



ZONTA

CLUB OF
QUABOAG VALLEY

THE ZONTA BOG
NEWSLETTER

JANUARY 2023

2023 Dates—Mark your Calendar

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

February 11 11:30—1:30 Period Project Assembly
Palmer Library Community Room

February 13—6pm ZOOM
Julie Kaufmann, Zontian and RAD instructor—
Empowering women through knowledge and training
Business Meeting to follow

March 5—17 CSW Register: ngocsw.org/ngocsw67/
The 2023 Commission on the Status of Women in NYC will be hybrid. Critical issues impacting women worldwide.

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

May 8— ZI Service Project Updates
5:30 gathering, 6pm dinner, Presentation
Business Meeting to follow

June 12—Year end wrap up and Awards

June 30—July 2 2023 NAIDM Indianapolis
North American Inter-District Meeting includes US and Canadian clubs—all welcome!

September 9—Zonta Golf Tournament

October 27—29 District Conference Nova Scotia

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](#) phone app tied to our Zonta membership username and password. Check it out!

Hello fellow Zontians & Friends,

Happy New Year!

I hope everyone has a healthy, happy 2023.

Our club will be continuing with many great events and inspirational speakers into the new year. I want to thank Rita Schiano again for her wonderful talk on managing stress. I know I implemented a few of her techniques and survived the holidays a little easier and hope you did too.



On January 9th at 6pm, we will have Maya Nasr speaking to us on Zoom in honor of Amelia Earhart month.

Maya is a Zonta Amelia Earhart fellow at MIT. This is sure to be an amazing and educational meeting so please RSVP info@zontaqv.org for the meeting link. Guests are welcome!

In February we are resuming our annual Period Project with a hands on assembly day at the Palmer Public Library on February 11th from 10:30am - 1:30pm in the community room. More hands make light work so we would love some guests! Prior to the assembly day we will be collecting menstrual supplies both through our Amazon wish list and local drop off boxes. Please see our poster in this newsletter for more information.

The February business meeting will be held on Zoom on the 13th at 6pm. Julie Kaufmann RAD instructor and Zontian will be empowering us in self defense training. Again, guests are more than welcome so please RSVP to info@zontaqv.org for the link.

International Women's Day is March 8th! On March 14th we will be honoring an amazing local woman, Dr. Christina Royal, president of HCC. This will be an in-person event at the Ludlow Country Club at 5:30pm with dinner. Please invite guests!

I look forward to seeing everybody at our upcoming events. Let's start 2023 off with lots of Zonta spirit!

In Zonta Friendship,
Dana Burton, President

Birthday wishes:

Karen KeoughHuff 1/18

Debra Wood 1/19

Joanne Turner-Chiacchia 1/30



Amelia Earhart Program to Feature Maya Nasr – Ph.D. Candidate in Aerospace Engineering



Maya Nasr

Western MA ~ Every January, Zonta clubs throughout the world celebrate Amelia Earhart. Zonta International was the only non-flying organization that Amelia Earhart joined in her short, intense life. She had been a member of the Zonta Club of New York, USA, since 1930 when she disappeared on July 2, 1937 while attempting to be the first pilot to circle the world by air at the equator. The following year, Zonta International vowed to honor her memory with a scholarship for women graduate students in engineering.

On January 9, 2023 at 6pm, members and guests of the Zonta Club of Quaboag Valley will have a virtual conversation with a 2022 Zonta International District 1 winner of the \$10,000 Amelia Earhart Fellowship. Maya Nasr is 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.

The public – especially young women interested in STEM careers - can join us for this free January 9th program (6-7pm EST) where we will celebrate Amelia Earhart’s trailblazing spirit and meet an inspirational young woman working toward a career in space systems engineering and international space law.

Contact info@zontaqv.org to get a Zoom link.

For more information on the Amelia Earhart Fellowship and Zonta’s STEM scholarship, visit Zonta.org or contact info@zonta.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

ZQV Business Meeting Minutes — December 12, 2022 on Zoom

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

Absent: Kerry Chenausky, Maria Maloney, Cyd Melcher, Mike Wallace, Trish Pupek, Gloria Caballero Roca, Joanne Turner-Chiacchia

Guests: Speaker Rita Sciano and friends of the Keough-Huff's, Sandy Carroll (Berkshire Zonta and our Area Director)

Recording of our speaker's presentation: <https://youtu.be/HGLs07He Dw> Worth watching if you missed it!

Program – Rita Sciano was introduced by Karen Keough-Huff.



Rita Schiano is a resilience strategist and coach, author, speaker, and founder of Live a Flourishing Life ~ www.ritaschiano.com/. As a personal strategic coach, Rita offers insight and assistance that guides you towards actionable, positive changes that will affect all areas of your life.

Tonight, Rita began by helping us understand the definition of stress – the body's physical reaction to adverse EXTERNAL influence, triggering the flight or fight response. (Picture an accident about to happen.) Hormones adrenaline (increasing rates of blood circulation, breathing, and carbohydrate metabolism and preparing muscles for exertion) and cortisol (increasing sugar in the bloodstream and curbing functions that are non-essential to the immediate threat) are secreted. And after the threat ends, the hormones stop and the body returns to balance.

The stress that most of us refer to is INTERNALLY triggered making us *feel* like we are under attack (Picture the death of a loved one, family struggles, inflation, politics, etc.) and that fight-or-flight reaction stays turned on. The long-term activation of the stress response system and the overexposure to cortisol and other stress hormones that follow can disrupt almost all our body's processes. This puts us at increased risk of many health problems that could lead to death.

Bottom line – “internally-triggered stress” is something we can control and we need to do so for our health! We can choose to think a different thought, take deep breaths, exercise, read/watch inspirational media, find opportunities to laugh (especially at ourselves), and practice gratitude! All of these can help put our bodies back in balance.

Rita also shared tips for the holiday season stressors and managing their impact on your health.

- > Not enough time, the craziness of shopping and overspending – Get organized with a list and budget, prioritize, and think of ways to make the time easier for you!
- > Lots of party invitations and overindulging – Be creatively selective of commitments and plan ahead with healthy alternatives
- > Traveling and unwanted gifts – Know that there will be delays, hassles, and disappointments. Choose to dwell on the positives!
- > Family drama and politics – Play “what will I do if…” and practice a positive and loving response.
- > Dealing with the absence of a loved one – Acknowledge the loss and think of ways to honor their memory.

Dana called the business meeting to order at about 6:50

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

Treasurer's Report: A motion was made and seconded to file the November report be filed for audit. The vote was in favor.

Founder's Day The consensus was positive. Decorations and food were 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 – unfortunately, we did not capture their emails, but we hope to work with CLA on a project. At the board meeting, Karen noted that she left feeling a sense of pride and a 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!

Lynn Goodhue memorial – Lynn was a Northampton Zontian, past District Governor and Zonta International Director, and a close friend of our club. A motion was made and seconded to donate \$200 in Lynn Goodhue's memory to the Zonta Foundation for Women's Rose Fund. The vote was in favor. [Susan – acknowledgment goes to Fred Goodhue, 47 Conway Rd, Williamsburg MA 01096]

International Women's Day award to Dr. Christina Royal, President of HCC. We have not done this award before and it wasn't budgeted but we have funds not used during the pandemic, and this is a unique opportunity to honor an amazing woman who is retiring on July 2023. A motion was made and seconded to put aside \$500 to be made out to a nonprofit/project selected by Dr. Royal and awarded to her at the March 13th Banquet at the Ludlow Country Club. The vote was in favor.

Mary has a planning meeting set up on 1/11 @1pm with members of Dr. Royal's staff. Let her know if you can attend.

Continued on Page 4

12/12/22 Meeting notes continued

Committee Reports

Poinsettia Committee: Liz is pleased with the fundraiser. We exceeded the number of plants sold last year and we received some donations that will boost the profit amount. Chris and Mary have checks to be sent to Susan and Liz will forward the invoice; we will have the final tally in early January.

Advocacy – Pam reviewed advocacy efforts made by her committee on social media and outlined in the newsletter. On behalf of Zonta Says No to Violence Against Women and the 16 Days of Activism, Chris Keough-Huff made a motion to award two donations from the club:

- 1. \$500 to The Ware Domestic Violence Task Force/PVPC
- 2. \$500 to Alianza DV

The motion was seconded and, after a brief discussion, the vote was in favor.

[Susan – please send the two checks to our club’s PO Box. Dana and/ or Mary will hand-deliver with a note from the club]

Service – Members of the committee reviewed and approved two proposals that need a vote:

- 1. To use \$1000 of our Service funds to purchase 40 \$25 gift cards (Big Y and Walmart) and award them to 4 local organizations (Palmer DV, YWCA Western MA, Ware DV Task Force, and AlianzaDV) 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. A motion was made and seconded; the vote was in favor.
- 2. To increase the maximum amount of the Service Grant Applications from \$1000 to \$2000 and specify biannual deadlines (April 1 for May awards and October 1 for November awards) for submitting applications. A motion was made and seconded; the vote was in favor. Mary will send out press releases and posters advertising the Service Grants for 2023.

Upcoming Events:

1/9/22 @ 6:00pm - January Business Meeting: Zoom, Speaker: Maya Nasr, Amelia Earhart Fellow at MIT

TBD in February: Period Project in-person assembly – we are looking for a space with tables (preferably at no cost). Club will be collecting feminine hygiene products - Find [Period Project Wish List on Amazon](#)

2/13/22 @ 6:00pm - February Business Meeting: Zoom, Speaker: Jane Kaufman, Empowering women through knowledge & training

3/5/23 - 3/17/23: Commission on the Status of Women- UNWomen.org - hybrid event <https://www.zonta.org/csw>

3/13/22 @ 5:30pm - Ludlow Country Club - International Women’s Event Honoring HCC President Dr. Christina Royal

4/10/23 @ 5:30pm - April Business Meeting: Ludlow Country Club

Dana thanked everyone for attending and we adjourned

Respectfully Submitted,

Mary Knight, Secretary



The World Affairs Council of Western Massachusetts will present Attorney Mahsa Khanbabai, Khanbabai Immigration Law, on Women and Youth Movements in Iran on Friday, January 13 at Noon EDT, 1350 Main Street, 9th Floor G at Gallery Spfld.

Attorney Khanbabai was born in Iran and raised in Western MA. She is regularly interviewed by news agencies such as NPR, Wall Street Journal, New York Times, MSNBC, and others. Her legal advocacy and strategic use of the media spotlight has led to numerous high impact immigration changes including the reinstatement of Deferred Action.

The cost for members and Zontians attending without lunch is \$5, \$20 with a box lunch provided.

The Instant Issues series is generously sponsored by Wilbraham & Monson Academy, Glenmeadow, & Sir Speedy

Register online here: <https://www.eventbrite.com/e/490513698677> or contact info@zontaqv.org for more information.



A threat to the rights of women anywhere is a threat to the rights of women everywhere. We must use our voices to speak up and stand in solidarity with the women in Iran who are courageously and peacefully protesting for their rights despite the risk of violence or arrest.



ZONTA INTERNATIONAL PRESIDENT UTE SCHOLZ



Zonta Service Grants Available for 2023

Western MA ~In keeping with Zonta's more-than-100-year tradition of improving the lives of women and girls, the Zonta Club of Quaboag Valley is currently soliciting proposals from local non-profit organizations for projects that benefit women and/or youth. Since its inception in 1991, the Zonta Club of Quaboag Valley has contributed over \$146 thousand in cash and in-kind donations to local non-profits.

The Zonta Service Grant Form application can be downloaded at www.zontaqv.org/service-grant/ or requested by contacting info@zontaqv.org. 2023 Grants ranging from \$100 to \$2000 will be awarded biannually, in May (4/1 deadline) and November (10/1 deadline). Proposals must include specific details of the project including the need that will be addressed with the funds. In reviewing completed applications the committee will give preference for a hands-on component that can involve Zontians (and supporters, if appropriate).

The club's efforts to raise funds for these grants included a Calendar Raffle, Golf Tournament and Poinsettia sales. Two-thirds of all profits are used to fund local initiatives; one-third goes to the Zonta Foundation for Women to fund global projects with partners including UNFPA, UNICEF USA, Girls Not Brides, Coalition to End Violence Against Women and Girls Globally and Women's Empowerment Principles.

2022 grant recipients included:

Safe Passage of Northampton to offset printing of a program booklet for Say Something - 8-hour skills-focused training program grounded in effective strategies of bystander intervention and empowerment self-defense.

Food Share in Palmer in support of stocking personal hygiene products and other items in short supply for women and girls.

Second Time's a Charm in Palmer received a grant toward the purchase of different-sized gowns in short supply for teens in need.

Alianza DV Services, Inc. (formerly Womanshelter/Companieros) in support of a fall showing of the Clothesline Project - a visual display of violence statistics that often go ignored. Each shirt is made by a survivor of violence or by someone who has lost a loved one to violence.

Please share with non-profits in our service area who mirror our mission of making the world a better place for women and girls.

OF NOTE: Since starting in 1991, the Zonta Club of Quaboag Valley has raised and donated a significant amount of funds:

\$86,413—Contributions made to the Zonta Foundation for Women.

\$146,748—Money and in-kind donations made to local non-profits.

\$28,000—Scholarship money awarded to 38 women in the area.

Zonta District 1 Period Project

Distributing dignity to women living with homelessness or poverty

ALL WOMEN DESERVE SUPPLIES

PERIOD



The average woman requires over \$6,000 worth of disposables in her lifetime. For some women, that time of the month couldn't come at a worse time.

#TheHomelessPeriod

Tampons | Pads | Panty liners | Wipes | Soap | Underwear

Please join us in collecting feminine products for women and girls living in shelters and in poverty.

Details at ZontaQV.org/Period



Together, we can make a period just a little easier.

Empowering Women and Girls through Self Defense

“All women should have the basic fundamentals of defending themselves,” says RAD (Rape Aggression Defense) Instructor **Julie Kaufmann**. “Assaults are a huge problem on school campuses and in our communities.”

Consider these statistics: *

- 1 in 3 women will be sexually abused in their lifetime
- 1 in 4 women will be sexually assaulted before the age of 18
- A sexual assault happens about every 4 minutes in the USA

The answer? 90% of Self Defense is education.

On Monday, February 13, 2023 at 6pm, Julie Kaufman will give a presentation on Risk Awareness Strategies for Personal Safety, as taught in the RAD program. The interactive session will include the basic principles of self-defense and why it is empowering for women; strategies to reduce/avoid risks; and ways we can all “change our language” to better reflect the world we want to see. Attendees will leave feeling more empowered to say NO!

The Zonta Club of Quaboag Valley invites women and girls (12+), and males who support them, to attend this free, virtual program. Simply RSVP with RAD in the subject line to info@zontaqv.org for a Zoom link.



Julie Kaufmann is the VP of the Zonta Club of Medford, as well as a certified RAD instructor. Julie recently retired from her office job as an Event Specialist, after many years of working in both fundraising/special events and volunteer management for a number of non-profits. She continues to teach dancing, therapeutic movement, and RAD classes.

* <https://zontasaysno.files.wordpress.com/2022/09/get-the-facts.pdf>



The R.A.D. (Rape Aggression Defense) course is a comprehensive self-defense program for folks who self-identify as trans or cis women and/or nonbinary. It begins with awareness, prevention, risk reduction, and avoidance while progressing to the basics of hands-on defense training. The R.A.D. system is dedicated to teaching defensive concepts and techniques against various types of assault by utilizing easy, effective, and proven self-defense tactics. One of the primary goals of the program is to provide each student with the knowledge to make an educated decision about resistance. Because of the effectiveness of the techniques and the supportive and fun environment it is taught in, R.A.D.'s international program has proven itself to be a highly rewarding and empowering experience for many.

Basic R.A.D. (16 Hours) is generally taught by trained instructors of local police departments and on school campuses. The course begins with a lecture/discussion component which outlines a number of issues regarding awareness and avoidance of potentially dangerous situations. The largest portion of the program is spent learning and practicing basic physical self-defense techniques. The final element of the program is called the simulation. This allows students the opportunity to use their techniques in a simulated attack environment. While this can be challenging for many students, it has also proven to be highly empowering. The simulation is conducted in a safe and controlled manner and is an optional part of the program.



NGO CSW67 Forum is March 5—17, 2023 in New York City. It is hybrid and free.

Registration NOW at: <https://ngocsw.org/ngocsw67>

You will receive a confirmation email and a personalized link to the forum website: ngocsw67forum.events.whova.com/

This event is also available on the Whova Mobile App where you can interact with others on your phone wherever you go.

You have the option to attend as many events as you choose, covering the topics of interest to you.

Over the two weeks of the UN CSW, NGO CSW/NY organizes almost 800 events during the Forum that inform, engage and inspire grassroots efforts and advocacy needed to empower women and girls. This provides civil society organizations (CSOs) and activists the opportunity to engage in the processes and CSW sessions without ECOSOC-accreditation or a UN grounds pass.

Explore and attend hundreds of events and connect with thousands of participants who share your interests and passion for women's rights and gender equality!

As an NGO with General Consultative Status, Zonta International is invited to participate in the annual Commission on the Status of Women (CSW) in New York. The Commission on the Status of Women is:

- A functional commission of the Economic and Social Council (ECOSOC).
- The principal global intergovernmental body exclusively dedicated to the promotion of gender equality and the empowerment of women.

Established by resolution on 21 June 1946 to monitor and promote women's rights and develop global standards on gender equality and the empowerment of women; mandate expanded in 1996 to include monitoring and reviewing progress made in the implementation of the Beijing Declaration and Platform for Action.

FOCUS 2023:

Priority theme: Innovation and technological change, and education in the digital age for achieving gender equality and the empowerment of all women and girls.

Review theme: Challenges and opportunities in achieving gender equality and the empowerment of rural women and girls ([agreed conclusions](#) of the sixty-second session).



<https://ngocsw.org/ngo-csw67-forum-faqs/>

Here you will find definitions of all the acronyms and what is available with your free registration.

Remarkable Women, Powerful Stories – Apr 28, 2022

Houry Geudelekian is the Chair of the NGO Commission on the Status of Women, NY (NGO CSW/NY), and the United Nations coordinator of Unchained At Last, an organization working to end child marriage in the United States. She recently ended her term as co-chair of the Working Group on Girls and Co-Chair of New York City 4 CEDAW Act.

