



Zonta Club of Quaboag Valley

Member of Zonta International

Advancing the Status of Women Worldwide

ZONTA BOG NEWSLETTER SEPTEMBER 2014

2014—2015 CALENDAR

**September 13, 2014 8:30 Shotgun start
20th Annual Zonta Golf Tournament
Fundraiser at Mill Valley Golf Links**
Sponsor and Player forms are online at
zontaqv.org

September 21, 2014 Out of the Darkness
walk steps off from the MassMutual Center
Springfield sponsored by the American
Foundation for Suicide Prevention.

September 22, 2014 Dinner Meeting
Changed from September 8 and 15th due to
schedule conflict at Ludlow CC

October 20, 2014 Dinner Meeting
Changed due to Columbus Day

**October 24—26 Fall District Conference
in Springfield, MA at the Sheraton Hotel**
The title of the conference is "**Uncovering
the Mysteries of Zonta**". Call to confer-
ence details are at zontadistrict1.org. Reg-
ister today!

Mark Your Calendar:

November 10, 2014-Founder's Day
December 8, 2014-Int'l Marketplace
January 12, 2015
February 9, 2015
March 9, 2015
April 13, 2015
May 4, 2015 Silent No More Auction
(Monday before Mother's Day)
June 8, 2015

President's Message

Greetings sister Zontians,

The buzz of the June bugs has been replaced by the chirp of the crickets as we transition into fall. It's time to begin a new club year and it promises to be an exciting one. Our guest speaker for the September meeting is **Nancy Dell**, noted area nutritionist, who will speak on women's nutrition. In addition, we will award the Jane M. Klausman award to **Elizabeth A. Fitzgerald**, a senior at the Elms College. Elizabeth resides in Huntington MA with her husband and six daughters.



This is also the time to be thinking about which committees you want to serve on. You'll have the opportunity to sign up at the meeting. Serving on a committee not only enhances your understanding of our Zonta club, but also provides you with a chance to get to better know some of our members.

I hope you all had a pleasant summer. Many of us attended our annual summer picnic held this year at Debbie Wood's home. Despite the rain, we caught up with club members; visited with Lynn Goodhue, Audrey Millgate, Linda Knox Gibbon, and Judy Luddy from the Northampton club; and enjoyed delicious food. A good time really was had by all. Thank you to everyone who worked to make the picnic so enjoyable.

I look forward to seeing everyone at the meeting on September 22. Please bring a friend to hear Nancy Dell speak as I am sure she will have lots of useful information for all of us. See you there. *

Kris Goold
Co-President

* P.S. Member reservations for the dinner meeting are assumed and payment expected unless notification is made in advance. Contact one of us with your guest count by Wednesday before meeting.

Kris: kmgoold@aol.com (413) 783-4376
Janet: dasilvaassoc@msn.com (413) 323-4906



Nancy Dell And Associates NUTRITION COUNSELING

Changing your eating habits is hard to do and with so much nutrition information and misinformation available to you, it is equally hard to know *what* to do. If you want to feel and look your best, join us on Monday, September 22nd to meet Nancy Dell and learn practical tools to make those goals a reality!

Nancy Dell & Associates message: We can coach you to make small but powerful changes in your food choices so you can feel your personal best and stay on the path to good health and a higher quality of life. We translate the science of nutrition into easy, practical solutions for healthier living. You can get the skills you need to overcome obstacles such as stress eating and cravings with the help of Nancy Dell & Associates.

Nancy Dell—MS, RDN, LDN, CDE—is best known for her "Food for Thought" nutrition news segments that have aired on NBC's WWLP news since 1984. As a spokesperson for Guiltless Gourmet Tortilla Chips and Yoplait Yogurt, she has appeared on the TV Food Network. She opened her private practice in 1991 and, thanks to satisfied clients and their doctors, the business continues to grow. She currently has 4 offices with several dietitians and diabetic educators on staff. She attributes her success to the fact that she believes patients should not "diet". "We can love the food we eat as we improve our health."



Golden Words
from Famous Women:
"I hear the singing of the lives of women, the clear mystery, the offering and pride."
Muriel Rukeyer

**Zonta Club of Quaboag Valley
 District I, Area II,
 Charter 1317 of Zonta International**

Club Officers 2014-2015

Co-Presidents: Kristin Goold
 Janet DaSilva

Vice President: Lisa Sedelow

Treasurer: Pam Albertson

Secretary: Debra Wood

Directors: Tina Guniasso
 Ann Cormier
 Joanne Turner-Chiacchia

Committee Opportunities

Finance:

Membership:

Public Relations /Communication:
 United Nations

Legislative Awareness /Advocacy:
 Service:

Scholarships:

Poinsettia Fundraiser:

Golf Fundraiser:

Auction Fundraiser:

Archives:

June 9, 2014 Zonta of Quaboag Valley Dinner Meeting

Ludlow Country Club, Ludlow, MA

Present: **B.J. Bourdon, Carolyn Braskie, Dana Burton, Marge Cavanaugh, Ann Cormier, Loretta Dansereau, Janet DaSilva, Chris Gerl, Kris Goold, Sandy Goss, Tina Guniasso, Dianne Kidd, Mary Knight, Liz Reeves, Mary Ann Rubis, Lisa Sedelow, Joanne Turner-Chiacchia and Debbie Wood.**

Absent: Pam Albertson, Desiree Joy and Trish Pupek

Guests: Frank, Diane and Lauren, parents and sister of Diana Geberich and Dave Sedelow.

Ann Cormier called the meeting to order at 6:03 P.M.



Presentation of the YWPA award to Diana Geberich—Scholarship Committee Chairman Kris Goold presented the award to Diana who proudly recounted her many accomplishments during high school years and her plans to study math and statistics at Harvard University this fall. She certainly was a deserving recipient of this award.

OLD BUSINESS:

The Minutes of the April 14 Dinner Meeting were reviewed as written in the newsletter and approved.

In the absence of Treasurer Pam Albertson Joanne Turner-Chiacchia presented the Treasurer's report. Overall the club donated \$18,060 in support of service activities during this past year. Going forward we have \$14,076 to offer for service this coming year. Both are great accomplishments for a small club. The proposed budget for FY 2015 was approved and the Treasurer's Report was filed for audit.

NEW BUSINESS/COMMITTEE REPORTS:

Nominating Committee: Outgoing Nominating Committee Chairman Marge Cavanaugh proposed the following members for 2014-2016 Nominating Committee: Mary Knight, Loretta Dansereau and Dana Burton. Club members approved the nominees.

Service Committee: Chairman Loretta Dansereau made a motion that we donate \$250 to Zonta International in support of the 5K Run that Convention Delegate Mary Knight is participating in at the International Convention. The motion passed.

Veterans Visit: Janet and Desiree are coordinating the visit on June 17th to the Vets cottage to help in a planting project. Members are encouraged to contact Janet or Desiree if they plan to attend. We received some grateful thank you notes from the Veterans in regards to the trip to the Magic Wings Butterfly Conser-

vatory. Our newest member Sandy Goss recently hosted 5 women for manicures and pedicures at her business. It was a real treat for the ladies and Sandy plans to offer them on a regular basis.

Silent No More Auction: Chairman Dianne recapped the very successful event held last month. In addition to the receipts from the auction items which amounted to \$5844, Dianne added that the Soldier On Vets received an additional \$1500 and the Carson Center an additional \$500. One of the Vets was spontaneously offered a position at the Carson Ctr. once she completes her education. A real bonus to the evening.

J.M Klausman Award Winner: Kris announced that Elizabeth Fitzgerald who is attending Our Lady of Elms College was selected.

Golf Committee: Chairman Debbie recapped the plans for the Sept. 13th 20th Annual Golf Tournament. The need for sponsors, players and prizes was reinforced. A task sign up form was submitted for members to help prior to and the day of the tournament. The names of the lucky raffle winners were: Janet DaSilva (Red Sox tickets), B.J. Bourdon (T.V.) and Walter Parzychowski, a P.O. employee won the \$100 Lottery tickets. Debbie is pleased to announce that \$1100 was raised by the raffle.

June/July International Convention Delegate: As delegate to the Convention Mary Knight reported that the main focus in the 2014-2016 proposals is preventing root causes of violence against women through education. The proposals will focus on delaying early marriages in Niger, supporting gender responsive schools in Vietnam, eliminating obstetric fistula in Liberia and HIV-Free generation in Rwanda. As well the ZISVAW initiatives will involve Voices Against Violence in 12 countries. Mary mentioned some of the Candidates who will be running for office including our very own member Mary Ann Rubis who hopes to be elected to International Director and Lynn Goodhue who is a candidate for the International Nominating Committee. Mary Knight briefly mentioned that there would be a number of bylaws proposed changes and she highlighted that "It is proposed that clubs with 30 (instead of 40) members will be entitled to a second delegate and clubs with 60 (instead of 80) will be entitled to a 3rd delegate. The change reflects the average club membership decline and is seen as a mechanism to generate more activity and interest. Some of the proposed amendments make clarification and title changes to the list of Standing Committees. Wording regarding membership changed to:

Continued on Page 4

June 2014 Business Meeting minutes continued from page 3

(1.) Membership shall be drawn from women and men with experience in a recognized business or profession (actively engaged in a decision making capacity is removed).(2.) The club Membership Committee reviews all applications for membership and presents the names to the club Board. Approval for membership is made by the club Board. Mary plans to review the proposals in more detail so she will be prepared to vote at the Convention. She is carrying proxies from 2 other clubs in addition to ours.

Zontian of the Year Award: Loretta Dansereau was awarded this honor by her peers for her help with the Auction and as Service Committee Chairman. Congratulations Loretta. You can designate the recipient of \$100 to a cause of your choice in your name.




Installation of the 2014-2016 Zonta Club of Quaboag Valley Officers: Mary Ann Rubis offered a “piece of the puzzle” to each respective newly elected officer to complete a puzzle. Directors Ann Cormier, Joanne Turner-Chiacchia, and Tina Guniasso, Secretary Debbie Wood, Treasurer Pam Albertson (absent), VP Lisa Sedelow and Co Presidents Kris Goold and Janet DaSilva all added their pieces to complete the new ZCQV Board. Newest members Sandy and Dana presented yellow roses. Congratulations 2014-2016 Board!



Raffle prize winners: Lauren Geberich and Tina Guniasso
Meeting was adjourned at 7:38 P.M.

Respectfully submitted,
Debbie Wood, Secretary


 COMMUNITY WALKS
 American Foundation for Suicide Prevention

If you want to learn more about this vital organization and its role in understanding and preventing suicide through research, education, and advocacy, visit afsp.org or speak with Trish Pupek. If you or someone you know are in crisis, call the National Suicide Prevention Lifeline [1-800-273-8255](tel:1-800-273-8255).

Join us for this important fundraiser on Sunday September 21st—in person or by donating on line at afsp.donordrive.com


Top Floor Learning

The Zonta Club of Quaboag Valley has been invited by the Board of Trustees of Top Floor Learning, Inc. to a volunteer recognition on **Wednesday September 17th** in the Palmer Public Library Community Room. There will be a light buffet supper and social starting at 5:30pm followed by the program.

If you are able to attend to represent the club, please contact Mary Knight at mfknight@crocker.com on or **before September 1st—the registration deadline.**



INFORMATION

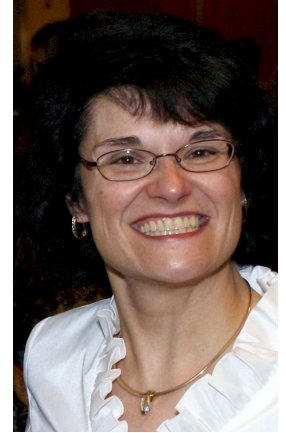
Membership

Can you imagine being a member of a district that consists of nine countries, speaking more than six languages, extending from the United Kingdom to Russia? While the opportunity to network with such a diverse group of women would be wonderful, conducting district business, conference and area meetings, would be quite challenging. This biennium, ZI will begin the process of redistricting, looking at the compilation of each district to determine how it can function more effectively within Zonta. European Zontians will meet in Copenhagen in September with members of the Zonta International Board (ZIB) and the European members of the Zonta International Membership Committee (ZIMC) to share their thoughts on redistricting. Due to the large and multi-cultural districts in Europe, the ZIB decided to begin the task in this region.

How would redistricting affect our District (D1)?

Currently, D1 has approximately 322 members. Our district's membership has steadily declined for many biennia. In order to remain a District, we must have more than 300 members. ZI is concerned that D1 may fall below that level during this biennium. According to the bylaws of Zonta, if this were to occur, we would no longer be a district, but a region. As such, we would no longer have a governor, an international representative at our official fall conference, or a vote at convention. The ZI President would appoint a member from our region to serve as a Regional Representative, who would work closely with the ZIB to regain district status. Redistricting could also mean that D1 would merge with another district, perhaps D2 which includes clubs in New York.

Increasing membership is a huge challenge for all international service organizations, not just Zonta. Now is the time for all D1 members to "dig deep" and make membership a priority.



Every month, a new ZI topic will be featured. Please share your ideas and questions for future newsletters with Mary Ann K. Rubis ZIMC Member, 2014-2016

20th Annual Golf Tournament

The Golf Tournament Fundraising event will take place on Saturday, Sept. 13th, with an 8:30a.m. shot-gun start at Mill Valley Golf Links in Belchertown. The cost is \$65 non-members, \$45 members.



We need SPONSORS, PLAYERS AND PRIZES !!

Sponsorships in amounts of \$100, 75, 50 and 25 are all welcome to make this event successful. (Forms are available on our website & are submitted to Debbie)

Players, men and women of all abilities, are needed. The \$65 (\$45 for Mill Valley members) is a real bargain for a day that includes coffee, pastries, snacks, lunch, cart, 18 holes of golf, prizes and a day of fun. Player registration, purchase of mulligans and raffle tickets really help this fundraiser. Encourage all golfers to join us. (Registration forms available on our website & are submitted to Marge)

Many of you have signed up to help with tasks on the day of tournament. **Please check the list I have emailed you and let me know if I missed your name or task or if you want to be added.** I have also circulated a list of the prizes committed so far to give you some ideas. Gift certificates are always popular and we need to know in advance so we can post them the day of the tournament and to see if we have approximately 70 prizes. **I am always impressed with the generosity of our members and I know this year will be no exception.**

Debbie Wood, Chair, Golf Tournament Committee.