



ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

FEBRUARY 2020

Important Dates for your Calendar

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

May 16 Area 2 Spring Retreat
Saturday 9—3 Clarion Hotel, WS

June 8 Dinner Meeting

July 4—8 Zonta Convention—Chicago

September 12 Zonta Golf Tournament
Fundraiser—Cold Spring Country Club

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 with guest
count and any regrets by 1/8.



Collecting for Good Causes:

Toiletries (Danielle) Magazines (Marge)
Multicultural/lingual adult and children’s
books, puzzles and yarn (Debbie)



Dear Sister Zontians and friends,

What an inspiring January meeting! Many thanks to Dana and Mary for their efforts in bringing us our first (annual, I hope) Girls Rocket award program! A special thanks to Debbie who connected us with our amazing speaker, Grace Gerhardt. I am still in awe of all of these incredible young women!



At our February 10th meeting, we will join together with area clubs and local agencies to participate in our 2020 Period Project. We are raising awareness in our communities that, sadly, feminine products are not covered under SNAP or WIC benefits and so, we are asking area businesses, friends and family to collect and contribute pads, tampons, pantyliners, soaps, wipes and underwear to this important project. Please continue to share this event on your Facebook pages. As you collect these items, please email Mary with the count of items, so that she can keep a running tally. **THANK YOU, MARY!**

We also look forward to inducting two new Zonta sisters into our family; Suz Tiranno and Stacey Troy. This is going to be a great evening!

On March 9th, we welcome Donna Haghighat, CEO of the Women's Fund of Western Massachusetts. Donna will share with us the 2019 research report on the Status of Women and Girls in Western Ma. Read about this power woman on page 4. This is another excellent opportunity to invite friends and business associates to learn more about our organization and how we can work together to empower women.

Lastly, our annual Silent no more Auction is just around the corner! I hope that everyone is thinking about a third recipient for our auction proceeds. We will vote on the third recipient at our March meeting and invite a representative from that organization to speak at our April meeting.

A sincere thanks to our club members who work tirelessly to support our Zonta mission. It is a pleasure to call you my sisters.

In Zonta service,
Trish Pupek

Birthday wishes:

Danielle Petrangelo 2/8
Patricia Pupek 2/13
Kristin Goold 2/14



Service Projects with the Women of Soldier On



Reminder: 5 women moving to their own apartments in Pittsfield for February. Let's plan a trip in the Spring to see their new homes and bring house warming gifts. Who's interested?

January Visit : Show us the Love!

Thanks to Liz, Dianne and Nancy for the wonderful craft project! The creativity was amazing—everyone had a great time!

Openings for March and April. Contact Trish. Sign up to lead an activity or come to help out only and bring a snack to share.

In May the women will join us for the Silent "no more!" Auction..

"If you don't have a seat at the table, bring a folding chair."

Shirley Chisholm
American politician, educator and author; first black woman to be elected to the U.S. Congress



Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International 2019—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:** Pamela 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:** Marge Cavanaugh, MaryAnn Rubis
- Nominating:** Pam Albertson, Liz Reeves, Marge Cavanaugh

January 13, 2020 Zonta of Quaboag Valley Dinner Meeting



Our January meeting began with a tribute to Amelia Earhart. It was a huge success!

Grace Gerhardt's presentation was a perfect preface to the Girls Rocket awards being presented. Grace encouraged the girls to be who they are and believe you are smart and capable!



School Attendees: Jacqueline Garvin, her mom and dad, Erica Dupre, Brenda Turner, Kate Connelly, Jena Baruffaidi, her dad, Cassandra Dagenais and mom, Lynn LeClair, her grandmother, Destiny Voisine and two guests, Christine Dionne, Lisa Nemeth, John M, Cheyenne Clark, Jason Proulx, Maria Maloney.



Business Meeting @ the Ludlow CC, Ludlow MA

Present: Dana Burton, Danielle Petrangelo, Joanne Turner-Chiacchia, Kris Goold, Liz Reeves, Marge Cavanaugh, Mary Ann Rubis, Mary Knight, Nancy Ayres, Pam Albertson, Trish Pupek.

Absent: Andrea Bordemca, Debbie Wood, Dianne Kidd, Janet DaSilva, Luz Rivera, Shanique Spalding.

Guests: Chris Keough-Huff, Christine Gerhardt, Grace Gerhardt, Karen Keough-Huff, Michelle Clifford, Rita Schiano, Sarah, Valerie Keough, Dee Defatta.

Treasurers Report: December highlights. Our poinsettia fundraiser realized a profit of \$2009.50! The Centennial Committee currently has available funds of \$1094.16!! Mary made a motion to file the treasurers report for audit. Pam seconded it.

February 10 Period Project: Send box locations to Mary so she can put on website. When putting the boxes in their locations ask if they can advertise the event on their FaceBook page. Dana has received some items and picked some up in Palmer. Amazon orders will go to Dana.

Mary Ann has been in touch with Pattie Hallberg from the Girl scouts to see if collecting hygiene items is something they may be interested in doing. Also possibly coming to the evening to help assemble kits. There may be a possibility of earning a merit badge for the girls? To be determined. Northampton and Springfield clubs will be joining us for the project.

The club voted to have both Suz and Stacy installed at our February meeting.

March Meeting: We need to think about who we want the third recipient of the Silent Auction will be. We will vote on it at the March meeting. That will allow the April meeting to have them come and tell us about their organization.

January Soldier On Activity: The date will be determined by the end of this week. We will make cards with a Valentines theme and self love. Dianne, Nancy and Liz will be getting supplies and snacks.

Meeting Adjourned 8:15

Respectfully Submitted
Secretary, Liz Reeves

The Status of Women and Girls

Donna Haghghat, CEO of Women's Fund of Western Massachusetts will be our guest speaker on March 9, 2020. She will share a report on the status of women and girls in Western MA

Donna Haghghat came to the Women's Fund with over 12 years of experience developing programs, cultivating relationships, launching startups, fundraising, directing communications strategy, creating strategic plans and building advocacy programs. Under her leadership, the Women's Fund has successfully launched The Young Women's Initiative for girls and young women of color in Springfield and forged a partnership with University of Massachusetts Amherst where participants in the LIPPI leadership program receive 500 level academic credit. Prior to joining the Women's Fund, Haghghat was Principal at Collabyrinth Collective, LLC. Previous roles have included Executive Director of the Aurora Women & Girl's Foundation, Chief Engagement and Advocacy Officer for YWCA Hartford Region, a strategic consultant, Chief Development Officer for Hartford Public Library, Interim Director and Grants/Program Manager of the Women's Education and Leadership Fund, and Co-President of AAUW CT.



Haghghat was awarded the Trinity College Alumni Medal of Excellence in 2019, was the grand prize winner of the 2012 University of Hartford's Barney School of Business International Business Plan Competition and was recognized as The Trinity Club of Hartford's Person of the Year in 1999 and the Trinity College National Alumni Association Award in 1996.



Membership News from Dana Burton

We are delighted to welcome two new member at our February 10th meeting. Suz and Stacy first joined us in June 2019 to celebrate McKenna Troy's YWPA award. They have since attended meetings and an orientation to Zonta. They bring lots of talent and enthusiasm to our dynamic club.



Suz Tiranno was born and raised in Buffalo, NY, came to Western Massachusetts for graduate school in 2001, and has lived here every since. She has been the Coordinator of Interlibrary Loan Operations at Ely Library on the campus of Westfield State University for the past 11 years. She greatly enjoys the academic setting and helping students and faculty meet their research

goals.

Aside from the library, Suz also loves being an NCAA women's basketball referee. She believes strongly that there should be more female representation in the world of sports and that it should be common for all young athletes to see women in roles of authority during their games. Suz has been drawn to Zonta and its work since she first attended a meeting last Spring and especially so after learning of Zonta's Buffalo roots. She's looking forward to joining as a full time member!



Stacy Troy grew up in Connecticut and has lived in Belchertown for 18 years. She has worked as a Physical Therapist for Cooley Dickinson Hospital for over 20 years and specializes in orthopedics and lymphedema management with her primary focus on patients who have pelvic floor pain and dysfunction.

She has three active teenagers that she couldn't be more proud of. Her daughter **McKenna Troy** was awarded the 2019 Young Women in Public Affairs honor by the Quaboag Valley Club.

In her down time she enjoys fostering for Dakin, traveling, playing golf with her wife, going to flea markets and catching up on so many great podcasts.

WANTED

The Zonta Club of Quaboag Valley is looking for a few members in good standing to serve on the club's Executive Board for 2020-2022!

It's a wonderful way to learn about different aspects of Zonta. We have numerous members that are more than willing and able to mentor you.

REWARDS for holding a Board Position:

- An equal voice in planning the future of the club.
- Front row seat to what committees are working on.
- An opportunity to share your time, talent and treasure.
- Hands-on leadership experience in a safe environment.
- Learn, grow and make a difference

Contact the Nominating Committee if you are interested in a position or want to nominate someone.

We look forward to hearing from you!

Marge, Pam & Liz
Nominating Committee

REWARD



January 2020
 FOR IMMEDIATE RELEASE
 from the Zonta Clubs of Northampton, Quaboag Valley and Springfield.
 Info: Mary F. Knight, Western MA Director, 413-219-8260, MFKnight@crocker.com

All Women Deserve Supplies ~ PERIOD



Western MA ~ It's extremely hard for women living in poverty to deal with the monthly financial and physical burden of a period. Products are costly and are not covered by SNAP or WIC. The average woman requires over \$6000 disposables in her lifetime. For some women, that time of the month couldn't come at a worse time.

The Zonta Clubs of Northampton area, Quaboag Valley and Springfield are pooling resources for **#The Period Project** to raise awareness and collect items needed during a monthly menstrual cycle.

The public is invited to join Zontians in distributing dignity to women and teens in need.

(1) You can donate items to create monthly menstrual kits for homeless women and to stock supplies at local shelters and service centers. Find addresses/maps for drop-off locations throughout Hampden and Hampshire counties, and a link to an **Amazon wish list at www.zontaqv.org/period**. We are collecting:

- Sealed Boxes of Pads or Tampons
- Panty Liners
- Cleansing Wipes, Hand Sanitizers and/or Soap
- New Pairs of Underwear (Any Size)

or cash to purchase items in short supply. Checks can be made to Zonta, PO Box 1034, Belchertown MA 01007-1034

(2) If you are available, you can help assemble monthly period kits on Monday, February 10th at the Ludlow Country Club, Ludlow. 5:30 Set up/ 6:00 Dinner (\$18 – cash, check or credit card). **RSVP by 2/4 to 413-219-8260 or info@zontaqv.org**

When many of us think about giving donations and goods to local organizations that assist families, the first items that come to mind are things like clothes, shoes and food. Many of us don't think about the other items that people with periods are in need of on a daily basis. It is our hope that you will contribute now and share this message in the new year and beyond.



The Zonta Clubs of Northampton area, Quaboag Valley and Springfield are part of Zonta District 01 – one of 32 districts throughout the world that forms Zonta International. It is comprised of 14 clubs located in Connecticut, Maine, Massachusetts, New Hampshire, Vermont, USA and Nova Scotia, Canada. Learn more about the clubs of District 1 and their local impact: www.zontadistrict1.org. We welcome like-minded individuals who share our vision of a world in which women's rights are recognized as human rights, every woman is

*able to achieve her full potential, and no woman lives in fear of violence. There has never been a more important time to keep motivated and **#PressforProgress**.*

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. Zonta has General Consultative Status with the United Nations Economic and Social Council (ECOSOC), consultative status with the United Nations Educational, Scientific and Cultural Organization (UNESCO), participatory status with the Council of Europe, and special relationships with United Nations entities promoting women's rights. To learn more, visit www.zonta.org

Workflow for Period Project

4 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

4 or 5 Work Stations

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

4 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

The 5th 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 – First Church, Center Street
Ludlow – So Cool Gifts & Accessories, 345 Holyoke Street
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!