Zonta Club of Quaboag Valley
Member of Zonta International
Advancing the Status of Women Worldwide

2009 CALENDAR

January 11 Amelia Earhart Day

January 12 Dinner Meeting *
Amelia Earhart Recognition and Presentation by Andrea Chasen, on Resolving Conflicts, Reaching Solutions

January 15 Martin Luther King Day

January 26 6 pm Board Meeting

February 9 Dinner Meeting

March 9 Dinner Meeting

April 13 Dinner Meeting

May 11 Dinner Meeting
May 16 District Workshop—Wells, ME

June 8 Dinner Meeting
June 13 Golf Tournament—Monson
June 26 Relay for Life—Belchertown

Guests Welcome! We meet at **Johnsens Catering** on Main Street in Palmer. See our **Website zontaqv.org** for directions and info about Zonta's good work.

Dinner $18.00. * Notify Mary Knight at 586 4900 x106 or mknight@collaborative.org of the number of new and/or returning guests, no later than January 7th. Member reservations for the dinner meeting are assumed and payment expected unless we are notified 7 days in advance of the meeting.

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UN / International Committee Challenge. Win a "foreign treasure" for correctly answering this question:

"What is the main objective of UNIFEM'S Safe Cities for Women's project?"

President's Message

Dear Sister Zontians:

This month, we remember fellow Zontian, Amelia Earhart. Information about her life and achievements are on page 2 and at www.zontaqv.org/amelia.htm. **Please be prepared to share ONE new thing you learn after reviewing these resources**.

I am inspired once again by Amelia's determination to follow her own personal dream and live with the consequences of choices she made. I am also inspired by Kathy Hood's determination to live life with joy and fun. If you have not yet reflected on resolutions for 2009, I would like to issue you a challenge: get inspired by a sister Zontian (past or present) and create a 'SMART' goal (see page 4 for tips) that you would like to work on during the new year. I would like to share mine—and I invite you to do the same: I have a tendency to work too much and not take care of myself. In 2009, I will take at least 30 minutes of each day to do something healthy and fun. I've started a list of things to choose from and a journal to record my progress, where I will reflect on the benefits of this goal for myself and my family.

At our meeting Monday, January 12th, we will meet Andrea Chasen, a Longmeadow entrepreneur, who is a recognized expert on conflict resolution. Conflict is not a bad thing….if it is handled well. Andrea will provide insight on how to do that. See page 6 for an introduction of this topic and to learn more about Andrea herself.

I was pleased to learn that a report on our October Domestic Violence event—"Through the Eyes of a Child" - was published at www.zonta.org - check it out under Club News.

Wishing a healthy, happy and less stressful New Year to you and your loved ones.

Mary F. Knight

P.S. check out the UN /International Committee challenge question to the left!

Remembering Zontian Amelia Earhart

On 2 July 1928, as Amelia Earhart, world-famed aviator, the first woman to fly across the Atlantic Ocean as a passenger, approached the shores of the United States on her triumphant return home, she was handed this radiogram: **Boston Zonta Club is proud to welcome you as a member.** *Signed Alice Bradley, President* A few weeks later, she was inducted into Zonta International and served as an active member first in the Boston club and later in the New York club until her tragic and untimely disappearance in 1937. An outstanding woman with a charismatic personality, Earhart was universally admired around the world for her "wildly daring" but "never reckless" courage.

Over the years 1928 to 1937, she organized the Ninety-Nines, an organization for women pilots, and became the first woman to: fly the Atlantic alone; fly an autogiro; receive the United States Distinguished Flying Cross; fly from Hawaii to the mainland. Epitomizing the ideals of Zonta International by actively promoting women to take on nontraditional fields, she wrote articles about aviation for *Cosmopolitan* magazine as an associate editor, served as a career counselor to women university students, and lectured at Zonta club meetings, urging members to interest themselves in aviation. **In these years, Zonta was the only non-aviation organization to which Earhart belonged**, although she was besieged to join and to sponsor numerous organizations at the time.

In honor of Amelia Earhart, we have put a timeline of her life on our website at: www.zontqv.org/amelia.htm. **Be prepared to share ONE NEW thing you learn there.** There are also numerous websites that honor Amelia's legacy, including a story of Earhart's most daring, and ultimately tragic, flight, retold in the words of Grace Muriel Morrissey, charter member of the Zonta Club of Medford, Massachusetts, and Earhart's sister *at* www.zonta.org/site/DocServer/Remembering_Amelia_Earhart.pdf?docID=4744

Zonta Bog Newsletter feedback and content suggestions are encouraged. Please send to MFKnight@Crocker.com

Club Officers 2008—2010

Zonta Club of Quaboag Valley
District I, Area II, Charter 1317 of Zonta International

President	Mary Knight
Vice President	Janet DaSilva
Treasurer	Julie Bowder
Secretary	Carol Bardon
Directors	Chris Gerl
	Louise Larocque
	Joanne Turner-Chiacchia

Committee Chairs

Finance…….Julie Bowder
Membership…….Janet DaSilva
PR/Marketing……...Louise Larocque
UN/International…….Liz Reeves
Status of Women……Deb Allen
Scholarships…….Carol Bardon

ZISVAW……. Mary Knight
Bylaws……...BJ Bourdon
Environmental……..Joanne Turner-Chiacchia
Poinsettia Fundraiser. …Ann Cormier
Founders Day……Chris Gerl
Holiday Party……..MaryAnn Rubis
Golf Fundraiser……...Debbie Wood
Archives……...Marge Cavanaugh

Nominating……..Dianne Kidd

December 8, 2008 Business Meeting Minutes

Johnsen's Catering
Palmer, Massachusetts

Members Present:
Carol Bardon, BJ Bourdon, Julie Bowder, Marge Cavanaugh, Ann Cormier, Janet DaSilva, Chris Gerl, Kris Gould, Louise Larocque, Dianne Kidd, Mary Knight, , Liz Reeves, Mary Ann Rubis, Joanne Turner-Chiacchia, and Deb Wood.
Absent: Deb Allen, Dot LaFratta
Guests: Guests: Patty Donovan, Kathy Burns, Linda Maxwell, Jayma Hall Verna Fraska

Holiday reception began at 5:00pm. Dinner began at 6:15pm. Janet recognized member – Mary Knight.

Minutes: Voted to Approve

Treasurer's Report: Julie presented report, motion to accept for audit.

Committees:

Poinsettia: Ann reported that sales are down from last year. We sold 132, with a net profit of $1,145. This is half of previous years
U.N. Liz will pose a question in newsletter each month. Mary Ann answered challenge question this month.
Fundraising
Kris Goold passed out raffle tickets for Valentines Day raffle. Prizes include 3 gift certificates (Salem Cross, Steaming Tender and Mohegan Sun) and a gift basket! Cost: $2 each/3 for $5. Kris will have additional tickets available at the January meeting.

Christmas for Kids
Mr. & Mrs. Randy Vale and son, Julian accepted the toys donated for the Palmer Grange Christmas for Kids. Last year they helped 232 children. This year they have 310 requests. We took care of over 50!
Sweat Suit Donations
Members also donated 15 sweat suits to be given to Ware Hospital for use by rape victims.

About Zonta...
Mary Ann and Janet showed a slideshow about Zonta– its structure, background and good works on a local and international level. Well done!

Zonta International Announcement The Zonta International Board has acted, in its capacity as sole member of the Zonta International Foundation, to remove some of the individual members from the Zonta International Foundation Board. This news is especially unsettling to our club because two of our members - BJ Bourdon (President) and Deb Allen (Financial Committee member)—are affected. During BJ's tenure, wonderful things have been accomplished and the ZIF's financial position has strengthened considerably. It was acknowledged that there is probably more to this than can be discussed. The club made it clear that we are very proud of BJ and Deb and value their membership and all they do.

There were several raffle winners. Special thanks to Janet and MaryAnn for the great job in planning and arranging the special reception tonight. Everything was perfect! Thanks also to Kris Goold, who donated cake for desert for the meeting so the caterer could provide hors d'ouevres at no charge.

Adjournment at 8:20pm.
Respectfully submitted,
Carol Bardon, Secretary

Golf Tournament Committee
As we reported at the December meeting we will hold our 15th Annual Golf Tournament Fundraiser on Sat., June 13, 2009 at the Quaboag Country Club in Monson. Format and time of tournament will be similar as in the past. Due to the economic times we are experiencing and to attract more faithful players to a new location we are dropping the price to $60 per person. This would include Coffee (provided by QCC) and Danish (we provide), Greens Fees, Cart, Lunch, Snacks at the Turn (we provide) and Prizes… so it remains quite a bargain for a day of fun. We are off to a good start with 3 nice items for our advance raffle: 4 front row seats at Saratoga Racetrack (donated by Diane Kidd), Mohegan Sun Gift Certificate worth $100, $100 Gift Card to Holyoke Mall (donated by Accurate Accounting) and Handmade Quilt (donated by Marge). We hope for Red Sox tickets or another grand first prize to add to this list. Please provide name & address of any potential sponsors. Sponsor letters and registration forms will be available at the February meeting. Please begin collecting suitable prizes for our prize table ranging in value from $100 to $20. Gift cards for Restaurants and Services in the Quaboag area, bottles of wine and beer and Forever Stamps are always popular.
As always, additional ideas /suggestions are welcome!!

Submitted by,
Debbie Wood, Chair
Golf Tournament Committee

Achieve More With SMART Goal Setting

Adapted from Kelley Robertson's article for About.com

Another year is upon us and if you are like most people you have hit the floor running without planning a clear objective for the upcoming year. However, top performing people make the time to establish clear targets. Setting goals is not a complicated process nor does it take a lot of time. Use the SMART goal setting techniques listed below to help you achieve your targets.

- **Ensure each of your goals follows the SMART concept: Specific, Motivational, Action-oriented, Relevant to your situation, Time-bound.**
  For example, "I will increase my _____ by ____percent compared to last year." Be as specific about your goal as possible. "I will start my own catering business" is a lot stronger than "I want to go into business for myself." Challenging goals are motivating.
- **Set goals that will push beyond what you usually think you can accomplish.**
  Remember to set a deadline. A goal without a deadline is simply a dream. Attach a realistic yet challenging deadline for accomplishment and post this where you can review it regularly.
- **Phrase your SMART goal in the present tense and assume success.**
  Don't say, "I want to." Say, "I will." This subtle technique tells your subconscious that you have already achieved your goal which means it will go work at helping the goal become a reality. It will attract the people, places, and situations you need to achieve that goal.
- **Put your SMART goals in writing.**
  This simple act helps you clarify your goals and will allow you to visualize them more effectively. I recommend that you record each goal on a separate index card and review them twice a day - once in the morning (when you first wake up) and again before you go to bed. Use all of your senses. This process reinforces your SMART goals, acts as a reminder and drives your goals deep into your subconscious. In fact, this is one of the most powerful goal setting techniques you can use to achieve your targets.
- **List the benefits you intend to receive by achieving each SMART goal.**
  This will keep you focused and strong particularly when you face the inevitable roadblocks and barriers. Years ago, when I chose to quit smoking, I listed 75 benefits and when I felt the urge for a cigarette I would review this list to help me get past that craving. The more benefits you can list for your goals, the more motivating those goals will become.
- **Anticipate the challenges you will encounter as you work towards your SMART goals and plan how you will overcome them.**
  This will prepare you for them and help you overcome the obstacles easier and with less stress. In fact, the simple act of planning for obstacles will often prevent many of them from occurring.
- **Surround yourself with successful, motivated people who also set challenging goals.**
  I share my SMART goals with several friends and associates. When we get together, we motivate each other by talking about our success, our challenges, and our goals. A word of caution: Be careful who you share your goals with. People who are not goal-oriented will not support you, and in many cases, will actually try to dissuade you from your goals.
- **Take action. Don't procrastinate.**
  All the planning in the world will not help you achieve your goals. You **must** take action. Once you have determined a goal for yourself, take action within 24 hours. This will set the wheels in motion and create the necessary momentum you need. I once heard a speaker state, "We are either moving toward or away from our goals." Develop the habit of taking action on a daily basis.

Achieving greatness and a higher level of success is not that difficult. However, it does require discipline, focus and a clear idea of what you want to accomplish. Follow these steps for setting and achieving SMART goals and have your best year ever!

Zonta International Legislative Awareness and Advocacy Committee

Excerpts from the November 08 Newsletter, shared by **Audey Millgate**.

This Biennium we are focusing on having members understand the major status of women Convention – CEDAW – Convention on the Elimination of all forms of Discrimination Against Women, as well as the Beijing Declaration and Platform for Action (PFA+ 10 version) and the Millennium Development Goals (MDGs). There is an application of all these instruments to our International Service Projects (applying Zonta's Scorecard to International Service and ZISVAW 2008-2010 Projects) on the website.

CEDAW

The USA is a signatory only (no ratification) but some States in the US have passed resolutions to support the goals of CEDAW and/or endorse US ratification. (See Colorado Zontians on page 3 of the newsletter). The Optional Protocol (OP) provides an opportunity for NGOs (non governmental organizations) – like Zonta International – to evaluate their government's efforts to meet the obligations of the CEDAW Convention and to lodge a complaint. This can occur whether or not your country is a signatory to the O.P.

Examples of Advocacy and Service

- Zonta clubs in Ghana have a joint anaemia and nutrition project advocating the need to improve the health status of women and children, and is achieved through a variety of means – provision of medicines, training of District Teams about nutrition including mothers and bakers (fortification via bread), and ongoing education with mothers / caregivers and school children re eating the right foods, use of mosquito nets / insecticides, importance of visiting clinics.
- Zonta Club of Lagos 1 provides lectures on 'roll back malaria' advocating for the eradication of mosquitoes and a cleaner environment. The club donates bed sheets and treated mosquito nets to a pre-natal ward of a local hospital. The club also provides blood pressure tests to market women who may not have the time or money to go to a clinic for a check-up; some children brought to markets are of school age so the club employs a teacher to teach them to read and write; the club also set up a crèche at the markets to help women who bring young children with them by easing their stress of childcare whilst conducting their business. These activities improve the health and economic status of women.
- Tayo Morgan's [Ibadan Club (District 18, Area 3) in Nigeria] club is advocating for the provision of bathrooms in schools as many girls are forced to stay at home for those days of the month they need to attend to personal hygiene. The cumulative effect of these absences is that the girls fall behind and drop out when they are unable to keep up with their peers.
- Connie Deckert's [Canada (District 4, Area 1)] club joined with other agencies to run 'campaign schools' for women interested in running for office in local government, advocating for more women in political office. The Canadian Federation of Municipalities has set up a template to get more women elected to office. Contact Connie for more information cedeckert@bellnet.ca.

Other Information

From time to time we can come across information that gives us hope that some governments are taking action to prevent discrimination or abuse of human rights. One example is where the USA federal government requires all contractors and grantees that receive federal funding to sign a set of assurances that they will follow all laws and requirements. A new 'assurance' was added to the US Contract Manual for State Agencies in September 2008 stating that the agreement will be terminated if the entity engages in human trafficking.

Please see the newsletter and web pages referenced at the following location: www.zonta.org >> Member Resources >> Leadership >> International Committees >> Legislative Awareness and Advocacy

If you have trouble getting into the Member Resources, contact Mary Knight.

Zonta Club of Quaboag Valley

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http://www.zontaqv.org

Resolving Conflicts, Reaching Solutions[sm]

All relationships, families, teams, and organizations have conflicts. The difference between good organizations and the best is not how many conflicts they have – it's how respectfully and rapidly conflicts get resolved. People's ability to confront emotionally and politically risky topics with each other is the #1 predictor of successful conflict resolution and it's side benefits:

- Increased understanding: The discussion needed to resolve conflict expands people's awareness of the situation, giving them an insight into how they c an achieve their own goals without undermining those of other people;
- Increased group cohesion: When conflict is resolved effectively, team members can develop stronger mutual respect, and a renewed faith in their ability to work together; and
- Improved self-knowledge: Conflict pushes individuals to examine their goals in close detail, helping them understand the things that are most important to them, sharpening their focus, and enhancing their effectiveness.

If you want to become unstuck and improve your results and relationships, you need to improve your ability to deal effectively with conflict. When faced with conflicts, you have only three options – avoid them, deal with them badly, or deal with them well. At our January dinner meeting, **Andrea Chasen** will share a model for dealing with them well.

***Andrea Nager Chasen**, the founder and principal of RESOLUTIONS, is a trained and experienced lawyer, mediator, trainer, and facilitator. In her work as a consultant, she provides mediation, negotiation and conflict management services to a wide range of clients. Additionally, she has developed, designed and conducted workshops on negotiation, interpersonal and business communication, conflict management, effective problem solving and mediation. Her work focuses on assisting clients in identifying sources of conflict and organizational issues that negatively impact communication and productivity and then designing interventions to eliminate the problems. More about Andrea and her work can be found at www.resolvingconflicts.net*