



ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

SEPTEMBER 2019

Important Dates for your Calendar

2019

September 7 Golf Tournament

Cold Spring Golf Course

September 9 Dinner Meeting

October 14 Dinner Meeting

October 19 1pm Domestic Violence Awareness Walk—Veterans Park, Ware

November 8 –10 **Zonta District 1 Fall Conference and Centennial Common Action in Wakefield MA**

November 11 Founder's Day program

16 Days of Activism—Zonta Says No!

December 9 Dinner Meeting

Holiday program

2020

January 13 Dinner Meeting

Amelia Earhart Fellow guest speaker
Girls Rocket Award

February 10 Dinner Meeting

Period Project

March 9-20 CSW64, UN—New York

March 9 Dinner Meeting

April 13 Dinner Meeting and Elections

May 4 Silent "no more!" Auction

Spring Retreat

June 8 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,



Am I the only one who feels like summer has gone by in a blink? There is an invigorating touch of fall in the air, as I leave for work in the morning. I hope that everyone has had a chance to relax, recharge and reconnect with family and friends in the past couple of months. It was great to see many of you at our summer potluck gathering on August 12th. We had a great time, lots of laughter and delicious eats! We have some very creative chefs in our club! Thank you to all who attended!

Our 25th annual golf fundraiser will be held on Saturday, September 7th at Cold Spring Country Club in Belchertown. I want to thank our golf committee for their efforts in organizing this wonderful event. I hope that many of you are able to participate in this event, either by playing in the tournament, donating a gift for the raffle table and helping out at the event.

Our centennial committee has been very busy over the summer planning our club's centennial activities. We had a good discussion about our Founder's Day celebration at our potluck gathering. We will be voting on our Founder's day recipient, Dr. Mary Beth Cooper, at our upcoming meeting. Please see page 4 for information about Dr. Cooper.

Our first Zonta meeting of the new year is coming up quickly on Monday, September 9th. This is going to be a very special year, as we continue to celebrate Zonta's Centennial. Our friend, Dee DiFatta, will get our creative juices flowing, as she presents "The Power of Perception" at our September meeting. Please feel free to invite others to join our dinner meeting. Let's spread the word about our Zonta organization and the wonderful work we do to support women in our communities and throughout the world.

I look forward to seeing all of you at the Ludlow Country Club on September 9th. Please remember to RSVP by Wednesday, September 4th.

In Zonta service,
Trish Pupek

RSVP * 5:30 Social and 6:00 Dinner at the Ludlow Country Club, Ludlow MA
Members are expected for dinner (\$18) 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.



Dee DiFatta brings a Dose of PositiviDee!

Birthday wishes:

Marge Cavanaugh 8/27
Janet DaSilva 8/29
Lisa Sedelow 9/9
Shanique Spalding 9/18
Liz Reeves 10/10
Dianne Kidd 10/25



Leah Jack Named Winner of Zonta Scholarship

Western MA ~ Dana Burton, Scholarship Chairman of the Zonta Club of Quaboag Valley, is proud to announce that Leah Jack was chosen to receive the club's **2019 Jane M. Klausman Women in Business Scholarship**, given annually to a woman pursuing an undergraduate or master's degree in business management. She is now in the running for the Klausman award at the Zonta International District 1 level - representing the New England States and Nova Scotia, Canada.

Leah is currently the Director of Finance at DeeTee Freight Enterprises where she works to develop and improve financial and operational processes for the organization. Prior to joining DeeTee Freight, she was the Director of Business Operations at Springfield Empowerment Zone Partnership, an education nonprofit focused on improving underperforming schools through increased autonomy. She also previously worked at J.P. Morgan as an analyst and associate in their Investor Services division.

Leah will begin graduate school in August of 2019 at the Tuck School of Business at Dartmouth College. While there, she will pursue a Master of Business Administration degree that will be used to inform her work as a financial manager post-graduation. She currently lives in Easthampton, Massachusetts with her husband Patrick and their adopted cat Ash.

Leah will be awarded a check for \$1000 and a certificate from the club. She is unable to attend our September meeting but we hope she will join us at a future date so we can get to know her.

The Women in Business Scholarship was established in 1998 from a generous bequest by Jane M. Klausman, a member of the Zonta Club of Syracuse, New York USA, and the 1990-1995 Zonta International Parliamentarian.

"If you want something you've never had, you must be willing to do something you've never done before."

Take advantage of the leadership opportunities available to Zontians—online training and practice, in a supported environment.



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: Mary Ann Rubis
Service Chair: Debra Wood
Scholarships Chair: Dana Burton
Poinsettia Fundraiser Chair: Liz Reeves
Golf Fundraiser Chair: Debra Wood
Auction Fundraiser Chairs:
 Patricia Pukek and Dianne Kidd
Centennial: Marge Cavanaugh
Nominating: Pam Albertson, Liz Reeves,
 Marge Cavanaugh

Taming Your Inner Critic: 7 Steps To Silencing The Negativity

Amy Morin

The private conversations you have with yourself can be either a powerful stepping stone or a major obstacle to reaching your goals. If your inner monologue repeats things like, "I'm going to embarrass myself," or "No one is going to talk to me," as you walk you into a cocktail party, you probably won't appear relaxed and approachable. Or, if you're thinking, "I'm never going to get this job," in the middle of an interview, you'll struggle to present yourself in a confident manner. Often, those negative predictions can quickly turn into a self-fulfilling prophecy.

Your thoughts greatly influence how you feel and behave which can cause negative self-talk to become downright self-destructive. Telling yourself that you'll never be successful or that you aren't as good as other people, will reduce your feelings of self-worth and deter you from facing your fears. If you tend to be overly critical of yourself, you're not alone. Most people experience self-doubt and harsh self-reflections. Fortunately, however, you don't have to be a victim of your own verbal abuse. Instead, take steps to proactively address your negative thoughts and develop a more productive dialog with yourself.

Here are seven ways to tame your inner critic:

1. Develop an awareness of your thoughts. We get so used to hearing our own narrations that it's easy to become oblivious to the messages that we're sending ourselves. Pay attention to what you're thinking about and recognize that just because you think something, doesn't mean it's true. Our thoughts are often exaggerated, biased, and disproportionate.

2. Stop ruminating. When you make a mistake or you've had a bad day, you may be tempted to re-play the events over and over in your head. But, repeatedly reminding yourself of that embarrassing thing you did, or that questionable thing you said, will only make you feel worse and it won't solve the problem. When you find yourself ruminating – and not actively problem-solving – don't waste time telling yourself, "Don't think about that." The more you try to avoid thinking about something, the more you're likely to focus on it. Instead, distract yourself with an activity – like going for a walk, organizing your desk, or talking about a completely different subject – and stop the critical thoughts before they spiral out of control.

3. Ask yourself what advice you'd give to a friend. If a friend expressed feelings of self-doubt, hopefully you wouldn't say, "You can't ever do anything right," or "You're so stupid. No one likes you." Yet, we're often quick to say those things to ourselves. Instead, you'd be more likely to offer a friend compassionate words of encouragement like, "You made a mistake but it's not the end of the world," or "It's unlikely that today's performance will actually get you fired." Treat yourself equally as kind as you'd treat a friend and apply those words of encouragement to your life.

4. Examine the evidence. Learn to recognize when your critical thoughts are exaggeratedly negative. If you think, "I'm never going to be able to quit my job and run my own business," examine the evidence that supports and refutes this prediction. Sometimes it's helpful to write it

down. Draw a line down the middle of a piece of paper. On one side, list all the evidence that supports your thought. On other side, write down all the evidence to the contrary. Looking at evidence on both sides of the argument can help you look at the situation more rationally and less emotionally.

5. Replace overly critical thoughts with more accurate statements. Convert an overly pessimistic thought to a more rational and realistic statement. When you find yourself thinking, "I never do anything right," replace it with a balanced statement like, "Sometimes I do things really well and sometimes I don't." Each time you find yourself thinking an exaggeratedly negative thought, respond with the more accurate statement.

6. Consider how bad it would be if your thoughts were true. Sometimes it's tempting to envision a mishap turning into a complete catastrophe. But often, the worst case scenario really isn't as bad as we might imagine. For example, if you predict that you're going to embarrass yourself when you give a presentation, ask yourself how bad would that actually be? If you did embarrass yourself, would you be able to recover or do think it would end your career? Reminding yourself that you can handle tough times or problems increases your confidence and decreases the constant barrage of worrisome thoughts.

7. Balance acceptance with self-improvement. There's a difference between always telling yourself that you're not good enough and reminding yourself that you can work to become better. Accept your flaws for what they are today but resign to work on the issues you want to address. Although it sounds counterintuitive, you can do both at the same time. You can accept that you experience anxiety in social situations, while also making a decision to become more comfortable with public speaking. Accepting your weaknesses for what they are today doesn't mean you have to stay that way. Acknowledge that you have flaws but determine to remain a work in progress as you strive to become better.

The Power of Your Inner Dialogue—Your inner dialogue will either fuel your success or prevent you from reaching your full potential. While your inner critic can help you recognize areas where you want to improve, overly harsh negative self-talk will cause your performance to suffer and reduce the chances that you'll reach your goals. Practice taming your inner critic and silencing the negativity so you can coach yourself in a productive and helpful manner.



In appreciation of our service and support, Top Floor Learning has invited the Zonta Club of Quaboag Valley to its Annual Meeting and Celebration at the Palmer Public Library Community Room on Wednesday September 18th at 5:30pm. They need a final count of attendees by September 2nd. Please contact Mary Knight if you are available.

Centennial Founder's Day Award 2019

In November of each year, the Zonta Club of Quaboag Valley recognizes the founding of Zonta by honoring someone in the community who exemplifies the ideals of Zonta. Past recipients have included **Monica Moran** (manager of Domestic Violence Prevention Programs at the Pioneer Valley Planning Commission in Springfield, Massachusetts), **Gail Gramarossa** (Program Director for the Quaboag Hills Substance Use Alliance and a prevention specialist at the Collaborative for Educational Services), **Marge Cavanaugh** (founding member of the club and the epitome of a leader and role model to many – as a Korean war veteran, one of the first women Postmasters in Belchertown, first female commander of American Legion Post 130, Chaplain for AmVets Post 74, tireless volunteer for numerous clubs and organizations in the Palmer area), **Mary Reardon Johnson** (retired Executive Director of the YWCA of Western Massachusetts for 30 + years), **Kathy Picard** (tireless advocate on behalf of children and adults who are survivors of child sexual abuse), **Yoko Kato** (domestic violence activist and motivational speaker on the topic of abuse locally and in Japan), **Anne Gobi** (state legislator since 2001 and strong advocate for issues that affect women's rights), just to name a few.

On Monday, November 11, 2019 ~ in honor of Zonta's 100th birthday ~ the Zonta Club of Quaboag Valley will celebrate a local woman who is not only a champion for women's empowerment but an influencer and mentor for equality.

Dr. Mary-Beth Cooper, PhD, DM became the 13th president of Springfield College in August 2013, bringing to the College her experiences from a long and distinguished career in higher education administration and community service and leadership.



With her leadership, Springfield College has experienced a rededication to the community service and civic engagement for which it is so well known, and has committed itself to building an inclusive campus that encourages engaged and diverse populations. She has fostered an internal environment that reflects shared governance among its faculty, staff, and students, and an external environment that is safe and welcoming for the College community and its city neighbors. She has created a strategic vision to build an institution that provides a student-centric experience, most recently embarking on a campaign to create an innovative learning commons that will bring together technology and library services to create a full service learning, research, and project space for our students. This common-space approach reflects a pedagogical shift toward cooperative teamwork and collaborative media that benefits the entire learning community.

Her vision for an inclusive campus encourages pluralism, engaged and diverse populations and thought. She has fostered shared governance and use of the Study Circle method of collaborative and democratic decision making among faculty, staff, and students; undertaken a new and innovative approach to enrollment management and institutional branding; and built a leadership team that reflects the needs of the student body and the integrity of the institution.

Cooper earned a Bachelor of Arts from the University of Delaware, a Master of Education from the University of Georgia, a Master of Business Administration from the University of Rochester, a Doctor of Philosophy in education administration from Michigan State University, and a Doctor of Management from Case Western Reserve University. She previously served as senior vice president for student affairs at the Rochester (N.Y.) Institute of Technology (RIT) and as chair of the YMCA of Greater Rochester Board of Directors. Cooper co-led the RIT President's Commission on Women to improve the campus climate for women, is a past recipient of the RIT Four Presidents Distinguished Public Service Award, and was named one of Rochester's most influential women by the Rochester Business Journal.

Known for her volunteer leadership, Cooper has been named to the National Association of Independent Colleges and Universities (NAICU) Committee on Policy Analysis and Public Relations, as well as the Board of Trustees of the Council for Adult and Experiential Learning (CAEL). She serves on the Boards of the Association of Independent Colleges and Universities in Massachusetts (AICUM), the Community Foundation of Western Massachusetts, Springfield Museums, Naismith Memorial Basketball Hall of Fame, and Willie Ross School for the Deaf. She is a member of the Economic Development Council of Western Massachusetts; and serves on the Steering Committee for the FutureCity Economic Development Strategy initiative for the City of Springfield as well as on the Leadership Advisory Committee for Reading Success by the 4th Grade.

The guiding forces in Cooper's career have been her vision for human potential and education as the answer to creating flourishing communities, as well as her own yearning for intellectual stimulation. She takes seriously her role as a mentor to and advocate for students, women, and athletes. Cooper has conducted myriad professional presentations in a wide variety of venues, and she is frequently sought to serve as a consultant in her field. She has given numerous presentations on campus security and personal safety, management trends in higher education, time management skills, and women's issues.



ZONTA GOLF TOURNAMENT

Saturday, September 7, 2019
Cold Spring CC Belchertown
8:30 a.m. Shotgun Start - 18 Hole Scramble

Our 25th tournament is coming up quickly!!

We have received several checks from sponsors but some are outstanding and we can always use more. Contact Debbie Wood directly if you have a new sponsor.

We are still collecting prizes for each golfer—items and gift certificates with a \$25 value are appreciated. If you have smaller items we will combine them with others. Let Debbie know of any donations you get—we want to acknowledge them on the Welcome card on each cart. She also needs to know what gift cards you are bringing so she can make up certificates.

We have over 100 players for the tournament so this should be our most successful one yet!
Kudos to all members and Zonta supporters!

\$90 /Person Includes :
 Greens Fees and Cart
 Coffee/Pastries at the start
 Snacks at the turn
 Picnic Lunch
 Raffles
 Prizes for ALL
 Day of Fun
 Worthy Cause



Girls Rocket!

The Zonta Club of Quaboag Valley, a member of Zonta International, is offering a special award this year in honor of Zonta's 100th Anniversary and our historic member Amelia Earhart.

We would like to acknowledge young women who have overcome adversity and show the tenacious spirit of aviatrix Amelia Earhart.

Girls Rocket!

A tribute to young women who have overcome adversity and show the tenacious spirit of aviatrix Amelia Earhart.

We are hoping to partner with local guidance counselors who are interested in choosing a deserving young woman from their schools. **The only criteria are that she be a high school senior who has prevailed through obstacles.** We do not need

any verification of the hardship/s and she need not have a superior academic record or be skilled in sports.

Because of our longstanding collaboration through the Young Women in Public Affairs Scholarship, we are inviting high school guidance counselors from Belchertown, Palmer, Ludlow, and Monson to each nominate a deserving student by December 12th. The young women (and their guests) will then be honored at our January 13th meeting at the Ludlow Country Club.