



ZONTA

CLUB OF
QUABOAG VALLEY

THE ZONTA BOG
NEWSLETTER

OCTOBER 2023

2023 Dates—Mark your Calendar

October 9 on Zoom 6pm Business Meeting
6:30 Program: Zonta at the Table with the UN
(Elizabeth Hart) and **Life in Exile as Seen Through the**
Eyes of Women and Children (Nina Nedrebo) *

October 22 @ 1pm Domestic Violence Awareness
Walk at Veterans Park, Ware MA

October 27—29 District Conference, Nova Scotia
Don't miss the biannual gathering where you will hear what is happening locally and globally, get inspired by fabulous speakers and workshops, and experience the Zonta spirit. www.2023fc.zontadistrict1.org.

Get ready to be inspired, and have fun doing it!

ZONTA INTERNATIONAL DISTRICT 1

Fall Conference

October 27-29, 2023
Halifax, Nova Scotia

- Soar in Zonta Spirit
- Enjoy Friends Old & New
- Build Renewed Energy
- Learn Amazing Things
- Get Inspired
- Explore this Beautiful Canadian Peninsula

Grow Your Knowledge, Connections, and Impact to Build a Better World for Women & Girls

November 13th 6pm Ludlow Country Club *
Women's Fund of Western MA's latest report on Gender Equity in Western Massachusetts: The Status of Women, Girls, Transgender, Nonbinary, and Gender-Diverse Adults and Youth

December 11th 6pm @ Keough-Huff home * in Belchertown for a holiday potluck, board games, and music. **Collecting holiday items for children**

January 8th 6pm Ludlow Country Club *
Amelia Earhart speaker: Grace Gerhardt

2024
June 27—30 Zonta International Convention
Brisbane, Australia

* Email info@zontaqv.org to RSVP

Hello fellow Zontians & Friends,

And just like that, it's Fall already!



October is an especially important month since it is Domestic / Intimate Partner Violence Awareness Month, which goes straight to the heart of our mission: to raise awareness about the prevalence of gender-based violence; end the stigmatizing of those who experience or are impacted by domestic and partner violence; and most importantly, speak up and offer resources to anyone you think may be in an abusive relationship. It can be difficult to know what to do, whether you are a survivor yourself or know someone who may be one. Mass.gov (search "domestic violence") has a list of resources on the topic.

If you are able, please also join Monica Moran and local Task Force members for the annual Domestic Violence Awareness Walk at Veterans Park in Ware on October 22nd at 1pm.

October is also United Nations month and we are pleased to host a virtual program on October 9th about our relationship with the UN with the help of Past District Governor Liz Hart who is the District UN Chair. We will then take a look inside a refugee camp in Africa with Nina Nedrebo who heard first hand how the ravages of war impact women and children.

Our business meeting on 10/9 will start at 6 and break for this program at 6:30. Guests are welcome—just contact info@zontaqv.org for a Zoom link.

Also coming up this month is the District 1 Fall Conference in Halifax Nova Scotia—an important gathering that happens every two years. On October 23rd there will be a Zoom meeting to review all the business that needs to be handled. Voting will take place on these decision online by club delegates. Then the formal conference begins that weekend with an array of speakers, workshops, service projects and a big dose of Zonta Spirit. Registration is still open for anyone interested. Visit 2023fc.zontadistrict1.org for details. The Quaboag Club has the largest number of registered members—6 in-person and 3 virtual attendees. Quite a showing for a small club!

We are off to a good start.
Let's keep the momentum

Best wishes to
Elizabeth Reeves 10/10
Dianne Kidd 10/25



Zonta at the Table with the United Nations and a Peak at Life in Exile as Seen Through the Eyes of Women and Children

REGIONAL— Violence against women and girls has long been one of the most widespread violations of human rights. It knows no national or cultural barriers; it takes place at home, in the workplace, and in open spaces, and affects millions of women and girls in peacetime and conflict. As October is United Nations and Domestic Violence Awareness month and the lead-up to the Zonta Says NO! campaign during the 16 Days of Activism against gender-based violence (11/25-12/10), Zonta invites all caring individuals to raise their awareness about what is happening locally and globally. When we work to end violence against women and children, we build a more just, equitable, and peaceful world for everyone.

The public is invited to join the Zonta Club of Quaboag Valley on **Monday, October 9, 2023 at 6:30 EST** for a virtual program on this topic. **Elizabeth Hart**, Zonta District 1's United Nations Chair, will explain how Zonta works in consultative status with the UN in building a better world for women and girls. Then local Holyoke educator **Nina Nedrebo** will take us to Western Sahara, Africa's last colony where conflict has festered for decades, and share the voices of the women and children she interviewed in Saharawi refugee camps.

RSVP for a Zoom link to this free 1 hr. program at info@zontaqv.org. Call 413-219-8260 to receive more information,



Elizabeth Hart ~ Liz is the Founder and Executive Director of Tailored for Success, a nonprofit organization dedicated to empowering job seekers in transition, and the host of the podcast Pivot Point – Success is a Journey. She has been a member of the Zonta Club of Malden since 2002 and has held many leadership positions in her club and at the District level – representing all of New England USA and Nova Scotia, CA – including past District Governor and current United Nations Chair.

Nina Nedrebo ~ A graduate of Mount Holyoke College (2010), Nina interviewed women refugees from Western Sahara in the Algerian desert on their spoken history, including their Bedouin roots, displacement, and hopes for a resolution to the conflict. She later recorded Sahrawi children's testimonies for the United Nations High Commissioner for Refugees (UNHCR) of Algeria and the United Nations Children's Fund (UNICEF) of Norway. Now, as an upper elementary school math teacher at Holyoke Public Schools through Teach for America, she loves sharing in the wonder and joy of learning with the children of Holyoke. She holds an MBA (honors) from the University of St. Thomas (2020) in Minnesota and is an M.Ed. candidate at Boston University.



Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International Club Officers 2022—2024

- President:** Cynthia Melcher
- Vice President:** Karen Keough-Huff
Chris Keough-Huff
- Treasurer:** Susan Seaver
Joanne Turner-Chiacchia
- Secretary:** Mary Knight
- Directors:** Kerry Chenausky
Patricia Puppek
Dana Burton

Committee Chairs/ Members 2022—2024

- Finance/Audit: Chair:** Pam Albertson,
- Membership: Chair**
- 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 — September 11, 2023

Ludlow Country Club

Present: Pam Albertson, Dana Burton, Kris Goold, Karen Keough-Huff, Chris Keough-Huff, Mary Knight, Mary Ann Rubis, Liz Reeves, Susan Seaver, Debbie Wood, Joanne Turner-Chiacchia, Chris Chartier, Lisa Foster.

Absent: Cyd Melcher, Marge Cavanaugh, Kerry Chenausky, Trish Pupek, Bethany McLaughlin-Maynard, Heather Oatis,

Guests: Cadence Loven, STEM Scholarship winner, and Madelon Sarti (Christine Chartier's guest)

Chris and Karen, Acting Presidents, welcomed everyone on this stormy night. A remembrance message was read in recognition of the 22nd anniversary of 9/11, followed by a moment of silence. We recited the Blessing and paused for dinner of sandwiches and salads.



Scholarship Chair Dana Burton introduced our 2023 Woman in STEM scholarship winner – Cadence Loven – and presented her with a check for \$1000, certificate and a yellow rose. Cadence shared that she is in an undergraduate degree program in Civil Engineering at the University of Massachusetts and plans for graduate school. She has an interest in site planning, septic design, soil evaluation and percolation testing. These services are necessary for developing housing and public spaces for communities. They are also vital to completing projects with care for our environment. She believes that the conscientiousness that she carries through all of her work and hobbies will prepare her to do the job well as she enters the workforce.

During her first two college years at Holyoke Community College, Cadence was a student ambassador for the campus ambassador and mentorship program, was named a STEM scholar in the national science foundation program, and was able to gain practical hands-on experience in her desired field through working with her father's construction company. Cadence is interested in keeping in touch and we wish her well.

Goal Setting Exercise – what do we want to be celebrating at our June 2024 year-end meeting?

Mary Knight asked members to identify goals we would like to accomplish in four areas this Zonta year. We want input also from members who were unable to attend this meeting, but we have a good start:

We will increase visibility in our communities and membership interest with:

- Awesome speakers on timely topics – publicized in local media, social media, through our network of like-minded organizations, and by word of mouth – in October, November, January, February, April and May. We got some ideas tonight, but all members are encouraged to forward the contact info for additional suggested speakers to Chris and Karen. We will try to fill the calendar far enough in advance to get promotional materials out.
- Zonta Says NO! Action as a club during November – Pam, could your committee review ideas at zontausa.org/resource library/toolkits, such as <https://zontausa.org/what-we-do/zonta-says-no/safety-signal-for-domestic-violence/> If we can outline a plan for the October meeting we will have time to get promotional materials out.
- International Women's Day event dinner to celebrate amazing women from 3-4 different organizations. We need suggested honorees by January to get things rolling for the March event. Keep your eyes and ears open for deserving individuals.

We will make the club stronger by making membership meaningful and fun by:

- Showing the Zonta spirit in our interactions with each other – especially at the December and June meetings
- Honoring the international aspect of Zonta by sharing inspiring stories of a Project(s) at one of the meetings and in article(s)
- Making a club donation of 1/3 of profits raised in 2022 to the Foundation for Women at Fall Conference and asking Every Member to give a personal donation – whatever they can - in November. We will then advertise what we have done in the media.

We will focus on sustainability – using everyone's time wisely to avoid burnout by:

- Ensuring newer members attend an orientation and are mentored, so they feel connected, included and are growing.
- Encouraging every member to have an answer to "What is Zonta?" and look out for opportunities for tabling and inviting individuals to learn about Zonta's unique position.
- Not discussed as a group – but Mary will be asking each member to review leadership modules created by ZI and the District, pick one to participate in and report back on its usefulness.

We will engage with like-minded individuals and organizations to raise awareness and gain supporters by

- Involving others in hands-on projects. The Keough-Huffs will look at Girl Scouts' Heidi Gutekenst to see if we can work on a climate related project, Joanne will look at Girls, Inc.; the club will also continue the Period Project in February and get additional

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- organizations to join in. We also will look at teaming up on service projects with other local Zonta clubs.
- Making a comprehensive list of all nonprofits in the Western MA area for ongoing communication, including sharing our service grants opportunity.
 - Exploring ways to get our scholarship opportunities more widely seen – online scholarship sites, feedback from past recipients of education awards, etc. We hope to get at least 2 applications for each of the three scholarships we have budgeted for in 2024 and beyond

Chris and Karen Keough-Huff called the business meeting to order at about 7:10pm.

Minutes from June 2023: A motion was made, seconded and voted to accept the minutes published in the September Zonta Bog.

Treasurer's Report: A motion was made and seconded to file the August report for audit.

Fall Conference decisions

- We have a number of individuals who plan on attending Fall Conference – in person or on Zoom. All were reminded to register ASAP.
- Members were reminded that Ballot items for District voting are listed at 2023fc.zontadistrict1.org/voting. We will take some time at the October meeting to review; all are also invited to attend a briefing on 10/23 on Zoom to meet the candidates and ask questions about the proposals.
- Voting will take place online from 10/23-25. Karen volunteered to be the club delegate; Dana will be the alternate. Mary will complete the delegate forms, get signatures and submit as directed by the due date.
- A motion was made and seconded to purchase a \$100 gift card with Service Funds for the Conference online Raffle; proceeds to go to District 1. The vote was in the affirmative. Mary will complete the appropriate form and submit as directed by the due date. The purchase doesn't need to be made until a winner is identified after 10/28.
- A motion was made and seconded to purchase 50 bottles of shampoo for the Fill a Purse service project being held during the fall conference. The vote was in the affirmative. We will order this product on Amazon and have it shipped directly to Halifax.
- As we did not lose any Zonta sisters, the memorial service form will be returned with a N/A.
- Susan will notify the District Treasurer that we have funds set aside for past District Governor gift – which will be presented at Conference to Beatrice Schori.

Committee Reports

Membership – Mary announced that all newer members (and anyone else interested) are invited to RSVP for an Orientation meeting on 9/27 @ 6pm. All members are also encouraged to get their elevator speech written and practiced!

Golf Tournament – Debbie shared that our 29th golf tournament event was another success! The estimated profit is \$6700. We had fewer members and fewer sponsors this year but very positive feedback. The committee will do a wrap up and send a survey to players for any feedback. Next year's 30th may be Debbie's last as Chair – a hard act to follow!!

Service – Joanne reported that the Service Committee has reviewed a grant proposal from Girls Inc. and recommends giving the non-profit \$2000 for additions to their programs. She and Dana will reach out to the Exec. Director to arrange for a presentation of the check and a photo opportunity.

Calendar for 2023-2024

Karen noted that the Board will work on filling in the calendar and have that available for the October meeting.

Karen accepted a motion to adjourn at about 7:50.

Respectfully Submitted,
Mary Knight, Secretary



District 1 Fall Conference Highlights + Inspiring Speakers

2023fc.ZontaDistrict1.org



Why did you join Zonta and what makes you stay? Perhaps these ideas might trigger your thoughts:
Community, International connection, Service, Fun Philanthropic, Meet new people, Hands-on projects, Connections, Advocacy, Mission and vision of Zonta, Friendship, Caring, Sharing ideas, Being part of "something bigger", Helping in our community, Build a Better World for Women and Girls, Belonging, Passing on for giving a voice to those who cannot speak, Fellowship.

We will be capturing your thoughts during the conference and using them in promotional materials as we continue to grow our clubs.



We will be filling purses with products for women served by Bryony House Shelter, located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people.



We will remember the Zonta Sisters we have lost in the past two years with a dignified ceremony led by the Zonta Club of Amherst.

Zonta Foundation for Women 2022-2024 Giving Totals*



We will get updates on the Foundation for Women and learn more about legacy giving with Zonta's Endowment Funds. And there will be competition. We are hoping to raise a sizeable amount to help the Foundation's giving totals.

2023 District 1 Fall Conference Online Auction

Going once, twice....

You can help raise funds for either the Zonta Foundation for Women or Zonta District 1!

The "32auctions" Online Auction will begin **Sunday, October 22** at 5:00 pm EST (6:00 pm AST) and will close on **Saturday, October 28** at 7:00 pm EST (8:00 pm AST)

* more information to come *




Clubs and individuals are encouraged to submit items for bidding. [MORE](#)

ZONTA INTERNATIONAL STRATEGIC PLAN

Zonta, Gender Equity, and a Vision for 2030 & Beyond

Strategic Plan Goals and Strategies 2023-2030



To ensure Zonta International is fit for the future, we will focus on credibility and visibility, club success, leadership and sustainability and engagement of new audiences and allies. Work in these areas will be informed by, and undertaken in partnership with, our global community of clubs and supporting members, as well as organizations and individuals outside Zonta who share our vision for gender equity. We are developing clear metrics to track our progress and hold ourselves accountable along the way.

Bring your questions and your ideas for a lively conversation on what this means for clubs going forward.



Membership is key in Zonta. Attracting new individuals is part of the equation, but keeping dedicated members is gold! Donna Raycraft will run a workshop on member retention.

BE INFORMED · HAVE A PLAN · MAKE A KIT

Canada knows a thing or two about climate change and disasters. The Halifax club will run a workshop on preparedness that is critical to anyone – regardless of where you live.



CALENDAR ~ The Zonta Club of Quaboag Valley has set its goals for the 2023-2024 fiscal year: visibility, membership engagement, sustainability and growth, and outlined programs and activities to help achieve those aspirations.

In September the club held a successful golf tournament fundraiser (9/9). Profits were added to the club's Service Fund, 1/3 of which is earmarked for the Zonta Foundation for Women and 2/3 used for Service Grants, scholarships, and projects benefitting women and girls in our communities. At its 9/11 business meeting the club honored Cadence Loven with its Women in STEM Scholarship Award.

On October 9th, the club will welcome two speakers at a 6 p.m. Zoom meeting*. In honor of United Nations month, Past District Governor Elizabeth Hart, Zonta District 1's UN Chair, will explain how Zonta works in consultative status with the UN in building a better world for women and girls. We will then hear from Nina Nedrebo (Mt. Holyoke graduate and current teacher in Holyoke) about Western Sahara, Africa's last colony where conflict has festered for decades, and the women she interviewed in Saharawi refugee camps.

The biannual District 1 Fall Conference will take place in Halifax, Nova Scotia on October 27-29 in hybrid format. It will be preceded on 10/23 with a Zoom meeting introducing the slate of officers for 2024-2026 and proposals submitted by the District Board. Details and registration at 2023fc.ZontaDistrict1.org.

On November 13th we meet at the Ludlow Country Club* to hear key findings from the Women's Fund of Western MA's latest report on Gender Equity in Western Massachusetts: The Status of Women, Girls, Transgender, Nonbinary, and Gender-Diverse Adults and Youth, from Amihan Jennifer Matias, Sr. Director of Community Partnerships, and Sarah Monson, Senior Director of Philanthropy. The extensive data synthesized in this report tell a story of both positive change and ongoing injustice. Although numerous gender inequities in Western Massachusetts continue to exist, there has been progress.

Also in November, a campaign known as Zonta Says No! coincides with the 16 Days of Activism against Gender-Based Violence - **November 25th - December 10**. Advocacy Chair Pam Albertson and her committee have plans underway to raise awareness. And, in honor of Zonta's birthday (11/8/1919) is the Every Member, Every November fundraising effort, where all Zontians give whatever they can to the Foundation for Women.

Please be on the lookout also for our Poinsettia fundraiser. You won't find a more beautiful plant to brighten the holidays.

December is all about Zonta Spirit and fun! We will meet on 12/11 at the Keough-Huff home in Belchertown for a holiday potluck,* board games, and music. We are collecting ideas for anyone interested in holiday giving to kids.

January is Amelia Earhart month and we are delighted to welcome Grace Gerhardt, an Aerospace Engineer graduate who works as a manager at Pratt & Whitney in a mostly male-dominated department. Like Amelia, Grace has learned to overcome adversity and show a tenacious spirit. We will meet at the Ludlow Country Club on January 8th *

On February 12th, at the Ludlow Country Club,* Andrea Bordenca, founder and community engagement organizer of Lead Yourself Youth, will facilitate a panel discussion on foster children who are falling through the cracks and why we should care. We will also collect some dignity for this population and for survivors of abuse and homelessness: feminine and hygiene items and products for African-American hair types.

March 11th at the Ludlow Country Club we celebrate Women Making a Difference in honor of International Women's Day.* The club is seeking nominations of Women leaders in the community and non-profit organizations deserving of recognition.

On April 8th at the Ludlow Country Club, we celebrate women's health with an awareness campaign*. Details to come from Kerry Chenausky. Also, friends, family, and supporters will be happy to learn that we will be selling tickets for our May Calendar raffle! \$25 each will give you an opportunity to win a gift card or service between \$25 and \$100 every day of the month.

At our May 13th meeting at the Ludlow Country Club*, we will focus on the Zonta Foundation for Women and our United Nations partners by sharing stories of international service projects that have changed the lives of women and girls in significant ways.* Our delegate for the Zonta International Convention in Brisbane Australia in June will also share business decisions that will be voted on during the 4-day event.

On June 10 we will celebrate the Zonta Spirit and all we have accomplished during the year, honor our YWPA 2023 winner and all the amazing awardees of the past, and plan for a summer get-together.

* **Guests are encouraged and welcomed. RSVP info@zontaqv.org or 413-219-8260**