



ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

DECEMBER 2018

Important Dates for your Calendar

November 25—December 10
16 Days of Activism—Zonta Says No!

December 10 Dinner Meeting \$18
Holiday program highlighted by inspirational speaker **Dee DiFatta** of Ludlow.
*Please bring new, unwrapped gifts for children and teen mothers served by the Western MA YWCA. **Wish list:** includes books, puzzles, art supplies, board games, dolls, trucks, shoes/boots, clothes.*

December 18 Soldier On Visit @ 6pm
We will visit Look Park with the women, open Christmas stockings and gifts, and enjoy hot chocolate and cookies.
Helpers needed. RSVP to Debbie.

2019
January 14 Dinner Theater
Amelia Earhart tribute—**"CHALLENGER: Soaring with Christa"** with History At Play's Judith Kalaora

February 11 Dinner Meeting
Period Project - hands on service initiative, bringing dignity to women in need.
Please support this effort with donations.

March 11-22 Commission on the Status of Women 63, UN—New York

March 11 Dinner Meeting

April 8 Dinner Meeting

May 6 Silent "no more!" Auction

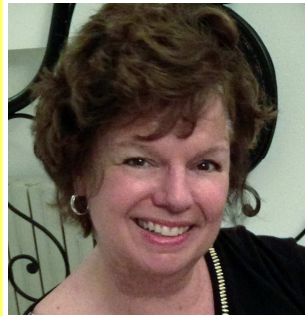
June 7—9 NAIDC Meeting in Dallas, TX
June 10 Dinner Meeting

Collecting for Good Causes:
Toiletries (Danielle) Magazines (Marge)
Gently used adult and children's books, puzzles and yarn (Debbie)



President's Message

Dear Sister Zontians and Friends,



'Tis the Season to be Merry! That's what we hear on a daily basis from all media communications! Sometimes, life gets in the way and we need a little help with the merriment.

Please help us spread the word about our very special guest speaker, Dee DiFatta, who will join us on Monday, December 10th. Dee is an inspirational speaker and who doesn't need a little inspiration?! Is there anyone in your life who would enjoy a delicious dinner (NO cooking!), good conversation with incredibly fantastic women and, also, get some

inspiration? Why not invite them to our December meeting. What a wonderful gift for that person who doesn't need "more stuff"! See RSVP note below.

As we look forward to a new year, we have 2 fantastic programs on our agenda for January and February.

Our January 14th dinner theater, "Challenger: Soaring with Christa" with History at Play's Judith Kalaora, is another opportunity to share our Zonta spirit with others. I have 2 requests of our club members: (1) please help us spread the word about this special historical presentation and (2) we need some corporate sponsors to help offset the cost of this event. No donation is too small.

We will dedicate our February meeting to our Period Project. This is one of my favorite hands-on service projects! This project allows us to work together, with other like-minded organizations, to bring dignity to women in need. Many hands make light work and we need lots of help with this project! Help collecting feminine hygiene supplies, setting up collection sites as well as actual assembly of the "kits" at our February meeting.

All 3 meetings are excellent ways for us to spread the word about our Zonta club and mission. Let's all think about how we can include others in joining us in Zonta sisterhood.

Best wishes to ALL for a joyful holiday season!
President Trish

RSVP * 5:30 Social and 6:00 Dinner at the Ludlow Country Club, Ludlow MA
Members are expected for dinner unless notification made in advance.
Call/Text Trish 413-626-5656 or email info@zontaqv.org with guest count and any regrets by the prior Wednesday.



Birthday wishes:
Pam Albertson 12/22

Happy Holidays and a Joyous New Year to all!



Dee DiFatta ~ A Dose of PositiviDee



Join us on Monday, December 10th for Smiles, Laughter, Inspiration and Motivation!

About Dee:

Since I was first diagnosed with Multiple Sclerosis in 1993 at the age of 22, I have learned so much about myself and about what is truly important in life. I have realized that I wasn't meant to fit in; I was meant to stand out and having MS has made that really easy for me. Being pushed in a wheelchair from time to time and walking like a sloth has definitely separated me from the crowd. I stand out even more during the summer months when I have to wear my cooling vest that looks like a bullet proof vest and my bright orange neck cooler.

Laughter has always been my coping mechanism and by laughing at myself and my challenging situations and sharing my funny stories and bloopers with other people, I feel that I can make a positive impact on this world. If you need to laugh and you can't find the humor in your own challenging situations, feel free to laugh at me and my funny stories. I am determined to bring some comic relief to Multiple Sclerosis and to every day life.

Although I am challenged with MS, I keep a smile on my face every day because I am grateful to be alive. I have learned to celebrate and truly appreciate the little things in life and having this disease helps me keep things in perspective and realize how lucky I am.

The public is invited to join us on Monday, December 10th starting at 5:30 with a social and dinner (\$18) at the Ludlow Country Club, Ludlow MA. Please RSVP by December 6th—details at www.zontaqv.org. Please bring a new, unwrapped item for young mothers and children served by the YWCA. Their wish list includes books, puzzles, art supplies, board games, dolls, trucks, shoes/boots, clothes.

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

Dr. Seuss



Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International 2018—2019

President: Patricia Puepk
Vice President: Dana Burton
Treasurer: Joanne Turner-Chiacchia
Secretary: Shanique Spalding
Directors: Andrea Bordenca
Danielle Petrangelo
Mary Knight

Website: www.zontaqv.org

Committee Chairs 2018—2019

Finance & Audit Chair: Pam Albertson
Membership Chair: Dana Burton
PR /Communication Chair: Mary Knight
Advocacy/UN Chair: Pam Albertson
Service Chair: Debra Wood
Scholarships Chair: Dana Burton
Poinsettia Fundraiser Chair: Liz Reeves
Golf Fundraiser Chair: Debra Wood
Auction Fundraiser Chairs:
Patricia Puepk and Dianne Kidd
Centennial Chairs:
Marge Cavanaugh and MaryAnn Rubis
Nominating: Pam Albertson, Liz Reeves,
Marge Cavanaugh

November 12, 2018 Zonta of Quaboag Valley Dinner Meeting

Ludlow Country Club ~ Founder's Day Ceremony



Monica Moran Honored as 2018 Founder's Day Recipient

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. This year the club has chosen to give this honor to Monica Moran of Amherst.

Monica is the manager of Domestic Violence Prevention Programs at the Pioneer Valley Planning Commission in Springfield, Massachusetts. Ms. Moran coordinates two rural domestic violence task forces in Western Massachusetts, the Southern Hilltown Domestic Violence Task Force and the Ware River Valley Domestic Violence Task Force.

Monica received a cash award which she has gifted to the Ware River Valley Domestic Violence Task Force to help support community mobilization efforts.

Below is an excerpt from an article Monica had published earlier this year on why domestic violence awareness is so important. We are very fortunate to have people of her caliber in our community.



Task Force Talk—Domestic Violence Awareness

“People who are abusive need to think that we agree with them. And when we are silent, they tend to think we do. They cannot justify what they do if they are the only ones who think it is okay. So, according to the research, they grossly overestimate how many other people agree with their line of thinking. Then, they use their misperception to justify what they do.

This means that as a community, we have to be loud and clear about what we think. Otherwise, our silence gets misinterpreted as support.

We do not condone or support abuse. We do not think anyone ever has the right to control or abuse another person - no matter what. If someone is home late from work or from spending time with friends, they do not deserve abuse. If someone forgets to pick up the groceries or pay a bill on time, they do not deserve abuse. If someone says something that is upsetting or talks to someone we don't want them to talk to, they do not deserve abuse. If someone stands up for their point of view, or for their right to choose how they spend their free time, they do not deserve abuse.

We vehemently disagree with the *domination model* of relationships that abusive people rely on. In this model, it is natural and right that one person has more power than the other. One person is more important and valuable. One person is served, and the other is subservient. If the less important partner questions or threatens the power dynamic, abuse is justified.

We believe differently. We believe people have a choice about how they view relationships and how they treat others. We believe in a *partnership model* of relationships. In this model, both people are equal and are equally valuable. They support each other, respect each other, listen to each other, and share power and decision-making. There is a give and take. People make mistakes and have bad days. There is conflict, but it is always safe. Conflicts get resolved, and sometimes the relationship gets even stronger once the conflict has been worked through.”

The article goes on to talk about the amazing partners who collaborate with the Ware River Valley Domestic Violence Taskforce. If you would like to read the article in its entirety, send an email to info@zontaqv.org with “full article” in the subject line.

Poinsettia Fund Raiser

We are in the last few days of this important fundraiser. Contact Liz or Mary today if you have not submitted your order for these florist-quality flowers. We are behind last year's counts, so we need to make a final push. Form at: zontaqv.org/event/poinsettia/



A big thank you to all the individuals who support us year after year—many are friends and relatives of Zontians.

Kudos to the following businesses for stepping up. Be sure to thank them personally.

- Accurate Accounting Service**
- AJE Financial Services**
- Almeida's Country Café**
- Angle Cuts**
- Baystate MaryLane Hospital**
- Baystate Wing Memorial Hospital**
- Beers & Story Funeral Home**
- Bell & Hudson Insurance Agency**
- Cold Spring Wine and Spirits**
- Crimmins-Graveline Insurance**
- Diversified Metals Inc.**
- Easthampton Savings Bank**
- Elaine Korhonen, CPA**
- Hair It Is**
- HUB International**
- Jonathan and Carol Neumann, DDS**
- Lisa Fallon, CPA, PC**
- Livingston & Haynes, PC**
- Mitchell Machine Inc.**
- Moulton Insurance Agency**
- NEPM**
- Palmer Public Library**
- Papale Eye Center**
- Peter J. Kelley, M.D., P.C.**
- Roadhouse Café**
- Roberts & Son Printing**
- Stephen R. Chiacchia, CPA**
- Super Brush LLC**
- The Hair Shop**
- The Spectacle Shoppe**
- Top Floor Learning**
- Valley Dentists of Belchertown**
- Victoria & Co.**

Service Committee

Marge, Danielle, Luz and I attended a Volunteer Appreciation breakfast on 9/20 at the Women's Correctional Center in Chicopee. As you know we have donated gift cards, journals, pens, adult coloring books and pencils, used adult and children's books, puzzles and yarn. We will continue an ongoing collection of the books, puzzles, yarn, adult coloring books and colored pencils and journals (available at the Dollar Stores) but will not be purchasing the items from service funds in order to conserve our funds.

Please bring any of the items to our monthly meetings as Danielle has offered to drop them at the WCC during her regular visits there. Thank you for your generosity which is much appreciated by the women residing at the center.

Debbie Wood, Chair of Service Committee



Self-Care Tips at Work During This Busy Holiday Season

By M Shanahan

- ◆ **Remember to Breathe** ~ Use triggers as a reminder to breathe and re-center yourself. Three breathes: first one for yourself, second for your co-workers, third for your patients and families.
- ◆ **Stay Focused in the NOW** ~ The present moment is the ideal environment for creative problem solving. Practice being present in every situation.
- ◆ **Take Your Breaks** ~ Recharge your body-mind-spirit and increase productivity.
- ◆ **Make Peace with Chaos** ~ Ease up on controlling it, surrender to the FLOW of it. Order eventually emerges.
- ◆ **Say NO to Gossip** ~ It robs you of time, energy and self-respect.
- ◆ **See Beyond the Roles** ~ Remember the human being in front of you.
- ◆ **Confront Gently** ~ Nothing is more important than shared humanity and dignity.
- ◆ **Create a Balance** ~ Look for opportunities to practice patience, kindness and forgiveness.
- ◆ **Remember to Breathe....It's Worth Repeating!**

Child Marriage Facts:

THIS IS ONLY A FAMILY MATTER



FACT: The consequences of child marriage affect whole societies and economies. Child brides are more likely to get pregnant before their bodies are mature and more likely to drop out of school. Their children tend to be less healthy and educated. This loss is carried over generations.

THESE GIRLS MUST BE COMPLETELY HELPLESS



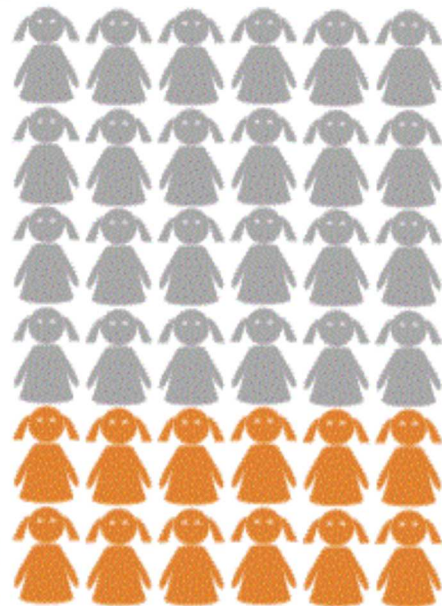
FACT: Girls who know their rights and have access to information and opportunities, can persuade the delay or cancellation of engagements. When healthy, educated, safe and unmarried adolescent girls are the new normal, it can change perceptions and expectations about child marriage.

ONLY HARSH PENALTIES CAN END THIS PRACTICE



FACT: Laws alone cannot end child marriage. Better enforcement, security, and gender equality must be advanced. And extreme poverty, must be eradicated.

THIS ISSUE DOESN'T AFFECT ME



FACT: Every economy and workforce is affected when the potential of a third of all girls in the developing world is undermined.

I CAN DO NOTHING ABOUT CHILD MARRIAGE



FACT: There are many ways to help end child marriage, from supporting programs that advocate for human rights, girls' empowerment and youth leadership, to raising one's voice about the issue. Bringing these issues to the attention of the public and global leaders can help make them an international priority.



ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN

#ZontaSaysNO

#16DaysOfActivism

ZontaSaysNO.com

Facts from UNEPA www.unfpa.org/news/top-10-myths-about-child-marriage



HISTORY AT PLAY



CHALLENGER

Soaring With Christa

A Teacher, Explorer, and Educational Pioneer.



Journey through Christa McAuliffe's life in this multi-media immersive show, suitable for all ages. *CHALLENGER: Soaring With Christa* honors the United States' Teacher in Space Program and the crew of the NASA space shuttle. Discover the true

story behind the incredible teacher, the American pioneer, and the internationally recognized heroine in a program made possible, in part, due to the generosity of the Bob Jolly Charitable Trust and the Massachusetts Cultural Council. Photo: A. Conant

**Join us Monday
January 14th
5:30 for dinner
and a theater
performance at
the Ludlow CC**

**RSVP by 1/8
Details at
zontaqv.org**

"Judith is a one woman force of nature. It takes people like her to bring these stories to life...these lost pieces of history." ~ The Jordan Rich Show, CBS WBZ News Radio

CHALLENGER: Soaring With Christa is "fantastic," "marvelous!" The audience was "taken by Kalaora's performance." ~ Brad Avery, *The MetroWest Daily News*

Contact:

www.HistoryAtPlay.com
info@HistoryAtPlay.com
508.259.2985



Judith Kalaora is a professional actress, historical interpreter, and educator. She holds a Bachelor of Fine Arts from Syracuse University and graduated from the Globe Education Program at Shakespeare's Globe Theatre of London. History At Play was created to chronicle the lives of influential and oft forgotten women.