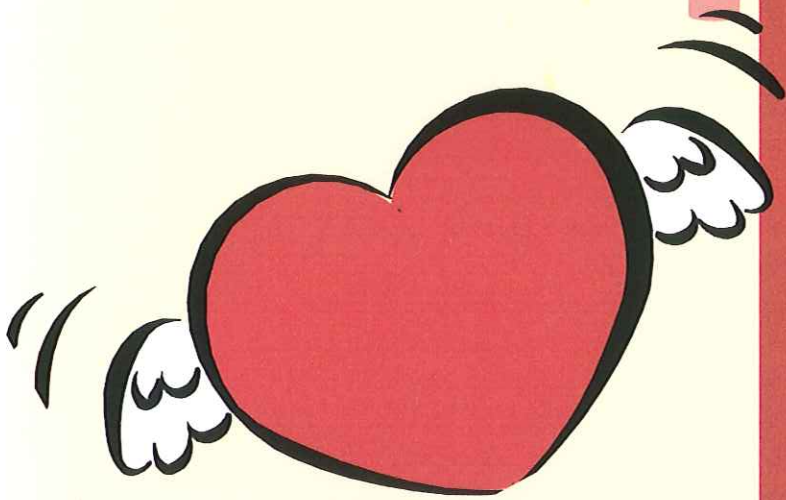


The Sparks

From the Zonta Club of Flint I



Mark Your Calendars

Feb 25th - Program Meeting
March 4th - Board Meeting
March 11th - Business Meeting
March 25th - Program Meeting
April 22nd - Genesee Regional
Women's Hall of Fame awards
dinner

A Message from the President

Got your red on? Heart disease is the number one lady killer. Learn the signs of a heart attack in women. One is a heaviness in the chest, not unlike a big burp that just sits there. Don't wait to get to the emergency room. It's better to have life's biggest gas attack than to be the guest of honor at the funeral home.

Looking for a free lunch? Every business meeting one member will find a free lunch note. Everyone will have a treat, but only one free lunch.

I hope everyone has selected a committee for our Genesee Regional Women's Hall of Fame. As well as being an exciting project, it is also very interesting. Applications are beginning to come in. There are some great ladies who will get the much earned recognition. We also have some sponsors but need many more.

Did you like the addition of pictures to the Sparks? This is your news letters so how about some feedback? Have an idea that would improve the Sparks for you? Former member updates, handy hints, gossip? Let us know.

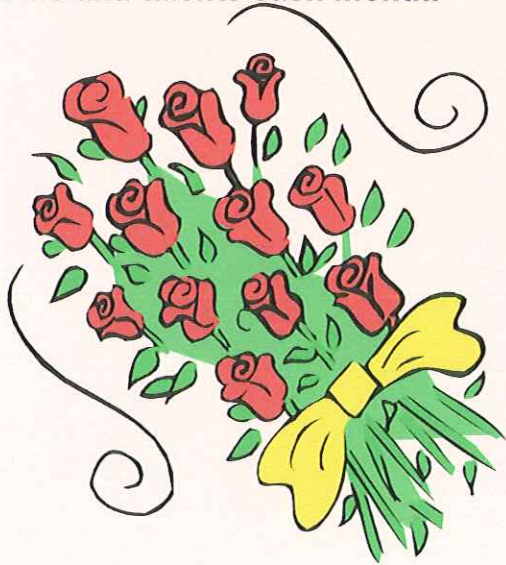
Take care,

Marlene

Service Projects and Programs

Hands On Service Projects

Remember to contact Pam Costabile to choose from a variety of "hands on" projects. The membership voted to designate the third week of each month as "hands-on service" week instead of our Thursday luncheon. Please choose from one of our very worthy projects to support with your time and talents each month.



Program Meeting News

Sharon Green has lined us some great programs for us in the next few months.

Feb 25th - Mona Hendrickson & Donna Gorman (Karate/Self Defense)

March 25th - Rhetta Hunyady & Candy Mattson (Scholarship)

April 29th - Lennetta Coney from Mott College



Genesee Regional Women's

Hall of Fame

By now you should have signed up for a committee for the awards event to be held on April 22, 2010. If you still do not have an assignment for this event please contact Pam Fernsler and ask how you can get involved. All Zontians are needed for this event. Thank You.

Complete committee assignments list on the following page.



**Remember
Your Secret Pal
This Month**

Gensess Regional Women's Hall of Fame

Event Committee Assignments - 2010

EVENT CHAIR AND COORDINATOR: Take lead for working with the Sloan Museum prior to and the night of the event, keeping program on track.

- Pam Fernsler

NOMINATION SELECTION: Receive, review nominations, select inductees and provide memorabilia.

- Chris Benson - chair
- Mary Houton
- Rima Kudish
- Marlene Morris

SPONSORSHIPS: Prepare and distribute sponsorship packets; contact and secure key sponsorships for the event.

- Pam Fernsler - chair
- Pam Costabile
- Karen Smith

PUBLIC RELATIONS/ADVERTISING: Develop and coordinate ads/announcements with media; maintain web site; prepare and distribute information pertaining to event.

- Pam Fernsler - chair
- Pam Costabile
- Jody Blackburn

TICKET RESERVATIONS: Develop invitation and be responsible for taking calls/contacts on ticket sales.

- Pam Costabile - chair

EVENT SCRIPT: Write script and develop program.

- Pam Fernsler – chair
- Rhetta Hunyady

EVENT POWERPOINT: Develop power- point of Zonta for use at event.

- Pat Smith – chair
- Rhetta Hunyady

DECORATIONS: Determine what will be needed for the event and be responsible for decorating the day of event.

- Marlene Morris – chair
- Pat O'Brien
- Gwen Kelley
- Jody Blackburn

CATERING COORDINATION: Select and coordinate with the caterer all aspects of the food service for the event.

- Chris Benson – chair
- Karen Church
- Marlene Morris

EVENT HOSTS: Greet people as they arrive and direct to dining area.

- Daphne Pattee – chair
- Karen Smith
- Sharon Green
- Shirley Collins
- Sharon Rasmussen
- Amy Morehead

ZONTA DISPLAY EXHIBIT: Develop materials for exhibit during the event; answer questions about Zonta, club projects and membership.

- Karen Smith – chair
- Karen Church
- Sharon Green

EVENT REGISTRATION: Set up registration table; greet and check attendees in upon arrival.

- Gwen Kelley – chair
- Gail Dillon
- Vickie Michelson
- Elleen Roth

EVENT PICTURES: Document event with pictures and scrapbook.

- Pam Costabile – chair
- Gail Dillon
- Martica Thompson

February Means Heart Disease Awareness

Source: CDC, Behavioral Risk Factor Surveillance System.

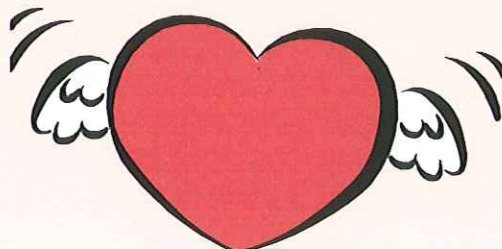
Facts on Women and Heart Disease

- * Heart disease is the leading cause of death for women in the United States. In 2006, 315,930 women died from it.¹
- * Heart disease killed 26% of the women who died in 2006—more than one in every four.¹
- * Although heart disease is sometimes thought of as a "man's disease," around the same number of women and men die each year of heart disease in the United States. Unfortunately, 36% of women did not perceive themselves to be at risk for heart disease in a 2005 survey.²
- * Heart disease is the leading cause of death for women of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American women, heart disease is second only to cancer.³
- * In 2006, about 6.9% of all white women, 8.8% of black women, and 6.6% of Mexican American women were living with coronary heart disease.⁴
- * Almost two-thirds of the women who die suddenly of coronary heart disease have no previous symptoms.⁴ Even if you have no symptoms, you may still be at risk for heart disease.
- * For this fact sheet, the term "heart disease" refers to several different types of heart conditions. In the United States, the most common type is coronary artery disease, also known as coronary heart disease.

Risk Factors

Nine out of 10 heart disease patients have at least one risk factor.³ Several medical conditions and lifestyle choices can put women at a higher risk for heart disease, including:

- * High cholesterol
- * High blood pressure
- * Diabetes
- * Cigarette smoking
- * Overweight and obesity
- * Poor diet
- * Physical inactivity
- * Alcohol use



A Look at Zonta International

Zonta International Convention

Y'All Come!

District 10 in 2010

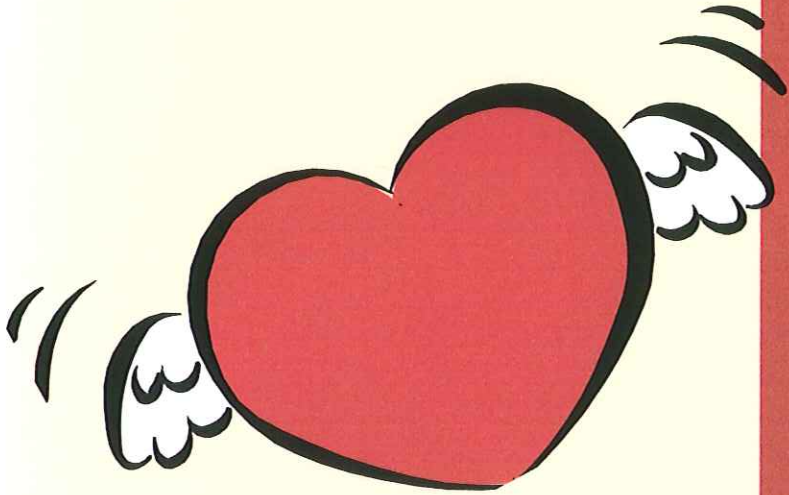


June 25 through 30th

Registration Opens June 24th

San Antonio, Texas

<http://www.zonta2010.org/CalltoConvention.htm>



Zonta Club of Flint 1
P. O. Box 608
Flint, MI 48501