

Smoke Signal

ZONTA CLUB OF DENVER

THE ZONTA ZINGER WANTS TO KNOW—
What is pictured above? (and, no, it's not those condos in Chicago along Lake Michigan ...) *

<i>Inside this Issue</i>	
<i>Project C.U.R.E. Luncheon</i>	1
<i>Committee News</i>	2
<i>August Meeting Details</i>	3
<i>President Beth's August Message</i>	4
<i>ZI Highlights</i>	5
<i>District 12 Conference</i>	6
<i>Advocacy</i>	7
<i>Odds and Ends</i>	8
<i>July Minutes</i>	9
<i>Calendar</i>	12

Project C.U.R.E. 3rd Annual "First Lady Luncheon" Raises \$2 Million

Several Zontians from Area 3 were in attendance at the 3rd Annual "First Lady Luncheon" held on Thursday, July 23rd at the Hyatt Regency in downtown Denver. The keynote speaker was the First Lady of Ghana Ernestina Naadu Mills. Approximately 1,500 people attended the luncheon of "typical" Ghanaian food of Red Cinnamon Chicken, Yellow Rice and Coconut Spinach in a baked potato, and Rum Cake with caramel sauce. It was an inspiring hour of Project C.U.R.E information provided by Dr. Douglas Jackson, Project C.U.R.E President and CEO, videos of their projects around the world and the keynote by First Lady Ernestina Naadu Mills. As if that were not enough, the banquet room was filled with the amazing colors of attendees dressed in stunning African dress.

Thanks to title sponsor MillerCoors, which underwrote the total cost of the luncheon, all the money raised at the luncheon will go directly to support the delivery of life-saving medical supplies and equipment to hospitals and clinics in Ghana.

As most of you know, ZD Zontian Cynthia Herndon is currently volunteering for Project C.U.R.E in Malawi. There has been some discussion whether ZD might offer some volunteer service time to the local Project C.U.R.E warehouse loading boxes with supplies; further information forthcoming.



Project C.U.R.E. (Commission on Urgent Relief & Equipment) was founded in 1987 to help meet the need for medical supplies, equipment and services around the world. Project C.U.R.E. builds sustainable healthcare infrastructure by providing the medical supplies and equipment that medical personnel need to deliver healthcare to their communities.

Continued on page 2

* answer in this issue—read on

Continued from page 1

Since its inception, Project C.U.R.E. has delivered medical relief to needy people in more than 120 countries.

For further information about Project C.U.R.E visit their website at <http://www.projectcure.org>

—Beth

WOMEN'S ISSUES IN THE NEWS

The Afghan Parliament will consider a bill to criminalize discrimination against women, Radio Free Europe reported recently. Under the bill, a person who prevented a woman from going to work, visiting a doctor, or attending school would face prison. For more details, go to www.rferl.org and search for “discrimination against women.”

A Pakistani woman who is raped is expected to commit suicide to cleanse her family of the disgrace.

One young woman decided instead to prosecute the rapists “because I don’t want the same thing to happen to anybody else ,” Nicholas Kristof reported on his New York Times blog recently Read his posts about the courageous Assiya Rafiq at kristof.blogs.nytimes.com.

Look for the August 23 New York Times Sunday Magazine—it will be a special issue devoted to women in the developing world.

COMMITTEE NEWS

SERVICE

I hope all of you are able to attend the club meeting at Liz Cameron’s beautiful home on August 13th. The meeting should be quite special since we will have the honor of presenting the Jane M. Klausman Woman in Business Scholarship to our winner, Porsha Ridl.

I would like to thank everyone who has participated in the Delores Project meals. It is a wonderful opportunity to be with the ladies and they truly appreciate us.

Soon the committee will be working on awarding service grants.

I would like to take this time to send a special thanks: Nikki has agreed to keep track of service hours this year, I am sure you have seen the e-mails requesting service hours. Please report your service hours.

—Mary

FUNDRAISING

Wine Tasting at Solera

If you joined us at the wine tasting at Solera, you will agree that it was simply...delightful! The wines to sample were plentiful and lovely, the tapas were exotic and fun, and the patio setting was delightful. There were people attending who likely had never heard of Zonta, but now when they



see that name again, they will no doubt remember the terrific time they had that summer evening. Thanks to everyone involved who made this “fun-raiser” FUN!

—Beth

AUGUST GENERAL

When: Thursday, August 13, 2009
5:15pm – Social Hour
5:45pm – Dinner

Where: Liz Cameron's Garden of Eden
6235 East Montview Boulevard
Northwest corner of Montview and
Leyden (see map below)
Park on Leyden and come in through
side gate

Menu: Potluck—bring good food to share
TAKE YOUR LEFTOVERS AND
DISHES AWAY WITH YOU (Liz
leaves on vacation the next morning)

Cost: \$10.00

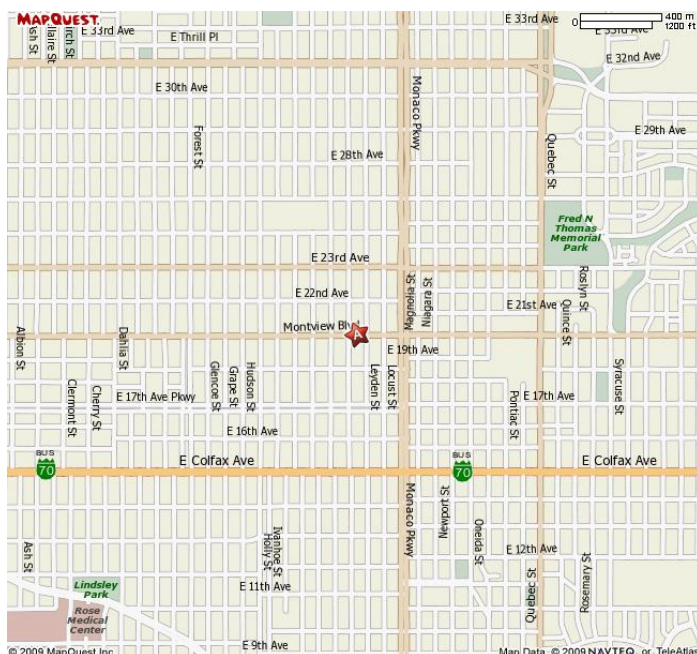
Cocktails: Beverages will be provided by the club

RESERVATIONS:

Please RSVP to Kate Linscott, at 303-520-8136
(cell) or clinscott14@msn.com by Monday, August
10th at noon.

AUGUST PROGRAM: Presentation of Jane M.
Klausman Woman in Business Scholarship

Relaxing, visiting, eating, talking, sipping wine, buzz-
ing ... and that's an order!



Permanent Reservations

Should your name be listed here?

Carroll Allen
Evie Ashmore
Judy Bederman
Mary Benoit
Cathy Conley
Sheila Davis
Pam Dumonceau
Nikki Headlee
Cynthia Herndon
Kathy Hyzer
Dottie Jenkins
Kate Linscott
Judy McNerny
Wendy Moraskie
Beth Mundell
Linda Rhea
Dorothy Swindt
Joetta Williams

Reservations

- For each general dinner meeting, please remember to call if you aren't on the permanent reservation list. Because we are charged for the number we guarantee, we have to bill anyone who makes a reservation (or forgets to cancel a permanent reservation) but doesn't come to the meeting.
- If you plan on coming to every meeting—why not add your name to the permanent reservations list?
- If you are on the permanent list but tend to forget to call and cancel—why not take your name off the list?
- Please call Kate Linscott or Dottie Jenkins, Membership Co-Chairs, with your request to be added or deleted!



Remember to call if you can't come, otherwise you will be billed for the cost of dinner

Happy August Birthdays

President Barack Obama – August 4
Mata Hari – August 7
Mary B and Jacki S – August 10
Annie Oakley – August 13
Julia Child – August 15

PRESIDENT'S MESSAGE



Heading into the third month of bee-ing the Zonta Denver Queen Bee, it seemed a good time to check in on the hive and see how everyone is doing. I know I threw a lot of changes, requests, and expectations out to the club; perhaps a little too much for a club heading into the summer months. Forgive my over eagerness, but note that I will

continue to encourage everyone to keep their little bee noses to the grindstone. Particularly the team of Service and Membership Committees who have been charged with a huge challenge of determining meeting spaces and service projects...I know I've given you a challenge and want to support you in any needs you recognize. I keep hearing of places and projects and am encouraged that we will have places to meet, and service projects to keep our happy hands working while we visit, socialize, yak. I am fairly certain that the first meeting with the membership working together on a service project, the sound I could record will sound pretty darn similar to the buzz of a working hive...call me silly, but just wait until you hear it too!

The more I read about bee hives, the more similarities I see to our club*. Take a minute to read the little article in this issue about how bees regulate their hives (like those in the infrared photo on page 1) ...it is simply amazing. We need to do the same for our own hive. Our membership is at a number that to accomplish our goals this year, we all need to find the best way to work together, be flexible, give a just little

bit more of ourselves than last year, and try something you've not done before. It is one thing to have your name assigned to a committee or board. It quite another to participate...and I so, SO need you to participate...remember it could be fun...who doesn't like fun?

I must say that what I have seen so far is exciting and thank you to all of you who are stepping up with a smile on your face asking, "what else?" (you know who you are). As we head into the months ahead preparing for the District Conference, I ask everyone to step up to make this a great conference, particularly if you've not been too involved to date... we need everyone to keep that particular project buzzing. Sheila's committee is doing a bang-up job... let's ALL give her the support she deserves.

Don't forget to join the August "Meeting in the Garden" hosted by Liz Cameron. If you've not seen her garden, it is charming in its loveliness. It is always a fun meeting...and you just might see a few BEES .

Keep Buzzing - Beth

*(*ask Diane Twining why we need to find another word besides "club")*



November 8, 2009
90th anniversary of Zonta International

**ZONTA
INTERNATIONAL
CONVENTION
2010
YA'LL COME!
JUNE 25-30, 2010**

Start planning now—visit Texas' number one tourist attraction, The Alamo, pictured below



**HIGHLIGHTS FROM THE ZONTA
INTERNATIONAL WEBSITE**

A UNICEF program for prevention of mother to child transmission of HIV in Rwanda is one of Zonta International's service projects for the 2008-2010 biennium.

The project description explains that in April and May of 1994 nearly 1 million Rwandans, a full 10% of the population, were killed in the Rwandan genocide. One third of those killed were children. The genocide, combined with the brutal civil war that continued after, led to the displacement of 3.7 million people and created hundreds of thousands of orphaned children. Throughout this terrifying time women across the country were repeatedly raped as a weapon of war. The effects of the war, and of the pervasive use of rape as a weapon, still deeply affect this African Nation. In addition to the terrible trauma inflicted on the victims of rape, many contracted sexually transmitted diseases and half became HIV positive. The wave of HIV/AIDS that swept the nation



following the initial massacre has led to a country where 30% of children are orphans, and 190,000 Rwandans, including 27,000 children, are HIV positive. Women in Rwanda are 1.5 times more likely to be HIV positive than men, and young women are 5 times more likely to contract HIV than young men.

Nearly 5 percent of Rwanda's pregnant women are HIV-positive and risk transmitting the virus to their babies. Of the estimated 27,000 Rwandan children living

with HIV, 90% contracted the virus during pregnancy, childbirth or breastfeeding. Almost all of these cases could have been prevented if the mother had access to proper medical treatment.

The program will expand existing services by training additional health workers, improving access to testing and treatment, and increasing community involvement, among other activities.

Our club's donations to the Zonta International Foundation help make this possible.

—Judy Mc



2009 District 12 Conference

The 2009 District 12 Conference, hosted by the Zonta Club of Denver, will be the event of the year! All Zontians in District 12 are invited to join together to “Get The Zonta Buzz”. We will focus on “Taking Care of Ourselves and Taking Care of Others”.

WHO

Featured Speakers
and Events

Dr. Michelle Haney, President of Red Rocks Community College, our Saturday lunch speaker, who will focus on stress management.
Carol Williams-Craigie, a financial planning specialist who will be speaking about personal financial planning on Friday afternoon.
A Birthing Kits Service Project in which attendees will assemble 1000 clean birthing kits for women in Africa on Friday afternoon.
The Advocacy Panel, a group of women from various organizations, who will discuss advocacy opportunities and issues on Saturday afternoon.
Maria Victoria Vergel de Dios, our Zonta International representative from the Philippines.
The Legendary Ladies, our Saturday night entertainment—a performing troupe of famous and infamous women of the wild west.
Shopping at Northfield Mall on Saturday afternoon after the conference. A shuttle runs every ½ hour to and from the hotel. One of the newest malls in the Denver area and very close to the hotel.

WHY

The District Conference is a yearly event held to provide information on local and global Zonta projects currently underway to improve the legal, political, economic, educational, health, and professional status of women. District business will also be conducted.

WHEN

Friday, October 30, through Sunday, November 1, 2009

Registration information will be sent out at the end of August
 Contact Sheila Davis at shedavis@comcast.net with questions

WHERE

Red Lion Hotel Central
 4040 Quebec Street
 Denver CO 80216

ADVOCACY-RATIFICATION OF CEDAW

Most of us know that the United States has not yet ratified CEDAW, the Convention on the Elimination of All Forms of Discrimination against Women. 185 other countries, over 90% of the members of the United Nations, have.

While I was still president of ZCD, at the urging of Denise Conroy (ZI LAA Committee Chairman) and Jackie Shapiro (ZI United Nations Committee Chairman) and after the club voted that I should, I wrote on behalf of the club to each member of the Senate Foreign Relations Committee. If you recall your high school civics, treaties must be ratified by the Senate, and the Foreign Relations Committee is the committee from which a proposal to ratify this treaty would go to the floor of the Senate.

Senator Barbara Boxer of California is chair of the Foreign Relations Committee subcommittee on global women's issues, and AP has reported that she plans a concerted effort to seek ratification this year, before the thirtieth anniversary of CEDAW this December .

If you believe that CEDAW should be ratified by the United States, here is an advocacy project that you can do easily—just a little time is required.

Send a letter or an email to each member of the Foreign Relations Committee. You can write your own message or you could adapt the letter I wrote (based on the suggestions from ZI). Here is my letter, without references to Zonta:

I am writing to urge you to give priority to the ratification by the United States of America of the United Nations Convention on the Elimination of All Forms of Discrimination against Women (CEDAW).

This Convention is the most comprehensive international agreement on the basic human rights of women. It addresses women's right to equality in education, health care, employment, economics, law, property, family relations, marriage and political participation. Since it came into force as an

international treaty in 1979, it has been used effectively throughout the world to advance the status of women as well as to end abuse and discrimination against women in ratifying countries.

The United States is one of the few countries in the world not to have become a party to this important legal instrument for advancing women's rights.

Ratifying CEDAW in time for its 30th anniversary in December 2009 will send an important message to the world that the promotion and protection of the rights and well-being of women and girls both here and abroad is, indeed, a priority concern of the United States.

Your action in the Committee on Foreign Relations and on the floor of the Senate in support of CEDAW ratification will confirm your commitment to promoting gender equality and ending all forms of discrimination and will be much appreciated.

You can find email addresses for the committee members through links on the committee webpage at <http://foreign.senate.gov/index.html> or, if you want to write an actual letter, I can mail or email you a snail mail address list that I have prepared. I can also email you a copy of the letter that I sent if that would encourage you to be an advocate for women's rights!

If you aren't convinced that CEDAW should be ratified, take the first step in being an advocate: get the facts! The text of the treaty and other information are available at <http://www.un.org/womenwatch/daw/cedaw>.

The time is especially right for the U.S. to ratify CEDAW so gather facts, if you need them, turn on your computer or pick up your pen, and take **action** to "improve the legal, political, economic, health, educational and professional status of women" as we all pledge to do when we become members of Zonta.

—Judy Mc

ODDS AND ENDS

THANK YOU

Dear Zonta Friends,

Thank you one and all who so thoughtfully called, sent cards, brought food and CDs, furnished rides, lent crutches and in general helped me keep sane during my recent surgery and recovery. Am hoping to return to work next week. Thanks again - you're the best!

Gratefully, Carroll

GOTTA LOVE THOSE BEES!



The honey bee colony regulates the temperature in its nest to protect the developing brood. Whenever the bees are producing young, they maintain a temperature of 95 degrees inside the hive. In cool weather, the bees

cluster together and generate heat by consuming their high energy food, honey, and vibrating their flight muscles. In warm weather, like we are experiencing now, the bees must cool the hive. They do this by first expanding the distance between bees in the nest to allow for air circulation. If there are too many bees in the hive, some merely move outside and cling to the outside of the hive or festoon down from the landing board. The bees inside the hive actively cool the nest by bringing in water from outside sources and fanning their wings across a droplet of water. The evaporating water cools the hive. A hot, humid afternoon can find bees actively cooling the hives; if you are lucky enough to see this, you might observe the bees aligned in an orderly arrangement to carry the air out the entrance, which is at the bottom. Other bees are aligned head-down to carry heat away from the entrance.

ZONTIANS IN THE KITCHEN

“DUMP THAT LOSER CASSEROLE: home cookin' by Momma J”

1 can SPAM

1 12-14 OZ can of Pork-n-Beans

1 can sliced peaches

Brown Sugar

Marshmallows (large)

Butter casserole and pour in Pork-n-Beans. Layer SPAM slices on top of beans and add peach slices on top of SPAM. Sprinkle brown sugar generously on the peaches and cover with large marshmallows.

Heat the casserole thoroughly in 375 degree oven until marshmallows turn brown on top. (Momma J says her kids loved this, but trust her, the “boyfriend” will not...I just wish she'd told me this before I made it to impress a boyfriend with my skill of home cooking...).

(The identity of Momma J cannot be disclosed—she may have another boyfriend some day!)

Bees, continued

The honey bee colony is effective in regulating the temperature of its nest. During the dead of winter, when the queen is not producing brood, the bees don't waste energy heating the hive to 95 degrees; they only warm the cluster of bees to about 70 degrees. They also conserve energy by not trying to warm the entire hive cavity, just the cluster of bees. For cooling the hive, the bees devote a number of workers to fanning tasks. When the summer temperatures rise into the high 90s, the bees stop their normal activities and begin foraging for water. Bees foraging for pollen and nectar will redirect their efforts to bringing water back to the hive.

--Richard from <http://peacebeefarm.blogspot.com/>

(editorial note: if you can't see the similarities to our own Zonta Denver...call me - Beth)

Zonta Club of Denver July Dinner Meeting Doubletree Hotel 7/9/09

President Beth Mundell called the meeting to order at 6:05 p.m.

Inspirational Moment: Judy Allen

Guests: Marlu Burkamp attended as a guest of Judy Bederman.

Minutes: The June minutes were approved.

Status of Women: Judy McNerny

Finance Report: Nikki Headlee reported an audit is in progress and will be finalized shortly. She will be giving quarterly updates.

Membership: Kate Linscott announced that 16 members plus 2 speakers and 1 guest are in attendance.

Fundraising: Judy Bederman reminded members of the wine tasting event being held July 15th at Solera Restaurant.

Service: Judy Allen indicated a sign-up sheet is going around for the Delores Project dinners. Project Cure was presented as an official service project and passed. Nikki asked members to report service hours to her. She is going to, also, keep committee meeting hours and District Conference hours.

Smoke Signal: E-mail or call Judy McNerny with all information to be included in the Smoke Signal. She is putting together the new club directory, too, so send her your new picture and/or updated information for inclusion.

District Conference: Sheila Davis has reviewed current plans with Priscilla including the registration fee of \$160. This is a big event that will need all club members to be involved.

Advocacy: Diane Twining explained advocacy at the club level is a new venture and Area 3 is leading the way. She and new member Alice Borodkin will be the leaders in our club.

Program: Beth introduced two members of the Jefferson County Sheriff's Department. They came to explain the latest and greatest ways to communicate thru technology. They referred to it as "social media" and explained they are tools for non-profits which can give you a voice in your community. One small example is that "Twitter" has 54 million postings in a month. It was mentioned that Zonta might want to get on Wikipedia.

New Business: The induction of Alice Borodkin as a new member was performed by Dorothy Swindt. And a special award to Alice was presented by Diane in appreciation for all her work in pushing CEDAW thru the state legislature. Beth asked the club members who worked on the last Delores dinner to stand and be recognized.

Announcements: Jennifer Koeller has resigned. The Nominating Committee will work on finding a replacement for her position. Beth presented Z-Bee Awards to Judy Bederman and Diane Twining. The travelling Zonta Rocks Award was presented to Beth last month and she awarded it to Judy Allen and thanked her for volunteering to be the new Parliamentarian.

Judy McNerny brought the door prize and Minnie Lundberg was the lucky winner.

Upcoming Events:

Solera Wine Tasting Fundraiser – July 15th

Delores Project – July 19th

Project Cure Luncheon – July 23rd

August Membership Meeting at Liz Cameron's Garden – August 13th

There being no further business, the meeting was adjourned at 7:45 p.m.

Respectfully submitted, Carroll Allen, Secretary



Zonta Club of Denver

Member of Zonta International

Advancing the Status of Women Worldwide

P.O. Box 2665

Denver, Colorado 80201

We're on the Web!

Visit us at www.zonta-denver.org

Upcoming Calendar Events—Save the Date!

August 10th	Mary B's Birthday Jacki S's Birthday
August 13th	General Meeting—Potluck in Liz Cameron's garden
August 25th	District Conference Committee meeting at Judy Mc's
August 27th	Board Meeting at an undisclosed location (Dick Cheney will be there)
Sept 9th	Pam D's birthday
Sept 10th	General Meeting Doubletree Hotel
Sept 13th	Sheila D's birthday
Sept 22nd	Liz C' Birthday Mindy C's Birthday
Oct 8th	General Meeting
Oct 30—Nov 1	District Conference in Denver!
Nov 12th	General Meeting

Nov 26th	Thanksgiving
Dec 10th	Holiday Party/General Meeting
Dec 25th	Christmas
Jan 24th (tentative date)	Amelia Earhart Brunch
Jan 14th	General Meeting
Feb 11th	General Meeting
Mar 11th	General Meeting
April 8th	General Meeting
April 10th (tentative date)	Area 3 Meeting
May 13th	General Meeting
June 25th—30th	International Convention San Antonio, Texas