



ZONTA

CLUB OF
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZONTA BOG
NEWSLETTER
DECEMBER 2017

Important Dates for your Calendar

November 25—December 10

The 16 Days of Activism—campaign to raise awareness of and increase actions to end violence against women and girls.

December 11 Dinner Meeting*

Guest: Linda van Werkhoven
Tanzania Nursing Scholarship Program
Holiday Gifts for Children

January 8 Dinner Meeting*

Amelia Earhart Program

February 12 Dinner Meeting*

Period Project assembly. Please start identifying drop-off locations and getting the word out to friends, neighbors, churches, organizations to start collecting.

March 12 Dinner Meeting*

International Women's Day Program:
Lucy Stone—Human Rights Advocate
Performed by Historical Interpreter Judith Kalaora, in honor of Lucy's 200th birthday.

April 9 Dinner Meeting*

Elections, Prep work for May event

May 7 Silent "no more!" Auction

Start putting things aside and identifying possible donors and guests.

June 11 Dinner Meeting

YWPA Scholarship

*** 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 413-219-8260 or email info@zontaqv.org with guest count and any regrets by the prior Wednesday.

Dear Sister Zontians and Friends:

The month of December can be very stressful for lots of different reasons. Whatever your situation, there are two destressing strategies that might help.

(1) Focus on what you can control. Move everything else and the accompanying feelings of anxiety into an empty box, cover, and allow your higher power to handle them for you.

(2) Be good to yourself and others every day. Choose words and actions wisely; choose to be kind, regardless of the attitudes of others..



Exposure to positive, uplifting stories is also stress-relieving—and we have one for you on December 11th. We are delighted to welcome Linda van Werthooven and learn about how the Tanzania Nursing Scholarship program is changing lives of young women and their communities. Members and guests are invited to bring an unwrapped gift for a child staying in transitional housing during this holiday season. Janelle Estrada from Woman Shelter Companeras suggests reading books, activity books, board games, dolls—items that occupy the imagination and take up little space.

The theme of this year's 16 Days of Activism is "Leave No One Behind—End Violence Against Women." This means bringing women and girls as equals into everything that concerns them, and planning solutions to end violence with those who have been previously dismissed, sidelined or excluded. We are encouraged to explore the facts about inequality and take action to stop that cycle in its tracks.

We have a lot to look forward to in the new year as well. Check out the event calendar to the left and the announcement flyers in this newsletter!

While Trish is in Italy, I will be handling dinner reservations. Please contact me by 12/6 to confirm your attendance for the December meeting and provide names of guests. We need an accurate number for dinner. Thanks.

Mary Knight
President



Birthdays wishes:

12/22 Pam Albertson
1/19 Debbie Wood
1/30 Joanne
Turner-Chiacchia

During the 16 days of Activism...

11/25 International Day for the Elimination of Violence Against Women
11/29 International Women Human Rights Defenders Day
12/1 World AIDS Day
12/6 Anniversary of the Montreal Massacre
12/10 International Human Rights Day

Tanzania Nursing Scholarship Program—10 Years and Counting



On December 11th, **Linda van Werkhoven** of Blandford MA, President of the Tanzania Nursing Scholarship Program (TNSP), will share the story of this western Massachusetts NGO and its mission to sponsor impoverished young women seeking to attain a professional status in nursing.

Ten years ago, Linda van Werkhoven and two fellow nurses traveled to Tanzania for a safari adventure. Fascinated by the country and its culture, they decided to visit rural clinics and several small hospitals. In each situation the story was the same: many patients, very high maternal/child mortality rate, extremely low ratio of nurse to population, and lack of supplies. They also spoke with many young women who could not afford to continue their education but had a strong desire for a career in nursing. The seed was planted.

Highlights of TNSP:

- Since its start in 2007, 115 sponsored students have graduated. An additional 22 are currently being sponsored in three-year nursing programs across four schools in Tanzania. The annual cost to TNSP for tuition, room and board and a small personal allowance is approximately \$950.00 per year, depending on the exchange rate.
- After graduating and passing the national examination, students are awarded the professional designations of “Registered Nurse” and “Registered Midwife”.
- Nurses make \$350-\$500 per month as compared to cash income for rural families of \$300 per year. The cycle of poverty is not only broken for themselves but for their families. The influence of these students is also felt in their community where they do health care teaching. They act as very strong role models for other young women and give them hope that they too can attain a better life.

The public is invited to hear from Linda van Werkhoven about the TNSP program on Monday, December 11th starting at 5:30 with a social and dinner at the Ludlow Country Club, Ludlow MA.

RSVP by December 6th is appreciated. Either send a check (\$18/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 \$18/pp at the door – cash, check or credit card.

Sometimes the strength within you is not a big fiery flame for all to see; it is just a tiny spark that whispers ever so softly, "You got this. Keep going."

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 2017—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 Chairs:
 Patricia Pupek and Dianne Kidd
Archives Chair: Marge Cavanaugh
Nominating: Pam Albertson, Liz Reeves,
 Marge Cavanaugh



November 13, 2017 Zonta of Quaboag Valley Dinner Meeting

Ludlow Country Club, Ludlow MA

Present: Andrea Bordenca, BJ Bourdon, Dana Burton, Janet DaSilva, Kris Goold, Dianne Kidd, Mary Knight, Trish Pupek, Mary Ann Rubis, Joanne Turner-Chiaccia, Debbie Wood

Not Present: Pam Albertson, Marge Cavanaugh, Tina Guinaso, Danielle Petrangelo, Liz Reeves, Lisa Sedelow, Shanique Spalding, Sue Williams

Guests: Millie Blum, Susan DeTorrice, Gail Gamarossa Cliff McCarthy, Michelle Francis, Teresa Grove, Michelle Holmgren, Bonnie Rathbone and Luis Fieldman—reporter from Turley Publications.

Mary Knight, President, introduced guests and read a tribute in honor of Veterans Day. She then led the Zonta Blessing prior to dinner. The meeting itself was focused on celebrating Zonta—on a local, district and international level.



2017 Founder's Day Award Presented to Gail Gramarossa

In November of each year the Zonta Club of Quaboag Valley 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 Marge Cavanaugh, Mary Reardon Johnson, Kathy Picard, Yoko Kato, Anne Gobi, and Bonny Rathbone.

This year the club has chosen to give this honor to Gail Gramarossa of Belchertown. Gail is a Certified Health Education Specialist (CHES®) with a Master of Public Health degree (MPH). She is Program Director for the Quaboag Hills Substance Use Alliance and a prevention specialist at the Collaborative for Educational Services. According to Club President Mary Knight, "Gail is known locally for her service and advocacy. She is a former 18-year member of the Belchertown Board of Health; a member of the Belchertown Opioid Awareness Task Force; a founding member in 2009 of Belchertown Community Aid Network (CAN) which provides assistance with heating fuel and food to vulnerable citizens; a member of Belchertown Voices for Justice; a volunteer with Belchertown Community Television and a judge and demonstrator in the Belchertown Fair Exhibit Hall. Gail is a great organizer, dedicated advocate and passionate defender of equal rights. She is most deserving of the coveted Founders Day Award recognition."

Gail felt pleased and humbled at being named the 2017 Founder's Day award recipient. "I am so honored to be recognized by the local Quaboag Valley Zonta Club. It means a lot to me that Zonta is dedicated to improving the world for girls and women, as they are often among our most vulnerable community members. I thank Zonta and my colleagues in the Quaboag region with whom I have the privilege to work who support my hopes and my activism every day."

Gail has donated the \$500 from Zonta to the Quaboag Hills Substance Use Alliance. Plans for the funds include prizes for local teen teams who participate in a youth-focused video-making contest. Their public service announcement (PSA) videos will be focused on drug use prevention, healthy decision-making, and supporting the social norms that most teens do not use drugs or alcohol. The plan is to hold the contest in early spring 2018.

Members and guests also got a high-level overview answer in response to "What is Zonta?"

Mary Knight, club president, spoke about Zonta International beginnings in 1919, its mission and values, its emblem and the significance of the yellow rose.

Millie Blum, Area 2 Director, covered Zonta's governance and decision making hierarchy (Clubs, Areas, Districts, ZI Board), how Zonta empowers women locally and globally, and its focus on projects that matter.

MaryAnn Rubis, Zonta International Foundation Ambassador for District 1, got to the heart of Zonta's work—highlighting advocacy initiatives; Zonta International Foundation and its funding for International Service Projects, ZIS-VAW, and Educational Programs and Awards; Zonta's General Consultative Status with the United Nations Economic and Social Council and its close association with other NGO's. MaryAnn also weaved in the Quaboag Club's role in advocacy, service, education and fundraising since it was chartered 26 years ago.

Editor note: Read about our history in the 25th anniversary issue of the Zonta Bog. LINK: <http://zontaqv.org/25years> Finally, **Trish Pupek**, club vice president and membership chair, answered questions about WHY Zonta and what's in it for members.

Upcoming activities and events were highlighted as the evening came to a close. Many guests and members received raffle prizes donated by generous members and all were thanked for their attendance at tonight's special event. This was another successful Founder's Day for our club..

Service Committee Update

Debbie Wood, Chairman

On November 20th, Marge Cavanaugh, Mary Knight and I toured the Western Massachusetts Regional Women's Correctional Center (WCC), which opened in Chicopee ten years ago. Our purpose was to learn about the women held in the facility and see if there were opportunities for synergy. We left with a wish list of items and ideas for volunteer opportunities. The list will be reviewed by the Service Committee, but one of the most imminent requests was holiday gifts for teenage children of inmates. You all voted your approval to spend \$225 for the purchase of 15 Walmart gift cards @\$15.00 each. Since these are needed prior to a December 8th holiday party, I will be delivering them along with some gently-used jigsaw puzzles and children's books.

Please pass the word to your networks and start collecting some of the other requested items: gently used adult and children's books, puzzles, board and card games, journals, pens (plain BIC, not retractable) and sharpened pencils, adult, coloring books and colored pencils, yarn all colors and types, plastic crochet needles (5 or 6), and all products for tie quilting. We are also welcome to identify any charity where the women's crochet and quilting items can be donated. **We will update you further as we review the wish lists and requests for support.**

The women from Soldier On will spend time in November with Danielle Petrangelo and fellow Zontians for a self-care activity and a conversation about her work with survivors of domestic violence and sexual assault trauma. Then On December 14th we visit them for our annual holiday party. We will deliver stockings filled with personal items, blankets and other gifts; we will visit Look Park's holiday display, and enjoy an evening of music, hot cocoa and cookies back at the residence. The women have also given us a wish list of personal and resident items. The Service Committee will review this list as well and present recommendations to members.

Membership Committee Update—Save the Date!

In an effort to increase visibility and to attract potential members to help us serve, Andrea Bordenca, Membership Committee member, is thinking outside of the box! She is collaborating with a few local organizations and hosting a community event.

On Sunday, January 14, local organizations and community members are coming together to celebrate community.

Who's invited?

Community organizations who work together to serve the development and support of youth and adults. Each program participating shares a common belief that in order to create a strong foundation of connection and support, access to community resources is vital. Each is committed to building healthy communities with a strong foundation in wellness and self-care.

AND

Community members who want to meet local resources that provide support and have some time to talk about who they are and who they serve. Conversations reveal the world to us and our children. The invitation is for all to come and to bring friends and family.



Logistics (Amherst area) and community organizations forthcoming.

The plan is to charge \$10 per person (2 years old and up). Pizza and salad will be included in the ticket price, a raffle ticket for a door prize is also included in the admission. There will be a 50/50 raffle on site and some fun stuff for the kids. Proceeds go toward community programs and resources. There is limited capacity so registration will be required.

For now, please mark your calendars! Andrea will be creating an event page and registration. Stay tuned!

If any questions or suggestions, please contact Andrea at andrea@leadyourselfyouth.org



**16 Days of Activism against
Gender-Based Violence
and
Zonta Says NO to Violence
Against Women
campaigns**

*November 25—
December 10, 2017*

The 16 Days of Activism against Gender-Based Violence, a global campaign spanning from 25 November through 10 December, is taking place this year against the backdrop of an unprecedented global outcry. Millions have rallied behind the hashtag #MeToo and other campaigns, exposing the sheer magnitude of sexual harassment and other forms of violence that women everywhere suffer, every day.

At the heart of this year's theme, "Leave No One Behind – End Violence against Women", for the International Day for the Elimination of Violence against Women (25 November) and the UN Secretary-General's UNiTE campaign's observance of 16 Days, is the imperative to support those who are particularly vulnerable. The UNiTE Campaign is calling on everyone to join the movement to end violence against women, using the color orange to make your action visible.

One in three women and girls experience violence in their lifetime—that is one too many. It happens in every country and every society. It happens at home, in schools, on the streets, at work, on the internet and in refugee camps. It happens during war, and even in the absence of war. Too often, it is normalized and goes unpunished.

No matter where violence against women happens, what form it takes, and whom it impacts, it must be stopped. The promise of the Sustainable Development Goals—to leave no one behind—cannot be fulfilled without ending violence against women.

Get involved!

We are posting informational blurbs on the club's Facebook page—like and share with your network. Spread your own messages on all social media platforms using the hashtags #orangetheworld and #16days!

Orange your Facebook profile picture: www.facebook.com/fbcameraeffects/tryit/1267270713377364/

Test your knowledge on violence against women and ask others to do the same to spread awareness.

<http://www.unwomen.org/en/news/in-focus/end-violence-against-women>

Read about initiatives around the globe and check your knowledge on the subject of violence against women at

www.unwomen.org/en

www.zontasaysno.com





THE PERIOD PROJECT

Join the Zonta Club of Quaboag Valley in distributing dignity to women and teens in need.

- You can donate items to create monthly menstrual kits for homeless women and to stock supplies at local shelters.
- You can help assemble kits on **February 12 2018** at the **Ludlow Country Club**, Ludlow
5:30 Set up/ 6:00 Dinner (\$18) /Work crew
RSVP by 2/6 to 413-219-8260 or info@zontaqv.org
More info at **www.zontaqv.org/period**

Facts about monthly periods, homelessness, and poverty:

- Basic menstrual hygiene products are costly, especially for women struggling to support themselves and their families.
- Pads and tampons are considered non-essential by the federal government, so are not covered by SNAP and WIC programs.
- Women and teens who are homeless often lack consistent access to hygiene products or to safe sanitary spaces.
- For women living with homelessness or poverty, having a period isn't a hassle, it's a nightmare.

Together, we can make a period just a little easier for women and teens in need.



**DONATIONS
NEEDED by
2/9/2018**

**Sealed boxes of
Pads / Tampons
Cleansing wipes
Hand sanitizers
Soap
Pantyliners
New Pairs of
Underwear
(any size)**

**Assistance in
filling the kits**

**Collection
Boxes:**

Throughout Hampden
and Hampshire County

Addresses /maps at
zontaqv.org/period



HISTORY AT PLAY



I Now Pronounce You Lucy Stone

Challenging discrimination is not easy, but Lucy Stone is never one to take the easy road. The first woman from Massachusetts to earn a college degree is a fierce abolitionist and women's rights activist. Even Susan B. Anthony credits Lucy for her involvement in the tumultuous movement. Their fight is ferocious, so come along for the ride!



Testimonials:

"Judith is a one-woman force of nature. It takes people like her to bring these stories to life...these lost pieces of history."

~ Jordan Rich, CBS WBZ News Radio

"Wanted to let you know how much everyone (and I mean everyone) enjoyed Judith's outstanding performance at our Silver Tea. Many say that she was the best yet (and we have had some powerful performances through the years). What a compliment to her and it is certainly sincere. It was so wonderful finally meeting Judith in person - so beautiful in and out."

~ Barbara Garofalo, Derby Historical Society, Derby, CT

"She's one in a million...brought a lot of us to tears at the very end. Now, that's a sign of really touching people!"

~ Michelle Cappellini, Weymouth Hist. Soc., Weymouth, MA

JUDITH KALAORA is an actress, educator, and historical interpreter. She has worked on stages from London to Montreal and across the U.S.A. She holds a Bachelor of Fine Arts from Syracuse University and attended the Globe Education Program, at Shakespeare's Globe Theatre, in London, U.K. She teaches regularly for Cambridge & Newton Adult Education and performs in schools, independent living communities, libraries, and historical societies throughout the Northeast.

Monday, March 12, 2018
5:30 Social/6:00 Dinner & Program
Ludlow Country Club, Ludlow MA

Reservation Details
Zontaqv.org
Info@zontaqv.org
413-323-4806