



ZONTA
 CLUB OF
 QUABOAG VALLEY
 MEMBER OF ZONTA INTERNATIONAL
 EMPOWERING WOMEN
 THROUGH SERVICE & ADVOCACY

**ZONTA CLUB OF
 QUABOAG VALLEY
 BOG NEWSLETTER**

DECEMBER 2022

2022-23 Dates—Mark your Calendar



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

December 12 6pm ZOOM
Speaker: Rita Schiano—on Reducing Stress!
Business Meeting to follow

January 9 Amelia Earhart Day 6pm ZOOM
Speaker: Maya Nasr—AE Fellow at MIT
Business Meeting to follow

February—Period Project—date T.B.A.
February 13—6pm ZOOM
Jane Kaufmann, Zontian and RAD instructor—
Empowering women through knowledge and
training Business Meeting to follow

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
Ludlow Country Club 5:30 reception—7:30

April 10— Women’s Health
5:30 gathering, 6pm dinner, Presentation
Business Meeting to follow

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, 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,

I hope that everyone who celebrated had an amazing Thanksgiving! Thank you so much to everyone who worked to make Founder's Day a success. Congratulations again to Community Legal Aid! It was great to meet you amazing attorneys. Thanks for all you do for our community.

I cannot wait for the next couple meetings. We have some awesome speakers lined up. On December 12 at 6pm on Zoom we have the fabulous Rita Schiano talking to us about reducing stress during this time of year. Please invite friends and family to join in on this program—we can all use some positive messages. RSVP to info@zontaqv.org for the link to the meetings.

Then on January 9, at 6pm on Zoom, in honor of Amelia Earhart, Maya Nasr 2022 Amelia Earhart Fellowship winner from MIT will speak to us about her journey in the field of aerospace. This will be another inspirational evening, so share the news and invite guests! RSVP to info@zontaqv.org for the link to the meetings.

In February, we are planning on doing our annual Period Project. We are looking for a venue (preferably free) to have a hands-on kit assembly event. So stay tuned for updates and start thinking about places and groups that might help us collect menstrual-related products.

Our February business meeting will be on Zoom on the 13th and we have a special speaker: Julie Kaufmann, RAD instructor and member of the Zonta Club of Medford. Julie will provide an introduction to the Rape Aggression Defense program, share vital information to all women and girls on risk awareness and avoidance, and teach us empowerment strategies that reduce the chance of aggressive behavior. We will also learn about RAD classes being offered in our area. This is a must for all women and teens in your tribe, near and far—save the date!!

Starting in March we will be back to in-person meetings and already have some wonderful events planned—starting with a tribute to Christina Royal, our 2023 International Women Day honoree. Follow us on Facebook and Instagram for updates!

In Zonta Friendship,
 President Dana Burton

Birthday wishes:
 Chris Keough Huff 12/11
 Pamela Albertson 12/22



Rita Schiano—Inspirational Speaker



Rita Schiano is a resilience strategist and coach, speaker, and founder of Rita Schiano ~ Live A Flourishing Life. A former corporate vice-president and small business owner, Rita’s leadership knowledge, strategies, and insights draw from both sides of the aisle. Organizations use Rita to help staff build resilient leadership skills, manage stress, and improve morale. As a personal strategic coach, Rita helps clients focus specifically on their most important goals, interests, challenges, and needs. The goal of private sessions is to offer insight and assistance that guides you towards actionable, positive changes that will affect all areas of your life. Rita received her Strategic Intervention Coaching Certificate from Robbins-Madanes. She is the author of several books, including Live A Flourishing Life, a stress management and resilience-building process workbook; the critically-acclaimed, semi-autobiographical novel Painting The Invisible Man, and Sweet Bitter Love and articles for The Huffington Post / AOL Healthy Living, the Worcester Business Journal, and guest blogger for Psychology Today.

Rita is joining us on Zoom, December 12th at 6pm—she is volunteering her time, so it is free to all. She will address the stresses that surround us at this time of year and provide strategies to make the holidays more enjoyable.

Please invite friends and family to join us for a fun, information presentation from an incredibly talented teacher. Thanks to Chris and Karen Keough-Huff for introducing Zonta to Rita! Have guests contact info@zontaqv.org for a Zoom invitation.



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— November 14, 2022 Founders Day

Ludlow Country Club, Ludlow MA

Present: Pam Albertson, Dana Burton, Marge Cavanaugh, Kerry Chenausky, Karen Keough-Huff, Chris Keough-Huff, Kris Goold, Mary Knight, Trish Pupek, Susan Seaver, Debbie Wood, Liz Reeves, Mary Ann Rubis

Absent: Gloria Cabellero Roca, Cyd Melcher, Maria Maloney, Joanne Turner-Chiacchia, Mike Wallace

Guests: Judith Luddy and Governor Donna Sroka (Northampton Club), Dawn DiStefano (E.D., Square One), Hallie Blasfield, Krista Ellis, India Sowden-Ellis, Andrea Gilardi, Corinne Ryan, Suzanne Avery, Lisa Foster, Jacki Barden, Deb Marden, Elaine Sai, Jenn Patrie

Tonight, we celebrated Founder's Day by honoring Community Legal Aid of Western Mass. The room was beautifully decorated with Mums, Zonta memorabilia and a lovely table of appetizers. After a welcome salute from President Dana Burton and introductions of our many guests, Marge Cavanaugh led us in a tribute to Veterans and the Zonta Blessing.

Following a hearty buffet dinner, guests were treated to Mary Ann Rubis' informative introduction to Zonta and how we are building a better world for women and girls. Guests were encouraged to hold on to the Program, which lists upcoming events they might want to attend.

Then came the presentation of our Founder's Day award by Patricia Pupek—a certificate and check for \$500 to an organization that delivers justice in and out of the court system to vulnerable clients in our community.

Corinne Ryan, Managing Attorney for the Springfield CLA and Krista Ellis who is one of the family law attorneys in Springfield accepted the award and shared insights into the range of work Community Legal aid performs, the challenges and the highlights. For anyone who missed this meeting, you should check out their website: www.communitylegal.org



Kudos to the Founder's Day committee and all the speakers for an uplifting evening! Thank you to all members for sharing the Zonta spirit!



ZQV Board Meeting November 21, 2022, 6:00 PM / Zoom**Present:** Dana Burton, Kerry Chenausky, Mary Knight, Karen Keough-Huff, Cyd Melcher, Sue Seavers**Absent:** Joanne Turner Chiacchia, Gloria Caballero Roca

Dana called the meeting to order at 6:02

October Board Meeting Minutes: - motion made, seconded and voted to approve.

Treasurer's Report: - the October and November report will be on the December business meeting agenda for approval. We will also bring up the topic of Lynn Goodhue memorial and an appropriate award for our March honoree, Christina Royal.

Founder's Day: All went well – room nicely decorated, food was great, Zonta materials were front and center. The program went smoothly – Marge (Veteran tribute and dinner blessing) and Mary Ann (Zonta overview) and the awarding of check and certificate to representatives of CLA. We learned a lot about the amazing work of this organization and look forward to working on a community project with them. We did have a few guests besides CLA staff; but it was a much smaller affair than previous Founders events. Karen noted that she left feeling a sense of pride and renewed commitment to Zonta; Dana noted that the interaction of guests and members was like pre-pandemic days and representative of the Zonta Spirit we need!

Holiday Giving - After discussion, it was decided that Mary would send an email asking members to let us know by 11/30 if they are interested in (1) purchasing Walmart or BigY gift cards to hand out to local families in need (Dana or Mary will collect and Palmer DV will be asked to distribute) or (2) adopting a family and purchasing gifts for them (Monica Moran will be asked to select a family and provide details on ages, needs, etc to interested members / and arrange delivery.) This is purely voluntary – no pressure.

Poinsettias: progress – orders are still coming in and we hope to meet last year's numbers. Delivery starts the week after Thanksgiving – Dana, Pam and Mary have volunteered so far. We may need to reach out and ask others to help.

Service Grant proposal - Mary would like to get a press release out for service grants for 2023. While the board suggests we increase the maximum amount of the grants to \$1500 or \$2000 and that we specify submission deadlines (April 1 for May awards and October 1 for November awards), we want the Service Committee to make those decisions and bring the proposal to members in December for a vote. Mary and Dana will follow up. It was noted that we will entertain additional service projects during the year.

Important messages from District Board –

Zonta Says No and the 16 Days of Activism - we want pictures and social media posts to share throughout the District and club events submitted to zonta.org/Web/My_Zonta/Forms/Share_Your_Story. Also, members are encouraged to attend the Online Summit 11/29. The \$10 registration fee will count toward Every Member Every November donation.

Saturday January 7, 2023 at 9am EST Sandy Carroll will hold a class on using Canva templates to customize and print club promotional materials for tabling, communications, etc.

New Member Procedure recommended for clubs and Reporting Protocol required for Club Treasurers has been distributed.

Nomination Committee Training to be held on Monday, January 30, 2023 at 7pm EST. Veteran Zontian Lori Robinson will review identifying and mentoring potential leaders. We know that we can't force people to step up but hope for new ideas.

Upcoming meeting /events

12/12 @6pm Virtual event & meeting – Chris has invited motivational speaker Rita Schiano – managing stress during the holidays

1/9/2023 Virtual event & meeting – Pam has invite Amelia Earhart Fellow Maya Nasr to talk about her project at MIT

2/13/2023 Virtual event & meeting – Mary has invited Julie Kaufmann RAD instructor to talk about empowering women and girls with tools on self defense and awareness

NOTE: Members have asked that we do an in-person Period Project – we are looking for space during a weekend day in February.

Cyd will check with the Palmer Library and get a contact at the Ludlow Polish American Club. Other ideas welcome!

3/13/2003 International Women's Day banquet honoring Christina Royal. A committee will begin in January to start marketing, planning the event details. We anticipate a large showing and lots of media coverage.

December Newsletter deadline 11/30. The next board meeting will be Monday December 19 at 6pm

The meeting was adjourned at 6:55 ~

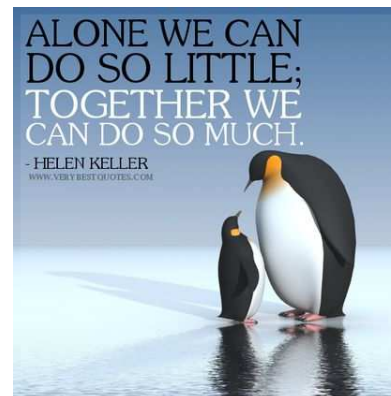
Respectfully Submitted, Mary Knight, Secretary

Service Committee

The Service Committee has two proposals that require a membership vote at the December business meeting.

1. To use \$1000 of our Service funds to purchase 40 \$25 gift cards and give them to them to local organizations (Palmer DV, YWCA Western MA, etc.) for distribution during the holiday season. Toys, books, and other Christmas gifts do not meet the requirements for service fund use, but gift cards to be used by survivors to meet unmet needs during these inflationary times would seem to fit the criteria.
2. To increase the maximum amount of the Service Grant Applications from \$1000 to either \$1500 or \$2000 and specify biannual deadlines (April 1 for May awards and October 1 for November awards) for submitting applications. If voted, we would send out press releases and posters advertising the Service Grants for 2023.

If you have questions prior to the 12/12 meeting, send them to info@zontaqv.org for forwarding to the appropriate person.



Poinsettia Fundraising Committee

We did very well in selling and delivering these amazing flowers.

We sold 27 more plants than last year and should have everyone all paid up by our December meeting. Special thanks of course to Liz Reeves for her tireless work on our club's behalf; to Pam, Cyd, Dana, Debbie and Mary for helping with deliveries; and to all members who bought and sold poinsettias this year!!

Kudos!

A blast from the past! Liz and Marge getting ready for poinsettia deliveries take time out to send a message for the 16 Days! 2015



Advocacy Committee—16 Days of Advocacy 11/25—12/10/22

The Advocacy Committee (Pam, Chris, Karen and Debbie) met on Oct 28 to discuss what our club could do for the 16 Days. We decided on the following plan:

Day 2 - 'Knowledge' -- Karen suggested emphasizing what the club has done to highlight gender-based violence issues in our community. ACTION: Karen will write a brief article for the website and Facebook.

Day 3 - "Orange" -- a photo of club members wearing orange will be taken at the November meeting.

Day 4 - "Listening" (host a speaker on gender-based violence) -- We will use our Founder's Day honoree (Community Legal Aid) to highlight having a speaker on gender-based violence.

Day 8 - "Advocacy" -- ACTION: Pam will write up a description of our postcard campaign to urge legislators in MA to ban marriage for anyone under the age of 18. This will be put on the website and Facebook.

Day 11 - "Tribute" (highlight survivor stories) -- It was suggested that Kathy Picard, who has been a big supporter of our club, would be an excellent candidate for this. ACTION: Pam will contact Kathy to see if she's interested in publicizing her story as told through her book is willing to be highlighted on this day on our club's Facebook page.

Day 13 - "Outreach" -- The postcard campaign ties into this activity. ACTION: Pam will research to see if there is another issue that the club could respond to.

Day 14 - "Community" (interview a local official to interview about issues in our community) -- we thought an interview with the Belchertown Chief of Police, or another officer with expertise in domestic violence, would be interesting. ACTION: Debbie will ask Mary if she would contact the police department about doing an interview which could appear on the website and Facebook. It wouldn't necessarily have to be a video.

Day 15 - "Service" (support a local organization that responds to domestic violence) -- we agreed to support a donation to the speakers from the Sept meeting, Alianza and the Ware Domestic Violence Task Force. ACTION: Chris will prepare a service proposal for \$500 each for the Service Committee to consider.

Day 16 - "Reflection" -- at the December meeting members can reflect on what we've learned during the 16 Days. Thoughts can be posted on the website and Facebook.



Zonta International hosted a one-day online summit (11/29/22) to share how as a society we can come together and say NO to violence against women and girls. **Attendees heard guest speakers, participated in an interactive workshop and left with life-changing actions they can take.** Together, we can make the world safer for women and girls now and in future generations.

An overview of the four sessions is included below. If you are interested in getting access to the recordings, contact info@zontaqv.org for the link and passcode.

Keynote Speaker: Meera Vijayann—excellent presentation!

Meera Vijayann is a writer and essayist focusing on health and gender issues. Her writing is shaped by the decade she spent as a development professional and journalist examining sexual violence in India.

Taking Your Zonta Says NO Action to the Next Level (Session 1) - creative, impactful ideas!

This workshop featured the following four clubs: Zonta Club of Accra, Ghana, Zonta clubs in Bulgaria, Zonta Club of Essex County, USA, and Zonta Club of Montevideo, Uruguay

Young Voices for Change—two incredible young ladies spearheading real change!

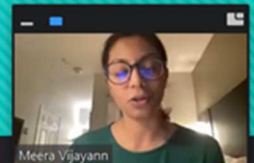
Lena Kalandjian - USA, 2022 Young Women in Public Affairs (YWPA) Awardee - co-founded and acted as co-president of the Students Against Violence Everywhere (SAVE) Promise club at her high school.

Liliana Savage Pinto - Mexico, 2021 Women in Technology Scholar - Liliana is a civic tech researcher specializing in designing medical and assistive technology for governments and citizens in the Global South.

Taking Your Zonta Says NO Action to the Next Level (Session 2) - looking forward to seeing this

This workshop featured the following clubs: Zonta Club of Ilocos Norte, Philippines, Saint Michael's College of Laguna Golden Z and Z Clubs, Philippines, and Zonta Club of Tauranga, New Zealand

BE THE CHANGE



- **VOLUNTEER:** No matter how small, your action counts. Local organizations often need extra support and skills for donation drives, raising awareness, organizing events.
- **BE AN ACTIVE BYSTANDER:** Take a sexual assault prevention training program for e.g., The Green Dot Program, Right to Be (formerly Hollaback!), Resource On the Go (NSVRC podcast)
- **CHALLENGE NARRATIVES:** Challenge misinformation and engage in dialogue at whatever level you can – Community (friends, family), State (Town halls, call representatives), Federal (vote)
- **GIVE:** Support organizations that are working to end gender-based violence.

Follow RAINN, National Sexual Violence Resource Center, UN Women for the latest reports.

Keynote speaker at Zonta Says No Summit. Her Ted Talk:

https://www.ted.com/talks/meera_vijayann_find_your_voice_against_gender_violence?language=en



16 Days of Advocacy



Ideas for connecting climate action to our advocacy work. Identify what you do now and what you will try. Community project anyone?

Avoid Avoid single use plastic such as straws and plastic wrap	Bring - Use Bring and use your own cloth bags when shopping for food or dry goods	Bring - Use Bring and use your own to-go coffee cups at your local cafe	Bring Bring your own "to-go" containers with you when dining out	Collect Collect vegetable, grains, and fruit food scraps for compost	Recycle Recycle sneakers at: gotsneakers or At your local clothing resale shop	Recycle Recycle shoes at: waterstep.org or Your local clothing resale shop	Wear Wear Orange to Say NO against Violence
Practice No Meat meals during some or all of the 16 days Search the internet for Meatless Mondays for delicious recipes	Repair Repair something rather than buying something new	Collect Collect and donate classic clothes and costumes to your local school and theater or playhouse	Calculate Calculate your carbon footprint Go to the website: Justenergy.com	Practice Water conservation in your home Begin with using 1/3 to 1/2 of the normal flow from faucets, hoses, and showers	Reduce Your paper usage footprint by going paperless	Collect Collect and recycle pill and medicine bottles at your local hospital or emergency clinic or go to: www.m25m.org	Purchase Products that have recyclable packaging and are made with recycled plastics, paper, and wood
Try Waterless Laundry Soap	Use Reusable food storage bags Or Wash, rinse and dry quart, gallon, and sandwich bags	Buy Buy paper products that are from recycled or sustainable products Example: Toilet paper from bamboo	Carry Carry reusable straws, cloth handkerchiefs or napkins, and reusable utensils with you when going out	Buy -Make Purchase and use or make from soft cotton cloth reusable makeup removal pads	Buy - Use Purchase or make reusable cloth paper towels	Use Mesh or cloth produce bags	Use Produce savers with beeswax coated cloth covers
Use Use public transportation or invest in an electric bicycle or 2-wheel electric scooter	Reduce Water consumption by turning off water flow when scrubbing hands, taking a shower and washing items in the sink	Reduce Hot water consumption to save energy costs by using more room temperature water for washing face, hands, body, and items in the sink	Reduce Your winter thermostat settings 68° when home and 64° when not at home Summer thermostat – 78°	Rethink Single use packaging by making a shopping list and sticking to it	Regift Reduce landfill waste, spending and single use packaging by regifting new items that you will not use	Repurpose Old items to make new again or have a repurposing/ regifting swap party	Teach The basics of recycling in your community