



ZONTA
CLUB OF
QUABOAG VALLEY
MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

**ZONTA BOG
NEWSLETTER
DECEMBER 2016**

Important Dates for your Calendar

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

December 12 Dinner Meeting *
Links to Libraries Program
Toys for Kids
Launch of The Period Project

2017

January 9 Dinner Meeting *
Amelia Earhart program

February 13 Dinner Meeting *
Hands-on Service program

March 13 Dinner Meeting *
International Women / Women's Health

April 10 Dinner Meeting *
Service Project Updates

May 8 Silent "no more!" Auction

June 12 Dinner Meeting*

*** 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,

The 25th Anniversary / Founder's day meeting was well done and received. We had 88 out of the 96 expected individuals in attendance. The programs, centerpieces, cake(s), chocolate favors, pens, photographer were all plusses! The two PowerPoint presentations (one of Zonta - created by MaryAnn, and one of Marge being Marge) and pictures from Fran Ferry are available on line—let me know if you have trouble accessing.



The food was WONDERFUL and the venue absolutely beautiful! Many thanks to members who had speaking parts and those who worked behind the scenes to pull this off! I think everyone signed the guest book that circulated, but we got very few emails.... So we need to spend postage if we want to follow-up.

Please help Trish and I by getting us email addresses for your guests - and reach out to see if they might join us at our December meeting. Reminder: Get me regrets/names of guests by 12/7 so we have an good count for dinner.

The 16 Days of Activism Against Gender Violence continues through December 10th. Please review and share info Dana has posted on Facebook; consider writing a letter to the editor to raise awareness on issues of violence against women.

Our December 12th meeting will feature a speaker from the Links to Libraries Board—**George O'Brien**, editor of Business West.

We will also be launching a hands-on project proposed by our board: **The Period Project—distributing dignity to women/girls in need.**

We are meeting with representatives from local shelters to finalize details, but the idea is to pack monthly menstrual kits that include tampons, pads, wipes, pantyliners, soap and underwear. We would collect items in December and January, and put the kits together at the February meeting. One of the cheerleaders for this project —**Kim Lee** from CHD—will join us for the launch, to share how this will make a difference in the lives of their clients.

As is customary at this meeting, we collect new, unwrapped toys, stuffed animals, games and books for children who will be spending the holidays in shelters. **Your generosity is appreciated by Mothers in a tough place right now.**

Finally, please review the outline for our 25th anniversary issue of the Bog in this newsletter. Comments, questions, help with organizing and proofreading are welcome!!

Thankful as always for our Zonta Fellowship, Mary Knight

Membership Committee

Trish Pupek, Chair

Membership is every member's responsibility—it is vital to the future of our club, our District and Zonta International. Think about reaching out to members in your community for speakers, to help make meetings more interesting and fun. Having speakers can also serve a dual purpose of motivating members to attend meetings and using speakers for recruitment purposes.

I am pleased to report the Quaboag Valley board has accepted the membership application of Susan Williams—introduced to Zonta by Dana. Per our procedures, Sue was asked to submit a short bio (below) and the club will vote on her acceptance at the next meeting.

I am a Clinical Nurse Specialist who loves working with Client's with various mental health issues. I have done several nursing jobs in the Pioneer Valley and currently work for Baystate Wing. I am the mother of 5 children and three grandchildren. I love spending time with them all.

I love volunteering and service and have done various activities over the years. These include school volunteering, reading for the blind, a health mission to Ghana, work with a women's health group to set up an NGO, joining a women's choir and other charitable works. Service to others is my vocation, my career, and my life!

I love to travel and expand my knowledge and understanding of the world. I love the idea of international service as I believe we are all one part of the same whole. I have a deeply spiritual nature and often meditate and do Yoga.

I would love to join a group of women who share many of my values and desire for social justice.

Thanks for listening, Sue Williams

"Democracy is just like a company. It works better when everybody is engaged."

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 Goold, 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 Forrette, 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 Forrette.

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 Goold, Secretary

Service Committee Report

Debbie Wood, Chair

The Service Committee is recommending two donations:

- **\$100 for the Palmer Task Force** which serves local families providing support to women involved in domestic violence and their children. The Task Force is planning a holiday party and requesting funds to help with gifts and refreshments. The Service Committee recommends approval of this request.
- **\$100 to the Top Floor learning program** at the Palmer Public Library for the provision of literacy and adult education programs. The Service Committee recommends this donation.

We will be presenting a check for \$300 as approved by members to the **Links for Library program** at the December 12th meeting.

Also for the December meeting, please bring new, unwrapped toys to donate to children of mothers being served by the Women's Shelter Companeras.

We have 16 stockings and blankets to give our the Soldier On women on December 15th, along with the trip to Look Park for a train ride followed by hot chocolate/cookies. Shopping for the contents of the stockings is in process. A basket of shared items will also be presented to the veterans. Let me know if you can join us.

Other December Donations ~ As a reminder, this year's budget includes donations for the following organizations:

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

16 Days of Activism against Gender-based Violence

To raise public awareness during the 16 days—ending 12/10, we are posting daily pictures on Facebook of people holding our "Zonta Says No" banner with facts about violence against women. In this picture, two women veterans from Soldier On are proudly displaying the sign. Among the facts:

- Up to 70% of women experience physical and/or sexual violence by an intimate partner at some point in their lives.
- Men who were victims of child maltreatment are three to four times more likely to perpetrate intimate partner violence.

Check out this link for more facts and substance: http://www.who.int/violence_injury_prevention/violence/global_campaign/16_days/en/

If you are touched by what you read, please use the information to write a letter to the editor to raise awareness on the issues of violence against women.



Poinsettia Committee Report

Liz Reeves, Chair

Poinsettia deliveries went out the week of Nov. 28 and a few more will go the week of Dec. 5. There are poinsettias available if anyone would like to pick up at the greenhouse or for delivery if someone can do it.

I can also bring orders to our December meeting if anyone is interested.

I don't have the numbers yet but I believe we did close to what we sold last year. Thanks for everyone's efforts!

Financial Report from Zonta International Foundation

Treasurer Joanne Turner-Chiacchia received a letter of thanks and a receipt for the Quaboag Club's contribution of \$2010 given at fall conference to Foundation Ambassador Mary Ann Rubis. Included on the receipt was our club's lifetime contribution total: **\$56,263.70!**

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 be 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.



THE PERIOD PROJECT

Distributing dignity to women and teens in need.

Homeless women often can't afford menstrual hygiene products and shelters rarely get donations of pads and tampons even though they are in high demand. For these women, having a period isn't a hassle, it's a nightmare.

The Zonta Club of Quaboag Valley is collecting tampons, pads, wipes, pantyliners, soap and underwear until **February 10, 2017**. A portion of the donations will be used to create monthly menstrual kits for homeless women. The remaining items will be delivered to local shelters.

February 13th The Period Project – Distributing dignity

Ludlow Country Club, Ludlow 5:30 Set up / 6 Dinner (\$18)
RSVP by 2/6 to Mary: 413-219-8260 or info@zontaqv.org

More info at www.zontaqv.org/period



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NEEDED:

- Sealed Boxes of**
- **Pads**
 - **Tampons**
 - **Wipes (singles)**
 - **Soap**
 - **Pantyliners**
 - and
 - New Pairs of Underwear (any size)**

Cards, notes of encouragement

Assistance in filling the kits

Collection Boxes:

Ludlow
Belchertown
Palmer
Amherst
Chicopee
Springfield: Eastfield Mall

Addresses /maps at zontaqv.org/period



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.**

From Elizabeth Reeves—Charter Member

I was first invited to a Zonta meeting by the director of my son's daycare. ZQV was not chartered at that point but we were working and planning towards becoming chartered. When the time came to become chartered I decided that being a ZQV member was for me. We have gone through lots of changes over our twenty five years and have learned a lot. We continue to learn! I love that our membership works together. It seems when we are planning something (events, fundraisers, service projects) everyone takes a piece of it and makes it work and work well!

It means a lot to me to make a difference in women and children's lives locally and globally. I really enjoy our time with the Soldier On women. I have learned so much from them. Learning new skills as well as sharing some of my skills in a supportive environment is rewarding.

So WIIFM? Fellowship with lots of wonderful women working together to make the lives of less fortunate women better!

From Pamela Albertson

After serving on the board of US National Committee for UN Women for 6 years, I was looking for a local organization to support. I knew about Zonta from my time with USNC and sought out a local club, which I happily found!

I feel my work contributes to awareness of and help for women in difficult situations; that friends who aren't Zontians learn about the issues so I'm creating awareness among them. Our fundraising efforts contribute to local groups with slim budgets and we can see the difference our efforts make!

25th Anniversary Newsletter—Proposed Outline

Mary Knight, Communication Chair ~ mfknight@crocker.com

- Overview of history—using info from slides (text and pictures) and speeches Mary Ann created for 25th event
- Specific timeline of key events of Quaboag Valley club—along with historical context (highlights of events in the country/world)
- Picture collage from 25th Anniversary
- Addendum (based on lists accumulated by Debbie in researching meeting notes and newsletter archives)
 - ⇒ Members—current and past
 - ⇒ Advocacy and service projects over time
 - ⇒ Founders day recipients
 - ⇒ Scholarship winners
 - ⇒ Major fundraisers over time

Tentative completion—January 2017. Please share comments, suggestions and ways you might be able to help with this project.