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## Upcoming Meetings & Events

**Apr. 7<sup>th</sup>** – 7:30am Breakfast Meeting (Legion Memorial Golf Course)

**Apr. 21<sup>st</sup>** 11:30am Lunch Meeting (Legion Memorial Golf Course)

**Apr. 30<sup>th</sup>** – Area 2/5 Workshop (Chehalis, WA)

**May 5<sup>th</sup>** – 7:30am Breakfast Meeting (Legion Memorial Golf Course)

Zonta Club of Everett website: <http://www.everettzonta.org/>

## Club Officers:

**President:** Dr. Suzanne Poppema

**Vice President:** Linda Lepak

**Secretary:** Carol Janowicz

**Treasurer:** Karen Fugate

### Directors:

**2015-2017:** Jeanne Judd & Carrie Blair

**2015-2016:** Luanne Kunz

**2014-2016:** Judy Gish

### Newsletter

**Deadline for Submissions:** 26<sup>th</sup> of the Month

Email to [Darcie98@aol.com](mailto:Darcie98@aol.com)



**APRIL PRESIDENT’S MESSAGE**

It’s Spring AND Daylight Savings Time is back, AND recently we have had gorgeous sunny late afternoons to enjoy! It’s a great time to get out and literally “smell the flowers”, and to feel recharged just by going for a lovely walk. I hope you all were able to have a lovely Easter weekend. Zonta of Everett is experiencing a spring of sorts also, we have had tremendous attendance at the last several meetings and enthusiastic support for our projects, thanks all!

Our next business meeting is an important one, we will vote on next year’s officers and on our newly revised ByLaws so be sure to be there!

A huge thank you to all the members who “personed” our booth at the Everett Home Show last month, we had 43 women interested enough in our club to leave us their contact information. The membership Committee has already sent out lovely letters inviting these women to our meetings and providing more information about the Club. Isbell Juntila’s idea of giving out lettuce seed packets with our info on them was simply brilliant and a really good “hook” for getting passers-by to stop and hear about us.

Remember there are TWO Workshops coming up this month, do try to get to at least one of them!! April 22, 23 Coos Bay Area hosts District 8 Spring Joint Board Meeting and Area 4 Workshop and April 30th Centralia-Chehalis hosts Area 2/5 Workshop Holiday Inn Express & Suites 730 NW Liberty Pl. Chehalis, WA 98532

The Steering Committee for our production of “Seven” is meeting and getting a lot accomplished. We have a venue (SnoCO PUD Auditorium), a date (June 17), seven readers and a director! More about the play itself and an excerpted reading of it for our Program meeting on April 24.

Please welcome our most recently initiated member, Lyn Kent who has jumped in enthusiastically to help with the “Seven” production!

We are working at warp speed putting together our Club history for the ZI Centennial and thanks to the help of Cindy Phillips, Judith Strand and Peggy Wiltz, I will be able to get this done by April!!!! Could never have done it without your help, ladies!

Enjoy the long days and get those gardens ready!

Suzanne T Poppema, MD

**A REMINDER:**      **ALL** members are **invited** to attend Board Meetings.  
                         **ALL** committee representatives are **expected** to attend Board Meetings.

**Service Committee Report  
March 17, 2016**

The Service Committee reviewed applications for the 2016 YWPA Scholarship Award and selected Jessamine Elizabeth Varris as our winner. Because we had equally deserving candidates, our decision was not easy! Our WIT application deadline was extended to April 8<sup>th</sup> and the Jane Klausman application deadline was extended to April 18<sup>th</sup>. Award winners will be chosen at our next meeting currently scheduled for April 26<sup>th</sup>.

Projects we discussed:

- Clothing Drive for YWCA Pathways to Work Program – This project was a favorite according to our survey conducted in February. Cindy Phillips offered to be leader on this project and Judith Strand has offered to help in this effort. Details will follow after our next meeting in April.
- We will also do the feminine hygiene products kits project. Junior and senior high schools, food banks, and agencies we support will be contacted to determine the scope of the need. The Club membership will be asked to assist by donating products and helping to put the kits together. Marilyn Marsh and Luanne Kunz will lead this effort. Details will follow at a future meeting.
- A Service Committee Handbook will be compiled to ensure members will have all of the necessary information at hand. A folder for each Scholarship chair will contain an outline of duties & expectations, deadlines, contacts, and any other information deemed pertinent. These will be gathered and held by the Committee Chairperson until the first meeting of the year at which time new chairs will receive their folder. Hopefully, this procedure will be especially useful for new members.

Marilyn Marsh, Service Committee Chair

**Raffle Donations:**

Thank you, to all who have volunteered. Upcoming reminders:

April 21<sup>st</sup> – Peggy Waltz  
May 5<sup>th</sup> – Linda Polverari  
June 16<sup>th</sup> – Judy Gish



**WELCOME NEW MEMBER MARILYN (LYN) KENT!**

Hello Everett Zontians! I have been requested to provide a bio which I humbly submit.....

Originally from the Philadelphia area, I have lived in Snohomish County for almost 40 years. My high school experience was highlighted by a year as Rotary exchange student in Simrishamn, Sweden, familiar to mystery fans as Wallander's home turf in Skane.



After earning a Bachelor of Fine Art at Temple University's Tyler School of Art in Philadelphia, I taught art in Virginia while attending George Washington University graduate courses in art therapy. The interpretive emphasis of the program was quite Freudian, and I feel my own process is more holistic, especially when interpreting the art of children. I was introduced to a Jungian workshop on Mandala Art which was a game changer in my own creative work.

I left school to go back to Europe and delve deeply into more art and craft influences. For another year back in Philadelphia, I worked as a manager of a residential program for community-integrated disabled young women.

After my move to Washington State, I worked in special education and caregiving with head-injured patients, earning scholarships to attend Everett Community College for nursing. I went on to focus on pediatric nursing at Seattle Children's Rehabilitation Unit, and at Providence Everett at their inpatient Pediatric Unit. We have several awesome RNs who are retiring, so I will shout out a need for good recruits if any of you know dedicated younger nurses.

I have always continued to paint, exhibiting at various sites in Snohomish and Whatcom Counties. I have donated several works to worthy nonprofit organizations for fundraisers, including Zonta.

My husband Clyde and I have been married for 37 years, and we have two children who went to Everett schools. I was active as a volunteer and art docent during their school years. After years away from the area, they are now in Seattle. Edison works in information technology, and Amelia works as a social worker. She is in a masters of social work program at UW. She served in the U.S. Peace Corps in Cebu, Philippines, working with sex-trafficked young women.

Although I was aware of Zonta for some time, my night shift gig taking care of our community's kids and grandkids conflicted with daytime commitments for the past 20 years. I recently retired, and look forward to helping further at Zonta, which impresses me as an awesome organization with very worthy goals.

## Grantee Corner

**VCS's Inclusive Entrepreneurs program**, which launched in August 2015, provides an initial pathway to explore all the aspects of running a business. This includes understanding the financial and disability benefit impacts of business ownership and accessing available resources such as business training, start-up funding, and on-going business support. The program is designed to help entrepreneurs who have disabilities to make an informed choice to start a business, and once decided, to develop a strong business that leverages their strengths and natural support systems.

This program was developed between February and July, 2015 with the support of a grant from the Zonta Club of Everett Foundation and was launched with the added support of the Community Foundation of Snohomish County.

### Inclusive Entrepreneurs Spotlight: Meet Aletha & Kenassa

Aletha, a 24 year veteran of the United States Navy, has created a business that helps individuals realize their fitness goals through metabolic fitness training, whole-nutrition supplement coaching, and artistic expression. Her services are designed to engage the mind, body, and spirit for increased holistic health.

Kenassa, an 18 year old high school student is pursuing cashiering and barista skills as he moves toward running his own coffee cart. His mother, Xanne, spoke at the Zonta awards luncheon in February about how the Inclusive Entrepreneurs Program has helped make their dreams more of a reality.

### ~ April Birthdays ~

Myrna Overstreet - April 4<sup>th</sup>  
Linda Lepak - April 9<sup>th</sup>  
Judy Gish - April 10<sup>th</sup>  
Margaret Bruland - April 20<sup>th</sup>  
Judith Strand - April 22<sup>nd</sup>





*Good-bye to Joan & Ed*

*The following people joined Joan & Ed Caine at Arnie's on Tuesday, March 15, 2016 to wish them well on their new adventure of moving to Arizona. We also celebrated Joan's 25 years amazing years with Zonta. We will all miss them!!!*

*Diane Wright, Linda Lepak, Judy & Tom Gish, Jeanne & Will Judd, Cindy Phillips, Luanne Kungz, Marion Berry, Suzie & Joe Truglio, Nancy & Paul Kneist, Carol Johnson, Pat Allen, Janet Jolley, Judith Strand, Marilyn & Alan Marsh, Linda Senter, Susan & Tom Zakos, and Carol Janowicz.*

**Nominating Committee Slate of Officers – 2016/17 Zonta Club of Everett**

Past President – Suzanne Poppema

President – Linda Lepak

President Elect – Carrie Blair

Treasurer – Cindy Phillips

Secretary – Peggy Wiltz

Director 2015-2017 Jeanne Judd

Director 2016-2017 Carol Janowicz

Director 2016-2018 Suzie Truglio

Director 2016-2018 Judith Strand

**Nominating Committee**

Marion Berry

Carol Johnson

Suzanne Poppema

Myrna Overstreet

Linda Senter



**Everett Home Show – Zonta Booth**

L-R: Marion Berry, Isbell Juntilla, Marilyn Marsh & Cindy Phillips

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**BUNCO Fun Fellowship Event March 18, 2016**



The following people gathered at Carol Johnson's home for a wild and crazy evening of BUNCO. (Asian salad recipe last page)

Diane Wright, Judy & Tom Gish, Jeanne & Will Judd, Cindy Phillips, Suzie & Joe Truglio, Nancy & Paul Kneist, Carol Johnson, Marilyn & Alan Marsh, Carol Janowicz and Judi Krabill.

*Events and Save the Dates:*

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**Cocoon House’s Butterfly Graduation**

Thursday, April 14<sup>th</sup> 12-1:30 pm

Edward D Hansen Conference Center

Cost \$20.00

[events@cocoonhouse.or](mailto:events@cocoonhouse.or) or 425-259-5802 ext 110

**Area 2/5 Workshop**

Saturday April 30<sup>th</sup> (with Friday Night Social Events)

Holiday Inn Express, Chehalis, WA

**Zonta Annual Pool Party**

Wednesday, July 20th 5:00 pm

Cindy Phillip’s House

More information to come!



20<sup>th</sup>  
ANNIVERSARY

1996 - 2016

Citrine Health is celebrating 20 years of Service.  
Please SAVE THE DATE and join us to mark this  
momentous occasion!

**Thursday, May 12, 2016**  
**4:00 pm - 7:00 pm**

2940 West Marine View Drive  
Everett, WA 98290



**citrine health**  
connections for positive change

Z-Lightful \$'s      March 3, 2016

- Suzanne Poppema      Delightful weekend with wonderful grandchildren.
- Cindy Phillips      Zlighted to be going to see the Mariners play The Chicago Cubs at Wrigley Field in August - Go M's!
- Peg Wiltz      Started a new job at Premera in Mountlake Terrace so I will be able to attend meetings again. My husband is going to be going back to school to finish his degree.
- Lyn Kent      Found "A Path Appears" at the library to follow up "Half the Sky".
- Judith Strand      Retired!!
- Diane Wright      Welcoming a newborn into my family.
- Joan Caine      Close on our house in AZ today and will be moving about March 22.
- Chris Rommel      Pleased to acknowledge Joan Caine's 25 years of Zonta Service.
- Myrna Overstreet      Zlighted that my sister, Janice, is celebrating a birthday! Happy Birthday Jan!!
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*Z-Lightful \$'s      March 24, 2016*

Suzanne Poppema      *Excited about our production of "Seven".  
Excited about response to our Home Show Booth.*

Patty Monteith      *Happy to be back!*

Linda Lepak      *\$1 for my landscape project. Check it out on  
Facebook.*

Cindy Phillips      *Thank you to everyone who attended Joan & Ed's  
going away party at Arnie's and Zonta Bunco  
Fellowship on Friday at Carol Johnson's.*

Pat Allen      *I'm going to the International Convention!*

Michelle Dietz      *\$ for Inclusive Entrepreneurs Friendraiser  
tonight!*

Cynthia Weaver      *Passing around flyers and info on Twin Lakes  
Landing Village for Housing Hope.*

Judith Strand      *Thrilled to have visiting grandsons in April!*

Linda Polverari      *Volunteering at Village Community Services -  
tonight - Serving wine and greeting.*

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Interested in membership?

Have you asked yourself the following questions:

1. How can I impact change in my community?
2. How can I impact change around the world?
3. How can I improve and empower the lives of women and children?

If you are shaking your head yes, then you should learn more about Zonta!  
We have the answers to your questions! Contact the Zonta Club of Everett  
to find out more. Let's get together and chat, and change lives together!

Email: [info@zontaeverett.org](mailto:info@zontaeverett.org) Website: <http://www.everettzonta.org/>



Carol Janowicz brought this nummy salad to the Bunco Fellowship on March 18<sup>th</sup>. Enjoy!!

ASIAN CHICKEN SALAD (Serves 4 -6)

1		large carrot, peeled
3	cups	shredded napa cabbage
3	cups	shredded romaine lettuce
1		small red bell pepper, cored, seeded, and thinly sliced
2	Tbsp	fresh basil leaves, preferably Thai, or fresh mint leaves, chopped
2	cups	thinly sliced store-bought rotisserie chicken (about 2 small chicken breasts)
½	cup	slivered almonds, toasted
1	Tbsp	toasted white or black sesame seeds

Combine all the salad ingredients in a large bowl.

Dressing:

¼	cup	peanut or vegetable oil
2	Tbsp	low-sodium soy sauce
2	Tbsp	rice vinegar
½	Tsp	sugar
		Kosher salt and freshly ground black pepper, optional
½	cup	chow mein noodles

Using a vegetable peeler, shave the carrot into a large salad bowl. Add the cabbage, lettuce, bell pepper, basil, chicken, almonds, and sesame seeds.

In a small bowl, whisk together the oil, soy sauce, vinegar, and sugar until smooth. Season to taste with salt and pepper, if desired.

Pour the dressing over the salad and toss well. Garnish with the chow mein noodles and serve.