

ZONTA INTERNATIONAL District 10 Area 3 Club No. 0331

ZONTA ZEITUNG

Zonta International is a leading global organization of individuals working together to build a better world for women and girls.

www.zonta.org

www.zontafredericksburg.org

www.zontadistrict10.org



NEXT MEETING

June 17 at The Golden Hub

5:30 p.m. socializing with call to order at 6:00 p.m.

Installation of New Officers

Hostesses: Carol, Parlet, & Lori

Respond to email invitation (to come June 10)

Letter from the President

Sisters,

Last week, I was in Kansas City and by luck, our hotel was across from the WW I museum. Taking a morning walk to the museum, I was floored by the sight of a huge group of flags on the lawn in front. Getting up close, there was a sign announcing that the "140 flags for forgotten soldiers" were representative of the number of military women and men who committed suicide WEEKLY (20/day) because of dealing with post-traumatic stress disorder (PTSD). Although we often associate PTSD with military, it can occur with anyone who has had trauma, and women are twice as likely as men (10 vs 4) to suffer.

Besides military, here are other types of traumas: childhood physical abuse, sexual violence, physical assault, being threatened with a weapon, or an accident. Sound familiar? These are all the things we are fighting against in Zonta's global campaign and here in the Hill Country.

It was beyond ironic that when I witnessed the flags, it was right before Memorial Weekend. It made me pause and reflect, say a prayer, and shed a tear...not only for those who gave so much during and AFTER the military...but to the others who are living with nightmares from the traumas in their lives. If we can help a survivor through the advocacies that we support, then maybe the next time I see this display of statistics, there will be less than 140 flags on the lawn.

To one less flag...

One love,

Liz Wunderlich 2023-24 President

