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Zonta News

Build a Better World for Women and Girls



Dear Megan,

When I first became a member of Zonta, I felt an exhilarating sense of purpose. I was not just committing to making a meaningful impact on the lives of women and girls; I was also opening the door to forge lasting friendships with individuals who share my aspirations and commitment to gender equality and human rights. Some of my most cherished friends today are Zontians, and these connections continuously fuel my passion for the vital work Zonta undertakes.



L to R: Zontians Deb Lal, Pete Bober and President Salla (then President-Elect) at the 2023 District 8 Conference.

Friendship plays an invaluable role in volunteerism, enriching the experience with greater joy and significance and it turns out that it's even good for our health! According to an [article from the Stanford Center of Longevity](#), researchers have linked volunteering with improved mental health through the social connection with the other volunteers, and a boost in self-esteem that results from offering time and energy for the good of others.

Moreover, the collective pursuit of a common goal fosters a profound sense of community and belonging. As Zontians, we immerse ourselves in meaningful activities that transform lives and create deeper connections with both our peers and the communities we serve. Our shared experiences elevate individual fulfillment and cultivate a strong spirit of unity, amplifying the effectiveness of our volunteer efforts. Ultimately, the friendships nurtured in such environments lead to a more enriching and impactful journey, filled with lasting memories and profound change.

In celebration of [International Friendship Day, 30 July](#), I invite you to take a moment to consider the friends you have made throughout your Zonta journey. Think about how many connections you have made that you would not have had the chance to forge if it weren't for Zonta. We each bring diverse backgrounds, experiences and challenges and these shared stories can help lead yourself and others to personal growth, empowerment and a stronger sense of community.

Thank you for your continued support of each other as we build a better world for women and girls.

Warm regards,



Salla Tuominen
President 2024-2026
Zonta International and Zonta Foundation for Women



Make a gift today in honor of our long-term projects and friendships!

ZONTA FOUNDATION FOR WOMEN **40 YEARS** BUILDING A BETTER WORLD BEGINS WITH A STRONG FOUNDATION
www.zonta.org/Foundation40

Fostering friendships with Zonta

Zontians around the world are fostering Zonta Spirit, friendship and meaningful connections that greatly enhance their efforts to empower women and girls and improve communities, whether through the Twinning Program or their own initiatives. By exchanging ideas and pooling their resources, these clubs are able to significantly amplify their impact.

Many clubs have reported that the quality of their Zonta experience has been enriched through these global connections. They have shared stories of partnerships that have sparked innovative projects, inspired new strategies and cultivated lasting friendships across borders. From joint fundraising events to knowledge-sharing workshops, these collaborations enable clubs to learn from one another's successes and challenges, fostering mutual growth and development.

Together, by leveraging their strengths and experiences, they are creating a brighter future not just for their own communities but for women and girls everywhere. To discover more about these inspiring initiatives and the positive transformations they are bringing to communities, please click on the button below.

[Read the full article](#)



Member spotlight: My Zonta best friend!

Zonta members from all corners of the world came together to share their heartfelt

stories of the transformative friendships they've cultivated through their experiences in Zonta.



"All Zontians are my best friends, united in our vision and passion for creating a better world for women and girls. Together, our fight for gender equity rights will forge an even stronger global friendship."

Cynthia de Jesus

Zonta Club of Muntinlupa and Environs, Philippines



"When my wife and I first joined Zonta, past club president Pam van de Hoef welcomed us with open arms, making us feel truly valued. Her support and recognition inspired me to get involved in our club's projects and embrace new opportunities. She is the true embodiment of a Zonta best friend!"

Mark McConnell

Zonta Club of Ipswich Inc, Australia



"I have many wonderful friends from Zonta, and choosing just one can be quite challenging. However, during the Zonta Brisbane Convention, my closest companion was Rachel Lazarus. As we journeyed to Australia, we shared countless experiences that truly enriched our friendship. From exploring the vibrant streets of Brisbane to discovering hidden gems in the local culture, every moment was filled with laughter and adventure. We attended inspiring sessions together, exchanged stories with fellow Zontians, and even took time to enjoy the beautiful scenery surrounding us. Those memories we created during that convention will always hold a special place in my heart."

Brenda Anthony

Zonta Club of Tallahassee, USA

Show us your #ZontaHearts for the International Day of Friendship

Let's celebrate global friendship, Zonta style! We are inviting clubs and members to take part in a photo campaign for the #InternationalDayofFriendship, **30 July 2025**, by sending us a photo of you making a heart shape in front of a landmark in your hometown.

How to participate:

- Snap a photo individually or in a group
- Show your face—or keep it anonymous
- Get creative with your heart pose and setting!
- Send your photos to pr@zonta.org by **25 July** to be featured in our International Day of Friendship celebration.

If you miss the deadline—don't worry! We are also collecting #ZontaHearts for a special feature at the 2026 Zonta International Convention in Vancouver.

Need inspiration? See our examples below.



Zontians in Action

Zontians are taking action to build a better world for women and girls! Read the stories below highlighting how Zonta clubs and student clubs are making an impact in their communities and beyond.

Zonta Club of Houston helps women gain tools for economic independence

Through job training, mentorship and targeted support, the Zonta Club of Houston, USA, continues to advance its mission of building a better world for women and girls—one opportunity at a time.



A recent example is the story of Amanda, a participant in the club's vocational empowerment series at The Women's Home (TWH). Amanda has attended sessions led by Zonta volunteers focused on resume writing, interview preparation, time management and professional development. Her determination and commitment stood out, culminating in her landing a position as a transaction coordinator at a leading real estate firm shortly after completing the program.

"This is the job I went to five interviews and had 12 references for," Amanda said. "I could not be more excited for my future... I very much enjoyed my Zonta classes. Thank you for everything!"

Amanda's journey is one of many emerging from the club's vocational series, which equips women at TWH with practical skills and confidence to pursue economic self-sufficiency. Outside the classroom, Zonta members offer ongoing support through mentorship, wellness activities, donation drives and social events.

Zonta Club of Aparri awards first Leadership Award to Golden Z club president

The Zonta Club of Aparri, Philippines, presented the first Zonta Club of Aparri Leadership Award to Golden ZFAS Club President Shane A. Sabado, recognizing her outstanding leadership, dedication, service and commitment to the goals of both Zonta clubs.



A plaque of appreciation was also awarded to Dean Quirino G. Pascua and the Golden ZFAS Club for their continued partnership, support and active involvement in advancing projects and advocacy.

Zontians in the News

Zontians are making headlines in their local news. Learn how their initiatives are inspiring their communities and beyond.


The Zonta Club of Ashburton was recently featured in their local press for funding birthing kits for unsafe delivery conditions. Inspired by a workshop at the 2024 Zonta Brisbane Convention, the initiative aims to promote safe birthing practices. Read more about their coverage here: [Kits to help birth environment](#).

Click the buttons below to be inspired by Zontians taking action within their own communities. Then, tell us how you are changing the world by sharing your story!

[Local Service & Advocacy](#)

[Zonta Says NO](#)

[Share Your Story](#)



We proudly highlight our **#ZontiansinAction**.

See the steps our members have taken to make a difference around the world.

[WATCH NOW](#)

Save your seat for the Share Your Story Festival

Get ready to be inspired! Zonta International is thrilled to invite you to its first virtual Share Your Story Festival on 26 August. Join us as clubs from all around the world gather to share their stories of impact and transformation. You will hear from six dynamic clubs that have made waves in their communities through innovative service and advocacy efforts.

Click below to register and see how our global community is creating real change.

[Register](#)



ZONTA INTERNATIONAL
BUILD A BETTER WORLD FOR WOMEN AND GIRLS

SHARE YOUR STORY FESTIVAL
26 AUGUST

Zonta in North America
Zonta in South America
Zonta in Africa
Zonta in Europe
Zonta in Asia



LEADING THE FUTURE

2024-2026 Zonta International Committee positions now open

Thursday, 31 July, is the last day to submit nominations for the 2026–2028 Zonta International and Zonta Foundation for Women Boards, as well as the International Nominating Committee. Help shape the future of Zonta by nominating qualified members—or yourself—for these important leadership roles. Learn more and submit your

nominations by visiting [My Zonta](#).

Zonta & UNICEF Virtual Experience

Join Zonta International and UNICEF for a one-of-a-kind look into **Laaha: A safe space for women and girls**. Laaha provides information to women and girls on sexual and reproductive health and gender-based violence, including where and how to access services when needed. It is the first-ever platform designed by and for women and girls in humanitarian and development settings to address gender-based violence.



Zontians will hear from UNICEF staff about the impact of this initiative and the lifesaving resources available to women and girls in conflict areas. Participants will also see how the platform is being integrated into daily life across various countries.

Wednesday, 24 September

6:00 AM ET

Find your meeting time: [Meeting Planner](#)

[Register](#)

12:00 PM ET

Find your meeting time: [Meeting Planner](#)

[Register](#)

CSW70 is approaching!



STAY CONNECTED ABOUT CSW!



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CSW70
MARCH 2026



Zonta Essentials: The structure of the Council of Europe, its institutions and bodies – mirroring the values and mission of the Council of Europe.

Continue to learn more about Zonta's participatory status at the Council of Europe (CoE), Europe's leading human rights organization, brought to you by Zonta's Council of Europe Committee. [Click here](#) to read part 6. The structure of the CoE, its institutions and bodies – mirroring the values and mission of the Council of Europe.

COUNCIL OF EUROPE



CONSEIL DE L'EUROPE

[Click here](#) to read the basics and parts 4 and 5 of the series. [Watch the latest CoE webinar](#) on "Being a women's rights activist: What you should know about the Council of Europe, the continent's leading human rights organization."

Meet this month's Remarkable Woman: Zynara Ng



Zynara Ng is a public speaking coach committed to helping individuals unlock their potential by overcoming internal barriers. She has worked with employees and executives from non-profits, startups, and Fortune 500 companies, guiding them to discover and share their unique voices.



Zynara met with Lynne Foley OAM, host of the Remarkable Women, Powerful Stories podcast, to share how discovering her voice and speaking up for herself transformed her perspective and purpose. Now, as a speaker and public speaking coach, she inspires others to find their own voice and build the confidence needed to create meaningful change in their lives.

Listen to Zynara's story on the go | [Spotify](#) | [YouTube](#)

Congratulations to our club anniversaries this month!



Zonta Club of Martigues Etang de Berre
France, District 30
45th anniversary

Zonta Club of Sydhavsoerne
Denmark, District 13
25th anniversary

Zonta Club of Gouda
Netherlands, District 29
25th anniversary

We applaud your efforts in advocating for the women and girls in your community and beyond. To see which other clubs are celebrating a milestone anniversary in July, visit [Zonta News](#).

Important Dates and Events

- 25 July: Deadline for #ZontaHearts campaign
 - 30 July: [International Friendship Day](#)
 - 30 July: [World Day Against Trafficking in Persons](#)
 - 31 July: [Deadline for nominations for the 2026-2028 Zonta International and Zonta Foundation for Women Boards and International Nominating Committee](#)
 - 26 August: [Share Your Story Festival](#)
 - 9 September: [How is artificial intelligence impacting gender equality - causes and consequences](#)
 - 14 September: [Zonta Says NOW Intercontinental Think Tank](#)
 - 18 September: [International Equal Pay Day](#)
 - 11 October: [International Day of the Girl](#)
 - 24 October: [UN Day](#)
-



BUILD A BETTER WORLD FOR WOMEN AND GIRLS



www.zonta.org

Zonta International is a global organization based in 64 countries building a better world for women and girls.

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. In such a world, women have access to all resources and are represented in decision-making positions on an equal basis with men. In such a world, no woman lives in fear of violence.

Zonta International | 1200 Harger Road Suite 330 | Oak Brook, IL 60523-1817 US

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