



ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

JANUARY 2019

Founded in Buffalo, New York in 1919, Zonta International is a global organization of executives and professionals working together to empower women worldwide through service and advocacy. With more than 29,000 members in 66 countries, Zontians all over the world volunteer their time, talent and support to local and international service projects and educational programs directed to improving the lives of women and girls. Interested in being part of this movement? Contact info@zontaqv.org.

Important Dates for your Calendar

January 14 Dinner Theater

5:30 Dinner / 6:30 Play

Amelia Earhart tribute—"**CHALLENGER: Soaring with Christa**" featuring History At Play's Judith Kalaora

February 11 Dinner Meeting

5:30 Set Up/ 6:00 Dinner / 6:40 Project

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,
journals, puzzles and yarn (Debbie)



President's Message

Dear Sister Zontians and Friends,



My best wishes to all of you for much happiness, good health and blessings in the new year. As you reflect upon the past year and set your goals for the new year, please take the time to acknowledge all of the good work that you have done and are doing as a member of Zonta. Give yourselves a big pat on the back for taking time out of your busy lives to improve the lives of women in our community. Thank you for all you do!

The Quaboag Valley club is excited to kick off Zonta International's centennial year celebration with several exciting events! Please share these highlights with others who may be interested in giving back to the community.

On January 14th, in honor of Amelia Earhart, we have invited History at Play's Judith Kalaora back to present **Challenger: Soaring with Christa** at the Ludlow Country Club. We start early with registration at 5pm and buffet dinner at 5:30. The program begins shortly after 6:30pm. **Please confirm your attendance by January 9th (note any dietary restrictions) and provide names of guests.** Pay in advance by check (\$30/pp, \$25 for members) to Zonta QV, PO Box 1034, Belchertown MA 01007-1034, or online at zontaqv.org/challenger; or email your commitment to info@zontaqv.org and pay at the door. Free and reduced price admission opportunities available, thanks to our generous sponsors. Email info@zontaqv.org or text 413-626-5656 for information on discounts.

On Monday, February 11th, Zonta clubs of Western MA will participate in **#ThePeriodProject**. Please join us in distributing dignity to women and teens in need. We are collecting items to create monthly menstrual kits for homeless women and to stock supplies at local shelters. We also welcome cash donations to purchase items that are in short supply. I am looking for two members to serve as Co-Chairs of this Period Project. The job involves maintaining an inventory of all supplies collected, keeping our group informed of what items are needed, enlisting collection sites and engaging recipients of this project. Mary has a master spreadsheet for tracking product quantities. Dana has set up an Amazon Wish List for products. See details at zontaqv.org/period. We hope to increase the amount of items in each packet.

Since we have two big events in January and February, we will conduct any necessary business via email. We will get "back to basics" at our March 11th meeting. More to come!

I look forward to working together with all of you in 2019.

In Zonta friendship,
President Trish



Birthday wishes:

Debra Wood 1/19

Luz Rivera 1/28

Joanne Turner-Chiacchia 1/30



CHALLENGER: *Soaring with Christa*



The public is invited to help us celebrate Amelia Earhart month with a Living History Performance of another American pioneer and heroine: Christa McAuliffe—Teacher, Explorer, and Educational Pioneer.

CHALLENGER: *Soaring with Christa* honors the United States' Teacher in Space Program and the crew of the NASA space shuttle. History At Play™ Founder and Artistic Director Judith Kalaora traveled to Mrs. McAuliffe's hometown of Framingham, MA and to Concord, NH to discover the true story behind this amazing woman and now shares Christa's spirit with us in a multi-media, immersive show, suitable for all ages.

Monday, January 14, 2019 ~ Registration 5pm, 5:30 Dinner /6:30 Program
Ludlow Country Club, Ludlow MA

RSVP by 1/9. Send a check (\$30/pp) payable to Zonta, with names of all attendees, to Zonta Quaboag Valley, PO Box 1034, Belchertown, MA 01007-1034 **or pay online** – secure link at zontaqv.org/challenger.

Please thank our sponsors for their help in supporting this production and making available free/reduced price admission for those in need:

- Anonymous Donor
- Belchertown Historical Association
- Lead Yourself Youth, Inc.
- Quabbin Valley Acupuncture

Email info@zontaqv.org or text 413-626-5656 for more information about sponsorships and discounts,

**Zonta Club of Quaboag Valley
District I, Area II,
Charter 1317 of Zonta
International
2018—2020**

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

Website: www.zontaqv.org

Committee Chairs 2019—2020

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 Pupek and Dianne Kidd
Centennial Chairs:
 Marge Cavanaugh and MaryAnn Rubis
Nominating: Pam Albertson, Liz Reeves,
 Marge Cavanaugh

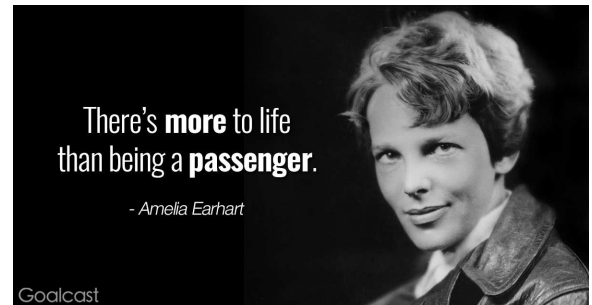
“Stop beating yourself up. You are a work in progress, which means you get there a little at a time. Not all at once.”
– Dee DiFatta



Amelia Earhart—Zontian, Aviator, Women’s Rights Advocate

Zonta is proud to honor the extraordinary achievements and uncompromising spirit of Amelia Earhart. Every January, Zonta celebrates the life of Zontian and famed aviator Amelia Earhart. While we promote the program for the whole month, we have selected 11 January as Amelia Earhart Day in recognition of the day Amelia began her trip from Honolulu, Hawaii, to Oakland, California, United States, which made her the first person to fly solo across any part of the Pacific Ocean.

She was the first person to fly across the United States in an autogyro in 1932, the first woman to fly solo across the Atlantic Ocean in 1932, and the first woman to fly non-stop across the United States in 1933. Of course, her plane mysteriously disappeared in 1937 when she was trying to become the first woman to fly around the world.



A few other quotes from this famous aviator that will inspire you to soar:

- Everyone has oceans to fly, if they have the heart to do it. Is it reckless? Maybe. But what do dreams know of boundaries?
- Never interrupt someone doing something you said couldn't be done.
- Some of us have great runways already built for us. If you have one, take off! But if you don't have one, realize it is your responsibility to grab a shovel and build one for yourself and for those who will follow after you.
- Worry retards reaction and makes clear-cut decisions impossible.
- The most effective way to do it, is to do it.
- The more one does and sees and feels, the more one is able to do, and the more genuine may be one's appreciation of fundamental things like home, and love, and understanding companionship.
- The woman who can create her own job is the woman who will win fame and fortune.
- Adventure is worthwhile in itself.
- The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.
- A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves.
- I believe that a girl should not do what she thinks she should do, but should find out through experience what she wants to do.
- Decide whether or not the goal is worth the risks involved. If it is, stop worrying. No borders, just horizons – only freedom.
- Transformation doesn't just happen. It takes a plan and a support system. This how-to guide is full of the top wisdom, tips, exercises, and success stories to inspire an old dream or create a new one.

Donations to the Amelia Earhart Fellowship are especially encouraged so as to allow Zonta International Foundation to continue offering the Fellowship to amazing women who excel in aerospace-related sciences and engineering.



EXPANDING OPPORTUNITIES FOR WOMEN IN AEROSPACE-RELATED SCIENCES AND ENGINEERING



The Amelia Earhart Fellowship program helps talented women, pursuing advanced studies in the typically male-dominated fields of aerospace-related sciences and engineering, achieve their educational goals. The Fellowship enables these women to invest in state-of-the-art computers to conduct their research, purchase expensive books and resource materials, and participate in specialized studies around the globe. Since the program's inception in 1938, Zonta has awarded 1,573 Amelia Earhart Fellowships, totaling more than US\$10 million, to 1,144 women representing 73 countries. Our Fellows have gone on to become astronauts, aerospace engineers, astronomers, professors, geologists, business owners, heads of companies, even Secretary of the

US Air Force. More information on the Fellowship Program can be found at: www.foundation.zonta.org/Our-Programs/Educational-Programs/Amelia-Earhart-Fellowship

What is Zonta?

Founded November 8, 1919 in Buffalo, New York, USA.
Members were the FIRST generation of women to be college educated and have the right to vote in North America.

Mission

A leading global organization of professionals empowering women worldwide through service and advocacy.

Vision

Gender Equality—Women's rights are recognized as human rights

Empowerment—Every woman is able to achieve her full potential

Access to all Resources—Women have access to all resources and are represented in decision making positions on an equal basis with men

A Life Free of Violence—No woman lives in fear of violence.



We focus on projects that matter:

ADVOCACY

Zontians advocate at the international, national and local levels on issues related to human rights and gender equality.

- At the international level, Zonta International advocates on global issues primarily through the United Nations (UN) and Council of Europe.
- Nationally, Zonta districts, areas and clubs take action in support of, or in opposition to, legislation on issues affecting women and girls.
- At the local level, Zonta clubs monitor laws and policies and their impact on women, participate in Zonta Says No activities, and host workshops and events like tonight to raise awareness about issues affecting women in our communities.

SERVICE

International service is integral to Zonta International's mission Through these international service projects, funded primarily through agencies of the United Nations and other non-governmental organizations, Zonta International improves women's lives by increasing their access to education, health care, legal services and economic opportunities while supporting efforts to prevent and end violence against women and girls in all its forms. These programs and projects are made possible through donations to the [Zonta International Foundation](#).

The International Service Program helps women in developing countries improve their legal, political, economic, educational and health status through training, education, health, sanitation, agricultural and micro-credit assistance to empower women to become independent and self-sufficient.

The Zonta International Strategies to End Violence Against Women (ZISVAW) program supports international service projects that promote and protect the human rights of all women and girls and work to end gender-based violence worldwide.

We have available some information on these programs and we encourage you to check them out or go to our website to learn more.

EDUCATION

To fulfill our mission of empowering women worldwide, we must focus on gender equality in education, an essential human right, critical to development for all. For women and girls, education provides the tools and resources to empower them to make decisions about their lives and the future of their families. Educated women can break the cycle of poverty; they can choose when to marry and if and when to have children; they can access quality health care to safeguard themselves and their children; they can educate their own children and ensure greater opportunities for future generations. Zonta International supports three programs for women and girls pursuing education and careers in the traditionally male-dominated fields of aerospace sciences and engineering, business and business management and public affairs. These programs are made possible through donations made to the [Zonta International Foundation](#).

Amelia Earhart Fellowship expands opportunities for women pursuing advanced studies in the typically male-dominated fields of aerospace-related sciences and aerospace-related engineering.

Jane M. Klausman Women in Business Scholarship supports women pursuing undergraduate and master's degrees in business management.

Young Women in Public Affairs Award recognizes young women, ages 16-19, who demonstrate superior leadership skills and a commitment to public service and civic causes, and encourages them to continue their participation in public and political life.

New—Women in Technology Scholarship encourages women to pursue education, career opportunities and leadership roles in technology.

Members of Zonta are part of an organization that empowers women around the globe and that envisions a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential.

Each member has made the following pledge:

I am willing to commit time to service and advocacy projects in my community &

I am willing to contribute financially to and raise money for local & international projects that benefit women

BECOME A ZONTIAN

Do you want to make the world a better place by working toward gender equality? Are you ready to join a supportive global community of like-minded people to take action to empower women and girls? If so, you are in the right place.

Zonta International is a global community of like-minded individuals working together to achieve gender equality and realize a better world for women and girls through service and advocacy. Join us and be part of our global movement.



Zonta offers two types of membership. Pick the one that is right for you.

Club membership

Join one of our more than 1,100 Zonta clubs in 63 countries or one of 10 e-Clubs to connect with other Zonta club members and, through your membership, fund global projects and advocate on key issues impacting women’s empowerment on a local and national level. Both face-to-face and e-Clubs meet monthly. **Information about the Quaboag Valley club is available at zontaqv.org.** Find other clubs at www.zonta.org/Local-Action/Locate-a-Club.

Individual membership

Not ready to join a Zonta club? Become a member of Zonta International directly. As an individual member, you can participate in activities and campaigns to bring about change, attend international and regional events and connect with Zonta members worldwide. You will also receive critical updates on issues facing women in the world and regular updates on the activities of Zonta International. To get started, download and complete the form at www.zonta.org/Local-Action/Become-a-Zontian and email your completed form to memberrecords@zonta.org.

WHEN YOU ADD YOUR VOICE, YOU:



Join thousands around the world, making a greater impact in local and global communities through proven service and advocacy efforts and activities



Gain leadership skills, lifelong friendships and a greater understanding of global issues affecting women and girls

ADD YOUR VOICE TO
EMPOWER WOMEN

Rewards of membership

Whether you choose to join a Zonta club or become an individual member, you will be part of a greater movement to help women in your local community and around the world. You will:

- Enhance your understanding of global issues.
- Participate in local and global advocacy activities.
- Network with like-minded individuals around the world.
- Share cross-cultural experiences.
- Build lifelong friendships.

Reach out, connect and become the difference — become a Zontian.

Are you a young professional under the age of 30?

Individual and club membership dues are reduced by 50 percent for young professionals under the age of 30.

Dear Sister Zontians,

My hope is that you all are enjoying your families, friends and getting some rest during this holiday season. It has been wonderful working with you all during this first part of my biennium as Governor. As we enter 2019, I wanted to thank you for all that you do for Zonta and women and girls around the world.



Although we have many challenges, we remain true to the Zonta mission of empowering women and girls through service and advocacy. You are all passionate ambassadors for the Zonta brand, which can sometimes cause conflict but can also build bonds that cannot be broken. Friendships made through Zonta I know cannot be broken by minor disagreements. We all give our time, treasure and talent toward goals that are bigger than our differences.

During this time of peace, friendship and family, remember that I and all of the District 1 board are here for you. I urge you to use the Zonta Centennial Activities for recruitment, engagement and retention in your clubs. Membership will continue to be the focus of 2019-2020 but with our signature project of Ending Child Marriage we will gain more visibility and draw more individuals to Zonta. As I prepare to represent the District in New York at the Commission on the Status of Women, 63rd Session (CSW63) in New York, I hope you will consider attending too, or at the very least staying up to date through the live stream on the UNWomen website (www.unwomen.org).

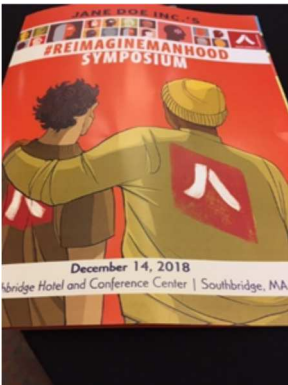
Wishing you the BEST for a Happy New Year!

Elizabeth A. Hart, Governor District 1



Holiday crafts, gift-giving and fun with Soldier On Women Veterans. More pictures on FaceBook. **On January 20 at 4pm we will have Game Night with the women. Let Dana know what you can bring.**

Follow Up on #HeForShe—Highlights from #ReimagineManhood



On December 14th, Mary Knight was one of 300 attendees at the **#ReimagineManhood Symposium** in Southbridge, sponsored by Jane Doe Inc. and Massachusetts Department of Public Health.

Focus: What can be done to Change Rape Culture, and Prevent Sexual and Domestic Violence.

Keynote speaker was **Tony Porter**, co-founder and CEO of **A Call to Men**. *Please watch his TedTalk:*

www.ted.com/talks/tony_porter_a_call_to_men. Tony's message: "The #MeToo movement has changed the conversation about sexual assault, rape, and sexual harassment. Women have been encouraged to use your voices, but this is not a women's issue – men must be part of the solution. At the core of the issue is the need to transform gender power norms."

A Call to Men - The Next Generation of Manhood www.acalltomen.org/ is about creating a world where all men and boys are loving and respectful and all women, and girls are valued and safe. It's **LiveRespect curriculum can be downloaded for free at acalltomen.org**. An intergenerational effort needed. The status quo is unacceptable for females; and it's not working for males either.

Guiding Principles of **A Call to Men**

1 | ROOTS OF VIOLENCE AND DISCRIMINATION AGAINST WOMEN AND GIRLS

Men's violence and discrimination against women and girls is rooted in a history of male domination that has deeply influenced the definition of manhood in our culture. This definition of manhood has three primary aspects that promote and support a culture of violence and discrimination against women and girls. It teaches that women are of less value than men, the property of men and sexual objects. A CALL TO MEN views these three components as an equation that equals violence against women and girls.

2 | MEN'S WORK

Preventing domestic, sexual, and all forms of violence and discrimination against women and girls is primarily the responsibility of men. This also includes teaching and promoting healthy concepts of manhood to each other, our sons and other boys.

3 | ADDRESSING ALL FORMS OF VIOLENCE AND DISCRIMINATION

We cannot focus only on one form of violence and discrimination against women and girls. All forms of violence and discrimination against women and girls are interwoven. We will not end one form of violence without working to end them all.

4 | VOICES OF WOMEN

While men are primarily and ultimately responsible for ending men's violence, this cannot be done without adhering to the voices, leadership and experiences of women. When working to end any form of abuse you must be accountable to those experiencing the abuse.

5 | INTERSECTIONS OF OPPRESSION

We have to be purposeful and comprehensive in our work, understanding that many women and communities experience multiple forms of oppression. Without this understanding, our work will be limited and "mainstream focused." This approach is required if our work is to end violence against ALL women. It also then requires us to work with ALL men.

6 | COMMITMENT TO GRASSROOTS COMMUNITY-BASED EFFORTS

Ending violence against ALL women and girls requires a collaborative effort with grassroots, culturally specific community-based organizations. These organizations have to be part of, and in many respects lead, the process if we re to engage in any purposeful and cultural specific prevention effort.

7 | HOPE FOR MEN

The majority of men don't perpetrate violence against women and girls. What they are responsible for is creating, maintaining and benefiting from a male dominating culture that is required for the violence to exist. Once educated to these realities we believe there is hope for men.

The Man Box https://youtu.be/l-IB_xJpQho (worth checking out)

A Call to Men uses the Man Box to illustrate the collective socialization of men. The Man Box identifies the limitations on what a man is supposed to be and what he believes. Expectations are taught to boys— sometimes unconsciously – and reinforced by society. In the Man Box, men are supposed to be: Powerful and dominating, Fearless and in control, Strong and emotionless, Successful – in the boardroom, the bedroom and on the ball field. In the Man Box, women are objects, the property of men, and of less value than men. The teachings of the Man Box allow violence against women, girls and other marginalized groups. When boys are told not to cry or feel, there are long-term lasting negative effects on their health and relationships. Research shows that those who suppress their emotions are one-third more likely to die prematurely than people who regularly express what they are feeling. Issue of rage, anxiety, depression and unhealthy coping mechanisms can manifest. According to the CDC, the suicide rate is four times higher in men than in women.

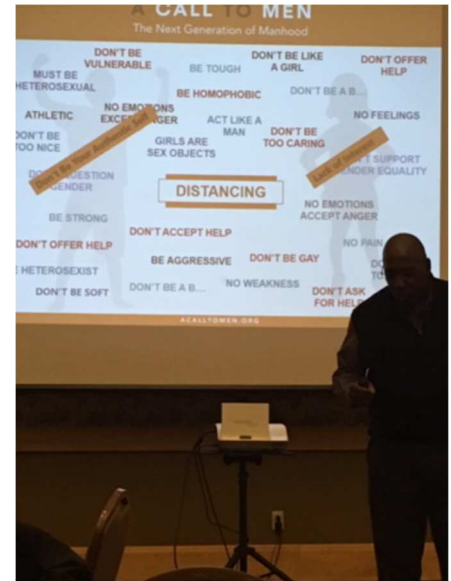
#He for She follow-up continued

We need to Break out of the Man Box and live by the Principles of Healthy, Respectful Manhood

Embracing a healthy, respectful manhood prevents violence against women, sexual assault, sexual harassment, bullying and many other social ills. Men who promote a healthy, respectful manhood make a positive contribution to their families, their communities and humanity at large. Healthy, respectful manhood is also linked to improved physical health and emotional well-being for men.

Among the Principles:

1. Embrace and express a full range of emotion.
 - a. Allow men and boys to cry.
 - b. Validate men and boys' feelings.
2. Do not conform to the pressure to always be fearless and in control.
 - a. Allow men and boys to be and act afraid.
 - b. Allow men and boys to ask for help.
3. Value a woman's life, treat all people equally and promote the betterment of humanity.
 - a. Never use power, control or violence.
 - b. Never use gender-based attributes to bully or discriminate.
4. Do not use language that denigrates women and girls.
 - a. Do not make or laugh at sexist jokes
 - b. Do not perpetuate negative stereotypes with phrases like "You throw like a girl"
5. Develop an interest in the experience of women and girls, outside of sexual conquest.
 - a. Listen to women and validate their experiences.
 - b. Embrace female friendships
6. Model a healthy, respectful manhood to other men and boys.



The Symposium continued after lunch with a diverse group of panelists who shared their opinions on how to move forward. Laura Penny Edwards from Safe Passage (Northampton) was one of the panelists. Will Sutton – a senior at Hingham High School was another panelist who was very impressive. He cofounded PEERS (Providing Education, Empowerment, Respect and Support) a club dedicated to ending rape culture in his community. This sounds like something Monica Moran referred to.

Takeaways:

@ There is some very good information, training tools available.

Everyone should watch Tony Porter's TedTalk and explore his website: acalltomen.org.

Jane Doe has a teaching and action guide: <http://whiteribbonday.janedoe.org/take-action/action-kit/psaguide/> - good project for March

MergeforEquality.org is working with Early Childhood caretakers to start changing the culture at its roots.

@ "Change" requires engaging both sexes, all ages and all venues (schools, sports, colleges, workplace and communities) – and focusing on the ROOT CAUSES of gender-based violence. We need partnerships to gain critical mass. Need to create spaces for honest conversations that will change the collective socialization of manhood.

@ We need to look for opportunities to use this information and find partners to move this forward. Meanwhile – model healthy relationships, listen actively and share information learned from these resources, take small steps to challenge toxic stereotypes.



THE PERIOD PROJECT

Join the Zonta Clubs of Western MA in distributing dignity to women and teens in need.

■ We are collecting items to create monthly menstrual kits for homeless women and to stock supplies at local shelters.

■ We will assemble the kits on **February 11th** at the Ludlow Country Club. **5:30pm Set up 6:00pm Dinner (\$18)**

RSVP by 2/6/2019 to Mary 413-219-8260 or info@zontaqv.org
Learn more at www.zontaqv.org/period

For women living with homelessness or poverty, having a period is more than a hassle. It's a financial burden. 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 they are not covered by SNAP and WIC programs.

What’s more, women and teens who are homeless often lack consistent access to hygiene products or safe sanitary spaces.

You can help by supporting The Period Project!

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



DONATIONS NEEDED by 2/8/19

**Sealed Boxes of
Pads or Tampons**

Cleansing Wipes

Hand Sanitizers

Soap

Panty Liners

Underwear

Cash Donations

**Join us to assist
with kit assembly
and distribution on
Monday, 2/11/19**

Collection Box locations

and

Amazon Wish List

details at

zontaqv.org/period

