



ZONTA

CLUB OF
QUABOAG VALLEY

THE ZONTA BOG
NEWSLETTER

SEPTEMBER 2025

Mark your Calendar 2025

Several volunteer opportunities this fall!
Check out pages 5 and 6 for listing and dates

September 6, 2025—Zonta Golf Tournament at the Cold Spring Country Club. 8:30 shotgun.

September 8 ZQV Meeting—details on page 3
Potluck at the Keough-Huff home @6pm

October 13 ZQV Meeting—details on page 2
Ludlow Country Club 5:30 Social 6:00 Dinner *

October 24-26—Fall District Conference
Embassy Suites, Boston Logan Airport.
REGISTER TODAY!! See page 4

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

December 8 ZQV Meeting—details TBA

2026|

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!

Zonta International Convention
July 11-14, 2026
www.zontaconvention.com/
Registration opens in October
Hotel rooms open!



Support our District with purchases from Pampered Chef - for yourself, as a gift or as a donation to a survivor re-starting her life. Link to order at zontadistrict1.org/news-events/



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

Dear Zontians and Friends,

Where did summer go? I hope you were able to relax and recharge over the summer and are feeling refreshed. It will be good to see all of you and catch up—either at the Golf tournament on Saturday or at the September meeting at the Keough-Huff home. Thank you Karen and Chris!



The Board of Directors met over the summer to do some initial planning for the last year of the biennium.

We will be meeting at the Ludlow Country Club in October, November, March, April and May. The caterer's charge is \$30 per person with a minimum 20 people plus a \$25 room fee. We will keep the dinner cost at \$30 and if anyone can pitch in an extra dollar or two, that would be great. Several members have already donated to a "member support" fund; anyone who is unable to pay full price for a meal can feel free to let the Treasurer know on a confidential basis. **The remaining meetings will be either on Zoom or at another location, announced well in advance.**

At our September meeting we will share some ideas on programming for each month and get your ideas as well.

Also on the agenda for September are Committee updates and decisions needed for Fall Conference. I would like all current committee chairs to give a short overview of what their committee does—especially for newer members who are deciding on where they can add the most value. We are hoping that most of our members can attend Fall Conference this year. Registration is \$125 and first timers will get a refund of \$25 after the event. The weekend will be filled with great speakers and fun activities.

When sharing your affiliation with this organization, are you still hearing, "What is Zonta?" Yes, we are still the best kept secret! We can change that by doing "Tabling" at large gatherings and having 'Zonta business cards' in our wallet and wearing a Zonta budge while attending outside events. Check out pages 5 and 6 of this newsletter for opportunities and see Mary Knight if you need more cards! We have a lot to offer for women and men who are looking to align with our commitment to gender equity.

See you soon!!
Cyd Melcher
President

Birthday wishes to
Crystal Rondeau 9/22



OCTOBER 13 Meeting at the Ludlow Country Club

Planning is under way for the October meeting. You are encouraged to bring guests!

Highlights:

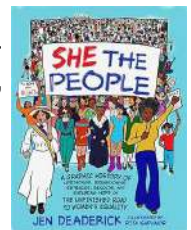
Induction of three new members—we are delighted to formally welcome Deborah Alm, Crystal Rondeau, and Patricia Hallberg to our Zonta Quaboag Valley club.



Our speaker this evening will be Jen Deaderick



With over 18 years of experience as an author and communicator, Jen Deaderick specializes in using writing and social media to amplify narratives about gender, history, and social justice. Her book *She the People* published by Seal Press, examines the evolution of women's citizenship in the United States, and her writing has been featured in outlets like *The New York Times*, *Dame Magazine*, and *Huffington Post*. As a founder of the Equal Rights Amendment Facebook page, Jen has fostered an engaged community of over 30,000 members, advocating for legal gender equality and raising awareness through impactful content and campaigns. Jen is a frequent panelist on Greater Boston, a daily news show on WGBH.



Copies of *She the People* will be available for purchase at the event.

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
- 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:** Karen Keough-Huff, Debra Wood,
- Spring Fundraiser:** TBD
- Nominating:** Joanne Turner-Chiacchia, Patricia Pupek, Dana Burton



We will meet at the **Keough-Huff home** for our first meeting of the new year. We have an ambitious agenda but there will be plenty of time for catching up!

Monday, September 8, 2025 @6pm
 RSVP to info@zontaqv.org

Meeting highlights:
 Review dates and events being planned
 Decisions on Fall Conference action items
 Committee Reports and New Assignments

FALL CONFERENCE ACTION ITEMS:

We have been asked to respond no later than October 1, with the gentle reminder that the success of the 2025 District 1 Fall Conference is dependent on all of us working together.

1. All members - especially newer ones are asked to seriously consider attending. The Call to Conference covers the highlights, and those of us who have attended Zonta events outside of our club are well aware of the boost in inspiration from mingling with other amazing women.
2. Voting will take place virtually the week before the Conference. Each club needs to select delegates who will vote to approve amendments to the District Bylaws and Rules of Procedures, the slate of officers, and a budget for the 2026-2028 biennium. A 10/20 Zoom meeting will be held to meet candidates, answer questions, and explain the voting.
3. There are four OTHER responses needed from our club by October 1st on this form:
 Service Project planned for conference attendees - Go Bags. Each club is asked to bring something to add.
 Memorial service - fortunately, we have not lost anyone!
 Club and Individual raffle donations for the online auction to benefit the Foundation for Women or the District. What can we offer that will be easy to deliver by mail?
 Zonta Marketplace - an opportunity to sell items or a raffle basket to make money for our club - This is an in-person purchase item

COMMITTEES [Descriptions at www.zontaqv.org/resources]

All members are encouraged to take part in one or more core committees. All are asked to help with fundraising in any way they are able.

Core: Membership	Service	Advocacy	Education	PR/Social Media
Fundraising: Golf Tournament	Poinsettia sales	May Calendar Raffle		

Service Grants

The Zonta Club of Quaboag Valley is accepting applications from nonprofit organizations dedicated to the empowerment of women and girls for its Fall 2025 grants. The club strives to empower women through service, education, and advocacy.

“Successful applications will focus on a project that directly supports women and/or girls in our service area – from Westfield to Sturbridge,” notes Service Committee Co-Chairs Dr. Mary Ann Rubis and Liz Reeves. “We know that many wonderful organizations are doing amazing work to promote the welfare of women and girls, and Zonta wants to recognize and support this work.”

Previous recipients and new applicants are encouraged to request funding for ongoing or new projects. The application requires a full description of the project for which the applicant is seeking funds. Zonta is a non-sectarian organization and does not consider applications from faith-based or religious organizations.

Fall Applications are due no later than October 10. The grants will be awarded in November. To download the application or for more information, visit www.zontaqv.org/service-grant. For questions, contact info@ZontaQV.org.

Service Grants Available

About the Awards

Grants ranging from \$100 to \$2000 will be awarded biannually, in May (4/1 deadline) and November (10/10 deadline).

zontaqv.org/service-grant
info@zontaqv.org

ZONTA
 DISTRICT 01
FALL CONFERENCE 2025

Embassy Suites, Boston Logan Airport | October 24–26, 2025

BETTER TOGETHER - LEADING WITH STRENGTH, POSITIVITY & RESILIENCE.

Please sign up to join us in Boston. This is the first Massachusetts Fall Conference since the Zonta International 100th Anniversary celebration in 2019.

Review the Call to Conference to see the great speakers and fun activities.

The Conference fee is as low as we could go. Car pool and share rooms to continue the savings.

We are truly better together! Let's lead with strength, positivity and show our resilience!

Conference Highlights *Affordable registration thanks to corporate sponsors. Volunteer opportunities for all!*

Business of Zonta

Club delegates elect District officers, vote on bylaw changes, proposed budget and learn about the unmet goals of Zonta before July 11-14, 2026 ZI Convention in Vancouver.

Act & React: Hone Your Skills

- Conversational Intelligence & Resilience with Deb Shannon.
- Activism & Women's Advocacy with Dr. Sherri Simmons.

International Impact & Inspiration

- Video Message:** ZI President Salla Tuominen (Finland)
- In-Person:** ZI Director Vivienne Shen (Taiwan)
- Global Impact:** D1 ZIF Chair Dr. Mary Ann Rubis (US)

Fellowship & Fun

- Friday welcome party with surprise
- Saturday banquet, entertainment and silent auction with proceeds for the Zonta Foundation for Women / ZD1
- Sunday memorial service for those we lost this biennium
- Zonta Marketplace is open for business. Clubs are invited to come and share and sell merchandize.

Learn & Share: Zonta Workshops

- Membership Strategies led by Concord NH Zontian Keryn Kriegl.
- Panel discussion focused on attracting and retaining engaged members.
- Climate Activism at the Club Level. How we can Just Say NOW to climate control.
- Quaboag Club Led Project: "Go Bags". Helping others prepare for emergencies.

Questions? Contact Governor Donna Raycraft or Chair Tonya Ozone

Let's make this a strong, inclusive gathering of ALL clubs / forming clubs!

REGISTER NOW!



VOLUNTEER OPPORTUNITIES THIS FALL



Sheriff's Shuffle 5K Run/Walk Sunday, September 7, 2025

Ashley Reservoir - Elks Lodge, 250 Whitney Ave Holyoke, MA US 01040

Sheriff Nick Cocchi is once again partnering with the YWCA of Western Massachusetts to support survivors and prevent domestic violence before it turns deadly. Proceeds from the event will directly benefit the YWCA's critical programs that empower individuals and provide life-saving resources to those in crisis.

8:30 Zonta Quaboag Valley will set up an info table – Interested in joining us for this and/or the race?

Entry Fee: \$35.00 - Before race day | \$40.00 - Day of the race A free long-sleeve dry-fit shirt is included <https://runsignup.com/Race/Register/?racelid=77452>

Sunday October 5th @ 1pm

Veterans Park, Ware MA

If rain, gathering will be at Town Hall, across the street.

Join us for a community gathering and a short walk through downtown Ware. There will be speakers, raffle, music, hotdogs and more.

Sponsored by the Ware River Valley Domestic Violence Task force.

10th Annual!!!

Domestic Violence

AWARENESS

Walk &

COMMUNITY Gathering



Girls on the Run Western MA Sneaker Soirée!

October 9th at 5:30 p.m. @ Springfield Country Club.

Take advantage of early bird pricing of \$40 a ticket until September 9th. **Let Mary know if you are interested in getting a table.** **Wear your sneakers and** enjoy a memorable evening filled with tasty hors d'oeuvres and drinks, a fantastic silent auction, and an inspirational program featuring GOTR participants and coaches. All proceeds will go toward our financial assistance fund, making it possible for more girls to participate in Girls on the Run.

Honest Beginnings/SOAR 5K & Music Festival October 11, 2025 10am – 2pm

Location: Corner of State and Front Sts, Belchertown, MA (turn at Easthampton Savings Bank)

We have been invited to have a table at the event at no cost. Anyone interested?

The proceeds of this event will be donated to Honest Beginnings, to promote sober living and recovery support in Belchertown. The day includes a 5K run/walk, vendors, food and music.



JOIN US ON SUNDAY, OCTOBER 19th

Rays of Hope walk (10:30) or run (8:30) toward the cure of Breast Cancer steps off from Temple Beth El – Springfield and follows a 2-mile and 5-mile scenic route through Springfield’s Forest Park and surrounding neighborhoods. Survivor Cyd Melcher, President of the Zonta Club of Quaboag Valley invites you and friends to join her team: **TEAM LUCKY**, donate to her team or start their own team!

While there is no minimum donation to participate, each participant who raises at least \$50 will receive the official 2025 Rays of Hope Participant T-Shirt. Search “Rays of Hope 2025” to find the secure *convio* registration page.



480 Hampden St., Holyoke, MA,

Girls Inc. is the leading expert on girls. We apply that expertise to support girls in becoming strong, confident leaders.

If you're interested in any of these opportunities, please contact Sasha via email SViands@girlsinvalley.org or 413-335-0059 so we can provide more details and next steps. Thank you for being part of our incredible Girls Inc. community. Your time and talent truly make a difference!

Note: “Tabling” events (having a table with Zonta information) is a great opportunity for raising awareness for our causes and increasing grassroots support by engaging with the public directly, and generating leads or recruiting new members. It offers a cost-effective way to connect with a large audience in a casual setting, allowing for personal interactions, detailed Q&A, and immediate action such as signing petitions or making donations. It also provides valuable market insights and serves as a key opportunity for networking and building community. All we need are volunteers, signage, literature and maybe a raffle gift to attract attention.

Please share. Or send interested golfers to zontaqv.org/golf.



ZONTA GOLF TOURNAMENT

**SATURDAY, SEPTEMBER 6, 2025
COLD SPRING CC BELCHERTOWN**

8:30 a.m. Shotgun Start - 18 Hole Scramble

Your support helps strengthen our organization, allowing us to continue providing the important community and worldwide service projects that further Zonta's vision of a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision-making positions on an equal basis with men. In such a world, no woman lives in fear of violence.

Register and pay online at zontaqv.square.site

Or

Mail Registration AND Payment by September 1st to
Zonta of Quaboag Valley PO Box 1034, Belchertown MA 01007

Questions: (413) 219-8260

Email: info@zontaqv.org

**Saturday 9/6
8:30 Shotgun**

**\$120 /Person
Includes
Greens Fees, Cart
Coffee & Pastries
Boxed Lunch
Raffles & Prizes
Day of Fun for a
Worthy Cause**

**Registration Form,
Online payment,
and Details:
zontaqv.org/golf**

