



ZONTA

CLUB OF
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZONTA BOG
NEWSLETTER
NOVEMBER 2016

Important Dates for your Calendar

**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 *
Links to Libraries Program
Toys for Kids**

2017

**January 9 Dinner Meeting *
Amelia Earhart program**

**February 13 Dinner Meeting *
Hands-on Service program**

**March 13 Dinner Meeting *
Advocacy Initiatives**

**April 10 Dinner Meeting *
Service Project Updates**

May 8 Silent "no more!" Auction

*** 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,

I hope many of you took the message from the October meeting to heart and have started taking some "ME" time! You are special and deserving.



Six of our members attended fall conference in Nova Scotia and had a most uplifting time. The speakers on Human Trafficking and women's issues were very informative; we have lots to share. Dana's report is on page 7. Handouts will be posted on the District website for your review as well: zontadistrict1.org

Preparations for our November 14th meeting are being finalized and it appears we will have a record attendance to celebrate our 25th Anniversary and to honor this year's Founder's Day recipient—Marge Cavanaugh. Thanks to all members for their efforts in pulling this special evening together. It is not too late to invite friends, family and colleagues. The press release is included in this newsletter. Please be sure to get your final guest count to me by November 7th so we provide an accurate count to Ludlow Country Club and plan seating.

Photographer Fran Ferry will be on hand to memorialize the evening and plans are underway to create a special 25th Anniversary issue of the Bog by year end.

November 25th is International Day for the Elimination of Violence Against Women, and the first of 16 Days of Activism Against Gender Violence. It is a perfect time to educate ourselves and others about facts and issues impacting women locally and world-wide. Check out www.un.org/en/events/endviolenceday/index.shtml and be on the lookout for ideas from our Advocacy committee.

Our December meeting will feature a speaker from the Links to Libraries Board and a collection of toys for children who will be spending the holidays in shelters. New, unwrapped toys, stuffed animals, games and books are always appreciated!

Thanks to those of you who have submitted responses to Membership Chairman Trish Pupek about your reasons for being a Zontian. Debbie Wood's reflection is included in this issue.

As always, yours in Zonta Fellowship,
Mary Knight

SOLDIER ON



Our October event with our Soldier On friends was making a hanging tillandsia globe with embellishments including marbles and shells. Janet, Lisa and Liz gathered with eleven enthusiastic women! The result was eleven beautiful globes and Lisa made one to give to Stephanie. Some of the women remarked how excited they were to attend. Lisa thought that the poster that was displayed before the event helped to get the word out. After the completion of the globes we shared a snack of cider, cookies, grapes and cheese and crackers.



Dana will be visiting the Leeds facility on 6pm Tuesday November 8th to offer acupuncture and massages for the women. Mary will be attending to keep our friends company over snacks; let us know if you are able to be there as well.

Plans are in process for blankets and filled stockings to be made and provided to the Veterans for the holidays combined with a trip to Look Park on a date to be determined. Debbie and Marge are coordinating.

We are looking for ideas for the winter months. Please consider some options we can run by the ladies.

"Never doubt that a small, group of thoughtful, committed citizens can change the 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 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



October 10, 2016 Zonta of Quaboag Valley Dinner Meeting

Present: Pam Albertson, Dana Burton, Marge Cavanaugh, Janet Da Silva, Kris Goad, Mary Knight, Trish Pupek, Mary Ann Rubis, Shanique Spalding

Not Present: Ann Cormier, Tina Guinasso, Dianne Kidd, Liz Reeves, Lisa Sedelow, Joanne Turner-Chiacchia, Debbie Wood

Guests: Lynn Forgette, Judy Haas, Sue Williams

President Mary Knight called the meeting to order at 5:55 PM, reviewed the agenda for the meeting, and welcomed members and guests. Dinner followed the Zonta Blessing.

Guest Speaker: Mary introduced the guest speakers, club member Dana Burton and guest Judy Haas. Their topic for the evening was "Making You a Priority." Dana introduced the concept of self-care, that is, making time to take care of yourself so that you will be better able to care for others. She distributed a handout, Daily Self Care Ideas, and reviewed them with the group. Dana also covered a handout, Acupressure for Self-Care.

Judy Haas talked about the chemicals that are in almost all the products we use on a daily basis and the detrimental effects they have on the body. Through her experience with contracting Lyme disease, Judy told how she met a woman who cured herself of cancer by following a diet and regime that avoided toxic chemicals and additives. After a year spent studying an intense course on nutritional therapy, Judy started her practice as a nutritional therapist. She also represents a product line, Pure Haven, which does not contain any toxins. Judy demonstrated some of the products and offered information as to how these products benefit our health.

Purple Purse: Shanique Spalding spoke about the Purple Purse campaign, which is an on-line fund raising competition sponsored by the All State Foundation. The YWCA is participating in the campaign along with 160 other national organizations. The top five fundraising organizations could be awarded up to \$10,000 by All State. There is a tag sale table with items available for purchase tonight, and all proceeds will go to the YWCA.

Raffle Drawing: The raffle winners were Dana Burton and Lynn Forgette.

Business Meeting:

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

Treasurer's Report: There was no vote on the Treasurer's Report as Joanne Turner-Chiacchia was not at the meeting. The vote will take place next month.

Committee Reports:

Membership: Trish welcomed the guests to the meeting. She explained how the members are working to revitalize the club. A new brochure, Welcome to Zonta, is available for members and guests. The committee is working on updating the membership packet, and packets are available this evening if anyone would like to take one.

Poinsettias: In Liz's absence, Mary reported that the letters for poinsettias will go out at the end of the month. If members know of a company or a person who might be interested in a poinsettia, let Liz or Mary know so that they can send them a letter. The Hair Shop in Hadley will be a point of delivery for the plants.

25th Anniversary Celebration: Mary reported that a core group has been working on the program and that invitations were sent out via email. Todd Smola will be stopping by and will say a few words. Fran Ferry has agreed to be the photographer and he is also a magician. He will entertain, if needed. Dana has not been able to reach Elizabeth Fitzgerald about attending and speaking on winning the Klausman Scholarship. Mary will follow up on trying to reach her. Mary also stated that Kathy Picard and her husband will attend.

District Fall Conference: The District Fall Conference for 2016 is being held in Truro, Nova Scotia. Several members are planning on attending. Mary reported that she is working on the invitation for the 2017 conference with the Berkshire Club. There will be a Zonta Store at the 2016 conference and our club will be selling T-shirts. Mary has an order form ready to use. Dana obtained a \$100 Amazon gift card as our donation to the Silent Auction. The funds raised will be donated to the Zonta International Foundation as was voted on at a previous meeting.

Announcements:

Marge reminded everyone that the parade for Palmer's 300th anniversary is this coming weekend. Liz, Lisa, and Mary are walking in the parade and will be carrying the club banner.

The Soldier On activity for October will be conducted by Lisa and Liz. They will be making plant terrariums with the women.

Dana announced that the YWPA scholarships were sent out to the local high schools.

Closing: Mary closed the meeting by asking members to think of three positive things that have happened to them today and to write them down and reflect on them. She adjourned the meeting at 7:55 PM.

Respectfully submitted,
Kristin Goad, Secretary

Service Committee Report

George O'Brien, editor of the Business Journal of Western MA, will join us on December 12th representing the **Link to Libraries program** Board of Directors. Since Susan Jaye-Kaplan first visited us in 2009, Link to Libraries has grown to be the largest regional distributor of books to underserved youth in Western Massachusetts. Many of the children helped have never previously owned a book. Mr. O'Brien will share news of the program and plans for its future.

The Service Committee is recommending that our club donate \$300 to the Link to Libraries program for the purchase of books which it distributes to area schools. An e-mail vote on this request will be sent to all members prior to the December meeting so that we can present a check at that time.

The Board and Service Committee are once again supporting the collection of toys at the December meeting to be distributed to local shelters. Unwrapped items for ages 0-16 are welcomed.

As a reminder we have already budgeted donations for the following organizations in December:

Jubilee Cupboard
Christmas for Kids
Palmer Food Share
Helping Hands Cupboard
Community Survival Center

Plans are in process for blankets and filled stockings to be made and provided to the Veterans for the holidays, combined with a trip to Look Park on a date to be determined.

Debbie Wood, Service Committee Chair

International Day for the Elimination of Violence against Women ~~~November 25

Violence against women

- is a human rights violation;
- is a consequence of discrimination against women, in law and also in practice, and of persisting inequalities between men and women;
- impacts on, and impedes, progress in many areas, including poverty eradication, combating HIV/AIDS, and peace and security;
- is not inevitable. Prevention is possible and essential.

Violence against women continues to be a global pandemic.

From 25 November through 10 December, Human Rights Day, **the 16 Days of Activism against Gender-Based Violence** aim to raise public awareness and mobilizing people everywhere to bring about change. This year, the UN Secretary-General's UNiTE to End Violence against Women campaign invites you to "Orange the world," using the colour designated by the UNiTE campaign to symbolize a brighter future without violence. Organize events to orange streets, schools and landmarks!



Poinsettia Fundraiser

The poinsettia letters were mailed the last week of October. There is also an order form on our website that members can print out and hang in appropriate areas.



A couple of our members hang them at their gyms. When selling we need to be mindful about the distance of the delivery. We will be delivering on November 29 and 30. The orders for those dates need to be in by November 25. Add-ons are welcome and as long as they are at the greenhouse we will include them in those delivery dates. We can continue to sell poinsettias past these dates but we need to make sure we have a member to deliver or pick them up. Our medium size plant is the most profitable for our club and the perfect size for any location!

Let's make this year another successful poinsettia fundraiser!

Thank you for all of your efforts.

Liz Reeves, Poinsettia Chair

Applications Being Accepted for YWPA Award

The Young Women in Public Affairs Award recognizes young women for their demonstrated leadership skills and commitment to public service. We are looking for women in the Quaboag Valley and surrounding towns who are high school juniors or seniors and have an active commitment to volunteerism, experience in local or student government, demonstrated leadership skills, and dedication to advancing the status of women throughout the world. **The club offers an award of \$1000 to be used however the recipient chooses**, to the most outstanding YWPA applicant. The application is available at the club's site: www.zontaqv.org and must returned to **Dana Burton by March 15, 2017**. The local winner's application will then be submitted for competition at the Zonta District 1 level (New England states of the U.S. and Nova Scotia, Canada). The District 1 winner goes on to compete internationally. District and International awards are funded by the Zonta International Foundation.



Thank you for the service funds from Zonta of Quaboag Valley to support our Hot Jobs Career days. Minnechaug Regional High School is the first out of the gate to plan their career days:
 Hot Jobs 4U in Healthcare November 3 and November 10
 Hot Jobs 4U in Engineering and IT December 13
 Hot Jobs 4U in Criminal Justice March 15, 2017

On the flyers I make sure to list Zonta of Quaboag Valley as the sponsor. I have also listed Zonta of QV with a link to the website on the River East website under "Our Business Partners".

At the events, I will also say a few words about Zonta, but I wanted to customize what Zonta is all about for this audience. Let's take the first two events. We have a total of about 40 high school students (boys and girls) taking the Anatomy and Physiology course. We are bringing in professionals in healthcare to entice students to pursue these viable careers. I was wondering you had anything that I could hand out to the students. What would be of interest to them? Z Club, Golden Z, Young Women in Public Affairs Award? Or perhaps you could just give me some brief "talking points" for the students.

Thank you,
Loretta M. Dansereau, Partnership Director
River East School-to-Career, Inc.
 Business & Education Partnership

Response: Loretta was given some rack cards about Zonta, its programs, our organization and contact information. Loretta has been invited to attend our November 14th event.



I hope you are doing well! I see Zonta Club continues to be very busy and very active. Thank you for all that you and the organization continue to do!

I am writing to thank you again for the generous donation to CARES as a result of the auction. We would like to recognize Zonta as a **platinum sponsor** as a result of this donation for the 2016-2017 CARES year. The donor form is attached and if you could fill it out and scan it back to me we will recognize Zonta in our program and in an advertisement in The Register. We will also need your logo for this advertisement.

I cannot tell you how important this donation has been. We were able to bring programming to Red Ribbon Week without hesitation as well as sponsor an anti-bullying event in September. This allows a "just do it" option for us and the schools - no red tape just lets try to make things better through education and positive events.

Thank you so much for your ongoing support - please let us know how you would like to be recognized and if there is a meeting in November where we can present the sign then I would be happy to attend that as well.

Enjoy your week and I hope to hear from you soon!
Laura Rooney
On behalf of Ludlow CARES Coalition

Response: The donor form was completed and sent with our logo to Ludlow CARES. Laura and her Coalition were also invited to the November 14th event.



ZQV Membership Corner

Trish Pupek, Membership Chair ~ patpupek@comcast.net

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? 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? **Send your response to me at my email above.**

As we prepare to celebrate our club's 25th anniversary, I would like to share the heartfelt personal reflection of one of our Charter members, Debbie Wood. ~~~~~



As you will see below I had little difficulty reflecting on the impact of Zonta on my life and my motivation to remain an active member of the Zonta Club of Quaboag Valley

I was approached by our founding President, Judy Van De Geer in 1990 about attending a planning meeting for the Quaboag Valley chapter of Zonta International. I was at a point of transition in my life when I was changing jobs and starting a business with my husband. During my professional career I treated predominately women affected by domestic violence or molestation in childhood contributing to their mental health and addiction concerns. I was attracted to the mission of Zonta which addressed the multicultural needs of women in so many countries. I expected and continue to receive the knowledge that Zonta's efforts can make a difference for women locally and worldwide. I have been humbled to learn and understand the negative effects of rituals and customs on women in other countries such as female genital circumcision, early child marriage, obstetric fistulas, etc. I am proud to be a member of an organization that addresses these concerns on a large scale. I expected and was more than rewarded to learn about women in other countries and other situations different than mine where Zonta, my little club can contribute to some of the solutions to improving their lives.

After attending 4 International Conventions and numerous District, Area and local events I can see the powerful results of the collective efforts of Zonta International and know that we are making a difference in the lives of women.

I continue to benefit from the fellowship I have derived from my affiliation with so many like minded and supportive women who appreciate my contributions and help me to operate as an important member of a team of women. As long as I continue to feel that my input is valuable the club will be successful in meeting my needs. As long as I can learn from other Zontians who maintain a belief in the mission of empowering women to help themselves membership in Zonta will be important to me. As long as membership in Zonta involves collaborative efforts to raise funds to support meaningful local and international service projects, I will be a member of the ZCQV. As long as my club contributes to solutions to the problems facing female Veterans, those affected by physical and emotional violence here and worldwide, I want to be a member of such an organization.

I know many would have trouble believing I was once shy and unassuming. Thanks to Zonta I have more confidence in my abilities and have developed more comfortable assertiveness in my professional and personal life. The fellowship and support from my Zonta "sisters" have meant the world to me and helped me to manage any setbacks and losses I have experienced. Zonta has brought so much meaning to my life in the past 25 years life and helped me keep so many aspects of my life in reasonable perspective. I cannot imagine my life without Zonta.

Debbie Wood

Fall District Conference 2016 Truro, Nova Scotia

Dana Burton, Delegate

This fall, six Zontians from the Zonta Club of Quaboag Valley traveled to Truro Nova Scotia for our fall district one conference. The theme was “Zonta: Women on the Move”. After some normal business we had a wonderful Skype call with international president Sonja Honig Schough. She spoke of this bienniums goals, membership, and better infrastructure for current members. She provided us with some great inspiration. “Every member can do something, but no one member needs to do everything” ~Sonja Honig Schough.

We then went on to install the new district officers with a wonderful ceremony officiated by our own Dr. Mary Ann Rubis. She gifted the new officers with “the keys of wisdom”. And our own Pam Albertson was installed as district treasurer.

Governor Joanne Puopolo discussed the district goals for the new biennium. Our district goals are set to mirror the international goals of the biennium. We spent a little extra time discussing the importance of using social media.

Dr. Mary Ann Rubis talked about the important ZIF projects going on and told us our district fundraising goal is \$60,000 which we already have a good start on!

There was an informative presentation on the International Conference in Nice, France which Pam Albertson already briefed our club on. Next international conference will be in Yokohama, Japan in 2018!

Saturday late morning we had two dynamic guest speakers, Lenore Zann and Joanne Bernard. Both of whom are in Canadian politics and proponents of women’s equality. Very inspiring women doing great work for their communities.

Saturday afternoon was an eye opening and amazing panel discussion on human trafficking moderated by Lt. governor Elizabeth Hart. The panel was made of two Zontians already doing work in this area, a Constable in the Royal Canadian Mounted Police with special training in human trafficking, and a Canadian certified counsellor also specializing in this area. Human trafficking is not just something that happens elsewhere; it is in our own backyards. Education and awareness are the most important aspects of prevention. The question was asked, “What can Zonta do?” and the answer was, housing and counseling for victims (renormalization), backpacks for victims (necessities, toiletries, phone #'s, etc.), and fake lipstick cases with phone numbers inside.

We finished off Saturday with a wonderful dinner and entertainment. Sunday morning we wrapped up the conference with some quick business and then an awesome brainstorming session on membership.



Our District 1 Board 2016—2018

(l to r) Susan McCoo (Area 1 Director), Beatrice Schori (Area 3 Director), Lisa Jacobson (Area 4 Director), Millicent Blum (Secretary), Pamela Albertson (Treasurer), Elizabeth Hart (Lt. Governor) and Joanne Puopolo (Governor) Christine Hunt, Area 1 Director was unavailable.



FOR IMMEDIATE RELEASE

For additional information contact May F. Knight, President at MFKnight@crocker.com or (413) 323-4806

Local Organization Celebrates 25 Years of Empowering Women and Names Marjorie E. Cavanaugh its Founder's Day Recipient for 2016

Western MA ~ The Zonta Club of Quaboag Valley, a member of Zonta International, was chartered in 1991 with a small group of women who wanted to volunteer their time, talent and support to local and international service projects, as well as scholarship programs aimed at fulfilling Zonta's mission and objectives. Since that time, the club has contributed to improving women's lives and empowering them so they can develop to their full potential. They've also worked on projects to raise awareness on issues of domestic violence, homeless women veterans, trafficking of women and children, and suicide prevention in Western Massachusetts.

In November of each year the club celebrates its **Founders Day** by giving an award to a woman in the greater Quaboag area who exemplifies the ideals of Zonta International. Recent past recipients include Mary Reardon Johnson, Kathy Picard, Yoko Kato, Anne Gobi, and Bonny Rathbone. **This year – in celebration of its 25th – the club has chosen to give this honor to one of its founding members, Marjorie E. Cavanaugh of Palmer.** According to Club President Mary Knight, "Marge is the epitome of a leader and role model to many – as a Korean war veteran, one of the first women Postmasters in Belchertown, first female commander of American Legion Post 130, Chaplain for AmVets Post 74, tireless volunteer at the Senior Center, the Palmer Domestic Violence Taskforce, Three Rivers Fire Department Ladies Auxiliary, Palmer Tercentennial Committee – just to name a few of her interests. She was the second president of the Zonta Club of Quaboag Valley, has served in every board position and is the first to volunteer for any committee assignment. She also makes a difference in the lives of her family and friends – new and old."



The public is invited to join us in celebrating Zonta Club of Quaboag Valley's 25th Anniversary and in honoring Marge Cavanaugh on November 14th starting at 5:30 with a reception and dinner at the Ludlow Country Club, Ludlow MA.

RSVP by November 7th appreciated. Either send a check (\$30/pp) payable to Zonta Club of Quaboag Valley, with names of all attendees to ZQV, PO Box 1034, Belchertown, MA 01007-1034 or email info@zontaqv.org with names of all attendees and pay \$30/pp at the door – cash, check or credit card.

Zonta International is a leading global organization of nearly 30,000 professionals in 1200 clubs in 67 countries empowering women through service and advocacy. Since 1919 Zonta International has contributed to the advancement of the status of women and, internationally, has distributed more than US\$19 million in service projects, fellowships, scholarships and awards. The NGO proudly celebrates that it has changed the lives of more than 2 million women and girls in more than 34 countries. The Zonta Club of Quaboag Valley members include residents of Palmer, Ware, Wilbraham, Hampden, Ludlow, Chicopee, Springfield, Westhampton, Amherst, Belchertown, Westfield and Sturbridge. For additional information visit the club's website at zontaqv.org or email: info@zontaqv.org.