



# ZONTA

CLUB OF  
QUABOAG VALLEY

THE ZONTA BOG  
NEWSLETTER

NOVEMBER 2024

## 2024-2025 Dates—Mark your Calendar

### November 11—Business Meeting at Ludlow CC

5:30 Social 6:00 RSVP [Info@ZontaQV.org](mailto:Info@ZontaQV.org)  
PROGRAM – **Liz Dineen**, ED YWCA Western MA

**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 International pot-luck Dinner  
Bring a guest and share

### December 10—Girls Inc. in the Valley

Holiday Backpack Filling Event on Tuesday December 10<sup>th</sup> between 11am and 1pm -- lunch will be provided!  
Contact Liz or Mary for the sign up form

### 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

### March 10 Women Making a Difference at Ludlow CC

5:30 Social 6:00 RSVP [info@zontaqv.org](mailto:info@zontaqv.org)  
Honorees:

**Elizabeth Dineen**, ED of YWCA W.Mass  
**Tanisha Areana**, ED of Arise for Social Justice  
**Grace Makari-Judson**, Oncologist / Rays of Hope  
**Elizabeth Wills O’Gilvie**, Director Springfield Food Policy Council and interim ED for Gardening the Community

### March 10—21 CSW69/ Beijing + 30 in New York City

and online. Learn more about the Commission on the Status of Women (CSW) at [www.zonta.org/csw](http://www.zonta.org/csw)

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

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

Dinner cost \$28pp cash or check; \$30 for online purchase at [www.zontaqv.square.site](http://www.zontaqv.square.site) to cover fee.

Best wishes to  
Mary Knight 11/12  
Dana Burton 11/25



Hello fellow Zontians & Friends,

While Domestic Violence Awareness month is drawing to a close, Zontians understand that the need to stand up to intimate partner violence unfortunately never goes away. **On November 11, we will be hearing from Elizabeth Dineen**, Executive Director of the YWCA of Western Massachusetts about a recent partnership with the Hampden County Sheriff's department to recommit themselves to fighting gender based violence in our region. AND, she will share insights on finding a way forward. See page 2 and invite a guest or two!



**Liz Dineen** is also one of our four **Women Making a Difference** who we will recognize at our annual International Women's Day event on March 10, 2025. Along with Liz we will celebrate the accomplishments of **Tanisha Arena**, Executive Director of Arise for Social Justice; **Grace Makari-Judson**, Oncologist and outgoing Co-director of the *Rays of Hope* Center for Breast Cancer Research; and **Elizabeth Wills O’Gilvie**, Director of the Springfield Food Policy Council and interim Executive Director of Gardening the Community. Each of these women has devoted their not just their career but their life to improving the lot of women and children, especially girls.

**Check out our Advocacy Committee’s plan for Zonta Says NO! and the 16 Days of Activism on page 5**—we are partnering with local talent for a unique way of raising awareness about gender-based violence. Another way you can support efforts to end gender-based violence is to donate to or perhaps participate in **Safe Passage's Hot Chocolate Run on December 8th**. In addition to contributions and runners, they are also looking for volunteers so there are many ways to play a part in this extraordinary community event. Invite others to save the date!

On December 9th, we will be taking some time to just enjoy one another at our **holiday meeting at the home of Karen and Chris Keough-Huff**. We hope you'll join us with a friend or two and bring an international dish to share.

Cyd Melcher, President

PS: **Just in time for the holidays:** Zonta District 1 fun-raiser with Pampered Chef! Details on page 6. Thanks Trish Pupek and Connie Mahoney for your leadership!

PPS: **It is time to order Poinsettias!** Order form on page 7. Please share widely and let us know if you can help deliver or cut foil.

## Feeling Negative? Words to Live By



### Elizabeth Dineen, ESQ Executive Director YWCA of Western MA

Attorney Elizabeth G. Dineen, CEO of the YWCA of Western MA ~ a strong, passionate advocate for women and children throughout her career ~ knows all the statistics on gender-based violence and other violations of human rights, large and small, that attempt to crush the female spirit. She also has insight to share on finding a way forward, working collaboratively, supporting each other and modeling for the next generation of women leaders how to live a better life.

Please join us on November 11<sup>th</sup> at the Ludlow Country Club to be inspired by this woman of impact and learn about a path forward for building strength and resiliency.

**Event Details:**

• **Speaker: Attorney Elizabeth G. Dineen, CEO of the YWCA of Western MA**

View Atty. Dineen’s bio and information/resources on the issue of gender-based violence at [www.ZontaQV.org/sayno](http://www.ZontaQV.org/sayno).

- **Date: Monday, November 11<sup>th</sup>**
- **Time: 5:30 PM Reception | 6:00 PM Dinner & Program**
- **Location: Ludlow Country Club, Western MA**

Tickets: \$28 at the door | \$30 online pre-booking @ [zontaqv.square.site/](http://zontaqv.square.site/)

**Reserve Your Spot Now at [info@ZontaQV.org](mailto:info@ZontaQV.org)**  
Space is limited, and we are eager to see you there.

### 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](http://www.zontaqv.org)**

### Committee Chairs/ Members 2024—2025

- Finance/Audit:** Pam Albertson,
- Membership:** Mary Knight, Cherie Braun
- Visibility:** Mary Knight, Andreea Rotaru
- Advocacy—Zonta Says No, Climate Action:** Karen Keough-Huff
- Service—Hands-on projects, Grants:** Mary Ann Rubis, Liz Reeves
- Scholarships:** Patricia Pupek
- Poinsettia Fundraiser:** Liz Reeves,
- Golf Fundraiser:** Chris Keough-Huff, Debra Wood,
- Spring Fundraiser:** TBD
  
- Nominating:** Joanne Turner-Chiacchia, Patricia Pupek, Dana Burton

# ZQV Business Meeting Minutes — October 14, 2024

**Present:** Cyd Melcher, Karen Keough-Huff, Chris Keough-Huff, Mary Knight, Liz Reeves, Trish Pupek, Pam Albertson, Andreea Rotaru, Dana Burton. Cherie Braun, Mary Ann Rubis

**Absent:** Chris Chartier, Marge Cavanaugh, Joanne Turner-Chiacchia, Kris Goold, Lisa Foster, Debbie Wood

**Guests:** Deborah Alm, Alison Berman (Speaker), Erin Kraus (Entrepreneur), Colleen Moynihan, Allyson Rogers

President Cyd Melcher welcomed everyone, we said the Zonta blessing and had dinner. Cyd handled the induction of our newest members: **Cherie Braun and Andreea Rotaru**. They were welcomed by mentors Liz Reeves and Mary Ann Rubis and the membership as a whole.



We were delighted to welcome **Erin Kraus, owner of Honey Bear Tea** in Hampden to join us tonight. She brought a vast array of tea blends and shared holiday giving ideas. Dana won a \$25 gift card raffle prize from Honey Bear Tea!



Our main speaker tonight was **Alison Berman, Council Director for Girls on the Run Western MA**. During her presentation of slides and a video, Alison shared statistics and evidence-based strategies that empower girls – ages 8-13 – to recognize their inner strength, boost their physical activity and envision boundless possibilities.

GOTR claims to make a stronger impact than organized sports and physical-education programs in teaching life skills such as managing emotions, resolving conflict, helping others, and making intentional decisions. There are separate curricula for grades 3-5 and 6-8, so the lessons are age-appropriate. And the girls keep journals to track their personal goals and progress.

Because of her leadership, Alison has been named a 2024 Women of Impact Honoree by BusinessWest and will be celebrated with other deserving women at an event on December 5, 2024 at the Sheraton Springfield Monarch Place Hotel.

Girls on the Run seeks Coaches and Volunteers – see the posters and registration information for details. This is a great opportunity for hands-on activity that could directly impact on the life of a young girl. There is something for everyone – whatever availability you might have. Alison will share her slide presentation with us to post on our website. [www.zontaqv.org/october-14th/](http://www.zontaqv.org/october-14th/)

Continued on page 4

*Minutes from October continued.*

### **The business meeting was called to order at 7:24**

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

**Treasurers Report** for September 2024 was delivered by email. Pam noted that final results of the Golf Tournament fundraiser surpassed \$7000. Kudos to the committee and all members for their contributions to the tournament's success.

### **Committee Reports**

Advocacy – Karen announced a plan for the 16 Days of Advocacy November 25 – December 10. She has enlisted the support of a poetry group to publish short poems each of the 16 days on topics including Empowerment, Survival, Resilience and Mother She-no. Perhaps we can get volunteers to submit photos or other visuals to add to the submissions. Members will be asked to share the posts for maximum value.

Membership – Cherie and Mary presented the goals of this committee and action steps to meet the goals. (see visual). They reminded us that ALL members are responsible for helping us reach the goals identified and for sharing the Zonta story and inviting strong women and men to join us in our mission.

Service – Mary Ann and Liz will meet soon with their committee to develop goals. For now one request has been received for funds to include seniors in the Top Floor Learning lineup of offerings.

Poinsettia Fundraiser – Liz announced that we are reaching out to businesses and individuals to order Poinsettias for delivery the week of December 2<sup>nd</sup>. Order forms will be posted on the ZontaQV.org website Please share with friends, family, local vendors and organizations by email and word of mouth.

### **Announcements**

**Wed, Oct. 23rd from 7-8:30pm** -- either in-person at the Hadley Public Library or online via Zoom -- for a launch event to celebrate issue 2 of the Safe Passage [Survivor Anthology Project](#) and its amazing 25 contributors. ZQV supported this project with a service grant. **Registration is required** and can be done by clicking here: <https://safepass.org/survivor-anthology-rsvp>

The ZQV Board meeting for 10/21 is cancelled. Board members are asked to do a group text for any issues that need to be shared/discussed.

Upcoming meetings

#### **11/11 Business Meeting @ Ludlow CC**

PROGRAM – Gender Based Violence /Trafficking topic – Liz Dineen, ED YWCA – Partnership with Hampden Sheriff's Dept.

#### **12/9 Business Meeting @ KeoughHuff home**

PROGRAM - Member Guest Social – Potluck dish from different countries. Collect items/gift cards for children in need.

#### **1/13 Business Meeting @ Zoom**

PROGRAM – Honoring Amelia Earhart Day with AE Fellows

#### **2/22 PERIOD PROJECT – Venture Way in Hadley 10-12 noon.**

Assemble packets for women in shelters, followed by a luncheon.

#### **3/10 Business Meeting @ Ludlow CC**

PROGRAM - Women Making a Difference in honor of International Women's Day

### **Adjourned 8:00pm**

Respectfully Submitted,  
Mary Knight, Secretary



**Report on the 16 Days of Activism  
Karen Keough-Huff, Advocacy Chair**

Zonta Says NO! and the International effort to raise awareness about gender-based violence—The 16 Days of Activism— begins November 25 and will conclude on December 10 – the same day the Universal Declaration of Human rights was adopted by the UN General Assembly in 1948. This declaration proclaims the inalienable rights which everyone is entitled to as a human being regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.

This year for our Advocacy project, volunteer contributors will be submitting a poem or short story about women with the following themes: **Empowerment, Survival, Resilience, and Mother SHero’s**. Each day, beginning November 25, a poem/story will be posted on our Zonta Club of Quaboag Valley website, on an email blast and on Facebook.

Women are increasingly impacted by gender-based violence, health-care gaslighting, climate change and economic imbalance—and more. Our hope is that our personal writings will raise awareness and inspire others to address these issues in their communities. Members of the club and supporters are asked to find photos or drawings we can use with permission to accompany the poems and stories. We also need members to share the emails and postings with friends and family and ask them to do the same.

**Additional ideas for Zonta Says NO! from Tonya Ozone, District 1 Advocacy Chair USA**

(Excerpt from Zonta District 1 November 2024 #Shorts)

1. **Take the Pledge to Say NO! & Speak Up.** [zontasaysno.com/pledge](http://zontasaysno.com/pledge)
2. **Wear something orange to the November 11th meeting** and take pictures to post on Social Media
3. **Participate on Giving Tuesday (12/3)** - In honor of the Zonta Says NO to Violence Against Women campaign, donate to the Zonta Foundation for Women to support our international service projects.
4. **Sign up for the Zonta Says No Summit scheduled for December 10th.** Tickets are \$10 to hear any or all three speakers. Ticket holders will get access to the recordings. [www.zontasaysno.com/online-summit/](http://www.zontasaysno.com/online-summit/)
5. **Search “Zonta Says No Toolkit”** to see what other Zontians are doing!

**ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN** **SPEAK UP!**  
WWW.ZONTASAYSNO.COM

**2024 Zonta Says No Summit**  
**10 December**

General Admission: US\$10  
Student Admission: US\$5  
All proceeds go to the Zonta Foundation for Women International Service Fund.

 <b>Susanne Strand</b> Professor of Social Sciences 8:00 am CST	 <b>Tony Porter</b> Speaker on Gender Equality 12:00 pm CST	 <b>Elizabeth Flock</b> Journalist & Writer 4:00 pm CST
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As many of you know, District 1 has been struggling to attract new members. We want to help individual clubs with Membership Events, but due to lower revenue, we haven't been able to do this without raising dues—which we want to avoid! **Solution: Let's raise some money for the district (and ultimately for club membership) doing something fun and practical!**

All Zontians and supporters, their families and friends are invited to join us for a Pampered Chef Fun-raiser where you can stock your kitchen with top-quality cookware and cooking tools while directly supporting Zonta District 1! If we all participate, 15% of total sales will be donated to help us support club membership, so shop your favorite kitchen essentials and make a difference with every purchase. Come enjoy virtual cooking demos and the chance to win amazing prizes as well!

And, it is EASY! Here is what to do:

1. Click on the button above to join the Facebook Group OR go directly [here to our site on Pampered Chef](#)
2. Invite all your friends and family to join the group in person or by email, share the link on your Facebook and Instagram pages, and include the invitation in the club's social media.
3. Browse the catalog and start shopping!
4. Encourage everyone to get their orders in by November 22<sup>nd</sup>.

Interested in a little club competition with opportunities for prizes? If your club wants to have a little fun, send Pat Pupek an email at [patpupek@comcast.net](mailto:patpupek@comcast.net)

Clickable links at [www.facebook.com/ZontaQuaboagValley/](http://www.facebook.com/ZontaQuaboagValley/) and [zontadistrict1.org/news-events/](http://zontadistrict1.org/news-events/)

### Poinsettia Fundraiser Update from Liz Reeves, Chair

We are accepting orders NOW! Please share this form with local businesses, friends and family, or send them to the website—[www.zontaqv.org/poinsettia](http://www.zontaqv.org/poinsettia)—to download. We will be starting deliveries the week of Dec 2. Any members that are able to help with deliveries can contact me or Mary Knight. Thank you for getting those orders in early!

## The ZONTA Club of Quaboag Valley Annual Poinsettia Fundraiser



We invite you to participate in our annual poinsettia fundraiser. These plants brighten up the office and home during the holiday season, and make wonderful gifts for friends, colleagues and clients. These florist-quality Poinsettias in foil-covered pots are available in two sizes and four colors. Deliveries will start December 2nd.

**To order: Complete the order form and (1) mail OR fax to the Committee Chairs (contact info below) or (2) provide to the Zonta Club member who will call you in the next two weeks. Payment is due at delivery. Make checks payable to “Zonta of Quaboag Valley”.**

**Business/Contact:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Quantity	Size / Cost	Color Selection		Subtotal Multiply quantity times cost
		Red	Pink	
	Medium (5-7 blooms) \$25	White	Pink & White*	
	Large (10-14 blooms) \$32			
<i>Example:</i> 2	Large	Red		\$64

*\* limited quantities of pink & white, so please note 2<sup>nd</sup> choice on same line.*

**Total:** \_\_\_\_\_

**Zonta of Quaboag Valley – Poinsettia Fundraiser Committee Members**

Committee: Liz Reeves, Mary Knight, Patricia Pupek

Phone: (413) 583-4283 Fax: (413) 547-0024 E-mail: [Info@ZontaQV.org](mailto:Info@ZontaQV.org)

Mailing Address: Zonta Club of Quaboag Valley, PO Box 1034 Belchertown, MA 01007-1034



*Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy. The Quaboag Valley Club uses profits from this fundraiser to support local community projects such as raising awareness on issues of child marriage, domestic violence, homeless women veterans, trafficking of women, and more. Visit us at [zontaqv.org](http://zontaqv.org) for more information. Thank you!!*