to hold these medals in their hands is at last on the horizon."

"The Women Airforce Service Pilots of World War II are trailblazers and true patriots. They risked their lives in service to our nation, but for too long their contribution to the war effort has been undervalued or under recognized," Senator Mikulski said. "I am so pleased both houses of Congress have now come together to right this wrong, and to finally give these courageous women the proper recognition they deserve."

"Thank you to Senator Hutchison, Senator Mikulski, Representative Ileana Ros-Lehtinen, and those members of Congress who have made this possible.

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This bill shines a national spotlight on the inspirational history and values of the WASP: honor, service, faith, determination, commitment, integrity, courage, and a devout sense of patriotism. Although they never expected or asked for this extraordinary honor, I do know they are grateful, as are all of us who follow in their footsteps," said Nancy Parrish, Director, Wings Across America.

Between 1942 and 1944, the 1,102 women of WASP were trained in Texas, then went on to fly non-combat military missions so that all their male counterparts could be deployed to combat. These women piloted every kind of military aircraft, and logged 60 million miles flying missions across the United States. They were never awarded full military status and were ineligible for officer status. Following the war, the women pilots paid their own way home. And for the 38 women who died in the line of duty, their families were saddled with the costs to transport their bodies and arrange burials. It was not until 1977 that the WASP participants were granted veterans' status.

The example set by the Women Airforce Service Pilots paved the way for the armed forces to lift the ban on women attending military flight training in the 1970s, and eventually led to women being fully integrated as pilots in the U.S. military. Today, women fly every type of aircraft and mission, from fighter jets in combat to the shuttle in space flight.

Of the 1,102 women who received their wings as Women Airforce Service Pilots, approximately 300 are living today. The Congressional Gold Medals will be awarded to all 1,102 pilots and/or their surviving family members.

The Congressional Gold Medal is awarded by Congress and, along with the Presidential Medal of Freedom, is the highest and most distinguished honor a civilian may receive. The award is bestowed for exceptional acts of service to the United States or for lifetime achievement. Once approved by Congress, the U.S. Mint designs and creates each gold medal so that it uniquely represents the individual or event being honored. The original medal is then displayed at the Smithsonian Institution.

Editor's Note: This bill was signed into law by President Obama on July 1, 2009



**Vice President Biden Announces
Appointment of White House Advisor on
Violence Against Women**
THE WHITE HOUSE

Office of the Vice President
For Immediate Release June 26,
2009

Washington, DC – Vice President Biden, the author of the landmark Violence Against Women Act, announced today the appointment of Lynn Rosenthal as the new White House Advisor on Violence Against Women. Ms. Rosenthal is one of the nation's foremost experts in domestic violence policy, and has worked at the local, state and national levels to create an environment where violence against women is not ignored and perpetrators are held accountable. This is a newly created position at the White House, dedicated specifically to advising the President and Vice President on domestic violence and sexual assault issues.

"My proudest legislative achievement in the Senate was passing the Violence Against Women Act. We've made great strides since its passage – shining a light on an all too silent issue and reducing violence against women in significant numbers. But we have to do more," said Vice President Biden. "That's why we're here today – to do more. It's an honor to announce the first ever White House Advisor on Violence Against Women, Lynn Rosenthal. Lynn is passionate about these issues and knows them backwards and forwards. And as a former director of a shelter, she's also seen the human face of this tragic problem. She will be a leader in this White House in stopping the violence and sexual assault of women and will be an integral part of this Administration."

"Lynn Rosenthal has been a life-long advocate for women and she has been a real leader in developing effective policies to combat domestic violence," said Valerie Jarrett, Senior Advisor and Assistant to the President for Intergovernmental Relations and Public Engagement. "She will be a tremendous asset to the President, Vice President and the entire Administration as we continue the battle against domestic violence and sexual assault."

Ms. Rosenthal's areas of domestic violence expertise include housing, state and local coordinated community response, federal policy on violence against women, and survivor-centered advocacy. She most recently served as the Executive Director of the New Mexico

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Coalition Against Domestic Violence.

From 2000-2006, Rosenthal served as the Executive Director of the National Network to End Domestic Violence (NNEDV) where she represented 54 state and territorial coalitions whose collective membership included more than 2000 local domestic violence programs. She played a major advocacy role in the reauthorization of the Violence Against Women Act in 2000 and 2005 and has assisted states and local communities with implementation of this groundbreaking federal legislation. She also worked closely with corporate partners to bring millions of dollars to local communities to respond to domestic violence. She partnered with The Allstate Foundation to develop a highly successful national initiative to promote economic empowerment for survivors of violence. Prior to her service at NNEDV, Rosenthal was director of the Florida Coalition Against Domestic Violence where she developed innovative service models for rural and legal services. On her return to Florida in 2006, Rosenthal developed the state's first comprehensive plan to help survivors of violence find housing.

"President Obama and Vice President Biden could not have named a more qualified, visionary leader to advise the White House on violence against women," said Sue Else, President of the National Network to End Domestic Violence. "Lynn Rosenthal is a pioneer in the movement against domestic abuse and sexual assault. Her expertise will help to shape federal policies that will serve countless survivors of domestic and sexual violence."

In this new position, Ms. Rosenthal will serve as an advisor to the President and Vice President on domestic violence and sexual assault issues; be a liaison to the domestic violence and sexual assault advocacy community; coordinate with the Department of Justice's Office of Violence Against Women (OVW) on implementation of Violence Against Women Act programs; coordinate with the Department of Health and Human Services on implementation of Family Violence Prevention Act services (including the National Domestic Violence Hotline); coordinate with the State Department and USAID on global domestic violence initiatives; and drive the development new initiatives and policy aimed at combating domestic violence and sexual assault with advocacy groups and members of Congress.

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How Can I Help a Family Member or Friend Who is Being Abused?

Reprinted From the National Hotline

Don't be afraid to let him or her know that you are concerned for their safety. Help your friend or family member recognize the abuse. Tell him or her you see what is going on and that you want to help. Help them recognize what is going on is not "normal" and that they deserve a healthy, non-violent relationship.

Acknowledge that he or she is in a very difficult and scary situation. Let your friend or family member know that the abuse is not their fault. Reassure him or her that they are not alone and that there is help and support out there.

Be supportive. Listen to your friend or family member. Remember that it may be difficult for him or her to talk about the abuse. Let him or her know that you are available to help whenever they need it. What they need most is someone who will believe and listen to them.

Be non-judgmental. Respect your friends or family member's decision. There are many reasons victims stay in abusive relationships. He or she may leave and return to the relationship many times. Do not criticize his or her decisions or try to guilt them. He or she will need your support even more during those times.

Encourage him or her to participate in activities outside of the relationship with friends and family.

If he or she ends the relationship, continue to be supportive of them. Even though the relationship was abusive, your friend or family member may still feel and lonely once it is over. He or she will need time to mourn the loss of the relationship and will especially need your support at that time.

Help him or her to develop a safety

Encourage him or her to talk to people who can provide help and guidance. Find a local domestic violence agency that provides counseling or supportive groups. Offer to go with him or her to talk to family and friends. If he or she has to go to the police, court, or a lawyer, offer to go along for moral support.

Remember that you cannot "rescue" him or her. Although it is difficult to see someone you care about get hurt, ultimately the person getting hurt has to be

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the one to decide that they want to do something about it. It's important for you to support him or her and help them find a way to safety and peace.

You can contact the 24-hour National Domestic Violence Hotline at 1-800-799 SAFE (7233) or TTY 1-800-787-3224 to discuss your concerns and questions.

NYC Department of Health and Mental Hygiene -Cut the Salt!

And lower your blood pressure and risk of heart attack and stroke

In this issue:

- Too much salt is harmful
- Most restaurant meals and processed foods are full of salt
- Check food labels before you buy
- Compare the amount of sodium in different brands
- Eating out
- Shopping for food
- At home
- Same Foods - BIG Difference in Sodium

Learn more

Health Bulletin #72 is one in a series on issues of pressing interest to all New Yorkers. All Health Bulletins are available in English, Spanish, and Chinese, and many are available in other languages. For copies, call 311 or visit nyc.gov/health.

President's Message

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Lastly, I'd like to leave you with this great recipe I found - here it is! ENJOY (See Page 16 Column1)

Respectfully submitted,

Sharon Perry, ZCGQ President and AE Chair for the ZCGQ

June 2009 Dinner Photos



Ann Jarwin speaking at the dinner



Grant Siegel speaking at the dinner



Our president Sharon Perry inducting our two newest members, Jung Ki and Judy Sloane

Dinner Photos Continued



L-R: Sharon Perry, Jung Ki, Judy Sloane and Vera Eli
(Back to camera)



Mary Loughrey speaking at the dinner



The birthday cake for our sixth anniversary

NOW Activists Elect New President Terry O'Neill to Succeed Kim Gandy Feminist Leadership NOW Team to Usher in a New NOW June 20, 2009

This weekend members of the National Organization for Women (NOW) cast their votes for a new team of leaders to direct the largest grassroots feminist organization in the country over the next four years. NOW delegates elected Terry O'Neill, who served as the group's membership vice president from 2001 to 2005, to succeed President Kim Gandy.

Gandy will retire from her office on July 20 due to the organization's term limits; she has been a leader in NOW for 36 years, with 22 years of service at the national level, including the last eight as president.

"NOW is the organization that fights for the rights of all women no matter the circumstances of their birth, their race or sexual orientation, no matter if they live in poverty or are trying to escape violence," said NOW President-Elect Terry O'Neill. "My experience with domestic violence, as an abused wife left me humiliated and embarrassed. I only began to talk about this publically five years ago as I realized that to keep quiet was to continue the abuse. I want to empower women and telling my story does just that. Women are fed up with persistent inequality and are ready for change. I am honored and eager to lead NOW in making that change."

O'Neill cut her political teeth working to defeat David Duke's gubernatorial campaign in Louisiana. She went on to serve NOW at the local, state and national levels. As an attorney, she served a clerkship at the U.S. Court of Appeals in Chicago before practicing law in New Orleans. She taught at the University of California Davis Law School and Tulane Law School. Currently, she is chief of staff to a Montgomery County (Md.) councilmember whose successes include a transgender equality law and Maryland's first Family Justice Center for survivors of domestic violence. O'Neill's national positions also include executive director of the National Council of Women's Organizations.

The other members of O'Neill's team are Bonnie Grabenhofer of IL, taking on the position of executive vice president; Erin Matson of MN, serving as action vice president; and Allendra Letsome of MD, incoming membership vice president.

Title IX Turns 37, UC Davis Reaches Settlement in Title IX Lawsuit

Today is the 37th anniversary of Title IX, Which Prohibits Discrimination on the Basis of Sex in all Levels of Education
Reprinted From 6 /23/09 Weekly Feminist News Digest

Today is the 37th anniversary of Title IX, which prohibits discrimination on the basis of sex in all levels of education. The law, which was originally passed in 1972, reads: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance." Regulations for implementing Title IX were issued in 1975, and require that schools publish grievance procedures and have Title IX coordinators.

Lawsuits alleging violations of Title IX abound. Just last week, the University of California, Davis, reached a settlement in a Title IX lawsuit that alleged female athletes at the university did not have sufficient opportunities, according to the Sacramento Bee. The settlement includes a ten-year plan for increasing women's participation in varsity sports, the addition of a varsity field-hockey team for women, and a \$110,000 funding boost for club sports. The students' lawyer, Noreen Farrell, said of the settlement, "when we give women a fair share of athletic opportunities, we are developing leaders on and off the field," reported the Sacramento Business Journal.

Traditionally, judges have used the guidelines of Title IX to ensure that the proportion of female athletes is within 5% of the proportion of female students. The UC Davis settlement requires a 1.5% standard, and could influence future Title IX lawsuits, reported the New York Times. UC Davis has 10 years to enforce the new guidelines and has been given permission to cut men's teams in order to meet the terms.

Media Resources: The Sacramento Bee 6/18/09; Sacramento Business Journal 6/17/09; New York Times 6/18



Promoting

Mental Health

Awareness



on the Global Agenda

Janice Wood Wetzel, Ph.D.
Chairperson
International Association
of Schools of Social Work

Isaac Tylim, Psy.D. ABPP
Vice Chairperson
International Psychoanalytic
Association

Lorraine Walla, DTCM, RPA-C
Treasurer
World Association for
Psychosocial Rehabilitation

Marcia Wallace, LM.S.W.
Corresponding Secretary
International Federation
of Social Workers

Members-at-Large:

Celia Brown
Mind Freedom International

Florence L. Denmark, Ph.D.
American Psychological Association
International Council of Psychologists

Judy Kuriansky, Ph.D.
International Association
of Applied Psychology
World Council for Psychotherapy

Caroline Themm
Soroptimist International

Ex-Officio Chair:
Nancy E. Wallace, L.M.S.W.
World Federation for Mental Health

COMMITTEE ON MENTAL HEALTH

ference of Non-Governmental Organizations (CONGO) in
nsultative Status with the United Nations Economic and Social Council

June 22, 2009

Karen L. Siegel Ph.D.
2 Valley View Road
Great Neck, New York 11021

Dear Karen:

Please accept belated acknowledgement of the program held March 12, 2009 which you presented at the 53rd session of the Commission on the Status of Women.

Unfortunately it was not possible for me to attend the meeting and consequently no letters of appreciation were sent. This is regrettable and I extend my apology.

The NGO Committee on Mental Health, as previously noted, has appreciated your considerable participation. You have been responsible for numerous programs which are essential to promoting the mission of the NGO. Your endeavors have been very highly valued. and we hope they will continue to further the work of the NGO.

Sincerely,

Marcia Wallace

Marcia Wallace
(past) Corresponding Secretary

Iranian Women a Major Force in Election Protests

Reprinted From 6/24/09 Weekly Feminist News Digest

As protests continue over Iran's presidential election results, women are playing a major role in the public uprising. *Washington Post* columnist Anne Applebaum argues that the large scale of demonstrations is due in part to years of organizing by women's rights groups. Though many pundits are crediting the election of Barack Obama and the use of Twitter and Facebook for the protestor turnout, Applebaum writes that brewing discontent among women is a major factor in the current political climate.

At the heart of the ideology of the Islamic Republic is its claim to divine inspiration: Its leadership is legitimate, as is its harsh repression of women, because God has decreed it is so. The outright rejection of this creed by tens of thousands of women, not just over the past weekend but over the past decade, has to weaken the Islamic Republic's claim to invincibility," Applebaum writes. She cites the One Million Signatures Campaign, an online petition launched in 2006 that calls for women's equality in Iran, as one indication of the growing movement for gender equality.

Journalist Diane Tucker also wrote in the *Huffington Post* that the strong support among women for reformist candidate Mir Hossein Mousavi illustrates an urgent desire for change. Mousavi's wife, Zahra Rahnava, played an especially visible role in her husband's campaign and continues to speak out, calling for protesters to chant from the rooftops in a show of solidarity.

In a press conference yesterday, President Obama acknowledged the role of women in the Iranian protests. "We have seen courageous women stand up to brutality and threats, and we have experienced the searing image of a woman bleeding to death on the streets," Obama said. He referred to the now-famous videotaped death of young woman Neda Agha Soltan, who was gunned down at a rally and is now being marked by some as the face of the protest movement.

Media Resources: Washington Post 6/23/09; Huffington Post 6/23/09; Feminist Daily Newswire 6/11/09



Women Feed the World: Ritu's Africa Diary
Reprinted From the June 2009 Women Thrive Worldwide Newsletter

This story takes place in the West African country of Burkina Faso

"The women described their typical day: They wake up at 4 AM to clean their houses, fetch water (often walking miles to get it), and prepare their children for school. Then they head to small plots of land they farm (but not necessarily own) to tend to their crops. After several hours working in temperatures of 100 degrees or more, they return home to meet their children and prepare the midday meal....I truly cannot imagine raising my two sons while working such a long, grueling schedule in such extreme heat."

This month, the UN reported that **one sixth of humanity** will go hungry in 2009, more than ever before. Now more than ever it's vital that we give women the tools they need to grow and sell more and better food. Empowering women farmers is more than a smart investment - it's our only chance to end world hunger.

Women Thrive is working to empower women farmers in Africa and around the world. Visit our new web portal on women's agriculture to learn more about the women that feed the world and what we can do to empower them:



Peace The Gift Within

It is an inner sense of calmness that can come in moments of silent gratitude.
It is a way of being very quiet and looking at things so you can understand them.

Application

I practice Peace when I ...

- Appreciate the differences.
- Avoid harming anyone.
- Create inner peace with regular silent meditation.

Affirmation

I am peaceful. I find peaceful solutions to any problem that arises.

I find inner peace and let it carry me gently along the day.



A First! Obama Welcomes An All-Female Staff on Marine One Chopper

News Wire Service Friday July 17th, 2009, 4:00AM
Reprinted From The N.Y>Daily News



More history was made at the White House Thursday when President Obama climbed aboard his waiting helicopter: An all-female Marine Corps crew was taking him to Andrews Air Force Base.

It was Maj. Jennifer Grieves' last day in a rotation that made her the first female pilot of Marine One.

To honor her achievement, Thursday's three-person crew was made up of women - another first.

Obama walked across the White House's South Lawn, climbed aboard the helicopter and shook hands and chatted with Grieves for a few seconds before the doors were closed and the helicopter lifted off.

Grieves, of Glendale, Ariz., was designated a "Marine One" pilot in May 2008 and flew President George W. Bush and Obama numerous times, according to information provided by the White House.

Grieves' co-pilot, Maj. Jennifer Marino, is from Palisade, Colo., and Sgt. Rachael Sherman, of Traverse City, Mich., was the crew chief. Grieves joined the Marine One squadron in October 2005, becoming the second female pilot to ever receive orders to the

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squadron.

She heads next to the Command and Staff College at Quantico, Va., to fulfill the necessary requirements for becoming a lieutenant colonel, according to the Marine Corps.

2009 -2010 Board Meetings and Dinner Schedule

**Board Meetings
2009**

September 1
October 6
November 3
December 1

2010

January 5
February 2
March 2
April 6
May 4
June 1

**Dinner Meetings
2009**

September 15: Theme: International Day of Peace
October 20: Theme: Domestic Violence Month
November 17: Theme: Thanksgiving-Reasons to be Thankful
December 15: Theme: Holiday Season

2010

January 23: Theme: Amelia Earhart Luncheon
February 16: Theme: Area I Director's Talk and Valentine's Day
March 16: Theme: Woman of the Year Dinner
April 20: Theme: Sexual Awareness Assault Month
May 18: Theme: Fund Raising
June 15: Theme Farewell Dinner, New Members and Newly Elected Board Members Installation

Note: The Amelia Earhart Luncheon will be held at the 56th Fighter Squadron

All of the other monthly dinner meetings will be held at Giordano's Restaurant

Sweet Potato Custard

Sweet potato and custard combine to make a flavorful low fat custard made with evaporated skim milk and no added fat.

- 1 Cup cooked mashed sweet potato
- ½ Cup sweet mashed bananas (about 2 small)
- 1 Cup evaporated skim milk
- 2 Tablespoons packed brown sugar
- 2 beaten egg yolks or 1/3 Cup egg substitute
- ½ teaspoon salt
- As needed cooking spray
- ¼ Cup raisins
- 1 Tablespoon sugar
- 1 teaspoon ground cinnamon

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Continued From Column 1

In a medium bowl, stir together the smashed sweet potato and banana. Add milk blending well. Add brown sugar, egg yolks and salt, mixing thoroughly. Spray a one quart casserole with non-stick cooking spray. Transfer the sweet potato mixture to the casserole. Combine the raisins, sugar and cinnamon and sprinkle over the top of the sweet potato mixture. Bake in a 325 degree oven for 40 to 45 minutes or until A knife inserted in the center comes out clean.

Yields six servings

Calories: 144

Fat: 2 Grams

Saturated Fat: Less than 1 gram

Cholesterol: 92 milligrams if using egg substitutes it will be lower

Salt 325 milligrams

Source: NIH Stay Young at Heart

