



ZONTA

CLUB OF
QUABOAG VALLEY

THE ZONTA BOG
NEWSLETTER

FEBRUARY 2025

2025 Dates—Mark your Calendar

Saturday, February 22nd @ 10am – noon - Period Project, followed by Luncheon at Venture Way Collaborative in Hadley. More info on page 5

Monday, March 10th Women Making A Difference – Ludlow Country Club 5:30 Reception, 6:00 Dinner and program. In honor of International Women's Day we will celebrate these amazing women:

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

Monday, April 14th – Emergency Preparedness – Planning for the Unknown – Ludlow Country Club 5:30 Reception, 6:00 Dinner and program. In honor of Earth Day we will shine a light on impacts a changing climate has on our communities. Guest speaker, Melissa Marshall, will speak on the need for emergency evacuation plans specific to people with disabilities.

Monday, May 12th – Zonta and the Foundation for Women – Ludlow Country Club 5:30 Reception, 6:00 Dinner and program. This is a membership meeting – anyone interested in joining Zonta as a member or supporter is invited to join us at no cost. Learn about the international aspects of Zonta and how clubs in 64 countries work together to make the world a better place for women and girls.

Monday June 9th— Member-Guest Potluck and Social at @ KeoughHuff home at 6pm

June 20-22, 2025—North American InterDistrict Meeting (NAIDM) –Detroit - www.zontanaidm.org/

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

Email info@zontaqv.org to RSVP
Dinner cost \$35pp cash or check; \$30 for table of 8
Pay online at www.zontaqv.square.site

Dear Zontians and Friends,

I've spent nearly all my career in nonprofit and college administration. Fundraising has always been part of what I do and over the last 40 plus years, I have begun so many appeals for support with the phrase "Now more than ever our work is vital and necessary" or some variation of that. Here we are one quarter of the way into the 21st century and now more than ever, the work of Zonta—to empower, advocate for and serve some of the most vulnerable and marginalized people in our communities—is still vital and necessary. It is daunting and often discouraging but together we can make a difference.



February offers a terrific service project for you to participate in. Period poverty--the inability to afford personal hygiene products--is a significant public health issue that affects people of all ages and backgrounds. It is a global issue and it impacts people in our area as well. It can lead to a lack of access to basic menstrual hygiene needs, which can have serious consequences for their health, well-being, and education. Our annual Period Project collects personal hygiene products--tampons, pads, wipes, etc.--which we then assemble into kits to be distributed to shelters and other organizations in Western and Central Massachusetts that serve people who menstruate. Please consider donating either money or products (**Amazon wish list link is posted at www.ZontaQV.org/period**), have a drive at your place of work or serve as a drop off site (contact Mary Knight for more information), and join us on Saturday, February 22nd 10--noon at Venture Way Collaborative in Hadley to assemble kits with us.

Plans are in place for our **Women Making a Difference** event on March 10th and we need your help in sharing the news release and/or FaceBook event widely. We are honoring some amazing women and we are delighted to announce that **Vanessa Pabón-Hernandez**, recently named CEO of the Women's Fund of Western MA is our keynote speaker!! This will be a special event and a perfect time to invite guests to join you.

Thank you for all you do,
Cyd Melcher, President

Birthday wishes to
Cyd Melcher 2/3
Susan Seaver 2/5
Andreea Rotaru 2/6
Patricia Pupek 2/13
Kristin Goid 2/14
Colleen Moynihan 2/24



MEMBERSHIP 101

There are many opportunities right now to support and advocate for Zonta’s mission, according to **Lynn Currier Stanley, Lt Governor & Membership Chair** for District 1. “No matter what their political affiliation, people feel a bit uncertain about what the future holds. It is natural to seek comfort and reassurance by engaging in activities that provide a sense of purpose.” **Zonta offers that connection:** like-minded people from all walks of life focused on making a positive difference in the lives of women and girls in our neighborhoods, in our countries and around the world.”



YOU can help by spreading the word with your ‘elevator speech’:

Your “WHY” (personal reason for being a member of Zonta),

One or two highlights from the work our club has done over the past year (see the January Bog for our 2024 impact),

<https://zontaqv.org/wp-content/uploads/2025/01/January-2025.pdf>

Examples of what the Quaboag Club has planned going forward (see this newsletter’s Mark Your Calendar),

How Zonta is making a difference globally (see the Zonta.org website).

https://zonta.org/Web/Our_Programs/Web/Our_Programs_Home.aspx,

Lynn suggests using an index card or message app to bullet point your ‘elevator speech’ and practice it out loud. Then, whenever you have an opportunity, mention in conversation something Zonta is doing that provides you with a sense of purpose during these crazy times. When asked for more info about Zonta, share your ‘elevator speech’ and invite them to an upcoming event.

Good news! We have received two membership applications. Once we have a picture and bio in hand, we will send them out and request an email vote, with the intent of getting these candidates inducted at the March meeting.

**Zonta Club of Quaboag Valley
District I, Area II,
Charter 1317 of Zonta
International
Club Officers 2025—2026**

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 2025—2026

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

Business Meeting—January 14, 2025 6pm on Zoom

Present: Karen Keough-Huff, Chris Keough-Huff, Mary Knight, Liz Reeves, Pam Albertson, Andreea Rotaru, Marge Cavanaugh, Cherie Braun, Mary Ann Rubis, Lisa Foster

Absent: Cyd Melcher, Chris Chartier, Trish Pupek, Joanne Turner-Chiacchia, Kris Goold, Dana Burton, Debbie Wood

Guests: AE Fellows: Mennatallah Hussein, Hannah Tomio, Kierra Wilk

6:00 Business meeting of the Zonta Club of Quaboag Valley

No Minutes from December

Treasurer Report - Pam revised the profit for the golf tournament by \$350 (up), for a profit now of \$7454. The poinsettia bill was paid in January so that is not reflected in the revised statements sent out tonight. However, the revenue was \$5097 and the expense was \$2313, leaving a profit of \$2794. A motion was made to file the December 2024 Treasurer's Report for audit, seconded and voted in the affirmative.

A motion was put forth by the Board to support Northampton Club's 90th anniversary by sponsoring an ad in their 3/9/2025 program. After a short discussion, the motion to take out a \$500 full page ad for the anniversary program was voted in the affirmative.

Period Project underway. We are collecting feminine products to be assembled in monthly kits on Saturday, 2/22 in Hadley, followed by luncheon meeting. Collection points are posted at zontaqv.org/period. Please help us pass the word about the project and invite like-minded individuals to join us. Karen will reach out to the Writing Sistas.

Zonta Young Women in Leadership award – Trish was unavailable tonight but all members are asked to share information about this award posted at zontaqv.org/scholarships. The goal is to encourage young women (ages 16-19) to participate in leadership positions by recognizing the candidate's commitment to the volunteer sector, evidence of volunteer leadership achievements and a dedication to building a better world for women and girls through service and advocacy.

May Calendar Fundraiser – final fundraiser of the Zonta year. We are looking for 31 gift cards to businesses and restaurants valued at \$25 and up. Please email Mary with details as cards are collected. Deadline is 3/25. We will sell tickets for the fundraiser during the month of April.

Women Making a Difference - March 10th - Help needed in spreading the word. Press release will be sent out to members and news outlets shortly and a web page and Facebook event will be set up.

6:30 AE Program

Zonta District 1 is very excited to announce that 5 of the 30 Amelia Earhart winners in 2024 are from **our** District. four are from MIT (MA): **Mennatallah Hussein** – Egypt, **Hannah Tomio** – United States, **Madelyn Hoying** – United States, and **Shion Andrew** – United States; one of the winners is from Brown (RI): **Kierra Wilk** – United States. These women will be honored with the awarding of their \$10000 Fellowship, certificate, honorary Zonta membership, and “wings” at a ceremony on January 16th sponsored by the Malden Club – details and bios for all AE Fellows can be found at Zonta District 1 Event page.



While most of us are unable to attend this in-person event, we were honored that three of the awardees—**Mennatallah, Hannah and Kierra (1st, 2nd and 5th picture below)** - accepted our invitation to meet with us on Zoom at tonight's meeting! Bios at: <https://sites.google.com/view/zontamalden/amelia-earhart-2025>. Each spoke about the mentors and situations that influenced their current path and where they see themselves headed in the future. We were left highly inspired by these young women!



at The CAC want to heartfelt gratitude for your generous contribution to our drive. Your kindness made a difference this season, bringing warmth to children who need it. Wishing you a wonderful New Year ahead!

Thank you for making a difference! DATE: 12-23-2024 NAME: Zenta of Quabog Valley ADDRESS: Belchertown, MA 01007 DONATION: \$100.00 FOOD METEORARY SIGNATURE: Linda Brown

January 8, 2025 Pam Albertson Zonta Club of Quabog Valley P.O. Box 1034 Belchertown, MA 01007 Dear Pam, Over the years, the Jubilee Cupboard has been fortunate enough to have a generous family of supporters, donors, friends and neighbors. We recognize the gift, no matter the amount, is each individual's way of offering their heart to the cause it is they believe in-and we thank you for believing in our mission.

CHILDREN'S ADVOCACY CENTER of Hampshire County December 12, 2024 Zonta of Quabog Valley PO Box 1034 Belchertown, MA 01007 Dear Zontians, Thank you for your generous Service Grant of \$1000 to the Children's Advocacy Center of Hampshire County's Holiday Gift Drive.

Thank you for your generous contribution of \$100.00 which will help keep our refrigerators running. The Thrift Shop on Thursday as well as the first Saturday of every month the shop help support the Pantry. Come shop with us. provides bagged groceries, up to six times a year, to low-income, Wilbraham, and Hampden, as well as the Indian neighborhoods of Springfield. Senior clients may reside and visit the Pantry each month. Families enrolled in the...

BECAUSE OF YOUR GENEROSITY DURING 2023, TRINITY CHURCH JUBILEE FOOD CUPBOARD HAS SERVED A PEOPLE FROM 327 DIFFERENT HOUSEHOLDS AND DIS 57,000 POUNDS OF FOOD.

December 12, 2024 Zonta Club of Quabog Valley Pamela Albertson PO Box 1034 Belchertown, MA 01007 Dear Ms. Albertson: We would like to thank the Zonta Club for your generosity and donations to the St. Francis of Assisi Parish Food Pantry. Your generous gift of \$100 to benefit families this season is very much appreciated. It will be used to provide groceries and holiday for struggling families serviced by our food pantry.

Thank you letters received from Food Share of Palmer, Trinity Episcopal Church, Community Survival Center, St. Francis of Assisi Parish Food Pantry—all for our donations to food banks in December; and Children's Advocacy Center thanking us for our support of their new office in Belchertown serving children recovering from abuse and/or neglect. Let Mary Knight know if you would like to review the original thank you notes.

Reminder: If you know of a non-profit organization serving women and girls in our area, please share information about the Zonta Service Grant Form application that can be downloaded at zontaqv.org/service-grant/ or requested by contacting info@zontaqv.org. 2025 Grants ranging from \$100 to \$2000 will be awarded biannually, in May (4/1 deadline) and November (10/1 deadline). Proposals must include specific details of the project including the need that will be addressed with the funds. In reviewing completed applications the committee will give preference for a hands-on component that can involve Zontians (and supporters, if appropriate).

Details at ZontaQV.org/period



THE PERIOD PROJECT

Join Zonta in distributing dignity to women and teens in need.

- You can donate items to create monthly menstrual kits for homeless women and to stock supplies at local shelters.
- You can help assemble kits on **February 22, 2025** at the **Venture Way Collaborative, Hadley** 9:30 Set up/ 10:00 – 12:00 Assembly and Pick up Followed by Pizza and Salad luncheon to celebrate **RSVP by 2/20** to **413-219-8260** or **info@zontaqv.org** More info at **www.zontaqv.org/period**

Facts about monthly periods, homelessness, and poverty:

- Basic menstrual hygiene products are costly, especially for women struggling to support themselves and their families.
- Pads and tampons are considered non-essential by the federal government, so are not covered by SNAP and WIC programs.
- Women and teens who are homeless often lack consistent access to hygiene products or to safe sanitary spaces.
- For women living with homelessness or poverty, having a period isn't a hassle, it's a nightmare.

Together, we can make a period just a little easier



We are back!
Period Project
Assembly will be
on 2/22/25 @
10:00 – 12:00
Venture Way
Collaborative,
Hadley MA

DONATIONS
NEEDED by
2/20/2025

Sealed boxes of
Pads / Tampons
Cleansing wipes
Hand sanitizers
Soap
Pantyliners
&
Assistance in
filling the kits

Collection Boxes
AND Link to
Amazon Wish
List at:

zontaqv.org/period

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 Quabaug 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

The public is invited to join us in celebrating our Women Making a Difference honorees on March 10th.
 RSVP by March 4, 2025 at info@ZontaQV.org.
 5:30 Reception, 6:00 Dinner followed by the Program.
 Pay at the door for the buffet (\$30 for table of 8; \$35 individual) or pay online.

Details at www.zontaqv.org/women
 and Quaboag Valley FaceBook event.



Keynote: Vanessa Pabón-Hernandez – CEO of the Women’s Fund of Western MA. She will be awarded the Zonta Club of Quaboag Valley’s Honorary Member status for 2025-2026.

On March 10th 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 10th at the Ludlow Country Club**. As the theme of this year’s International Women’s celebration is **#AccelerateAction**, the club has chosen a keynote speaker who heads an organization fueling progress toward gender equity by funding the most promising solutions, collaborating with results-oriented partners, and by elevating the collective power of local women to take charge, and to lead with purpose; 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:



Tanisha Arena is a black woman in community leadership as the Executive Director of ARISE for Social Justice – occupying the world’s messiest intersection, the space where race, gender, culture, identity, politics, and the law all collide.



Attorney Elizabeth Dineen serves as Chief Executive Officer of the YWCA of Western Massachusetts. Throughout her career, she has been a strong advocate for women and children.



Dr. Grace Makari-Judson, a breast cancer specialist and top-rated oncologist, is Professor Emeritus, University of Massachusetts Chan Medical School-Baystate.



Elizabeth Wills-O’Gilvie, board member and interim director of Gardening the Community (GTC), is a food policy activist and produce farmer and has made it her mission to address hunger and a shortage of fresh foods in western Massachusetts