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

ZONTA BOG NEWSLETTER OCTOBER 2009

2009 CALENDAR

October is Domestic Violence Awareness Month. Please spread the word.

October 19 Dinner Meeting
Caesar Salad, Chicken Parmesan, Pasta, Vegetable and Dessert
Guest: **Theresa Grove**, Director of Development, Wing Memorial Hospital

October 23-25 District Fall Conference Jiminy Peak Resort, Hancock, MA

November 8 ZI 90th Anniversary
By advancing the status of *women*, we improve society as a whole.

November 9 Dinner Meeting and Founders Day Award celebration. We are proud also to induct two new members at this meeting: **Pam Albertson** and **Lisa Sedelow.**

November 25 International Day for Elimination of Violence Against Women

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 May 7th. Member reservations for the dinner meeting are assumed and payment expected unless we are notified 7 days in advance of the meeting.

President's Message

Dear Sister Zontians,

October in all its glory was showing on Sunday October 4th for the 2nd Annual Stepping Out Against Domestic Violence in Brimfield, sponsored in part by the DV Taskforces of Tri-Town, Warren, Ware and Palmer. Six of us represented ZQV and were joined on the common and at a local cemetery by over 100 other adults, teens and children to hear the key messages: No one has the right to be violent towards you and there are people out there who can help. I'm proud to be part of an organization that helps spread these words.

Our member spotlight this month is on Debbie Wood—one of the founding members of our club and a candidate for Area II Director for 2010-2012. Thanks Debbie for Stepping Up!

Thanks go out to Marlene DeJesus and Beth Cady of the YWCA of Western Massachusetts for joining us in September. The board will make a recommendation at the dinner meeting that we donate a gift card for items on the Y's wish list. Members are also encouraged to bring in their own donated item from that list.

Our dinner meeting this month is the THIRD Monday, due to the Columbus Day holiday. We select our Founders Day recipient at this meeting - please bring your nominations.

Please also bring the names and addresses of at least two women business owners or managers you know of in the local area… we would like to recognize them in honor of ZI's celebration in November.

We are pleased to welcome guest speaker Theresa Grove, Director of Development at Wing Memorial Hospital in Palmer at our October meeting. Be sure to let me know how many guests we can expect. I need to have the count by October 14th.

Best, Mary Knight

P.S.: We look forward to a great turnout of members for the **District Fall Conference in October at the Jiminy Peak Resort**. The agenda is filled with good stuff! Not too late to register! Also, it is not too soon to start planning and saving for the Zonta Internation Convention in Texas next July!

Call for Founders Day Nomination

At the October meeting we need to vote on a Founder's day award winner... a woman in the greater Quaboag area who exemplifies the ideals of Zonta - going above and beyond to improve the status of women and/or children. We award the recipient with a celebration at the November meeting and a cash prize. The 2008 winner was Nancy Fletcher of Belchertown - founder and Executive Director of ACT NOW! Inc – a nonprofit organization dedicated to building character and confidence in youth, particularly girls, through improvisation and moviemaking. Past recipients included Gertrude (Trudy) Canterbury in 2007 for her extensive community involvement, 2006 Kathleen Conley Norbut (Advocate extraordinaire), 2005 Sandy Nichols (Palmer Community Volunteer), 2004 Mary Ann Rigali and Janice Marciniec (Site Coordinators of Cougar's Den), 2003 Tess Pelissier (Director of the youth-based Monson Summer Theater), 2002 Donna Buxton (Coordinator of the St. Francis Food Pantry in Belchertown), 2001 Janice Kucewicz (Vice President of Nursing and Behavioral Health at Wing Medical Center)... just to name a few!!! Please bring your nominations to the October meeting.

Opening doors to the Zontians who will carry on

ZONTA INTERNATIONAL 90

November 8th 2009 marks the 90th anniversary of Zonta International.

November is also the "anniversary" for the Zonta Club of Quaboag Valley, chartered in 1991.

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

Club Officers 2009—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	Marge Cavanaugh
	Ann Cormier
	Joanne Turner-Chiacchia

Standing Committee Chairs

Finance…….Julie Bowder
Membership……Janet DaSilva
PR/Marketing……...Mary Knight
UN/International…….Liz Reeves
Status of Women……
Scholarships……Carol Bardon

ZISVAW……. Mary Knight
Bylaws……...BJ Bourdon
Environmental……..Joanne Turner-Chiacchia
Poinsettia Fundraiser. …Ann Cormier
Golf Fundraiser……...Debbie Wood
Archives……...Marge Cavanaugh

Nominating……..

2010 SAN ANTONIO TEXAS

www.zonta2010.org/

Success usually comes to those who are too busy to be looking for it.—Henry David Thoreau

September 14, 2009 Business Meeting Minutes

Johnsen's Catering
Palmer, Massachusetts

Members: Carol Bardon, Julie Bowder, BJ Bourdon, Marge Cavanaugh, Ann Cormier, Janet DaSilva, Dianne Kid, Mary Knight, Mary Ann Rubis, Joanne Turner-Chiacchia,
Absent: , Catherine Chamberlin, Liz Reeves, Wendy Sergeant, Kris Goold, and Deb Wood

Guests: Pam Albertson, Carrie Cavanaugh, Lisa Sedelow

Mary Knight called the business meeting to order at 6pm.

Letters read:

Kris Goold thanking us for voting her Zontian of the year, and for all the cards. She is resting at home and is all clear.

Thank you from Joanne Rollings for the $100 donation for Dress for Success.

Thank you from Susan Kaplin for the $100 donation to Link to Libraries. They purchased over 50 books to donate to the YWCA.

Guest Speakers:
Marlene DeJesus, Director of Supportive Services, and Beth Cady, Director of community Based DV services at the YWCA of Western Massachusetts, presented their programs and services.

Minutes: Voted to approve with corrections. Chris Gerl has NOT joined the Springfield chapter of Zonta.

Treasurer's Report: Julie presented information about the budget and expenses. Budget for 2010 approved. Voted to file for audit. Discussion to use money in operating funds to have a new Zonta banner that is taken to events. Deb Wood received a quote around $20.00, it will be water proof. Voted to approve purchase.

Announcements: Anniversary Dinner and Dance for Zonta of New Hampshire.

Relay for Life: We raised $1,750 for relay for Life.

Strategic Plans for 2010:
YWCA – presentation and activities – contact Marianne Warren, 732-3121x 154.

Marge – Service – how to make up yarn dolls. Discussion need to find a place and time. Suggested to put kits together at next meeting. Bring scissors and yard sticks.

Janet discussed the UN international connection with UNICF and HIV in Rowanda.

ZISVAW: Ann discussed Zonta connection with strategies for violence against women.

By-laws: Mary discussed the by-laws.

Promote Visibility: BJ discussed way for volunteerism to be visible. Pick one major project, i.e. Zonta Closet at local hospital.

Fall District Conference:
7 members are anticipated to attend. There is a condo reserved for our club, 5 members are there, can hold 3 more members.
Need people to run the Zonta store, hours Friday and Saturday. District will have a table. Marge brought baskets to use for raffle/fundraisers. Several people have items that can be put in the baskets for store and silent auction. Mary read guidelines for silent auction. Suggested a Vera Bradley purse for auction to go to foundation, voted and approved. Discussion to give fund proceeds to go to club. Ideas for Zonta store – picnic basket.

District Board will be selling Zonta Rocks and Socks. Mary Ann sent around an order form. Rocks need to be paid for by October 2. Socks can be purchased at the conference.

Proposed District Budget reflects a $2.00 increase per person, this is due to the number of members.

In two years, the next conference will be in Canada.

Need volunteer for delegate, members approved Deb Wood, alternate will be Joanne.

Adjournment at 8:40pm

Respectfully submitted,

Carol A. Bardon, Secretary

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH, 2009 A PROCLAMATION

SAFETY ALERT: If you are in danger, please call 911, your local hotline, or (in the U.S.) the National Domestic Violence Hotline: **1-800-799 -7233 -3224**. www.nrcdv.org/dvam/

Domestic violence touches the lives of Americans of all ages, leaving a devastating impact on women, men, and children of every background and circumstance. A family's home becomes a place of fear, hopelessness, and desperation when a woman is battered by her partner, a child witnesses the abuse of a loved one, or a senior is victimized by family members. Since the 1994 passage of the landmark Violence Against Women Act, championed by then Senator Joe Biden, our Nation has strengthened its response to this crime and increased services for victims. Still, far too many women and families in this country and around the world are affected by domestic violence. During National Domestic Violence Awareness Month, we recommit ourselves to ending violence within our homes, our communities, and our country.

To effectively respond to domestic violence, we must provide assistance and support that meets the immediate needs of victims. Facing social isolation, victims can find it difficult to protect themselves and their children. They require safe shelter and housing, medical care, access to justice, culturally specific services, and economic opportunity. The Family Violence Prevention and Services Act supports emergency shelters, crisis intervention programs, and community education about domestic violence.

In the best of economic times, victims worry about finding a job and housing, and providing for their children; these problems only intensify during periods of financial stress. That is why the American Recovery and Reinvestment Act provides $325 million for the Violence Against Women Act (VAWA) and the Victims of Crime Act (VOCA). This funding will supplement the Federal VAWA and VOCA dollars that flow to communities every year, and enable States, local governments, tribes, and victim service providers to retain and hire personnel that can serve victims and hold offenders accountable. These funds will also bring relief to victims seeking a safe place to live for themselves and their children.

Victims of violence often suffer in silence, not knowing where to turn, with little or no guidance and support. Sadly, this tragedy does not just affect adults. Even when children are not directly injured by violence, exposure to violence in the home can contribute to behavioral, social, and emotional problems. High school students who report having experienced physical violence in a dating relationship are more likely to use drugs and alcohol, are at greater risk of suicide, and may carry patterns of abuse into future relationships. Our efforts to address domestic violence must include these young victims.

During this month, we rededicate ourselves to breaking the cycle of violence. By providing young people with education about healthy relationships, and by changing attitudes that support violence, we recognize that domestic violence can be prevented. We must build the capacity of our Nation's victim service providers to reach and serve those in need. We urge community leaders to raise awareness and bring attention to this quiet crisis. And across America, we encourage victims and their families to call the National Domestic Violence Hotline at 1-800-799-SAFE. Together, we must ensure that, in America, no victim of domestic violence ever struggles alone.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim October 2009, as National Domestic Violence Awareness Month. I ask all Americans to do their part to end domestic violence in this country by supporting their communities' efforts to assist victims in finding the help and healing they need.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of October, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

Member Spotlight: Debbie Wood
Charter Member of the Zonta Club of Quaboag Valley

I would imagine my best friends and colleagues would describe me as a kind, considerate and generally positive person.

I was born on January 19 in Burlington, Vermont. My parents live in VT surrounded by three brothers and their families. I have one sister in Wisconsin. I have been married to Woody for 33 years. We raised our 2 now-married daughters in Belchertown where we continue to reside. The highlights of my life so far are the marriages of our daughters and the birth of our grandsons! Our daughters and their husbands live in Tyngsboro, MA and Jericho, VT. The boys are ages 2.5 years and less than one month!

I have a varied background that includes 7 years working at the former Belchertown State School, 5 years at Western Mass Hospital, 10 years working as a therapist for the Behavioral Health Network, 2 years in local nursing homes and the past 6 years as a Social Worker at the Springfield Dialysis Center, American Renal Associates corporation. I continue to enjoy helping patients and families cope with chronic life threatening conditions and the need for ongoing treatment and support. During the coming year, I hope to be able to offer support to start a new dialysis center & supervise a Social Work intern.

On a personal level, my goals include visiting and expanding connections with friends and family on 1:1 level. I continue to enjoy golfing, gardening, camping. I favor mystery and romance novels, People and Time Magazines, and movies—especially, romantic comedy, action, dramas and a variety of genres. I dream about retirement and spending even more time doing the things I love best. Another goal is to engage the services of a personal trainer to assist with weight loss and an exercise program. I also wish to be a bit more concise in communicating my ideas and feelings.

Important lessons I've learned the hard way are the need to be patient and listen carefully before making decisions or acting impulsively, and to trust my instincts. The most important role model in my life is my mother. She is not famous but is the most non judgmental woman I know. I continue to emulate her as I live my life.

What is a Zonta-related topic you wished you knew more about? Perhaps more detail about the process of identifying & investing in the various international service projects we support. What knowledge /skill/talent can I mentor others in? Systematic organization of activities and events & maintaining active communication with committee members.

I want to share how much Zonta has offered to me to realize growth as a woman, a mother, a daughter, a grandmother, a wife, a sister, a professional and a Zontian. I enjoy working with other remarkable women for the common good of other women. The support has been mutual and important in my life and I look forward to my Zonta life for years to come.

Debbie Wood is a founding member of the Zonta Club of Quaboag Valley. She proudly served as President of the club in 2000-2002, and has held numerous other positions, including Vice President, Secretary, Board member, and Committee Chairperson of Finance Ways & Means, Service, Membership, Nominating, Program, UN, Archives, ZISWVAW and—for several years— the **very successful Golf Committee**. On the district level, Debbie served as UN Committee Chair and the Nominating Committee. This year, Debbie has really stepped up—she has graciously accepted the nomination for Area II Director for 2010-2012. A vote on that nomination will be made at the District Fall Conference on October 24th.

Zonta Club of Quaboag Valley

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Belchertown MA 01007

http://www.zontaqv.org

ZQV Bylaws….
Testing your knowledge on the classification of members

#1 The minimum number of classifications shall equal ___(% or fraction) of the total number of members of the Club.

#2 Classified membership shall be for life after ___years of membership.

(answers: 25, 5)

Other top 10 lists will be presented at dinner meetings and future newsletters. At the end of the year, we will compile all the lists.