

September, 2011

# The Zontagram

A publication of Zonta Club of Trenton Mercer District 3, Area 2, Club #112  
P.O. Box 5488, Trenton , N.J  
Chartered April 25, 1931

[www.zontatrenton.org](http://www.zontatrenton.org)

[www.zonta.org](http://www.zonta.org)

[www.zontadistrict3.org](http://www.zontadistrict3.org)

## A Message from the President

As we prepare for the Labor Day Holiday Weekend with family and friends, please invite them to join ZCT/M at our 8<sup>th</sup> Annual Gourmet Garden on October 6<sup>th</sup>! **Marlene & Sue M** have organized a fantastic group of restaurateurs and wines of the world for our enjoyment! **Phyllis P & Marci** are preparing beautiful baskets for us to bid on as well as marvelous door prizes! Now **all Zontians** need to concentrate on selling tickets to friends, family and business associates! Our goal is to sell more than 300 tickets this year – this is our only fund raiser for the year – your help is needed for the Club to continue our service and scholarship commitments in the Mercer County area and beyond!

## Board Notes

Zonta Board Meeting 8/11/11@the Lawrence Library.

- We have received 8 application for the Grace Brauning Award.
  - Terri Petri will publish a 400- 500 hundred word article in Woman of Mercer County regarding the Gourmet Garden . PR will write the article to appear in the paper.
  - Mobile Meals is looking for Board member. Please apply to Judy Levy @ [jlevy@mowte.org](mailto:jlevy@mowte.org) if interested.
  - The Board Voted to donate \$250 to the Freedom Ride that benefits Urban Impact in the name of Jamie Kukla's dad.
  - The Board voted to buy a projector for future media presentations.
  - Gourmet Garden Basket wrapping will occur on September 22 @ Susan's Flower shop
- Service Projects:
- August 1 –Shopped for backs for children @ HomeFront, back will be assembled on August 22.
  - Sanitary items will be purchased for Women Hygiene Bags, the bags will be assembled at 5:45pm on 9/8/11 at theService Committee Meeting prior to the Business Dinner. Location is the Jersey Girl Café in Hamilton.
  - The service schedule for 2011-2012 project will be completed in September
  - Next Board Meeting : Thursday, 9/15/11 at 5:30pm at the Lawrence Library.



*Follow ZontaT/M on Facebook- Like it!*



## Shopping For Back Packs

Already it's here! The annual shopping for Backpacks to start the new school year to offer children of Mercer County for a fresh start for the school year. Financial struggles continue for many families in the Trenton Mercer area. The start of the school year is especially difficult on



many families and children. For parents or often a single parent or guardian, the financial strain of buying clothing and all of the necessary item to prepare for the upcoming school year.

Often for the student, it can be equally as difficult. Perhaps he or she may be wondering will the other kids notice that I am wearing the same outfit the last day of school that I am wearing now or to pick up in a notebook where you left off in the previous year or perhaps no notebook at all. The reply, when the teacher asks 'Where is your notebook?' the answer may be 'forgot it at home'. This excuse may be good for today

but not tomorrow. Obviously, this is not a great way for a disadvantage child or teen to begin the school year . Through Zonta T/M and Home Front, at least some of these worries are eliminated for parent or guardian and children. Among the many items purchased this year are: backpacks, shirt, pants, sneakers, notebooks, crayons, markers, glue sticks and all other necessary items.

## 100% INSPIRATION! Dr. Margaret Kilibwa

Our guest speaker during our Zonta August business meeting was Dr. Margaret Kilibwa. Dr. Margaret has been involved in humanitarian work in Kenya and other African countries for over ten years. She has devoted her time to helping children left homeless or destitute by the devastation of HIV, as well as working to alleviate hunger and poverty for countless individuals. In 2004, she founded TropicalClinics, Inc. to build one-of-a-kind health centres in rural Africa and other developing nations.

Dr. Margaret captivated all who attended the meeting by revealing her on life story. She came to the United States at sixteen. Living with relatives during her teen years, she went on to graduate from college then receiving her Master and finally Doctorates degree from Cornell University .



In visiting Kenya, Margret was motivated by the lack of quality care offered by existing government services. Soon, with inspiration and her hard work, a medical clinic will be opening in Kenya to offer services to over 80,000 in the Kenyan community each year . Find more: [www.tropicalclinics.org](http://www.tropicalclinics.org).



*Follow ZontaT/M on Facebook- Like it!*



## **Focus On Committees: Service**

Chair: Mary Brandt, Co-Chair

Members: Everyone

Service is the Core tenant of every Zonta Club throughout the world. It is the life blood of the Zonta Club of Trenton Mercer. Our club will log over 1000 service hrs during 2011. Although many of us do service on a daily basis to make it 'Zonta official', you must do the service with another Zonta member. Service are such as acts as: attending a shopping event for backpacks or holiday, helping put together the items for delivery, helping at the Drumthwacket Easter Egg Hunt, Bell Ringing for the Salvation Army in December.

Every Zonta member is required to do 24 hours of service each year. Service activities you can do this month are: Working on the Gourmet Garden – selling tickets, help put the baskets together on 9/22. Attend the Service Committee meeting and help assemble 125 hygiene bags for TASK. Do your own service project with another member and get credit for it – like volunteering at an organization of your choice, serving at a soup kitchen, reading to the blind.

## **SCARRED BUT STRONG: A SURVIVAL FROM BURNS VIOLENCE**

Chhean worked as cook in a restaurant in Siem Reap, the charming city in northwestern Cambodia known to the world as the gateway to the World Heritage site of Angkor. A widow, she was the sole provider for her four children. Chhean's sister, Baen, was married to a man who squandered the family's money and drank a lot, while Baen and her children endured daily life under his tight control. Then in 2008, in need for money for a new motorbike, he sold their two-year old daughter to a trafficking ring. Desperate, Baen turned to Chhean for help. She vocally demanded her brother-in-law to get the child



back, and encouraged Baen to file a law suit against him. He took no responsibility for his deed, but began to threaten Chhean's life. The threats turned real one day, when Chhean was working at her restaurant. The brother-in-law drove by on his motorcycle and threw acid on her. It burned her face, eyes, shoulders, left hand, and the left side of her back.

Acid and other types of burns violence are a widespread human rights violation that rarely kill but always destroy lives, causing severe physical and psychological scarring, and social ostracism. The victims, largely women and girls, are often left with limited access to medical or psychological assistance, no legal recourse, and no means of livelihood.

But many survivors can and will rebuild their lives when provided with the support they need. For Chhean, this support came through the *Cambodian Acid Survivors Charity (CASC)*.

The only organization in Cambodia offering holistic support to survivors of acid burns violence, CASC runs a commune where

survivors can access a range of services and support from medical treatment and legal assistance to skills training and peer support.

At CASC, Chhean receives continuing medical care, and assistance with employment. Chhean now crochets bags, purses and backpacks which CASC helps her sell.

Story edited for Zontagram

Complete story @ [http://www.zonta.org/LinkClick.aspx?fileticket=qb\\_\\_K4ABKlg%3d&tabid=95](http://www.zonta.org/LinkClick.aspx?fileticket=qb__K4ABKlg%3d&tabid=95)



***Follow ZontaT/M on Facebook- Like it!***



**A moment with Amelia:** The effect of having other interests beyond those domestic works well. The more one does and sees and feels, the more one is able to do, and the more genuine may be one's appreciation of fundamental things like home, and love, and understanding companionship.

**Vince's Recipe Pick: Tilapia with Mango Salsa**

- 4 6-oz. tilapia fillets
- 2 cups cooked brown rice
- 2 tsp. olive oil



**Mango Salsa:**

- 1 large mango, peeled, pitted, and diced
- 1/4 cup diced red bell pepper
- 1/4 cup diced green or red onion
- 1 tsp. minced fresh cilantro
- 1 tsp. crushed red pepper flakes
- 2 tsp. rice wine vinegar

Combine salsa ingredients in a medium-sized bowl and mix well. Cover and chill in refrigerator for at least 30 minutes. (Salsa will stay fresh in the refrigerator for up to 2 days.)  
 Preheat oven to 375° F. Lightly brush both sides of each tilapia fillet with olive oil. Place in nonstick baking dish and bake for 15 minutes, or until fish is cooked through and flakes easily with a fork. Place 1/2 cup of warm rice on each plate. Top each with a cooked fillet, and top each fillet with 1/4 of the salsa. Makes 4 servings.

**Preparation Time:** 30 minutes (plus 30 minutes or more to chill salsa)

Nutritional Information (per serving)					
Calories	Protein	Fiber	Carbs	Fat Total	Saturated Fat
333	27 grams	34 grams	3 grams	4 grams	< 1 gram

*Recipe Sourced from BeachBody.com*

**What Happening @ Zonta T/M?**

Event	Date	Time	Location
Zonta Club Meeting & Service Committee Meeting	9/8/11 (Thu)	5:45pm-8:30pm Dinner 6:30pm	Jersey Girl Cafe
Board Meeting/Gourmet Garden Meeting	9/15/11 (Thu)	5:45pm-8pm	Mercer Cty Library – Lawrence
Assembling Baskets and Gift Bags for the Gourmet Garden	9/22/11	6:00pm	The Flower and Country Store
<b>GOURMET GARDEN</b>	<b>10/6/11 (Thu)</b>	<b>6PM – 9PM</b>	<b>HAMILTON MANOR</b>
Gourmet Garden Wrap-Up	10/13/11	6pm	Cacciatore's–Yardley
Zonta Club Meeting & Service Committee Meeting	11/3/11	5:45pm-8:30pm Dinner 6:30pm	Villa Maria
Board Meeting	11/10/11	5:45pm – 8pm	Mercer Cty Library – Lawrence



**Follow ZontaT/M on Facebook- Like it!**

