



ZONTA

CLUB OF QUABOAG VALLEY

THE ZONTA BOG NEWSLETTER

MAY 2024

Mark your Calendar

Deadline 4/30 for May Calendar Raffle Chance Sales

\$25 must accompany each Name and Contact entry for the drawing. The calendar and entry form is attached to this newsletter and online at zontaqv.org/calendar.

May Calendar Raffle winners on FB #ZontaQuaboagValley

May 13 5:30 PM Ludlow Country Club*

**Awarding of 3 Zonta Service Grants (see page 2);
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

BEST VALUE:

Register before 5/16 for \$189 and have watch parties with Zonta and non-Zonta friends.

www.zontaconvention.com/registration



Be part of the fun down under — register as a virtual attendee today!

We have planned an exciting virtual convention experience for all Zontians who are not able to join us in person in Brisbane Australia. Here is just some of what you can expect:

- A full pre-Convention virtual program, including:
- Virtual Meet the Candidates.
- Workshops on membership, Zonta Says NOW,

child marriage and more!

- Club President Orientation for new and returning club presidents.
- Bylaws Information Session.
- Financial Overview: Past, Present and Future.
- And more!
- Livestreaming and recordings of all sessions in the Brisbane Convention & Exhibition Centre during Convention, including keynote presentations with Rabia Siddique and Lisa Blair.
- Virtual networking sessions with virtual and in-person attendees.

Your Convention Your Way!

September 7—Zonta Golf Tournament

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

Stay in the Know!

Zonta.org and click on News & Events

Tour of the new ZontaDistrict1.org website.

Hello fellow Zontians & Friends,

Many thanks to **Kerry Chenausky** who introduced us to Registered Dietician **Jen Belanger** at our April meeting. We had an enlightening conversation on diet culture, weight stigma, and changing the narrative when it comes to food. We also enjoyed meeting **Shannon Swinton** CEO of Shandoll's Beauty Lounge who brought a selection of her handmade products for members to purchase.



May is a busy month.

We end our fiscal year and collect annual dues of \$135, split between Zonta International, District 1, and our Club's operational budget. Adding new voices and fostering new advocates for Zonta is critical for achieving equality and opportunity for women and girls. I encourage you to invite like-minded women and men to join us in this quest.

May ends the term for two key positions. We need a member to step up to be Treasurer. Sue is unable to continue and neither Pam or Joanne is available to step in. You do not have to be a financial expert—you just need to love money and be willing to learn under expert mentors. We also need a Scholarship Chair. We commend Dana for several years of handling this outreach and review. She is happy to mentor the next Chair. Please step up—your club needs you.

May is also Calendar Raffle time! Please try to squeeze a few more sales before 4/30th at 9pm. Thank you all for the donations and the sales efforts!

The May meeting should be a good one. We will be awarding grants to three organizations and learning how this money will be put to work. We will also hear how we can participate in the hands-on component requirement of the grant.

In addition Mary Ann Rubis will be sharing information about the Zonta Foundation for Women and this biennium's International Service Projects. And Mary will get us a heads up on some changes being proposed at International Convention this year.

Mary is also bringing a potential member—can you bring 1 or 2? Let Chis Keough-Huff know the count.

Thank you for all you do!!!!

Cyd Melcher

Zonta Service Grant Awards Announced



Zonta Club of Quaboag Valley is proud to announce that \$6000 in service grants will be awarded to three local organizations at its May dinner meeting.

Safe Passage - \$2000 for their [Anthology Project](#). The project allows survivors to tell their own unique stories through visual art pieces and enables community members to experience a better understanding of what it means to be a survivor.



Inspiring all girls to be strong, smart, and boldSM

Girls Inc. of the Valley - \$2000 to fund building supplies needed to support expanded programs to flourish and meet the needs of girls and young women.

CASA of Hampden County - \$2000 for its [CASA Literacy Project](#). The grant money will be used to purchase materials to enhance learning opportunities for Court Appointed Special Advocates and foster work and create training sessions to teach caregivers, grandparents and other concerned partners how to help children develop listening and comprehension skills, as well as how to organize their thoughts to re-tell their story.



The public is invited to join us to support these community partners and learn about Zonta's role in building a better world for women and girls, locally and globally.

Details: Ludlow Country Club on May 13th 5:30 Gathering, 6:00 Dinner, followed by the Program. Pay at the door for the buffet (\$28), but RSVP is required by 5/9 to info@zontaqv.org. Questions can be directed to Mary Knight, Secretary at 413-219-8260

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

April 8th Business Meeting Minutes

Ludlow Country Club

Present: Cyd Melcher, Karen Keough-Huff, Chris Keough-Huff, Mary Knight, Mary Ann Rubis, Liz Reeves, Trish Pupek, Debbie Wood Joanne Turner-Chiacchia, Pam Albertson, Kerry Chenausky, Kris Goold

Absent: Chris Chartier, Lisa Foster, Marge Cavanaugh, Bethany McLaughlin-Maynard, Heather Oatis, Susan Seaver, Dana Burton

Guests: Jen Belanger, Shannan Swinton, Denise Hills, Nancy Barnes, Denise McGedrick



President Cyd Melcher welcomed everyone and introduced Shannon Swinton CEO of [Shandoll's Beauty Lounge](#) who brought a selection of products for members to purchase, and Jen Belanger MS RD LDN of [Jen Belanger and Associates](#), our guest speaker. After reviewing the agenda and saying the Zonta blessing, we enjoyed the buffet.

Kerry Chenausky then introduced our speaker Jen Belanger to speak about diet culture, weight stigma, and changing the narrative. Informative and interesting presentation. Highlights:

Diet culture - myths and expectations around food and weight, creating a moral hierarchy of body sizes/shapes idealizing thinness and creating fear and negativity about fat.



Weight loss myths include calories being the same for all, how BMI is measured. Myths lead to (1) discrimination on whether someone fits the cultural ideal for body weight, size, or shape, and (2) increase in eating disorders exacerbated by Covid, social media, mental health crisis, perfect storm of genetics and environment. Rather we need to focus on the eating continuum (healthy eating, problematic eating, eating disorders, etc).

Challenge: Be empowered to change the narrative:

- Weight inclusivity - keep comments in check (goes both ways - weight loss or weight gain)
- Health enhancement - check your own eating habits (Health at Every Size: <https://asdah.org/haes/>)
- Eating for well being - especially important message to instill in children by modeling good habits
- Insist on respectful care by professionals
- Embrace life enhancing movement.

Resources:

Association for Size, Diversity, and Health (www.asdah.org)

Jen Belanger - Pediatrics, Adolescents, Adults (www.jenbelangernutrition.com/)

Check out blog - The Trouble with BMI, and podcasts - "Mom, What's for Dinner?" - All the issues associated with diet, including promoting healthy food and body relationships, dealing with fads (cleanses detoxes and scams), etc.

Christy Harrison, a journalist, anti-diet registered dietitian, and certified intuitive eating counselor. (www.christyharrison.com/)

Dane Mercer, a journalist, influencer focused on self love and body confidence (www.danaemercer.com)

Business Meeting

Cyd called the meeting to order after the program

Minutes from February 2024 posted in the newsletter. **A motion was made, seconded and voted to approve the minutes as is.**

Treasurers Report for March 2024 emailed by Joanne. Joanne answered a couple of questions and then a **motion was made to file the report for audit, seconded and voted.**

Joanne also reminded us that 2025 fiscal year dues are due by May 1st. She will send invoices out by mail.

Committee Reports

Fundraising – May Calendar Raffle. Mary noted that either she or Joanne can accept ticket payments, but Mary needs names and contact info for all purchases by the deadline of 4/30 @9pm. Follow progress on sales at zontaqv.org/calendar.

Scholarship – Dana texted that a winner of the YWPA has been determined. Dana will get a picture and writeup

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Business Minutes continued

Service – Liz shared that she, Lisa and Mary had fun assisting Girls Inc. prepare for a fundraising campaign recently at the Holyoke headquarters. Debbie reported that she has delivered a golf-themed basket valued at \$289 to the Palmer Library for Top Floor Learning's fundraiser. She thanked members for the \$200 seed money from service funds that made this donation possible and reminded us that our Golf Tournament is on September 7th.

Joanne reviewed the three Service Grant Requests so far this year from: Safe Passage, Girls Inc. of the Valley and CHD CASA. Membership is expected to vote in favor of granting each \$2000 toward their respective projects.

Visibility – Mary shared that www.ZontaDistrict1.org had a makeover and encouraged all to review what the site has to offer – especially the Resources and Membership tabs. She also invited us to attend monthly webinars sponsored by the District e-Club in progress – especially the May 21st event on Gender 101. Description and link for the Zoom can be found at the Events tab.

Upcoming Meetings

May 13 – Mary Ann and Mary will provide updates from Zonta's Foundation for Women and the United Nations/CSW, and review business agenda items for the ZI Convention in Brisbane, Australia. We will also welcome and celebrate Lisa Bakowski who was unable to attend March's Women Making a Difference event.

June 10 – Field Trip to Charlotte Chartier Cote's Texas Longhorn Cattle farm is the plan, but details need to be firmed up.

Respectfully Submitted,
Mary Knight, Secretary

ZQV Board Meeting HIGHLIGHTS– April 15, 2024 6pm Zoom

Treasurer: No discussion, but Joanne had three issues to raise:

Our Annual dues for FY 2025 is \$135; that number is made of three fees. ZI fee is \$91. District 1 fee is \$28 (\$6 higher since the increase was voted at Fall Conference 2023). Club's fee is \$16. After discussion, it was determined that we have plenty of money in the operations budget and do not need to increase the club's fee. Joanne will get the invoices out this week.

Centennial Funds. During the 2019-2020 biennium, the ad hoc Centennial Committee raised funds to promote ZI's centennial anniversary. When the pandemic hit, the balance of \$1222 was earmarked for a future project. One of the Service Grant requests we recently received would be a good fit for those funds. The board suggested that the Committee be contacted to approve the use of the earmarked funds. Joanne will notify Mary Ann to do so.

2025 Proposed Budget. Joanne asked for direction on the amount to budget for Women Making a Difference event next March. We do not know how many women we will honor, but the consensus was to budget for \$2000.

Quaboag Valley Club's Biannual Report (State of the Club) and Year-end Budget Report have been requested by Area Director Sandy Carroll for the District 1 Board. Mary will create a report using information from approved minutes and newsletters and send to the board for review before it is submitted. Joanne will complete the budget report after the fiscal year ends 5/31/24.

Leadership changes for 2025

Treasurer – Susan has stepped down and Joanne took over the tasks, but she is not available to continue.

Scholarship Chair – Dana is stepping down after the JMK scholarship process is complete in June. (No STEM Scholarship is offered this year from the Foundation for Women, so we will not put effort into awarding one on a local level.)

Joanne and Dana were asked to provide a short job description to use in an 'ad' to encourage other members to take on these roles.

May Meeting 5/13/2024

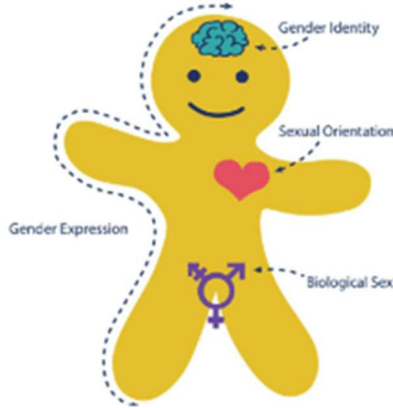
Lisa Bakowski – Woman Making a Difference awardee who was in the hospital for the March meeting – is unavailable for 5/13 so we will arrange a time to meet her and the recipient of her \$500 award – Girls on the Run – Executive Director.

The Service Committee is getting the final votes on awarding \$2000 Service Grants each to three organizations – Safe Passage, Girls Inc, and CASA – so we would like to invite them to attend this meeting and say a few words. Mary will get invitations out and get some publicity going.

Join us for a Gender 101 Webinar on May 21 sponsored by District e-Club in Formation

May 21 @6:00pm EST
Harvey Feldman, LCMHC (he/him), Gender 101: Awareness of the diversity of gender identities and how we can include non-binary individuals

Add this event to your calendar and invite a few friends for a watch party:



Zoom Meeting ID: 988 532 0014
https://us02web.zoom.us/j/9885320014?omn=89299986593

Link at : www.zontadistrict1.org/events

Veera Patel: 2024 Young Women in Public Affairs Award Winner



Veera Patel is a senior at Minnechaug Regional High School where she is President of the National Honors Society, plays on the Girls Varsity Volleyball team, and is involved with Student Council, Key Club, International Club, and World Care Club. She also enjoys volunteering at community organizations

and working with and mentoring youth in sports and social skill building. When asked about her thoughts on Zonta's mission, Veera noted that while she is proud of her Indian culture and background, she is aware that the role of women in many Indian societies is secondary. "Through my own leadership efforts here in America, my ambition is to inspire other females, not only Indian, to learn how to stand up for themselves and know their value."

Looking forward, Veera would like to pursue the fields of business finance and law at Bryant University in Rhode Island. Dana is arranging a time to meet Veera!

District 1 is Working to Attract New Voices and Foster New Advocates.

Zonta's voice becomes stronger when we recruit great individuals to work with us to build a better world for women and girls. In the last year alone, the needs of women and girls have increased and the strides we have made for equality and opportunity have taken a step backward in many places. Zontians are needed more than ever and we should not be shy about asking individuals to join our community and speak out for our causes.

What does Zonta offer? **Purpose, Belonging, Community.**
What strategies do we need for growing our club?

Gentle reminder: Annual dues are due in May!



SPOOFING is on the rise, again!

Emails that appear to be from a friend but are actually from a scammer are called "spoofed" emails. Spoofing is a phishing technique that tricks people into opening messages, clicking on links, and giving away personal information - which can then turn into identity theft



or other types of fraud. Scammers will be able to tell that you opened an email if you download any attachments or click on any links (which you should never do), or if your email client automatically loads any images that are embedded in the message

How To Check If A Suspicious Email Is Safe

- 0: Don't Click Anything!
- 1: Check the sender's email address - look for spelling errors, unusual characters, etc.
- 2: Analyze The Subject Line.
- 3: Examine the Content.
- 4: Check Unfamiliar Attachments or Links.

Red flags? To be safe, simply delete the email — if it's important, the sender will likely contact you some other way.

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: _____