



# ZONTA

CLUB OF  
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

## ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

### FEBRUARY 2021

#### 2021 Dates for your Calendar



Happy Heart Health  
Month and  
Valentines Day

**February 8 Black History Program:  
Managing Unconscious Bias  
& Business Meeting, Period Project Info**

**March 8 - RGB Tribute in honor of  
International Women's Day  
& Business Meeting**

**Zonta Rose Day**—Consider making a  
donation to the ZI Foundation for  
Women in honor of someone who has  
made a positive impact on your life or  
the lives of others.

**March 15-26 Commission on the Status  
of Women 65 will be Virtual—  
unwomen.org Click on CSW for updates**

**April 12 Business Meeting**

**May Silent "no more!" Auction**

**June 14 Business Meeting**

**June 25—27 Cincinnati NAIDM  
North American Inter-District Meeting  
zontadistrict4.org/category/naidm-2021/**

**September 12 Zonta Golf Tournament  
Fundraiser—Cold Spring Country Club**

**October 22-24 District 1 Fall Conference**

**We expect to see all of you on Zoom;**  
if you are unable to attend, please let  
Dana know. **P.S. Guests are invited to  
our virtual meetings. If you know any  
one who is interested in joining us, sim-  
ply contact us by email to get a meeting  
link: [info@zontaqv.org](mailto:info@zontaqv.org)**

Hello Zontians & Friends,

I hope everyone is staying warm and cozy. It is cold days like these that make me happy to have Zoom meetings instead of going out in this bitter wind. It was certainly lovely sitting at home for the last meeting and listening to the inspiring Jess Sexauer. I hope everyone was able to watch the beautiful video she put together just for us. I believe we truly honored Amelia by sharing the story of this other young female pilot. Congrats to Sue Seaver for winning the Amelia Earhart quiz!

Coming up on February 8th our own Andrea Bordenca is going to lead us in a conversation dealing with unconscious bias and racism. To prepare for this discussion she has asked us to: "Think about someone in your life that you don't often see eye to eye with. What are the opinions you have about that person? The next time you engage in a conversation, notice the automatic thoughts and judgments that show up. What happens when you notice those and bring yourself fully present to listening and being open to what's said. A practice to disrupt the thoughts that may drive reaction is to "speak back" what you're hearing." I am hopeful that we may all learn and gain new perspectives from this important talk. As always please invite anyone that may be interested. With 2020 being such a tumultuous and divided year it is more important than ever for everyone to work together in 2021. I hope our club can begin to make those positive changes in our own lives and communities.

In March, we are going to have a Ruth Bader Ginsburg tribute meeting. You are invited to prepare by checking out the reading list of RBG books and articles in this newsletter.

Also, our Period Project continues until February 28th. We are accepting product and money donations—all of which will be delivered to local shelters and food banks. Details at [zontaqv.org/period](http://zontaqv.org/period).

In Zonta Friendship,  
President Dana Burton



#### In this issue:

1. Message from President Dana Burton
2. Andrea Bordenca— Managing Unconscious Bias
3. January Business Meeting minutes
4. January Board Meeting minutes
5. Accepting Applications for YWPA and JMK
6. Period Project, #IWD tribute to RGB
7. United Nations Update



Susan Seaver 2/5  
Danielle Petrangelo 2/8  
Patricia Pupek 2/13  
Kristin Goad 2/14

# Managing Unconscious Bias in a Racist Construct

The Zonta Club of Quaboag Valley invites the public to join us in a community conversation to bridge the gaps that seem to be increasing in the USA’s dialogue around racism.

On February 8th, Andrea Bordenca will be facilitating a conversation around the role implicit bias plays when it comes to belonging, inclusivity, and race. Andrea is an American-born white woman who does not claim to be an expert on racism but does claim to be an expert in bringing missing conversations to light. This is what we will be agreeing to engage in this February.

If you’re curious to learn common individual and cultural blind spots, our time together will help bring illumination and allow new possibilities for action to emerge.

**Details: Monday, February 8th, 6 - 7 pm on Zoom**

**Cost: FREE Program, but Registration is required.**

Contact [info@zontaqv.org](mailto:info@zontaqv.org) to receive an invitation and pose a question you would like addressed.

One way you can prepare for our time together is to bring attention to your unconscious biases. Think about someone in your life that you don’t often see eye to eye with. What are the opinions you have about that person? The next time you engage in a conversation, notice the automatic thoughts and judgments that show up. What happens when you notice those and bring yourself fully present to listening and being open to what’s said. A practice to disrupt the thoughts that may drive reaction is to "speak back" what you’re hearing.

We will explore our human tendencies and how unconscious habits form in an effort to bring intentional awareness and practice to future conversations.



**Facilitator: Andrea L. Bordenca**  
Zonta of Quaboag Valley Board  
CEO of The Institute for Generative Leadership, USA (IGL US)  
@generativeleadership/  
Community Engagement Organizer,  
CEO #eadyourselfyouth  
@leadyourselfyouth

**Implicit or unconscious bias** operates outside of the person's awareness and can be in direct contradiction to a person's espoused beliefs and values. What is so dangerous about **this bias** is that it automatically seeps into a person's affect or behavior and is outside of the full awareness of that person.

## Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International 2020—2022

- President:** Dana Burton
- Vice President:** Danielle Petrangelo
- Treasurer:** Andrea Bordenca
- Secretary:** Mary Knight
- Directors:** Patti Matthieu  
Patricia Pupek

**Website:** [www.zontaqv.org](http://www.zontaqv.org)

## Committee Chairs 2020—2022

- Finance/Audit Chair:** Joanne Turner-Chiacchia
- Membership Chair:** Danielle Petrangelo
- PR /Communication Chair:** Mary Knight
- Advocacy/UN Chair:** Pam Albertson
- Service Chair:** Joanne Turner-Chiacchia
- Scholarships Chair:** Maria Maloney
- Poinsettia Fundraiser Chair:** Liz Reeves
- Golf Fundraiser Chair:** Debra Wood
- Auction Fundraiser Chairs:**  
Patricia Pupek and Dianne Kidd
- Nominating:** TBD
- Bylaw Revisions:** Suz Tiranno

**“If you don’t like something, change it. If you can’t change it, change your attitude.”**

**Maya Angelou**



# Zonta of Quaboag Valley—January 11 2021 Business Meeting

## Business Meeting – Zoom January 11, 2021 @ 6pm

**Present:** Pam Albertson, Andrea Bordenca, Dana Burton, Marge Cavanaugh, Joanne Turner-Chiacchia, Kris Goold, Karen Keough-Huff, Chris Keough-Huff, Mary Knight, Patti Matthieu, Mary Ann Rubis, Susan Seaver, Suz Tiranno, Stacy Troy, Debbie Wood

**Absent:** Dianne Kidd, Nancy Ayers, Janet DaSilva, Luz Rivera, Maria Maloney, Danielle Petrangelo, Trish Pupek, Liz Reeves,

**Guests:** Northampton Zontians Judy Luddy and Seren Derin

## President Dana Burton welcomed everyone and introduced tonight’s tribute to Amelia Earhart.



Our guest speaker was honored to be invited. As she is unavailable during this time frame, she sent a video – responding to our questions about her career and her appreciation for Amelia Earhart.

Video: Jess Sexauer - jessica.sexauer@gmail.com

Contact info@zontaqv.org if you would like to view the video  
Jessica is an inspiration and someone we could be proud of.

Following that presentation, we showed a short PBS video of Amelia Earhart narrated by Kathy Bates.  
<https://www.youtube.com/watch?v=h2hdnvlmXok> Dana challenged us with a quiz – Susan Seaver won!

## Following the Program, the business meeting was called to order at about 6:45 by President Dana Burton

### New Member Induction

Chris Keough-Huff and Karen Keough-Huff were formally inducted into membership with Mary Ann Rubis doing the honors. Dana delivered their badges and pins before the meeting and Danielle emailed them a welcome packet. Members endorsed them enthusiastically and will submit a donation in their names to the Zonta International Foundation for Women. Chris and Karen are delighted to join Quaboag and anxious to get involved.

**December Minutes:** A motion was made and seconded to approve the minutes published in the Bog. The vote was in favor.

**Treasurers Report:** Andrea shared her report of the Poinsettia fundraiser by email. Profits so far are \$2,211.75.

## Committee Reports

Nothing to report at this time.

## Other Business

Governor Beatrice inquired as to our interest in Club Twinning. Dana explained the purpose and has answered in the affirmative for us. We anxiously await news of the country and club!

## Future Meetings

February 8th – We are doing a remote collection for the Period Project – Members are encouraged to promote this project and contribute themselves. Details at [zontaqv.org/period](http://zontaqv.org/period). The program for February will be in honor of Black History month. Our own Andrea Bordenca will do a presentation on identifying our blind spots when it comes to unconscious bias and what we can do to change behavior. Andrea will provide a write up for a press release and the Zonta Bog. Should be a great program!

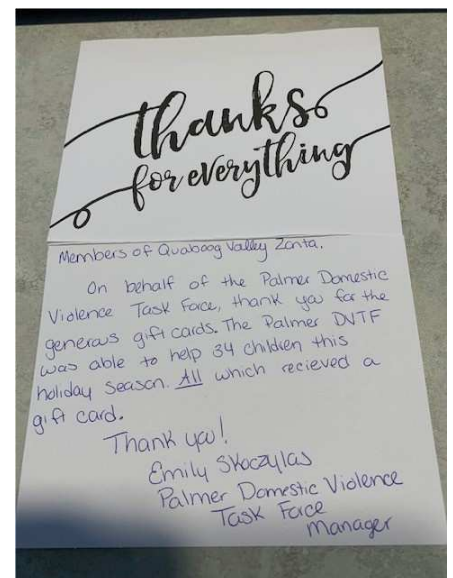
March 8th – In honor of International Women’s Day and Zonta Rose Day, we will pay tribute to a woman who was honored by Zonta International with the U.S.A. Centennial Recognition Award in 2020 for demonstrating outstanding commitment to empowering women through service and advocacy: Ruth Bader Ginsburg. We will invite Zonta members and friends to join us with a beverage and nibbles for a one hour social and casual discussion about the life of Ruth Bader Ginsburg. Dana provided a reading list in the January Bog and we welcome specific discussion questions.

Dana thanked everyone for attending. Next Newsletter deadline is 1/27; next meeting 2/8/2021.

Meeting Adjourned 7:19

Respectfully Submitted  
Mary Knight, Secretary

P.S.



## ZQV Board Meeting January 18, 2021 6:00 PM on Zoom

**Present:** Dana Burton, Mary Knight, Trish Pupek

**Absent:** Andrea Bordenca, Patti Matthieu, Danielle Petrangelo

Note 12/22: Luz has asked for a leave of absence. She has started a business and is inundated with work.

President Dana called the meeting to order at 6:05.

**Minutes:** The minutes from December 2020 were moved and voted to accept as written.

**Treasurers Report:** Andrea will have final Poinsettia report for February Treasurer's Report

Questions for Andrea: Have nametags been ordered for our newest members? Has ZI received the online registration?

**January 11 Meeting** – The Jess Sexauer video presentation was a hit, as was Dana's Amelia challenge. Good mix of program interest and productive business.

**Period Project** – Packages coming in but this will not be a huge collection as in the past. We will continue promoting and accepting deliveries until February 28th. The following week, we will deliver products to as many organizations as possible, with regrets to others.

**February 8 Program** – followed by Business Meeting

As February is Black History month, we would like to have a program celebrating diversity and tolerance, and confronting bias and stereotypes. Andrea will lead that discussion. Promotional news release and Facebook event will be posted, and it will be covered in the February newsletter.

**March 8 Program** – followed by Business Meeting

In celebration of Women's History month, we will have an RBG tribute. We will provide members with a reading list and questions for discussion. Meeting will be facilitated by Jennifer, Liz or Pam (or some combination). Promotional news release and Facebook event will be posted, and it will be covered in the February newsletter.

**Note:** The Commission on the Status of Women will be held virtually in March and updates on International Service projects will be available as meeting topics. Links and information will be published in February and March newsletters.

### Other Business

- Spring Workshop – no date announced yet. Our club will be asked to provide something for the program. Maybe Andrea's talk on biases? Or something humorous so we can lighten the load of info and improve coping skills. Help needed from members.
- We need to replace Luz' board position. Our bylaws state that vacancies are filled by the Board and that we can have up to 4 Directors. We would like to name 2 more Board Directors-at-large to expand the diversity of input during these unusual times of virtual connections. Dana will reach out and select interested members.  
**Note:** Mary Socha, District Bylaw Chair, has committed to providing guidance on Bylaw updates in February.
- Ludlow Country Club Caterers have changed. Sadly, Lisa Derosé and Salt & Pepper Inc. are out. New caterer will be Villa Rose. Tony Tavares 413-547-6667 tony@villaroserestaurant.com We will reach out later in the year, when we can foresee in-person meetings, to determine if the Ludlow Country Club can continue to be our home base (#'s and cost issues).  
**Note:** Mary will reach out to Lisa to see if she may be interested in joining our club!
- **Silent "no more!" Auction It is doubtful that we can do an in-person event, so Trish will gather input from members to determine if an online option or replacement event would work – and if so, who would benefit.**
- Scholarships – Dana will reach to Maria about JMK scholarship promotion and how we are doing on YWPA applications
- Soldier On Ladies – We sure miss our connection to these ladies and hope we can resurrect this project when things are safe.

Next board meeting 2/15/2021 at 6:00

Meeting was adjourned at 6:50

Respectfully Submitted,

Mary Knight, Secretary



## Applications Being Accepted for Two Scholarships

Western MA ~ The Zonta Club of Quaboag Valley is now accepting applications for two local awards, with the possibility of winning District and International honors as well.

**The 2021 Young Women in Public Affairs (YWPA) Award**, recognizes young women for their demonstrated leadership skills and commitment to public service. Scholarship Chair, Maria Maloney, of Monson, MA notes: *"We are looking for women in the Quaboag Valley and surrounding towns who are high school juniors or seniors, and have an active commitment to volunteerism, experience in local or student government, demonstrated leadership skills, and dedication to advancing the status of women throughout the world. The club offers an award of \$1,000 cash to the most outstanding applicant."*  
**Completed applications are due by March 12<sup>th</sup>.**

**The 2021 Jane M. Klausman Women in Business (JMK) Scholarship** is open to women in Western MA enrolled in at least the second year of an undergraduate program through the final year of a Master's program in business, leading to a business management career. The program is designed to encourage women to enter careers and to seek leadership positions in business-related fields in their communities and throughout the world. The club offers a \$1000 scholarship to the most outstanding Klausman applicant. **Completed applications are due by May 15<sup>th</sup>.**

**Applications are available for download at [www.zontaqv.org/resources](http://www.zontaqv.org/resources).**

For both leadership awards, the local winner's application will then be submitted for competition at the Zonta District 1 level (New England states of the U.S. and Nova Scotia, Canada). The District 1 winner goes on to compete internationally, funded by the Zonta International Foundation for Women.

**Questions? Email Maria Maloney at [MariaMaloneylicsw@gmail.com](mailto:MariaMaloneylicsw@gmail.com)**

## Friends

By acting as mirrors, friends help us define who we are by reflecting our selves back to us.

Good friends enrich our lives in so many ways. Through a magical combination of similarities and differences, friends offer us the opportunity to know ourselves as we are and help us grow into who we want to be. Our similarities attract us to each other, comforting us with familiarity when we see ourselves in them. When we are drawn to those we admire, the same recognition is at work, unconsciously acknowledging that these people possess qualities that we ourselves possess. By acting as mirrors, friends help us define who we are by reflecting our selves back to us.



Friends also help us know ourselves through our differences. Differences allow us to see other options and make choices about who we want to be. Sometimes we are drawn to those who appear to be our opposites, and we learn to accept the parts of them we love and the parts of them that don't resonate with us, thus allowing us a valuable learning experience. By expanding our understanding to include others' experiences, friends help us accept others. By understanding when someone's life differs from our own, we can learn about ourselves in contrast. There are times when we see in friends what we don't like about ourselves. That mirror reflection may be hard to take, but a good friend helps us find ways we can change and supports us in that choice.

Part of the joy of friendship is the feeling that we are accepted just the way we are, with no need to change. It is a gift they give us, and one we can give back every day. Ultimately, we choose friends because they make us feel good about ourselves and life. Through tears and difficulties, friends help us find the laughter. When we find those special people who offer us that perfect combination of comfort and stimulus to grow, we are very fortunate. Friends, those wonderful companions that walk with us through life, help us define and refine who we are and who we choose to be every day.

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## The Period Project ends 2/28/2021

This year – with the pandemic and economic hardships, the need for women is direr than ever. The Zonta Clubs of Western MA are pooling resources for #The Period Project to raise awareness and collect items needed during a monthly menstrual cycle. While we are unable to collect products and put together monthly kits, **we are asking members and the public to purchase needed supplies listed on our Amazon Wish List—link at [zontaqv.org/period](https://zontaqv.org/period). Products will be collected and divided among organizations that are accepting donations.**

If you would prefer to make a cash donation, we will purchase items in short supply. Donate online at [zontaqv.square.site](https://zontaqv.square.site), or make check out to Zonta, and send to PO Box 1034, Belchertown MA 01007-1034

### Our Partners in Delivering Packets and Products:

Amherst Survival Center | The Care Center | CHD | YWCA of Western MA | MHA  
 Woman Shelter Companeras | ROCA Springfield | The Gray House

## International Women's Day 2021

A challenged world is an alert world and from challenge comes change. So let's all choose to challenge.

The Zonta Club of Quaboag Valley will celebrate women’s achievement on March 11th by learning more about Ruth Bader Ginsburg—a woman who raised awareness against bias and took action for equality.



Ruth Bader Ginsburg: A Reading List  
<https://libguides.wlu.edu/law/RGB> (rev. 9/24/20)

About this Reading List: RBG: A Reading List highlights texts written by and about Justice Ruth Bader Ginsburg of the U.S. Supreme Court. Additionally, it provides users with information and video on the nomination and confirmation of Justice Ginsburg, some of her most notable opinions and dissents authored as a justice, and several of the cases she argued before the Supreme Court as an attorney.

**Please submit your discussion questions to [info@ZontaQV.org](mailto:info@ZontaQV.org).** Please invite friends and family to come join us for a lively discussion on the American justice system, feminism, family, and the remarkable legacy of the great dissenter.

## United Nations Update From Elizabeth Hart—District 1 Committee Chair



### Your chance to attend the 65<sup>th</sup> Session of the Commission on the Status of Women (CSW) – featuring over 600 workshops!

Like most events in the last year, the 65<sup>th</sup> Session of the Commission on the Status of Women (CSW) will be held virtually this year, 15-26 March 2021. While it is disappointing that we will not get to gather as a Zonta community at the United Nations in New York, the virtual CSW65 does give more Zontians the opportunity to participate in the CSW and the NGO CSW Forum. All participants will be able to watch the official meetings and high-level discussions via UN WebTV. If you plan to participate, please register via this link: <https://indico.un.org/event/35605/registration/>. **Registration is open until the 22<sup>nd</sup> of February.** In addition to the official meetings of the CSW and side events, the NGO CSW Forum will also be virtual this year. You can attend the Forum for free or register as a Forum Advocate (discretionary donation of US\$25). You can find more information about the virtual forum and registration options at <https://ngocsw.org/ngocsw65/>.

**January 24, 2021 International Day of Education** – this day ties directly to Zonta Internationals focus on education (i.e., Let Us Learn Madagascar). To read more about the importance of education for girls and how it relates to the Sustainable Development Goal 4 – <https://www.un.org/en/observances/education-day>

### Virtual Black History Tours @UN

Book a Black History Virtual Tour and learn how the lives of people of African descent have intertwined with the mission of the United Nations.

**Date:** February 2021, Wednesdays and Fridays

**Time:** 2:30 p.m. EST and upon request

**Booking:** [bit.ly/3oMAH4z](https://bit.ly/3oMAH4z)

**More information:** [visit.un.org](https://visit.un.org)

### United Nations Presentation

If you would like your club to know more about the United Nations and the partnership with Zonta International, feel free to request a presentation by Elizabeth Hart, District 1 United Nations Chair (email: [elizabethhart@aol.com](mailto:elizabethhart@aol.com)). The presentation includes an informative PowerPoint presentation, discussion and an opportunity to test your knowledge.

### WHAT TIES ZONTA TO THE UN

- MOST ZONTIANS DO NOT REALIZE HOW CLOSE THE TIES ARE BETWEEN ZONTA AND THE UN.
- AT THIS IMPORTANT TIME IN ZONTA'S 100 YEARS IT IS IMPORTANT THAT WE UNDERSTAND THE HISTORY
- ZONTA INTERNATIONAL'S BOARD SUPPORTED THE UN VERY SOON AFTER ITS CREATION IN 1945.
- THE COMMISSION ON THE STATUS OF WOMEN (CSW) WAS CREATED IN 1947.