



ZONTA

CLUB OF
QUABOAG VALLEY

THE ZONTA BOG
NEWSLETTER

NOVEMBER 2025

Mark your Calendar 2025

**November 10 ZQV Meeting—details TBA
Ludlow Country Club 5:30 Social 6:00 Dinner ***

**November 25 to December 10
Zonta Says No and 16 Days of Advocacy
Ending with the Zonta Says NO Summit**

December 8 ZQV Holiday Meeting—details TBA

2026

**January 13 ZQV Meeting—ZOOM
Amelia Earhart month**

**February 21 Period Project, then lunch meeting
Venture Way in Hadley—Thanks Andrea!**

**March 9 Women Making a Difference event
Ludlow Country Club 5:30 Social 6:00 Dinner ***

April 13 ZQV Meeting—Ludlow Country Club

**May 2 —District-wide Spring Retreat
Hampden Inn, Wells, Maine
Hotel rooms available for Friday and Saturday.
Stay tuned to see the agenda for this one-day retreat!**

May 11 ZQV Meeting—Ludlow Country Club

June 8 ZQV Meeting—details TBA

**Zonta International Convention
July 11-14, 2026**

**www.zontaconvention.com/
Registration is open for
INPERSON and VIRTUAL
attendance. Check it out!**



*** RSVP required Dinner is \$30
Please see a board member if help needed.**

Dear Zontians and Friends,



As we enter the holiday season, I'd like to express my personal gratitude to every member of Zonta, to everyone who has supported our programs by attending events, contributing to fundraisers, and to all the amazing organizations throughout Western and Central Massachusetts that do the work of supporting women and girls.

November's monthly meeting, scheduled for November 10th, promises to be another extremely meaningful event. We will be giving out service grants to nonprofits serving women and girls in our region. **Girls Scouts of Central and Western MA, Wellspring Cooperative, and YWCA of Western Massachusetts**

The Writing Sisters will again help us observe Zonta's 16 Days of Activism by reciting poems that address themes of resilience, survival, empowerment, mothers, and heroes. Watch for them on our Social Media platforms.

The Period Project will be back, and if you know of public-facing organizations, shops, or salons that might be willing to host a collection box, please let us know. The drive will begin in earnest in January, and we will assemble kits at our February meeting to be distributed to nonprofits in our area. Period poverty is a global issue. These impacts can include health problems, such as infections and urinary tract infections, missed work or school days, embarrassment and shame, and reduced self-esteem. According to a 2021 survey, twenty percent of American teens struggle to afford menstrual products. Please help us make a small dent in that figure.

See you soon!!
Cyd Melcher
President

Birthday wishes to
Mary Knight 11/12



Fall Service Grant Awards

The Service Committee has reviewed the fall applications and announced its selection for Service Grant Awards. Representatives from the three organizations are expected at the November meeting.

Girls Scouts of Central and Western MA

The Girl Scouts of Central and Western Massachusetts is a regional council serving girls across five counties. Its mission is to build girls of courage, confidence and character who make the world a better place. Through engaging programs such as badgework, STEM and financial literacy initiatives, outdoor adventures and the Girl Scout Cookie Program, girls gain hands-on leadership experience and practical life skills. Learn how the grant will fund the Council’s Community-Based Programming (CBP). CBP brings the lessons taught through Girl Scouting to girls who may not have the opportunity to participate in a traditional troop setting through after-school and summer programming.

Wellspring Cooperative

Wellspring directly incubates new cooperative businesses, helping with business planning, legal structure, and startup financing. Learn how the grant will support their Cooking with a Recoveree series.

YWCA of Western Massachusetts

With a mission to eliminate racism, empower women, and promote peace, justice, freedom, and dignity for all, the YWCA serves women and children who are survivors of domestic violence, sexual assault, human trafficking, and homelessness. Learn how Zonta’s gift will help supply their emergency food pantry – meeting a new need for women who participate in the organization’s 16 community-based programs. As CEO **Elizabeth Dineen** states, “No woman will leave her abuser if she cannot feed her children.”

<p>Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International Club Officers 2025—2026</p> <p>President: Cynthia Melcher Vice President: Karen Keough-Huff Treasurer: Joanne Turner-Chiacchia Pam Albertson Secretary: Mary Knight Directors: Patricia Pupek Andreea Rotaru</p> <p>Website: www.zontaqv.org</p>	<p>Committee Chairs/ Members 2025—2026</p> <p>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: Karen Keough-Huff, Debra Wood, Spring Fundraiser: TBD</p> <p>Nominating: Joanne Turner-Chiacchia, Patricia Pupek</p>
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Business Meeting—October 12, 2025 6pm Ludlow Country Club

Present: Cyd Melcher, Mary Knight, Liz Reeves, Joanne Turner-Chiacchia, Debbie Wood, Connie Mahoney, Karen Keough-Huff, Trish Pupek, Mary Ann Rubis, Pattie Hallberg, Chris Keough-Huff, Kris Goold, Crystal Rondeau

Absent: Cherie Braun, Pam Albertson, Marge Cavanaugh, Deb Alm, Andreea Rotaru, Colleen Moynihan

Guest: Susan Seaver, Kate Davignon, Gianna Allentuck, Karen Furst, Jen Deadrick, Heidi Cote, Jean Fisher, Ayana Crawford, Anne Milette



We had a full program tonight after reciting the Zonta blessing and partaking of the buffet.



Induction Ceremony

Crystal Rondeau and Pattie Hallberg were welcomed into the Zonta community. The ceremony recognizes dedication and commitment to Zonta's mission. Each received a yellow rose, badge, Zonta pin, and a bag with thumb drive and small gift. Deb Alm was unable to attend this evening and will be inducted at another date.

Presentation by Jen Deadrick

Author & communicator Jen Deadrick shared insights on the evolution of women's citizenship in the United States and the **impact of our country's** recent withdrawal from its commitment to the Sustainable Development Goals, specifically regarding gender equality as a fundamental human

right. She sold out of her book "She the People" and had to run to the car for more copies. Interesting read!



Business Meeting

CONSENT AGENDA – Hearing no questions, the following were approved:

Minutes from September 2025 - included in Zonta Bog

Treasurer's Report for September 2025 (emailed)

DISCUSSION

Immediate need for Treasurer in Training

Joanne is leaving for Florida for the winter and Pam is moving out of state in January, so we need an existing member or a new member to step up to be Treasurer and hopefully run for election to serve in the 2026-2028 biennium.

Fall Conference ballot—Delegate report

Cherie was in an accident and unable to attend tonight. Mary shared that a meeting will be held on Monday, 10/20, to review the ballot items, and voting will take place from Tuesday to Thursday. All items to be discussed are outlined at the District website: www.zontadistrict1.org/fall-conference-voting. They include minor amendments to the District Bylaws and Rules of Procedures, the proposed budget for 2026-2026, candidates for the next District Board, and candidates for the next Nominating Committee.

We will have good representation at the Conference in Boston: Cherie Braun, Debbie Wood, Mary Ann Rubis, Mary Knight, Trish Pupek, and Connie Mahoney. For those unable to attend, please participate in the online Auction – 23 great items ranging from a 3-night stay in Portland, Maine, to jewelry and purses, to art work and more! All profits will be donated to the Foundation for Women or to District 1.

COMMITTEE REPORTS

Service – Liz and Mary Ann announced that the committee is reviewing Service Grant submissions. Awards will be presented at the November meeting.

Continued on page 4

October Minutes continue

Advocacy -

Period Project – Mary asked members to let her know where posters and boxes are set up for collection of feminine products. Details of the project and locations are posted at ZontaQv.org/period. We also talked about pending legislation related to this topic.
16 Days of Advocacy – Karen announced that we will kick off the 16 days and Zonta Says No to Violence Against Women at the November meeting with the Writing Sisters.

Scholarship – Trish announced that our club's winner of the Women in Business award is **Casey McDermott**, age 35, a resident in Dartmouth, Nova Scotia. We did not have anyone from our area who applied, but this was not just a "shoe-in". Casey was an outstanding candidate. Trish will share more information in the next Bog, and we will arrange to have a Zoom meeting with her.

Poinsettia – Liz announced that we will be selling poinsettias as a fundraiser again this year. Stay tuned for the order form and details. Please let Liz or Mary know if you know a business that should get an invitation to purchase these beautiful plants.

ANNOUNCEMENTS

November 10 5:30 Ludlow Country Club -The Writing Sisters will help launch 16 Days of Advocacy and we will award Service Grant Awards

December 8 Holiday Gathering T.B.D. We will distribute gifts to children and funds to Food Pantries

January 12 Zoom Amelia Earhart month Featured speaker

February 21 10-12 Period Project Venture Way in Hadley, followed by lunch meeting

March 9 5:30 Ludlow Country Club Women Making a Difference Awards – please make suggestions!!

April 13 and May 11 Ludlow Country Club

June 8 Informal Gathering T.B.D.

Respectfully submitted,
 Mary Knight, Secretary

Zonta Women in Business Leadership Award



Casey McDermott

The Zonta Club of Quaboag Valley is pleased to announce that Casey McDermott is the winner of the club's 2025 award for Women in Business Leadership, AND has been chosen by the District 1 Evaluation Committee to be sent up to Zonta International Headquarters for further consideration as a potential recipient of the Zonta International Award,

Casey resides in Dartmouth, Nova Scotia. The Quaboag Club did not have a local applicant and accepted Casey's application, as there were no clubs in Nova Scotia offering the award. According to Scholarship Chair, Trish Pupek, "This young woman's essay was amazing and she scored 100% on the evaluation form."

The Women in Business Leadership Award honors exceptional leadership, entrepreneurial spirit, ethical conduct and significant contributions while addressing global or local issues affecting women and girls or climate change. We believe Casey McDermott's application exemplifies her commitment to these things and that she has and is taking action to build a better world for women and girls through service and advocacy.

Read more about Casey, including her essay, on ZontaQV.org/scholarships. Scroll to the bottom of the page.

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
	Medium (5-7 blooms) \$25	Large (10-14 blooms) \$32.50	Red White	Pink Pink & White*	
Example: 2	Large		Red		\$65

* limited quantities of pink & white, so please note 2nd 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
Mailing Address: Zonta Club of Quaboag Valley, PO Box 1034 Belchertown, MA 01007-1034

The Poinsettia Fundraiser has begun!

Liz Reeves has sent invitations out to our master database and all members are asked to share this fundraiser with their favorite vendors. It is a great opportunity for companies to brighten up their office space while supporting a great cause. These plants also make great holiday gifts for neighbors and friends—the medium size at \$25 makes a classy but affordable gift..

Please get orders in before Thanksgiving so we can get started on deliveries the week of December 1st.

If you have a couple of hours to help us deliver, contact Mary Knight with your preferred schedule.

Forms: www.zontaqv.org/poinsettia/

The Quaboag Valley club is looking for women-friendly locations and groups willing to help us collect feminine products for the annual Period Project. Boxes and posters available. Send location details to info@zontaqv.org.



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 21, 2026 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 2/19 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.
 - Ask a Zontian about pending legislation in MA to fix this.
- Together, we can make a period just a little easier for women and teens in need.



We are back!
Period Project
Assembly will be
on 2/21/26 @
10:00 – 12:00
Venture Way
Collaborative,
Hadley MA

DONATIONS
NEEDED by
2/19/2026

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

Collection Boxes
AND Link to
Amazon Wish



At this year's District 1 Fall Conference, the Zonta Club of Quaboag Valley introduced a project to educate women/families about the importance of planning for an emergency evacuation that no one wants to think about. With the help of all clubs in the District – conference attendees assembled 50 'Go Bags' filled with a few important items and an educational pamphlet that provides insightful tips. Clubs took home a few bags each as templates to use as appropriate in their communities, and guest speakers were given a bag as a gift.



Details about the project that our club is working on can be found at www.zontaqv.org/advocacy. This page also includes a pdf of the educational pamphlet, a link to an Amazon wish list and a sample letter to businesses and individuals asking for their help in collecting items or donating to the project. To minimize the expense, the intent is to get donations of items (with or without logos) from local businesses and like-minded organizations, and ask students to help us collect/advertise for donations. All who contribute will be named as PARTNERS for this project..

For now, we need help in getting donations and Ideas on how to distribute the sample go bags—individually, during a workshop for families with first responder speakers, etc.

The Zonta Club of Quaboag Valley Event



The Writing Sisters: Voices Not Forgotten & Service Grant Awards

The public is invited to join us!

Ludlow Country Club on November 10th.

**5:30 Reception, 6:00 Dinner, followed by the Programs.
Buffet cost is \$30 - pay at the door or online at ZontaQV.org**

**Reservations required
Email info@ZontaQV.org by November 3rd**



- Spread awareness of violence against women during the 16 Days of Activism
- Post it to your social media and the Zonta International Headquarters form



Take Our Zonta Says NO Pledge & Speak Up!

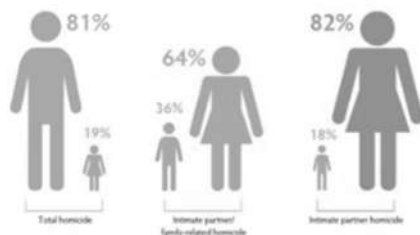
I WILL:

- Say NO to violence against women and girls.
- Say NO to violence in any form, whether physical, psychological or via the Internet.
- Support or host a program on gender-based violence.
- Learn more about gender-based violence found at the Zonta Says NO website.
- Reflect on what I learned during the 16 Days and speak up via social media and with family and friends throughout the year.
- Invite the men and boys in my family and community to take the pledge, speak up and take action to prevent gender-based violence.
- Share this pledge.

Infographics and PR Tools Available on ZontaSaysNo.com

Gender-related killing of women and girls

More than 30,000 women per year, or 82 per day, are killed by an intimate partner. Although women and girls account for a much smaller share of total homicide than men, they bear by far the greatest burden of intimate partner/family-related homicide and intimate partner homicide.



Data from UNODC
#ZontaSaysNO | #16Days
www.ZontaSaysNO.com



Visit: www.zontasaysno.com/getthefacts for more information and infographics