

Zonta Club of Grand Rapids
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Zonta NewZ



Helping improve the legal, political, economic, health, education and professional status of women and girls locally and internationally.

VOLUME IV, ISSUE V

JANUARY 2012

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Women's Heart Attack Symptoms

NATIONAL WEAR RED DAY® FEB.03.2012



Women and heart attacks (Myocardial infarction). Did you know that women rarely have the same dramatic symptoms that men have when experiencing a heart attack.....you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies? Here is the story of one woman's experience with a heart attack.

I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.' A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seemed to feel like you'd swallowed a golf ball going down the esophagus in slow motion and it was most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation-----the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m. After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (in hindsight, it was probably my aorta spasms), gaining speed as they continued racing up to under my sternum (breast bone, where one presses rhythmically when administering CPR). This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening - we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, "Dear God, I think I'm having a heart attack!" I lowered the footrest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else.... but, on the other hand, if I don't, nobody will know that I need help and, if I wait any longer, I may not be able to get up in a moment. I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics (911)....I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me and, if so, to unbolt the door and then lie down on the floor where they could see me when they came in. I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the cardiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like "Have you taken any medications?") but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed two side-by-side stents to hold open my right coronary artery. I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics but, actually, it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my cardiologist was all ready to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents. Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned firsthand.

1. Be aware that something very different is happening in your body....not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up.....which doesn't always happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. Note that I said to 'CALL THE PARAMEDICS.' And, if you can, take an aspirin. Ladies, TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER - you are a hazard to others on the road. Do NOT have your panicked husband drive you. He will be speeding and looking anxiously at what's happening with you instead of the road. Do NOT call your doctor - he doesn't know where you live and, if it's at night, you won't reach him anyway. If it's daytime, his assistants (or answering service) will tell you to call the paramedics. He doesn't carry the equipment in his car that you need to be saved! The paramedics do, principally OXYGEN that you need ASAP. Your doctor will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

Service and Advocacy Committee

For all you who came to learn how to finger knit the scarves – Thanks! THANKS especially to Katie, Maggie and MaryEllen who showed us how to do it. I think it was the most fun we had as a sewing project. Ethan Rios (Lisa's son) was the best of us and had his scarf finished before any of girls even got half way.



Saturday February 4th:

We will be taking the St John's Girls to the C.A.R.E. ballet, Romeo and Juliet, at St Cecilia 3:00pm. This is classical Ballet performed by students for students. Tickets are Students \$7.00; Adults \$12.00.

If you want to go please contact Vicki (W 791-2631 ; H617-4887), she has tickets reserved so we can sit together and we need an accurate count.

Thursday, February 23rd:

This will be a combination Advocacy/ATNOZ event to view the recent documentary called Miss Representation. This is a report on the state of how women are por-

trayed in the media and the impact that has on women/girls. We have a committee looking into how we could use this program that is available for purchase as curriculum material for K-8, college, etc. and other advocacy events in the future. We will meet at either Darcie or Shannon's home for a viewing to further educate ourselves and to consider how it can be used for our mission.

"She stood in the storm, and when the wind did not blow her away, she adjusted her sails."

— Elizabeth Edwards

Membership Committee

At our business meeting last week, the details for our Membership Open House were discussed with the group. We ask that all members have a guest count to Cindy McMillan by February 1. Please contact any guests you may have invited to confirm if they will be able to join us for the evening. The facility holds 200 people and we would be so happy to see at least 75-100 people there.

When discussing the evening with potential guests, please explain that we are using this evening as an awareness to get our community informed about our club, who we are and what we do. Although we certainly don't expect everyone who shows to become involved with membership, the ladies who do show up may know of someone who might enjoy being a part of the group and will pass information along. So do

your best to make the evening a success for us all! We ask that our members show at the Hope Network Education Facility (775-755 36th Street at Eastern) before 6:00. We will do a quick overview of the evening and the events taking place as well as take care of any last minute housekeeping bits for the group. I look forward to seeing you all there! — Cindy

ATNOZ Committee—You're Invited!

When Colonel Chickenwing kicks the bucket, will he take the secret of the buried treasure to his grave?? When the relatives arrive for the reading of the will, there's another mysterious death....who will it be and can Sheriff Billy Jack solve the crimes before a murderous honeysuckle vine claims another victim???

The Village Players of Middleville are preparing for their annual Murder Mystery Dinner Theater. This year's production "Murder in the Magnolias" by Tim Kelly will be presented at the Middle Villa Inn on February 17, 18, 24 and 25. Doors open at 6:00pm and the play and dinner start at 7:00pm. Cost of dinner and the play remains at \$30.00 per person. There is a Friday Night special: Reserve for a party of 8 people, you'll only have to pay for 7 people!!! Get your reservations in early. Those that get their reservations in early will get the better seats.



President's Message

When you read this I'm not sure if it will be snowing, raining, or a 40 degree sunny day - only in Michigan. Luckily, most of us have warm scarves that we learned out to knit, including the girls at St. Johns. They seemed to enjoy making the scarves and the company. Myself, I left there having enjoyed meeting the girls and remembering why I love our group of women.

We had a good (busy) business meeting this month. As we won't have another until April, please make sure you are reading the newsletters and emails that come out. It is our way to communicate all of the activity happening. We will all meet at the first membership open house on February 9th at 5:45. Please let Cindy know by February 1st how many attendees you think you will have. And please watch for additional information on this.

We are also exploring several ideas for doing advocacy work around the documentary entitled "Miss Representative". This explores how the media misrepresentation of women has led to the underrepresentation of women in positions of power and influence. We are having an ATNOZ event on February 23rd to watch the documentary. Again, watch for additional information on this.

Hopefully everyone has seen the recent articles in the news regarding Human Trafficking. As we learned during our own advocacy work, the Superbowl experiences the largest number of trafficking of young women of any national event. With that approaching, local Dominican sisters are contacting ho-

tels to talk about red flags to watch for. I also just read that the cab drivers in Indianapolis are part of a larger group of hotel, restaurant and other service workers in Indianapolis being asked to help identify potential victims of the commercial sex-trafficking industry. Wow!

Check out this site for information on the 2 day conference on sex trafficking that is convening in GR:

http://www.woodtv.com/dpp/news/local/grand_rapids/sex-trafficking-conference-in-grand-rapids and <http://www.manassehproject.org/?q=conference>

Thank you for the work we continue to do together. - Vicki

International/UN Committee

With regard to international news, I just wanted to share this article. This illustrates the continuing work necessary in our understanding of the truth that to raise women up out of poverty and towards equality will address many of the world's heartbreaking issues.

Land rights for women can help ease India's child malnutrition crisis

<http://www.guardian.co.uk/global-development/poverty-matters/2012/jan/20/land-rights-india-women-ease-malnutrition>

Despite progress on many fronts, India's child malnutrition rate rivals that of sub-Saharan Africa. Growing evidence shows a way forward – giving women legal control of the land they farm.

An Indian child eats mid-day meals organised by the government of Andhra Pradesh at a shanty area in Hyderabad, India. Photograph: Mahesh Kumar A/AP

The findings of a [new study](#) (pdf) released last week showing that 42% of children under five in [India](#) are malnourished call into question some of the most fundamental assumptions of the development community.

Countries like India, with robust GDP rates (last year's rate was 8%-9%), are not supposed to have stubbornly high [malnutrition](#) rates. Functioning democracies with healthy economies and steadily rising per capital income levels are supposed to provide steadily improving conditions for their children. In layman's terms: rising tides are supposed to lift all ships.

But in India, as this study and a [host of previous ones](#) – just as devastating – make clear, this is not the case, leading researchers to dub this conundrum the "Asian enigma". Despite progress on many fronts, India's high malnutrition rate, low birth weight and maternal mortality rate continue to rival those of sub-Saharan Africa.

When children are born underweight or are malnourished, they are at severe risk of reduced health and mental capacity. These deficiencies cost India, in economic terms alone, an estimated [\\$28bn per year](#).

There is [growing evidence](#) that the reason for India's malnourished children is not just empty pockets – it is, specifically, women's empty pockets. Women in India have a lower status and therefore less control over resources, both land and money, and consequently do not have the leverage to ensure that their children's needs are met.





Zonta Club of Grand Rapids

Member of Zonta International

Advancing the Status of Women Worldwide

2011 – 2012 Zonta Calendar Year

FEBRUARY 2010

4th—St. John's—CARE Ballet—Romeo & Juliet 3:00 p.m.

9th – Membership Open House, Hope Network Education Center 6:00 p.m.

Last two weekends (1 evening) – ATNOZ event @ Middleville Community Theater 6:00 p.m.

23rd—Miss Representation screening—Darcie's or Shannon's house—7:00 p.m.

MARCH 2011

8th or 10th —St. John's 6:15pm—Activity to be determined; possibly sewing bee

APRIL 2012

12th – Business Meeting

MAY

10th – Girl's Day with St. John's girls

12th—Host Area 2 meeting—all day event at Hope Network Education Center

JUNE

14th – Business Meeting

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Understanding this allows India to craft targeted and effective responses to this crisis. Because, although government programmes that provide free food and vitamins will surely help, what may prove more effective in the long term is improving the status of women and expanding their access to resources.

This means recognising that women and girls in India often eat whatever is left over after husbands and sons have eaten, and that women often have no legal control of the land they farm with their husbands – and therefore cannot lay claim to any of the income produced on that land, even if it is gained through their own labour.

There is an increasing body of research that points to the way forward. [A study in Nepal](#) found that children are less likely to be underweight if their mothers own land. Another, in Nicaragua and Honduras, presented at the World Bank, found that families spend more on food when the woman of the house owns land. And [a study in Ghana](#) found that families allocate larger proportion of their household budget to food when the woman owns a larger share of the household's farmland.

We've seen it in our work from Rwanda to India, when women have secure rights to the land either jointly with their husbands or on their own, the family does better in a host of ways: improved education, improved nutrition, improved health. Across India, national and some state governments are recognising this and are working to put a powerful asset – land – into the hands of women. Such programmes should be praised and, more important, replicated and expanded.

Just last year officials in Odisha state opened the first Women's [Land Rights](#) Facilitations Centre. And officials in West Bengal state have begun adding the names of women to all the land titles they distribute in their micro-plot poverty alleviation programme. Officials in Andhra Pradesh, Karnataka, Odisha and West Bengal are working to ensure that more women find their names on the title documents to the land they till.

This will allow women to fill their pockets, cooking pots and children's bellies – a bumper harvest for their families and communities, and a better future for all of India.

• *Renee Giovarelli is executive director of the [Landesa Centre for Women's Land Rights](#)*

Members' Corner

Congratulations to Kate on the new arrival of granddaughter Quinn!

Great to see Maggie back from mend!

A big thank you to Katie for donating all the yarn for the finger knitting and for taking the time to teach us!

"She went out
on a limb, had it
break off behind
her, and realized
she could fly."

— Kafi Yamada