



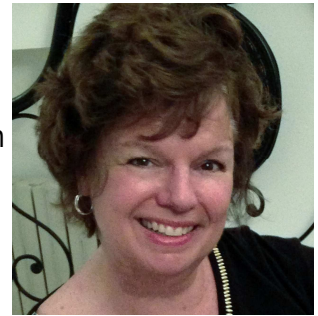
ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

APRIL 2020

Dear Sister Zontians and friends,

Wow. What a difference a month makes.

I hope this message finds you and your family in good health. We are all faced with adjusting our daily lives to this ever-changing news about the COVID-19 pandemic and what this means for ourselves and our families. I want to share decisions made at the March 16th ZQV board meeting.



Given the recommendations put forth by the Center for Disease Control and Governor Baker, sadly, our May 4th Silent "no more" Auction is canceled. I know that many of you have already begun collecting items for our auction. If you need storage for items collected so far, please contact Mary Knight. We know there are serious consequences to this decision, but this is not business as usual.

The Area 2 Spring Retreat will be changed to an online Spring Retreat for the entire District on April 25th. More information about this is forthcoming.

We will not participate in the book events scheduled at Ludlow and Palmer libraries, and, also all Soldier On activities are temporarily on hold.

Our April 13th dinner meeting at the Ludlow Country Club will be replaced with a ZOOM online meeting. Instructions will be sent with an invitation to that meeting. For those who have not used ZOOM, a brief overview is provided in this newsletter. At the April meeting, we will elect officers for the next biennium and we will look to members to help us come up with some creative ideas for finishing up this Zonta year.

Please know that these were difficult decisions to make, but everyone's safety is paramount. Your continued support and understanding are greatly appreciated as we navigate through this unprecedented and uncertain time.

I know that I speak on behalf of all of our members, we are here for each other. Please let me know if you have any questions or concerns.

Be safe,
President Trish

P.S. This newsletter includes a number of messages of support for you and your family. Thanks to all who contributed.

Birthday wishes:
Andrea Bordenca 4/30



Getting started with Zoom—Andrea Bordenca

Zoom has an awesome knowledge-base filled with articles, video tutorials, live webinars and a help chat all designed to ensure that you have a rich experience. Getting Started: <https://support.zoom.us/hc/en-us/categories/200101697>

Check out [Getting Started](#) and the [System Requirements](#) links to get everything you need to know about the set up for Zoom

To be able to join us you will need to download and run the Zoom application on your desktop or portable computer. <https://zoom.us/support/download>. If you are using your smart phone, download the Zoom app.

Next, let's test your audio and video. It is intuitive but this article can help: <https://support.zoom.us/hc/en-us/articles/201362283>

Ways to interact with each other utilizing the Zoom Features:

- Chat – this allows you to send chat messages to other participants and presenters (panelists) in our workshop. You can send a private message to an individual or you can send a message to the entire group.
- Polling - be on the lookout for polling single or multiple choice questions
- Reaction – you are able to clap your hands, give a thumbs up – to show your excitement, and level of engagement. Reactions disappear after 5 seconds.
- Breakout rooms – breakout rooms are sessions that are split off from the main Zoom meeting. You'll be able to meet in smaller groups. Breakout rooms can be used for collaboration and discussion of the meeting. You'll be invited to a join a breakout room from your host.

If you have any problem or question, feel free to contact me for a walk through.

Now that you have set up Zoom, you are ready to go.

I will send the meeting invitation to you prior to the 4/13 meeting. **Simply click the link to join the meeting** 10 to 15 minutes before the start time. The invitation will also include a phone number you can call to participate by audio only if you don't have wifi service.

"Zonta is not an organization for the faint-hearted, the small in spirit, the person too busy to render service. It is for those who can accept a challenge to enter the world of affairs, clear-eyed, keen-witted, generous, worldwide in sympathetic understanding and faith in womankind."

Katherine B. Sears,
Confederation of Zonta Clubs
President 1927-1929, American
novelist, playwright and poet.



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 and 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

March 9, 2020 Zonta of Quaboag Valley Dinner Meeting

Ludlow Country Club

Present: Andrea Bordenca, Dana Burton, Danielle Petrangelo, Debbie Wood, Kris Goold, Liz Reeves, Luz Rivera, Marge Cavanaugh, Mary Knight, Nancy Ayers, Pam Albertson, Patti Matthieu, Stacy Troy, Suz Tiranno, Trish Pupek.

Absent: Dianne Kidd, Joanne Turner-Chiacchia, Janet DaSilva, Mary Ann Rubis, Shanique Spalding.

Guests: Dee DiFatta, Karla Travieso, Carra Fenton, Karen Keough-Huff, Chris Keough-Huff, Donna Haghighat, Maria Maloney.

After a very informative presentation by Donna Haghighat, the meeting was called to order 7:10

Silent No More Auction: We need to choose a third recipient for the auction funds. The club will do an email vote by March 16. We all need to work on getting items for the auction as well as Guests!!!

Membership: Nothing to Report.

Advocacy : The report is in the March newsletter.

Service: Marge will put forth a request for funds for the Palmer Historical Culture Center. The funds would be used for a show about Laure Ingalls Wilder.

Centennial : There will be an event at Ludlow Library 3/26 and at Palmer Library on 3/31.

Golf Committee: The Golf Tournament will be on Sept.12. The cost to play will go up \$5 making it \$95. We will be paying the same price for the catering again. Debbie mentioned that we can always use more sponsors. The committee would also like if each member could donate between 2 and 4 gift cards or gift items for prize table.

Soldier On: Trish and Dee went to Magic Wings with the Soldier On women in February and had a delightful day. The Soldier On women were so appreciative of the activity. Some of the Women will be moving to the Soldier On Pittsfield residence in March. They have invited our club to dinner when they get settled. The Berkshire club will be mentoring them when they move. We are all invited on May 15 between 11:15 and 2:00 to their ceremony.

Spring Retreat: The retreat is May 16 at the Clarion in West Springfield. All area clubs are included. Our District has lost 5-6 clubs. There is a chance we will lose our District status. If this happens we will lose some of our entitlements as a District. Mary Knight would like to do some revitalization at the Spring Retreat.

Meeting Adjourned 7:40
Respectfully Submitted
Liz Reeves, Secretary

Zonta of Quaboag Valley Board Meeting via Zoom

March 16, 2020

Called to order 6:07

Present: Trish, Dane, Mary, Liz and Andrea.

Absent: Danielle and Joanne.

Minutes: Mary moved to accept the minutes as written. Dana seconded.

Treasurer Note: The annual Zonta dues bill for the period June 1, 2020 to May 31, 2021 will be sent out 4/2. The amount is the same as last year - \$129; payments are due by May 11.

Email from Gov. Liz: The Area Meeting/Workshops on Saturday April 25 will be a Virtual event due to the pandemic. Her advice in terms of club meetings and fundraisers is to do what we need to do to be safe. Northampton club will be making a decision on 3/19 on their event on April 16. *[Editor note: It's cancelled]* International Convention in Chicago may be canceled. More to follow. The closing quote on Gov. Liz's email is a wonderful reminder of what it is to be a Zontian. Our club will keep it front and center as a reminder.

Gov. Charlie Baker: He has asked that there be no gatherings of more than 10 people at this point and social distancing is recommended.

ZCQV will implement the following in light of what Gov. Baker has asked:

Our May "Silent No More Auction" will be canceled.

Our April Business meeting will be on Zoom. Andrea will set up steps for members to get onto Zoom.

Our two library events (Ludlow and Palmer) will be canceled.

Soldier On activities will be put on hold

Mary will prepare a statement for the club about the cancelations.

Membership: We received an application from Marie Maloney for membership. She is a Lic Social worker at Monson Elementary school. Dana will have Maria send a bio and picture for the April newsletter.

We will be sending out the April newsletter early so our members can prepare for changes due to the pandemic.

Adjourned 6:41

Respectfully Submitted

Liz Reeves
Secretary

The Status of Women and Girls

Donna Haghghat, CEO of Women's Fund of Western Massachusetts was our guest speaker on March 9, 2020. She shared an overview of the Women's Fund programs and a revealing re-search report on the status of women and girls in Western MA

The Women's Fund of Western Massachusetts fuels progress toward gender equality by funding the most promising solutions, collaborating with results-oriented partners, and by elevating the collective power of local women to take charge and to lead with purpose.

As a small nonprofit with the outsized goal of achieving gender equity for women and girls in Western MA, the Women's Fund dovetails nicely with Zonta. They use the latest research, their network of renowned experts, and their knowledge of local efforts for gender equity and empowerment to invest in the community and advance women and girls. Since their inception in 1998, they have been able to propel prosperity through grantmaking and leadership training opportunities, and deal with family and community issues faced by local women.

Two programs that were initiated under Donna's leadership are: Leadership Institute for Political and Public Impact (LIPPI) and Young Women's Initiative (YWI) programs. Graduates from both programs complete 9-months of classes that provide them with the tools, training, and confidence they need to become our region's community leaders and elected officials.

<https://www.mywomensfund.org/WMA-Women-and-Girls/> to download the key findings or full report on the Status of Women and Girls in Western Massachusetts, 2019. We hope to partner with this organization!



Slate of Officers 2020-2022 for the Zonta Club of Quaboag Valley

President:
Dana Burton

Vice President:
Danielle Petrangelo

Treasurer:
Andrea Bordenca

Secretary:
Mary Knight

Board Members
Trish Pupek, Past President
Luz Rivera
Patti Matthieu



Transformation through Inter-Connectedness: Workshop on Presence and Connection

A virtual NGO CSW64 Conversation Circles Space session taped on March 23rd.

In this workshop, we renew ourselves as leaders on the frontlines of transformation for gender equality. We will learn practices to ground our leadership in presence and connection to build a community of care and well-being to create new paradigms for people and planet. We will leave with practical tools for mindfulness and centering, essential qualities to navigate our volatile and uncertain times. Let us co-create interconnected leadership that honors self, community, and nature to usher in a new world.

Led by Mallika Dutt: www.mallikadutt.com
Very inspiring

Watch the recording: https://youtu.be/y8cX_4kySnM

7 Ways to Stay Productive When You're Stressed

Margarita Tartakovsky

It's hard to focus on work when Coronavirus has been declared a pandemic by the World Health Organization. Soap is flying off the shelves, and conferences, concerts, and college classes are getting canceled. "Our work responsibilities, by comparison, may feel less important, even if they're not," says Alicia H. Clark, PsyD, a psychologist in Washington, D.C. and author of the book "Hack Your Anxiety: How to Make Anxiety Work for You in Life, Love, and All That You Do."

It's also hard to focus on work when you're wondering if you're taking the proper precautions: Am I washing my hands enough? Have I touched my face? "In trying to be vigilant and change habits we don't often think about our focus naturally wanders away from other priorities like work," says Clark.

But the reality is that we still need to get stuff done—and do it well. So, how can you remain productive amid Coronavirus concerns and panic? These seven actionable strategies can help:

1. Manage Technology "Constant distraction is the new normal," says Maura Thomas, a trainer and author on individual and corporate productivity and work-life balance. "COVID-19 is really just the latest distraction in a world of unrelenting distractions." The key, she says, is to manage our attention by managing our technology: Turn off notifications on your phone and delete social apps. Use airplane and off mode more often. Download website blocking software and browser extensions that limit your time on certain sites and lock you out once you've reached your limit.

2. Take Rejuvenating Breaks Laura Vanderkam, author of several time-management books, including "Off the Clock: Feel Less Busy While Getting More Done," suggests creating a plan for each day that includes intentional breaks with genuinely rejuvenating activities. This might be anything from taking a walk to listening to a guided meditation. "If you don't have planned breaks," she says, "you'll take little ones to read headlines—and then you'll just get anxious again."

3. Prioritize Purpose When your attention shifts to questions and concerns about what might happen, refocus "on what you care about in your work," says Clark. Think about the greater purpose of each project and task. How will your project help your clients or the public? What's the desired outcome of your meeting? What can you learn from what you're reading? How can you grow?

4. Practice the Self-Care Triad According to Clark, anxiety is exhausting—no matter the source. The self-care triad—sleep, nutrition, and exercise—is especially critical in building up our "mental and physical stamina." This means eating nutrient-rich foods, moving your body when you can, and sleeping for 7.5 to 9 hours, she says.

5. Be Self-Compassionate North Carolina mental health counselor Laura Torres, LPC, emphasizes acknowledging your anxiety and being supportive and understanding. For instance, you might tell yourself: "Of course, this is taking me longer to do—I'm anxious," "It's okay that I didn't finish that task," or "It's okay that I'm feeling overwhelmed." If you can't come up with a self-compassionate statement, consider how you'd comfort a child who's feeling afraid.

6. Perform During Your Peak Are you typically most productive in the mornings or afternoons? Make sure you're spending your best time making progress on your projects. "Avoid wasting your peak energy times of the day doing something that isn't your work—[whether it's] Coronavirus [related] or something else," says Clark.

7. Practice Deep Breathing "When we are wrapped up in anxiety and fear, our nervous system is mobilizing our fight/flight resources, which takes resources away from the areas of our brain that enable us to be efficient and productive," says Torres. Practicing deep breathing several times throughout the day, stimulating the parasympathetic nervous system and signaling to your body that you're safe.

If you can't stop feeling anxious, remember that your anxiety is simply attempting to protect you. As Torres says, "Accept that anxiety might be sitting in the backseat as you work—but try not to let it drive the bus."

Margarita Tartakovsky is a Florida-based writer and associate editor at PsychCentral.com. She's been writing about mental health, psychology, body image, and self-care for over a decade. Original publication date: Mar 17, 2020

COVID-19 4-Steps to Acceptance

By Andrea Bordenca

There's a sense of unease and uncertainty as coronavirus news comes at us. There's unknowns and new learning each day, regardless of the external events that are happening. In the context of coronavirus, we are all experiencing something that we never have in our lifetimes. I offer a couple of perspectives and actions for the sake of self-care.

Self-care can be purposeful and intentional, even in the face of covid-19, or even more so in the face of covid-19.

Here are the two main ways we can respond:

- (1) React in our panic, worry, anger, frustration, resentment, fear, resignation...When we are allowing emotions that close down possibilities to consume us, we are inviting more of that to affect how we interact with others, or
- (2) Accept that there's always going to be uncertainty, and that this is a reminder that we can choose in each moment how we want to show up.

The second gives us more choice. If that is your choice, how will you move into acceptance?

Here's a 4-step process that is replicable and creates a sustainable habit that allows accessibility to acceptance:

1. **Notice:** We first acknowledge there's fear or worry or a mix of emotions.
2. **Be:** Be in that emotion(s) and with that emotion, regardless of what it is, regardless of if you like it or not. That is what acceptance is.
3. **Breathe:** To move from fear/fight/flight, taking a few conscious deep breaths shifts our organism. Our system can shift to recovery when we allow our breath and energy to drop. Expand your belly on an intake. Draw it toward your spine on the exhale. 3-5 times. Slow and torso filled.
4. **Ask:** In this space, as your deepening breath and connecting to your body and your nervous system, ask yourself "what can I take care of now?" Notice the emotions, no need to suppress or override, you're inviting and allowing what's showing up to show up and not giving it your power. You're being with it.

Repeat several times daily.

No matter what, in all the uncertainty we can always choose breath and how we manage our emotion. First, is always noticing. Without awareness, there is no choice.

Bonus Tips:

If you have been curious about meditation and would like to develop a practice that relieves your thinking and can put a pause to patterns of predicting worst case scenarios, start small!!

Here's a one minute guided meditation:

<https://onemomentcompany.com/>

<https://onemomentcompany.com/app/>

I realize that in the face of rapid changes in the world and virus-spreading, there are worries and feelings of anxiety. These tend to feel out of control when we keep them to ourselves.

There's two ways to move when it comes to shifting from isolation to integration.

- Invite a loved one into a phone or video conversation. Ask "how is coronavirus impacting you?" As a way to connect.
- Offer to help someone, or just be an ear for listening. When we avail ourselves with no intended return, there's a spirit of giving and generosity that can bring us out of our immediate contraction or tension.

Andrea is a Leadership Performance Coach, Corporate Consultant & Trainer. She is the Founder of Lead Yourself Youth, Inc., an organization dedicated to youth leadership development in underserved communities and serves as Chairperson to DESCO Medical Service.

'FACE COVID'

How to respond effectively to the Corona crisis
by Dr Russ Harris, author of The Happiness Trap

'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT).

Here's a quick summary of the key steps, and in the pages that follow we'll explore them all in more depth:

F = Focus on what's in your control

A = Acknowledge your thoughts and feelings

C = Come back into your body

E = Engage in what you're doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

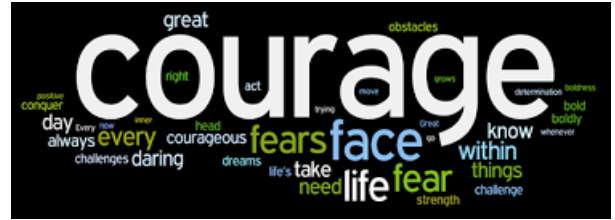
D = Disinfect and distance

DETAILS: <http://zontaqv.org/face-covid/>
5 pages and worth the read!

Act Courageously in the Face of Uncertainty

Sandy Neumann CH, Certified HypnoCoach®

With the continuing spread of COVID-19, many of us find our daily lives invaded by fear and anxiety. We may feel powerless in the face of this pandemic—like the only thing we can do is retreat into our homes, take everyday preventive measures and wait for the virus to subside. But we are NOT powerless. We can acknowledge these emotions as being completely normal under the circumstances AND we can choose to respond by doing something to boost our immune system. Why is this important? While the coronavirus and its health risks are very real, **the fear we're experiencing (and the way it manifests) may be an even more dangerous pandemic.**



The dangers:

- When we're stressed, the immune system's ability to fight off antigens is reduced. That is why we are more susceptible to infections.
- The stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g. lowers the number of lymphocytes).
- Fear weakens our immune system and can cause cardiovascular damage, gastrointestinal problems such as ulcers and irritable bowel syndrome, and decreased fertility. It can lead to accelerated aging and even premature death.
- Anxiety can trigger your flight-or-fight stress response and release a flood of chemicals and hormones, like adrenaline, into your system. This can weaken your immune system, leaving you more vulnerable to viral infections and frequent illnesses.
- Lack of sleep reduces your immune defenses as well because your body produces proteins that help your body fight infection while you sleep.
- And the most obvious danger: when under stress, we tend to crave comfort foods!

Choose to decrease the negative emotions and boost your immune system:

- Watch something that makes you laugh. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals.
- Do something fun! Make a list of things that you enjoy doing and add a few things you want to try. Excitement, like laughter, has far-reaching benefits.
- Create a bedtime gratitude ritual. Offer blessings to all the people who have shared your life, visualize the amazing experiences you've had, think with pride about times you successfully overcame adversities, etc. Imagine how your immune system will strengthen overnight.
- Start a daily wake-up meditation to help set conditions for a positive day. How can you enjoy the day, no matter what? Who can you help today?
- Eat more vegetables; take multivitamin and mineral supplements when needed. Eating a low-fat, plant-based diet (mostly vegetables, grains, nuts, seeds, legumes and fruits) may help give the immune system a boost. The immune system relies on white blood cells that produce antibodies to combat bacteria, viruses, and other invaders.
- Move your body (dance if you don't like to "exercise"). Regular activity will slow down the release of stress hormones and keep your bones healthy and strong.
- Walking in nature is known to lower our pulse rate, blood pressure and level of the stress hormone cortisol. It might just improve your happiness factor too.
- Stay hydrated. Water helps to oxygenate our blood cells so that our muscles and organs are ready to fight off invaders like germs. Water offers a general cleanse of the body and is key to collecting bacteria and transporting it the lymph nodes for destruction. Add a little citrus fruit such as a lemon for additional Vitamin C!

We are living in unprecedented times, but you are not powerless!

Check in with yourself and name how you are feeling – anger, fear, anxiety? Acknowledge that this is completely normal – the whole world is sharing in this pandemic. Then, choose to reduce the health risks of these negative emotions naturally with a few smart practices. Your body will thank you and you will be in a much better place once the threats are under control.

You've got this. Stay safe.

Dear Zonta members,

Who would have foreseen that, within only a few days, lives for almost of all us have changed dramatically in order to slow down the spreading of COVID-19? Many of you are experiencing not only shelter-in-place mandates, with all the difficulties and sad consequences that come with them, but also much more forceful impacts on your own health and that of your loved ones, on your businesses and on your jobs.

While in these times of hardships and uncertainty, we are full of concerns, we also experience heartwarming acts of solidarity. Yesterday afternoon, in the vast courtyard behind the building I live in, a DJ performed for all of the neighbors. And, at 6 p.m. throughout Germany, people were playing or singing Beethoven's *Ode to Joy* from their balconies or at their open windows.

This is a time for us to reach out to the people we are connected with, among them our fellow Zontians. The idea of supporting each other is in Zonta's and all Zontians' DNA. Together, we are finding creative ways to help and encourage each other. Already, I received an e-mail with only a subject line: "How are you?". We are called upon to open our ears, eyes and hearts to think of ways to respond to this unprecedented situation. One example of how it especially affects women and girls is the increased risk of domestic violence.

I just wanted to let you know that my fellow Board members and I are thinking of you. We are sending you our best wishes. Like you, we work hard to keep up with our tasks. You can be assured that we will inform you as soon as we can about major Zonta business decisions and developments.

Warm regards, and stay healthy and safe!



Dr. Susanne von Bassewitz,
President
Zonta International and Zonta International Foundation
Degerstrasse 64 | 40235 Düsseldorf, Germany
Phone: +49 151 4071 2231 | Skype: susanzonta





Dear District 1 Zontians,

The District 1 Board and I have been monitoring the spread of the coronavirus (COVID-19) throughout New England and Nova Scotia. I know you all have read and heard what is needed to keep ourselves safe in terms of contact and hygiene (i.e., social distancing, hand washing/frequent use of hand sanitizer and avoid face touching). I urge clubs to follow these principles when conducting face to face events. While we may miss the warm hugs, and familiar greetings, the feelings behind these sentiments are still there. We need to look out for each other, support members who may be directly affected and continue to advocate for women and girls by whatever means are appropriate taking into consideration the current situation. While we didn't ask for this current situation, we can use it to think creatively about how we can respond to it. That said, we would like to address a few pressing issues:

1. **Area Meetings/Workshops** Clearly, we are living in uncertain times, and for most of us uncharted waters. Therefore, in consultation with your District 1 Board, we have made the decision to hold a combined Area 1, 2, 3 and 4, virtual District 1 Spring Area Meeting/Workshop. Luckily, the District has a history of conducting virtual workshops this past biennium through our focused webinars. We are so fortunate to have Maureen Farmer from the Halifax club who presented at the 2019 District Conference and is prepared to assist with this effort. The tentative date for the virtual Area Meeting/Workshop will be Saturday, April 25th. Area Director Kathryn Patterson will be assisting in organizing this workshop, and for that I am grateful. More information will be sent as soon as possible.
2. **Club Meetings and Fundraising Events** Club Presidents will be getting a directive from Zonta International concerning ways to conduct upcoming and annual meetings. In the meantime, we urge you all to follow local protocols, and in the event, you need to cancel meetings, there are other ways of keeping in touch with members and conducting club business. E-mail, of course, but this might be an opportunity to try virtual meetings through the use of Zoom (www.zoom.com) as they have a free version where you can host up to 100 participants for 40 minutes. Utilizing technology is a great way to keep the face to face contact, which is important to club members. For members who do not use the computer, let us not forget the telephone. For those members, a check in call to update them would be welcome.
3. **2020 Zonta International Convention – Chicago** As of this email, the Zonta International Convention is still scheduled. Earlier this week, an email went out to all registered attendees of Convention; however, I am reprinting a portion here for your reference: "We know that, with the amount of information on the corona virus disease rapidly coming in you may have questions related to traveling to the U.S. in early July. We are working on the challenges created by this extraordinary situation. We are listening to experts like the World Health Organization and other authorities and will follow their recommendations. I have also appointed a contingency team that supports the Zonta International Board and the Convention team in monitoring, evaluating and mitigating the risks. I wish I already had answers to all your questions. For the time being, we have compiled some information on our Convention website that will be updated should there be new facts and developments. If you have other questions, please email Zonta@Conferencedirect.com. In the meantime, Convention Chairman Sally Bean and her team are working hard to make the celebrations a great Zonta experience for you. – Signed, President Susanne von Bassewitz"

In closing, I want to leave you all with a quote:

"Zonta is not an organization for the faint-hearted, the small in spirit, the person too busy to render service. It is for those who can accept a challenge to enter the world of affairs, clear-eyed, keen-witted, generous, worldwide in sympathetic understanding a faith in womankind. – Katherine B. Sears Confederation of Zonta Clubs President 1927-1929 American novelist, playwright and poet.

Thank you all for your time and efforts for Zonta. We are a family and will get through this.

Yours in Zonta service,

Liz
Elizabeth A. Hart
Governor District 1
Zonta International