



ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

FEBRUARY 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

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.

March 8 Zonta Rose Day.

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

March 11 Dinner Meeting

April 8 Dinner Meeting

May 3-4 Governor's Summit
Sping Workshop—Burlington, MA

May 6 Silent "no more!" Auction

June 7—9 NAIDC Meeting in Dallas, TX

June 10 Dinner Meeting

November 8-10 District Conference and
100th Common Action in Wakefield MA

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,



January's dinner meeting honoring Amelia Earhart featured actress and historical interpreter, Judith Kalaora's presentation, "Challenger-Soaring with Christa". Sadly, I was under the weather and missed this extraordinary show, however, I am still hearing rave reviews from our members and guests. Many thanks to all members who worked tirelessly to promote and support this special event.

In February, all the clubs in Western MA will participate in the 2019 **Period Project**. Feminine products are costly and are not covered by SNAP or WIC benefits. Please help us raise awareness and collect pads, tampons, panty liners, soap, wipes, and underwear. We are also accepting cash donations to be used to purchase items in short supply. Drop-off locations are listed at zontaqv.org/period. **On February 11th we will gather at the Ludlow Country Club with representatives of shelters, food banks and survival centers to assemble monthly kits. Please RSVP to me with your guest list so we can have an accurate count for dinner.**

In addition to our Period Project, we are thrilled to welcome a new member, Maria Puppolo, into our Zonta family. Please see Maria's bio on page 2.

The International Woman's Day 2019 theme for gender equality in March is #BalanceforBetter. **International Women's Day** (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. In addition to celebrating International Woman's Day on March 8th, we also celebrate Zonta Rose Day.

On the **FIRST** Monday of May, we will sponsor our **10th annual Silent "no more!" Auction**—to benefit Zonta International Foundation, Solder On Women Veterans and one more deserving nonprofit to be determined. Can you believe it is our 10th year sponsoring this event?! Let us know your thoughts on the third recipient and start gathering those auction items. Let's make our 10th Silent no more Auction our best yet!

Thank you, everyone, for your support and dedication to our club and Zonta mission.
President Trish

P.S. An important District-wide survey went out this week—due by 2/7. If you did not see it, go to newsletter.zontadistrict1.org/governors-blog-january-2019 for a link.



Birthday wishes:
Danielle Petrangelo 2/8
Patricia Pupek 2/13
Kristin Goold 2/14



Welcome to Maria



At our January meeting, **Maria Puppolo** was unanimously voted into membership. She is enthusiastic about joining the Quaboag Valley Club and we welcome her and all her experiences!

Maria was born and raised in Springfield, MA. She currently serves as a Program Manager at the Hampden County Sheriff's Department. Prior to that position, she maintained a solo law practice in western MA focusing on mental health, substance abuse, and probate law. Maria obtained her undergraduate degree from Mount Holyoke College, her law degree from Western New England University School of Law, and her Master's in Business Administration degree from Springfield College. She also serves as a Commissioner on the Massachusetts Commission on the Status of Women. In her spare time, Maria enjoys painting, hiking and traveling.

Have YOU considered joining Zonta?

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 yes, we invite you to consider joining the Zonta Club of Quaboag Valley. We ask only two things of prospective members. As best as you are able:

- (1) commit time to service and advocacy projects in our communities, and
- (2) contribute financially to and raise money for local & international projects that benefit women

Take a look at our membership materials, talk with current members, learn about the rewards of being part of an incredible organization and making a real difference for women everywhere.

JOIN THE MOVEMENT

Local action leads to global change



1 in 3 women experiences violence in her lifetime.



Women earn 10-30 percent less than men in paid work.*

BECOME PART OF THE SOLUTION

Join Zonta International, a global service organization, dedicated to changing women's lives around the world. You will:



Lead in your community



Become a global advocate



Make a difference for women and girls

GET INVOLVED

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

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

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." — Mother Teresa





Plans underway for 100th Anniversary

Mary Ann Rubis, Marge Cavanaugh, Pam Albertson, Patti Matthieu, Mary Knight, Liz Reeves, & Trish Pupek have been hard at work, making plans for celebrating the Centennial.

Highlights:

Centennial Promotion

We have followed up with Committee Chairs to ensure they are incorporating the Centennial theme and icon in printed material, publicity and signage. If they need support, the committee is happy to assist. We have added the icon to our Facebook page and had a 2' x 2' Poster of the icon printed. We are looking at purchasing mugs or luggage tags with the icon to use as giveaways and to sell.

At the **January meeting**, members and guests made paper airplanes with the icon; \$25 was raised for Amelia Earhart Fellowship and \$115 for the Centennial committee's budget. In **February**, we will display our new poster on the Zonta table and include in pictures. Each bag for the Period Project will include a card with full color icon and inspirational message from Dee DiFatta. We are hoping to include student participation and get a good turnout. At the **Silent "no more!" Auction** in May, we will use icon on Program, bid sheets, etc. The theme will be incorporated in table centerpieces. Giveaway mugs or luggage tags can be included as auction items or sold separately.

Centennial Grant—We are looking for a partner – Mary will approach Elizabeth Dineen of the YWCA of Western MA about a project they are working on to make beds available for victims of trafficking.

Zonta Road Sign—Patti will measure the road signs and work with Roberts & Sons printer to create a metal version of the Centennial icon that can be affixed to the 3 signs by Patti's husband.

Centennial Club Award / Founder's Day in November—We want to make this a real special event, so we are seeking to find a special woman to honor by June so we can begin planning.

"100 Theme" —We would like to collect books on women role models for local libraries (with ZQV bookplate) – we could ask members and guests to help, create and publish an Amazon wish list, get donations, etc. We are getting suggested book titles from librarians.

Registry / Archive of club records—Need to clarify WHAT will be included (list – e.g., newsletters, lists of members; event programs, etc), what FORMATS to use – electronic files, photobooks (like Shutterfly), thumb drives, or all hard copies in special containers to withstand aging; and WHERE these records will be stored.

QV Common Action—We would love to work on a collaborative project with Girl Scouts, Kiwanis youth (Shanique connection), YWCA (Danielle), local schools, etc. Ears open!

Display Table/Board—Liz and Mary Ann are exploring ideas for upgrading how we show Zontians in action.

District 1 Nomination Committee News

Chairman: Cheryl Dorfman
Dora Stinson
Donna Clifford

We need your help in reaching out to future leaders who will have the exciting task of taking District 1 into the 2nd century of Zonta Service and Advocacy in our geographical corner of the Zonta world. Any member or club collectively can nominate a candidate for any office. Our Nominating Committee will then take those suggestions and make final decisions about the nominees to be presented at the Fall 2019 Conference. We hope to have 2 candidates for each office and will make every effort to achieve this. We must present 5 nominees for the next Nominating Committee from which 3 will be elected.

Details and forms are available at on the District website / Resources / Nominations
<https://zontadistrict1.org/resource-center/207-nomination.html>

Completed nomination forms should be returned to your contact person by the end of March to give the Committee time to vet candidates and do follow up with them during the spring. Nominations will continue to be accepted until May 1st, however. The committee must make its decisions in early summer to ensure candidates can fill out more detailed profiles for inclusion in Conference materials which will likely be due sometime in August. Selecting leaders for any level of an organization is a serious task and we hope each club will give this request serious consideration. A person does not need to be a member of your club as long as they meet the criteria, so if you are familiar with a member from another club, feel free to give us your input.



ROSE DAY

Submitted by:
 Mary Ann K. Rubis
 ZI Centennial Committee
 member and D1
 Foundation Ambassador

8 MARCH

A symbol of joy and friendship, the Zonta yellow rose celebrates its thirty-fifth anniversary this year. The first of three Zonta breeds of roses was introduced at the 1984 Zonta International Convention in Sydney, Australia. That rose was developed by the world-famous Harkness rose nursery in the United Kingdom. Originally bred for the owner’s daughter, Mr. Harkness graciously donated the rose to Zonta!

Since 1999, Zontians have acknowledged International Women’s Day, March 8th, as Zonta Rose Day. On this date, members recognize individuals in their communities who are impacting women’s lives by presenting them with yellow roses or items with its image along with information about Zonta.

In honor of this special Zonta symbol, the Foundation created the Rose Fund to finance any project/program not receiving the proposed dollar amount. Over the years, this unrestricted fund has proven to be very popular, with donations far exceeding its goal. Because of this support, reserves are being used to celebrate Zonta’s centennial anniversary. \$112,000 from this fund will be used to award six international and 32 district/regional Women in Technology Scholarships. An additional \$300,000 will finance the Centennial Anniversary Grants, awarded to like-minded organizations partnering with Zonta clubs to improve the lives of women and girls in their communities.

Please consider making a donation to the Rose Fund on March 8th in honor or memory of a special person in your life.

White Ribbon Day is part of an international campaign called The White Ribbon Campaign.

Designed especially with men in mind at the time, this was created by a handful of Canadian men in 1991 on the second anniversary of one man’s massacre of fourteen women in Montreal. They began the White Ribbon Campaign to urge men to speak out against violence against women. Today, the WRC is a worldwide campaign in 60 countries that has collected well over 5 million signatures and growing.



As part of this international human rights effort, the **Massachusetts White Ribbon Day Campaign** invites men and boys to be part of the solution in ending violence against women. On the first Thursday in March (**3/7/2019**), men throughout Massachusetts are encouraged to speak out to:

- # change societal attitudes and beliefs that perpetuate and make excuses for violence against women!
- # promote safety and respect in all relationships and situations!

“From this day forward, **I promise to be part of the solution** in ending violence against women and all gender-based violence.”
Massachusetts’ White Ribbon Day Pledge

build a network of resounding voices that will support and advance the initiatives and efforts of Jane Doe Inc. and its member organizations to promote the safety, liberty and dignity of survivors!

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. Check it out.

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



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



Workflow for Period Project

5 product categories to be added to gallon plastic bags (the monthly kit) are on long tables along the wall. They include (1) Tampons (2) Pads (3) Soap, wipes, cleansing cloths, sanitizers (4) Panty liners (5) Underwear

4 or 5 Work Stations

Six-person teams will work at round table, supplied with plastic bags.

5 people will be responsible for adding one product each to the bag as follows, then pass the bag to the left

12 tampons ~ 5 pads ~ 5 panty liners ~ 1 wash/cleaning item ~ 1 underwear (mark size on bag)

The 6th person will add a Zonta information card with inspirational message and seal the bag.

The completed bags will be picked up by a runner and brought to the Packing Station

As supply gets low, individual working with that product will replenish supply from the long table or a runner might do that.

1 Packing Station (all remaining volunteers, rotating in and out)

Count out 25 bags and add to large trash bag or box. **Add count to tally sheet.**

Put filled bags/boxes with finished kits in hallway for transporting by car to shelters.

Heartfelt thanks to everyone joining us tonight; those who sent checks, notes and messages of encouragement for this project; and for all the angels who are helping us distribute these items to women and girls in need.

Special thanks go out to Salt & Pepper Associates, the following organizations for their generous support, and to all who worked behind the scenes~

Amherst – Jazzercise Studio 116, 460 West Street
 Belchertown – Liberty Nails, 40 Daniel Shays Highway Rte 202
 Belchertown – Making Waves Hair Salon, 8 Jabish Street
 Belchertown – Station 5 Salon, 5 Jabish Street
 Granby – Total Body Yoga & Pilates Fitness Studio, 185 W. State Street (202)
 Hadley – The Hair Shop, 8 River Drive
 Hadley – Sunraise Printing, 322 Russell Street
 Ludlow – Hubbard Memorial Library, 24 Center Street
 Ludlow – Senior Center & Community Center
 Ludlow – So Cool Gifts & Accessories, 345 Holyoke Street
 Monson – Hair it Is – Kim Kelley – 129 Palmer Road
 Monson – Monson Free Library – 2 High Street
 Palmer – Life’s Memories & More, 1085 Park Street
 Springfield – Dress for Success Boutique, Eastfield Mall 1655 Boston Road
 West Springfield – Renew Calm Day Spa, 160 Baldwin St
 Wilbraham – Zumba Fitness, 35 Post Office Park Saturdays 9am

Our Partners in Delivering Packets and Products:

#SafePassages#BHN, #CHD, #ValleyOpp, #DressforSuccess,
 #AmherstSurvivalCenter, #CareCenterHolyoke, #YWCAWesternMa,
 #WomenShelterCompanieros, #FriendsOfTheHomeless,
 #ROCAYoungMotherProgram, #TheGrayHouse
 If you know of anyone we missed, let us know!