



# ZONTA

CLUB OF  
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

ZONTA BOG  
NEWSLETTER  
MARCH 2017

## Important Dates for your Calendar

**March 8 International Women's Day**

**March 13 Dinner Meeting \***

**Women's Health—Dr. Kathy Mahoney**

**Menopause—The Essential Facts**

**BRING GOLF-RELATED ITEM FOR TOP-FLOOR LEARNING "THEMED BASKET"**

**April 10 Dinner Meeting \***

**Service Project Updates**

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

**May 8 Silent "no more!" Auction**

**June 2-4 North American Inter-District**

**Meeting – McLean Virginia Hilton**

**Early registration ends 3/1/17**

**[www.northamericanmeeting2017.com](http://www.northamericanmeeting2017.com)**

**June 12 Dinner Meeting\***

**Year End Report, YWPA Award**

**\* 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](mailto:info@zontaqv.org) with guest count and any regrets by the prior Wednesday. In an emergency, a member will 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.



Dear Sister Zontians and Friends,

We are on a roll!!! The enthusiasm continues! Our February Period Project far surpassed expectations. Our amazing club members worked side by side with many volunteers to fill over 500 feminine hygiene kits for numerous organizations and women's shelters. The generosity of our members, as well as the community was phenomenal. We received \$728 in monetary donations and hundreds of boxes of pads, tampons, liners, soaps, wipes and underwear. Not only did we complete 500 kits at our meeting, we had enough extra products and funds to make another 116 kits which will be delivered to other organizations in need. Thank you, ladies, for all of your efforts to make this project a success. This effort really put Zonta of Quaboag Valley "on the map"! We should all be very proud of our efforts.

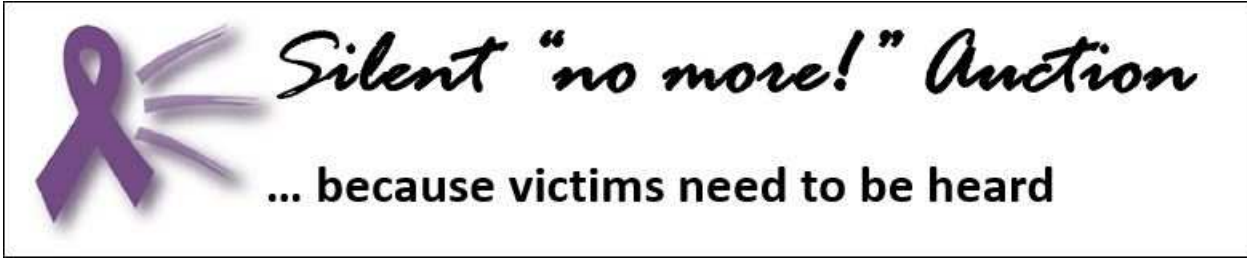


On Saturday, February 4th, Mary and I, along with my friend Melodie, accompanied a group of 11 Soldier On women to the Magic Wings butterfly sanctuary in South Deerfield. It was a chilly winter day, but we were in the tropics, surrounded by thousands of beautiful, colorful butterflies. The turnout for this outing was fantastic and the women really enjoyed the day and a delicious lunch in the Monarchs Restaurant. Lisa and Liz are hosting a tour for the women on Saturday, March 4th, at the Smith College Bulb Show. This show is always spectacular and guaranteed to give you Spring fever! If you haven't already done so, please let Lisa or Liz know, as soon as possible, if you plan to attend.

We will celebrate women's health month at our March meeting with our guest speaker, Dr. Kathy Mahoney, who will educate us on each phase of Menopause, peri and post. This will be an informative evening, with some humor thrown in, so please help to spread the word. This is a great membership opportunity, so feel free to invite your friends, colleagues, sisters and daughters. Knowledge is power.

Lastly, our annual Silent "no more!" Auction is right around the corner. I would like to get the auction committee together for a brief planning meeting at 5pm, just prior to our regular meeting on March 13th. Anyone who is interested in helping in the auction planning is welcome to join. All of our club members will have a role to play on auction night. Also at our next meeting, we will decide on the third organization who will benefit from monies raised at our auction. Please come with your ideas on a suitable third recipient. It is not too early to begin soliciting donations for our May 8th auction. No item is too small, as we can combine smaller items and gift cards to make larger baskets. We will devote part of our April meeting to making baskets for our auction. We found this to be a huge time saver last year and so, will repeat it again at the April meeting. Start looking around your house for items in good condition that you might not be using. Perhaps you received some Christmas gifts that do not suit you or you have a gift card that you will not use. Please bring them to the April meeting.

Many thanks to all for your commitment and dedication to our mission,  
Trish Pupek, Vice President



**SAVE THE DATE** Monday, May 8 6:00 – 9:00  
**Ludlow Country Club, Ludlow MA**

Proceeds for this year’s *Silent “no more!” Auction* will go toward international projects aimed at stopping violence against women and children, and two local organizations:

**Soldier On Women Veterans** ~ Preserving the dignity, independence and quality of life of women veterans who have found themselves homeless since leaving military service.

**& An Organization to be voted in at the March meeting [Submit ideas to Trish]**

- Bid on a large array of valuable items/themed baskets donated by Zonta members, supporters, local businesses.
- Enjoy a sumptuous buffet of salads, veggies, pasta dishes, a carving station, plus appetizers, desserts, coffee/tea.
- Network with like-minded women and support causes that need attention.
- Enjoy a relaxing atmosphere and beautiful view at this private country club - a convenient, handicap-accessible location with free parking.

*"I alone cannot  
 change the world,  
 but I can cast a  
 stone across the  
 waters to create  
 many ripples."  
 Mother Teresa*

**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](http://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



## February 13, 2017 Zonta of Quaboag Valley Dinner Meeting

### Ludlow Country Club, Ludlow MA

**Present:** Pam Albertson, Dana Burton, Marge Cavanaugh, Kris Goold, Dianne Kidd, Mary Knight, Trish Pupek, Liz Reeves, Mary Ann Rubis, Lisa Sedelow, Shanique Spalding, Joanne Turner-Chiacchia, Sue Williams, Debbie Wood

**Not Present:** Ann Cormier, Janet DaSilva, Tina Guinasso

**Guests:** Jane Banks, Jordan Chmura, Susan DeTorrice, Dorinda Fernandes, Sandy Goss, Maureen Ingram, Morgan Ingram, Kate Radebaugh, Kathy Picard, Kim Lee, Gale Lemanas, Pat Marsh, Patti Matthieu, Tracy Romeo, Elaine Sai, Lisa Spear, Margaret Tantillo, Tracy Woodfield

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

**What is Zonta?** Mary Ann Rubis gave a brief presentation about Zonta International explaining Zonta's objects and programs to benefit women around the world.

### Business Meeting:

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

**Treasurer's Report:** Joanne stated that a financial report was emailed to all members. She said that the Poinsettia Sale made a profit of \$1752. From June, 1 to January 31, the club donated \$4830 from Service funds. The motion to file the report for audit was passed.

### Committee Reports:

**Service:** Debbie reported that every year we give a golf themed basket to Top Floor Learning. She asked for a motion to do it this year. Joann explained that because the \$100 is in the budget, a motion is not necessary. Debbie asked that members who have items for the basket give them to Marge at the March meeting. *[Editor note: If you do not have golf-related item to donate, please bring a small cash donation that can be used to purchase additional items—the filled basket will be valued at about \$300.]*

Debbie also announced that the next annual golf tournament will be on September 9. The location is yet to be determined.

**Membership:** Trish welcomed all the guests here tonight. She explained that there is a table with information on Zonta. The materials are free for the taking. She also mentioned that we have Zonta T-shirts for sale. Trish encouraged people to speak with a member if they are interested in Zonta or have any questions about our club.

**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 the money raised is divided with one third going to Zonta International, one third to Soldier On, and one third to a charity that is yet to be determined. Trish said everyone is invited for an evening of fun with lots of unique items to bid on including baskets valued from \$20 to over \$200 available.

**Scholarships:** Dana explained that our club offers two scholarships, the YWPA Award and the Jane M. Klausman Scholarship. Both are payable at \$1,000. The YWPA Award deadline is March 17. Dana explained that an application is available at our web site as well as in the financial aid office in area high schools. The Klausman scholarship deadline is May 27. That application is also on our web site and available at area colleges.

**Soldier On Women:** Liz proposed a trip to Smith College for the annual Bulb Show on March 4 at 10:00 AM. The day would also include lunch in Northampton. Liz is waiting to hear back from Stephanie at Soldier On.

### Other Announcements:

Debbie stated that Sandy Goss has offered to give manicures to the Soldier On Women in April. She would go to them for the manicures.

**Closing:** Mary adjourned the meeting at 6:35 PM so that the group could begin working on assembling the kits of feminine sanitary products for the Period Project.

Respectfully submitted,  
Kristin Goold, Secretary

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*Editor note:*

### Hampshire Gazette article and video

<http://www.gazettenet.com/Period-project-8122089>  
THANK you Lisa Spear and Jerry Roberts!

*Thanks to the generosity of hundreds of people, we were able to provide over 600 monthly kits AND large quantities of feminine products, toiletries, hairbrushes and more to local domestic violence and homeless shelters, centers serving low income populations and foodbanks for distribution to women and teens in need! We are so proud of our community for the outpouring of donated goods and money, as well as wishes and heart-felt stories. Special thanks go out to the organizations listed on our event page for their generous support. <http://www.zontaqv.org/period>.*

## Menopause – The Essential Facts from Dr. Kathy Mahoney, MD, MBA, FACOG



**If you have questions about menopause, perimenopause and menopause symptoms, hot flashes, hormone therapy, women’s health issues, finding a menopause specialist, and more—you do not want to miss this program!**

Kathy Mahoney, MD, MBA, FACOG is the Medical Director for Healthcare Quality and Medical Management at the 750 bed tertiary care teaching hospital, Baystate Medical Center in Springfield, Massachusetts. She is also an Assistant Professor of Medicine at Tufts University School of Medicine in Boston – her alma mater. She earned her MBA degree from The University of Massachusetts with honors and completed a fellowship in Healthcare Quality at Baystate in 2012. She is a board certified Ob-Gyn Physician, and is a certified NAMS (North American Menopause Society) practitioner (NCMP). Her present responsibilities include improving clinical practice to effect best outcomes and lower costs by working directly with physicians and other members of the care team. Previously she spent 20 years in private practice as a successful business owner and clinician. Originally from Boston, she now calls Vermont her home where she lives with her husband. In her free time, she very much enjoys spending time with their collective 4 adult children, enjoying the outdoors, traveling, and volunteering with the Okemo Ski Patrol in Vermont.

The NAMS website will get you thinking about some of the questions to pose for Dr. Mahoney: [www.menopause.org/for-women](http://www.menopause.org/for-women)

### Golf Committee Report

The Golf Committee has met and discussed a recommendation to the Board and members to hold our 23rd Annual Golf Tournament at Cold Spring Country Club. The reasons for the change of location are basic. Cold Spring is able to offer professional services such as taking care of the signs, keeping and tallying scores and other assistance to assure the tournament runs smoothly. Secondly we are hoping to attract new golfers who prefer to play at Cold Spring Country Club. In discussing the tournament with the pro we can offer the same as for past tournaments such as pastries and coffee, snacks and a similar lunch menu. Cold Spring will be giving us two foursomes and every player will get a buy one round of golf, get one free coupon.



Zonta Club of Quaboag Valley  
Annual Golf Tournament Fundraiser

Cart and greens fees are higher than Mill Valley so we will be charging \$90 pp in order to realize a profit for this fund raiser. The cost is competitive for the area and the committee recommends the change in venue. The date is Sat., September 9th. The format will be similar as in the past. Members will be asked for their support at the March meeting when there will be an opportunity for any questions.

Debbie Wood, Chairman, Golf Tournament Committee



### ZQV Membership Corner

Membership recruitment and retention is a major focus this biennium. There are many tips

and techniques that can be utilized by reading the newly revised Marion de Forest manual. However, the best source of advice comes from our own members. During the 2016 Fall Convention in Truro Nova, Scotia a robust conversation was held to discuss ways to increase membership, retain members and promote the work of our clubs. The result of this conversation and brainstorming session are summarized in the **February issue of the Zonta Bog**. Some of the tips will sound familiar but there are many we have not tried. Let’s consider one (or several) of these recommendations in our club!

**Please review the two page summary at**  
[zontaqv.org/wp-content/uploads/2017/01/Feb-2017-Bog.pdf](http://zontaqv.org/wp-content/uploads/2017/01/Feb-2017-Bog.pdf)

**and select three ideas that you feel would be worth trying. Send to**  
**Trish Pupek, Membership Chair ~**  
[patpupek@comcast.net](mailto:patpupek@comcast.net)

Meanwhile, share the top ten reasons for joining ZI with friends and acquaintances!



# Why Consider Joining Zonta International?

**#10 FUN:** When we are working hard (and we usually are) we are having fun enjoying one another's company, enjoying the work we do and feeling good about the effort! The International factor is remarkable too. We have an opportunity to meet women from all over the world at biannual conventions in **Italy, Australia, Sweden, France, the Netherlands... next up is Japan!**

**#9 DIVERSE:** Nurses, teachers, accountants, executives, artists, community leaders, moms, grand-

moms, and future moms, "young at heart" and young in years! We are a diverse group – **more than 3300 members in 68 countries** – that shares a common vision and a common passion to help women and girls around the world.

**#8 ACTIVE:** There aren't enough hours in the day for women like us who find it hard to say "no". **From sponsoring education seminars ... to honoring women of distinction... to organizing events that raise funds for important projects.** We are a busy bunch that gets a lot accomplished with limited resources but a lot of energy and enthusiasm!

**#7 REWARDING:** It feels good to help. By being a part of Zonta we know that we are working to change women's lives in small and large ways. There is nothing more rewarding than the knowledge that your efforts are improving the status of women, economically, socially and educationally.

**#6 GROWING:** We are spreading the word and more and more women are joining to share in our world. Good news travels fast! Our club continues to attract successful women who want to be part of positive change in this world.

**#5 PROUD:** As members of the Zonta Club of Quaboag Valley we take pride in our accomplishments and in one another. We are proud of our club's local work and of the amazing work that we help Zonta International realize world-wide in partnership with **United Nations agencies and UNIFEM**

**#4 SUPPORTIVE:** We support one another and women and girls throughout our local and world-wide community. There are plenty of educational and leadership opportunities. Through friendship, inspiration and a shared passion we are mentors who inspire one another to be the best that we can be.

**#3 CARING:** We give hours of our time, our resources and our talent because we care. Individually and collectively we genuinely care about women and girls and the lives they lead. Our concern has helped women return to the work force, support their families, overcome abuse and inspire their daughters to build for a better future.

**#2 ADVOCATING:** Not only are we reaching out to help with financial resources and hands-on support but we are also raising our voices to become advocates for women around the world. From our small corner of Massachusetts we are stepping up to spread the word, educate our community and effect change. For that we are proud! **We invite you to explore our website [ZontaQV.org](http://ZontaQV.org), as well as [ZontaDistrict1.org](http://ZontaDistrict1.org) and [Zonta.org](http://Zonta.org).**

**#1 PASSION:** It all adds up to our passion. Our team work and vision come from that inner drive that we all share and use so effectively to become a force in the community and the world.