

# Smoke Signal April 2013

Volume 19, Issue 11

President, Wendy Henry-Moraskie Editor, Judy McNerny

## Research Proves—Zonta Is Good for Your Health

### Special points of interest:

- Zonta Is Good for Your Health
- 2013 Day of Film successful

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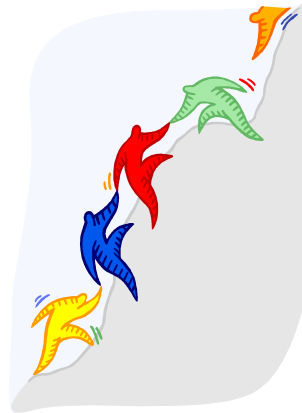
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The first of the Objects of Zonta International is “To improve the legal, political, economic, educational, health, and professional status of women at the global and local level through service **and advocacy.**” Most Zonta clubs work on this goal in a variety of ways—**sometimes by members’** personal donations but often with members working together to raise money for agencies that provide services to women in need and by volunteering their time to such charities.

The [Cleveland Clinic website](#) reports that studies find the following health benefits associated with this kind of activity:

- Lower blood pressure
- Increased self-esteem
- Less depression
- Lower stress levels
- Longer life
- Greater happiness

A University of California (UC), Berkeley, study found that people 55 and older who volunteered for two or more organizations were 44 percent less likely to die over a five-year period than those who **didn't volunteer** — even accounting for many other factors including age and negative habits like smoking.



Biologically, giving can **create a “warm glow,”** activating regions in the brain associated with pleasure, connection with other people and trust.

In a 2006 study, researchers from the National Institutes of Health studied MRIs of subjects who gave to various charities. They found that giving stimulates the reward center in the brain, releasing endorphins and creating what is known as **the “helper’s high.”** And like other highs, this one is addictive, too.

An article on the [UC Berkeley Greater Good Science Center website](#) says that giving is good for you in other ways.

Giving promotes social connection. When you **give, you're more likely to** get back: Several studies suggest that when you

give to others, your generosity is likely to be rewarded by others down the line—sometimes by the person you gave to, sometimes by someone else.

Such exchanges promote a sense of trust and cooperation that strengthens our ties to others—and research has shown that having positive social interactions is central to good mental and physical health.

**What's more, when we give to others, we don't** only make them feel closer to us; we also feel **closer to them.** “Being kind and generous leads you to perceive others more positively and more **charitably,”** says psychologist Sonja Lyubomirsky in her book *The How of Happiness*, **and this “fosters a** heightened sense of interdependence and cooperation in your social **community.”**

Whether you give or receive a gift, the gift can elicit feelings of gratitude—and research has found that gratitude is integral to happiness, health, and social bonds.

One study found that teaching college students

continued on page 7

### April Club Meeting Details



**Pakistani women in a meeting organized by the UN**

**Where:** Embassy Suites Hotel  
7525 E. Hampden Avenue  
Denver, CO 80231

**When:** Thursday, April 11, 2013  
5:30pm – Social Hour  
6:00pm – Dinner

**Menu:** Mixed greens with dried cranberries and walnuts, chicken scaloppini, and apple pie for dessert

**Cost:** \$32.00

**Greeter:** Kathy Hyzer

**Inspirational Moment:** Barb Pellegren

**RESERVATIONS:** Please RSVP to Judy Allen before 10am Monday, April 8, 2013, at 720-286-5012 or email her at [Judith.allen@ch2m.com](mailto:Judith.allen@ch2m.com). **Don't call her** home phone or use personal email. If you have a special diet request please let Judy know this too.

Please call or email your guest names also. When you have a guest (first time or another

visit) you are responsible to pay for the dinner if your guest is unable to attend.

**Don't forget to RSVP if you are not on the Permanent Reservations list or to cancel if you are on the list and are unable to attend.**

**PROGRAM:** Our April speaker, Megan Sheehan, will take us across the globe. Megan has worked with Catholic Relief Services in a number of countries, including Pakistan, Iran and Syria.

Megan is currently working as a legislative aide in Governor Hickenlooper's Office of Legislative Relations, Intern for Denver Women's Commission at City and County of Denver, Strategic Communications Specialist at Colorado Enterprise Fund, and Assistant Director, Basic Services Team at St. Francis Center.

Her academic education has included the Johns Hopkins University Paul H. Nitze School of Advanced International Studies and Notre Dame University.



**Happy April birthdays to Gayle, Robin, Sue R and Alice!**

### Why do they lock gas station bathrooms? Are they afraid someone will clean them?

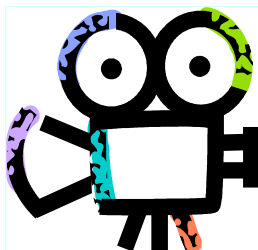
### Permanent Reservations

We are charged for the number we guarantee for our dinner meetings, so we must bill a member who makes a reservation but **doesn't** come (or who forgets to cancel a permanent reservation). The following members have permanent reservations:

- Judy Allen
- Evie Ashmore
- Mary Benoit
- Alice Borodkin
- Julie Bradley
- Sheila Davis
- Mary Lou Edwards
- Nikki Headlee
- Cynthia Herndon

- Kathy Hyzer
- Kate Linscott
- Judy McNerny
- Nancy McWhirter
- Wendy Moraskie
- Linda Rhea
- Dorothy Swindt
- Julie Walker

Consider adding your name to the list.



### Our 2013 Day of Film Sponsors—thank them, patronize them!

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**Paul Docktor M.D.**  
Namaste Photo  
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eMail: [docktorpaul@mac.com](mailto:docktorpaul@mac.com)

## COMMITTEE REPORTS

### Fundraising

Thank you all for another great film event this year, *Girl Rising* was such a great success and we should be proud to be part of the 10x10 effort to raise awareness in the world about the importance of education of girls.

We had an almost 100% effort from our membership in planning and participation in the event! The club also encouraged and had participation from all the clubs of area 3! We need to make sure when they announce fundraisers at their clubs (see flyer at page 15) that we support their fundraising efforts too!

Even with the sudden snow storm the night before we filled the theatre and all enjoyed the wonderful brunch afterward, partially sponsored by Stellar Catering, Drip Coffee, Embassy Suites, Whole Foods and members of the

fundraising committee. Thanks Kathy H for the yummy Mimosas!! Be sure to patronize them and the sponsors who donated money for the event.

We will be featuring our generous sponsors in the *Smoke Signal* and of course on our website, and also great pictures of the event done by Dr. Paul Docktor. Paul once again donated his time and took great photos. Want to see them? Go to the Photo Gallery on our website!

I also want to thank our marvelous fundraising committee without whom there would be no event. The generosity of their tireless efforts all year long surprised and overwhelmed me! They worked on finding sponsors to donate money and food, made sure sponsors got thanked, planned menus, scoured the

Internet for possible films and viewed the short list of films so that we could make sure we had a great one for the event, met with the film society, and worked countless hours on all the little details.

The Day of Film raised **\$9000 (net)** for next year's grant winners! We have all our bills paid but if there is one more bill out there make sure you get it to Nikki or me.

Fund-raising committee members are: Mary Benoit, Amanda Hasty, Nikki Headlee, Cynthia Herndon, Cathy Linscott, Sue Relihan, Mary Sparacino and Julie Walker! Thank you from the club!!

—Julie



Wendy with Rediate Tekeste, *Girl Rising* producer

**“The Day of Film raised \$9000 (net) for next year’s grant winners!”**

### Club Treasurer



Just a reminder that ALL the financials are posted on our web site

under Members Only. Our money is in good shape.

The fundraiser was a wonderful success in spite of the snow and increased

expenses. We netted right around \$9,000. About 75% of the club participated.

—Nikki



Guests at Day of Film Reception

**Our 2013 Day of Film Sponsors—thank them, patronize them!**



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[havenfriends.org](http://havenfriends.org). (You should click on the Events tab, where they promoted our Day of Film!)

Girls Inc. of Metro Denver:

Girls Inc. accepts applications for individual volunteers for, among other things, homework help, tutoring, and administrative help. There is usually a volunteer orientation session and then, depending upon the program, certain hours available to volunteer.

Also, the Girls Inc. website suggests volunteering as a group for things such as tutoring (see above), putting together an art/science/dance/etc. workshop (on-going or one-time), deep cleaning and organizing their offices on a weekend (one-time).

If you are interested in volunteering at Girls Inc. of Metro Denver as a group, contact the Volunteer Coordinator. All volunteers, individual or group members, must fill out a volunteer application.

For more information go to [girlsincdenver.org](http://girlsincdenver.org).

Open Door Ministries:

Here are some volunteer opportunities for Still Waters (Esther, Chayah and Treasure House):

- Build a friendship with one of the women in the houses and come alongside her as she makes steps toward self-sufficiency

- Babysit in the morning or evening during the week so that the single mothers can attend parenting class, Bible study, education classes and work

- Help the women run errands (doctor's appt., dollar store, etc.) one weekday morning or afternoon.

- Adopt a house and get to know the directors and residents through special dinners, events, Bible studies, mentoring

- Help with administrative tasks such as filing, copying, mailings, etc.

For further information please contact [allie.odm@gmail.com](mailto:allie.odm@gmail.com).

You will find more volunteer opportunities under Join Us on [ODMdenver.org](http://ODMdenver.org).

Work Options for Women:

WOW has volunteer opportunities for people with the right skills—

Job Coaching - One-on-one job coaching with WOW students.

Culinary Kitchen Volunteer Instructor - Training

students in the WOW kitchen.

For required qualifications call (720) 944-1912.

One of the easiest ways to get involved with WOW is on Facebook, where volunteer announcements and updates are posted.

Monetary donations allow WOW to grow the program and physical items are always needed too. Below are some key items that WOW can use now.

1. \$25 Wal-Mart gift cards (for TredSafe Shoes)
2. Box of black sharpie markers
3. Packets of white undershirts - men's S - XXL
4. Mini 2013 planners
5. Flash drives
6. Portfolios for job search
7. Hygiene items (deodorant, women's foundation for tattoo cover-up, combs, etc.)

To schedule a donation drop off, please email [kaitlyn@workoptions.org](mailto:kaitlyn@workoptions.org) or call Kaitlyn at (720) 944-1920.

WOW's major fundraiser is coming up soon—see the details on page 17.

Finally, go to Get Involved at [workoptions.org](http://workoptions.org).

—Cathy



Friends of THE HAVEN

***“Build a friendship with one of the women and come alongside her as she makes steps toward self-sufficiency .”***



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OPTIONS FOR  
WOMEN

**The Delores Project—Share at Carmine's on Penn**



**Share dinner at Carmine's on Penn**

Enjoy an evening of fine food and joyous company benefiting The Delores Project. Mark your calendar for Tuesday, May 7 for the annual Share dinner at Carmine's on Penn (92 S. Pennsylvania St., Denver),

hosted by co-owner Brad Ritter, and event chair Kathy Meehan. Women of The Delores Project will be dinner guests at the restaurant and donated proceeds from other patrons will support TDP

programs. Tickets for the Prix Fixe dinner are \$45 (excluding beverages, tax and gratuity). For reservations, please contact Carmine's on Penn at 303-777-6443 or visit [www.carminescolorado.com](http://www.carminescolorado.com)

**"If you obey all the rules, you miss all the fun." Katherine Hepburn**

**On to the next fundraiser: ZCD Annual Garage Sale**

Garage Sale!!! May 18th! (Snow or rain date May 25th) **Cynthia's house: 1360 Glencoe** in Denver.

Wanted: All your unwanted spring cleaning items, unwanted furniture left over from that remodel you did of your house, those odd Christmas gifts that you looked at under your tree and said "What? !&\$%#\*" and just any items you no longer need or want.

You may start bringing your garage sale items to **Cynthia's house now but be sure to call her to schedule a drop off** – and if at all humanly possible please price your items ahead of time! If you need assistance to get something to **Cynthia's house (you have a large table and a small car – please contact me and we will arrange a pickup of the item).**

We will be gathering at **Cynthia's house and pricing** any unmarked items on Friday, May 17th (all day long), and starting out bright and early on the morning of Saturday, the 18th, selling our hearts out!

In previous years we have sold anything from tools, tires, books, baby items, cooking pots & pans, candles, Christmas items, holiday decorations, blankets & sheets, **electronic items, TV's,** phones, basketballs, baby toys, jewelry, household trinkets.

We will try to have a section for books so that they do not need to be marked (we will have a sign for that) and gently used costume jewelry on a display table – so weed out that jewelry case of unworn jewelry items!

Please remember to look for an email that will allow you to sign up online (sign-up sheets will also be at the April and May club meetings) to help with sorting and pricing, setting up of garage sale items in the morning of the garage sale – and/or for sales during the day! As always, leftover items will be donated to The Salvation Army unless they are marked for you to pick up if unsold. All proceeds will benefit the club.

Our PR committee will be advertising this event in the **Denver Post** classified ads. But you know this neighborhood looks forward to coming to our sale EVERY YEAR!

Thanks!

—Julie B

***"Enjoy an evening of fine food and joyous company benefiting The Delores Project."***



**2013 Day of Film—Q & A with Rediate**

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continued from page 1

to “count their blessings” and cultivate gratitude caused them to exercise more, be more optimistic, and feel better about their lives overall. Another found that expressing gratitude to a close friend or partner strengthened a sense of connection to that person. Moreover, when we give, we also spur a ripple effect of generosity through our community.

A study by scientists with the Harvard and UC San

Diego medical schools showed that when one person behaves generously, it inspires observers to behave generously later, toward different people. In fact, the researchers found that altruism could spread by three degrees—from person to person to person to person. “As a result,” they write, “each person in a network can influence dozens or even hundreds of people, some of whom he or she does not know and has not met.”

This issue reports on the success of ZCD’s 2013 Day of Film, raising \$9,000 for service grants in 2014.

The Service Committee reports this month on ways members can give of time and talent in a variety of ways to support the efforts of our 2013 grant recipients.

If you don’t take advantage of the opportunities Zonta offers to help others, science proves—you’re just hurting yourself!



Getting ready for the 2013 Day of Film

### MARCH MEETING MINUTES

Meeting was called to order at 6:04 p.m.

Amanda Hasty Melvin gave the inspirational moment about the value of learning from other cultures and meeting people with your whole heart.

The February minutes were approved.

Advocacy Chair Mary Lou Edwards introduced Chaer Roberts for the club’s recognition of her service to women since 1965.

Amy Blackwell of the American Association of University Women was the

programmed speaker and told attendees about the AAUW’s various programs and their work for women. For more information on the group’s research into trends of women in STEM careers and their “Thank or Spank” program for legislators, visit [AAUW.org](http://AAUW.org).

Committee reports are in the *Smoke Signal*. Two thank you notes were received from February grantees and will be sent to the *Smoke Signal* editor for inclusion in the next issue.

Under New Business,

members were reminded of the Area 3 meeting on April 13, that ZCD is hosting at Metro and Kathy Hyzer reported on the slate of 2013 – 2014 officers.

Holders of the Zonta Rock and the door prize were not in attendance, so those activities will be resumed at the April meeting.

Hearing no further business the meeting was adjourned at 8 p.m.

Submitted by Wendy Moraskie for Julie Walker, Secretary

“When we give, we also spur a ripple effect of generosity through our community.”

### Job Opening—Zonta Librarian \*

**Duties: bring Zonta traveling library to and from club meetings. Help members share books they enjoyed with other members.**

**\* This rewarding position rotates and Evie needs to share the fun!**

### Our 2013 Day of Film Sponsors—thank them, patronize them!



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2013 Day of Film—after the film



2013 Day of Film—  
after the film



**THE DELORES PROJECT**  
SHELTER AND SERVICES FOR HOMELESS WOMEN

**Items of the Month**

- Powdered laundry detergent
- Bleach
- Paper towels
- Liquid dish soap
- Liquid hand soap
- [thedeloresproject.org](http://thedeloresproject.org)

**Save the Date**

**Thursday, June 6<sup>th</sup>**

**6pm to 9pm**

**The Delores Project  
Summer Fundraiser**

**Space Gallery**

**765 Santa Fe Drive, Denver**

**More details to come!**

***“Free The Girls  
is working  
with safe  
houses in  
Africa to help  
women get out  
of the sex  
trafficking  
trade.”***

**NOMINATING COMMITTEE**

The following slate of candidates for the club board and nominating committee for 2013-2014 presented by the Nominating Committee at the March meeting will be voted on in April:

- President: Wendy Moraskie
- President-Elect: Mary Benoit
- Vice President: Judy Allen
- Secretary: Laurie Peterson
- Treasurer: Kathy Hyzer
- Directors:

2013-2014: Julie Bradley

2013-2015: Nancy McWhirter  
Katie Boysen

Mary Lou Edwards will complete her 2012-2014 term.

Nominating Committee:

- Joetta Williams
- Cathy Conley
- Jacki Sammons

Respectfully submitted,  
Joetta Williams  
Kathy Hyzer  
Jacki Sammons

**DON'T BURN YOUR BRAS—DONATE THEM!**

I am collecting "gently used bras" from every woman I know to help an organization called Free The Girls. They started the 501c3 2 years ago and have

collected over 70,000 bras and are working with safe houses in Africa to help women get out of the sex trafficking trade by creating a business to sell these bras.

Go to [www.freethegirls.org](http://www.freethegirls.org) for more information.

I have spoken with Debbie Squires and she has agreed if you and your club are interested in helping to



2013 Day of Film—  
enjoying the food

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**IWSS** METROPOLITAN STATE UNIVERSITY OF DENVER  
Institute for Women's Studies and Services



collect the bras at your monthly meetings and bring them to the Area 3 meeting April 13th, I will collect and take them to a drop off site.

Feel free to reach out further in your network of

girlfriends to help. I have successfully collected bras from my family, my church, our local chambers, women's clubs and etc. totally over 300 bras. The goals for Free

The Girls this year is 100,000 bras.

Thanks for your help,  
Judy Crenshaw,  
President,  
Zonta Club of Douglas  
County



**2013 Day of Film  
Zontians and guests**

**NEW MEMBER**

Katie Boysen originally hails from Laramie, Wyoming and is a proud alumni of the University of Wyoming. While a student, she participated in a year-long study abroad program in Chengdu, China that utterly and completely changed her life. After returning, she just **couldn't shake the itch** to go abroad again and do something more with her time. In 2007, she joined the Peace Corps.

Katie served in Vardisubani, Georgia. Her primary job was teaching English, but when she saw the way women and girls were viewed by the men in her new community and the way women and girls viewed themselves, her

focus shifted. Katie served as Finance Chair for the Girls Leading Our World (GLOW) camp and raised over \$17,000 for the camp. She served as logistics and curriculum chair for Self-Esteem through Leadership and Fitness Camp – a camp dedicated to introducing girls to sports and reshaping their ideas of body image and health. She was also a member of the Women and Development/Gender and Development Committee and co-hosted a business development workshop for women in her regional capital.

After returning from Peace Corps, Katie worked for the Wyoming **Women's Foundation** and joined The Zonta Club of

Laramie before moving to Denver to go to graduate school. During graduate school, Katie interned and then contracted with **the Women's Foundation** of Colorado. Katie is now the Program Director for Smart-Girl, Inc. Smart-Girl is a research based, gender specific, enrichment and prevention program that is curriculum driven and developed around the theory of Emotional Intelligence. Katie is also a member of the Young Professionals Board of Directors for Project **C.U.R.E.** When she's not at work, Katie loves to knit and watch movies or read Young Adult Science Fiction novels.

***“A study-abroad program in Chengdu, China completely changed Katie's life.”***

**A good example has twice the value of good advice.**

**Our 2013 Day of Film Sponsors—thank them, patronize them!**



**2013 Day of Film  
Zontians and guests**



**THANK YOU LETTERS**



**Chaer Roberts and Mary Lou Edwards**

march 17, 2013

Dear Zontans:

Thank you so much for your recognition of my WORK as Director of the Denver Women's Commission. And for the yellow roses. That was (so thoughtful. I look forward to continuing a partnership thru my work at Colo Ctr on Law & Policy, AS

Well as thru the Women's Lobby of Colorado.

Keep up the good work

Chaer Robert

**Tests Before Having Children—Test 2**

To discover how the nights will feel:

1. Walk around the living room from 5pm to 10pm carrying a wet bag weighing approximately 4 - 6kg, with a radio turned to static (or some other obnoxious sound) playing loudly.
  2. At 10pm, put the bag down, set the alarm for midnight and go to sleep.
  3. Get up at 12pm and walk the bag around the living room until 1am.
  4. Set the alarm for 3am.
  5. As you can't get back to sleep, get up at 2am and make a cup of tea.
  6. Go to bed at 2.45am.
  7. Get up again at 3am when the alarm goes off.
  8. Sing songs in the dark until 4am.
  9. Put the alarm on for 5am. Get up when it goes off.
  10. Make breakfast.
- Keep this up for 5 years.

***“I look forward to continuing a partnership through my work at Colorado Center on Law and Policy.”***

**WHEN A WOMAN SAYS “WHAT?”  
IT'S NOT BECAUSE  
SHE DIDN'T HEAR YOU.  
SHE'S GIVING YOU A CHANCE  
TO CHANGE WHAT YOU SAID.**



**Mary Lou Edwards and Amy Blackwell**



**Our 2013 Day of Film Sponsors—thank them, patronize them!**



**THE DELORES PROJECT**  
SHELTER AND SERVICES FOR HOMELESS WOMEN

February 20, 2013

Zonta Foundation  
Zonta Club of Denver  
PO Box 2665  
Denver, CO 80201-2665

Dear Friends,

On behalf of the board, staff and women served at The Delores Project, thank you for your gift of \$5,000 received on 2/14/2013. Your support helps us fulfill our mission of providing safe, comfortable shelter and individualized services to unaccompanied women experiencing homelessness.

Our vision here at The Delores Project is that every woman has access to the services needed to reach her potential and fulfill her dreams. That includes women like Sarah, a Liberian refugee, tortured in her home country, who now seeks legal amnesty and mental health services to recover from post traumatic stress disorder. One woman said "You gave me dignity just by remembering my name and you made it possible for me to trust you."

You are most certainly part of The Delores Project family – a group of organizations and individuals committed to ensuring that homeless women have a place that consistently meets their needs. That includes basic human needs such as food, shelter and hygiene as well as emotional needs such as trust, dignity and hospitality. One of our recent guests said "I hadn't trusted anyone for a very long time, and to successfully negotiate the world you need to be able to have trusting relationships."

The Delores Project is a 501 (c)(3) Colorado non-profit corporation. Our federal tax id number is 20-1122039 and you have received no goods or services in exchange for this donation. Thank you for your ongoing commitment to the women of The Delores Project. Because of you, women experiencing homelessness can once again have hope for their future.

Warm regards,

A handwritten signature in black ink that reads "Terrell".

Terrell Curtis  
Executive Director

A handwritten note in black ink that says "Thank you!!" with two exclamation points.



## Open Door Ministries

PO Box 18018 • 1530 Marion Street  
Denver, CO 80218-0018

(303) 830-2201 • (303) 864-0314 Fax  
[www.odmdenver.org](http://www.odmdenver.org)

February 25, 2013

Zonta Club of Denver  
PO Box 2665  
Denver, CO 80201

Dear Evie & Nancy,

Thank you for your partnership with Open Door Ministries, specifically our Still Waters Housing (SWH) program. Barbee, our SWH Director, and I were honored to join you on February 14<sup>th</sup> for your club meeting and the presentation of checks. It was wonderful to be able to spend time with you, learn more about Zonta Club of Denver and meet additional members.

We are also looking forward to the Day of Film Festival featuring "Girl Rising" on March 9<sup>th</sup> and have promoted it to our staff, Board, Advisory Council, donors and volunteers.

Thank you again for your partnership and we will be sending you a report in the next 6 months sharing the progress that has been made with the funds from Zonta Club of Denver for helping women pursue higher education to make a better life for them and their children.

Sincerely,

Ashley Roberts  
Grants Coordinator

## President's Message

It's spring! And, with apologies to Alfred, Lord Tennyson, that's when a zcd member's fancy turns from the annual Day of Film to the annual yard sale.

Wrapping up the Day of Film, congratulations again to all of us who worked hard before, at and after the event, especially Julie B and her committee, and the ladies who encouraged donors to support the event, and.... and.... and... Thank you.

Calling for gently-used bras at the April 11 meeting, and/or the April 13 Area 3 meeting. A 501c3 organization called "Free the Girls" is using them to launch small businesses for women in Africa to help them get out of sex trafficking. This is just the place for that bra that looked great in the store, but never quite made it into the rotation. See page 8 for more.

In case I haven't bent your ear about this enough yet,

ZCD is hosting the Area 3 meeting on April 13. It's at Metro and will feature Jeanne Ritter as a speaker, some information that we can all use to gain greater visibility (and maybe more members) for Zonta, and wrap up with a hands-on service project to benefit homeless women. Register online at BlackTie or send a check to Julie B today.

Did the snow change your plans for the Day of Film? You won't want to miss the camaraderie, aerobic exercise and people-watching at the annual yard sale. We hear each year that people look forward to the notices in the paper and on the light poles near Cynthia's house. I have a couple friends who time their spring cleaning to coincide with donating to the yard sale—they like to know their gently-used goods are going to a good cause. This year the sale is May 18 with a pricing day prior to that.

So now is the time to decide

if you really need two electric skillets, if you're really going to re-finish that chair, and if you really need to keep those clubs because you'll take up golf when you retire. Something in that surplus of stuff may be just the treasure a yard sale shopper is looking for, and the funds it will generate can contribute toward next year's grants to our worthy organizations.

In addition to feeling good about your indirect contribution toward the grants, de-cluttering itself is good for you. A recent UCLA study found that just looking at clutter raised stress levels in test subjects, and getting rid of clutter had long-term effects on blood pressure. (They had to do a study? They could have just asked us before and after last year's sale.)

I knew it: Zonta is a miracle cure! That has to be the reason we all look so good!

—Wendy



President Wendy

***“Zonta is a miracle cure! That has to be the reason we all look so good!”***



Julie, Wendy and Rediate at 2013 Day of Film



Wendy making introductions

All Zonta Club members are invited  
to the 2013 Area 3 Meeting...

## Vision. Commitment. Transformation.

April 13, 8 a.m. - 2:30 p.m., on the Auraria Campus

**\$35 includes:**

- ~an expert presentation on publicity for non-profits
- ~an overview of PBS's Women and Girls Lead project
- ~a hands-on service project for homeless women currently served by the Vounteers of America
- ~breakfast and lunch

**Featured speakers:**

- ~Former Colorado First Lady Jeanne Ritter
- ~Sandi Gabel, PR director for the Salvation Army, and
- ~ZCD scholarship winner Jennine Jeffries

**Hosted by Area 3 Director Debbie Squires  
and the Zonta Club of Denver**

To register online, go to <http://www.blacktie-colorado.com/rsvp>  
and enter event code: ZAM413 (All one word, not case sensitive)

To register by post, send your check to  
Julie Bradley, 2179 Pinon Cir., Erie, CO 80516



When Jeannie Ritter became Colorado's First Lady, she knew immediately that mental health would be her official cause. Advisers questioned her choice and encouraged her to take on something with more "universal appeal." But Jeannie was adamant and for four years, she helped bring unprecedented attention to mental health in Colorado.

She now serves as a Mental Health Ambassador for recent ZCD grant recipient, the Mental Health Center of Denver.

 **Zonta Club of  
Douglas County**  
*Member of Zonta International*



Save the Date! We're playing Trivia on...

**Saturday, April 20, 2013**

**5:30-9:30 p.m.**

**Kirk Hall, Douglas County Fairgrounds, Castle Rock**

**Do you LOVE trivia and want to play?**

**Team of 6 - \$210 per team (\$35 each)**

Deadline to play: Tuesday, April 9th

**Email Mary Reed at [MaryLReed@Yahoo.com](mailto:MaryLReed@Yahoo.com) or call 303-814-0595 to reserve your team.**

**Want to be a Sponsor?**

Deadline to sponsor: Tuesday, April 9th

**Contact Judy Crenshaw at [JudyCrenshaw@hotmail.com](mailto:JudyCrenshaw@hotmail.com) or call 303-688-9107.**

**Would you like to contribute to our Silent Auction?**

Deadline to contribute: Tuesday, April 9th

**Contact Sue Nissen at [SueNissen3@gmail.com](mailto:SueNissen3@gmail.com) or call 303-204-2452**

**Trivia Forms and Documents Here!**

**Tables are selling out fast. Act NOW while there is still room!**

*Funds raised from our Trivia event directly support our community in the form of  
scholarships and grants.*

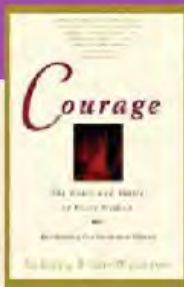
Let's have some fun!

Judy Crenshaw, President  
Zonta Club of Douglas County  
[JudyCrenshaw@Hotmail.com](mailto:JudyCrenshaw@Hotmail.com)  
303-688-9107

# You are Invited

## Support Single Mom's and High School Young Women in Our Local Community!

### Meet the Author



### Courage



by Sandra Ford Walston (Celebrity Author)

Sandra Ford Walston, The Courage Expert and innovator of StockThinking™ is an organizational effectiveness consultant, speaker, corporate trainer and a courage coach, specializing in understanding courageous leadership, women's courage leadership actions, the ethical behaviors of courage and individual personalities that focus on the tricks and traps of the human condition.



### Angelic Dreams: Poetry Book



by Dixie Daly (Guest Author)

As the fifteenth of seventeen children she could have settled for a life of hand-me-down adventures and secondhand dreams. Instead Dixie believes there's nothing like starting from scratch, marking milestones and ultimately seeing dreams materialize. She possesses a lifelong desire to help others and surrounds herself with powerful, energetic people.



### Harry Hornacre Series



by Jennifer Dizmag (Guest Author)

Jenn Dizmag is an international speaker and an advocate for building confidence in our children. Her humor and method of delivery make her a hit with children and adults alike. As an in demand speaker, her background in both finance and children advocacy gives her a wide range of experience and stories to draw from.



### My Sisters Made of Light



by Jacqueline St. Joan (Guest Author)

While both exploring and at times avoiding her calling as a writer, she worked as a secretary, a teacher, a cab driver, a lawyer, judge, and law professor. A single mother who came of age in the 1980s during the "second wave" of feminism, advocacy for domestic violence reforms has been core to her professional career and her life in general. This book was the result of being introduced to a Pakistani teacher in 2002 who told her about her own efforts to help first, her student, and then other women escape from honor crimes.

## They all answered this question: How has Zonta impacted your life?

*"To feel empowered with the support and caring from talented individuals of Zonta."*

*Stacey Mentee, Single Mom ZEP program*

*"Zonta has impacted my life by reminding me that my obstacles in life are also the most amazing part of me."*

*Jeanette, Senior PHS YWPA Scholarship Winner*

*"I have so much more confidence in myself than I did before and I now have the support of other women in similar situations as myself. It simply doesn't get any better than that."*

*Jessica, Single Mom \$1000.00 Arlene Davy Scholarship winner*



## Courageous Women Saturday April 27, 2013

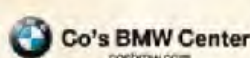
The Drake Centre • Fort Collins, Colorado

Go to [www.ZontaFCevent.com](http://www.ZontaFCevent.com) for more information and to Register Early!

Contact us at: [zcfceventreg@gmail.com](mailto:zcfceventreg@gmail.com)

Like us at [Facebook.com/ZontaFortCollins](https://www.facebook.com/ZontaFortCollins)

Shop Our Sponsors Bid on Business Gifts!





# WOMEN COOK!

*Dining for a Difference*

*Join Us!*  
**Monday,  
May 6, 2013**  
6:00 - 8:30 p.m.

**Temple Emanuel**  
51 Grape Street  
Denver, CO 80220



[workoptions.org](http://workoptions.org)

*You are invited*  
to our 9th annual  
**WomenCook!**  
event benefiting  
**Work Options for Women.**



## Chefs

**Alex White**  
Jonesy's Eat Bar

**Aniedra Nichols**  
Elway's Cherry Creek

**Craig Dixon**  
Café Options

**Dana Rodriguez**  
Bistro Vendôme

**Elise Wiggins**  
Panzano

**Jeff Koch**  
WOW Café

**Jennifer Jasinski**  
Rioja, Euclid Hall  
& Bistro Vendôme

**Kathleen Kenny Davia**  
Gateaux

**Lisa Bailey**  
D Bar Desserts

**Mary Nguyen**  
Parallel Seventeen  
& Street Kitchen  
Asian Bistro

**Rachel Kesley**  
WaterCourse Foods

**Rasha Hussein**  
Trujillo

**& Summer Polson**  
Project Angel Heart

**Samm Sherman**  
Root Down & Linger

**Sandra Adams**  
Grand Hyatt

**Sheila Lucero**  
Jax Fish House

- Tickets are \$125 each
- Table Sponsorships start at \$1500
- Purchase tickets online at [www.workoptions.org](http://www.workoptions.org) or call us at (720) 944-1920



**Zonta International  
North American  
Inter-District Meeting  
Niagara Falls, ON Canada  
June 14 to 16, 2013**

**SAVE THE DATE**

Please plan to join us

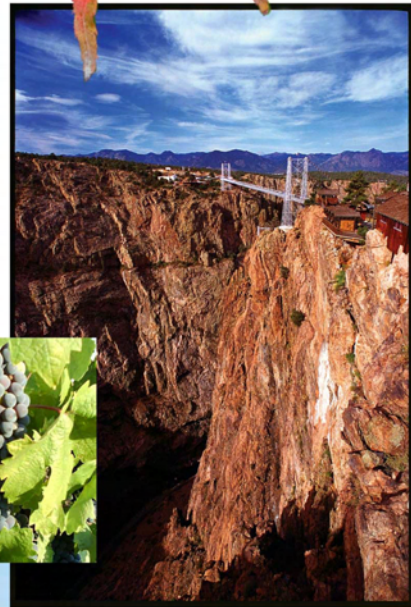
- Network beyond your club and district
- Hear great presentations
- Share ideas

**“Get on Board the New Zonta Express,  
BE the Change, the Zonta Change”**

Watch for registration and program details in January 2013

# SAVE THE DATE

You are invited to  
Southern Colorado...  
for the 2013 Zonta  
District 12 Conference  
in Cañon City, CO  
October 4-6, 2013





*P.O. Box 2665*

*Denver, Colorado 80201*

**We make a living by what we get, but we make a life by what we give.**

**~Winston Churchill ~**

**We're on the Web!**

**Visit us at [www.zonta-denver.org](http://www.zonta-denver.org)**

April 1	Gayle's birthday	May 7	Delores Project fundraiser: <b>Share at Carmine's on Penn</b>
April 3	Robin's birthday	May 9	Club meeting—Embassy Suites
April 10	Sue R's birthday	May 19	The Delores Project—service opportunity
April 11	Club meeting—Embassy Suites	June 6	Delores Project Summer Fundraiser at the Space Gallery , 765 Santa Fe Drive, Denver
April 13	Area 3 meeting—Denver—Speaker: Former Colorado First Lady Jeannie Ritter	June 14-16	Zonta International North American Inter-District Meeting—Niagara Falls, Ontario
April 16	Alice's birthday	June 16	The Delores Project—service opportunity
April 21	The Delores Project—service opportunity	October 4-6	Zonta District 12 Conference—Cañon City, CO
May 6	<b>WOW's annual major fundraiser:</b> Women Who Cook	July 2014	Zonta International Convention Orlando, Florida