



# Zonta Club of Quaboag Valley

## Member of Zonta International

*Advancing the Status of Women Worldwide*

ZONTA BOG NEWSLETTER      OCTOBER 2014

### 2014—2015 CALENDAR

#### October 20, 2014 Dinner Meeting \*

Changed due to Columbus Day  
Guest Milagros Johnson will speak about  
Identify Theft and Scam Artists

#### 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](http://zontadistrict1.org). Reg-  
ister today!

#### November 10 Founder's Day \*

Celebrate our honoree, Kathy Picard—  
survivor and advocate

#### December 8 International Marketplace

Local nonprofits and women business own-  
ers are invited to sell their wares at this  
special event.

#### Mark Your Calendar:

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

\* Member reservations for the dinner meet-  
ing are assumed and payment expected  
unless notification is made in advance.  
Contact us with your guest count by  
Wednesday before meeting.

### President's Message

Greetings sister Zontians,



Zonta's year is off to a great start. We had a suc-  
cessful 20th anniversary Golf Tournament and par-  
ticipated in the Out of the Darkness walk in Sep-  
tember; we awarded the 2014 Klausman Scholar-  
ship to Elizabeth Fitzgerald and learned about  
women's nutrition from Nancy Dell at our Septem-  
ber meeting; we are planning Soldier On events, preparing for the Fall  
District Conference to be held in Springfield later this month, the Found-  
er's Day Celebration on November 10th and the 2nd annual Interna-  
tional Marketplace on December 8th!

As the Board lines up other priorities for 2014-2015 we encourage you  
to let us know your ideas for speakers and events. We also ask you to  
propose projects for the Service Committee to consider. The form for  
that purpose is at [zontaqv.org/resources](http://zontaqv.org/resources).

We have a special guest for our October dinner meeting. **Milagros  
Johnson**, Director of the Springfield Mayor's Office of Consumer Infor-  
mation, will enlighten us on issues of identity theft and scams, and how  
to protect ourselves from potentially becoming a victim. Please invite  
friends or colleagues who would be interested in this topic. Guest  
counts should be reported to me by October 15th.



Also, please be sure to bring items for the two baskets  
we are assembling for the Fall Conference: Chocolate &  
Wine and Holiday Celebration are the themes.

At the installation in June, we were reminded that each of us is an inte-  
gral piece of the larger puzzle. Your efforts—large and  
small—are critical to our overall success as a club. Thank  
you for your teamwork.



Janet DaSilva, Co-President  
[dasilvaassoc@msn.com](mailto:dasilvaassoc@msn.com) 323-4906



**Director of the Mayor's Office of Consumer Information:  
Milagros S. Johnson**

The **Mayor's Office of Consumer Information** ("MOCI") is a Local Consumer Program funded by and *working in cooperation with the Massachusetts Office of the Attorney General* to help consumers resolve complaints who otherwise have to seek legal recourse through the court system. It serves residents of the City of Springfield and its surrounding cities and towns throughout Hampden County, and parts of Worcester County communities.

The MOCI cannot guarantee the outcome of a complaint but ensures that it will, with the cooperation of both parties, aim to effectively mediate the complaint in hopes of reaching an amicable resolution.

**Join us on Monday, October 20th at the Ludlow Country Club to learn how MOCI empowers consumers with knowledge of their rights and educates them on ways to protect themselves from becoming a victim of a scam, fraud or identity theft. As MOCI says, "Education is the Best Prevention."**

**Did you know?**

- Identity theft is the fastest growing crime in America.
- The number of identity theft incidents has reached 9.9 million a year, according to the Federal Trade Commission.
- Every minute about 19 people fall victim to identity theft.
- It takes the average victim an estimated \$500 and 30 hours to resolve each identity theft crime.
- Studies have shown that it's becoming more common for the ones stealing your identity to be those closest to you.
- Most cases of identity theft can be resolved if they are caught early.
- Financial institutions – like banks and creditors – usually only hold the victim responsible for the first \$50 of fraudulent charges.
- Only 28% of identity theft cases involve credit or financial fraud. Phone, utility, bank and employment fraud make up another 50% of cases.

**Golden Words  
from Famous  
Women:  
"Women are the  
architects of  
society."  
Harriet Beecher  
Stowe**

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

- Co-Presidents:** Kristin Goad  
Janet DaSilva
- Vice President:** Lisa Sedelow
- Treasurer:** Pam Albertson
- Secretary:** Debra Wood
- Directors:** Tina Guniasso  
Ann Cormier  
Joanne Turner-Chiacchia

**Committee Chairs**

- Finance & Audit Chair:** Pamela Albertson
- Membership Chair:** Lisa Sedelow
- PR /Communication Chair:** Mary Knight
- United Nations Chair:** BJ Bourdon
- Advocacy Chair:** Tina Guinasso
- Service Chair:** Loretta Dansereau
- Scholarships Chair:** Dana Burton
- Poinsettia Fundraiser Chair:** Liz Reeves
- Golf Fundraiser Chair:** Debra Wood
- Auction Fundraiser Chair:** Dianne Kidd
- Archives Chair:** Marge Cavanaugh
- Nominating:** Loretta Dansereau,  
Dana Burton, Mary Knight

## September 22, 2014 Zonta of Quaboag Valley Dinner Meeting

Ludlow Country Club, Ludlow, MA

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

**Absent: Pam Albertson, Desiree Joy and Ann Cormier**

Guests: Jean Francis, Deb Marden, Dianne Outhuse, Donna Covino, Louise Sedelow, Deidre DiMella, Elizabeth and Michael Fitzgerald

**Kris Goold** called the meeting to order at 5:55 P.M. Guests were introduced and the Zonta Blessing was cited prior to dinner.

Kris announced that **Carolyn Braskie** had requested a one year leave of absence which the Board approved.

Minutes of the June 9th Dinner meeting were reviewed and approved.

**Joanne Turner-Chiacchia** related the Treasurer's Report. We have over \$13,000 available in service funds.

Correspondence including appreciative thank you notes was circulated throughout the membership.

**Speaker Nancy Dell, MS, RD, LDN, CDE of Nancy Dell and Associates** was the dynamic program speaker. She shared



some informative Daily Food Guide information to help minimize the effects of aging, wrinkling, bone loss and improve brain function to reduce memory loss. She had several good recommendations of foods with positive benefits including the building of muscle mass. She also

had advice concerning the negative effects of plastic containers for storing and cooking of food as it acts as a hormone disrupter. She described the healthy bacteria that we can obtain in the consumption of certain foods.

**Elizabeth Fitzgerald was introduced as the Jane M. Klausman Award Winner-** Elizabeth lives in Huntington and will be graduating from Elms College this spring with a degree in Accounting and Business Management and Information. She hopes to pursue her MBA and obtain her CPA license after she graduates. As the mother of six daughters she certainly was an inspiring and deserving recipient of the annual award.

**New Business:**

**District 1 Fall Conference October 24-26, 2014, Sheraton Ho-**

**tel, Springfield:**

Lisa Sedelow was nominated and voted to be the Delegate with Marge Cavanaugh as the Alternate. Debbie, Marge, Joanne, Mary Ann, Mary Knight and Lisa all agreed to assist Kris with the Hospitality Suite. A list of suggested items to supplement the wine and beverages we are purchasing was circulated and will be sent by E Mail. Two baskets, one with a Chocolate and Wine theme with a \$100 value for the Silent Auction for ZIF funds and a holiday theme with a \$50 value will be offered in the Zonta Store with the proceeds of the latter to benefit our club were proposed and approved by membership. Loretta and Lisa offered to assemble the baskets. V neck t-shirts with a yellow rose are being explored for possible sale. We are also soliciting photos to submit to Mary Knight for Fall Conference. Please send them to Mary. Quaboag members have reserved three rooms during the events to be available to help with the hospitality suite and other needs that the conference committee might have. We just learned that Mary Socha is handling some questions in Karen's absence but registration is all coordinated by Karen Duffy's office and she is Chairman of the event.

**Mary Knight, Delegate to Zonta International Convention, Orlando Presented her Report:**

Twenty-two District I members attended. Certificates for having 100% of contributing clubs in District 1 and 100% of our members contributing individually were presented. Mary related that there has been some growth in clubs with 46% comprising the most in Europe, 28% in North America and 4 new clubs joining this past year. Maria Jose Landeira Oestergaard was elected President. Mary related that there were some Bylaw and other changes which will go into effect in the next biennium. Mary was impressed with all the 12 business meetings she attended and meeting women from every continent. She completed the 5 K walk/run with 125 other Zontians and they raised \$45,000. Mary did us proud and her complete report can be viewed on our website. Mary mentioned that the ZI convention will be in Nice, France in 2016 and in Yokohoma, Japan in 2018.

A list of items for Christina's House was circulated by **Trish Pupek**. She also related that Mary K. and Marge had participated in the Out of Darkness Walk for Suicide Prevention held on September 21<sup>st</sup>. Another walk is now planned for Franklin County.

Founder's Day Award Nominees were presented to members by Marge and Janet. After discussion and a vote, the 2014 winner will be **Kathy Picard, Advocate, Educator and Mentor**

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**of Child Abuse Victims** . Kathy has been in the news most recently for spearheading legislation to extend the statute of limitations on abuse reporting, but she has a long history of advocating for women and children. The award will be presented at our November 10th event.



**Committee Reports:**

**Golf Committee:** Chairman Debbie described the \$4435 profit from the 20<sup>th</sup> Annual Golf Tournament held on Sept. 13<sup>th</sup>, \$45 more than last year. Debbie noted that all players were pleased with the pastries, snacks, dessert and variety of prizes. The Committee will be discussing areas and ideas for improvement for the next tournament.

**Activities with the Veterans:** Debbie is hosting a campfire Friday, September 26<sup>th</sup> at 6 P.M. at her home. The Veterans will have their own transportation. S'mores, cider and hot chocolate will be offered. Debbie will inquire whether the Veterans want to attend and sell items at the Dec. 8<sup>th</sup> International Holiday Market place. Marge will prepare and submit a request to the Service Committee for funds for materials for a quilting group to make blankets and stockings for the Veterans.

Janet asked members to review and write their interest in particular committees on sheets put on tables.

**Announcements:**

Three ZI Biennial Goals for 2014-2016 Handouts were placed on all the tables: Service, Advocacy and Resources.

**Janet referred members to review and update their contact information on the forms placed on each table.**

**Next meeting is October, 20, 2014 with program speaker Milagros S. Johnson, Director from the Mayor's Office of Consumer Information (MOCI) on the topic of Scam Artists/Identity Theft.**

**Mary Knight asked for other interested members who might attend the October 14<sup>th</sup> 20<sup>th</sup> Anniversary Celebration for the Berkshire Zonta Club.** Chris Gerl & Debbie Wood may attend and others should let Mary know if they want to car pool. Mary will send an E Mail to all members.

**Raffle Winners: Janet DaSilva and guest Jean Francis**

Meeting adjourned at 8:40 P.M.  
Respectfully submitted,  
Debbie Wood, Secretary

**Do You Have a Service Project that Deserves Attention?**

**As of 10/1, we have \$12,741 in service funds available.** Proposals for funds can be submitted by an organization or by a Zonta member on behalf of the organization. Requests are to be submitted to the Service Committee chair using the Service Proposal form (found at zontaqv.org/resources). The proposal is reviewed by the Service Committee and a vote is taken to recommend this proposal. If recommended, the proposal is brought before the full membership for a vote. Upon approval, a copy of the proposal is given to the Treasurer to send the award for the recipient.

**Your help is needed!**

**International Holiday Marketplace** will be held on December 8th at 6pm at the Ludlow Country Club. Please reach out to vendors who might be interested in having a table for displaying and selling their wares. No cost for non-profits; \$25 for for-profit concerns. This is NOT a fundraiser for us—but rather an opportunity to benefit the organizations in our area. We are emphasizing the "international" theme, but others are welcome. Vendors should send an email to info@zontaqv.org, identifying their status and providing a brief explanation of the items they would like to offer for sale at the Marketplace.



**Our Annual Poinsettia fundraiser is gearing up.**

Letters will go out at the end of October. As you know, the poinsettias are of the best quality and make wonderful gifts that will brighten any home or office for the holidays. **Please send Liz names and contact information for individuals and business who might appreciate this offer.** Forms for ordering will be added to our website when available. We will deliver the plants during the last week of November.





# INFORMATION

## Membership

**Scenario 1:** You are meeting a sister Zontian when you realize that you are running late. Her number is not in your smart phone and another member, who may have her number, is not answering her phone. You do not have the District 1 Directory with you. What do you do?

**Scenario 2:** As a club committee chairman, you have been asked to provide the program for an upcoming meeting. Where do you go for inspiration?

**Scenario 3:** You are planning a trip within the United States, or the world, and would like to have a more personal adventure at that location, maybe even experience another Zonta club's meeting. How do you make that connection?

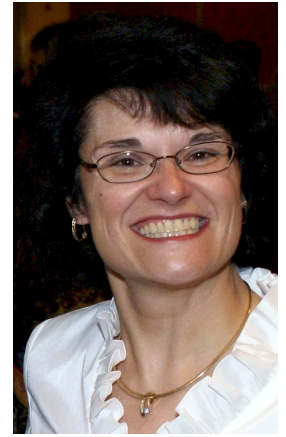
**Answer:** Go to [www.zonta.org](http://www.zonta.org) The Zonta International Website. The ZI website is a fantastic resource for all of your ZI questions, as well as for information about issues affecting women from around the world. And, this biennium, the ZI Board, Committees, and Headquarters are working to enhance the website and ensure that it is more user-friendly. Each ZI Committee has already reviewed the tools and information pertinent to their committee to determine which documents should be enhanced, archived, or newly created.

**Scenario 1:** Zontian contact information can be found under the *Member Resources/Directory* tab on the home page.

**Scenario 2:** In addition to accessing information under *Member Resources/Tools*, on the home page, you can click on the drop down boxes under *What We Do* and *Media and News*.

**Scenario 3:** Click on *Find a Club* on the home page and the whole Zonta world is at your fingertips. Type in your destination, locate the local club(s) and then click on the club's website to learn more about their activities and meeting times.

So, when you have a few moments to spare, waiting for an appointment perhaps, take the opportunity to explore the ZI website. There is an amazing amount of information just a click away. Also, visit [www.zontadistrict1.org](http://www.zontadistrict1.org) and [www.zontaqv.org](http://www.zontaqv.org) for information "closer to home".



*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*

## Golf Tournament Committee Report

Thanks to all of our members, our 20th Annual Golf Tournament was a great success. Those who reported early to help sell raffle tickets, 50/50 & mulligans sold a generous amount to all the players. We had a great selection of pastries, snacks and dessert to enjoy throughout the day. Those who arranged the prizes and gift certificates offered a nice display of choices for every player. The registration combined with the advance raffle and the items sold on the day of the tournament gave us a total profit that exceeded last year. \*

The Golf Committee will be reviewing the results and evaluating ideas for improvement for the next tournament. One consideration is separating the advance raffle from its historical association with the golf tournament. This could reduce the time and monetary demands made upon our members. I would like to thank all the dedicated Golf Committee members for helping to make our 20th Annual Golf Tournament so successful. Marge deserves a lot of credit for recruiting so many players who have supported us all these years. Thank you Marge, Kris, Janet and Pam.

**Debbie Wood, Chairman** Golf Tournament Committee



\* **P.S. from our Treasurer:** After a successful first fundraiser of the fiscal year, our bank balance is over \$16,000. The golf tournament brought in \$3,335 and the raffle \$1,100. Congratulations to Debbie and Marge and the rest of the Golf Committee.