

# ZONTA

CLUB OF  
QUABOAG VALLEY

THE ZONTA BOG  
NEWSLETTER

MAY 2023

## 2023 Dates—Mark your Calendar

Thank you for working so hard to sell Calendar Raffle tickets!

**May 8— 5:30 gathering at the home of Chris and Karen. Bring your own eats and drinks**

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  
So many reasons to attend!**

- Direct flight from Boston to Halifax
- Financially favorable to the US dollar
- Fabulous speakers and workshops
- Amazing places to explore
- Zonta spirit at its best—fun event!!
- Great food—including a lobster dinner

**2024**

**June 27—30 Zonta International Convention  
Brisbane, Australia**

**\* Email [info@zontaqv.org](mailto:info@zontaqv.org) to RSVP**

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

**Stay in the Know about all things Zonta**

**Go to [Zonta.org](http://Zonta.org) and click on News & Events**

**Visit [ZontaDistrict1.org](http://ZontaDistrict1.org) for local news.**

Hello fellow Zontians & Friends,

Thank you so much to Drs. Alyssa and Brianna Almeida for their super informative talk on pelvic floor health last month! I'm very glad to know that there are knowledgeable, caring healthcare professionals like you working locally. Also, thank you to all those who donated prizes and sold tickets for our May calendar raffle. Can't wait to see who wins big!



Secretary, Mary Knight informed me that this was my last president's message! While I'm somewhat relieved to be stepping down after three years as president, I am happy to have had the opportunity to help lead this amazing club. I am extremely proud of all that we have accomplished over the last three years, especially with Covid to contend with.

We have two final meetings before our summer break. In May, we will be meeting on our normal meeting night, Monday, May 8th at 5:30p at the home of Chris and Karen Keough-Huff. Please bring your own food and drink. Guests are still welcome at this meeting. Please RSVP to [info@zontaqv.org](mailto:info@zontaqv.org) for the address. Our own Dr. Mary Ann Rubis, Chair of the Zonta Foundation for Women Development Committee, will give us an update on Zonta International service programs. We will also be voting on a slate of officers. Cyd Melcher for president, a possibility of co-vice president's Karen and Chris Keough-Huff, Mary Knight staying on as secretary and Sue Seaver staying on as treasurer. If anyone else would like to be in the running for a leadership position as a Board Member, please let us know.

In June, we will be meeting back at the Ludlow Country Club at 5:45p, dinner at 6p, on the THIRD Monday of the month, 6/19. Due to the Juneteenth holiday our YWPA winner Elizabeth Mickens will be unable to attend. I'll be meeting with her on 5/7 at 12:30 at Frontera Grill in Springfield for any that would like to join us. At our June meeting we will be installing the new club officers and new club members, and wrapping up another great Zonta year.

I look forward to seeing everyone at the final two meetings before summer.

**Best wishes to  
One year old Vincent!**

In Zonta Friendship,  
Dana Burton, President



## 2023 Young Women in Public Affairs awarded to Elizabeth Jordan Mickens!

Elizabeth Jordan Mickens is a 18-year-old AP & Honors Senior attending The Springfield Renaissance School in Springfield, MA. She is the youngest of 5 siblings and the daughter of Dr. Cory & Laverne Mickens, educators in the City of Springfield. Liz is an accomplished artist and dancer, Vice President of the National Honor Society, and a tutor/mentor with Project Coach at Smith College.

Elizabeth will major in dance, illustration, digital art, and design and desires to attend Trinity College in Hartford, CT or Bard College in the Hudson Valley of NY. She will be a dancer/choreographer, visual artist, and commercial graphic designer. We expect this young woman will make a positive global impact with her artistry.

Elizabeth is unable to attend the June meeting so we are taking her and her parents to lunch on May 7. Let Dana know if you would like to be included. We will present Elizabeth with a yellow rose, a certificate and a check for \$1000 to use toward college expenses.

Because Zonta International believes that young women are the key to women’s advancement in the field of public service, it offers the Young Women in Public Affairs (YWPA) Award, which recognizes young women, ages 16-19, for demonstrating leadership skills and commitment to public service and civic causes, and encourages them to continue their participation in public and political life. Read more about this award and the three other education awards at [zonta.org/Programs/Education](http://zonta.org/Programs/Education).



### 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](http://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 — April 10, 2023

### Ludlow Country Club

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

**Absent:** Mike Wallace, Gloria Caballero Roca, Joanne Turner-Chiacchia, Trish Pupek

**Guests:** Speakers Dr. Alyssa Almeida and Dr. Brianna Almeida of Renew Health – Pelvic Health and Wellness, Lynn Forgette, Cier-ra Montoya, Christine Chartier [bacipapa@hotmail.com](mailto:bacipapa@hotmail.com) and Bethany McLaughlin-Maynard [rbah@charter.net](mailto:rbah@charter.net) (new member applicants)

### Program

Our guest speakers tonight were Drs. Alyssa and Brianna Almeida, Doctors of Physical Therapy and owners of [Renew Health, LLC](http://Renew Health, LLC). [renewhealthllc.com](http://renewhealthllc.com). They gave a very informative talk entitled: From Childhood to Postmenopause: Navigating Pelvic Floor Dysfunction. The slide deck they shared is posted at [zontaqv.org](http://zontaqv.org) in the [Event Calendar](#). Their purpose was to encourage open dialogue and to destigmatize the beliefs around pelvic floor dysfunction, in order to improve awareness and access to care for affected individuals. All are encouraged to review and share this important information with loved ones who are experiencing pelvic pain, low back/sciatica pain, hip pain, tailbone pain, sexual dysfunction, urinary incontinence, and bowel conditions. Special thanks to Liz and Kerry for arranging this program! Liz gave our guests a beautiful plant as a thank you.



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

**There were no business meeting minutes for March..**

**Treasurer's Report:** A motion was made and seconded to file the March report for audit. The vote was in favor. Dues \$129 are due on or before May 1<sup>st</sup>. Please get them to Susan.

### Committee Reports

**Fundraising** – The May Calendar Raffle sales have been slow – all are encouraged to try to sell at least 10 tickets – every \$ is pure profit for our various service initiatives.

**Service** – Debbie shared that she delivered our annual Golf Basket to Top Floor Learning. The value exceeded \$100. Thank you Debbie for a job well done! All are encouraged to visit the Palmer Library to see (and bid on) the amazing display of baskets.



### Membership

**CT Club** – we have been asked by ZI to help mentor a new club being formed in CT, with the help of the District Club Creator committee. More information will be available after an introductory meeting later this month.

**District 1 e-Club of Atlantic Northeast** is now forming for former Zontians (moved from the area or from disbanded clubs) and individuals who are passionate about women's issues but who prefer virtual attendance. The District Club Creator committee has been meeting with existing e-Clubs all over the world to identify best practices and will have an introductory meeting in May. If you know anyone who might be good candidate for an e-Club, have them contact Mary Knight.

**Christine and Bethany have submitted applications to join our club.** Mary will follow up with them and send a motion out by email. Please encourage others to join us in our quest to build a better world for women and girls. All voices are needed.

**Look for Tabling opportunities, "no pressure" open house events, etc. to introduce Zonta to individuals who are Zonta material!** Mary will have a table at Arcadia Wildlife Sanctuary on 4/23 – we were invited by Ollie for an Earth Day Festival. Opportunity: 2nd Annual Umbrella of Wellness Fair Invitation @ Thu May 4, 2023 5pm - 7:30pm on the Btown common.

## Welcome to three new Quaboag Valley Zontians!



**Christine Chartier**  
232 Batchelor Street,  
Granby MA 01033-0244  
413-530-6933  
[bacipapa@hotmail.com](mailto:bacipapa@hotmail.com)  
6/19 birthday  
Retired caregiver  
Sponsor: Karen, Chris and Debbie



**Bethany McLaughlin-Maynard**  
79B North Main Street,  
Belchertown MA 01007  
413-896-3449  
[rbah@charter.net](mailto:rbah@charter.net)  
01/13 birthday  
Marketing Consultant  
Sponsor: Karen



**Lisa Foster**  
28 Pineywoods Ave,  
Springfield MA 01108  
413-297-4957  
[Lisagfoster@comcast.net](mailto:Lisagfoster@comcast.net)  
8/31 birthday  
Retired Clinical Social Worker  
Sponsor: Kristin Goold

### April Minutes continued

**Leadership** – Dana will be stepping down and Cyd stepping up for President on June 1<sup>st</sup>. We are in need of someone to step up for Vice President/Membership Chair. All you need is willingness to learn and be mentored. There are lots of positive changes in the works.

### Upcoming Events

**May 8— 5:30 gathering at the home of Chris and Karen – bring your own food/drink**

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 Award for YWPA, Induction of Officers, Installation of new Zontians

**June 30 – July 2 North American InterDistrict Meeting** in Indianapolis - <https://www.zontanaidm.org/> Check It out!

**September 9 Golf Tournament fundraiser**

**October 27-29 Zonta District 1 Fall Conference in Halifax, Nova Scotia CA**

Biannual meeting of District membership with ZI Liaison Fernanda Gallo Freschi and Executive Director Allison Summers, with address from Ute Scholz. Unveiling of strategic plans for the future of Zonta International. Voting for next biennium's District leadership and other business, speakers and workshops on Climate Change, Human Trafficking, and more. Lobster dinner on Friday (complimentary of Halifax), banquet on Saturday night, excursions before and after meetings being planned.

Dana thanked everyone for attending and we adjourned  
Respectfully Submitted,  
Mary Knight, Secretary

2023

### WOMEN IN STEM SCHOLARSHIP

Encouraging women to pursue education, career opportunities and leadership roles in STEM fields



#### 1 APPLICATION, 2 OPPORTUNITIES

Club award  
Varies by club

32 international awards  
US\$5,000 each

Applications must be received by the applicant's local Zonta club's deadline. To locate a club near you and download an application, please visit [zonta.org/womeninstem](http://zonta.org/womeninstem).

**CLUB DEADLINE:**

June 17, 2023  
\$1000 Award

**SUBMIT APPLICATION TO:**

Zonta Club of Quaboag Valley  
c/o Dana Burton  
74 Daniel Shays Hwy.  
Belchertown, MA 01007

2023

### Jane M. Klausman WOMEN IN BUSINESS SCHOLARSHIP

Expanding opportunities for women in business



#### 1 APPLICATION, 2 OPPORTUNITIES

Club award  
Varies by club

37 international awards  
US\$5,000 each

Applications must be received by the applicant's local Zonta club's deadline. To locate a club near you and download an application, please visit: [zonta.org/JMKScholarship](http://zonta.org/JMKScholarship).

**CLUB DEADLINE:**

June 17, 2023  
\$1000 award

**SUBMIT APPLICATION TO:**

Zonta club of Quaboag Valley  
c/o Dana Burton  
74 Daniel Shays Hwy.  
Belchertown, MA 01007



## 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



<https://www.zontanaidm.org/> Registration is still open! Check it out.

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.

# Membership Update

Zonta believes that all voices matter, and that by working together, we can create a more just and equitable world for all women. Here are some of the reasons why Zonta welcomes all voices:

- Diversity of thought is essential for innovation. When we bring together people from different backgrounds and experiences, we are able to see the world in new ways and come up with new solutions to old problems.
- Inclusivity creates a stronger community. When everyone feels welcome and valued, we are more likely to collaborate and support each other. This creates a stronger and more resilient community that can achieve great things.
- Respect for all voices creates a more just world. When we listen to and respect the voices of everyone, we are more likely to create policies and practices that are fair and equitable for all.

Zonta is committed to creating a world where all women can reach their full potential. By welcoming all voices, we can make this vision a reality. In addition to the reasons listed above, Zonta also believes that welcoming all voices is simply the right thing to do. Every woman has something valuable to contribute, and we should all be given the opportunity to share our voices. When we listen to each other and learn from each other, we can create a more just and equitable world for all.

The slide below was included in a recorded video: [\*The importance of diversity and inclusion in Zonta.\*](#) It will be available on the [Zonta.org/videos](https://Zonta.org/videos) web page.

Another recording is available from Lisa Rice – ZontaPikesPeak.org District 12 - covering the [\*recruitment and retention of younger members.\*](#) It includes definition, research, suggested approaches, engagement and retention strategies. Worthwhile viewing! The 40 min video and PowerPoint is on the district website: [Membeship.ZontaDistrict1.org/recruitment](https://Membeship.ZontaDistrict1.org/recruitment).

As we continue to reach out to attract more voices in our quest for gender equality, empowerment of women, access to all resources and a life free of violence, let's remember to open and respectful for people of all backgrounds.

## CREATE DIVERSITY IN YOUR CLUBS

### 1. Create a welcoming community.




Make space for different voices and viewpoints to be heard so your community can continue growing and be known for being Inclusive. By being accommodating and welcoming, you make stronger connections as people will feel comfortable and supported. Remember, people act to their best abilities when they feel accepted and valued.

### 2. Pay attention to what is important.




Not everyone will celebrate the same holidays. Develop a cultural calendar and join in on the festive days. Build new traditions while driving more visibility to the differences represented in the members of your club and community. Also, be respectful of observed days that are more somber.

### 3. Build a learning environment.



Keep an open mind and let expression grow in a brave space. From attending cultural events such as book clubs, musical performances, art showings or film screenings to hosting guest speakers – there is an opportunity to highlight the journeys people across the globe take in their lives. While not all paths are the same, the spirit and heart of encouraging and supporting others are universal.

### 4. Be mindful of barriers.



Differences in language can be frightening to people as they do not want to misspeak in their second or third language. Try to avoid jargon or phrases that do not translate well or could be misunderstood as offensive. Generational barriers can also prevent the easiest flow of communication. Offer trainings to get members on the same platform or remind the group to communicate in ways where everyone can get the message.

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# ZONTA GOLF TOURNAMENT

**SATURDAY, SEPTEMBER 9, 2023  
COLD SPRING CC BELCHERTOWN**

**8:30 a.m. Shotgun Start - 18 Hole Scramble**

Your support helps strengthen our organization, allowing us to continue providing the important community and worldwide service projects that further Zonta's vision of a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision-making positions on an equal basis with men. In such a world, no woman lives in fear of violence.

**Register and pay online at [zontaqv.square.site](https://zontaqv.square.site)**

**Or**

**Mail Registration AND Payment by September 1<sup>st</sup> to**

**Zonta of Quaboag Valley PO Box 1034, Belchertown MA 01007**

Questions: (413) 219-8260

Email: [info@zontaqv.org](mailto:info@zontaqv.org)

**Saturday 9/9  
8:30 Shotgun**

**\$120 /Person  
Includes  
Greens Fees, Cart  
Coffee & Pastries  
Boxed Lunch  
Raffles & Prizes  
Day of Fun for a  
Worthy Cause**

**Registration Form,  
Online payment,  
and Details:  
[zontaqv.org/golf](https://zontaqv.org/golf)**

