



Zonta Club of Quaboag Valley

Member of Zonta International

Advancing the Status of Women Worldwide

ZONTA BOG NEWSLETTER OCTOBER 2015

Important Dates for your Calendar

October 8th 6pm Take Back the Night—
Depot Park, Main St. Palmer

October 12th Dinner Meeting *
Ludlow Country Club 5:30 Social

October 24th United Nations Day

October 24th Domestic Violence Awareness
Walk ~ Veterans Park, Ware MA ~ 1pm
With each step forward there is hope.



Official Fall District Conference Oct. 23-25th
at the [Doubletree by Hilton Hotel in South Burlington, VT](#) .

November 8th Zonta International Day

November 9th Dinner Meeting *
Founders Day Award

December 14th Dinner Meeting *
Club Holiday meeting and Toy Collection
(No MarketPlace this year)

January 11th Dinner Meeting *
Amelia Earhart Month

* 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.

Magazines We are still collecting magazines to pass out in hospital waiting rooms. Mailing label will be covered with a label that has the Zonta Club of Quaboag Valley's information. Marge is the contact for this.

Greetings Sister Zontians,

This October we have a lot to look forward to. The Fall Conference will be beautiful in Burlington, VT with the fall foliage at its peak. I am excited to share this inspirational time with you all and I am very proud of our Club. Thank you all for your participation at Fall Conference.



Please invite guests to our October Meeting. **Phyllis Grondalski** will be sharing her experiences volunteering for the Mother-Child Program Visitation Program at the Western Massachusetts Regional Women's Correctional Center. Also joining us will be **Regina Sanderson**—Probation Officer and leader of the Womanhood Program at the Eastern Hampshire District Court. It will be a nice evening of fellowship and delicious food. Please confirm your guest count with me by Thursday October 8th..

I look forward to spending time with you and sharing ideas at our club meeting Monday October 12th at the Ludlow Country Club.

Yours in Zonta Friendship,
Lisa Sedelow President Ldsedelow@gmail.com

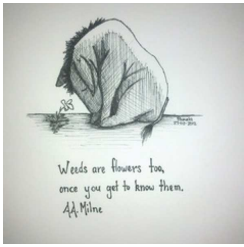
P.S. Please bring an item for our "Date Night" Basket we are assembling for the District Conference Silent Auction. We are also looking for 4—4.5" pots for the Soldier On event in October.

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 judgement 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 the little things that create differences, that the big things in life we are as one. And may we strive to touch and to know the great women's heart of us all, and let us not forget to be kind.



Supporting Women in the Judicial System



Two speakers will join us at the October meeting to inform us about programs supporting women in unfortunate circumstances.

Phyllis (Phyl) Grondalski—Volunteer at Western Massachusetts Regional Women's Correctional Center in Chicopee, MA .

Phyl has been volunteering for nearly 25 years through the Hampden County Sheriff's Department. Since 1992 she has been taking part in the **Mother-Child Program** which gives incarcerated mothers a chance to spend time with their children—playing, talking and holding each other. Children get dropped off by their current caretaker(s) every Saturday and Phyl is there to greet them in a 'grandmotherly fashion' and keep them company while awaiting the visit with their mother. On any given Saturday she will carry babies and toddlers to the visiting room; mentor the Family Service Counselor and volunteers; support the women's Correctional Center Family Services with growing the Mother-Child Visitation Program; or support the mothers in interacting with and parenting the children. Honoring her recently for her service, Sheriff Michael J. Ashe noted, "Phyllis is right at the heart of what drives this department in her belief that every person is worth placing faith in and worth caring about."

Regina Sanderson—Probation Officer and leader of the Womanhood Program at the Eastern Hampshire District Court

The **Womanhood Program** started out of a need: the number of women entering the court system has increased significantly over the last couple years. Regina brought the program to western Massachusetts, after seeing the success of a similar initiative in Chelsea. She explains, "The program that we provide serves to educate them, and we're hoping by education to empower them to then go on obtain future successes." The multi-week program for female probationers is designed to prevent recidivism and help women offenders achieve healthy lives, free of violence, drugs, and crime. Probationers in these programs attend classes that address domestic violence, women's health, substance abuse, and job readiness skills. The Womanhood Program at the Eastern Hampshire District Court held its first graduation ceremony in 2015 and hopes to continue and grow this effort.

*"Far away there in
the sunshine are my
highest aspirations. I
may not reach them,
but I can look up and
see their beauty,
believe in them, and
try to follow where
they lead." - Louisa
May Alcott*

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

September 15, 2015 Zonta of Quaboag Valley Dinner Meeting

Ludlow Country Club

Present: Pam Albertson, B.J. Bourdon, Dana Burton, Marge Cavanaugh, Joanne Turner-Chiacchia, Ann Cormier, Tina Guinasso, Dianne Kidd, Mary Knight, Trish Pupek, Liz Reeves, Mary Ann Rubis, Debbie Wood, Lisa Sedelow

Absent: Janet DaSilva, Kris Goold

Guests: Lynn Goodhue, Judy Mazel, Phyllis Grondalski, Elizabeth Fitzgerald, Melyssa Brown

Installation of Officers: Marge Cavanaugh installed the officers of the club: Directors, Liz Reeves, Ann Cormier and Joanne Turner-Chiacchia, Secretary Debbie Wood, Treasurer, Pam Albertson and Tina Guinasso as Vice President and Lisa Sedelow as President. She presented the new officers not previously installed with flowers and Lisa received the gavel.

President Lisa Sedelow called the meeting to order at 6:10 P.M.

Jane M. Klausman Award: As Chairman of the Scholarship Committee Dana Burton presented **Elizabeth Fitzgerald** with the Jane M. Klausman business award. Elizabeth informed us of the internship which led her to mentor Melyssa Brown and a position at Meyers Brothers Kalicka CPA firm. She continues to work on her Masters Degree in business while her husband pursues a Master's Degree. They are raising 5 daughters while also dealing with her mother who has a terminal cancer condition. Elizabeth is certainly a well deserving recipient of the award and expressed her gratitude for the financial support that the JMK scholarship affords her.

Minutes of the June 8 Meeting: Read and approved as written in the newsletter.

Treasurer's Report: Approved and filed for audit.

District Finance Committee: Joanne reported that it has been a challenging year to balance the budget for our District as the membership has been dwindling. District 1 has set a goal of 25 new members in the next year to avoid the risk of losing our charter or merging with another district. Elizabeth Fitzgerald suggested that contact could be made on college campuses to improve our visibility and membership efforts.

Service Committee: Debbie mentioned 3 requests we have received. 1.) The first is for \$200 to purchase 10 books "It is Just a House" for donation to local libraries. A motion was made and seconded to spend \$400 for the purchase of 20 books. Mary Ann will contact the author to obtain signed copies and coordinate the purchase with the Links for Libraries program for distribution. 2.) WomanHood Program: We are expecting Regina Sanderson from the Probation Department to attend our October meeting to provide more information so that we can determine how the club will participate in the request 3.) The Soldier On program is requesting assistance for furnishings for the new residence under construction in Leeds. Debbie

will follow up to gather more information in regards to our level of participation in the project.

Golf Tournament Committee: Debbie reported that we had 62 players and ample gift cards and prizes. The introduction of the string advantage added a different element to the event. The final total of profit will be determined soon but we earned between \$3000 and \$4000. Great team effort!

Poinsettia Committee: Liz suggested that we try to use social media to help with this fundraiser and increase our visibility. We will start taking orders next month.

October 23-25th Fall District Conference in Burlington, VT: There are approximately 7 members planning to attend. Joanne offered to serve as Delegate with Ann as the Alternate. Help with credentialing may be needed. Marge, Mary and Debbie offered their help. We will sell T-shirts in the Zonta Store and prepare a "Date Night" basket for the District Silent Auction. Candy, blanket, movie tickets, wine, etc. are welcome. We invite members to bring the items to the October meeting including a large basket. Lisa will bring cellophane, ribbon, tape and tools to assemble the basket.

Founders' Day: After discussing possible nominees, it was decided by the group to select Mary Reardon, Director of the YWCA for this honor. Dianne will contact Mary to determine if she can attend the November event. BJ, Lisa, Dianne and Ann offered to serve on the Founder's Day Committee.

October 12, 2015 Dinner Meeting: Phyllis Grondalski, longest serving volunteer for the Mother-Child Visitation Program at Western Mass Regional Women's Correctional Center will attend and inform us about her experience and the program. Regina Sanderson, Probation Officer will also attend to tell us more about the WomanHood program to help us determine our level of participation.

Soldier On: A list of available months for service with the Veterans circulated throughout the meeting. Lisa mentioned some of the possibilities such as game night, tea tasting, Look Park to see the lights in December, bowling, plant care, green house visit, trips to museums, etc. She reinforced that service funds are available. Marge is coordinating a trip on September 26th to the Wooden Horse Farm in Thorndike. She is planning a lunch and has snacks to offer from the golf tournament.

Raffle Winners: Dana and Phyllis won prizes in addition to the centerpieces which Elizabeth, Pam and Marge won.

Meeting adjourned: 8:10 P.M. Respectfully submitted by
Debbie Wood, Secretary

Committee Activities

Golf Tournament Committee



The tournament on September 12th was a great success. For 21 years the efforts of all our members have come together for a nice day of golf fun for a good cause. Golfers were able to enjoy pastries, snacks, lunch with cookies for dessert and a huge selection of prizes. We are grateful for those who solicited new sponsors and the many who contributed food, gift cards and prizes. Thanks to all our efforts we have enriched our service funds by nearly \$4,000. Nice job ladies!

Debbie Wood, Chairman

Founder's Day Award to go to Mary Reardon Johnson!



"It is hard for me to express how excited I am to announce that Mary Reardon Johnson, Executive Director of the YWCA of Western Mass, was delighted to be asked to be the honoree at Quabog Valley's Zonta Founder's Day Dinner November 9th. Mary is well deserving of this award as she is has

dedicated her career to helping improve the life of battered women; she is also an A+ speaker. I think we are all in for a very special event! "

Dianne Kellner Kidd

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 Kuciesicz..

Anyone interested in helping with the program, publicity and the event itself should see Dianne at the October meeting.

Poinsettia Fundraiser

Poinsettia time is quickly approaching! Ann has submitted the required form to Berkshire Bank and they will let us know by Nov. 1. Keep your fingers crossed that they say yes!

We will be sending the order forms out the last week of Oct. If anyone has any additional names they would like an order form sent to, please let us know. We will also be emailing the order forms to some contacts. Mary has put the order form on our website ZontaQV.org. There will be order forms at our Oct and Nov business meetings. We are also going to try using Facebook to advertise our fundraiser to see if we can reach more people. I will bring the list of contacts to the next two business meetings so members can choose who they will contact. In early Nov. I will send an email to the membership to see who can help with getting the plants ready for delivery as well as delivering them.

Thanks for all of your efforts in helping to make this a successful fundraiser!



Liz Reeves, Chairman

Project Update

September Lisl Donaldson of Wooden Horse Farm in Thorndike gave the Women Vets an afternoon of fun on the farm. The event on Saturday, September 26th included horseback riding, a picnic lunch and just hanging out at the far,. Marge Cavanaugh, coordinator of the event will share the details at our October meeting.



October Liz Reeves s hosting the women of Solcier on at R&C Floral on Oct. 31 at 10 am. The women will have the opportunity to wander around the greenhouses and choose a plant to repot into a decorative pot. **If anyone has any pots that they would like to donate bring them to our Oct. business meeting. They should be about 4"-4.5" in diameter.** We will provide refreshments as well. Please join us!

November Pie Baking! Tina Guniasso will share more details in October.

Ideas for the next several months? A sign-up sheet will be available at the October meeting.



Zonta Membership Fundamentals

A Refresher for Members; An Introduction for Interested Supporters

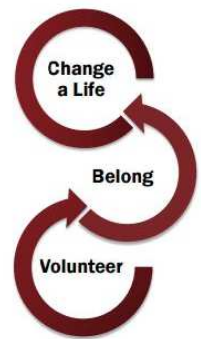
THE VALUE OF MEMBERSHIP

Since Zonta was established in 1919, many members have joined us and are contributing actively to our objectives. Today, we are a leading global organization of more than 30,000 members in a diversity of professions in 67 countries worldwide. The main objectives for Zonta are to achieve gender equality and empowerment of women. We believe that a better world can only be a reality when women have access to all resources, and are represented in decision making positions on an equal basis with men, when every woman is able to achieve her full potential. In Zonta, we empower women worldwide through service and advocacy while we develop ourselves.

ZONTA CLUB MEMBERS:

Volunteer time and talents in initiating changes that will strengthen women's role in the world.

- Participate in service projects that empower women worldwide, help women to achieve their aspirations and enjoy a better quality of life
- Advocate Zonta's position on women's issues locally and internationally, safeguarding women's rights as human rights
- Achieve greater impact on the international platform by combining our voices with like-minded organizations and through our consultative status with the United Nations as a non-governmental organization
- Work with government and community leaders who share common goals
- Encourage and help students to develop leadership skills, explore career options, and participate in community projects



Belong to a forward looking global organization whose voice is heard and respected locally and internationally, including at the United Nations and the Council of Europe and thus

- Unite with other members to foster high ethical standards and world fellowship
- Connect with Zontians from all professions and cultures worldwide and share their passion in organizing women's projects
- Benefit from mentoring and leadership development programs organized at the local and international levels
- Discuss viewpoints with other Zontians, and benefit from the exchange of ideas
- Participate in project management to widen your exposure and experience
- Are groomed as dynamic leaders in organizing various projects and activities.

Zonta is the organization of choice for women and men sharing a common goal: empowering women through service and advocacy. Together, and with CONVICTION – COMMITMENT – COURAGE, we can accomplish more!

Call to Action from Tina Guinasso, Vice President and Chairman of the Zonta of Quaboag Valley Membership Committee:

I'm looking for volunteers to join me in meeting about our membership needs and how we can grow. If anyone would like to join in please email me at tinaguinasso@gmail.com and we can find a time that works for everyone. Thanks!