



ZONTA

CLUB OF
QUABOAG VALLEY

THE ZONTA BOG
NEWSLETTER

OCTOBER 2024

2024-2025 Dates—Mark your Calendar

September 29 Sheriff's Shuffle—Tabling event
See flyer for registration info

October 3 Sneaker Soiree for Girls on the Run
Springfield CC—See flyer for registration info

October 14—Business Meeting at Ludlow CC
International Recognition of the Girl Child
5:30 Social 6:00 Dinner *RSVP Info@ZontaQV.org*
PROGRAM – **Allison Berman** from Girls on the Run
Entrepreneur – **Erin Kraus**
Induction of **Cherie Braun and Andreea Rotaru**

October 20@ 1pm Domestic Violence Awareness
Walk at Veterans Park, Ware MA

November 11—Business Meeting at Ludlow CC
5:30 Social 6:00 *RSVP Info@ZontaQV.org*
PROGRAM – **Liz Dineen**, ED YWCA Western MA
Gender-based Violence/Trafficking
Entrepreneur – T.B.A.

November 25—December 12 Zonta Says NO! and
16 Days of Activism Against Gender Violence

December 9—Holiday Meeting at Keough-Huff home
5:30 Social 6:00 Pot-luck Dinner
Bring a guest and share

January 13—Honoring Amelia Earhart Day
6pm Virtual meeting with 2024 AE Fellows

February 22 PERIOD PROJECT – Venture Way in Hadley
10-12 noon. We will have a luncheon meeting after with all
volunteers

*****Guests are always welcomed!!! *****

Email info@zontaqv.org to RSVP
Dinner cost \$28pp cash or check; \$30 for online
purchase at www.zontaqv.square.site to cover fee.

Best wishes to
Liz Reeves 10/10



Hello fellow Zontians & Friends,

Sometimes "awareness" days or months seem a little much. There are so many of them, every day and every month. October however is a time to pay attention and raise visibility around several causes that are dear to our hearts as Zontians: Domestic Violence, Breast Cancer, Latinx AIDS, and Health Literacy to name just a few.



Please take the opportunity to support and participate in activities like the Sherriff's Shuffle for the YWCA of Western Massachusetts, or any of the walks in our region dedicated to ending domestic violence. I also hope you might join me in supporting the Rays of Hope Walk & Run Toward the Cure of Breast Cancer at the end of the month. So many of our Zonta Sisters have been touched by this disease and this is a terrific opportunity to support advances in research right here in Western Massachusetts.

Alison Berman from Girls on the Run Western Massachusetts will be speaking at our October 14th meeting, helping us celebrate the International Day of the Girl Child. And, we are delighted to formally induct our two newest members. Also joining us will be entrepreneur **Erin Kraus from Honeybear Tea** with some of her products on sale. I can tell you I love her tea and hope you will too. I hope you and a guest or two will attend. **Please RSVP by October 10th at info@zontaqv.org.**

"When women support each other, incredible things happen." In that spirit, we have identified some resources on supporting and mentoring women and girls—including a checklist for empowering youth and book recommendations with awesome and inspiring female characters. Check out: www.zontaqv.org/october-14th/

Thank you for your efforts in helping build a better world for women and girls,

Cyd Melcher
President

Making it Official for Cherie Braun and Andreea Rotaru on 10/14.



Cherie Braun was voted in last June. She and her husband Charles moved to Granby in 2023 from North Carolina to be near her daughter, son-in-law and granddaughter. Cherie has a BS in Behavioral Sciences, specializing in Organizational Management from the University of Maryland, and attended Duke University’s Master of Liberal Studies program. She is currently retired and enjoys traveling. Cherie has a lot of experience advocating for women. She was a member of General Federation of Women’s Clubs in both PA and NC for 24 years, active on the local, district and state levels, serving as club and County President, International Affairs Chair, and District Director for GFWC PA, and Environmental Affairs Chair for GFWC NC. **Cherie has joined the Membership Committee and we look forward also to learning from her leadership experience in GFWC.**



Andreea Rotaru was voted in this September. Driven by a desire to contribute meaningfully to Zonta's mission, she has already joined the Board and the Communication Committee. Growing up in an environment free from gender discrimination, she is acutely aware of the challenges faced by many girls and women today. This awareness fuels her commitment to Zonta's initiatives, particularly in advocacy and educational programs aimed at empowering women and girls. Andreea lives in Belchertown and works as a Principal Data Market Analyst at ISO New England. She integrates a competitive drive with a strong belief in collaborative efforts, shaping an environment that celebrates collective achievement. Her academic background and professional journey reflect her commitment to sustainable development and the betterment of community infrastructure. She is also a staunch advocate for personal growth and cultural diversity, Andreea enjoys photography, literature, outdoor activities, and global travel. This November, she looks forward to exploring Korea and Japan, continuing her journey of cultural immersion.

These two amazing women are welcome additions to the Zonta Club of Quaboag Valley. They will be sworn in at a ceremony in October.

Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International

- President:** Cynthia Melcher
- Vice President:** Karen Keough-Huff
Chris Keough-Huff
- Treasurer:** Joanne Turner-Chiacchia
Pam Albertson
- Secretary:** Mary Knight
- Directors:** Patricia Pupek
Andreea Rotaru

Website: www.zontaqv.org

Committee Chairs/ Members 2022—2024

- Finance/Audit: Chair:** Pam Albertson,
- Membership: Chair**
- Visibility: Chairs** Mary Knight, Andreea Rotaru
- Advocacy—Zonta Says No, Climate Action:**
Karen Keough-Huff,
- Service—Hands-on projects, Grant Awards:**
Chair Mary Ann Rubis, Liz Reeves
- Scholarships: Chair** Patricia Pupek
- Poinsettia Fundraiser: Chair** Liz Reeves,
- Golf Fundraiser: Chairs** Chris Keough-Huff, Debra Wood,
- Spring Fundraiser: Chair**

ZQV Business Meeting Minutes — September 9, 2024

Present: Cyd Melcher, Karen Keough-Huff, Chris Keough-Huff, Mary Knight, Liz Reeves, Trish Pupek, Debbie Wood Joanne Turner-Chiacchia, Pam Albertson, Kris Gool, Lisa Foster, Andreea Rotaru

Absent: Mary Ann Rubis, Chris Chartier, Marge Cavanaugh, Dana Burton. Cherie Braun

After a fabulous potluck dinner, President Cyd Melcher welcomed everyone and called the meeting to order.

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

Treasurers Report for August 2024 delivered by email. Joanne pointed out that Golf Tournament registrations and sponsor money are reflected in the report but not the expenses. **A motion was made to file the report for audit, seconded and voted.**

Trish delivered a check for \$350 to Joanne from her Pampered Chef fundraiser – monies that will be available to be used as needed. Members were thrilled with this opportunity and Trish announced she will repeat for next August – giving us plenty of notice for sharing.

Fundraising – Debbie announced that the Golf Tournament was a success and thanked members and supporters for the great effort. The consensus of the members present was that we want to continue this fundraiser, but we need to redistribute the tasks.

Club 2024-2025 Calendar –

Next Up: **Buffet Dinner and Program on October 14, 2024 @ Ludlow Country Club**

5:30 Social / 6:00 Dinner and Program + **Induction of Cherie and Andreea**

Alison Berman will share how Girls on the Run Western Massachusetts, teaches essential life skills as the cornerstone of its research-based programs. Trained volunteer coaches facilitate lessons that blend physical activity with life skill development, including managing emotions, fostering friendships, and expressing empathy.

We will also be joined by Entrepreneur **Erin Kraus of Honey Bear Tea** with a selection of items for personal enjoyment and gift ideas!

We reviewed plans for November with Liz Dineen, too. Work needs to be done in publicizing the program, speakers. Mary is working on getting speakers for January – 5 new Amelia Earhart Fellows for our District were announced this summer. A decision was made to hold our February meeting after the Period Project (10am-noon) on Saturday February 22nd at Venture Way in Hadley. Cyd proposed candidates for the March Women Making a Difference event: Tanisha Arena (Arise), Grace Makari-Judson (Rays of Hope). Liz Wills-O'Gilvie (Gardening the Community), Liz Dineen (YWCA), Emcee: Vanessa Pabón-Hernandez (Women's Fund). A motion was made, seconded and voted to approve the candidates as proposed. Cyd will follow with each to confirm their willingness to be honored.

Committees for the new biennium

Service – Mary Ann and Liz will chair. Advocacy – Karen will chair. Membership – Mary will continue to chair for now. Scholarship – Trish will chair. Mary will send out descriptions of the committees and ask each member to select committees to work on this year.

Opportunities

YWCA OF Western MA (Sheriff's Shuffle) 9/29

Girls on the Run (Sneak Soiree) 10/3

DV Awareness Walk in Ware 10/20

Girls Inc of Western MA (Liz has schedule)

www.convention2024.zontadistrict1.org— Mary was our Delegate at the 2024 Zonta International Convention in Australia in June. She has published highlights of the event and outcomes of business meetings. If you have questions on anything that was covered, Mary is happy to respond.

Adjourn

Respectfully Submitted,
Mary Knight, Secretary

Fabulous day for Golf 2024 Fundraiser!



2024-2026 Committee Assignments

Name	BOARD	Nominating	Membership	Service	Advocacy ZSN	Climate Action	PR/Comm	Scholarship	Golf	Poinsettia	Spring Event
Pamela Albertson	✓				✓	✓					
Cherie Braun			✓								
Dana Burton		✓						✓			
Marge Cavanaugh									✓		
Lisa Foster				✓				✓			
Kristin Goold								✓	✓		
Christine Keough-Huff	✓			✓							
Karen Keough-Huff	✓				✓	✓			✓		
Mary Knight	✓		✓				✓			✓	
Cynthia Melcher	✓										
Patricia Pupek	✓	✓						✓			
Elizabeth Reeves				✓				✓		✓	
Andreea Rotaru	✓						✓				
Mary Ann Rubis				✓				✓			
Joanne Turner-Chiacchia	✓	✓		✓							
Debra Wood					✓	✓			✓		
Chair	PLEASE meet with the chair of your committees and identify what you hope to accomplish this year. Chairmen, please get these goals to Secretary Knight so the PR team can help back your efforts										

Please let info@zontaqv.org know of any changes to the Committee assignments. Both District and International Committee Chairs are resources for club committees, as each creates goals for the biennium. Big picture descriptions of key committees:

Membership Committee—This committee is vital for the club's future and for Zonta International's growth. Duties include developing a plan for retaining current members and recruiting new members; encouraging every member to identify and invite like-minded women to meetings and events; identifying and training a mentor for each new member; and evaluating progress toward goals periodically during the year.

Service Committee—This committee recommends action by the club that aligns with Zonta International's goals. This might be hands-on opportunities, awarding of Service Grant or offering financial or advocacy support that aligns with the objectives of Zonta. The committee may also keep members informed of the accomplishments of women and the activities of local women's organizations.

Advocacy Committee—This committee supports improving women's status and human rights, and advocates to influence the laws and attitudes that affect women's lives at the club, district and international levels. Key initiatives include action around the 16 Days of Activism (Zonta Says NO), International Women's Day and Earth Day (Climate action). The committee may also keep members informed of opportunities and information shared at zontausa.org.

Public Relations / Communications Committee—This committee promotes the Zonta image in the community and supports all of the committees and program work of the club, through the use of positive publicity. Internal and external communications generally include newsletters, brochures and programs, flyers and posters, press releases, social media, internet updates, etc.

Scholarships Committee—The club provides one education award annually to a high school student: Young Woman in Leadership; and two awards biannually to college students: Women in Business and Women in STEM. Based on specific timelines for each, the committee solicits applications online, by press release, and by mail to high school or college contacts. The committee selects a winner and sends the winner's application to the District. The chairman introduces the winner at a club meeting when possible and presents her with a certificate and cash award.



Sneaker Soirée Celebrating 10 Years!

Girls on the Run (GOTR) will be hosting its 2nd Annual Sneaker Soiree this October! Grab your favorite sneakers and join in for a night celebrating the council's 10th year. The evening will include a silent auction, wine pull, appetizers and drinks, and an opportunity to hear from GOTR participants and coaches.

Date: Thursday, October 3, 2024
 Location: Springfield Country Club 1375 Elm St., West Springfield, MA
 Time: 5:30 - 8:00 p.m. EST
 JOIN THE ZONTA TABLE—\$38.50. Email info@zontaqv.org.

Six members of the Quaboag Club met Girls on the Run director **Allison Berman** through **Lisa Bakowski** last spring. We were inspired with the impact GOTR is having in Western MA helping girls achieve their limitless potential. We have invited Allison to our October meeting and would love to support this fundraising opportunity to ensure **that every girl has the tools she needs to be joyful, confident and healthy.** Let Mary K know if you are interested in joining us at a table for the event.

Sheriff's Shuffle

Zonta Club of Quaboag Valley will have a table at this event on September 29th at the Ashley Reservoir, Elks Lodge, 250 Whitney Ave, Holyoke, MA

In light of the recent surge in domestic violence incidents across our region, Sheriff Nick Cocchi is once again teaming up with the YWCA of Western Massachusetts. Together, they're on a mission to raise awareness, fight this disturbing trend, and provide much-needed support to victims. Lately, we've seen some heartbreaking domestic violence cases in Western Massachusetts, with tragic outcomes that have shaken our community. The upcoming 2024 Sheriff's Shuffle race/walk is dedicated to benefiting the YWCA, with a clear focus on empowering victims and stepping in before situations turn fatal.

Join us on Sunday, September 29, 2024, at 10:30 a.m. at the beautiful Ashley Reservoir - Elks Lodge in Holyoke for a day that's about more than just a run or walk—it's about making a real difference. Your presence matters whether you're up for the 5K run or prefer the 1.5-mile walk. Registration opens at 9:00 a.m. inside the Elks Lodge, and we'll kick things off with a brief ceremony at 10:30 a.m.

- ★ **DATE:** Sunday - September 29th, 2024
- ★ **TIME:** Registration/check-in open from 9AM to 10 AM
Run/walk time at 10:30 AM
- ★ **PLACE:** The run/walk will be held within Ashley Reservoir and post-run/walk celebrations will be at the Elks Lodge!
- ★ **ENTRY FEE:** \$35 when purchased in advance
\$40 the day of!
- ★ **PARKING:** Limited on-site parking
Shuttle service provided for overflow parking - follow signs!
- ★ **POST RUN/WALK:**
Shuttle to overflow parking lot, live music, awards, food trucks, raffles, refreshments, games and more!

LONG SLEEVE SHIRT INCLUDED WITH REGISTRATION!

2024 SHUFFLE TO BENEFIT THE YWCA OF WESTERN MASSACHUSETTS
 QUESTIONS? CALL DAVIS SNOW AT (413) 887-7479
 OR EMAIL AT DAVIS.SNOW@SDH.STATE.MA.US



2024 Annual Meeting & Dinner with Dr. Martha Hodes on October 10



The Board of Directors of the World Affairs Council of Western Massachusetts cordially invite you to attend the 98th Annual Meeting and Dinner

Thursday, October 10, 2024 at the Ludlow Country Club, One Tony Lema Drive in Ludlow.

The cost is \$45 per person and includes a buffet dinner. The evening will start at 6:00 PM with a cash bar reception.

Advanced registration is required so please RSVP by September 30th.
www.wacwestma.org/
Click on events to register.

Featured speaker: Dr. Martha Hodes. Author of *My Hijacking: A Personal History of Forgetting and Remembering*. Martha Hodes is professor of history at New York University. On September 6, 1970, she--then aged 12--and her 13-year-old sister were flying unaccompanied back to New York City from Israel when their plane was hijacked by members of the secular Marxist group, the Popular Front for the Liberation of Palestine and forced to land in the Jordan desert. Nearly a half-century later, her memories of those six days and nights as a hostage were hazy and scattered. Drawing on deep archival research, childhood memories, and conversations with relatives, friends, and fellow hostages, Hodes set out to re-create what happened to her. As the hostages forged friendships and provoked conflicts, the sisters learned about the lives and causes of their captors, pondering a deadly divide that continues today. As a personal history, *My Hijacking* ultimately brings the author to a deeper understanding of what happened in the Jordan desert, prompting a complex confrontation with trauma and empathy.



Rays of Hope Walk & Run Toward a Cure for Breast Cancer

Date: October 27, 2024 Time: 8 am - 1 pm
Temple Beth El, 979 Dickinson Street. Springfield, MA 01108

The Quaboag Club's fearless leader **Cyd Melcher** was diagnosed with a return of breast cancer after 23 years in May of 2023. After chemo, two surgeries, and radiation she is pleased to be more or less on the other side. Notes Cyd: *"The care I got from Baystate Health has been terrific and I'm proud that some of my tissue was donated to Rays of Hope for research. I am committed to raise funds in celebration of the annual Rays of Hope – Walk & Run Toward the Cure of Breast Cancer. Rays of Hope supports research at*

the Rays of Hope Center for Breast Cancer Research, treatment programs and services through the Baystate Health Breast Network, outreach and education and awards grants to support complementary therapies throughout western Massachusetts. I can't do this alone – I need your help to reach my fundraising goal. There is strength in numbers and together we can make a difference. All funds raised remain local. Please make a contribution toward my goal in support of such an outstanding organization. Your donation is fully tax-deductible."

If you are able to participate, go to www.baystatehealth.org/events/rays-of-hope

Click on Register

Search Participants (Cynthia Melcher) or **Team Lucky** to Donate or Start Your own Team



11 OCTOBER SAVE THE DATE!

INTERNATIONAL DAY OF THE GIRL

**GIRLS GET ENOUGH NEGATIVE MESSAGES
SHARE A MESSAGE OF HOPE!**

Girls hear enough about how they should fit in. How about telling them that they are enough?

Let's stop spreading negative messages about what girls should be, what they should wear, how they should behave, why they should change themselves, etc.

Let's change the narrative, starting with this International Day of the Girl, 11 October.

Post a 15 to 30 second video with two messages on your FaceBook / Instagram page or send to info@ZontaDistrict1.org.

1. On one side of the paper write a message you heard as a child that did not empower you.
2. Flip the paper (and thereby flip the message) and write a message you wish you were told instead, something that challenges these negative thoughts that cause lasting damage and restrain girls from reaching their full potential.
3. Film yourself holding the paper for about 10 seconds on each side - you do not need to talk - you do not even need to smile - just be yourself.

Ever hear these comments?

He is only mean because he likes you. **No one deserves to be treated poorly.**
Smile! You would be so much prettier if you smiled. **Women don't exist to look pleasing to others.**
No one likes an angry girl. **You have a right to feel how you do.**
Pull up your big girl pants and get over it. **I know you can do this; You've got this.**
Are you getting a Mrs. Degree? **Great job getting accepted into a university and getting a higher degree!**
Don't dress/act/talk like that, boys won't like it. **Self-expression is important and awesome; be yourself.**
You play softball really well for a girl. **You are a great softball player.**



Share with others and encourage them to participate and think about their words when speaking with young girls.