



ZONTA

CLUB OF
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZONTA CLUB OF QUABOAG VALLEY BOG NEWSLETTER

OCTOBER 2022

2022-23 Dates—Mark your Calendar

October

Domestic Violence Awareness Month

10/1 Take a Stance Against D.V. at AlianzaDV Services—details on page 4

10/16 Sheriff's Shuffle at Ashley Reservoir to benefit YWCA of W Mass—details on page 9

10/22 DV Awareness Walk in Ware—details on page 8

October 10 #Every1KnowsSome1

Info panel for DV Awareness Month

Speakers: Pamela Barnes & Monica Moran

5:30 Social 6:00 Dinner 6:30 Program

7:15 Business Meeting

November 14 Founders Day Award

We are honoring Community Legal Aid .

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

December 12 Business Meeting

January 9 Business Meeting

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.

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 and click on News & Events to see current events, videos, newsletters and more!

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

Happy Autumn Fellow Zontians & Friends,

We are off to a busy start to our Zonta year!

Our September meeting was a great chance to reconnect and get into the Zonta spirit again. Cyd Melcher, Sue Seaver, Gloria Caballero Roca were inducted as board members and we had a great presentation from Mary and Mary Ann about international convention and other updates.



There is a strong focus this year on building and maintaining membership so please invite guests, volunteer to have a table at a local event, or work on your "what is Zonta?" elevator speech!

In October we acknowledge Domestic Violence Awareness month and #Every1KnowsSome1 by hosting an informational session on October 10th at 5:30p at the Ludlow Country Club. What do you do if you know someone who is in danger? Our speakers Pamela Barnes, Director of Development at Alianza DV Services and Monica Moran manager of Domestic Violence Prevention Programs at the Pioneer Valley Planning Commission and co-founder of the recently launched A Call For Change Helpline will seek to inform us of how we can help prevent domestic violence and what we can personally do if we know someone in danger. This is an informal panel and discussion, questions will be encouraged! **As always we welcome guests. I need a count for dinner by 10/6.**

November is our annual Founder's Day award and banquet. This year our club is honoring an institution that exemplifies the mission of Zonta. Congratulations to Community Legal Aid of Western MA! We cannot wait to celebrate all you do on November 14th at 5:30p at the Ludlow Country Club.

I really hope that all local Zontians can make these events and bring some friends!

In Zonta Friendship,
President Dana Burton

Birthday wishes:

Elizabeth Reeves 10/10

Dianne Kidd 10/25



In this issue:

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2. #Every1KnowsSome1
3. September Business Meeting minutes
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6. Learn more about Community Legal Aid
7. Membership Update + Poinsettia News
8. Domestic Violence Walk in Ware
9. Sheriff's Shuffle to benefit YWCA WM

#Every1KnowsSome1

Zonta hosting informational session for Domestic Violence Awareness Month

WESTERN MA— Every year, more than 10 million men and women in the U.S. are subjected to Domestic Violence. Its impact can be felt far and wide: More than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the U.S. will experience rape, physical violence and/or stalking by an intimate partner in their lifetime.



The Zonta Club of Quaboag Valley will host an information session at the Ludlow Country Club on WHAT TO DO if you know someone who is in danger. Speakers will be **Pamela Barnes**, *Director of Development at Alianza DV Services* (formerly Womanshelter/Companeras) and **Monica Moran** manager of Domestic Violence Prevention Programs at the Pioneer Valley Planning Commission in Springfield, MA and co-founder of the recently launched [Call For Change Helpline](#) (formerly the 10 to 10 Helpline), the first helpline in the country for people who use abuse in their intimate partner relationships and want to learn to be safe.



Guests are welcome! Let's get the word out!



Monday, October 10, 2022 ~ 5:30 Social and Dinner / 6:30 Program
Ludlow Country Club, Ludlow MA
Dinner: \$20 payable at the door
RSVP required by 10/5. Email info@zontaqv.org or call 413-219-8260

For news on sponsorship, support and scholarship opportunities, email info@zontaqv.org

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

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— September 12, 2022 Business Meeting

Ludlow Country Club, Ludlow MA

Present: Dana Burton, Kerry Chenausky, Karen Keough-Huff, Chris Keough-Huff, Mary Knight, Cyd Melcher, Trish Pupek, Gloria Caballero Roca, Mary Ann Rubis, Susan Seaver. Kris Goold, Debbie Wood, Joanne Turner-Chiacchia, Liz Reeves, Marge Cavanaugh

Absent: Maria Maloney, Pam Albertson, Mike Wallace

Guests: Stephanie Maher (smaher@palmerlibrary.org) – who is a Zonta supporter, and Dave Basler (daveb89@comcast.net) – Cyd's partner

Members started arriving at 5:30 and enjoyed social time! At 6:02 Dana welcomed everyone and introduced guests. We said the Zonta blessing and shared our first dinner together at the Ludlow Country Club in 2 1/2 years!

Installation of 2022 – 2023 Leaders – Back in June, **Mary Ann Rubis** did the honors and topped herself once again with a mighty oak theme to install President Dana Burton, Secretary Mary Knight, and Directors Kerry Chenausky and Karen Keough-Huff. Tonight, she installed the remaining slate - Vice President Cynthia Melcher, Treasurer Susan Seaver and Director Gloria Cabellero-Roca.



Program – Mary Ann Rubis and Mary Knight provided updates from Zonta International and the ZI Convention 2022 in Hamburg Germany. The full convention report from delegate Mary Knight is online at Convention2022.ZontaDistrict1.org, so the two provided highlights in the form of a Convention Trivia game. If you want to test your knowledge again before reading the notes below – go to the website above and click on the Trivia button!

Hamburg was the first in-person convention since Zonta turned 100. 2024 Convention in Brisbane Australia.

The new Zonta International President is Ute Scholz (our former liaison). Our District liaison is now ZI VP Fernanda Gallo Freschi. Our District's new Governor is Donna Sroka (Mary Knight is Secretary). Our Area Director is Sandy Carroll.

ZI is taking a hard look at all its operations as we move into the next century. Be on the lookout for a Survey in November.

A new tag line was adopted: Building a better world for women and girls, but we still empower women through service and advocacy.

Delegates made some determined changes on a few issues: taking a strong stance on supporting safe, legal abortions as part of a woman's right to health; keeping a pilot scholarship on Women in Technology; changing the age for a discounted membership from 30 to 35.

All clubs around the world are asked to get strong visibility for Zonta Advocacy in November and March, and to choose ONE issue on behalf of women and girls to make an impact on our communities during the year.

Young women are highlighted in a Zonta cross mentoring pilot – Great Girls Meet Great Women, and an informal organization of Awardees called Zonta Awardees Connected. Clubs are encouraged to find ways to engage all generations.

All members are encouraged to download the Zonta Connect app for their phones.

Please check out the International Service Projects we are supporting this year – go to zonta.org and click on Programs.

Finally – all members are encouraged to practice their response to the question “What is Zonta??” and use your business cards. We are all responsible for spreading the word about the difference we make locally and globally!

Dana called the business meeting to order.

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

Treasurers Report: Reminder - the 2023 Annual Budget was approved by members with an email for vote this summer. Joanne forwarded by email the August 2022 report prepared by she and Sue. A vote was made, seconded and voted to file the report for audit.in

New Scholarship offer: As was noted in the convention report, the technology scholarship pilot was kept alive. It will be called Women in STEM and will be available for women enrolled in a field of study under STEM (natural sciences, technology, engineering and math) in at least the second year of an undergraduate program through the final year of a master's pro-

Continued on page 4

September 2022 Business Meeting minutes continued

gram at the time the application is submitted to the local Zonta club. More details forthcoming. After discussion, a motion was made, seconded and voted to initiate a club Women in STEM scholarship for \$1000. We will advertise for this award in early January and include the earmarked \$1000 in the 2024 budget.

November 14th Founder's Day: We have not had this special event since 2019. Cyd Melcher has suggested we might select an organization which exemplifies the ideas of Zonta this year: Community Legal Aid, Inc. (CLA) is the free civil legal aid provider for residents of the five counties of Central and Western Massachusetts. communitylegal.org/ They work primarily with women on a myriad of issues including eviction, domestic violence, elders facing threats, homeless families trying to access shelter, students in need of services, etc. A second suggestion was to honor the president of HCC Christina Royal for her leadership in supporting struggling students (primarily women) with child support and food insecurity.

After discussion, motions were made to honor both! Our Founders Day award will go to Community Legal Aid (Cyd will follow up) and we will honor Christina Royal in March's International Women recognition event. (Mary will follow up).

First up will be plans for Founders Day. The board will start the planning, but all interested members are encouraged to help.

October 10 – Domestic Violence Awareness Joanne and Marge announced they have two speakers for this event: **Pamela Barnes** from **Alianza DV Services, Inc.** (formerly Womanshelter/Companieros) – to whom we awarded a grant for their Clothesline Project – and **Monica Moran**, of Amherst, manager of Domestic Violence Prevention Programs at the Pioneer Valley Planning Commission in Springfield, a past ZQV Founders' Day honoree, and the 2022 recipient of an Allies in Action award by Alianza. We will work to get lots of visibility and guests to this event.

Committee Reports

Golf Committee: Debbie proudly announced that we had another exceptional tournament, raising \$7,500 + profit! Sponsors \$2475 (\$900 more than last year); Chance raffle netted \$1472 (\$100 more than last year); Mulligans \$330 (\$50 less than last yr); and 50/50 \$225 (\$100 less than last yr.) Kudos to the committee and to all members who volunteered and contributed to this successful fundraiser.

Service: Joanne is looking at two Service Grant submissions and will keep us informed.

Dana distributed three signup sheets:

Committee Assignments for the next biennium

Meeting Assignment for 2022-2023 – for shared leadership in hosting events each month.

Opportunities for connecting with younger audiences (girl scouts college students) and membership (intentional recruiting and purposeful retention)

Announcements:

9/19 @6pm Board meeting on Zoom

10/1 @11am Alianza Event in Holyoke – please try to attend and wear your Zonta name tags!

10/10 @ 5:30 October DV Awareness event at Ludlow CC

10/16 @ 10 – Sheriff's Shuffle, Ashley Reservoir to benefit the YWCA of Western Ma

10/17 @ 6pm Board meeting on Zoom

10/22 @ 1pm DV Awareness walk in Ware

11/14 @ 5:30 November Founder's Day event at Ludlow CC

11/21 @ 6pm Board meeting on Zoom

11/25 – 12/10 16 Days of Activism Against Gender Based Violence

Raffle: Liz Reeves was the winner

Dana thanked everyone for attending and we adjourned

Respectfully Submitted,
Mary Knight, Secretary

Thank you note from Palmer Food Share:

“Thank you so much for your recent grant-funded service donation in the amount of \$750 to Food Share of Palmer. Your generosity enables us to stock up on items much-needed by our clients. Organizations like yours help us to aid our community members who are in need. It is heartwarming to know that we can count on your generosity.”

ZQV Board Meeting
September 19, 2022 6:00 PM
Zoom

Present: Dana Burton, Kerry Chenausky, Mary Knight, Karen Keough-Huff, Cyd Melcher, Sue Seavers, Joanne Turner Chiacchia,
Absent: Gloria Caballero Roca

President Dana called the meeting to order at 6:08.

Minutes – Motion to approve minutes from 8/15 made, seconded, and voted to approve

Treasurers – Sue has a final tally on Golf Fundraiser - \$7700.60 profit! She also informed us of a larger deficit for catered dinner at Ludlow CC because the tip was not included in the quote. Actual bill: \$526.81 (minimum 20pp @ \$21.95 + gratuity); amount collected \$315. At \$20 pp we knew we would have to subsidize, but this is not sustainable. After discussion, it was determined we would stay with \$20 pp for October and put out a donation box for people who want to take leftovers (ample food)!!! If bringing a guest, a member is asked to pay for him/her if possible; if not possible, the club will pay. We want guests and potential members!

October 10 business meeting

We are pleased to be able to invite guests to our meetings – this will be a good one! Joanne and Marge have arranged to have a representative from Alianza and Monica Moran in honor of DV Awareness month. Mary and Mary Ann will be out of the country. Someone needs to take notes at the meeting and materials and sign-in sheet should be available for guests. Maybe a raffle prize?

November 14 Founder's Day – Trish Pupek and Board will be the committee for now – others welcome

Dinner – we will keep the buffet as is and add appetizers. Dana will determine the additional cost. We will charge \$30pp. We will try to solicit sponsors to help offset the actual cost. The organization will get two free tickets and will be encouraged to buy at least one table of 8.

Other extras – nice to have flowers – Liz will be asked for suggestions. Mary will prepare a Certificate and a Program booklet to include info available on Zonta.

Promotion – Cyd will help create a press release. Mary will do a flyer. What organizations would support Community Legal Aid, Inc? We can invite them and they might be interested in being sponsors.

Program – input needed. We want to include info on Zonta – how best to do it for this audience?

Other business meetings

- December – do we want to adopt a family? We are planning to Zoom for this meeting, so collecting toys and getting picked up is impractical. Other ideas?
- January – Pam is looking for a speaker Perhaps one of the 3 AE Fellowship winners might be available to Zoom?
- February – if we honor Christine Royal in March, perhaps Liz and Kerry can do something on women's issues this month. We could also still collect items for the Period Project and find someplace to put some kits together?
- March – Cyd might have a way to reach HCC President Christine – Mary sent the award idea by email to Cyd

Other discussions

- SoldierOn – what can be done to make inroads?
- Another Service project: Post-incarcerated women? Young adults aging out of foster care?
- 16 Days of Activism – Mary meeting with Pam on Wednesday to discuss Advocacy related topics

Next Board meetings: October 17. Mary will be unavailable for October to host Zoom or take minutes
 The October Bog deadline is 9/28.

The meeting was adjourned at 6:55

Respectfully Submitted, Mary Knight, Secretary

Zonta chooses Community Legal Aid for its 2022 Founders Day award

Western MA ~ In November of each year, the Zonta Club of Quaboag Valley celebrates its **Founders Day** by giving an award to someone in the community who exemplifies the ideals of Zonta International. For its last Founders Day award In 2019 - Zonta's 100th birthday – Dr. Mary-Beth A. Cooper, President of Springfield College, was celebrated for her leadership and her support for the advancement of women and the values of Zonta.

After a two-year hiatus due to the pandemic, the club wanted to come back strong by recognizing an honoree who is also a proponent of Zonta's primary focus in its work with the United Nations: Sustainable Development Goal No. 5 – to achieve gender equality and empower all women and girls by 2030 (UN.org). After careful deliberation, the local Zonta club has chosen an organization as opposed to an individual for the first time.

The 2022 Zonta Founders Day Award will go to **Community Legal Aid, Inc. (CLA)** - 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. CLA works to assure fairness for all in the justice system in housing & homelessness; employment & government benefits; family law & domestic abuse, elder law; veteran services, education law and more.

Cynthia Melcher, Vice President of the Zonta Club of Quaboag Valley and Executive Director of the World Affairs Council of Western Massachusetts, explains why she nominated Community Legal Aid for this honor,

"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."

The public is invited to join us in learning about and celebrating Community Legal Aid, Inc. on Monday, November 14th starting at 5:30 with a reception and dinner at the Ludlow Country Club, Ludlow MA.

Please RSVP by November 6th either:

- (1) Online at zontaqv.org, Click on the Donate link to register and prepay.
- (2) Send a check (\$30/pp) with names of all attendees to Mary F. Knight, PO Box 1034, Belchertown MA 01007-1034, or
- (3) Email info@zontaqv.org with names of all attendees and pay \$30/pp at the door – cash, check or credit card. (Note: Specify any dietary restrictions by emailing name/details to info@zontaqv.org.)



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. Funds will be used to reduce the cost of dinner for CLA guests and supporters who are unable to pay full price. 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 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! Visit www.zontaqv.org or email info@zontaqv.org to learn more.

LEADERSHIP



We need a leadership approach for attracting and retaining members who are happy, fulfilled, enthusiastic contributors to Zonta's mission.

Leaders are responsible for the **volunteers** in their club – the ones who do the good work of Zonta.

Volunteers are varied in their life experiences, but the people we attract have three qualities in common. They are:

1. Independent thinkers who have the capacity to make choices in their lives.
2. Competent individuals with a range of knowledge, skills, judgment, and strengths.
3. Interested in connections and community

If we acknowledge and honor these attributes – asking their opinions/perspectives; assuming they can do the work needed with the proper support and engaging them in a collaborative fashion – they will feel rewarded by being part of Zonta, and bring energy, motivation and inspiration to the organization.

If you agree with this logic, then we need to grow a coaching culture for leadership in our clubs and committees.

A climate where we:

- **Listen to understand in conversations where there is an air of safety and trust.**
- **Ask powerful questions – what do you want, why is it important, how would you do it, when?**
- **Respectfully challenge and support each other; and**
- **Establish next steps and accountability.**

And who are the Leaders? Everyone in the organization. Each of us needs to feel empowered to take the leadership role when that is appropriate.

The Holidays are quickly approaching. That means our Poinsettia Fundraiser is just around the corner! We will be sending out order forms to people on our mailing list the end of October. The order forms will also be on our website. I will email our membership in November looking for volunteers to help with deliveries.

Let's make this another successful fundraiser!
Thank You!
Poinsettia Chair
Liz Reeves



7th Annual!!!

Domestic Violence

AWARENESS



Saturday, October 22nd, 1pm
Veterans Park, Ware, Massachusetts
(If it rains we'll be across the street in Town Hall)

Join the community for a one-mile walk in downtown Ware to show support for survivors of domestic and sexual violence.

With each step forward there is hope!

The afternoon will be highlighted with speakers, activities and exhibits for all ages. Come and show your support, meet up with family and friends, learn about resources in your community, and have some apple cider!

Sponsored by the Ware River Valley Domestic Violence Task Force, www.waredvtaskforce.org

If you or someone you know needs confidential support and resources:
The Quaboag Valley Community Advocate at VHS/BHN : cell 413-579-2924
Safelink statewide 24 hour hotline: 877-785-2020
Ware River Valley Domestic Violence Task Force Input Line: 413-758-0605

Wear purple to show your support!

Please follow current mask guidelines!



Please join Sheriff Cocchi
and the Hampden County Sheriff's Department
for this years Sheriff's Shuffle

WHEN: Sunday, October 16th, 2022
LOCATION: Elks Lodge/ Ashley Reservoir,
Holyoke, MA
TIME: Registration begins at 8:30am
Run/ walk beings at 10am
Register by October 3rd, 2022 to ensure a free shirt
www.RunSignUp.com/SheriffsShuffle5k

*Live music, Awards, Food trucks, Raffle, Long Sleeve Shirt,
Refreshments & More...*

All proceeds to benefit
YWCA of Western Massachusetts

**eliminating racism
empowering women**
ywca

Questions?

Call: Davis Snow at (413) 858-0870 ext. 2870
Email: Davis.Snow@SDH.State.MA.US