



ZONTA

CLUB OF
QUABOAG VALLEY

THE ZONTA BOG
NEWSLETTER

APRIL 2023

2023 Dates—Mark your Calendar

April 10— Women's Health

Ludlow Country Club Reservations required *

5:30 gathering, 6pm dinner, Presentation
Business Meeting and Elections to follow

SELL THOSE TICKETS! Deadline 4/30 @10pm
May 1—31 Calendar Raffle.

May 8— 5:30 gathering and potluck at the home of Chris and Karen.

ZI Service Project Updates with Dr. Mary Ann Rubis,
Zonta Foundation for Women Development Committee
Chair 2022-2024. Business Meeting to follow.

June 19 (3rd Monday)

Ludlow Country Club Reservations required *

Year end wrap up and Awards, Induction of Officers

June 30—July 2 2023 NAIDM Indianapolis

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

September 9—Zonta Golf Tournament

September 11 (TBA)

October 9 (TBA)

October 27—29 District Conference Nova Scotia

2024

June 27—30 Zonta International Convention
Brisbane, Australia

*** Email info@zontaqv.org to RSVP**

Dinner cost \$25pp cash or check; \$28 for online
purchase at www.zontaqv.square.site (Donate
button)

Stay in the Know about all things Zonta

Go to Zonta.org and click on News & Events
Visit ZontaDistrict1.org for local news.

Hello fellow Zontians & Friends,

Spring is on the way. Thank you Mother Nature for holding off on the snow so that everyone could come together and honor Dr. Royal. It was a truly magical evening complete with romantic proposal. Congratulations to Christina and Karen! I would like to thank everyone who came out to celebrate Dr. Royal and all those who contributed to making the night particularly special.



Our May Calendar Fundraiser is here! Please reach out to everyone you know and offer them a chance to take a chance! Get the name/contact info and cash/check in NLT 4/30. Individuals can also buy a chance online. Details: ZontaQV.org/may2023

Our next event will be held Monday, April 10th at 5:30 gathering | 6:00 dinner at the Ludlow Country Club. We will have two amazing speakers, Doctors Alyssa and Brianna Almeida, who both specialize in pelvic floor health. We love guests so please invite anyone who may be interested. Reservations required by 4/6 to info@zontaqv.org. Following the presentation will be elections for our next leaders. Cyd Melcher, current VP has been nominated for President. We need someone (or two) to step up to serve in the position of Vice President. No previous experience required as mentors will stand beside you. The VP is Membership Chair (one meeting a month) and a member of the board (one meeting a month).

The May business meeting will feature an update from our own Dr. Mary Ann Rubis on ZI Service projects. This meeting will take place on Monday, May 8 at the home of members Chris and Karen at 5:30. Guests are still welcome so please RSVP for the address.

Finishing out our Zonta year, the June business meeting will be held June 19th (the third Monday of the month, not our normal second Monday) at the Ludlow Country Club at 5:30. At this meeting we will hopefully be hearing from our Young Women in Public Affairs Scholarship winner. This will also just be a nice meeting to connect and share some Zonta spirit while we install our new officers. Guests and prospective members are urged to attend. Please RSVP to info@zontaqv.org.

Can't wait to see everyone in April.

In Zonta Friendship,
Dana Burton, President

Birthday wishes to
Ann Cormier 4/16
Andrea Bordenca 4/30



Beyond Kegels

Don't let pelvic health conditions hold you back from living an active lifestyle.

Please join Zonta of Quaboag Valley for an evening with **Dr. Alyssa Almeida and Dr. Brianna Almeida**, Pelvic Floor Physical Therapists and specialists in treatment of bladder and bowel dysfunction, sexual pain, and pregnancy and infertility musculoskeletal care.

At least one in three women and about 16% of men are affected by pelvic floor dysfunction, a condition that increases in prevalence with advancing age. While incredibly common and a major factor in quality of life, pelvic floor disorders are underdiagnosed and undertreated.

Dr. Alyssa and Dr. Brianna founded Renew Health to provide access to excellent, respectful, and holistic pelvic health services in our community. They prioritize personalized, inclusive care and are an LGBTQIA+ friendly practice.



<https://www.renewhealthllc.com>

Join us on Monday, April 10, 2023,
 5:30 Social / 6:00 Dinner RSVP required at info@zontaqv.org or 413-219-8260
 Dinner cost \$25pp cash or check at the door; \$28 for online purchase at www.zontaqv.square.site (Donate button)
 Make note of names if paying for multiple attendees.

Thank you to Kerry and Liz for arranging this program. Please invite friends and colleagues to what will surely be an informative session!

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



REGISTRATION NOW OPEN!



COMMON THREADS 2023
THURSDAY, APRIL 13TH
5:30-8:30PM
SHERATON SPRINGFIELD

Details at www.dfswm.org. Your support is appreciated!!

Diversity & Inclusion Seminar 4/28



Get tips on how to create a welcoming and inclusive club environment. Zonta believes that clubs who embrace diversity are more successful in reaching a wider audience and when reaching a wider audience,

we can go further in our mission to build a better world for women and girls.

Our speaker, Heidi Moore, has more than 23 years in the field working in a number of industries, businesses and non-profit organizations.

There are two sessions on 4/28: 10am and 5pm. Register for free at [zonta.org /under News & Events](http://zonta.org/under%20News%20&%20Events).

Districts with all clubs contributing	9 District with most donations per capita
2 6 7	14 District, with 1,000 or more active club members, with highest weighted increase over last biennium
10 12 16	1 District, with less than 1,000 active club members, with highest weighted increase over last biennium
21 31 32	
Top 3 districts in total donations	
17 29 9	

2022 Zonta Foundation for Women Annual Report—Page 21

www.zonta.org/annualreport District 1 is small but mighty!

Thank you

Belchertown Police Chief Kevin J. Pacunas sent heartfelt thanks from the BPD for our generous donation to the RAD Program—helping them to deliver a quality program for women and girls in our communities.

Alianza Executive Director Carmen Nieves acknowledged our donation of feminine products. Donations like this allow survivors who enter through their doors a chance to take control of their lives.



100

Reaching out for District 1 to women and men who care!

Our club has been challenged to create a list of 100 names of people we know and those we would like to know better.

We should include people in organizations who have been given service funds, education awardees, past guests, past Zontians, women and men in the news or in professions that signal they might be supporters of women, etc. Names will be added to a master list and invited to an informational session about Zonta and our new e-Club of Atlantic Northeast. The goal is to get at least 15-20 individuals interested in joining our club or the e-Club. Please start your lists and send by 4/15 to info@zontaqv.org. Include any contact information (email, phone) you have, and why you nominated them as potential Zontians. (Your name will not be mentioned in the invite, so feel free to be inclusive!)



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

Recruitment and Retention is Every Member's Responsibility; We Need Widespread Visibility and Strong Voices To Build A Better World for Women and Girls.

The Ideal Zontian

- Individuals who believe in gender equity
- Passionate about lifting up women and girls
- Ready to contribute time, skills / talents
- Willing to take the lead or follow, as needed
- Able to pay dues
- Has business or professional experience
- Open-minded
- Enthusiastic
- Reliable

Retention Ideas

- COMMUNICATE.....
- Induct members with pizzazz and guests!
- Orient all members, then continue education
- Assign a mentor to new members
- Ensure each member is on 1+ committees
- Share calendar of events
- Have fun, develop friendships
- Offer multiple engagement opportunities
- Rotate leadership opportunities
- Find interesting service projects
- Organize fun advocacy projects
- Travel together to activities
- Participate in teams—mix it up
- Celebrate each others' skills and talent
- Check in on each other
- Encourage networking
- Listen to and act on survey feedback
- Share member stories and testimonials
- Brag about activities on ShareYourStory
- Recognize member accomplishments
- Honor years of service with celebration
- Attend other club and area meetings
- Attend District and inter-district meetings
- Meet Zontians in other parts of the world
- Support one another and be kind
- Find your Zonta Spirit!

Where to Find Them

- Professional Contacts
- Chamber of Commerce members
- Advertising in news releases
- Social Media friends
- LinkedIn profiles
- Business dealings
- In the News
- Schools, Universities, Colleges
- Business owners, leaders
- Tables at community event
- Professional organizations, service clubs
- Church community
- Golden Z members
- Past awardees
- Speakers at events
- Personal Acquaintances

Recruitment Ideas

- Focus on our advocacy for gender equality
- Share your story in a 2 minute video
- Brainstorm ideas—varied approaches best
- Distribute information materials widely
- Use inspirational audio, visual stories
- Post on social media and use hashtags
- Include Zonta membership in your bio
- Wear Zonta pin or gear to invite discussion
- Send invitations regularly—don't give up
- Strive for diversity (age, ethnicity, etc.)
- Avoid acronyms—we are not a secret club!
- Make joining easy!
- Prepare welcoming materials
- Assign mentors to work with interested folks
- Invite to be part of "making a difference"
- Communicate the many benefits of joining
- Reach out to past members, guests, etc.
- Promote club activities in local media
- Hold "no pressure" recruiting events



NGO CSW67 Recommendations

CSW67 reaffirmed the importance of women and girls’ full, equal and meaningful participation and leadership in science, technology and innovation, and expressed concern on the limited progress in closing the gender gap in access to and use of technologies, connectivity, digital literacy and education. It also expressed grave concern about the continuity and interrelation between offline and online violence, harassment and discrimination against women and girls and condemned the increase of such acts.

The Commission called for significantly increased public and private sector investments to bridge the gender digital divide, more inclusive innovation eco-systems, and the promotion of safe and gender-responsive technology and innovation. It also called for inclusive and equitable quality education in science, technology, engineering, and mathematics, information and communications technology and digital literacy to ensure that all women and girls can thrive in a rapidly changing world. www.zontausa.org—click on “latest posts” . Ideas on how our club can help?



ZONTA NORTH AMERICAN INTER-DISTRICT MEETING

TEAM ZONTA

Racing to Build a Better World for Women and Girls

June 30 - July 2, 2023

Indianapolis, Indiana

Hosted by District 6

The North American Inter-District Meeting is your opportunity to immerse yourself in Zonta education. This weekend offers a variety of workshops presented by Zontians for Zontians. The program includes an address from the Zonta International Board members and fellowship with Zontians across North America. Be prepared to be inspired, to make new friends and reconnect with old friends, and to bring back to your club ideas for increasing your club’s impact in the community.

Visit zontaNAIDM.org for the program schedule and registration details. We are hoping several members from District 1 will attend and leave inspired and jazzed!!

Zonta Club of Quaboag Valley

Empowering women through service and advocacy

Lottery Calendar Fundraiser \$25 Donation

May 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total value of the gifts donated for this fundraiser: \$1350+. Sale of chances ends 4/30 at 10pm.						
	1 \$50 Gift Card Bueno Y Sano	2 \$50 Gift Card Barnes & Noble	3 \$25 Gift Card Dunkin Donut	4 \$25 Gift Card Panera's	5 \$50 Gift Card Penzey's Spices	6 \$50 Gift Card Center Square Grill
7 <u>Mother's Day</u> \$50 Bath & Body Works & \$85 hanging pot with foliage plant	8 \$25 Gift Card Artery Art Gallery + \$15 Starbucks	9 \$50 Gift Card McCarthy's Pub Belchertown	10 \$50 Gift Card Big Y Stores	11 \$25 Gift Card Panera's	12 \$50 Gift Card Randall's	13 \$50 Gift Card Talbot's
14 \$50 Gift Card Grapevine Grill	15 \$25 Gift Card Amazon	16 \$50 Gift Card Walmart	17 \$25 Gift Card Big Y Stores	18 \$50 Basket Texas Roadhouse	19 \$25 Gift Card Target	20 \$50 Gift Card Bass Pro Shops
21 \$50 Gift Card Tractor Supply	22 \$25 Gift Card Dunkin Donut	23 \$25 Gift Cards Amazon	24 \$50 Gift Card Big Y Stores	25 \$25 Gift Card Cracker Barrel	26 \$50 Gift Card Penzey's Spices	27 \$50 Handmade Tote Bag & Power of Women Book
28 \$50 Gift Card Pride	29 \$25 Gift Card Big Y Stores	30 \$25 Gift Card Amazon	31 \$50 Gift Card Walmart			

Drawings will be on each day of the month in May. Winning names will be re-entered into the remaining drawings. Proceeds from the sale of this fundraiser will be used to support the work of Zonta, locally and globally.

Please fill out information below and return it with your \$25 donation to a Zonta member
or mail with check to
 Zonta of Quaboag Valley, P.O. 1034
 Belchertown MA 01007
or register and pay online at
<https://zontaqv.square.site/>

Rules: Starting May 1st, an announcement of the winner for that day will be posted by 6pm on www.facebook.com/ZontaQuaboagValley and at www.ZontaQV.org/may2023.

The winner will be notified by phone or email, with arrangements for delivery. Then, that winner's name will go back into the pot for the next drawing.

Name: _____ Address: _____

Phone # _____ Email: _____

Seller: _____