



ZONTA

CLUB OF QUABOAG VALLEY

THE ZONTA BOG NEWSLETTER

APRIL 2024

Mark your Calendar

April 1—30 May Calendar Raffle Chance Sales

Let's start selling! \$25 must accompany each Name and Contact entry for the drawing and be received by 4/30/24 at 9pm. The calendar and entry form is attached to this newsletter and online at zontaqv.org/calendar.

April 8 5:30 PM Ludlow Country Club*

Women's Health program. We have two guests this night:

**** Shannan Swinton from Shanndoll's Beauty Lounge** will be offering her skin care products for sale starting at 5:30 - bring your wallets ladies and pamper yourself!

**** Jen Belanger—Registered Dietitian**—will be our main speaker, focused on self care from a food perspective. Jen will dispel the myths of dieting and share how healthy eating can be fun! Bring your questions and be prepared to leave with practical ideas you can put to use right away.

May Calendar Raffle FB #ZontaQuaboagValley

May 13 5:30 PM Ludlow Country Club*

**Zonta Foundation For Women and the United Nations
Zonta International Convention 2024—highlights**

June 10 Zonta Field Trip!

June 27—30

Zonta International Convention Brisbane, Australia

Registration is open for this biannual hybrid event where attendees participate in the business of ZI and get inspired by fellow Zontians and supporters as we celebrate accomplishments and plan for the future.

* Email info@zontaqv.org to RSVP—\$28 Buffet

Stay in the Know!

Zonta.org and click on News & Events

Watch for the District 1 Shorts for April 2024:

Highlights from the Commission on the Status of Women
Upcoming sessions on Climate Action and Gender 101

Tour of the new ZontaDistrict1.org website.

And more!

Hello fellow Zontians & Friends,

It was such a pleasure to be back in person for our March meeting to celebrate Women Making a Difference. Dr. Christina Royal was such an inspiring speaker and it was a great honor to induct her as an honorary member of the Zonta Club of Quaboag Valley, and award \$500 grants to the four honorees of the evening.



I've received such terrific feedback from attendees who were excited about the energy of the evening and to see so many people—especially young people—there. This is a reminder to always keep in mind who among your friends and colleagues might be interested in the speaker topic in any given month or in Zonta in general. **Our mission is so compelling, we just need to help potential new members to get to know us.**

As you will see in the calendar, on April 8th at the Ludlow Country Club, we celebrate women's health with an awareness campaign featuring Jen Belanger, RD on Nutrition and Body Positivity.

We will also begin selling tickets for our May calendar raffle. For \$25 you get an opportunity to win a gift card or service between \$25 and \$100 every day of the month. Because all the calendar gifts were donated, every ticket sold is pure profit for the Service fund—allowing us to give out more educational awards and grants in the community, and fund international projects through the Zonta Foundation for Women. If each of us could sell 10 tickets, that means a profit of \$5000!

I want to close by thanking my Zonta sisters for all the messages of support and good wishes I've received over the last year. It has meant the world to me. I am especially grateful to Vice Presidents Karen and Chris Keough Huff for stepping into the role of president in my absence and doing such a terrific job. And I'm sure everyone joins me appreciating all the incredible work Mary Knight does to keep us up and running. It's been a challenging year for me personally but I always knew that the Zonta Club of Quaboag Valley was in good hands.

Thank you!!!!
Cyd Melcher

Women’s Self Care is a Priority

Western MA ~**Self-care** means taking the time to do things that help you live well, better manage stress, lower your risk of illness, increase your energy, and improve your overall physical and mental health. Too often, however, women’s self-care takes a back seat to everyone-else care. **On April 8th at the Ludlow Country Club, the Zonta Club of Quaboag Valley** will host two women entrepreneurs determined to raise awareness about why women need to shift the focus and how even small acts of self-care in your daily life can have a big impact.



Jen Belanger, Registered Dietitian, our featured speaker, is focused on self-care from a food perspective. Jen appears regularly on WWLP’s **Mass Appeal** showcasing recipes and healthy-eating tips, and hosts a Podcast - **Mom, What’s For Dinner?** for parents who need help navigating the muddy waters of feeding their kids. She will dispel the myths of dieting and share how healthy eating can be fun! Attendees are invited to submit questions and be prepared to leave with practical ideas that will improve their outlook on self-care.



Shannan Swinton, CEO of Shandoll’s Beauty Lounge, uses natural ingredients to create skin care products that improve both skin health and self-confidence. Attendees will get a chance to learn about her products and services and even purchase a selection of soaps, scrubs, and lotions, starting at 5:30pm. She accepts cash, cards or Venmo.

The public is invited to join us at the Ludlow Country Club on April 8th 5:30 Gathering, 6:00 Dinner, followed by the Program. Pay at the door for the buffet (\$28), but RSVP is required by 4/4 to info@zontaqv.org. Questions can be directed to Mary Knight, Secretary at 413-219-8260

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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 Biennium

- 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 Burton, Pam, Karen, Mary Ann, Kris
- Poinsettia Fundraiser: Chair** Liz Reeves,
- Golf Fundraiser: Chair** Debra Wood,
- Spring Fundraiser: Chair** Mary Knight

- Nominating:** Joanne, Trish, Dana

March 11th Meeting—Ludlow Country Club



Keynote: Dr. Christina Royal – Zonta’s 2023 Women of the Year for her commitment to equity and equality. She will be awarded the Zonta Club of Quaboag Valley’s first Honorary Member status.

On March 11th at the Ludlow Country Club we celebrated Women Making a Difference in honor of International Women's Day.

Each year in March, the global community celebrates International Women's Day (IWD), recognizing women for their achievements regardless of national, ethnic, linguistic, economic or political divisions. The Zonta International community also celebrates Zonta Rose Day, a time to reflect and give tribute to the women who have empowered us.

In this spirit, the Zonta Club of Quaboag Valley proudly announces its **Women Making a Difference** Award dinner on **March 11th at the Ludlow Country Club**. As the theme of this year’s International Women's celebration is **Inspire Inclusion**, the club has chosen a keynote speaker who has spearheaded numerous initiatives to address the inequities experienced by many populations in Western MA, and four women leaders in the community deserving of recognition for exemplifying the ideals of Zonta and inspiring inclusion in their day-to-day work and volunteer efforts.

Honorees;



Andrea Bordenca— Working with organizations committed to equity, engagement and positive mental health.



Lisa Bakowski—Raising the bar for self-advocacy, self-awareness and self-empowerment of women and children.



Charlotte Chartier Cote —Creating positive change in dental practices and owner of Cote Cattle Compay



Roxanna Harper RN, MSN— Empowering staff and families to provide exceptional home health, hospice and palliative care.

The meeting was attended by 80 members and guests. As President Cid Melcher noted, the enthusiasm for Dr. Royal and the special honorees was contagious. We certainly hope many of the guests make return visits to enjoy the camaraderie of our club and help us empower women and girls through service and advocacy.

The only sad note was the absence of Lisa who was hospitalized the day before. We intend to invite her to a future meeting as soon as she is able.

We did not have a formal business meeting following this program due to time constraints.

Time to sell 5-10 chances/per person for the Calendar Fundraiser—deadline is 4/30 at 9 pm.

Zonta Club of Quaboag Valley

Empowering women through service and advocacy

Lottery Calendar Fundraiser **\$25 Donation**

May 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total value of gifts in this fundraiser total \$ 1300+ Sale of chances ends on 4/30 at 10pm.			1 \$50 Big Y Gift Card	2 \$25 Target Gift Card	3 \$25 Shell Gift Card	4 \$50 Center Grill Gift Crd
5 \$50 Olive Garden Gift Card	6 \$25 Starbucks Gift Card	7 \$25 Randall's Gift Card	8 \$50 Big Y Gift Card	9 \$25 Dunkin Gift Card	10 \$25 Soul Shine Consignment	11 \$50 Talbot's Gift Card
12 Mother's Day Gift Basket *	13 \$25 Dunkin Gift Card	14 \$25 Panera Bread Gift Card	15 \$50 Big Y Gift Card	16 \$30 CVS Gift Card	17 \$25 Dunkin Gift Card	18 \$50 Pride Gift Card
19 \$50 Penzys Spices Gift Card	20 \$25 Starbucks' Gift Card	21 \$25 Randall's Gift Card	22 \$50 Big Y Gift Card	23 \$25 Randall's Gift Card	24 \$25 Dick's Sports Card	25 \$50 Talbot's Gift Card
26 \$50 Amazon Gift Card	27 \$40 Antonio's Gift Card	28 \$25 Dunkin Gift Card	29 \$50 Big Y Gift Card	30 \$50 Regal Cinema Gift Card	31 \$50 Penzys Spices Card	Thank you for your support!
* Mother's Day Basket value is \$ 250+ Includes Barnes & Noble Gift Card, LL Bean Gift Card, chocolate, gourmet items from Italy, and pampering items that will surprise and delight the winner.				Special thanks to sponsors Kathy Picard, Soul Shine and all members of the Quaboag Valley club. Your generosity is critical to our success in empowering women and girls.		

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/calendar.

The winner will be notified by phone or email to arrange delivery. The winner's name will go back into the pot for the next drawing.

Name: _____ Address: _____

Phone # _____ Email: _____

Seller: _____