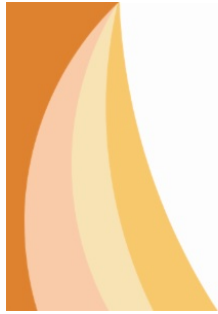


[Please click here to read translated text of this email.](#)

[More translation tools](#)



Zonta News

Build a Better World for Women and Girls



Dear Megan,

Growing up, I heard comments like "*Why are you so boyish?*" This is a common experience; a familiar part of girlhood, being told to conform to certain expectations. While the words and questions may differ, the underlying message is consistent: you are not enough. It is also a message that follows us when we become adults.



According to [a report by Heart of Leadership](#), girls constantly suffer from pressure and perfectionism:

- 74% of girls say they feel pressured to please everyone.
- 98% of girls are under extreme pressure to look a certain way.
- In the past years, the percentage of girls who report feeling confident has [dropped from 68% to 55%](#).
- Only 4% of women consider themselves to be beautiful.

We need to change the narrative.

[On International Day of the Girl](#), hundreds of Zonta members worldwide shared messages of what they were told as children and what they wished they were told instead. This global campaign showed that these negative words have a lingering effect regardless of the generation, background, or community we come from. But, as Zontians, we envision a world where girls can live up to their full potential and we must reject these negative narratives forced upon them.

As you read ahead, think about the negative messages you have heard growing up and what you wished was said instead. Then, ask yourself what you want to say to future generations. Will it be a message of hope?

We can truly build a better world for women and girls if we start by building their confidence and self-esteem.

Warm regards,



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

ZONTA SAYS NO

TO VIOLENCE AGAINST WOMEN
ONLINE SUMMIT



10.DEC.24

BREAK THE SILENCE

REGISTER TODAY

www.zontasaysno.com/online-summit/

Express yourself at the Zonta Says NO Virtual Summit

We are inviting youth members to speak up during the Zonta Says NO to Summit. We are asking young members to give their perspective of violence against women in an artistic expression to lead off our three sessions **on the 10 December summit**. If you know a Z club or Golden Z club member who has an artistic piece they would like to share whether that be poetry, a short story, song, visual art or performing art piece, please respond to programs@zonta.org.



Space will be limited and we thank all in advance for their submissions.

Zontians share a message of hope

Girls hear enough negative messages. On International Day of the Girl, Zonta members across the globe flipped the narrative and shared a message of hope to remind girls that they are more than enough!



[Click here](#) to watch the YouTube playlist

Zontians in Action

Zontians are taking action to create a better world for women and girls! Read the stories below highlighting how Zonta clubs and student clubs are empowering future generations.

Zonta Club of Perth Northern Suburbs Inc honors scholarship recipients at tribute dinner

The Zonta Club of Perth Northern Suburbs Inc, Australia, hosted a special dinner at the Marmion Angling and Aquatic Centre in Western Australia, celebrating the Young Women in Public Affairs (YWPA) Award, now the Zonta Young Women in Leadership Award. The event paid tribute to six past recipients of the award with a forum where they shared insights about their careers since receiving the honor.



Attended by members of parliament, city councilors, Zontians and guests, the dinner highlighted Zonta's commitment to supporting young women and promoting advocacy initiatives. The evening emphasized the importance of empowering women and girls, gaining praise from local politicians, who shared their admiration on social media, including the deputy mayor of the city of Wanneroo and Parliamentarian Lorna Harper MLC, who described it as an inspiring night of "women changemakers."

Zonta Club of Davao City II donates hand washing station to support student health


In an effort to improve student health and reduce the spread of illness, the Zonta Club of Davao City II, Philippines, led by President Herminia S. Polintan, donated a 20-faucet hand washing facility to A. Bonifacio Elementary School. Unveiled during a ribbon-cutting ceremony, the facility will serve approximately 200 students, promoting hygiene and helping prevent absenteeism caused by illness.



This initiative underscores the club's commitment to fostering a healthier learning environment, recognizing that healthy students are better learners. By providing a lasting resource for the school, the club aims to reduce the spread of bacteria and viruses, ensuring students can attend class and thrive.

Share Your Story

Tell us how you are changing the world through service and advocacy by clicking on the button above to [share your story!](#)



We proudly highlight our [#ZontiansinAction](#).

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

[WATCH NOW](#)

DID YOU KNOW? *Learning more about the Global Impact*

of Zonta

The Council of Europe (CoE) is Europe's leading human rights organization. As one of 320 international non-governmental organizations granted participatory status with the CoE, Zonta International is represented in the Conference of INGOs by our own CoE committee.

- The CoE was founded in 1949 and is comprised of 46 member states.
- Its goal is to protect human rights and democracy. A precondition for membership in the CoE is signing the European Convention on Human Rights (ECHR), which all 46 member states have ratified.
- Preventing violence against women and achieving gender equality is central to the CoE's core values. The Istanbul Convention and the Anti-Trafficking Convention are the prevailing agreements of the member states for combatting violence against women.

[Learn more](#)

Attending CSW69/ Beijing + 30?

The next Commission on the Status of Women (CSW) will take place from **10-21 March 2025**.



Are you interested in learning more? Visit the [CSW webpage](#) to access resources, materials and recordings. Grounds pass applications are also now available. Click to find out about the how you can best participate in the next CSW.

Zonta UN Committee Chair Pamela Morgan will be hosting a series of Conversation Circles about the twelve points of the Beijing Platform. Join other Zontians about these important topics before attending CSW69/Beijing +30 to be well-informed. Conversation Circles links will be posted on the [Zonta International Events page](#).

[Zonta at CSW](#)

Ending Child Marriage Advocacy Webinar

Join the Zonta International Advocacy Committee **on 12 November** for an inspiring webinar showcasing Zonta's transformative efforts in the UNFPA-UNICEF Global Programme to End Child Marriage, featuring guest speakers.



Pragya Shah Karki is a child protection specialist from UNICEF Nepal. Pragya will share her insights on programs in Nepal related to ending child marriage, including the outcomes of these programs.

Fraidy Reiss is the founder of Unchained at Last. Fraily will share updates on the work of her organization in supporting the growing national movement to set the marriage age at 18, with no exceptions, in every U.S. state.

A UNICEF representative will speak about the latest work of the UNFPA-UNICEF Global Programme to End Child Marriage. Zonta International is partnering with this programme and the representative will speak about the latest work of the UNFPA and UNICEF USA in the Global Programme to End Child Marriage.

[Register Today](#)

Meet our next Remarkable Woman: Dr. Marilyn Waring



Dr. Marilyn Waring is an emeritus professor of public policy at the Auckland University of Technology in New Zealand. Internationally, she is known for her ground-breaking work in political economy, development assistance and human rights, and her classic work *Counting for Nothing: What Men Value and What Women are Worth*.



In 2020, Marilyn became a Dame Companion of the New Zealand Order of Merit for her services to women and economics. She is also a Zonta International Honorary Member.

Listen on demand 31 October | [Bio](#)

The Zontian magazine is coming soon!

The first issue of *The Zontian* will be out soon! Please remember to check your postal address. If you have opted out of receiving the Zontian or if your current postal address does not match what we have in our records, we will not be able to resend the magazine. **Please make the changes before 4 November.**



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ZONTA
INTERNATIONAL

**celebrates this month's
club anniversaries!**

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Congratulations to our club anniversaries this month:

Zonta Club of Corvallis

USA, District 8

80th anniversary

Zonta Club of Black Hills

USA, District 12

70th anniversary

Zonta Club of Jonkoping

Sweden, District 21

65th 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 October, visit [Zonta News](#).

Celebrating Zonta International Headquarters!

This month, we celebrate the work anniversaries of three staff members at Zonta International Headquarters!



Congratulations to Jen Cruz

Membership Associate

2 years

Congratulations to Mariah Callis Goodwin

Membership Manager

8 years

Congratulations to Jaime Little Harris

Executive Operations Coordinator

2 years

Important Dates

- 1 November-3 December: [Every Member Every November](#)
- 10 November: [Zonta Says NOW Intercontinental Think Tank](#)
- 12 November: [Advocacy Committee: End child marriage webinar](#)
- 13 November: [Conversation Circles: Women and Poverty](#)
- 21 November: [Zonta New Member Orientation](#)
- 25 November: [International Day for the Elimination of Violence Against Women](#)
- 25 November-10 December: [16 Days of Activism Against Gender-Based Violence](#)
- 30 November: Deadline to apply for CSW69 Grounds Pass and the Youth Observer application
- 10 December: [Human Rights Day](#)
- 10 December: [Zonta Says NO Virtual Summit](#)
- 1-31 January: Amelia Earhart Month
- 11 January: Amelia Earhart Day
- 12 January: [Zonta Says NOW Intercontinental Think Tank](#)
- 16 January: [New Member Orientation](#)
- 24 January: [International Day of Education](#)



www.zonta.org

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