

ZONTA

CLUB OF QUABOAG VALLEY

THE ZONTA BOG NEWSLETTER

FEBRUARY 2023

2023 Dates—Mark your Calendar

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
Visit ZontaDistrict1.org for local news.

Birthday wishes:
Cyd Melcher 2/3
Susan Seaver 2/5
Patricia Pucek 2/13
Kristin Goold 2/14



Happy February Fellow Zontains & Friends,

What an inspiring meeting we had in January. **Maya Nasr** was an amazing speaker and a truly incredible woman. Thank you again to Maya for talking with us. Amelia Earhart would certainly be proud to see the women who are receiving the fellowships in her honor.



For February we turn our attention to the annual **Period Project**. We are finishing up collecting supplies and need a tally. On February 11th at the Palmer Public Library we will have period kit assembly starting at 10:30am. Thank you to the library for hosting us and being a drop off site for products. If you are still interested in contributing please drop off your supplies before the 11th. There is a list of drop off locations at zontaqv.org/period and a link to our Amazon Wish list there.

Our February business meeting will be held on Zoom, Monday the 13th at 6pm. The speaker will be **Julie Kaufman VP of the Medford Zonta Club and RAD instructor**. She will be discussing Risk Awareness Strategies for Personal Safety as taught in the RAD (Rape Aggression Defense) program. Belchertown police officers will also be present to give us info about an upcoming RAD course which they will be offering. We invite all women and girls 14+ and the men and boys who support them to attend! Please RSVP to info@zonta.org for the meeting link.

In March the 67th **Commission on the Status of Women (CSW)** takes place live in NYC and virtually from March 6-17th. The CSW is the principal global intergovernmental body exclusively dedicated to the promotion of gender quality and the empowerment of women. During these two weeks representatives from UN member states, civil society organizations (like Zonta), and UN entities gather to discuss the progress and gaps in the policies of gender equality. For more information or to register to attend events go to unwomen.org/en/csw

On March 13th at 5:30p at the Ludlow Country Club our club will be honoring Dr. Christina Royal. This event is in honor of International Women's Day which is also Zonta Rose day, March 8th! Dr. Royal is the president of Holyoke Community College, the first female, queer, person of color to hold that honor. She is retiring on June 14th this year, after 6 years and many amazing milestones. Please join us for this event! More information and tickets can be found on zontaqv.org/hcc

I look forward to seeing you all at our upcoming events! Hopefully spring is right around the corner.

In Zonta Friendship,
Dana Burton, President

Empowering Women and Girls through Self Defense



Western MA ~ “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 (14+), and men 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.



Members of the Belchertown Police Department will join us as well to share information about a R.A..D. Women’s Self Defense Class scheduled to start February 23rd. [facebook.com/BelchertownPD/](https://www.facebook.com/BelchertownPD/)

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

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 — January 9, 2023 on Zoom

Present: Pam Albertson, Dana Burton, Karen Keough-Huff, Chris Keough-Huff, Mary Knight, Mary Ann Rubis, Kris Goold, Debbie Wood, Liz Reeves, Marge Cavanaugh, Cyd Melcher, Trish Pupek, Gloria Caballero Roca,

Absent: Susan Seaver, Kerry Chenausky, Maria Maloney, Mike Wallace, Joanne Turner-Chiacchia

Guests: Speaker Maya Nasr, Sandy Carroll (Berkshire Zonta and our Area Director), Governor Donna Sroka, Club Creator Angela Burke (Northampton), Larisa Schelkin (works with Governor Donna on the NASA Global Project)

Pam introduced our guest speaker, **Maya Nasr** – Ph.D. Candidate in Aerospace Engineering at MIT, a 2022 Zonta International District 1 winner of the \$10,000 Amelia Earhart Fellowship. A native of Lebanon, Maya 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. She is currently working with Professor Jeffrey Hoffman on the Mars Oxygen ISRU Experiment (MOXIE) for NASA Jet Propulsion Lab's Mars 2020 Perseverance rover. Maya shared a slide presentation of her experiences at MIT and spoke about the successes and challenges she has encountered. She is proud to have received the Amelia Earhart Fellow award and spoke about plans for continuing her studies aimed at space systems engineering and international space law, policy and ethics. She is also pleased that Zonta has the STEM scholarship and encouraged us to support young women like herself to overcome adversity in fields that are male-dominated.

We were pleased to be joined by Larisa Schelkin from the NASA Global Project who added

her kudos to Maya and shared with us the fact that more and more women are joining the ranks of NASA (www.nasa.gov/women). She offered to be a resource for our guest speaker and suggested that Maya might also connect with Dr. Laurie Leshin, director of NASA's Jet Propulsion Laboratory (www.jpl.nasa.gov/who-we-are/executive-council/laurie-leshin-director-of-jpl).

Recording of our speaker's presentation: <https://www.youtube.com/watch?v=JW2sGfyV4Jk> Worth watching if you missed it!

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

December 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 December report be filed for audit. The vote was in favor.

There were no Committee Reports

Upcoming Club Programs/Projects

Period Project 2/11 at 10:30am Palmer Library Community Room. Please share the flyer and information at zontaqv.org/period and encourage donations. Let Mary know who is available to help with the assembly.

RAD program 2/13 Julie Kaufman speaker. Please invite women and girls 14+ to hear about self awareness and protecting oneself. Belchertown Police representatives will join us to answer questions about a RAD course scheduled later that month.

Calendar Raffle – During the month of March we need to collect 31 items (\$25+) to be used in the May 2023 Calendar Raffle. As donated, please forward to Mary the name of item and value. Calendar will be ready 4/1 for selling chances.

International Women's event 3/13 honoring HCC President Dr. Christina Royal at the Ludlow CC Help is needed in planning the event and promoting it. Let Dana or Mary know if you are able to assist.

April Program 4/10– Women's Health - and Business meeting at the Ludlow CC

Note: 3/5 – 17/2023 Commission on the Status of Women (CSW) will be a free hybrid event. Register at ngocsw.org/ngocsw67

Dana thanked everyone for attending and we adjourned

Respectfully Submitted,

Mary Knight, Secretary



Maya Nasr is shown here getting her wings and certificate from Gov. Donna Sroka at event in Malden.

ZQV Board Meeting ~ January 16, 2023 6:00 PM ~ Zoom

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

Absent: Joanne Turner Chiacchia,

Dana called the meeting to order at 6:02

November 2022 Board Meeting Minutes: - motion made, seconded and voted to approve. No Board meeting held in December.

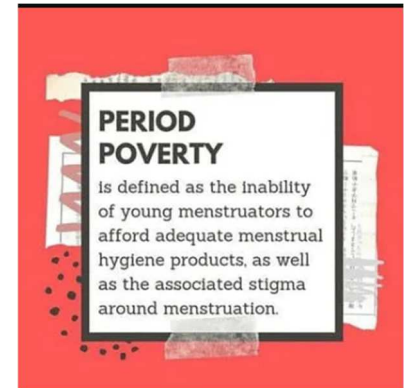
Upcoming Club Programs/Projects

Period Project 2/11 at 10:30am Palmer Library Community Room. Please share the flyer and information at zontaqv.org/period and encourage donations. Let Mary know who is available to help with the assembly.

We identified additional items needed, i.e. box cutters, signage, cards for adding to bags, gallon bags and yard sized trash bags, etc. Cash donations have been received and will be use to purchase feminine products needed.

RAD program 2/13 Julie Kaufman speaker. Please invite women and girls 14+ to hear about self awareness and protecting oneself. Belchertown Police representatives will join us to answer questions about a RAD course scheduled later that month.

Suggestion was made to have a donation for BPD to be used for RAD program. Mary will create service request.



Calendar Raffle – During the month of March we need to collect 31 items (\$25+) to be used in the May 2023 Calendar Raffle. As donated, please forward to Mary the name of item and value. Calendar will be ready 4/1 for selling chances.

International Women's event 3/13 honoring HCC President Dr. Christina Royal at the Ludlow CC Help is needed in planning the event and promoting it. Let Dana or Mary know if you are able to assist.

Menu, Centerpieces with yellow roses, special guests. Determine cost. Consider getting sponsors. 3-4 Baskets for Raffle – with donations going to ZI Rose fund. Have plenty of forms available for individual donations Need a program ZI President Ute has asked that events in March be highly publicized!

April Program 4/10– Women's Health? - and Business meeting at the Ludlow CC

Kerry and Liz are working on a program.

Note:

3/5 – 17/2023 Commission on the Status of Women (CSW) will be a free hybrid event. Register at ngocsw.org/ngocsw67

6/30-7/2 North American InterDistrict Meeting (NAIDM) will be in Indianapolis – should be a great opportunity especially if you are unable to attend International Conventions

Other notes from the Secretary:

Several thank you notes received from organizations who received donations from us in December – will include in February Bog

January 30 @ 7pm meeting on District and Club Nominations – Hoping Dana and/or Cyd will attend with Trish

STEM Scholarship materials are ready – need to get promotion out

Fall Conference planning underway for Nova Scotia. Will keep all informed.

The next board meeting will be Monday February 20, 2023 at 6pm

The meeting was adjourned at 6:40

Respectfully Submitted, Mary Knight, Secretary



Service Grants Available

About the Awards

2023 Grants ranging from \$100 to \$2000 will be awarded biannually, in May (4/1 deadline) and November (10/1 deadline).

zontaqv.org/service-grant
info@zontaqv.org

say SOMETHING
LEARN. ACT. BE.

Field Guide
A MANUAL FOR EMPOWERING INTERPERSONAL VIOLENCE
© safe program



Please pass the word. We have service funds that need to be put to use!

Details and form available at zontaqv.org/service-grants

Thank you

Palmer Domestic Violence Task Force—So grateful for the gift cards! They were distributed to survivors in time for the holidays! Crystal Rondeau

Palmer Food Share—Thank you for making a difference!! Happy New Year Sandra Noonan

YWCA of Western MA—Families in need were so grateful for the generosity and thoughtfulness of Zonta members. Liz Dineen CEO

Community Survival Center—Thank you for your continued support to the Center, helping us relieve hunger in our communities by providing emergency food in times of need! Mary Cassidy, E.D.

Jubilee Cupboard, Ware—Thank you for your steadfast support these many years! Cheryl

Helping Hands Cupboard Food Pantry, Belchertown—Your generosity will have an immediate impact especially during these challenging times, on the lives of the many families we serve. Ellie McCarthy

Alianza DV Services—Your continued support makes it possible for us to be an unwavering presence in the lives of all who seek refuge from domestic violence. Thank you!! Carmen Nieves E.D.

The Ware Domestic Violence Task Force—We are so grateful for Zonta for the generous donations and the support of its members! Monica Moran

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.

Woman of the Year Award

THE ZONTA CLUB OF QUABOAG
VALLEY IS HONORING

DR. CHRISTINA ROYAL,
PRESIDENT OF HCC

MARCH 13, 2023
5:30PM SOCIAL
6:00PPM DINNER

LUDLOW COUNTRY CLUB

REGISTRATION AND DETAILS
AT WWW.ZONTAQV.ORG/HCC





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.whoova.com/

This event is also available on the Whoova 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.



www.youtube.com/watch?v=wUIvhcOM8zM



BECOME A ZONTIAN

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 so, you are in the right place.

Zonta International is a global community of like-minded individuals working together to achieve gender equality and realize a better world for women and girls through service and advocacy. Join us and be part of our global movement.

We offer two types of membership. Pick the one that is right for you.

Club membership

Join one of our more than 1,100 Zonta clubs in 63 countries or one of 10 e-Clubs to connect with other Zonta club members and, through your membership, fund global projects and advocate on key issues impacting women's empowerment on a local and national level. Both face-to-face and e-Clubs meet monthly. **Information about the Quaboag Valley club is available at zontaqv.org.**

District 1 is starting the **e-Club of Atlantic Northeast**. Contact info@zontadistrict1.org. Find other established clubs at www.zonta.org/Local-Action/Locate-a-Club.

Individual membership

Not ready to join a Zonta club? Become a member of Zonta International directly. As an individual member, you can participate in activities and campaigns to bring about change, attend international and regional events and connect with Zonta members worldwide. You will also receive critical updates on issues facing women in the world and regular updates on the activities of Zonta International. To get started, download and complete the form at www.zonta.org/Local-Action/Become-a-Zontian and email your completed form to memberrecords@zonta.org.

Rewards of membership

Whether you choose to join a Zonta club or become an individual member, you will be part of a greater movement to help women in your local community and around the world. You will:

- Enhance your understanding of global issues.
- Participate in local and global advocacy activities.
- Network with like-minded individuals around the world.
- Share cross-cultural experiences.
- Build lifelong friendships.

**Reach out, connect and become the difference
— become a Zontian.**

Are you a young professional under the age of 35?

Individual and club membership dues are reduced by 50 percent for young professionals under the age of 35.