



ZONTA

CLUB OF
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZONTA BOG
NEWSLETTER
APRIL 2017

Important Dates for your Calendar

April 10 Dinner Meeting * Service Project Updates

Annual Dues: \$124 payable before 5/1

**BRING BASKETS AND DONATIONS TO
ASSEMBLE FOR AUCTION**

April 29 Spring Retreat—Wells ME 9am

Join District 1 Zontians for a day of hands-on workshops, fellowship and networking!

May 8 Silent “no more!” Auction

Our major fundraiser of the year, benefitting three deserving organizations.

June 2-4 North American Inter-District Meeting – McLean Virginia Hilton

www.northamericanmeeting2017.com

If you aren't able to attend International convention, this is the next best thing!

June 12 Dinner Meeting*

Year End Report, YWPA Award

September 9 ZQV Golf Tournament Cold Springs CC, Belchertown

October 20—22 District 1 Fall Conference in the Berkshires!

* 5:30 Social and 6:00 Dinner.

Member reservations for the dinner meeting are assumed and payment of \$18 is expected unless notification is made in advance.

Call Trish 413-626-5656 or email info@zontaqv.org with guest count and any regrets by the prior Wednesday. In an emergency, members have until noon of the day of the meeting to call without penalty.

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

ZONTA CLUB OF QUABOAG VALLEY invites you to the



Silent “no more!” Auction

Because victims need to be heard

Monday, May 8, 2017 6p.m. (preview 5:30)

Ludlow Country Club, Ludlow, MA

\$30 per person

Payable to the Zonta Club of Quaboag Valley

Proceeds to benefit: YWCA YouthBuild Springfield,
Soldier On Women Veterans, Zonta International Foundation

Zonta of Quaboag Valley PO Box 1034 Belchertown, MA 01007-1034

Call: 413 219-8260 **Email:** info@zontaqv.org **Visit:** zontaqv.org

Dear Sister Zontians and Friends:

It is officially SPRING, but this club has not been hibernating during the winter months!

Plans are well under way for this year's Silent “no more!” Auction and we are looking for items to bid on as well as people to attend. There is a flyer in this newsletter that we hope you will share with everyone in your network. We are pleased to have three very deserving organizations that benefit from our efforts! At the end of the April meeting we will take some time to assemble baskets—so please bring whatever items, gift certificates and baskets/containers you've collected so far. We hope to have over 100 items in the auction with initial bids of \$25 and up.

Also at the April meeting, we will be voting on three new-member applicants—individuals who have made a commitment to join us in service and advocacy.

Have you registered yet for the Spring Retreat in Maine? There are several of us who will be heading up on Friday the 28th of April, so let's plan on car-pooling! See the invitation in this issue. Another opportunity for learning, fellowship and networking takes place June 2-4 in Virginia and Washington DC. Read about the **Zonta International North American Interdistrict Conference (NAIDM)** in this issue and consider attending with Mary, MaryAnn and Pam.

In case you missed it, ZI Headquarters will send a personal email to members in early April with their new username, a link to reset their password and a link to instructions on how to log into the membership.zonta.org website.

Looking forward to catching up in April. Be sure to let Trish know of guests and regrets by April 5th. Best, Mary Knight, President

The 2017 Silent “no more!” Auction fundraiser will benefit the following organizations:



YWCA YouthBuild Springfield

YWCA YouthBuild Springfield is a program for young adults ages 16-24. Its mission is to nurture and build the skills and assets of low-income youth, providing them with the opportunity to prepare themselves to become productive citizens in their community. While learning construction, job readiness and life skills, youth are engaged in rebuilding their communities and their lives, breaking the cycle of poverty and or abuse, with a commitment to work, education, family, and community.



Soldier On Women Veterans

Solder On Women Veterans’ mission is to preserve the dignity, independence and quality of life of women veterans and expand transitional housing for female veterans who have found themselves homeless since leaving military service.



Zonta International Foundation

Zonta International Foundation exists to help women and girls overcome gender barriers to educational and professional advancement; provide opportunities for women to earn higher wages and achieve economic independence; ensure that women and children have access to quality, affordable health care; and strive to end violence against women while helping survivors rebuild.

"Our choices have consequences. Choices that result in negative emotions narrow our focus to a specific action. Choices that result in positive emotions, on the other hand, broaden and build. They open us up to possibility, engagement, collaboration and innovation."
Dr. Kristen Race

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



March 13, 2017 Zonta of Quaboag Valley Dinner Meeting

Ludlow Country Club, Ludlow MA

Present: Dana Burton, Marge Cavanaugh, Kris Goold, Trish Pupek, Liz Reeves, Lisa Sedelow, Shanique Spalding, Joanne Turner-Chiacchia, Sue Williams, Debbie Wood

Not Present: Pam Albertson, Ann Cormier, Janet DaSilva, Tina Guinasso, Dianne Kidd, Mary Knight, Mary Ann Rubis

Guests: Andrea Bordenca, Dr. Kathy Mahoney MD, Patti Matthieu, Danielle Petrangelo, Kathy Picard

Vice President Trish Pupek called the meeting to order at 6:05 PM. She explained that President Mary Knight was away and that she, Trish, would be conducting the meeting. Trish led the Zonta Blessing which was followed by dinner.

Business Meeting:

Minutes: The minutes for the February meeting were approved as published in the newsletter.

Guest Speaker: Trish introduced guest speaker Dr. Kathy Mahoney from Bay State Medical Center. Dr. Mahoney introduced her topic "Menopause, Menacing or Marvelous?" She explained what causes the symptoms of menopause, how they can be treated, how long they last, and how to deal with them. Dr. Mahoney went on to explain how menopause affects our overall health and made suggestions as how to handle some of the more common effects such as weight gain, stress, and mood shifts. She completed her presentation by taking questions from the audience.

Committee Reports:

Membership: Trish stated that at the board meeting, one suggestion was to highlight one member per month in the newsletter starting in April. Trish said she will take April and this spotlight will be a way for members to learn more about each other.

Advocacy: Dana had nothing to report.

Service: Debbie had nothing to report.

Scholarships: Dana stated that the YWPA applications are due by this Friday. She has received two so far.

Other Business

Golf Tournament: Debbie reported that this is the 23rd year for the golf tournament. She said that the golf committee had met and discussed a change of venue, moving from Mill Valley Golf Club to Cold Springs Country Club. The committee feels that Cold Springs is a better golf course and that we will probably draw new players to our tournament. There will be an increase in price from \$75 to \$90, but Cold Springs is very agreeable to our request that we provide snacks and dessert as we did previously at Mill Valley. Cold Springs will also provide us with a contract. They do however, require a \$500 deposit. A motion

was made to pay the deposit and all voted in favor of doing so. The tournament will be held on September 9.

Auction: Trish spoke about the upcoming Silent "no more!" Auction which will be held on Monday, May 8 at the Ludlow Country Club. She explained that a third of the proceeds goes to Zonta International, a third to Soldier On and a third to an "as of yet undetermined" recipient. Trish called for suggestions from the members.

Kathy Picard asked to speak for funding for her book "Life with My Idiot Family." Kathy explained that her book chronicles her life experience with sexual abuse. She wants to be able to get her book in the hands of everyone who deals with victims of sexual abuse and to do so without cost to the recipient. The book will be used as a tool to help those who work in that field or who have experienced sexual abuse themselves.

Shanique Spalding asked to speak on behalf of the YWCA of Western Mass program "Youth Workforce Development." This program attracts more young women than men and those who have not completed high school. The program counsels them toward preparing for a job. Shanique explained that this program is part of a national organization, but relies on local funding as well as national funding.

Kathy and Shanique left the room while the members discussed both requests. After a discussion of the pros and cons of the two requests, the members voted to have the Youth Workforce Development Program as the third recipient of proceeds from the auction. There was also a discussion of the merit in Kathy's request. The club voted to suggest that Kathy apply for a donation from the Service Committee. Both women returned to the room and Trish announced the decision. Debbie gave Kathy a form with which to ask Service for support for her book.

Other Announcements:

April Meeting: Trish stated that we will be making baskets for the auction at the April meeting. Please remember to bring items for the baskets. Nothing is too small as we combine several items to make a basket. Liz and Lisa will bring the ribbons. Dana offered to bring her laptop to keep track of the baskets. Trish asked if members could bring tape, scissors, and tissue.

Raffles: Kathy Picard won the Bailey's Irish Crème. Lisa, Marge, Trish, Joanne, Debbie, and Kathy won the plants.

Closing: Trish adjourned the meeting at 8:35 PM.

Respectfully submitted,
Kristin Goold, Secretary

REMINDER Annual membership dues must be paid by May 1st. \$124—payable to Zonta of Quaboag Valley. See Joanne at the meeting in April

The Membership Committee and Board of Directors are proud to introduce the following individuals who have accepted the commitment for membership in the Zonta Club of Quaboag Valley. A vote will be taken at the April meeting.



Danielle Petrangelo
dpetrangelo@ywworks.org

My name is Danielle Petrangelo a current resident of Westfield. I am a proud dog mom of a Retriever mix named Roxy who I rescued seven years ago. I love being an Auntie to my amazing niece and nephew as well as hosting parties for my friends and families. I first was introduced to Zonta by my coworker Shanique Spalding. She told me about your organization and what Zonta represents. I attended several dinners with her as a guest and was so floored by all

the amazing women in Zonta, the organization, and the overall club's mission.

I presently work for the YWCA of Western Massachusetts as a Sexual Assault Counselor. My job everyday is to provide services to survivors, hold trainings on awareness of sexual assault, domestic violence, dating violence and stalking at local colleges, high schools and the general public. I love what I do because I know how much the work I do at the YWCA positively changes the lives of so many women and girls in our community. But this too is what Zonta does! I would be honored to join a group who's mission aligns so closely with my own personal passions and allows me to do even more for my community. I'd be proud to be a Zontian!

Patricia J. Matthieu
pattimatthieu@gmail.com



Patti lives in Three Rivers with her husband of 43 years, the current Deputy Chief of the local fire department. She has two daughters and two granddaughters. She is the current President of the Three Rivers Fire Fighter's Association Ladies Auxiliary. She has a horse (her passion) named Sebastian and plays the Bagpipes..

In her professional life, Patti is an Education Coach in the Ludlow Public School's Special Education Department. She currently works with a student in a special program called ICE and they attend a class at Westfield State University three days a week.

Patti was introduced to Zonta by Marge and Joanne. You will recognize her from her attendance at several meetings as a guest this year.

Asked about her interest in joining the club, Patti had this to say: "I would be proud to become part of a group that promotes the values that Zonta is so dedicated to. I feel that I am a team player and I hope that you will consider me for membership."



Andrea Bordenca
andrea@leadyourselfyouth.org

Andrea Bordenca is a Leadership Performance Coach, and a Corporate Consultant & Trainer. Andrea is the Founder of Lead Yourself Youth, Inc., an organization dedicated to youth leadership development in underserved communities. She also serves as Chairperson to DESCO Medical Service and served as CEO for over ten years before shifting into her current role.

In January 2017, Andrea and a colleague created a collaborative learning and sharing space for women in her home town—Belchertown Women's Collaborative. Its premise: our capacity to see and realize possibilities is linked to those we surround ourselves with. Mary Knight joined this collaborative and introduced Andrea to Zonta—a like-minded organization.

Andrea researched our organization, attended the March meeting and voiced her commitment to be part of our service and advocacy initiatives.



The 61st session of the Commission on the Status of Women (CSW61) was held at the United Nations Headquarters in New York from 13 – 24 March, 2017. As an NGO with General Consultative Status, Zonta International is an active participant in this event—Dr. MaryAnn Rubis represented the Zonta Club of Quaboag Valley.

This year's focus: The world of work is changing fast, through innovation, increasing mobility and informality. But it needs to change faster to empower women, whose work has already driven many of the global gains in recent decades. Women still predominantly occupy jobs that pay less and provide no benefits. They earn less than men, even as they shoulder the enormous—and economically essential—burden of unpaid care and domestic work. Realizing women's economic empowerment requires transformative change so that prosperity is equitably shared and no one is left behind. The international community has made this commitment in the 2030 Agenda for Sustainable Development. Every woman should enjoy her right to decent work. As a global champion for gender equality and women's empowerment, UN Women asks: What do we need to get there?

UN Commission on the Status of Women provides roadmap to women's full and equal participation in the economy. The outcome of the Commission's consideration of the priority theme takes the form of agreed conclusions, negotiated by all States. A summary will be published soon, but the following resources provide a good overview:

- <http://www.unwomen.org/en/news/stories/2017/3/press-release-un-csw-provides-roadmap-to-womens-full-and-equal-participation-in-the-economy#sthash.GKgWYyVZ.dpuf>
- <http://www.unwomen.org/en/news/in-focus/csw#sthash.Ch00M8lg.dpuf>



Registration is open: The Zonta International North American Interdistrict Conference (NAIDM) is being held on June 2-4, 2017

Join us at the NAIDM meeting at the 4-star Hilton McLean Tysons Corner Hotel in Virginia. On Friday June 2nd we will travel to the nation's capital by train to advocate for Zonta's issues with US legislators and the Canadian Embassy. Friday evening will offer a buffet and roundtable discussions with experts on various Zonta topics. Saturday will feature a general session, workshops, lunch and dinner. The event will conclude on Sunday with more workshops and brunch.

This year's program will be "Be Part of Zonta's Action" and will feature Zonta International President Sonja Honig Schough; an appearance by Emmy Award winning documentary filmmaker, Sophia Kruz who produced "Ride the Tiger"; a trip to Capitol Hill to advocate on behalf of Zonta's issues; and workshops on Advocacy, Leadership, Membership and Service...all critical elements of Zonta.

Don't miss your opportunity to participate in the 2017 North American Inter-District Meeting. Rooms are filling up and the trip to Capitol Hill has proven to be extremely popular. Be part of a major Advocacy initiative and visit Capitol Hill with members of the International Advocacy Committee. Get a briefing on our top advocacy issues and visit your state representatives to discuss those issues. Meet the International President and members of the International Board. Hear outstanding speakers, stay in a four-star hotel, meet Zontians from all over the United States and Canada in a casual setting, and attend outstanding workshops. Every North American Meeting has been outstanding...but this may be the best yet.

Register before the price goes up and join us for a great time. Details: www.northamericanmeeting2017.com.



RSVP BY or before **April 15th** to:

Joanne Puopolo
257 Hawthorne Street
Malden, MA 02148
jmpuopolo@comcast.net

First time Spring Workshop attendees
receive half price workshop discount!



Name: _____

Address: _____

Phone: _____

Email: _____

Club: _____

Club Officer/Title (if applicable): _____

First Time Spring
Workshop Attendee:

Check here

**Please make check payable to Zonta
International District 1**

You are cordially invited to the 2017 Zonta International District 1 Spring Workshop!

WE SHALL NOT REST

until women's rights are
recognized as human rights



Saturday, April 29, 2017
9:00 AM to 3:00 PM
Cost \$35 Includes Lunch

Place: Hampton Inn & Suites
900 Post Road, Wells Maine 04090
Phone: 207.646.0555
<http://hamptoninn3.hilton.com/en/hotels>

Mention Group name **Zonta** to book your room (Zonta room rate \$102/night + tax)

Register Now! Or (no later than April 15, 2017)

Featuring:

Skype with **Zonta International UN Chair, Leslie Wright** on CSW 2017,
Women's economic empowerment in the changing world of work.

Agenda:

Leadership/Professional Development:

Assessment, Thinking like a Leader, Keys to Peak Performance

Membership:

Member Retention, New Tools and Resources, New Member Orientation

Local Service Projects:

Focus on Zonta's mission and vision including Goal #5: Achieve gender equality and empower all women and girls.

International Service Project Update

Google Docs/Dropbox:

*How to retain club documents,
Pass the torch and plan for the future?*

Important Note: As much as we would like to see all of you attend and participate in person and we feel you would receive great benefit by participating in the hands-on workshops, fellowship and networking with Zontians from across the District, we understand time and travel restrictions so we are trying something new! **There will be 10-15 seats available via Gotomeeting so you can call and join the workshop.**

If you are interested in this option, please let me know as soon as possible and no later than **March 31st** as it will be filled on a first come first serve basis.



Silent "no more!" Auction

... because victims need to be heard

Monday, May 8, 2017 6:00 (5:30 preview)
Ludlow Country Club, Ludlow, MA

Admission: \$30

Appetizers, buffet meal, dessert, coffee/tea ~ Cash bar
Chance to bid on a large array of valuable items and themed baskets
Beautiful, convenient location, free parking, relaxing atmosphere and plenty of seating
Opportunity to network with like-minded individuals and support important causes

Menu
Assorted Fruit
Cheese /crackers
Veggie Platter / dip
Salads
Pasta Dishes
Carving Station
Grilled Vegetables
Array of Delicious
Desserts
Coffee and Tea
Cash bar /
Specialty Drinks

Sponsored by Zonta of Quaboag Valley / Proceeds to Benefit:

YWCA YouthBuild Springfield ywworks.org/services/self-sufficiency-services

Giving pathways to education and jobs through nurturing, and building the skills and assets of low-income youth. While learning construction, job readiness, and life skills, youth are engaged in rebuilding their communities and their lives, breaking the cycle of poverty and or abuse, with a commitment to work, education, family, and community.

Soldier On Women Veterans wesoldieron.org/women

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.

Zonta International Foundation foundation.zonta.org

Helping women and girls overcome gender barriers to educational and professional advancement; providing opportunities for women to earn higher wages and achieve economic independence; ensuring that women and children have access to quality, affordable health care; and striving to end violence against women while helping survivors rebuild their lives.

Tickets may be reserved by April 27th through Zonta Club members, or by contacting Marge Cavanaugh

Address: 57 South Street, Three Rivers, MA 01080

Phone: (413) 283-6448 **E-mail:** mecqltr@comcast.net

Auction Items and Tickets: Cash, checks and credit cards accepted.

Make checks payable to **Zonta of Quaboag Valley**

Donations of Auction items are welcomed! Contact Joanne Turner-Chiacchia by 4/27 with Donor name—item description —value – Info on delivery or pickup needs. **Phone:** (413) 668-8546 **E-mail:** joannetc@comcast.net

The Zonta Club of Quaboag Valley (www.zontaqv.org) is part of Zonta International — a leading global organization of professionals empowering women worldwide through service and advocacy,

Silent Auction
The auction will include a large array of valuable items and themed baskets donated by members of Zonta of Quaboag Valley and local businesses.
Donors will receive publicity on the zontaqv.org website, in the evening's program and in all marketing materials.
The Zonta Club of Quaboag Valley is now a 501(c)(3) nonprofit organization.