



ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

MAY 2020

Greetings Sister Zontians

What a difference a year makes! One year ago, we were putting the final touches on our annual Silent "no more" Auction. Today, most of us are hunkered down in our homes, unable to socialize with our friends and families and donning masks for the rare trip to the grocery store. It all seems so surreal. I find myself experiencing the entire gamut of emotions in the course of 24 hours- sadness, fear, happiness, irritability, panic, anger, overwhelmed, powerless... I could go on, but you get the picture. We are all experiencing this pandemic in our own ways, yet there are similarities. I know that I am not alone when I say that I miss BEING WITH my Zonta sisters! This is a new way of life and it is rather uncomfortable, but we Zontians are strong and resilient women! We are all learning new ways to conduct our lives and our Zonta business.



We held our first Zonta Zoom business meeting on April 13th. Please see the meeting minutes on page three. It was great to be able to see many of you and get caught up. Approximately, half of our members participated in the Zoom meeting and I hope to see all of you at our next virtual meeting on Monday, May 11th. *Note: As our Silent no more Auction is cancelled, we will conduct our business meeting on the second Monday of May, 5/11.*

We are very pleased to welcome guest speaker, Jessica Hernandez, LICSW, from the YWCA of Western MA. Jessica, will be joined by our own Zontian, Danielle Petrangeo, and they will lead a discussion on the struggles facing survivors of domestic violence during this pandemic. We are opening up this virtual meeting to the public and encourage you to invite others who are interested.

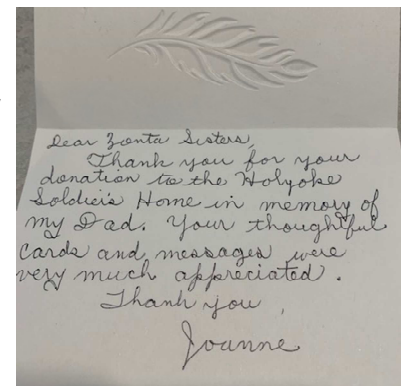


On Friday, April 24th, we held a Zoom visit with our Soldier on friends. Many of the women participated in our informal virtual "visit" to check in with them and hear about how they are coping with this new life. Several of the women were slated to move to the newly built residence in Pittsfield, however, this was postponed due to the pandemic. Overall, I was very impressed with how they were coping and they appeared to be in good spirits. We talked about the possibility of playing some sort of game via Zoom- perhaps, Charades. Please share your ideas on this topic! We very much want to maintain contact with the women, especially during this time. We welcome all ideas on how we can stay engaged with our friends.

While we are adjusting to a different way of conducting our Zonta business, our mission and our passion has not changed. Let's all embrace our "WHY"; our purpose for being a member of Zonta. The world needs us now, more than ever.

In Zonta service,
President Trish

New to Zoom? You do not have to give any personal info when you download the App. Andrea or Mary can walk you through the initial, one-time set up. Then, it is as easy as clicking on the invitation link that will be sent before the meeting. Join us!



Maria Maloney—Ready to Serve as a new member of Zonta

Joanne introduced Maria to Zonta and highly recommends her to be inducted into the Zonta Club of Quaboag Valley.



From Maria:

"I currently live in Monson with my partner Tim and my daughter, Emma, who is a college student at Anna Maria College and 4 dogs. My partner's two teens live with us part of the week also: Emma, a graduating Senior and Sam, a 10th grade student. I work for the Monson Public Schools as a School Counselor with our young learners in grades 1-4. I also work at the Center for Human Development as a Clinical Social Worker where I see children, adolescents, and adults for therapy services. I am active in my church, St. John's Episcopal Church in Northampton, and volunteer with Sunday School and Homeless outreach there.

I also volunteer with Northeast Coonhound Rescue's Beagle Program and ACTS Tutoring in Springfield. I am excited to become a part of Zonta.

I have been completely overwhelmed by work at my two jobs, both the school and mental health clinic, as the pandemic has caused many people to go into crisis in a variety of ways. I hope you are well and managing to go through this unscathed. I look forward to joining Zonta and getting to know all of you."

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.

If you are active or have been previously active in a profession, are willing to commit time to service and advocacy projects in our communities, and to contribute financially to and raise money for local & international projects that benefit women - we welcome you!

"Mindset" is a muscle that strengthens during meditation ~
Shift to find Hope
(from Deepak & Oprah's 21 Days of Meditation)

Shift from: Things are only going to get worse
To: Whatever happens I have the inner resources to make it through

Shift from: Social distancing means lonelines and isolation
To: I take this opportunity to create new ways of connecting to the people I love

Shift from: My mind won't stop racing with worry and uncertainty
To: There is peace inside me that's always accessible through meditation



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

Zonta of Quaboag Valley Zoom Meetings

ZQV Business Meeting April 13, 2020 6:00PM

Present: Trish Pupek, MaryKnight, LizReeves, DebbieWood, Andrea Bordenca, Joanne Turner-Chiacchia, DanaBurton, Pam Albertson, Mary Ann Rubis, Marge Cavanaugh.

Absent: Kris Goold, Nancy Ayers, Dianne Kidd, Patti Matthieu, Luz Rivera, Danielle Petrangelo, Janet DaSilva, Stacy Troy, Suz Tiranno.

Treasurers Report: Motion was made and voted to accept the current report for audit. Proposed 2021 Budget: Motion was made and voted to accept the budget for the next biennium. Joanne has emailed the membership with dues information. Please mail checks to her before 5/15.

Minutes: Motion was made and voted to accept the minutes of the March meeting.

Spring Workshop: The 4/25 workshop will be via Zoom. Those attending should sign in to start before 9:00 and end at 12:00. RSVP by 4/21 on the District website.

Soldier On: The women are doing well during this trying time. However the women slated to move in March to the Pittsfield apartments had to be postponed. The dedication of the new building on May 15 has also been postponed until later notice. Trish will check with Casey to see if there is the possibility of a Zoom meeting with the women. It was also suggested that the women might enjoy receiving some greeting cards from us.

International Convention: This year the Convention will be a virtual, held electronically. There will be no charge. Delegate needed by 5/15. More information will follow.

Election of Officers: The slate of officers was unanimously accepted. 2020-2022 Exec. Board. Pres. Dana Burton, V.P Danielle Petrangelo, Treasurer: Andrea Bordenca, Secretary, Mary Knight, Board members, Trish Pupek, Luz Rivera & Patti Matthieu. The present Nominating committee will appoint a new committee by Sept.

Membership: Dana is working on getting a Bio and picture from Maria. She is very interested in joining. Joanne will contact her.

Silent No More Auction: Since we had to cancel the auction we are looking for suggestions on what else we might be able to do. Bring your ideas to the May 11th on Zoom

Golf Tournament: Will we be able to have the tournament this year in the current situation?

YWPA Scholarship: We have received one applicant for this scholarship.

Centennial Committee: Each of the libraries will be receiving another \$250.00. Do we want some kind of event this summer when presenting the check?

Meeting Adjourned 7:05

Respectfully Submitted, Liz Reeves, Secretary

ZQV Board Meeting Zoom April 20, 2020 6:00pm

Present: Trish, Joanne, Liz, Mary, Danielle, Dana.

Absent: Andrea.

Treasurers Report: Joanne sent 1/3 of the fundraising (Poinsettia & Golf) to ZIF on May 31 2020. This was later than usual. The 1/3 of the Silent Auction proceeds was sent to ZIF in the fall. As of 3/31/2020, the club has about \$4200 to use for non-service things such as administrative costs. Joanne will send out a reminder email to the membership at the end of April for this year's dues. She also mentioned that yearly dues will need to be increased next year. Joanne will plan on working with Andrea, our new Treasurer, on the software program that she will be using.

Minutes: Motion was made and voted to accept minutes.

Membership: Dana has received a bio from Maria that will be going into the May newsletter. The club will have an email vote and Maria will be inducted at the June Meeting. Someone will drop off the new member info package at her home.

Susan Sever from the Maine club will be transferring to our club when she moves to area. She is a past treasurer of her local club and the District. The roster of ZQV members needs to be updated and sent out to our membership.

Soldier On Visit: We will plan on a Zoom meeting on Friday 4/24 at 5:30. Trish will contact Casey and see if it works for the women, then send out an invitation to our members.

Spring Workshop: The workshop will be on Zoom. Sign up and Mary will send an email with the Zoom link. The meeting is free. Forty people are already signed up.

International Convention: The Convention will be a Virtual meeting. The date is TBD. We will need one delegate and a backup. The Convention will be free.

May Meeting: Our meeting will be held the second Monday, 5/11, since our auction has been canceled. We would like a speaker to attend our Zoom meeting. Danielle will reach out to Liz and her supervisor to see if they can find someone or a panel to speak. Mary was wondering if Monica Moran could talk with us about Domestic Violence during the pandemic. Is there anything we could do as a club? We could promote the speaker on social media. People who register will get the link.

June Meeting: We will induct Maria. Our 2020-2022 Executive board will be installed. And our YWPA recipient will be recognized. Dana will drop off her award at her house.

Newsletter deadline; April 30.

Respectfully Submitted, Liz Reeves, Secretary

Women and Children Sheltered in Place with Abusers

On May 11, 2020, at 6 pm the Zonta Club of Quaboag Valley will host a discussion on the struggles survivors are facing during the COVID-19 pandemic, how local services are responding, and what we can do to support this effort.

The program will be led by Jessica Hernandez, a Licensed Clinical Social Worker, working with survivors of trauma since 2012. She is Director of the YWCA of Western MA Domestic Violence Sexual Assault Hotline and SAFEPLAN team. Previously she worked as an AmeriCorps member at a Children's Advocacy Center in New Hampshire with child victims of physical and sexual abuse and their families. Our own Danielle Petrangelo will assist with facilitation. The virtual meeting is free and open to the public, but registration is required. RSVP by 5/10 to info@zontaqv.org to receive a Zoom invitation link.



Background on this issue can be found in an opinion piece by Monica Moran, reprinted in this newsletter.

2020 Zonta District 1 Zoom Workshop: Accessing Our Zonta Strengths to realize the fullest version of who we can be.

On Saturday, April 25, 2020 the District had its first virtual Spring Workshop! It was attended by 67 members and guests, and—so far— the survey results are praising the speakers, content and convenience of this effort.

It was wonderful to “see” each other and offer appreciation and support as the meeting got underway. We had a moment of silence to remember and honor the slain citizens of Nova Scotia.

Governor Elizabeth "Liz" Hart welcomed everyone, offered thanks to the Area Directors for hosting the workshop, and updated us on the status of the District.

Andrea Bordenca helped us get centered and ready for the three-hour workshop. Great job Andrea!

Leadership Strength: Maureen Farmer from the Halifax club was up next with a fun and interactive workshop using the principles of personality profiling to unleash personal power to positively influence. If you haven't done the free DISC assessment, try it at: <https://discpersonalitytesting.com/free-disc-test/> Maureen's handouts helped us understand how our dominant style plays out in different situations and we practiced identifying the style of others—important if we want to be sure our communications are heard and understood.

Jane House, Area 1 Director, joined us from Portugal for a stretch break! She made and narrated an exercise video that got us moving and stretching. Such fun!

Membership Strength: Maureen Farmer returned with a very interesting segment she called “Creating Positive Synergy in Group Settings and Attracting Like-Minded Women and Men.” We talked about why we joined Zonta and reviewed Zonta's Why and it's current statistics. We learned more about ZI's Membership Committee and its goals and identified resources to support membership on the international website. Maureen proposed LinkedIn as a recruitment tool and how it might be used in a long-term strategy using the Know, Like and Trust model. She also provided a wonderful tool about how to set up an engaging LinkedIn Profile. We discussed other recruitment and retention ideas as well, and there was broad interest in continuing the conversation with incoming Lt. Governor Donna Sroka from the Northampton club.

A Laugh Break was up next—we watched pictures submitted by members—Trish's Dante is shown here.

Advocacy Strength - Updates on Human Trafficking and Child Marriage with Canada's **Thunder Shanti Narooz van Egteren** and **Kathleen Naylor**, and the United States' **Gia Ortiz-Barrera**

Service Strength: Dee DiFatta helped us look at what service is like in the midst of this pandemic and encouraged everyone to take care of themselves first. Great job!! **Kathryn Patterson**, Area 3 Director invited us to look at outreach initiatives to support ourselves, friends and neighbors throughout and beyond COVID-19

Governor-elect Beatrice Schori reviewed all that we learned and invited us to make good use of the info.



Staying safe in Italy

Seven first-timers were recognized—each getting a hand-drawn Mandala from Lynn Goodhue, Northampton

Opinion Piece for the Republican**Domestic Violence During COVID-19** by Monica Moran Manager, Domestic Violence Prevention Projects

As the coronavirus continues its cruel spread across the globe, another horror is following it every step of the way: Victims of domestic violence, asked to socially isolate like all of us, are trapped at home with abusive partners 7 days a week. Most shelters in Massachusetts are full. Advocates can only work with victims by phone. Perpetrators are not meeting with their probation officers in person. Stuffed into close quarters with no escape, victims need our help, urgently.

If we rally, together, with each of us playing a role, we can make a difference. And as a professional who has worked on how to best respond to domestic violence for decades, I'd like to spell out exactly how. Begin with one core understanding: This is not a natural product of stress in the home. We all are experiencing stress, and in most homes, that does not lead to violence. It is the thought patterns of the abuser, the beliefs and values, that lead them to harm their partner.

To confront that, I have a five-point plan that calls on us all to play a role. It starts where I think all our efforts should start – by asking people who are abusive to stop abusing.

First, if you think you might hurt your partner, leave the scene and do something to calm down. Go for a walk, breathe, distract yourself. Then examine your thinking: Do you think you are more valuable than your partner, that what you want is more important than what your partner wants? Do you think it is your partner's job to accommodate you, or that they are to blame for how you are feeling? Do you think you have the right to mistreat them if you are angry or stressed out? Take care of yourself, challenge your beliefs, and be a safe person. If you need help to do this call Proteus at 413-579-7570 or contact the National Domestic Violence Hotline at 800-799-7233 or www.thehotline.org.

Second, if you have a strong relationship with someone who is inclined to mistreat their partner, reach out to them. Ask them how they are doing. Challenge them if they say things like 'What did they expect?' or 'Who do they think they are?' or 'They made me do it.' It is important that they know both that you care about them and that you do not agree with their thinking or behavior. Coach them on what to do if they think they might hurt their partner, and offer to have them call you if they need help. Tell them about the resources above.

Third, for victims and survivors, if you think your partner might hurt you, make a plan to stay as safe as possible. Keep your phone charged in case you need to call 911 or reach a friend quickly. If you live somewhere rural, test out where on your property you have reception in case you have to run outside. Tell someone you trust you are worried, and come up with a code word you can use to let them know you need help. Be aware of the safest room in the house (not the kitchen where there are knives) and where there is an easy exit. Have important papers, medications, keys, money, etc. at the ready. Have the MA statewide domestic violence hotline number (877-785-2020) at the ready. If you have kids, think through how you want to handle it depending on their age. What should they do if something happens? Who can they call? Is it safe to talk to them about emergency plans?

Fourth, if you know someone who is at risk of being hurt, reach out. Tell them you are worried, but don't push. Listen, be supportive, and don't judge. You'll want them to feel like calling you back. Remind them of their strengths and what you love about them. If they tell you about being mistreated, remind them it is not their fault.

Don't trash talk their partner, but do talk to them about staying safe and offer to help them plan for safety. Think of what they might need and what help you can offer. Can you read to their kids over Facetime everyday at 7pm to give them a scheduled break? Can you drop off groceries or gift cards? Can you offer money through a cash app? You can find more ways to help at <https://janedoe.org/know-more/how-to-help-a-friend/>

Finally, if you hear people blame this pandemic for an increase in domestic violence, use the opportunity to gently discuss the real cause of abuse. It makes sense that caring people might think stress could make someone abusive. And if someone is already abusive, stress might intensify their abuse. But stress does not cause abuse and does not excuse it.

Abuse is caused by what author JAC Patrissi describes as *abusive values*, the conviction of abusive people that they are superior to their partner, that if their partner challenges them or makes them uncomfortable they have the right to harm their partner, that their partner should be grateful for whatever they get, and that their partner's opinions and perspectives don't matter. That's what has to change.

Like so many, I am deeply worried about domestic violence during COVID-19. But during my good moments, I become hopeful that we will come out of this better equipped to end domestic violence the only way it will ever really end – with all of us involved.

Choosing to Learn and Grow During the Pandemic



From *Emotional Literacy - The Unopened Gift* by Dan Newby and Lucy Nunez - recommended by Andrea Bordenca.

"We understand service as 'care for others'. An important aspect is that in the act of service, we are nourished. This contrasts with sacrifice - wherein we are caring for others, but it depletes us or costs us in terms of energy. The confusion comes because the actions of the two are similar and it is the story or outcome for us personally that makes the difference."

We need to take care of ourselves first.

Advocacy News

Miriam Stein, MSW – Proven Techniques for People Who Want to Make a Difference

- <http://makeyourvoicematter.com/>

Miriam was the guest speaker recently at a virtual meeting of the Zonta Club of Medford. We were invited by Donna Clifford, club president. Key takeaways:

- Very few people share their opinion with lawmakers, and they really need to hear from you. Your voice and opinions are powerful.
- Call even if you KNOW the lawmaker will support the issue -- so they can stand up and say "I have heard from my constituents and they want..." Your 'vote' counts!
- You will not be grilled. Just call, give your name and location, identify the issue and convey your thoughts. If you have a story to support it, great—but it is not required.
- It really helps to get noticed by lawmakers – you can be an influence by being part of an advocacy group like Zonta
- Lawmakers handle a bewildering array of issues on any given day. Silence or lack of involvement by their constituents vs. a barrage of calls and emails will influence their priorities.

If you care passionately about political issues, you can **make a** difference with a bit of planning and follow up.



How to Be a Virtual Advocate <https://www.aauw.org/>

The past few weeks have been tough for everyone, as millions of Americans cope with job loss, illness and unrelenting caregiving demands amidst the COVID-19 crisis. Women are particularly vulnerable to financial shocks, since they're paid less than men, shoulder a greater proportion of student debt, and have less saved for retirement. They also hold 54% of low-wage jobs, many of which have been eliminated or lack basic benefits.

For those who can, there's never been a more important time to advocate for equity — and you don't need to visit Capitol Hill to do it. You can: Email your elected official. Use our Two-Minute Activist templates <https://www.aauw.org/act/two-minute-activist> to make your voice heard on paid sick leave, voting rights and raising the minimum wage, among other issues.

Call your representatives. Use the magic words, "I'm a constituent." The Two-Minute Activist tool can help you create a script. Officials keep records of calls, so even leaving a message makes a difference.

Be creative. Host virtual roundtables and social events. Explore your options by viewing our recent webinar on effective advocacy during COVID-19. <https://www.aauw.org/resources/events/equity-network/events>

Useful Information About the State House

All 40 senators and 160 representatives at the State House are elected for two year terms. If they want to continue in their position, they must run for re-election every two years. Regular elections are held in even numbered years, for example in 2018, 2020, 2022, 2024.

The mailing address for all lawmakers at the State House is: State House, Boston, MA 02133

To learn the name of your State Rep / State Senator:

- o Call your city/town hall OR
- o Go to the website: <https://malegislature.gov/search/findmylegislator>. This website also leads to a profile of every legislator, including email addresses.

State House info: go to the website: <https://malegislature.gov>.

Main State House Number: 617-722-2000. This connects you to any lawmaker you wish.

www.zontaqv.org/advocacy

How a bill becomes a law and The MA Budget process



A Message from Zonta International

Good afternoon everyone, My hope is that this email finds you all well. In a recent Governor's Leadership call there were some important updates I want to pass on. They are as follows:

Elections/Voting: ZI Board and President Susanne wants everyone to understand that their priority is to make sure every club has a vote and that the basic democratic principles of Zonta will be preserved. They are finalizing a contract to work with a polling company. The voting will take place over 6 days (+4 days) in early July to allow for time differences and tie votes. Exact dates have not been set yet.

Club Mailing: A hard copy of all the documents found online for the convention business has been mailed.

Candidate speeches: will be video recorded and open to all Zontians to see. But only delegates will be able to vote.

Proposed Bylaw Amendments: thoughts and arguments on proposed bylaws will be compiled and can be viewed. A website will be set up and information on how to access will be sent.

Delegates/Alternates: Must be able to commit to reading all the material to be voted on. There will be a certain amount of prep time and then the actual voting should not take more than 45 minutes. So, all delegates must have access to the internet. There will be an online training for delegates. Note: It is important that delegates are registered by May 15th.

Announcement of speaker: One of the authors of Half the Sky - Sheryl Wu Dunn will be one of the featured speakers. She was scheduled to speak in person in Chicago, but will host an online discussion. Zontians and nonZontians will be able to participate.

Zonta Talks - There will be 7 Zonta Talks between now and the end of the biennium including one on financials.

Zonta Website - A new website is under construction and should be available by early June.

Installation of District Officers - can be held whenever it is convenient for the Districts (same goes for clubs). However, July 17th will be the day of the installation of the 2020-2022 Zonta International/Foundation board.

It is important during these challenging times to keep the lines of communication open. Especially as we think about the transfer of the current District 1 board to the incoming board. We might want to have a quick call to discuss.

Lastly, Incoming Governor Beatrice will be looking for District Chairs for the various positions for the next biennium. If you want to volunteer or have any suggestions, especially for Foundation Ambassador, please reach out to her directly.

Yours in Zonta Service,

[2018-2020 Slate of Candidates](#) PDF

Liz
Elizabeth A. Hart
Governor District 1
Zonta International

[Proposed Bylaws](#) PDF

elizabethhart@aol.com

[2020-2022 Biennial & Fundraising Goals](#) PDF

[Budget letter](#) PDF [ZI budget](#) [ZI Foundation budget](#) PDF

Beatrice Schori
Governor Elect District 1
beatriceschori@eastlink.ca

Projects

- [Let Us Learn Madagascar Project Description](#) | pdf
- [Ending Child Marriage Project Description](#) | pdf
- [Adolescent Girls' Health and Protection in Peru Project Descripton](#) | pdf
- [Strengthening Response to Gender-Based Violence Survivors](#) | pdf