

*“As you grow older, you will discover that you have two hands: one for helping yourself, the other for helping others.” –*

*Audrey Hepburn*

*Thank you for lending your hand to lift someone else.*



**FALL 2025**

## Governor's Message

Dear Fellow Zontians,

As we enter the Season of Giving, we are reminded that generosity is more than gifts-it's compassion, advocacy, and action. Let us continue to share the greatest gifts of all: hope, empowerment, and equality for women.

This is a time to reflect on how each of us can make a difference in the lives of women and girls in our communities and around the world. Here are just a few ideas to add to a Zonta Season of Giving.

Action List:

- 👏 Give generously to the Zonta Foundation for Women during this season.
- 👏 Serve locally with shelters, schools and community organizations that assist women and girls affected by violence or poverty.
- 👏 Continue sharing messages from the 16 Days of Activism to End Gender-Based Violence campaign, raising awareness in your community. Attend the Zonta Says No Summit Dec.10
- 👏 Inspire giving by organizing donation drives for essential items for women and girls in need.
- 👏 Use social media to highlight your club's projects and encourage others to join and support Zonta's mission.
- 👏 Most importantly, fulfill all those promises you have made to yourselves. Self care is not selfish. It is a bold necessary act of choosing yourself in a world that often asks women to give until nothing is left. This season, put yourself back on your list of priorities. You are worth your own compassion, today and every day.

Thank you, District 2 clubs for building a world where women can thrive. Together we step into a new year with hope, courage, and a shared purpose.

Warmest Wishes,  
Governor Lorraine



### Important Zonta Dates

- **25 November-10 December**-Zonta Says NO to Violence Against Women and 16 Days of Activism/Orange the World
- **30 November**-clubs and districts submit subordinate form to HQ (U.S. only)
- JMK Scholarship official announcement
- **1 December**-Half-year dues rate begins
- **2 December**-Giving Tuesday
- **10 December**-International Human Rights Day
- **10 December**-Zonta Says No Online Summit-Men as Allies- registration required
- **31 December**-Last day for gifts for calendar year to be counted
- **11 January**-Amelia Earhart Day
- **31 January**-Tax mailing to U.S. donors

# D2 Conference 2025



So many people were involved in making this event a success. We are grateful for your contributions and your participation in all aspects of the conference from the Service Project on Friday to the Business Meeting on Saturday to the Presentations on Sunday.

Bylaws and Rules of Procedure

You can find the revised District 2 Bylaws and Rules of Procedure on the District website under Member Resources.

Club videos are posted on the main landing page. The link to Governor Lorraine's video is <https://www.facebook.com/reel/784008554630983>.

# District News

## Congratulations to the newly elected District Board for the 2026-2028 Biennium

- Governor Elect: Iraina Gerchman, Zonta Club of Oswego
- Lt. Governor Elect: Dianne DiMeo, Zonta Club of Utica
- Treasurer Elect: Dorothy Bonney, Zonta Club of Oswego
- Area 1 Director Elect: Melanie Puerto Conte, Zonta Club of Schenectady
- Area 2 Director Elect: Kristen LaBarge, Zonta Club of Oswego
- Area 3 Director Elect: Mary Ellen Bloodgood, Zonta Club of Cortland
- Area 4 Director Elect: Judith Ainsworth, Zonta Club of Kanata-Stittsville

Congrats!

Do you have a club event or fundraiser that you would like to share?

District 2 has a Facebook page for that. Follow **D2 Club Events & Interesting Happenings**. If you would like something posted on this page, send it to the District PR Contact, Colleen Anderson at [publicrelations@zontadistrict2.org](mailto:publicrelations@zontadistrict2.org).



Example: See Syracuse's Coffee Fundraiser



Did your club do something you would like to brag about?

There is a Facebook page for that. Follow **Zonta USA Share Brags and Brilliance**. Join this group and post your success and best practices.

Example: See Oneida's Proclamation from the City's Common Council recognizing 100 years of fighting to end violence against women.



# District News cont'd



1 November -  
2 December 2025

[Donate Here](#)

This November, the Zonta Foundation for Women continues celebrating its 40th anniversary with Every Member Every November. Together, we have the power to ensure that women and girls worldwide can live free from violence and pursue education and opportunity. Your gift this November is more than a donation—it is a statement that you believe in equality, empowerment, and a future where women and girls everywhere can thrive.

Each contribution, no matter the size, directly supports Zonta's global mission to:

- End gender-based violence by protecting women and girls and empowering communities to break the cycle.
- Expand access to education by opening doors for girls to learn, grow, and lead.
- Support women in decision-making by equipping women with tools to achieve independence and resilience.

## How You Can Get Involved

Collectively, we can create a brighter, more equitable future. Together, we'll honor our legacy while propelling Zonta's future.

- **Donate:** Make a one-time donation or set up a recurring contribution. Every dollar counts!
- **Spread the Word:** Use your social media platforms to raise awareness and share our mission.
- **Honor Zonta Foundation for Women's 40 Years of Impact:** Celebrate our anniversary by giving in honor of your club, a fellow member, or a woman who inspires you.



# District News cont'd



## Did You Know?



United Nations



UNITED NATIONS  
HUMAN RIGHTS  
OFFICE OF THE HIGH COMMISSIONER

The 16 Days of Activism against Gender-Based Violence is an annual global campaign from 25 November (International Day for the Elimination of Violence against Women) to 10 December (Human Rights Day), highlighting the need to end violence against women and girls. Created in 1991 by activists, it is coordinated by the Center for Women's Global Leadership.

The UN has supported the campaign through the UNiTE to End Violence against Women initiative since 2008, using the colour orange as a symbol of a future free from violence. Each year, the campaign focuses on a specific theme.

Since 2022, 29 November also marks the International Day for Women Human Rights Defenders, recognizing the unique risks faced by women defenders due to their gender and advocacy work. Every year, we work alongside and support the media to promote the 16 Days and UNiTE campaigns, including on social media, and organise awareness-raising activities at global and country levels. *(Taken from the UN Human Rights website.)*

## What you can do:

Visit [Zontasaysno.com](https://zontasaysno.com) and take these 3 simple steps.

**Sign and Share the Pledge**  
Say NO and renew your commitment to end gender-based violence. We are all part of the solution!

**TAKE THE ZONTA SAYS NO PLEDGE**

[Click here to take The Pledge](#)

**10 DEC**

**Attend the Zonta Says NO Virtual Summit**

US\$25 for general admission, US\$20 for members, US\$10 for students.

**REGISTER TODAY**

[Click here to Register](#)

**Take Action**

Sustainable change starts at the individual community level. Advocate, serve and say NO!

**SHARE YOUR STORY**

[Click here to Take Action](#)

# District News cont'd



## SEE YOU AT THE SUMMIT

[Click here to Register](#)

On Wednesday, 10 December, join Zonta International for three engaging and inspiring sessions throughout the day. The Zonta Says NO to Violence Against Women 2025 Summit's focus is on the critical role of male allies in preventing and addressing gender-based violence (GBV). The Summit will highlight how men can leverage their influence to challenge harmful social norms, advocate for cultural change, and create safer communities, and how women can engage men as allies in their efforts to end violence against women and girls. Across three sessions, participants will hear from global experts, showcasing innovative approaches to allyship, including partnerships with local organizations, creative storytelling, and youth engagement.

Three-tiered pricing: US\$25 for general admission; US\$20 for members; US\$10 for students.

All proceeds, less fees, go to the Zonta Foundation for Women International Service Fund to support global initiatives to address gender-based violence. Members who participate will have this donation count toward their Every Member Every November Zonta Foundation for Women giving total.

Recordings of all sessions will be available for everyone who purchases a ticket.

- 08:00 – 09:30 AM | Session 1: Victor Rivas Rivers- National Network to End Domestic Violence
- 12:00 – 1:00 PM | Session 2: Men Against the Tide film and discussion with filmmaker Priyali Sur
- 4:00 – 5:00 PM | Session 3: Ending GBV with Male Allyship

### 16 Days of Activism

25 NOV  
International Day for the  
Elimination of Violence Against  
Women



10 DEC  
Human Rights Day

# D2 Committee Corner

## Membership

Lt. Governor Iraina Gerchman

### District Membership 2020-2025

Year	Member-ship	Gain/Loss	%Net Gain/Loss	Young Professionals	Clubs	Z/Golden Z Clubs
5/2020	518				20	
5/2021	548	30	5.79	21	21	6
5/2022	544	-4	-0.73	21	21	
5/2023	534	-10	-1.84	30	22	
5/2024	502	-32	-5.99	26	23	9
5/2025	419	-83	-16.53	13	23	10

These statistics are from Zonta Internationals annual membership reports and were presented at the D2 conference along with the following questions:

- What does the data say?
- What might be the causes of the results?
- What are the possible consequences of the results?
- What are some actions we may take to change the results?

This would be a great agenda item for your club.

## New Members Since Spring Newsletter - Welcome All

First Name	Last Name	Club Name	First Name	Last Name	Club Name
Sheelah	Malagrida	ALBANY	Ashley	Weidel	OGDENSBURG
Margaret	Neri	ALBANY	Trisha	House	OSWEGO
OluBunmi	Ajao	BREWERTON, NY - FRIENDS FOR EQUALITY	Amy	DiVita	OSWEGO
Kiera	McShane	BREWERTON, NY - FRIENDS FOR EQUALITY	Abby	Jenkins	OSWEGO
Brenna	Baker	CHENANGO COUNTY	Krystal	Kennel	OSWEGO
Kathleen	Campbell	CHENANGO COUNTY	Megan	Mazzoccone	OSWEGO
Deborah	Flanagan	CHENANGO COUNTY	Lydia	Fosu	OSWEGO
Colleen	Ackley	CHENANGO COUNTY	Michelle	Attoh	OSWEGO
Jackie	Archambo	CHENANGO COUNTY	Sarah	Dorme	OSWEGO
Katlyn	Carnachan	CHENANGO COUNTY	Daniella	Agyemang	OSWEGO
Kelly	Collins-Colosi	CHENANGO COUNTY	Phyllis	Benyah	OSWEGO
Erica	Gage	CHENANGO COUNTY	Salymata	Cham	OSWEGO
Kisten	Giglio	CHENANGO COUNTY	Amy	Ka	OSWEGO
Patricia	Giltner	CHENANGO COUNTY	Saraswathy	Rajasekaran	OTTAWA, CANADA
Janette	Grainger	CHENANGO COUNTY	Aleena	Raza	OTTAWA, CANADA
Megan	Grainger	CHENANGO COUNTY	Fen	Li	OTTAWA, CANADA
Colette	Hall	CHENANGO COUNTY	Joseph	Evans	SCHENECTADY
Marie	Loughren	CHENANGO COUNTY	Robbin	Jorgensen	SCHENECTADY
Heather	McShane	CHENANGO COUNTY	Lisa	Prosser	SYRACUSE
Maria	Psaras	CHENANGO COUNTY	Calder	Page-Bryant	The ADIRONDACKS
Valerie	Rapson	CHENANGO COUNTY	Delice	Chase	The ADIRONDACKS
Kate	Tefft	CHENANGO COUNTY	Diane	Chase	The ADIRONDACKS
Billee	Hadar	ELMIRA	Jessica	Mulvey	The ADIRONDACKS
Laura	Vesey Rozell	GLENS FALLS	Ju Mi	La	UTICA
Cheryl	Hahn	GLENS FALLS	Emma	Puleri	UTICA
Katherine	Henley	GLENS FALLS	Jaiden	Aucter	UTICA
Rose	Snyder	GLENS FALLS	Marie	Tillman	WATKINS GLEN-MONTOUR FALLS
kelly	Demeri	GLENS FALLS	Deborah	Yeager	WATKINS GLEN-MONTOUR FALLS
Carolyn	James	KANATA-STITTSVILLE			

## D2 Committee Corner

UN Committee / Climate Committee

Eileen Gilligan

Welcome back to Fall! In District 2, we are so lucky to see the beautiful colors of our changing seasons - something Zontians in many other Districts can only see in pictures. Perhaps we should all pause to appreciate the good things that we value and identify with, as part of our heritage in the North American Northeast. And we should always consider how we can protect these treasures.

1

Our agenda at the UN has been moving along. In early September, Zonta hosted presentations by UNICEF. We learned that, in 2025, the UNICEF in-house budget has been cut by 75%!

Fortunately, Zonta continues to fund a UNICEF program called Laaha, which is an online tool for women and girls around the world to learn about their bodies and relationships. It's an attempt to provide information about staying healthy and safe. Here's a link to the tool. Take a look at it, and imagine you were a girl in a war zone or refugee camp or a child bride. I think it's well done, useful, and appropriate.

[Home | Laaha](#)

2

In the current 2024 - 2026 biennium, Zonta International funds the Laaha program with \$750,000 over 2 years. In the same time period, ZI funds UNFPA Ending Child Marriage Phase III with \$1,500,000 and UNFPA Climate Empowerment program in Madagascar with \$1,000,000. Our contributions are essential to these shared missions.

Recognizing that plastics have become a global pollution/health problem, there was an August meeting of the UNEP in Geneva to try to resolve international differences about plastic production and recycling, leading to a hoped-for Plastics Treaty. Differences were not resolved and there is no Plastics Treaty yet. Plastic production is tied to oil production, and several countries need/want to continue their oil and gas industries. So it's hard to reach an effective yet accommodating position on this issue. At Zonta, this month's Intercontinental Climate Think Tank meeting, open to everyone, will discuss this topic. The Zoom meeting is Sunday September 14 at 2 pm eastern time. If you don't get to attend, it will be recorded and available on the ZI website.

[Copy of Intercontinental Think Tank template](#)

3

Finally, at the UN, International Day of Awareness on Food Loss and Waste Reduction is September 29th. So, it's a perfect time to clean out the refrigerator and cabinets, and get organized about meal planning (i.e. plan to use up things that are almost expired). At least that's what I'm doing. And I will repeat what I said last Fall - to quote my grandmother - "Put on a sweater".

## D2 Committee Corner

Foundation Ambassador

Irene Orton



2 tables with Vera Bradley products that we offered for donations of \$10-\$20, \$25, \$50 or \$100. The products were end of the year items given to an employee to use as charitable gifts. People loved getting something for their donation!!!  
Early Holiday Shopping!!!

**Total collected:**  
**\$ 4,164**

I have never been so busy at my Foundation Booth as I was this past weekend. Of the 70 people registered for the conference, 67% or 2/3 participants gave.

TOTALS GIVEN:  
\$ 2025 CHECKS  
\$ 1120 QR CODES  
\$ 1019.00 CASH



Just a little side note, I could not believe how many people, even board members who did not know their club number!! Next campaign I will have a list of clubs and their numbers, right by my side!

Advocacy Committee  
Daniela Puerto



At both the district, USA Caucus, and International levels Zonta Remains Steadfast in our commitment to protecting women's rights and girls rights to a better and brighter future. At the district level we have given our support to the USA Caucus by signing initiatives that continue to advocate for women and children's overall health, climate justice, equal rights, ending child marriage, education, and ending gender-based violence. As we wrap up celebrating Day of the Girl, we must think forward to all of our actions to advocate for during our 16 days of Activism. Do not forget to share your club's advocacy highlights with me!

# Club Highlights - Area 1

Area 1 Director Debra Grobe Searles

## Zonta Club of Glens Falls

Presidents Karen Hartman & Stacey Wood



The Zonta Club of Glens Falls has had a busy fall so far. Our September and October member meetings have focused on member wellness. Members heard from a coach from the Livestrong Program through the YMCA in September, and in October, participated in a meditation session led by a Yoga Nidra Instructor.

Our club was proud to receive the Governor's Silver Bowl at the D2 Fall Conference on October 18th. We had the club with the most members in attendance. 15 members represented our club.

We collected period products as our October In-Kind Donation. Our collection went to a new nonprofit called CARE. It's mission is to assist students and families in the Corinth School District. Students are able to request specific needed items including hygiene products, clothing, and school supplies. They also provide weekend meals and operate a food pantry. The CARE project were very pleased and surprised with our donations. Thank you to our service chairs, Darlene Giblin & Barbara O'Connor.



The Zonta Club of Glens Falls Foundation recently granted \$1,000 checks to each of five local food pantries. We strongly felt that our community was in need of support with recent events and withholding of government benefits. We delivered checks to Family Service Association of Glens Falls, Comfort Food Community, Open Door Mission, Moreau Community Center, and North Country Ministries. Kathleen LaBelle, Foundation President with with Director of Family Services, Kim Sopczyk.

# Club Highlights - Area 1

Zonta e-ClubNY 1

President Irene Orton



The e-Club of New York 1 was very busy this fall preparing for the District conference in October at Vernon Downs. Several members spent several days and nights cutting, pressing and sewing the donated fabric to make 35 large tote bags to be filled by clubs in the district for domestic violence shelters. Many hands (including our Area Director) several days and good ZONTA time together!!! Final presentation to the Fall Conference with Irene Orton, MaryAnn Morreale and Souella Cumming.

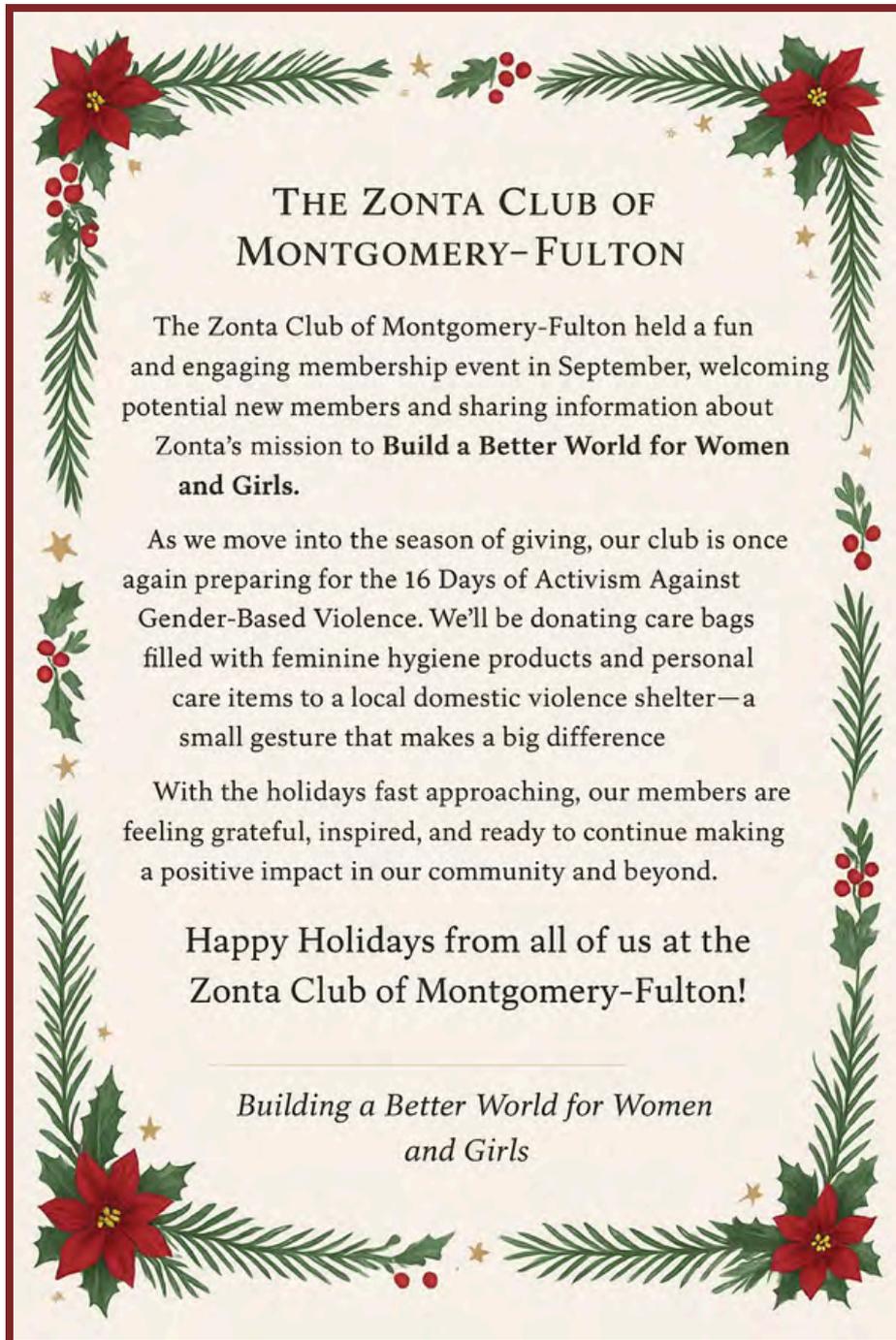


The project continues with our Area 1 Director, Debra Grobe pitching in to help us meet our goal.....25 completed bags!

# Club Highlights - Area 1

Zonta Club of Montgomery Fulton

President Liz Tesiero



***“I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude.” Brene Brown***

# Club Highlights - Area 1

## Zonta Club of the Upper Hudson Valley President Celeste Alexander



Pictured above, Celeste Alexander, President of Zonta UHV, accepting Club of the Year award with gratitude and surprise!

### Raised money at Boscov's

Each fall, Boscov's holds its largest annual fundraising event, "Friends Helping Friends." Customers receive a 25% Off coupon after donating \$5 to a partnering non-profit organization, and the non-profit organization keeps 100% of the shopping pass donation proceeds.

Zonta Club of Upper Hudson Valley participated again this year. Zonta UHV member Kathy Schreiner-Smith organized the fundraiser, which was held on October 22 in Colonie, NY. More than 60 coupons were sold in all and over 300 dollars were raised. Kathy then used the proceeds to purchase items for the domestic violence shelter, taking advantage of the same 25 percent coupon. Also manning the tables were Betty Sundstrom, Pat Corbett, Kathy Schreiner-Smith, Densy Dyer, and Courtney Hunt, Frugal and festive!

### Awarded Club of the Year

Zonta Club of Upper Hudson Valley was honored to receive the Governor's Award for "Club of the Year" at the 62nd District Two Conference held in Vernon, New York in October.

The Governor's Award is a district-level honor recognizing an individual or club's outstanding service to Zonta's goals and the advancement of women. This year our club showed a willingness to step up and work together as a team by, among other things, hosting the district workshop in May.

### Attended District Two Conference

Zonta UHV president Celeste Alexander, along with Zontians Betty Sundstrom, Pat Corbett, Kathy Schreiner-Smith, Roberta Moseley-Nero, Densy Dyer, Olivia Dyer and Deborah Otlowski attended the three day District 2 conference. Events included participation in the business of District 2, filling up To Go Bags for women who arrive at women's shelters with nothing and getting the chance to meet Zonta International Board Representative Souella Cumming from Wellington, New Zealand as well as Anna Taylor, recipient of the Amelia Earhart Scholarship for her work in planetary sciences at the University of Arizona. A great time was had by all!



# Club Highlights - Area 1

## *Zonta Club of Schenectady President Daniella Puerto*

We celebrated day of the girl-child with our Growing Strong Women program during our October meeting. This included a panel discussion focused on organizations that serve and advocate for girls in our community with KP Evans (Club VP, Program Chair) as moderator and (L to R) Ashli Fragomeni, CEO of Girls Inc. of the Capital Region; Shavonne Sanders, Founder and ED of My Daughters and Me (MDAM); and our club President, Daniela Puerto, VP of Working Group on Girls of Schenectady (WGGG).



Club members KP Evans, Daniela Puerto, and Robbin Jorgensen pose for a picture at YWCA NENY's Take Back the night, Wendi Gapczynski also in attendance, but not pictured.

In September our members walked in the Schenectady Out of The Darkness Walk to prevent suicide. One of the many advocacy causes we are passionate about. Picture includes the following members: Susan Senecal, Joe Evans, Deb Eaton, Rachel Moore, Robbin Jorgensen, Daniela Puerto, Melanie Puerto Conte, and Patsy Joinnides.



## Club Highlights - Area 2

Area 2 Director Dianne DiMeo

### Zonta Club of Utica

President Claudia Jasinski

Although the state of New York requires that schools provide menstrual products for students, there is currently a lack of funding to support the legislation. The Zonta Club of Utica is proud to collaborate with the Women's Fund of Oneida and Herkimer's Period Project which works with School Nurses across the two counties to give students access to menstrual products and other personal hygiene items. This is the second year we have participated with The Women's Fund Period Project to support girls in our local schools.



Zonta Club of Oswego  
President Kristen LaBarge

In recognition of Zonta's campaign to say NO to gender-based violence, join us for a discussion of "She Said: Breaking the Sexual Harassment Story That Helped Ignite a Movement" by Jodi Kantor & Megan Twohey on Tuesday, December 2 at 7 PM at River's End Bookstore in Oswego.

Co-hosted by Zonta Club of Oswego & OCO, Inc. Services to Aid Families

You don't need to have read/finished the book to join us in discussion.

Event is free, RSVP is appreciated at [OswegoZontaClub@gmail.com](mailto:OswegoZontaClub@gmail.com) or online [here](#).

For questions or to request accommodations to attend the event, please contact [OswegoZontaClub@gmail.com](mailto:OswegoZontaClub@gmail.com)

Learn more about Zonta Says No during 16 Days of Activism at <https://zontasaysno.com/>

# International News

## Virtual Art Gallery

### Envisioning a gender-equal sustainable future through the arts

We are bombarded with the science and numbers of climate change, and for many people the numbers are meaningless. However, through the arts, we can connect with our feelings and emotions and cut through the numbers to better understand the problems and the possible futures we can create.



Zonta invites you to use your art and passion to promote gender-equal climate action.

Climate change disproportionately impacts women and girls and has been described as a 'women's rights crises', by the United Nations Secretary-General, Antonio Guterres.

What can we do about it? Zonta International released its Statement on Climate Change: a gender equality issue with recommendations for governments and Zontians to achieve climate justice – and has established Zonta Says NOW to gender-equal climate action to put the Statement into practice.

Zonta Says NOW is also guided by the Sustainable Development Goals, the Paris Climate Agreement, the Sendai Framework for Disaster Risk Reduction, the Commission on the Status of Women activities, and the climate-related recommendations of the U.S. Women's Caucus at the United Nations.

The way forward is quite clear. We know what we need to do. But how do we overcome inertia? What will it take to get us out of our comfort zones to take gender-equal climate action?

We use two brain regions when we decide to act: the neocortex, which handles logic and language, and the limbic, which deals with emotions and feelings.

Traditionally, our resources have focused on logic and language, yet the logical neocortex controls only 25% of our decisions. The emotional limbic brain is far more powerful as it is responsible for 75% of our behaviors and decisions, and this is where the virtual art gallery comes in.

The artworks in the virtual art gallery will connect with our emotions while raising awareness of gender and climate issues. Each artwork will have a detailed description to educate, advocate and inspire action in our local communities, districts, and regions globally. Additional guidelines are available.

Artwork will be categorized on the website by year of submission. Example: 2024, 2025 and so on. Submissions for 2026 are open NOW. [Visit the website for guidelines and submission instructions.](#)

This year's Virtual Art Gallery will go online on Wednesday, April 22, 2026. (United Nations Mother Earth Day)

Promote participation at your club with our [promotional video](#)

# International News

## Zonta International Convention 11-14 July 2026

For complete Convention information visit  
<https://www.zontaconvention.com/>

Find details on the following items:

- Registration
- Accommodations
- Air Canada
- Tours
- Schedule



Clubs: Think about who will carry your Proxy at Convention.



### Thanksgiving Trivia

- About how many pumpkin pies are consumed every Thanksgiving?
- How much does the average Thanksgiving turkey weigh?
- When did canned cranberries first come about?
- Statistically, what is Americans' favorite Thanksgiving side dish?
- What state consumes the most turkey every Thanksgiving?
- How many Americans prefer Thanksgiving leftovers to Thanksgiving dinner?

Credit: <https://sustainability-directory.com/>  
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[Answers can be found here.](#)