



Zonta Club of Quaboag Valley

Member of Zonta International

Advancing the Status of Women Worldwide

ZONTA BOG NEWSLETTER SEPTEMBER 2015

Important Dates for your Calendar

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
Food, Raffles and Prizes for Everyone!
Cost: \$75 per person (\$55 for members) Call
Marge 283-6448 to reserve your spot!

September 15th Dinner Meeting *
Ludlow Country Club 5:30 Social
Please note this is a Tuesday

October 12th Dinner Meeting *
Ludlow Country Club 5:30 Social
Please note this is Columbus Day



Official Fall District Conference Oct. 23-25th
at the [Doubletree by Hilton Hotel in South Burlington, VT](#) .
Special Room Rates available until October 1, or sold out.
Toll Free: [1 \(800\) 222-8733](#)

November 9th Dinner Meeting *
Founders Day Award

* Call Lisa at 335-7722 or email her at ldsedelow@gmail.com with guest count and any regrets by the prior Wednesday.

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,

I hope your summer has been pleasant and relaxing. September is a refreshing time, a time for new beginnings. I look forward to an exciting year as president of the Zonta Club of Quaboag.

Tina and I shared ideas recently at Presidents' retreat in New Hampshire. This was a terrific opportunity to meet and train with very talented Zontians. It is exciting to know the District recognizes the importance of helping our presidents get off to a good start.

We have many wonderful events and service projects to look forward to this year. We will continue to hold our meetings at the Ludlow Country Club, located off East Street, on Tony Lima Drive in Ludlow. It is a great venue with plenty of parking and handicap accessibility. We will meet on the second Monday of each month, with the exception of our first meeting - which will be held on Tuesday September 15. Business meetings start at 5:30 pm with social time, followed by dinner at 6:00 pm. The catering staff prepares a delicious meal including coffee, tea and dessert for a reasonable cost of \$18. Be sure to let me know if you have dietary restrictions, so can accommodate your needs. Our monthly programs include interesting speakers, activities and a business meeting. The Board meets monthly at the Ludlow Public Library to plan the meetings so that they are efficient, engaging, productive and on schedule.



I am delighted that the 2015 Zonta District 1 Official Fall Conference - themed "Helping Hands Around the World" - will be hosted by the Zonta Club of Burlington VT on October 23-25, 2015. We will choose a Delegate and Alternate at the September meeting. This should prove to a fine time with an interesting program and beautiful autumn scenery in picturesque Vermont. It will be great if you can share this weekend with other Zontians from the New England states and Nova Scotia, Canada. The District nomination committee has posted its slate of candidates for 2016-18; our club has three members running: Pam Albertson for Treasurer, Mary Knight for Area 2 Director, and Deb Wood for Nominating Committee. Best wishes to these extremely qualified women.

Hopefully this will be a year filled with good health, excellent service, commitment and growth for all us. Please spread the word about Zonta; highlight our strengths and bring community awareness about the good work that we do; welcome and invite colleagues, family and friends to come to our meetings. Feel free to share your ideas, requests and questions. I value each and every one of our members and appreciate all you do for our club. I am eager to listen to suggestions, welcome mentorship and support.

Looking forward to seeing you all September 15th.
In Zonta Friendship, Lisa Sedelow, President

2015 Jane M. Klausman Women in Business Scholarship



Elizabeth Fitzgerald

Dana Burton, Scholarship Chairman, is pleased to announce that **Elizabeth Fitzgerald** is the recipient again this year of the Jane M Klausman Women in Business \$1,000 Scholarship. The award is given annually to a woman pursuing an undergraduate or master's degree in business management.

Elizabeth just recently graduated ELMS College with her BA in Accounting and Information Systems along with Business Management & Marketing. This July she is going to start work on her MBA. Her husband has also returned to school and together they are raising their six girls. She also was just offered a job from Meyers Brothers Kalicka PC after completing an internship with them earlier this year. She obviously is doing great and is completely deserving of the award. We will be honoring her at the September meeting.

Check out http://zontaqv.org/2015_jmk_scholarship/ for more info.

In 2011, women held only 16.1% of the board seats at Fortune 500 companies according to the 2011 Catalyst Census. The Jane M. Klausman Women in Business Scholarship program helps women pursue undergraduate and master's degrees in business management and overcome gender barriers from the classroom to the boardroom. Since the program's inception, Zonta has awarded 399 Scholarships to women from 50 countries.

*"You gain strength,
courage, and
confidence by every
experience in which
you really stop to
look fear in the face.
You must do the
thing which you think
you cannot do."
— Eleanor Roosevelt*

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

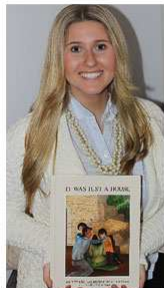
Website: www.zontaqv.org

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: Debra Wood
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

June 8, 2015 Zonta of Quaboag Valley Dinner Meeting

COME PREPARED TO BE INSPIRED



Katherine Mary Kraver
Author, teacher and world traveler



Eve Falk
YWPA Award Winner

The final meeting before the summer break was a special event. It was covered by Emily Thurlow, Turley Publications Staff Writer. Below is an excerpt from the piece published in the Wilbraham-Hampden Times on July 9th.

“During their June meeting, Zontians from throughout the Quaboag Valley region dined upon empowerment and education when guest speakers Katherine Mary Kraver and Eve Falk shared a few words at the Ludlow Country Club. In hopes of attracting additional members, together, Kraver and Falk’s experiences not only followed the tune of Zonta International’s aim of advancing the status of women worldwide, but also set the stage to encourage others to following the inspirational footsteps of author, teacher and world traveler Kraver, of Westfield, and recent Minnechaug Regional High School graduate Eve Falk of Monson.

During the dinner, Kraver read some passages from her book and told of her travels, where she has embarked on a number of journeys to countries around the world to get a better understanding of native peoples and to better her teaching as well.

Falk, who is this year’s Young Women in Public Affairs award recipient was recognized like several other young women in the past for her demonstrated leadership skills and commitment to public service and civic causes.... In keeping aligned with Zonta’s mission, Falk mentioned that two of her goals were to stay involved in volunteering and seeking leadership positions. She is also interested in entrepreneurship and one day may start her own business.”

The event was well attended and truly enlightening and inspiring. Congratulations to Mary Ann Rubis, Dana Burton and all the Zontians who worked on this effort.

Business Meeting

Present: **Ann Cormier, Joanne Turner-Chiacchia, Lisa Sedelow, Tina Guinasso, Debbie Wood, Kris Goold, Janet DaSilva, Liz Reeves, Marge Cavanaugh, Pam Albertson, Patricia Pupek, Mary Knight, Mary Ann Rubis, Dana Burton**

Absent: **Betty Bourdon, Dianne Kidd**

Guests: **Joanne Puopolo, Lt. Governor and Lisa Jacobson, President Malden Club**

Co President Janet DaSilva called the meeting to order at 8:15.

Secretary’s Minutes: Approved as written in the newsletter

Treasurer’s Report: The 2015-2016 Proposed Budget was reviewed and approved.

Fall Conference October 23-25th, Burlington, VT: Approximately 6 of our members plan on attending. A delegate will have to be selected at our September meeting.

Golf Tournament: Debbie requested that each member try to obtain one additional sponsor for the tournament. A list of tasks for members to sign up was circulated. Debbie will also send the list as an E Mail.

Campfire June 19th at Debbie’s: Debbie has confirmation that at least 6 Soldier On ladies are attending. Dana, Lisa, Joanne and Mary Ann are attending from our club and a few members from the Northampton Club are coming.

Silent “No More” Auction: Pam indicated that after expenses approximately \$4,900 was raised giving \$1,653 to each recipient. The amount is less than we raised in 2014. The Auction Committee will be reviewing and making recommendations.

Summer Picnic Date: Lisa with Tina’s help has offered to host the summer picnic at her home in Ludlow on Wednesday, August 12th.

Meeting Adjourned: 8:30 P.M.

**Respectfully Submitted,
Debbie Wood,**

Committee Activities

Golf Tournament Committee



The tournament is fast approaching and will take place before our first meeting. We can most of all use more golfers and always more sponsors and prizes. Hopefully you all read a recent E Mail blast and will provide names of interested players to Marge. Teams,

partial teams, singles are all welcome as well as golfers of all abilities. . We will have an idea of the number of golfers to determine our need for pastries, cookies and snacks by next week and I will E Mail the final tally. Based on your generosity past years and donations to the Silent Auction, I have no doubt that our tournament will be successful and enjoyable for all who participate. Please send the names of ALL GOLFERS LOOKING FOR A DAY OF FUN FOR A GOOD CAUSE to Marge. Sponsors and prizes/gift cards information can be sent to me. Marge and all members of the Golf Committee thank you for your support.

Debbie Wood, Chairman

Treasurer's Report



In June the budget for fiscal year 2016 was approved. It is based upon 17 members; revenue is budgeted at \$5,679 and expenses at \$6,599 resulting in a deficit of \$920. The Club has more than enough cash in

the checking account and CD to cover this. The deficit is due in large part to budgeting \$200 for materials and fees for outreach (to recruit new members!), the purchase of QuickBooks (approximately \$175) for the new treasurer who will step into the position next June, and a \$500 stipend to the delegate to the international conference next June.

Recurring service fund requests total \$3,450. This represents the Club's usual donations that take place during the year and doesn't include any other requests that the Service Committee may recommend nor any spending on the women from Soldier On.

There has been no financial activity during July or August other than a few deposits for the golf tournament.

Pam Albertson, Treasurer.

Poinsettia Fundraiser

It's hard to believe our poinsettia fundraiser is just around the corner. Marge has volunteered to be in touch with someone at the Palmer Library to see if they would consider buying poinsettias again to decorate the library. That was one of the large orders we lost last year. Also, Hamden Bank is now Berkshire Bank. Does anyone in our club have any connections at this bank? Hamden Bank bought poinsettias to decorate all of their branches so I am hoping we don't lose that order. I was also wondering if we might be able to increase sales and/or donations through social networking. I would love to brainstorm with a few of our members that are more tech savvy than I am. Maybe at our September meeting? Anyone that has any other ideas about how to increase sales we are open to suggestions! Enjoy the remainder of your summer and I look forward to seeing everyone at our September meeting!



Liz Reeves, Chairman

Project Update



On Monday, August 10 some of the members of the Zonta Club of Quabog Valley visited and snacked with the ladies of Soldier On while member Dana Burton gave acupuncture treatments to 5 of the lady Vets. Dana was contacted about returning because the ladies had really enjoyed the acupuncture treatments they received in April. Dana is hoping to make this a somewhat regular occurrence because it seems to be quite beneficial to the ladies.

Dana Burton

Lisl Donaldson of Wooden Horse Farm in Thorndike has offered to give the Women Vets a afternoon on the farm. The event will be Saturday, September 26th. The time has yet to be determined, but likely 1 PM, so we can provide a picnic lunch. The Vets will be horseback riding and Zontians can also ride. Some will just be enjoying the Day on the Farm. If you would like to attend, please contact me.

Marge Cavanaugh

Ideas for the next several months? Please let Lisa know what you would be interested in doing. A sign-up sheet will also be available at the September meeting.

Program Committee

The **Founders Day award** is given annually at our November meeting to a woman in the greater Quaboag area who exemplifies the ideals of Zonta International, a global organization of dedicated individuals working together to advance the status of women and girls worldwide through service and advocacy. Past recipients of the Founder's Day award include Kathy Picard, Yoko Kato, The Honorable State Representative Anne Gobi, Bonny Rathbone, Nancy Fletcher, Gertrude (Trudy) Canterbury, Kathleen Conley Norbut, Janice Marciniac, Mary Ann Rigali, Tess Pelissier and Janice Kuceszcz.

The program committee is looking for nominations for the 2015 Founder's Day award. Please submit your suggestions and rationale to Lisa for discussion at the September meeting.

Advocacy Dates in September

September 8, 2015: International Literacy Day

Approximately 775 million people- 64% of whom are women- are functionally illiterate. In other words, they lack the basic reading and writing skills to manage daily living and employment tasks. This is a day to do what we can to promote literacy around the world. Please help remind people that illiteracy is still an issue in other countries and encourage actions that will lead us towards increased global literacy.

September 21, 2015: International Day of Peace

Each year the International Day of Peace is observed around the world on 21 September. The General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples.

For more information about these and other advocacy days, please visit www.zonta.org and visit the International Advocacy page.

Service

The Service Committee has received a request from Mary Knight to support two former guest speakers of our club and benefit local children who are refugees relocated to Western MA or who attend school with these children. The proposal is to buy 20 of Kathrine Mary Kraver's book **It Was Just A House** and donate them to Susan Jaye-Kaplan's **Link To Libraries**, for distribution to local school literacy corners. The intent is to embed empathy in readers of all ages by sharing this empowering story told from the perspective of a child. Total cost depends on the cost of the book - \$20 or \$22 each for paperback.

ZI and District News

Official Fall Conference



The Zonta District 1 Official Fall Conference will be hosted by the Zonta Club of Burlington at the Doubletree by Hilton Hotel in South Burlington, VT on October 23-25, 2015. Special Room Rates available until October 1, or sold out.

Opening ceremonies begin Friday at 7:30 and adjournment will be Sunday at noon. Business sessions include the election of officers for 2016-2018. The slate of officers are:

- Governor:** Joanne Puopolo (Malden, Area IV)
- Lt. Governor:** Liz Hart (Malden, Area IV)
- Treasurer:** Pam Albertson (Quaboag Valley, Area II)
- Area I Director:** Susan Macoo (Concord, Area I)
- Area II Director:** Mary Knight (Quaboag Valley, Area II)
Christine Hunt (Quinebaug Valley, Area II)
- Area III Director:** Beatrice Schori (NS, Area III)
- Area IV Director:** Lisa Jacobsen (Malden, Area IV)
- Nominating Committee:**

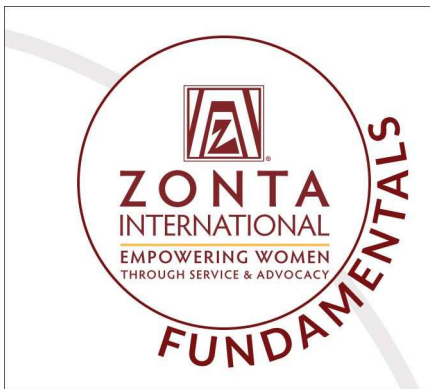
1. Joan Lanzillo-Hahesy (Chelsea, Area IV)
2. Sharon Leavitt (Bangor 1)
3. Kathryn Patterson (Halifax, Area III)
4. Donna Raycraft (Concord, Area I)
5. Debbie Wood (Quaboag Valley, Area II)

In addition to Business Sessions, there will be several interesting speakers including International Representative Bridget Masters, International UN Committee Chair Leslie Wright, and Associate Professor Dr. Adrie Kussrow who will speak on Education for Girls in South Sudan. Also on the agenda are Workshops and lots of networking opportunities.

All members are encouraged to attend a Fall Conference at least once—this will be a great one. You are also invited to take part in a raffle during the September meeting for free admission! The Call to Conference and Registration form are on zontadistrict1.org.

**CHANCE TO WIN FREE
CONFERENCE REGISTRATION
(UP TO \$150 VALUE)
Tickets Only \$5.00**

**DRAWING TO BE HELD
Friday, October 2nd**



Zonta Membership Fundamentals

A Refresher for Members; An Introduction for Interested Supporters

ORIGINS AND SYMBOLS

- ◆ Zonta International was founded 8 November 1919 in Buffalo, New York, USA.
- ◆ The name “Zonta” is derived from the Lakhota word of the Native American Sioux peoples, meaning “honest and trustworthy.”
- ◆ Zonta’s emblem is a composite of several Sioux symbols. The story of the Zonta emblem can be found on the Zonta website.
- ◆ Zonta’s symbol is a yellow rose. Zonta Rose Day, which falls on 8 March and coincides

with International Women’s Day.

- ◆ Zonta’s colors are mahogany and gold.
- ◆ Zonta’s membership pin is a symbol of our bond in Zonta. The Zonta pin is generally worn on the left side.

MISSION

Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy.

VISION

Zonta International envisions a world in which women’s rights are recognized as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men. In such a world, no woman lives in fear of violence.

VALUES

Zonta International is an independent, nonpartisan and nonsectarian global network of professionals united through purpose, taking positions based on its own values and democratic principles. Member Values include:

- ◆ **CONVICTION** ~ Zonta’s programs, projects and actions build a better world by:
 - Improving women’s health and education
 - Ensuring women’s economic empowerment
 - Strengthening women’s representation in decision-making positions
 - Working to end violence against women
- ◆ **COMMITMENT** ~ We conduct business in an honest and trustworthy way to fulfill Zonta’s mission and reach Zonta’s vision, with respect and acknowledgment of members’ diversity.
- ◆ **COURAGE** ~ We shall not rest until
 - Women’s rights are recognized as human rights and every woman is able to achieve her full potential
 - Every woman is literate and has access to education, health care, legal and economic resources on an equal basis with men
 - The world is free from violence against women

GUIDING PRINCIPLE

Women’s rights are human rights, essential for the development of all peoples. Zonta International endorses the values expressed in the United Nations Universal Declaration of Human Rights.

OBJECTIVES

- ◆ To improve the legal, political, economic, education, health, and professional status of women at the global and local level through service and advocacy.
- ◆ To work for the advancement of understanding, goodwill, and peace through a world fellowship of members
- ◆ To promote justice and universal respect for human rights and fundamental freedoms
- ◆ To be united internationally to foster high ethical standards, to implement service programs, and to provide mutual support and fellowship for members who serve their communities, their nations, and the world

Current Committees—time to review and Step In or Step Out

Membership* Chair: Tina Guniasso

Advocacy* Chair: Tina Guinasso

Service* Chair: Debra Wood

PR /Communication Chair: Mary Knight

United Nations Chair: BJ Bourdon

Scholarships Chair: Dana Burton

Poinsettia Fundraiser Chair: Liz Reeves

Golf Fundraiser Chair: Debra Wood

Auction Fundraiser Chair: Dianna Kidd

Archives Chair: Marge Cavanaugh

Current Chairs—are you able and willing to continue for the 2015-2016 term of office? Please let Lisa know before 9/15.

Members—which committees will you focus on this year? All members are encouraged to join one or more committees each year. It is a learning and growth opportunity, and many hands make lighter work.

Responsibilities of the Mandatory (Standing) Committees are noted below. Chairs of the other committees can fill you in on the work effort involved in those areas.

A committee sign-up form will be circulated at the September meeting.

* Mandatory (Standing) Committees:

Membership: This committee is vital for the future of the club and for the growth of Zonta International.

Responsibilities span recruitment, rejuvenation, revitalization and retention

- ▣ Define short and long-term goals in keeping with the current ZI strategic plan and ZI Membership Committee recommendations.
- ▣ Develop a plan for retaining current members, recruiting new members; design activities that will help identify new members.
- ▣ Encourage every member to identify prospective members throughout the year, invite them to club meetings and events and refer them to the Membership Committee. Before being formally invited to join the club, it is highly recommended that the prospective member attend an information session about Zonta.
- ▣ Identify a mentor for each new member and jointly develop a program for the new member's involvement in club activities. The mentor helps and supports the member in getting involved with club activities and learning about Zonta procedures. The mentor encourages participation in committee work as well as participation in meetings at area and district levels.
- ▣ Evaluate committee progress at least once a year. Have the goals been achieved? What worked? What needs to be changed? ▣ Communicate with the district membership chairman.

Service: This committee recommends action in accordance with the Objects of ZI to improve the status of women through international service projects and supports local service projects that are aligned with Zonta International's goals.

Responsibilities include

- ▣ Promote local service projects that improve women's legal rights, health, education, economic status and end violence against women and enhance women's self-esteem.
- ▣ Coordinate programs of Zonta International, and the club, at events and functions which:
 - o Raise the awareness of status of women's issues.
 - o Provide education and development to women.
 - o Publicize and raise funds for local status of women projects and current international projects
- ▣ Consider taking action by:
 - o Offering support, financial or advocacy, in the effort to achieve justice, human rights and fundamental freedoms.
 - o Keeping club members informed of the accomplishments of women and of the activities of local women's organizations.
 - o Providing self-development and training programs for club members that enhance their legal, political, economic, educational, health or professional status.

Advocacy: This committee supports improving the status of women and women's human rights and advocates to influence the laws and attitudes that affect women's lives at the club, district and international levels.

Responsibilities include

- ▣ Engage actively in advocacy activities to improve the status of women locally.
- ▣ Develop resources for members to be effective advocates in their communities.
- ▣ Report on successful advocacy outcomes through the ZI website under What We Do/Local Service and Advocacy.
- ▣ Promote service projects through linking of outcomes to inform about the status of women (advocacy through service).
- ▣ Work closely with the district Advocacy Committee and club service committee.
- ▣ Work in cooperation with other organizations to educate people about legal, political, economic, educational, health and professional issues which