



ZONTA

CLUB OF
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZONTA BOG
NEWSLETTER
OCTOBER 2016

Important Dates for your Calendar

October is Domestic Violence Awareness Month

October 10 Dinner Meeting *
Why "Self-Care" Should be a Priority—
Dana Burton and Judy Haas

October 21-23 District 1 Fall Conference
in Truro, Nova Scotia
Details at zontadistrict1.org

October 22—Domestic Violence Awareness Walk—Veterans Park, Ware at 1pm

November 14 25th Anniversary Meeting *
and Founder's Day Celebration—
recognizing Marge Cavanaugh

November 25 —December 10 16 Days of
Activism Against Gender Violence

December 12 Dinner Meeting *
Holiday program

January 9 Dinner Meeting *
Amelia Earhart program

* 5:30 Social and 6:00 Dinner.

Member reservations for the dinner meeting are assumed and payment expected unless notification is made in advance. Call Mary 323-4806 or email mfknight@crocker.com with guest count and any regrets by the prior Wednesday.

Collecting Toiletries (Debbie) for local Cupboard and **Magazines** (Marge) for hospital waiting rooms.



Dear Sister Zontians and Friends,

Many thanks to members and guests for a very productive meeting in September. We set our intentions in a positive way (thanks Sandy Neumann!) and began our 25th year of service and advocacy! We are very pleased about our 2016 Founder's Day award winner—Marge Cavanaugh—and look forward to recognizing her many contributions.



At the fall conference in Nova Scotia we will be participating in the Silent Auction—Dana got us a \$100 Amazon Gift Certificate, and the Store—I will bring a selection of our t-shirts along with an order form.

The golf fundraiser was another great success! Thanks to the core committee Debbie, Marge, Kris - and to all other members who donated raffle items, food and precious time to pull this off.

The October meeting promises to be another interesting one, and much shorter!

- Our program (page 2) will be about making YOU a priority on your "to do list! Check out the rationale on page 7 and share with friends who need to hear this message.
- This is Domestic Violence Awareness Month—observed to bring to light an issue that effects our community in a staggering way (page 5). Shanique will share how the local YWCA is taking part in the Purple Purse Challenge and how we can help. Tip: We will have a tag-sale table, so bring cash!
- We will get updates on the 25th anniversary plans for November 14th and other committee reports.

Finally and most importantly: Why are you a member of Zonta? What do you hope to get out of being a member of this club? What will it look like; feel like to you when your reason for membership is being met? How can the club measure its success in meeting your needs around being a member? Read Kris' thoughts regarding this topic on page 6.

As busy women, almost all decisions we make have that underlying thought process, "What's in it for me?" If we hope to strengthen our Zonta club, it is important that we understand **your** WIIFM—so that we are focused on those interests and needs. So....Why are you a member of Zonta? **Please forward your response to Membership Chair Trish Pupek at or before our October 10th meeting.**

As always, yours in Zonta Fellowship,
Mary Knight

October Program: The Importance of Self Care



Quabbin Valley Acupuncture ~
Traditional Chinese Medicine and
Facial Rejuvenation
www.quabbinvalleyacupuncture.com

Women are often seen as nurturers and care givers. We spend much of our time worrying about the health and safety of others: our children, spouses, family, and friends. Many women work through illness whether physical or emotional without taking time for themselves. Failing to take time and replenish ourselves can lead to a deficit in our vitality.

Club member **Dana Burton** who is an acupuncturist and Chinese herbalist along with **Judy Haas**, nutritional therapist and provider of Pure Haven organic products will be giving a talk on October 10th on simple every day ways to nourish and care of ourselves.

The hardest part is making the time for yourself. So many things seem to need our attention all at once. But to truly get the most done and be the most effective (mom, business woman, worker, teacher, etc.) we need to take the time to care for ourselves.

So what easy things can we do for ourselves everyday? Dana and Judy will come prepared to answer that question. Judy will have a selection of products on display and for sale.



Pure Haven Essentials ~
Save, effective, affordable alternatives
for personal care and home products.
www.purehavenessentials.com

Guests are welcome.
Please join us for the dinner and program at Ludlow Country Club, Ludlow MA RSBP: info@ZontaQV.org.

*"Taking good care
of YOU, means the
people in your life
will receive the
best of you, rather
than what's left of
you."*

Carl Bryan

Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International 2016—2018

- President:** Mary Knight
- Vice President:** Patricia Pupek
- Treasurer:** Joanne Turner-Chiacchia
- Secretary:** Kristin Goold
- Directors:** Debbie Wood
Dana Burton
Lisa Sedelow

Website: www.zontaqv.org

Committee Chairs 2016—2018

- Finance & Audit Chair:** Pam Albertson
- Membership Chair:** Patricia Pupek
- PR /Communication Chair:** Mary Knight
- Advocacy/UN Chair:** Dana Burton
- Service Chair:** Debra Wood
- Scholarships Chair:** Dana Burton
- Poinsettia Fundraiser Chair:** Liz Reeves
- Golf Fundraiser Chair:** Debra Wood
- Auction Fundraiser Chair:** Patricia Pupek
- Archives Chair:** Marge Cavanaugh
- Nominating:** Pam Albertson, Liz Reeves,
Marge Cavanaugh



September 12, 2016 Zonta of Quaboag Valley Dinner Meeting

Present: Pam Albertson, Dana Burton, Marge Cavanaugh, Janet Da Silva, Kris Goold, Mary Knight, Trish Pupek, Liz Reeves, Mary Ann Rubis, Shanique Spalding, Joanne Turner-Chiacchia, Debbie Wood

Not Present: Ann Cormier, Dianne Kidd, Lisa Sedelow

Excused: Tina Guinasso,

Guests: Lisa Gustafson, Melody Gustafson, Patti Mathieu, Sandy Neumann, Danielle Petrangelo, Tracy Woodfield

President Mary Knight called the meeting to order at 6:00 PM, reviewed the agenda for the meeting, and welcomed members and guests. Dinner followed the Zonta Blessing.

Guest Speaker: Mary introduced guest speaker Sandy Neumann from the Springfield Valley Hypnosis Center. Her topic for the evening was "The Power of Your Intentions." Sandy distributed a handout, The Power of Intentions, and worked through defining intentions and refining intentions with the members. She explained the importance of meditation for centering and calming oneself and the benefits of guided imagery for creating a clear image of what you want in your life.

New Member Induction: Mary Ann Rubis presided at the induction of new member Shanique Spalding. After repeating the Zonta Pledge, Shanique was presented with a Zonta pin, a Zonta yellow rose, and a warm welcome by club members.

Raffle Drawing: The raffle winners were Lisa Gustafson and Melody Gustafson, mother and daughter guests this evening.

Business Meeting:

Minutes: The minutes for the June meeting were passed as published in the newsletter.

Treasurer's Report: Joanne reviewed the financial statement and stated that the club is in a good financial position. She stated that we will be donating \$2,010 to the Zonta International Foundation at the Fall Conference. She suggested that Mary Ann, District Foundation Ambassador, offer suggestions as to how to distribute the funds. Mary Ann agreed to do so. A motion was made and seconded to accept the Treasurer's Report for audit. The motion was passed.

Committee Reports:

Membership: Trish reported that the membership committee met and set a goal of increasing membership by 20% this biennium. They also reviewed the membership packet to determine how to make it look more professional. The committee will be working this biennium to Recruit, Rejuvenate, and Retain membership. A question was asked as to how many members the

club currently has. Mary responded that we have 17 members total with 15 who are active.

Service: Debbie stated that a request for funding of \$350 was received from Loretta Dansereau for the Career to School STEM program. This program encourages girls in science, technology, engineering, and math careers. The Service Committee recommends awarding this request. The members voted in favor of this request.

Poinsettias: Liz stated that she sent an email asking for volunteers to help with various activities associated with this fund raising activity. Next month the committee will be sending out the letters for ordering the poinsettias. A question was asked as to where we get the plants. Liz replied that they come from the wholesale greenhouse she manages.

Golf Tournament: Debbie thanked everyone for supporting the golf tournament which was held this past weekend. The final figures have not been determined yet, but Debbie reported that every year since 2008 the proceeds have increased. This year looks to be the same. She also stated that every player got a prize worth at least \$25 and that goes towards making this a popular tournament.

Founder's Day Award Nominations: Mary explained that the Founder's Day Award is presented to a woman who truly exemplifies the ideals of Zonta. Recent past recipients have included Yoko Kato, Kathy Picard, and Mary Reardon Johnson. Mary called for nominations from the members.

Marge presented her candidate, Pam Rickenbach of Blue Star Equiculture in Palmer. Pam has a farm and rescues horses. She also works with young people teaching them about farming. Suzanne Strempek Shea has written an article about Pam for Yankee Magazine and Marge suggested we all take a look at it. Marge said Pam is a very worthy candidate.

Mary presented Marge as her candidate citing Marge's service in the Armed Forces, her career in the US Postal Service, her leadership in the AMVETS as the first woman president, her service in the community in a multitude of capacities. Marge was also a charter member of the club as well as a past president. After some persuasion, Marge agreed to accept the nomination. A vote was taken and Marge was selected as the recipient of the award which will be presented at the November meeting in conjunction with the celebration of the club's 25th anniversary.

25th Anniversary Celebration: Mary referred members to the back of the agenda and asked which committee members wanted to serve on to plan the anniversary celebration. She stated that there would be one board member on each committee to act as

September Minutes Continued from page 3

liaison to the board. Mary said she will be an adjunct on each committee. Debbie volunteered for Logistics, Trish volunteered for Invitations, Joanne volunteered for Program, and Mary offered to chair Publicity.

District Fall Conference: The District Fall Conference for 2016 is being held in Truro, Nova Scotia. Six members indicated they are planning on going. Pam said that she found a reasonably priced flight out of Boston. She suggested those planning on going touch base with each other about their travel plans. Mary reported that we need to appoint someone to vote at this conference. Joanne suggested that Dana be the delegate as she has not been a delegate before. Dana agreed. Mary told members there is more information about the conference on the District web site, zontadistrict1.org. A question was asked if there was going to be a store at the conference or a silent auction. Mary Ann stated that she hopes we will be able to participate in the auction, if there is one. There was some discussion as to what we could put in the auction as people will be flying to Truro and that limits what can be brought. Gift cards were suggested. Mary asked if the members wanted the proceeds from the auction to go to the club or to the International Foundation. A motion was made and seconded to donate to the Foundation. It passed.

Mary announced that the 2017 Fall Conference will be held in the Berkshires. She will be meeting with the president of the Berkshire club to determine how we can help them.

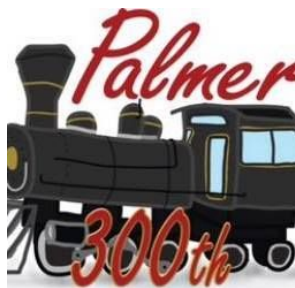
ZI Convention Report: Pam reported that it was a great experience attending the convention. She was a first time delegate and as such attended every business session which she found to be very interesting. She encouraged members to attend the next convention which will be in Yokohama, Japan. The convention in 2020 will be in Chicago, Zonta's headquarters.

Palmer 300th Anniversary Parade invitation!

The Palmer 300th Committee—specifically Marge Cavanaugh, Military Coordinator—has invited our club to participate in their parade on Saturday, October 15th (9am gathering at Palmer High School).

We will be carrying either our Zonta of Quaboag Valley Club or Zonta Says No banner in the parade. Please join Liz, Lisa and Mary for this event if you are available.

Note: Marge and Joanne will be participating in the parade with other organizations.



Announcements:

- Janet is tracking the Soldier On activities until she leaves for the winter. Four club members will be accompanying the Soldier On women to the Quabbin Reservoir on Saturday. They will hear a talk from a ranger on the history of Quabbin and then visit the fish hatchery for a tour. They will also have a picnic lunch. Janet distributed a sign up sheet for future months' activities for Soldier On.
- Pam thanked the club members for their sympathy and support at the passing of her father.
- Mary stated that there will be a meeting for Top Floor Learning at the Palmer Library on Wednesday, September 21. She is unable to attend and is looking for someone to attend in her place.
- Mary thanked Kris for arranging the volunteer opportunity at the Dress for Success Tag Sale this past weekend. Four members worked at the sale assisting customers.
- Trish told the members that there are 2017 calendars for sale by the Berkshire club. The calendar is titled "Real Men Say No to Domestic Violence." The cost is \$15 and the proceeds go to the Berkshire club. Trish also told the club that the next Out of Darkness walk will be held on September 25 at the Mass Mutual Center. Registration is at 8:30 AM and the walk begins at 10:00 AM and it is a 3.3 mile walk alongside the Connecticut River.
- Marge asked for volunteers to participate in the 300th Palmer anniversary parade on October 15. She suggested the group carry our Zonta banner.

Closing: Mary closed the meeting with the group reading the Zonta Collect. She adjourned the meeting at 8:15 PM.

Respectfully submitted,
Kristin Goold, Secretary



Poinsettia Fundraiser

Poinsettia time is quickly approaching! We will be sending the order forms out the last week of October. Let us know if you have additional names to add to either our postal mail

or email list. The order form will also be on our website ZontaQV.org, on our Facebook page and available at our business meetings. Your help in following up on order requests is appreciated.

In early Nov. we will set up a plan for 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



October is Domestic Violence Awareness Month

It is observed to bring to light an issue that effects our community in a staggering way. It is also an opportunity for domestic violence organizations to connect with the community through meaningful outreach and awareness raising events.

WHAT IS DOMESTIC VIOLENCE? Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of

power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional abuse. The frequency and severity of domestic violence can vary dramatically.

DOMESTIC VIOLENCE IN MASSACHUSETTS

- Nearly 1 in 3 Massachusetts women has experienced rape, physical violence, and/or stalking by an intimate partner.
- Nearly 50% of women and 25% of men in Massachusetts have been subject to non-rape sexual assaults.
- In a single day, 1,795 victims were served by Massachusetts domestic violence programs.
- In 2008, domestic violence was declared a public health emergency in Massachusetts.
- Between 2003 and 2012, 266 victims were murdered in intimate partner homicides, and 74 domestic violence homicide perpetrators were killed.

DID YOU KNOW?

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.
- 1 in 3 women and 1 in 4 men in the United States have experienced some form of physical violence by an intimate partner.
- On a typical day, domestic violence hotlines receive approximately 21,000 calls, approximately 15 calls every minute.
- Intimate partner violence accounts for 15% of all violent crime.
- The presence of a gun in the home during a domestic violence incident increases the risk of homicide by at least 500%.
- 72% of all murder-suicides involved an intimate partner; 94% of the victims of these crimes are female.

In Western MA, the primary Domestic Violence resources are the YWCA of Western Massachusetts/Springfield, WomanShelter/Holyoke and the Elizabeth Freeman Center/Pittsfield

Facts from National Coalition Against Domestic Violence



The Purple Purse Challenge is a month long fundraising competition hosted by the Allstate Foundation in which 160 organizations nationwide have the opportunity to raise funds to support their efforts to end domestic violence and support survivors. Purple represents domestic violence, and the purse represents the financial abuse that 98% of women encounter while in a domestic violence relationship. Would you like to support the **YWCA of Western Massachusetts'** effort to raise funds for the women and children in our area?.

You can visit the YWCA crowdise fundraiser page—<https://www.crowdrise.com/YWCAofWesternMassachusetts-PurplePurse2016/fundraiser/ywcaofwesternmassach>—and/or you can **bring your dollars to the October 10th meeting where our Advocacy Committee will have a tag sale table set up. All proceeds collected will be donated from the Zonta Club of Quaboag Valley to the YWCA online fundraising effort.** Items for sale will include hard cover books, glass ware, etc. Members are welcome to bring items for the table—but if they do not sell, you will need to take them back home. Note—do not bring anything that would be better used at the Silent “no more!” Auction in the spring!

Shanique Spalding will be on hand at the meeting to explain how our support can help the YWCA get a piece of the \$650,000 in total prize funding offered by the Allstate Foundation.



ZQV Membership Corner

By Kris Goold, Membership Committee member

Why are you a member of Zonta? What do you hope to get out of being a member of this club? What will it look like; feel like to you when your reason for membership is being met? How can the club measure its success in meeting your needs around being a member?

These questions are designed to help you determine why you became a member of the Quaboag Valley Zonta club. There had to be some aspect of what Zonta is as an organization and what it does both locally and internationally that appealed you and prompted you to join. Try to think of what you hoped to get out of membership in Zonta. This is the “what’s in it for me” or WIIFM radio station that plays in our minds. By determining what Zonta does for you, the club can better establish its goals to ensure that you get what you’re looking for and the club and organization thrive and succeed.

Frankly, when I joined Zonta, I didn’t know much about the organization. When I was invited to a meeting by a woman I knew who managed a store I frequented, she told that the Springfield Zonta Club met at Storrowton Tavern once a month. She also told me that the club was a group of professional women who held fund raising events to benefit women in need both locally and around the world. The thought of going to Storrowton Tavern once a month for a meeting was appealing. So I went to a few meetings and joined Zonta. For the next couple of years I worked on the fundraisers which were fashion shows with a Chinese raffle. They were fun to do and we raised a good amount of money. It was all very enjoyable.

It wasn’t until I attended my first convention in Honolulu and heard a woman physician speak about the hospital she and her husband founded in Ethiopia to help women who suffered with fistulas as a result of very poor birthing conditions. I had no idea a woman would have to not only suffer physically, but also emotionally for something she had no control over. That speech reached my core beliefs and I was hooked on Zonta and what we do in the name of women who care for women who need our care.

As busy women, almost all decisions we make have that underlying thought process, “What’s in it for me?” If we hope to strengthen our Zonta club, it is important that we understand your WIIFM—so that we are focused on YOUR interests and needs. **So....**

Why are you a member of Zonta?

Please forward your response to Membership Chair Trish Pupek at or before our October 10th meeting.

Following is a list of potential interests and needs that a membership in Zonta can fulfill, to jumpstart your thinking.

1. Belief in Zonta’s mission of empowering women through service and advocacy
2. Be a part of an international organization
3. Network with professionals in the community/fellowship with like-minded individuals
4. Connect and learn from professionals further ahead in their careers
5. Give back to others through service
6. Attraction/desire to be involved with a club’s specific service project/fundraiser
7. Learn about how to be an advocate for women’s rights and gender equality
8. Learn about things like UN Women, Sustainable Development Goals, CEDAW, current gender equality data/reports
9. Advocate on specific topics like equal pay, childcare, etc.at the state and federal level
10. Fundraise for a cause that matches philanthropic views
11. Support scholarships to women and girls
12. Support for ZI’s International Service projects and Zonta International Strategies to end Violence Against Women (ZISVAW)
13. Support the Zonta Says No to Violence Against Women activities
14. Learn new skills outside of regular job (accounting, writing, social media, event planning, marketing, etc.)
15. Practice soft skills (greeting, networking, relationships, public speaking)
16. Desire to be a part of a solution
17. Be needed somewhere that counts and cares (people will miss you if not there)
18. Need for relationships outside of work and family
19. Desire to get out of the house (leave kids with others)
20. Be a part of a forum where adding your voice matters
21. >>>>

12 Reasons Women Who Put Themselves First Are Happier (And More Successful)

Summary of an article by Brianna Wiest at <http://thoughtcatalog.com/>

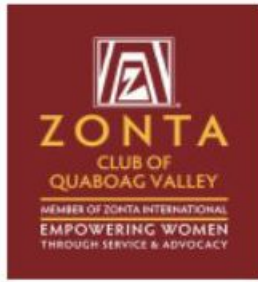
In an interview with Barbara Walters, Michelle Obama stated she makes herself her first priority. When asked if that could be seen as selfish, she remarked: "It's practical... a lot of times we slip pretty low on our own priority list because we're so busy caring for everyone else. One of the things that I want to model for my girls is investing in themselves as much as they invest in others."

There is a mentality (often subconscious) that tells women that they are here to serve — and this notion shapes so much of their lives. It lays the foundation for what they feel they deserve, and how much they allow themselves to be who they are, as opposed to who they feel they need to be for others. Putting yourself first doesn't mean only caring about yourself. It means having a grounded and realistic understanding that you are your first and only locus of control, and you have to be rooted in that before there's any possibility of lending yourself to anybody or anything else.

Here are a few reasons why the women who know how to put themselves first are happier and better adjusted.

- 1. You teach people how to treat you by how you treat yourself.** People who prioritize their wellbeing will naturally command the same of others. The amount of respect people show is directly related to how much they deem someone requires.
- 2. Similar to how you apply your own oxygen mask on an airplane before you put on someone else's — you are only able to truly extend yourself to people when your needs are taken care of first.** When you're emotionally spent there's no way you can sit and listen to a friend's existential crisis as well.
- 3. You're more emotionally stable — you don't attach expectation.** The second you require someone or something to be any specific way for you to be okay is the second you hand over control of your life. You can only control how you act and react.
- 4. You learn to care more about your own opinions than those of other people's,** more about how you feel than how you look, and who you are rather than who you "should" be. When maintaining an image, fitting into a standard, abiding by an expectation, you're inevitably selling yourself short. You're molding yourself into someone you're not.
- 5. Healthy habits become lifestyle, not something you scramble to do when you need to remedy a problem.** Finding time to meditate, cook yourself a great meal, take a mental health day, find something inspiring, cultivate your home to be more relaxing, go for a long hike, stay up-to-date on your doctor's appointments, etc. becomes as routine as brushing your teeth and having your coffee, and then it becomes preventative.
- 6. You get an idea of who and what is actually worth it.** It's not your job to make everybody happy. It is your job to decide who you want in your life, what you want in your life, and then to do your best to give to that whatever you've got.
- 7. You attract the right people, relationships and things into your life because being yourself is your foremost concern.** The more genuine you are, the more genuinely you can find what suits you.
- 8. You know when things aren't right for you, and you respect yourself enough to leave relationships, jobs, friendships, etc. when they aren't healthy anymore.** When you care more about your own well-being, you don't compromise your own mental and emotional health for the sake of someone else.
- 9. You're kinder to other people because you're kind to yourself.** Lashing out at other people (as well as speaking ill of them, gossiping, judging, etc.) has to do with one thing and one thing only: mentally placing someone beneath you to fill a hole where you feel inferior. When you're kind to yourself, you can extend that kindness to others, because you don't have to differentiate them as lesser to make yourself feel okay.
- 10. You don't need anybody else's approval.** So you don't waste your time seeking it.
- 11. You get more done.** When you take care of yourself first, you're not slugging through your day because you're tired or distracted by a negative relationship or something. You care more about finishing the chapter of your passion-project than you do worrying about something that obviously matters less.
- 12. You understand the notion of "changing the world starts with changing yourself."** Working on yourself is the most noble and important thing to do. We all want to change society, but how many of us are actually willing to change ourselves? If every person took it upon themselves to do the really hard work, the true heavy lifting, the looking in the mirror and changing yourself before you try to change anybody else, we'd transform the whole world.

<http://thoughtcatalog.com/brianna-wiest/2014/08/12-reasons-women-who-put-themselves-first-are-happier-and-more-successful/>



The ZONTA CLUB OF QUABOAG VALLEY



*Invites you to its
25th Anniversary Celebration
and
2016 Founder's Day Presentation
Recognizing
Marjorie E. Cavanaugh
Volunteer Extraordinaire*



*Monday, November 14, 2016
Social: 5:30 p.m. Dinner: 6:00 p.m.
Ludlow, Country Club, 1 Tony Lema Drive, Ludlow, MA*

RSVP by November 6, 2016

*Send a check (\$30/pp) with names of all attendees to
Zonta Club of Quaboag Valley, PO Box 1034, Belchertown, MA 01007
or Email Info@zontaqv.org with names of all attendees and
pay \$30/pp at the door - cash, check or credit card.*

*If you are unable to attend but would like to send a message or make a donation to the
Zonta International Foundation in Marge's honor, use the contact information above.*

Soldier On – Women’s Veterans Program



*Fish hatchery guide Curt, with Lu-
anne, Trish, Debbie, Joanne and
Pam. The women were thrilled to see
blue herons and turkey vultures in the
sky above the hatchery - looking for
fish! The tanks are covered with nets
but occasionally a bird manages to
get under the net and scores a meal.*

The weather was perfect on September 17th for an informative tour of the McLaughlin Fish Hatchery in Belchertown to learn about the life of a trout, egg to full growth. We then drove to the Quabbin for a delightful picnic lunch on the bank of the crystal clear Quabbin Reservoir. Pam arranged for a brief presentation describing the history of the Quabbin Reservoir in the Visitor Center. All who attended recommend this outing for club members and Veterans alike. Thank you Pam for arranging such an enjoyable day.

October 24: Liz and Lisa will bring all the materials for creating air plant globes to the women's residence in Leeds. Let Janet know if you can join the fun.

Refreshments welcome

November: Dana has offered acupuncture sessions to the ladies.

December: A holiday visit is being planned. Details will be announced shortly

Soldier On Women Veterans' mission is preserving the dignity, independence and quality of life of women veterans and expanding transitional housing for female veterans who have found themselves homeless since leaving military service.