



ZONTA

CLUB OF QUABOAG VALLEY

THE ZONTA BOG NEWSLETTER

DECEMBER 2024

2024-2025 Dates—Mark your Calendar



November 25—December 12
Zonta Says NO!
and 16 Days of Activism Against Gender Violence. See ZontaQV.org for 16 days of po-

ems/stories from The Writing Sister's—a group of BIPOC and LBGQT+ women writers who live in Western Massachusetts.

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 10th 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
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

*****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.

Hello fellow Zontians & Friends,

While the December holidays are often associated with a sense of plentiful food, gifts and festivities, this experience is not shared by everyone. Too many people face financial hardship or personal challenges that make the holiday feel like a time of scarcity instead of abundance.

Fortunately, opportunities to make a difference are abundant for all!

As a club, we will donate \$100 each to four local Food Banks. The club also is voting to award a \$1000 Service Grant to the **Children's Advocacy Center in Belchertown** to be used for holiday presents for child survivors. Executive Director Kara McElhone heads a team that works with children who have been abused - offering free mental health and family advocacy services - and provides community outreach and prevention education.

The **Palmer Domestic Violence Task Force** is having a women's and teens clothing swap on Friday and Saturday 12/6. 12/7 at the Palmer Public Library from 11am to 1pm. To arrange pick up of donated clothing or volunteer your time, contact Crystal Rondeau, Coordinator of PDVTF at 413-324-8585 or palmerdvtf@gmail.com. More details on their Facebook page. The Taskforce is also collecting toys for children in shelters

Girls Inc. in the Valley has a number of volunteer projects—like Holiday Card Making, Backpack filling, etc. Liz has the contact information to get on the 'volunteer list'.

Girls on the Run Western MA has a number of volunteer needs as well. Trish can get you connected if you have some time to help out.

Hope to see you on 12/9 6pm at the Keough-Huff home for our holiday potluck gathering!



Our Zonta Poinsettia Fundraiser is in full swing! Deliveries start this week. These plants make great gifts—and it is not too late to order. Contact Mary

Birthday wishes to
Chris Keough Huff 12/11
Pamela Albertson 12/22
Heather Oatis 12/24
Cherie Braun 12/29



The Zonta International Amelia Earhart Fellowships were established in 1938 in honor of Amelia Earhart, famed pilot and member of the Zonta Clubs of Boston and New York.

The fellowships are awarded annually to women pursuing Ph.D./doctoral degrees in aerospace engineering or space sciences. Zonta International offers the Amelia Earhart Fellowship to ensure women have equal opportunities to pursue education, careers and leadership positions in aerospace engineering and space sciences

Zonta District 1 is very excited to announce that 5 of the 30 Amelia Earhart winners in 2024 are from our District. One of the winners is from Brown (RI): **Kierra Wilk** – United States; four are from MIT: **Shion Andrew** – United States, **Madelyn Hoying** – United States, **Mennatallah Hussein** – Egypt, and **Hannah Tomio** – United States. These women will be honored with the awarding of their “wings” at a ceremony on January 16, 2025 in Revere MA sponsored by the Zonta Club of Malden.

While most of us are unable to attend this in-person event, we are honored that three of the awardees—Kierra, Mennatallah and Hannah - have accepted our invitation to meet with us on Zoom at our January 13th meeting!



More details will be published in the January Bog, but check out the bios of these women and the other Fellowship recipients for 2024 at www.zontadistrict1.org/2024-ae-fellows/

**Zonta Club of Quaboag Valley
District I, Area II,
Charter 1317 of Zonta
International
Club Officers 2024—2025**

- 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 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 — November 11, 2024

Present: Cherie Braun, Christine Keough-Huff, Cynthia Melcher, Debbie Wood, Elizabeth Reeves, Karen Keough- Huff . Mary Ann Rubis, Pamela Albertson, Patricia Pupek .

Absent: Andreea Rotaru, Christine Chartier, Dana Burton, Joanne Turner-Chiacchia, Kristin Goold, Lisa Foster, Marge Cavanaugh, Mary Knight.

Guests: Elizabeth Dineen, Steve Dineen, Tiere Wright, Diana Guzman, Dave Basler, Crystal Rondeau, Connie Mahoney .

The business meeting was called to order at 6:55.

Minutes from October . No changes were made . Mary Ann made a motion to approve and Chris seconded.

Treasurers Report: There were no changes last month. Debbie made a motion that report be filed for audit . Trish seconded.

Committee Reports

Poinsettia: The poinsettia mailing list went out the end of Oct .and the order forms are on our website. We will be starting deliveries the week of 12/2. We will be looking for members that can help with deliveries. We hope all members can participate in selling poinsettias. Contact Liz or Mary with any questions.

Advocacy: Our December meeting will be a holiday party hosted at Chris and Karen's home . They are asking members to bring a cover dish from their culture . if unable to do that you can bring something else.

Karen has become involve in a writing group called the Writing Sisters. Five of the Writing Sisters will be at our Dec gathering. They will perform 16 Days of Activism through their poetry.

Foundation: In addition to Zonta Internationals three International Service Projects, donations will Support the following three scholarships: Young Women in Leadership, Zonta Women in Business, Zonta Women in STEM and the Amelia Earhart Fellowships . The annual Every member, Every November Campaign is going through Dec 3 .Every dollar makes a difference. Donations of \$5or more are appreciated. Attend the Zonta Says NO to Violence Against Women Summit on Dec 10 to learn more from these three leaders in the field. For a donation oy \$10 you can attend the sessions live or receive a recording after the sessions .

This biennium, District 1 has the following goals for the Foundation.

- Raise \$45,000

- Donations from 100 percent of our clubs.

- Donations from at least 25 percent of our club members .

Trish wondered if we are collecting toys for children this holiday season. Nothing has been decided. This will go to the Board.

Liz will check with Girls Inc. to see if we can donate Christmas gifts to the girls.

Palmer Domestic Violence Task Force: Crystal Rondeau from PDVTF attended our meeting and told us about their Clothing Swap. It is held at Palmer Library on 12/6 and 7. She will email her contact information Cyd so members know when and where to drop clothes off and sign up for a volunteering opportunity. Crystal also mentioned that they can always use toys for children at Christmas.

Pampered Chef: Connie Mahoney was at the meeting selling her items to raise funds for the District. For each item sold 15% will go to the District.

Adjourned 7:35

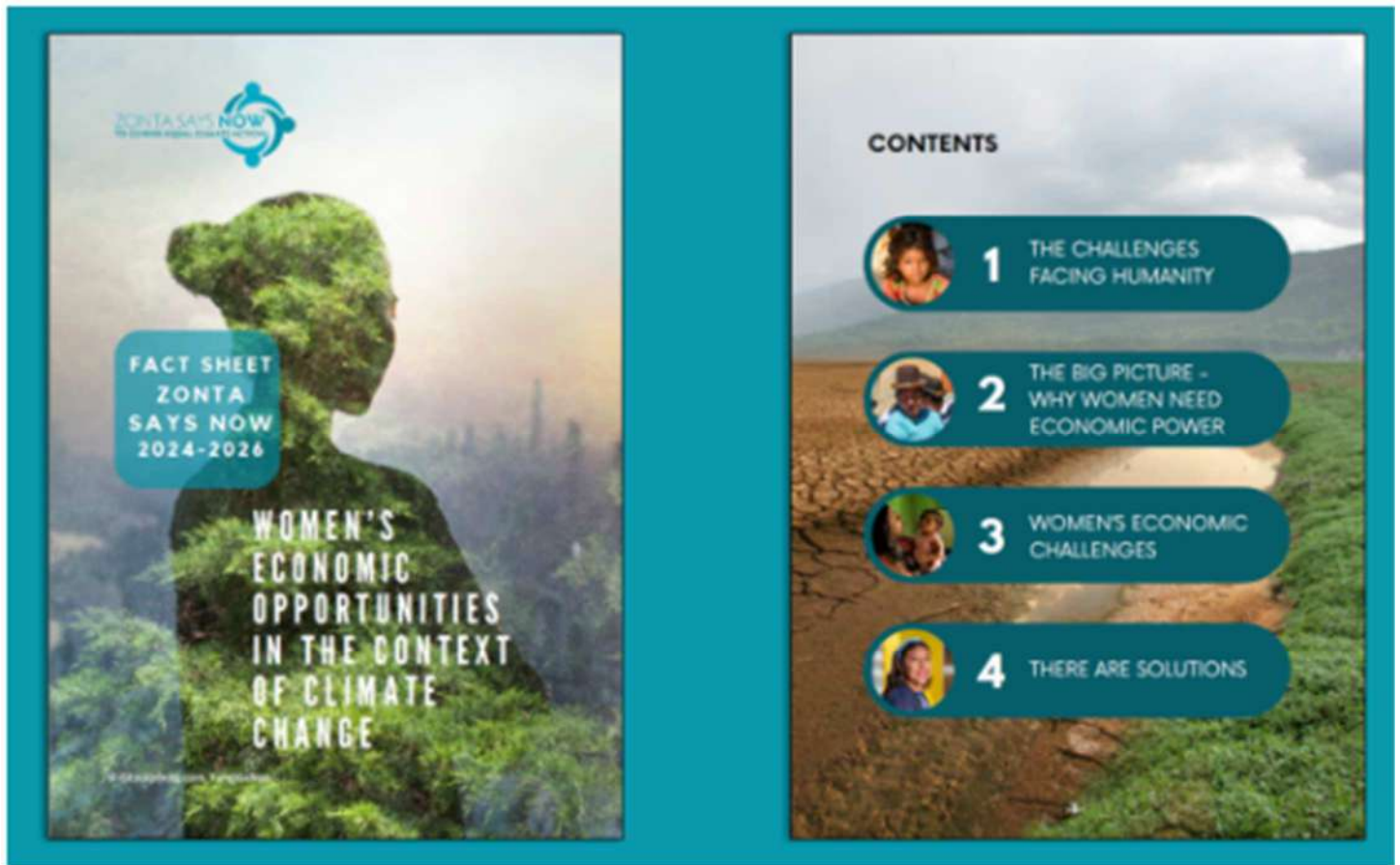
Respectfully Submitted,
Liz Reeves, Acting Secretary



Attorney Elizabeth Dineen, CEO YWCA delivered an important address at our Nov.11th Zonta Meeting. She mentioned that parenting is the most important job along with accepting children as they are. She referred to the important choice of partner/husband and understanding our finances. She related 8 empowering verbs to live by:

- 1.) **Live** in the now.
- 2.) **Love** with kindness and support including loving yourself.
- 3.) **Forgive**.
- 4.) **Give** of your time, talent and money.
- 5.) **Pray**, particularly for justice
- 6.) **Thank** all who give to you.
- 7.) **Learn**. Read and remain relevant.
- 8.) **Detach**. Sever connections with toxic people. Eliminate negativity.

Debbie Wood



The November [Zonta International Think Tank](#) shared the newly released Fact Sheet on [Women's Economic Opportunities in the Context of Climate Change](#). This 24 page document is colorful and easy to read. It is designed to be read online as it contains many hyperlinks. If you don't understand the links between climate change and women's economic opportunity, this is the document for you! Get a link to this PDF at www.zontadistrict1.org/zsn_economic/ - and please share with friends and colleagues to educate them on the issues as well.



**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
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/
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.

 Susanne Strand Professor of Social Sciences 8:00 am CST	 Tony Porter Speaker on Gender Equality 12:00 pm CST	 Elizabeth Flock Journalist & Writer 4:00 pm CST
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2025



ZONTA YOUNG WOMEN IN LEADERSHIP AWARD

DESCRIPTION

Recognizing young women for their commitment to volunteerism, volunteer leadership achievements and dedication to empowering women worldwide



The program operates at the Zonta club, district and international levels. Zonta International offers 37 international awards of US\$5,000. Each district may submit one applicant for consideration for an international award. The five largest districts may submit a second applicant for a total of two applicants.

2025

ZONTA YOUNG WOMEN IN LEADERSHIP AWARD

APPLICATION FORM

SEND APPLICATION AND DIRECT ANY QUESTIONS TO:

Application Deadline: <small>(Deadline set by club applicant is applying to.)</small>	March 1, 2025
Zonta Club/e-Club of: District/Area:	Quabaug Valley
To find a club click:	Club Locator
Attention:	Patricia Pupek
Address:	
City/State:	
Province/Country:	
Telephone:	(413) 626-5656
Email address:	PatPupek@comcast.net



Do you know a high school student deserving of this award? The Zonta Club of Quabaog Valley deadline is March 1, 2025 for the Club award of \$1,000. The winner will then be eligible for a \$5000 award from Zonta International.

The Application is at www.zontaqv.org/scholarships.

More information on this award can be found at www.zonta.org—click on Our Programs, then select Zonta Young Women in Leadership Award.

Patricia Pupek, Scholarship Chair