



**ZONTA**

CLUB OF  
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

**ZONTA CLUB OF  
QUABOAG VALLEY  
BOG NEWSLETTER**

**NOVEMBER 2022**

**2022-23 Dates—Mark your Calendar**

**November 14 Founders Day Award**

We are honoring Community Legal Aid .RSVP by 11/7 for this special event!



**Community  
Legal Aid**

**16 Days of Activism against Gender Based  
Violence 11/25—12/10 & Zonta Says NO**

**December 12**

**Speaker: Rita Schiano—on Reducing Stress!**

**January 9 Amelia Earhart Day**

**Speaker: Maya Nasr—AE Fellow at MIT**

**February 13 Business Meeting**

**March 5—17 CSW 67 UNWomen.org**

The 2023 Commission on the Status of Women in NYC will be hybrid so all can attend.

**March 14—International Women’s Day**

**Honoring Christina Royal, President HCC**

**June 30—July 2 2023 NAIDM Indianapolis**

North American Inter-District Meeting includes US and Canadian clubs—all welcome!

**Stay in the Know about all things Zonta**

Go to [Zonta.org](http://Zonta.org) and click on **News & Events** to see current events, videos, newsletters, etc, **Visit ZontaDistrict1.org** to learn about what’s happening in the District, in other clubs and access additional resources.

Download [Zonta Connect](#) – a new phone app tied to our Zonta membership username and password. Check out this great tool!

Hello fellow Zontians & Friends,

It was lovely to have guests again at our October meeting. Thank you again to Monica Moran and Pamela Barnes for speaking to us about their organizations and how they work in tandem to support people in domestic violence situations.

I am very excited for our Founder’s Day celebration on November 14th at 5:30p at Ludlow Country Club. This year we are honoring Community Legal Aid. CLA is a non-profit organization that provides free legal services to over 7,000 low-income and elderly clients a year across the five counties of Central and Western Massachusetts, impacting an estimated 18,000 of the region’s most vulnerable residents – most of them women and heads of households. At the meeting we will hear more about this amazing organization and guests are more than welcome!



The 16 Days of Activism against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day. It was started by activists at the inaugural Women’s Global Leadership Institute in 1991 and is used as an organizing strategy by individuals and organizations around the world to call for the prevention and elimination of violence against women and girls—like the Zonta Says No campaign. UN Women and Zonta-SaysNo.com sites encourage all of us to get the facts and take action during these 16 days!

At the end of November we will be starting our deliveries of beautiful poinsettias! Our Poinsettia Fundraiser is a great way to support our club and therefore the organizations we support, plus you get an amazing poinsettia for the holidays. You can find the order form on our website [zontaqv.org](http://zontaqv.org).

In December we will return to Zoom meeting format so we can all stay warm in our own homes during the cold months. Motivational speaker Rita Schiano ([www.ritaschiano.com](http://www.ritaschiano.com)) will guide us in managing stress during the holiday season! Guests are welcome!

The January meeting will feature Zonta International Amelia Earhart Fellowship awardee Maya Nasr a Ph.D. candidate in the aerospace engineering department at the Massachusetts Institute of Technology (MIT), working with Professor Jeffrey Hoffman on the Mars Oxygen ISRU Experiment (MOXIE) for NASA Jet Propulsion Lab’s Mars 2020 Perseverance rover. A native of Lebanon, she received her acceptance to MIT at the age of 16 and finished her bachelor’s and master’s degrees in aerospace engineering from MIT in 2018 and 2021 respectively. This will truly be an amazing event so please RSVP early!

Can’t wait to see you all at our upcoming events!  
In Zonta Friendship,  
President Dana Burton

**Birthday wishes:**

Mary Knight 11/12  
Dana Burton 11/25



# Founders Day 2022

The Zonta Club of Quaboag Valley is pleased to invite friends and neighbors to join us on Monday, November 14th at the Ludlow Country Club as we recognize the staff of Community Legal Aid and learn about the role this organization plays in providing free legal assistance to domestic violence victims and other vulnerable clients in cases involving restraining orders divorce, paternity, custody and visitation, child support, and more.



*70 Years of Fighting for Justice*

As Cyd Melcher, VP of the Zonta Club of Quaboag Valley noted, *"The work of Community Legal Aid, assisting marginalized people--particularly women and children--embodies the principles we try to live by as Zontians. We advocate for justice; they actually deliver it."*

**Please RSVP by November 6<sup>th</sup> either:**

- (1) Register and pay online at [zontaqv.square.site/](http://zontaqv.square.site/)
- (2) Send a check (\$30/pp) with names of all attendees to Zonta of Quaboag Valley, PO Box 1034, Belchertown MA 01007-1034, or
- (3) Email [info@zontaqv.org](mailto:info@zontaqv.org) with names of all attendees and pay \$30/pp at the door – cash, check or credit card.

**If you or your organization would like to be a sponsor of this event, please contact Cynthia Melcher or Mary Knight at [info@zontaqv.org](mailto:info@zontaqv.org). Funds will be used to reduce the cost of dinner for CLA guests and supporters who are unable to pay full price.**

More information is available at [www.zontaqv.org/cla](http://www.zontaqv.org/cla)

## Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International Club Officers 2022—2024

**President:** Dana Burton  
**Vice President:** Cynthia Melcher  
**Treasurer:** Susan Seaver  
 Joanne Turner-Chiacchia  
**Secretary:** Mary Knight  
**Directors:** Kerry Chenausky  
 Gloria Cabellero-Roca  
 Karen Keough-Huff  
**Website:** [www.zontaqv.org](http://www.zontaqv.org)

## Committee Chairs/ Members 2022—2024

**Finance/Audit: Chair:** Pam Albertson,  
**Membership: Chair** Trish Pupek, Mary  
**Visibility: Chair** Mary Knight, Dana  
**Advocacy/UN:** Pam Albertson, Chris, Karen, Debbie  
**Climate Action: the Keough-Huffs,** Mary, Dana  
**Service: Chair** Joanne Turner-Chiacchia, Kerry, Chris, Liz, Mary Ann  
**Scholarships: Chair** Dana, Pam, Karen, Mary Ann, Kris  
**Poinsettia Fundraiser: Chair** Liz Reeves,  
**Golf Fundraiser: Chair** Debra Wood,  
**Spring Fundraiser: Chair** Joanne, Mary  
  
**Nominating:** Joanne, Trish, Dana

# Zonta of Quaboag Valley— October 10, 2022 Business Meeting

## Ludlow Country Club, Ludlow MA

**Present:** Pam Albertson, Dana Burton, Marge Cavanaugh, Kerry Chenausky, Karen Keough-Huff, Chris Keough-Huff, Kris Goad, Cyd Melcher, Trish Pupek, Susan Seaver, Debbie Wood

**Absent:** Gloria Cabellerp Roca, Mary Knight, Maria Maloney, Liz Reeves, Mary Ann Rubis, Joanne Turner-Chiacchia, Mike Wallace

**Guests:** Pamela Barnes, Director of Development at Allianza; Tyler Garnet, reporter from The Reminder; Monica Moran, manager at the Ware Domestic Violence Task Force; Simone Phillips, Kathy Picard

Members started arriving at 5:30 for social time. At 6:05 Dana welcomed everyone to the October Business Meeting. We shared the Zonta Blessing and enjoyed dinner.

**Program:** Pamela Barnes from Allianza began her presentation by thanking Zonta for its support over the years, especially for the Period Project and the grant our club gave them which was the seed money for some of the agency's programs. She then described some of the support programs Allianza (Spanish for alliance) provides. Among them are a hot line, a chat feature on their web site, an elderly advocate, a housing stabilization program, individual safety and counseling, and a court advocate, to name a few. Pamela stated that all programs and services are free to individuals seeking help.

Pamela continued her presentation by explaining how we can help victims of abuse. We can help by raising awareness of abuse; by not blaming the victim; by not ignoring the signs /red flags of abuse. She continued by offering suggestions for by-standers of abuse such as lending a hand to the victim; asking "How can I help?"; listening and not judging; checking in with the victim from time to time. Pamela also said that an overnight bag with basic toiletries would be helpful because most victims fleeing abuse come to them with nothing. She concluded her remarks by saying that Allianza's number one goal is to aid the person who is in crisis.

The second speaker for the meeting was Monica Moran from the Ware River Valley Domestic Violence Task Force. She said that the task force began in 2000 as a result of the 150 to 200 calls a year that the Ware Police receive regarding domestic violence. The task force coordinates with Allianza so that advocates get involved with the victim. They work with the high school to educate the kids about domestic violence prevention. In addition, the task force works with local health care providers to educate them on what they can do to help. Monica said the task force looks at all the systems for how they can help and prevent domestic violence.



President Dana Burton with Monica Moran and Pamela Barnes

## Business Meeting

Dana called the Business Meeting to order at 7:05.

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

**Treasurer's Report:** Sue Seaver reviewed the report as one was not available for distribution prior to the meeting. A motion was made and seconded to file the report for audit. The vote was in favor. Sue will send a copy of the report to Dana for distribution.

**Founder's Day:** The Founder's Day meeting will honor Community Legal Aid of Western Mass. The meal will be a buffet with a price of \$30 per person. Liz Reeves will provide flowers. Dana encouraged us to spread the word and bring guests.

## Committee Reports

**Poinsettias Fund Raiser:** Dana spoke for Liz who was not in attendance. She said that the fund raiser starts after Thanksgiving. We will be selling medium and large Poinsettias. Order forms will be available for sales to local business and friends. Liz will need help wrapping the plants and delivering them. Dana asked those who are interested in helping to contact Liz.

**Membership:** Cyd said there is an organized, widespread effort within Zonta to increase membership, and we will be hearing ways how we can do that throughout the year. Right now, there is a basket of M&M candies (*more members*) on the foyer table. Each bag has a tip on how to increase membership posted on it. Cyd invited each member to take a bag and read the tip. She asked us to follow Zonta International and District 1 on social media for more information on membership. Cyd said to be sure to identify yourself as a Zontian wherever you go. Karen said that she is participating in the Sheriff's Shuffle and Debbie said she and Pam are participating in the Ware Domestic Violence Task Force walk.

*Continued on page 4*

*October 2022 Business Meeting minutes continued*

**Advocacy:** Pam talked about the efforts that CVS is making to emphasize women's health needs which include a Minute Clinic, a safe and confidential place for care, and lowering the price on menstrual products. Pam reminded us that the 16 Days of Advocacy is Nov. 25 through Dec. 10. The committee will plan some activities later this month and will inform us what we can do.

**Scholarship:** Dana said that the YWPA application is out on the web site and in local school guidance offices. Be sure to encourage any girls you know who are eligible.

**Other Business:** Dana stated that Dr. Christina Royal, President of Holyoke Community College has agreed to be our International Women's Day guest of honor at the March meeting. Dana has some things for the raffle at the Founder's Day meeting. A brief discussion was held regarding having a 50/50 raffle the night and it decided not to do one. Karen has a jacket that was left at the golf tournament. She's going to post a picture of it on our web site to see if anyone identifies it as theirs.

**Raffle:** Pam was the winner.

Dana thanked everyone for attending and adjourned the meeting at 7:40.

Respectfully submitted,

Kris Goold, Pro-tem Secretary

### **Membership Committee – Tabling**

On 10/25/22, Karen, Kerry, Liz and Mary met to talk about Tabling. The goals were to review a video and material compiled by Theresa Harris (ZI Membership Chair) and come up with a plan to use Tabling at all events and look out for opportunities to increase visibility in the community.

#### **Before the Event**

Plan to be recognizable from across the room. (Colors, Branding, Signage)

Choose one focus – one specific issue or program for the tabling event. Make it relevant to the audience at hand.

Have a "call to action" that relates to the chosen focus. Examples: ask them to attend an upcoming event, take a picture of a QR Code (qrcode-monkey.com) to learn more about a topic, sign a petition, take a picture of our scholarship flyer and share it on social media, pick up a list of DV resources and share.

Recruit and train members on how to approach and engage visitors. Have them role-play and provide feedback.

Advertise your presence at an event. Put up flyers, post on social media, and send e-mails announcing when and where you will be tabling. The more people know about your table in advance, the more people will stop by.

Gather materials.

Table (Karen), tablecloth and banner with the tagline.

Information on your focus displayed in a plastic stand or as a handout.

Have additional handouts (4x6 card that provides a good overview of the club, business cards, bookmark on the 'focus', plastic yellow rose or candy/granola bar with logo/URL tag, pen or post it note with logo, etc.

Ask them to "like" ZQV Facebook & Instagram to enter the drawing for a gift certificate – or fill out a card with name and email. If appropriate and convenient – have laptop with video playing on the focus topic on continuous loop.

#### **During the Event**

1. Wear your name tag, logo shirt or vest, and a smile.
2. Ask passers-by if they know about Zonta questions or something about the focus topic.
3. Make your call to action: Invite them to get involved!
4. Invite them to fill an entry for a free drawing (name, email address, phone) or like ZQV Facebook page for a giveaway.

#### **After the Event**

Follow up. Get in touch with the people who provided contact information at your table. E-mail will work, although a phone call can be more personal. The follow-up conversation is an opportunity to confirm their attendance at your upcoming event or make another ask, such as coming to a future club meeting.

On October 22, the Annual Domestic Violence Awareness Walk was held at Veteran's Park in Ware. The focus was on creating awareness of domestic violence and honoring the victims who died during the year.

The highlight was a dinner table set with eighteen plain white place settings and black napkins with purple ribbons on a black tablecloth. On each plate was a written memory of a Massachusetts resident who lost their life during 2022 that told a little about the person and his/her manner of death. It's a very meaningful way to demonstrate the loss of a person who will no longer be able to "sit at the table".

Speakers included Monica Moran, Senator Ann Gobi, Representative Todd Smola and District Attorney David Sullivan. Other speakers included young women who are active in their high school to increase awareness among their classmates. Many attendees appeared to be family members of victims. After a brief ceremony attendees were invited on a short walk through Ware's downtown.

Other organizations were present to distribute information about programs available to help victims or potential victims.

Debbie Wood, Pam Albertson, and Cyd Melcher from our club participated in the event.



The **Sheriff's Shuffle**, a 5K run sponsored by the Hampden County Sheriff's Department, returned to the Ashley Reservoir Sunday for the first time in two years after being canceled because of the pandemic.

The event, which also included a 1.5-mile walk, raised \$100,000 in registration and donations. Proceeds will go to YWCA of Western Massachusetts to help provide housing assistance for victims of domestic violence.

Cyd Melcher had a table at the event to share information on Zonta. Karen Keough-Huff and her niece Grace participated in the event!

## Climate Change with a Gender Lens

The Zonta Says NOW to Climate Action continues to identify ways Zonta clubs can get involved. The chart below is a good start.

# Framework for Action



ZONTA SAYS NOW USA THINK TANK	Gather the facts	Lead by example	Add your voice	Advocate	Collaborate with like-minded organizations
Educating girls	<ul style="list-style-type: none"> <li>What is happening in your schools re climate education?</li> <li>Do they address the link between climate change (CC) and gender quality (GE)?</li> </ul>	<ul style="list-style-type: none"> <li>Mentor girls and young women to recycle and reduce their carbon footprint</li> <li>Mentor young women to get involved with STEM subjects</li> </ul>	<ul style="list-style-type: none"> <li>Talk about the issue with your family, friends, and co-workers</li> <li>Write personal letters to your elected officials</li> <li>Write letters to the editor</li> </ul>	<ul style="list-style-type: none"> <li>Have a guest speaker to talk about the issue and what can be done locally</li> </ul>	<ul style="list-style-type: none"> <li>Find local initiatives that engage and educate girls about climate and STEM</li> </ul>
Advocating for women's rights	<ul style="list-style-type: none"> <li>Find out how climate and pollution affect women and girls in your area</li> </ul>	<ul style="list-style-type: none"> <li>Reduce your carbon footprint</li> <li><b>EARTH DAY Rally</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Suggest FAFs to your Caucus delegate</b></li> <li>Share and post accurate information on social media</li> <li><b>And calls to action: The R U's (Reduce, reuse, recycle, repair, repurpose, regift....)</b></li> </ul>	<ul style="list-style-type: none"> <li>Visit state and national legislators</li> <li>Attend and speak at local hearings</li> </ul>	<ul style="list-style-type: none"> <li>Work with AAUW, League of Women Voters , etc...</li> </ul>
Inspiring more female leaders	<ul style="list-style-type: none"> <li>Identify female leaders and learn what they are doing</li> </ul>	<ul style="list-style-type: none"> <li>Take on a leadership role in your club, work, or community on CC &amp; GE</li> </ul>		<ul style="list-style-type: none"> <li>Highlight roles and support other members to take leadership positions</li> </ul>	<ul style="list-style-type: none"> <li>Highlight roles and support other members to take leadership positions</li> <li>Hold leadership training sessions</li> </ul>



### Golf Fundraiser Wrap-up

Although a bit belated I wanted again to express my appreciation for all the Golf Committee members who devoted much time, effort and funds to our most successful tournament ever on September 10th! I wanted to recognize the extreme generosity of all the committee and club members to arrive at an impressive # of valuable raffle and prizes. As a new member (and new mother) of the committee Kerry 's assembling of the raffle prizes in her home was much appreciated. Karen managed to maintain an updated list of all the prizes and along with Chris she supplied all the tents and our banner display the day of our event.

Kris, Marge and Mary all motivated so many players to join our event. Mary's countless hours of collecting funds and registration of players assured all went smoothly the day of our tournament. The help of Chris, Trish and Kris and many non golfing members while players were on the course and upon return made the distribution of snacks,

lunches and prizes seamless. It was my privilege to serve as Chair for our 28th Annual Golf Tournament Committee. I express my gratitude to all our club members for supporting this fundraiser and all our commitment to Zonta.

Debbie Wood, Chair

## Did You Know?

### That violence against women and girls is a problem of pandemic proportions?

Based on country data available, up to 70 per cent of women experience physical or sexual violence from men in their lifetime – the majority by husbands, intimate partners or someone they know. Among women aged 15 to 44, acts of violence cause more death and disability than cancer, malaria, traffic accidents and war combined. Perhaps the most pervasive human rights violation that we know today, violence against women devastates lives, fractures communities, and stalls development. It takes many forms and occurs in many places – domestic violence in the home, sexual abuse of girls in schools, sexual harassment at work, rape by husbands or strangers, in refugee camps or as a tactic of war.

### That femicide is the murder of women, just because they are women?

In the United States, one-third of women murdered each year are killed by intimate partners.

In South Africa, a woman is killed every 6 hours by an intimate partner.

In India, 22 women were killed each day in dowry-related murders in 2007.

In Guatemala, two women are murdered, on average, each day.

### That trafficking is a lucrative industry?

Women and girls comprise 80 percent of the estimated 800,000 people trafficked annually, with the majority (79 percent) trafficked for sexual exploitation.

### That harmful practices against women persists, implicitly sanctioned by messages in the media?

Approximately 100 to 140 million girls and women in the world have experienced female genital mutilation/cutting, with more than 3 million girls in Africa annually at risk of the practice. Over 60 million girls worldwide are child brides, married before the age of 18, primarily in South Asia (31.1 million) and Sub-Saharan Africa (14.1 million).

### That sexual violence against women and girls has long-lasting consequences?

An estimated 150 million girls under 18 suffered some form of sexual violence in 2002 alone. As many as 1 in 4 women experience physical and/or sexual violence during pregnancy which increases the likelihood of miscarriage, stillbirth and abortion. Up to 53 percent of women physically abused by their intimate partners are being kicked or punched in the abdomen. In Sao Paulo, Brazil, a woman is assaulted every 15 seconds. In Ecuador, adolescent girls reporting sexual violence in school identified teachers as the perpetrator in 37 per cent of cases.

### That rape has been classified by UN resolution as a method of warfare?

Approximately 250,000 to 500,000 women and girls were raped in the 1994 Rwandan genocide and the practice is ongoing in armed conflicts in the Congo, Darfur and Liberia.

..and now, sadly,

you know and may better understand why “Zonta Says NO” to violence against women!



Please join us on November 25<sup>th</sup>

Wear something orange to draw attention to the issue of violence against women and girls. Say “NO that’s not okay!” Support initiatives that prevent violence and help those that have been subject to abuse. November 25<sup>th</sup> is also the 1<sup>st</sup> day of the “16 Days of Activism” – celebrated by Zonta International along with the UN international campaign. Visit [zontasaysno.com](http://zontasaysno.com) and [zontaqv.org](http://zontaqv.org) to learn more.

## Poinsettia Fundraiser Begins!

We have mailed out order forms to our loyal customers. The forms will also be on our website at [www.zontaqv.org/poinsettia/](http://www.zontaqv.org/poinsettia/) Contact me if you have any questions. The best way to sell our poinsettias is by personal contact. Family, friends and peoples services that we use are good prospects. Deliveries will begin the week of Nov 28. I will send an email out to our members in November looking for volunteers to deliver. Sell,sell,sell! They are beautiful! Let's make this another successful fundraiser!

Poinsettia Chair  
Liz Reeves

### The ZONTA Club of Quaboag Valley Annual Poinsettia Fundraiser



We invite you to participate in our annual poinsettia fundraiser. These plants brighten up the office and home during the holiday season, and make wonderful gifts for friends, colleagues and clients. These florist-quality Poinsettias in foil-covered pots are available in two sizes and four colors. Deliveries will start late November and early December.

**To order: Complete the order form and (1) mail OR fax to the Committee Chairs (contact info below) or (2) provide to the Zonta Club member who will call you in the next two weeks. Payment is due at delivery. Make checks payable to "Zonta of Quaboag Valley".**

**Business/Contact:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Quantity	Size / Cost	Color Selection		Subtotal Multiply quantity times cost
		Red	Pink White Pink & White*	
<i>Example:</i> 2	Large	Red		\$56

*\* Limited quantities of pink & white, so please note 2<sup>nd</sup> choice on same line.*

**Total:** \_\_\_\_\_

**Zonta of Quaboag Valley – Poinsettia Fundraiser Committee Members**

Committee: Liz Reeves, Mary Knight, Patricia Pupek

Phone: (413) 583-4283 Fax: (413) 547-0024 E-mail: [Info@ZontaQV.org](mailto:Info@ZontaQV.org)

Mailing Address: Zonta Club of Quaboag Valley, PO Box 1034 Belchertown, MA 01007-1034



*Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy. The Quaboag Valley Club uses profits from this fundraiser to support local community projects such as raising awareness on issues of child marriage, domestic violence, homeless women veterans, trafficking of women, and more. Visit us at [zontaqv.org](http://zontaqv.org) for more information. Thank you!!*