



Zonta Club of Quaboag Valley

Member of Zonta International

Advancing the Status of Women Worldwide

ZONTA BOG NEWSLETTER MAY / JUNE 2015

Important Dates for your Calendar

June 8, 2015 Dinner Meeting—Special guests: YWPA Award winner Eve Falk and author Katherine Mary Kraver, Lt. Governor Joanne Puopolo and Area 2 Director Karen Duffy. Confirm your attendance and your guest count with Kris or Janet by June 1st so we have an accurate number for this final meeting before the summer break. ~

Note: Dinner Meetings are generally the 2nd Monday of the month, September through June—but may vary due to holidays and special events. Please visit the calendar on our website zontaqv.org for confirmed dates.

September 12th Annual Golf Tournament Mill Valley Golf Links, Belchertown

7:30 a.m. Registration, Coffee / Pastries

8:30 a.m. Shotgun Start - 18 Hole Scramble
Picnic Lunch – including dessert

Raffles and Prizes for Everyone!

Cost: \$75 per person (\$55 for members) includes Greens Fee, Cart, Food, Prizes and a Day of Fun for a Worthy Cause!

Sponsor and Registration forms: ZontaQV.org

Fall District Conference Oct. 23-25th

Burlington, Vermont – save the date!

Collecting Toiletries

Debbie Wood is collecting donations to give to the Helping Hands Cupboard in Belchertown. Feel free to bring to our monthly meetings.



**Are you proud to be a Zontian?
Spread the Word!**

Greetings Sister Zontians,

June is the beginning of a new club year with lots to look forward to. Lisa and Tina are stepping into their new roles as President and Vice President. We are confident they will make an excellent team and with your support, the club will flourish.



The June meeting promises to be an exceptional evening. It will be the perfect opportunity to promote Zonta and capture the interest of some potential new members. As you know, increasing membership in Zonta is a key goal for this new club year, not only in our club, but in the District as well. Seize this chance to show your friends and colleagues what a wonderful organization Zonta is by inviting them to the June meeting. We look forward to seeing you and your guests at the meeting. Please confirm your attendance and guest count with one of us by June 1st so we can make final dinner arrangements.

We would like to thank each and everyone of you for your support and hard work over the last year. Without you ALL we would not have a successful, vibrant organization which we love and cherish as Zonta of Quaboag Valley.

Thank you.

Kris Goold Co-President kmgould@aol.com

Janet Ann DaSilva Co-President dasilvaassoc@msn.com

The Zonta Collect:

Keep us from pettiness. Let us be large in thought, in word, in deed. Let us be done with fault finding and leave off self-seeking. May we put away all pretenses and meet each other face to face without self-pity and without prejudice. May we never be hasty in judgment and always generous. Let us take time for all things: make us grow calm, serene and gentle. Teach us to put into action our best impulses, straight forward and unafraid. Grant that we may realize that it is the little things that create differences, that in the big things of life we are as one.

And may we strive to touch and to know the great woman's heart of us all, and let us not forget to be kind.

Leadership in Zonta of Quaboag Valley 2015-2016

Lisa Sedelow, President



As your president, my goals are to:

1. Promote awareness to the public - the what, who, why and where of Zonta, our mission and objectives.
2. Lead with focus and passion by listening to member needs and ideas, and showing gratitude and support for members' personal and Zonta accomplishments. Zonta member satisfaction is top priority to ensure that time spent devoted to service projects and meetings is of the highest quality and value.
3. Grow membership and community awareness by outreach and invitation.

I appreciate your feedback and your support as we dedicate 2015-2016 to a year of "conviction, commitment and courage". If you are proud to be a Zontian, spread the word!

Christina Guinasso, Vice President



In the coming year it is my hope that Lisa and I, as President & Vice President, are able to help strengthen our group. I think that the membership committee will hold a vital role in the coming year by increasing support in attracting new members.

My goals:

- To encourage continuity in our advocacy efforts
- To increase our membership by at least 10%
- To support and encourage my fellow Zontians
- To create an environment that makes others curious about Zonta

We are a strong group and whatever we can do to increase our numbers will only make us stronger and give us the ability to give more back to our community in a manner that aligns with our common goals through advocacy for women.

Golden Words from

Famous Women:

Never doubt that a small group of thoughtful, concerned citizens can change world. Indeed it is the only thing that ever has.
—Margaret Mead

Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International 2015—2016

- President:** Lisa Sedelow
- Vice President:** Tina Guniasso
- Treasurer:** Pam Albertson
- Secretary:** Debra Wood
- Directors:** Ann Cormier
Joanne Turner-Chiacchia
Elizabeth Reeves

Committee Chairs 2015—2016

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

April 13, 2015 Zonta of Quaboag Valley Dinner Meeting

Present: Pam Albertson, Dana Burton, Marge Cavanaugh, Joanne Turner-Chiacchia, Loretta Dansereau, Kris Goold, Tina Guinasso, Dianne Kidd, Mary Knight, Trish Pupek, Mary Ann Rubis, Lisa Sedelow, Debbie Wood

Absent: Ann Cormier, Janet DaSilva, B.J. Bourdon, Chris Gerl

Guests: Joyce Axelson (Coordinator, Palmer Domestic Violence Task Force and Stephanie Esdale (Wellness Director, Soldier On Women's Program)

Minutes: Minutes were approved as written in the Newsletter.

Treasurer's Report: Pam reported that we added another \$41 to the Sunshine Fund at the March Dinner Meeting. She indicated that she continues to collect annual dues which she would like by May 1st. She is in the process of preparing a 2015-2016 Budget for the Board to review at the May Board meeting prior to seeking membership approval.

She also explained that the CD amount of \$6000 which our club was conserving since the Westfield Zonta Club disbanded has been sent to Westfield State University for B.J. to oversee for a scholarship fund benefiting a Westfield student(s) attending WSU. We have \$9206 in Service Funds available. The Treasurer's Report will be filed for audit.

Old Business:

Kris reminded members regarding the upcoming Areas 1, 2 and 4 Spring Retreat May 1st to 2nd in Wells, Maine. Four Members (Mary, Debbie, Joanne and Lisa) plan to attend. Kris asked if members wanted to purchase raffle tickets for a chance for free lodging in Wells, Maine and she will find out if the winner has to use it for the retreat or at anytime. She will check and submit checks on behalf of interested members accordingly.

New Business:

Speakers: We heard from representatives of 2 programs which will be the recipients of the Silent "no more" Auction proceeds.

Joyce Axelson, Coordinator of the Palmer Domestic Violence Task Force indicated that the task force in Palmer hopes to eradicate DV by educating and advocating on behalf of the women in Palmer by providing "clarity, compassion and confidentiality." She cites that 1 in 3 women will experience DV in their lifetime. The task force helps women with the court system and offers support groups and vigils. They are offering education in the high school on teen dating violence, especially when a relationship breaks up. The task force also tries to educate others regarding the batterer and has displayed information in the library on "love is..." The task force motto is "break the silence-stop the violence." Joyce has apprised herself of the Zonta mission and hopes that the task force can partner with our club regarding the "Zonta Says No" campaign and other initiatives.

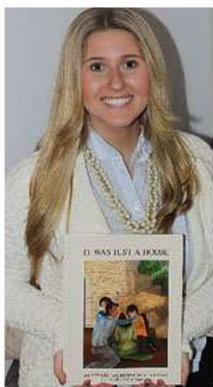
Stephanie Esdale started her position as Wellness Director of the Soldier On Women's Program in February of this year. She comes from a corporate health and wellness background and hospital settings. She related that many female Veterans have experienced sexual assault and trauma. The Soldier On program tries to offer them a place to feel safe and protected where the women can feel respected and regain self worth. She described plans for the new 16 person residence which is to be constructed in Leeds. Projection dates for completion and occupancy are still unclear but it is hope that the women can move in the fall of this year. The future of the current cottage is still uncertain. She relates that as far as our offer to assist the women, they will appreciate linens for bed and bath, rugs and other items. They will be receiving some donations and will keep us informed of the most essential items we can help them to purchase. Stephanie is aware the women would like our members to join them for shopping for their items and other trips they can enjoy together. She mentioned that the women describe many of the activities that they have enjoyed with us and offered a few suggestions such as trips to a zoo, the Aquarium and Museum of Science in Boston, etc. We mentioned that we could again look into horseback lessons, a campfire at Debbie's home and acupuncture. Dates were proposed for Stephanie to confirm. Several women will be attending the May 4th Auction and Stephanie will inquire if they plan to donate some of their handmade items.

May 4th Silent No More Auction: On behalf of the Auction Committee, Trish indicated that this will be our 7th year and it seems we already have several nice items donated with hopes that there will be about 100 items. It is also hoped that there will be larger items to hold a live auction and more of those items are needed. Loretta will be collecting and making up the baskets and a list of the donations will be circulated. Loretta handed out tickets for members to sell and encourage guests to attend. Marge is collecting the RSVP's and asks members to send the names and # of guests, paid or unpaid. The committee will be working out the details about set up the day before and the day of the event and keep members informed. A task of sign up list circulated throughout the evening.

June 8th Dinner Meeting: Mary Ann will introduce Katherine Mary Kraver, the author who will talk about her book featuring a child's experience in a refugee camp. She will be bringing books and will sign them for those who are interested. We will be presenting the YWPA Award as well the same eve-

An Evening with Katherine Kraver, Eve Falk and Zonta

COME PREPARED TO BE INSPIRED



Katherine Mary Kraver
Author, teacher and
world traveler



Eve Falk
YWPA Award
Winner

Katherine Mary Kraver of Westfield - author, teacher and world traveler - will be the keynote speaker on Monday, June 8th at the Ludlow Country Club, where **Eve Falk** – 2015 graduate of Minnechaug Regional High School – will be presented with Zonta's Young Women in Public Affairs award. The public is invited to meet these accomplished young women who have traveled the world and bring a unique perspective to service and advocacy – hallmarks of Zonta International.

Preregister by June 1st with a note to Pamela Albertson, 169 Aldrich St., Belchertown, MA 01007 or email her at pam@zontaqv.org. Include names of all attendees and pay the \$20/per person dinner fee at the door – cash, check or credit card.

The evening begins at 5:30 with a reception and 6:00 dinner, followed by the speaker and presentation. Ms. Kraver will stay to sign her book *It Was Just a House*, which can be preordered from a link at her website: katherinemarykraver.com.

Katherine Mary Kraver is a graduate of Westfield State University and teaches elementary school in West Springfield. Besides teaching, she is passionate about traveling - inspired first by her family and now the diverse students in her school. She has decided to embark on a journey to some of their native countries around the world in order to better understand each of them as individuals and to better her teaching. Ms. Kraver also aspires to write books that teach readers of all ages about different aspects of the world. Her goal is "to transport readers to unique locations to have experiences like no other, in hopes of inspiring them to "be the change" in the world." In her free time, Ms. Kraver enjoys volunteering in her community. She is a mentor for Big Brothers Big Sisters and a volunteer committee member at the Ronald McDonald House; she has also participated in Habitat for Humanity, Walk to End Alzheimer's, Rays of Hope, and Autism Speaks.

Eve Falk is the Zonta Club of Quaboag Valley's 2015 Young Women in Public Affairs award recipient. This program recognizes young women for their demonstrated leadership skills and commitment to public service and civic causes and encourages them to continue their participation in public and political life. At Minnechaug, Ms. Falk is a member of the National Honor Society, School Newspaper, Class Council, Student Council, and Peer Mentors. She founded and is president of the Future Business Leaders of America club, and is a co-captain of the tennis team. Outside of school, she has played piano for 13 years and has received her Gold, Silver, and Bronze Girl Scout Awards. She also enjoys traveling and has been to many domestic and international destinations. In college, Ms. Falk plans to study business, with an eye on marketing and entrepreneurship. She has attended many conferences for women in business, including a weeklong program at Indiana University.

The Zonta Club of Quaboag Valley is part of Zonta International (ZI). Founded in 1919, ZI is a leading global organization of professionals empowering women worldwide through service and advocacy. With more than 30,000 members belonging to more than 1,200 Zonta Clubs in 67 countries and geographic areas, Zontians all over the world volunteer their time, talents and support to local and international service projects, as well as scholarship programs aimed at fulfilling Zonta's mission and objects. For additional information visit the club's website at zontaqv.org or email: info@zontaqv.org. Please join us on June 8th for a most interesting and inspiring evening.



District 1 Spring Retreat

Report by Joanne Turner-Chiacchia

On May 2nd, four Quaboag Valley Club members attended the Zonta Spring Retreat in Wells, Maine. Our morning session included a Skype visit with Bridget Masters, our Zonta International Representative. We viewed service projects taking place in Liberia, Vietnam and Niger. The videos have been posted for all to see at the District website at zontadistrict1.org/zd1/resource-center. It is inspiring to see what Zonta is doing to improve women's lives around the world and to know that each of us is a part of making this happen!

Past District Governor Denise Deshane did a segment on Leadership Development. She had us moving around the room reading Leadership quotes that she displayed on the wall. All were meaningful but my favorite was "You are a role model for your Club and District, the one who sets the standards by being a person of good character, knowing your job, and doing all that matters." Leadership training opportunities are yet another great benefit of being a Zontian.

An important topic was presented by Lt. Governor Joanne Puopolo "Membership- how do we grow and retain members?" She reminded us that every Zontian is responsible for recruiting members. We should know our Zonta elevator speech and show our passion for Zonta!

A highlight of the workshop was meeting and hearing from two Amelia Earhart Fellows. Amazing young women! There was also a session on Advocacy and service awards.

We were all invited to the Fall Conference in Burlington, Vermont on October 23-25. Watch for your invitations to arrive during the summer. I had the opportunity to chat with Nancy Shambaugh and she expressed her gratitude for our Quaboag Valley Club volunteering to help and for the donation.

It was well worth the ride to Maine to be re-energized with Zonta and to see the familiar faces of my Zonta friends!



Silent "no more!" Auction

.... Because victims need to be heard

Kudos to our Auction Committee for another successful Auction.

Our 7th annual Silent No More Auction was enjoyed by many on Monday, May 4th. Thanks to the generosity and creativeness of many group members, there was an abundance of fantastic auction items- truly something for everyone! Please join us in thanking the many local businesses and private supporters of this event listed at zontaqv.org/silent-no-more-auction-donors.

Some lively bidding occurred during the live auction and Trish will be cooking her fabulous 5 course gourmet dinner for her wonderful "mother-in-law." Saratoga Race tickets also generated some excitement and high bidding.

All in all, it was a great time and we are thrilled to be able to provide support to the Palmer Domestic Violence Task Force, Soldier On Women Veterans and the Zonta International Foundation.



Golf Tournament Committee Report

Debbie Wood, Chairman, Golf Tournament Committee

Our September 12th tournament event will be here before we know it! We are looking for Sponsors at the \$50, 75 and 100 levels. They are assured signage on the course, mention in our programs and on our website. Members should have both player and sponsor forms and they are also posted on our website - www.zontaqv.org. We need golfers to participate and if they don't have a four-some we can coordinate to assure full teams. Send a copy of the Registration form to family and friends; let them know what a fun event this is! Lastly, we provide prizes for all players with an approximate value of \$25 each. Keep in mind that we need items suitable for men as well and women. Gift cards to Dick's and sporting goods stores, restaurants, Home Depot, Lowe's, etc. are always popular, along with beer and wine choices. Sponsor forms should be submitted to Debbie and Player Registration forms to Marge.



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ning. There is a list of educators, etc. that will be receiving postcard invitations to the event. The District I Lt. Gov is attending and the Area 2 Director. It is also hoped that the event will be offered as a membership recruitment opportunity. A title for the evening has yet to be determined. It was added that the outgoing Co Presidents would conduct some of the evening events and after installing Tina and Liz, they would conduct the 2nd half of the meeting as a transition. The evening would end with a brief Business Meeting which would be optional for guests to remain and observe.

Advocacy Committee: Tina reported that 4/16 is "Equal Pay for Women Day" and she had obtained a letter from the ZI website. Unanimous consent of members to send the letter on behalf of our club to legislators was provided.

Scholarship Committee: Eve Falk from Minnechaug Regional High School is the selected winner of our YWPA Award and will be attending the June meeting with her family. Her application will be forwarded by the May 29th deadline for a possible additional \$1000 District award. The deadline for the Jane M. Klausmann Scholarship is later and so far there are no applicants.

Golf Committee: Debbie made sure all members have copies of the Sponsor Solicitation forms and asked that members try to find at least one new sponsor to add to those which annually support us. Player registration forms were also distributed. Debbie informed members that a task list for the tournament would be circulated by June via E Mail.

Soldier On: Dana is offering acupuncture for the ladies at the cottages in Leeds for the month of April and will settle on a date soon and inform members. The ladies are invited to our May 4th Auction. Debbie is offering a campfire at her home for June 12th and Stephanie will confirm the date.

Sandy Goss Resignation: Sandy submitted her resignation effective 4/25/15 from the club due to personal and work obligations. She wants to receive information concerning our club, especially regarding the Soldier On Program and our fundraisers.

Fall District Conference Oct. 23-25th: It will be held in Burlington, Vermont. Nancy Shambaugh from the Burlington Club is requesting assistance with registration and credentialing. Joanne, Debbie, Pam and Mary offered to help with those tasks. A request was made for financial support as well. A motion was made and passed to donate \$200.00 to the District I Fall Conference.

Raffle Winners: Marge and Debbie (Marge will bring a gift to the June meeting.)

Respectfully Submitted,
Debbie Wood,
Secretary

Editor note: May 4th was the Silent "no more" Auction at the Ludlow Country Club—no business meeting held during the month of May.



INFORMATION

ZISVAW PROGRAM



ZONTA INTERNATIONAL STRATEGIES TO END VIOLENCE AGAINST WOMEN PROGRAM

Globally, gender-based violence is the most pervasive and least recognized human rights violation. Rooted in inequality, it affects women of every race, class, culture, ethnicity, age and country. Zonta International strives to promote and protect the human rights of all women and girls and reduce the incidence of violence through the Zonta International Strategies to End Violence Against Women (ZISVAW) Program by:

- Supporting prevention and advocacy strategies locally and internationally.
- Awarding grants to United Nations agencies or recognized NGOs for projects that seek to change personal and/or political knowledge, attitudes and behavior contributing to gender-based violence.
- Increasing awareness and actions related to preventing violence against women by encouraging Zonta club involvement in local and national advocacy initiatives and service projects.

Since the program's inception in 1999, more than US\$3.5 million has been provided to support 43 projects in 33 countries. During the 2014-2016 Biennium, two projects are being supported by the ZISVAW Fund:

[Respecting the Rights and Responding to the Needs of Adolescent Girls in Niger](#)
[Voices Against Violence: Non-Formal Education Curriculum for the World Association of Girl Guides and Girl Scouts on Ending Violence against Women and Girls](#)

Visit Zonta.org to learn more about What We Do

International Service Program

ZISVAW Program

Amelia Earhart Fellowship

Jane M. Klausman Women In Business Scholarship

Young Women in Public Affairs Award

Z Clubs & Golden Z Clubs

Zonta Says NO to Violence Against Women

In line with the ZISVAW projects, Zontians around the world are working to end violence against women through the Zonta Says NO to Violence Against Women campaign. [Learn more.](#)

zontasaysno.com/

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