



Smoke Signal

ZONTA CLUB OF DENVER

ZONTA INTERNATIONAL SERVICE PROJECTS UPDATE



Prevention of Mother-to-Child Transmission (PMTCT) of HIV in Rwanda

During the 2008-2010 biennium, the Zonta International Foundation donated \$600,000 to UNICEF for PMTCT programs in Rwanda. A project update was recently posted on the ZI website.

In Rwanda, 27,000 children are HIV positive, 90% of the children living with HIV 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 goal of the UNICEF project is to prevent mother-to-child transmission of HIV by providing health care, prenatal and obstetrical services, and links to reproductive health programs, nutritional support, psychosocial services and income-generating activities to HIV-positive mothers.

The key determinants of HIV free-survival in the national PMTCT program are the mother receiving highly active antiretroviral therapy (HAART) during pregnancy and being a member of an association of people living with HIV. The update reports that UNICEF supported provision of comprehensive PMTCT services in 20 sites. With ZI's help, for the period January to August 2010:

- A total of 17,542 pregnant women received prenatal services in UNICEF supported sites.
- 100% of these women were counseled for HIV, and 97% were tested.
- A total of 411 (2.4%) were HIV-positive, and 97% of those testing HIV-positive received treatment, including HAART for those eligible.

From January to June 2010, a total of 135 HIV-positive mothers and their families enrolled in PMTCT support groups at the PMTCT sites

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PRESIDENT'S MESSAGE

Greetings from beautiful San Diego. I decided at the last minute to fly out and spend Thanksgiving with my daughter. Today we hiked at Point Loma and visited the Lighthouse. It was a great decision!



I hope you all had a great Thanksgiving as well. We have much to be thankful for in our club, especially the generosity of our members. We were all overwhelmed at the response to Wendy's request in the November *Smoke Signal* for personal items for women veterans at the Brandon Center. Many members took boxes at the meeting to fill for Project C.U.R.E., and I can't forget the members who are so faithful and consistent in

providing a wonderful monthly dinner at the Dolores Project. Let's not forget to be grateful for good health, including Joetta's return to health and Judy Allen's successful hip surgery.

As we head into the Christmas and Hanukkah seasons, I wish you all a very blessed holiday. Plan to attend our holiday party at the Lakewood Country Club. Membership has planned a fun and entertaining evening.

Many thanks,
Kathy

Happy Birthdays to—

Barb P., Mary Martin, and Bette Midler—Dec 2

Evie A. and Dave Brubeck—Dec 6

Diane T. and Mary Queen of Scots—Dec 8

Nikki H. and Stan Kenton—Dec 15

Cheryl M., Margaret Mead and Jane Austen—Dec 16

Madame C.J. Walker—Dec 23

Compliments of Nikki—more **tips on communication** from a recent *Denver Post*—
Use email when you need to attach photos, web links, documents, etc.

Talk face-to-face about relationship issues, as when you are upset or angry with another person.

Use the phone (or talk face-to-face) when an immediate decision is needed.

**Email tips:**

It's OK to use exclamation points, as they convey enthusiasm (e.g., Thanks! vs. Thanks.)

Don't use all capital letters. (*Ed. Note: I did this once to insert answers to questions asked in an email—*

I thought it made the answers easy to see—and the other person told me, "It felt like someone was yelling at me!")

MARTHA STEWART'S way: If you accidentally over salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix me up."

THE REAL WOMAN'S WAY: If you over salt a dish while you are cooking, that's just too bad. Please recite with me the Real Women's motto: I made it and you will eat it and I don't care how bad it tastes.

DECEMBER MEETING

ANNUAL HOLIDAY PARTY**DON'T FORGET TO BRING YOUR FILLED C.U.R.E. KIT FOR KIDS! (See page 5)**

Date: December 9, 2010

Place: Lakewood Country Club
6800 W. 10th Avenue
Lakewood, CO 80214

Time: 6:00 p.m. - Cocktails (cash bar)
7:00 p.m. - Dinner buffet

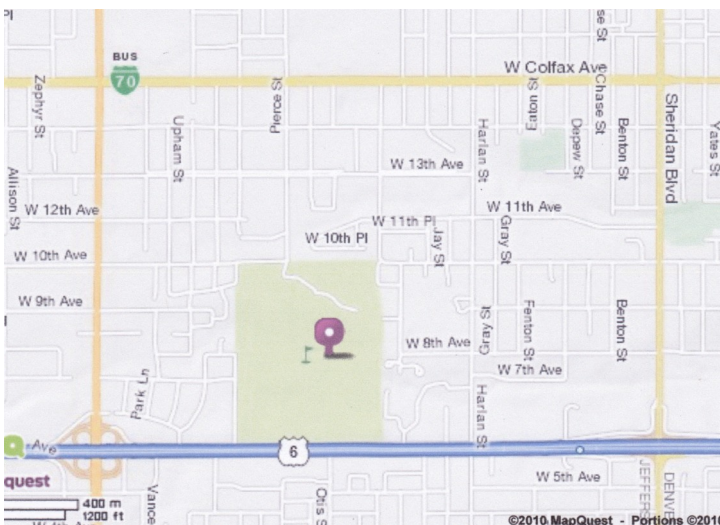
Cost: \$45.00 per person

Everyone is invited to attend our annual holiday party and enjoy a delicious buffet with all your Zonta friends and guests. Put on some holiday finery and start the season with a festive evening of dining and some surprise entertainment!

The buffet will include an assortment of fruit, seasonal vegetables, salad greens, grilled salmon with lemon dill butter, medallions of beef and assorted desserts.

RESERVATIONS: To make a reservation, please mail your check made payable to The Zonta Club of Denver, to Kate Linscott, 4212 S. Zenobia Street, Denver, CO 80236. Please let her know if you have a special diet request or if you need transportation.

DIRECTIONS: Enter from the north on Pierce Street—see map below.

**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 but doesn't come to the meeting (or who forgets to cancel a permanent reservation).
- 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 with your request to be added or deleted!

Permanent Reservations**Should your name be listed here?**

Carroll Allen	Kate Linscott
Judy Allen	Cheryl McHugh
Alice Borodkin	Judy McNerny
Mary Benoit	Wendy Moraskie
Sheila Davis	Beth Mundell
Nikki Headlee	Linda Rhea
Cynthia Herndon	Dorothy Swindt
Kathy Hyzer	Joetta Williams
Dottie Jenkins	

Member News—

Judy A. had a hip replaced. Let her know you are thinking about her while she recuperates.

Directory correction—

Area 3 Director Marcy O'Toole's email address is motoole48@comcast.net.

If you see other errors, or if your contact information changes during the year, please let Judy Mc know so we can publish the correction in the *Smoke Signal*.

COMMITTEE NEWS

SERVICE COMMITTEE

'Tis the season to be jolly, joyful, grateful, greedy, stressed, silly and those are the ones I can think of on a moment's notice.

As all of us know we will be gobbling up the last bit of Thanksgiving dinner and in a wink it will be the Zonta holiday party and another blink and it will be New Year's Eve. How does it all happen so fast?

I would like to thank Evie for bringing us the unique opportunity to serve Project C.U.R.E. for the holidays. Not your ordinary holiday gift. Evie, thanks again.

As we speed headlong into 2011 the Service Committee is looking forward to the last 5 months of our year of service. So far we have been very busy and we plan to keep up the pace.

In February we will have our grant recipients at our monthly meeting. It will be an honor and privilege to

hand out the funds and meet these dedicated individuals that work hard every day to make women's lives better. With this issue of the *Smoke Signal*, you will receive a spreadsheet showing the distribution of service dollars from both club service and the Foundation.

The Service Committee will be working to award the Jane M. Klausman Scholarship this coming summer. And of course our meals at Delores will continue.

In closing I would like to wish all of you and yours the best of holiday seasons.

See you at the holiday party.

—Mary B.



RINGING BELLS

December 4th

Three more volunteers are needed for the Salvation Army bell ringing!

We will be ringing bells near the Bel Mar Shopping Center this year at two different locations that are proven GREAT KETTLE locations.

Wal-Mart 440 Wadsworth Boulevard
Lakewood, CO 80226

10-12: need one volunteer (to be with Julie B)

2 - 4: need one volunteer (to be with Susan D)

Hobby Lobby 7000 West Alameda Avenue
Lakewood, CO 80226

2-4: need one volunteer (to be with Julie B)

So sign up now by calling me at 720-890-0125 or emailing julieqbradley@comcast.net.

Please volunteer so the Salvation Army can provide its clients with food, rental assistance, job training, toys for the holidays, energy assistance, counseling and many more services. Thank you!

—Julie B

Support WOW on Colorado Gives Day, December 8, 2010



On this day, Colorado is coming together to raise \$1 million for non-profits. When you support Work Options for Women on Colorado Gives Day through GivingFirst.org, a program of the Community First Foundation, the value of your donation is increased by a share of the Colorado Gives Day Incentive fund initiated by First Bank with a \$250,000 lead gift. Community First will also pay all credit card processing fees, ensuring that 100% of your gift reaches WOW. Get involved—donate online, Dec. 8th at GivingFirst.org from your home, office, or a Cafe Options kiosk (available only on Dec. 8th). Spread the word and invite others to contribute to WOW through GivingFirst.org.



PROJECT C.U.R.E. Holiday Project Reminder

This year the holiday project is for EVERY member in our club to fill one C.U.R.E. Kit for Kids. Through C.U.R.E. Kits for Kids, Project C.U.R.E. invites us to help provide everyday medical supplies and other essentials to children in the developing world. Each member is asked to fill a C.U.R.E. Kit for Kids box with any 10 items from the list below; the contents were recommended by doctors and nurses specializing in pediatric care, who understand intimately the keys to children's health. If funds are tight, many items can be purchased at a dollar store! Boxes were given out at our November meeting; bring your filled box to the December holiday party.

Any member who did not attend the November meeting, just put your items in a plastic bag. If you will not attend the holiday party, give your box or plastic bag to a member who will attend or email me at jeashmore@comcast.net or call 303-617-0947 and I will arrange to pick them up!

The items are:

- Pain reliever (e.g. ibuprofen, acetaminophen)
- Sunscreen
- Antibiotic ointment (e.g. Neosporin)
- Safety pins
- Dressing Tape
- Body soap or wash

- Comb or Brush
- Lice shampoo (e.g. Nix, RID, or a generic that contains pyrethrum)
- Facial tissues
- Bug bite lotion
- 1% cortisone cream
- Burn ointment
- Sling
- Box of adhesive bandages
- Tweezers
- Elastic bandage
- Blunt scissors
- Antibacterial soap, hand sanitizer or wipes

HOW TO DO

Please obtain 10 different items from the list above to place in the kit.

Make sure you collect only new, clean, and unused items for the kit.

C.U.R.E. Kits for Kids are shoebox-sized boxes. Please keep in mind when purchasing supplies. 10 travel-sized items fit more easily than 10 full-sized items.

Do not tape the box shut. Each box must be checked before shipment.

Please also include a check for \$5 with your 10 items. This will be used to cover shipping to hospitals and clinics in developing countries.

For more information, visit www.projectcure.org. On behalf of some of the world's less fortunate children, Project C.U.R.E. thanks you for your contribution to its mission of "Delivering Health and Hope to the World."

ZCD Monthly Volunteer Night

Please also join me for the Project C.U.R.E. sorting of medical supplies:

- WHEN: **Monday, December 13, 2010**
- WHERE: 5:30 p.m. Meet for a bite of dinner at Jason's Deli, 9525 E County Line Rd (across from Park Meadows Mall)
6:15 p.m. Leave to caravan to the Project C.U.R.E. warehouse

SORTING ONLY: 6:30 p.m. Drive yourself to the Project C.U.R.E. Warehouse
10377 E Geddes Ave, Centennial, CO
We will meet you there!

WEBSITE: www.projectcure.org

If you have any questions, please contact me – email jeashmore@comcast.net; cell 303-746-4608.
See you on December 13.

—Evie



THE DELORES PROJECT

SHELTER AND SERVICES FOR HOMELESS WOMEN

HOW YOU CAN HELP

THE WISH LIST

Due to storage limitations Delores Project can only accept items that are needed at the moment. The current list follows. They ask that you call before delivering supply donations.

- Travel size toothpaste
- Travel size shampoo and conditioner
- Travel size lotion and sunscreen
- Coffee
- Sugar
- Coffee filters (commercial restaurant size)
- Toilet paper
- Paper towels
- Trash bags (office, tall kitchen & lawn and leaf sizes)
- New combs and hair brushes
- Disposable razors

The Service Committee will deliver donations you bring to club meetings.

MEMBERSHIP COMMITTEE



PLAN AHEAD TO ATTEND THE JANUARY MEETING.....

We will have a special program on self defense - something we all could learn more about! Details on

the location and cost will be in the next newsletter.

HOPE TO SEE YOU ON DECEMBER 9TH!!!

—Kate

PR/COMMUNICATIONS COMMITTEE

Members Get in the Holiday (~~<strikethrough>~~) Zonta Spirit at the November Meeting

Zonta Club of Denver members came to the November general meeting prepared to show our giving spirit. Members brought hundreds of dollars' worth of toiletries and other gifts for the Volunteers of America Homeless Women Veterans' Program and took home boxes for Project C.U.R.E.'s Kit for Kids holiday service project.

Our November general meeting fell on Veteran's Day and the Zonta Club of Denver honored our women veterans with contributions to women vets through the VOA. Donations included toiletries, especially razors, deodorant, toothpaste and toothbrushes, towels, washcloths, socks, gloves and two winter coats.

In 2008 Volunteers of America began offering transitional housing and support services to homeless

women veterans with and without dependent children. VOA helps homeless women veterans stabilize their housing situation, gain employment or increase their income and improve their self-reliance.

VOA's women veterans program is the only gender-specific program operating in a five-state area.

If you missed the article on page 5 about the Kit for Kids project, please turn back a page for full information about that.

Zonta Club of Denver members rock! We can always be counted on to rise to the occasion and fill a need regardless of the season--for women in the world, in our community and for each other.

—Wendy



OPPORTUNITY FOR FELLOWSHIP

ZCD at the Symphony: Mozart Requiem Tickets

If you're interested in attending the Sunday, January 30, 2011, matinee of Mozart Requiem at Boettcher Concert Hall, performed by the Colorado Symphony Orchestra and Chorus, please send Wendy an email (wendyrich@msn.com) by January 5 so she can buy

the tickets. Tickets will definitely be less than \$30 each, and probably less, but the final price will be dictated by the quantity.

Members who wish to do so may make a contribution to the Club service account or to the Foundation (a donation to the Foundation is tax-deductible).

—Wendy

SAVE THE DATE!

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- Fabulous silent auction and mystery gifts

Black Tie Optional

Zonta's mission is to advance the status of women and serve our community through local and international contributions, and to achieve personal and professional growth in a nurturing and supportive environment.

**Tickets - \$100 per person or \$900 for reserved table of 10
EARLY BIRD SPECIAL THRU DEC 31, 2010
\$90 per person or \$850 for reserved table of 10**

For Tickets & Information Contact:

Zonta Club of the Pikes Peak Area
P.O. Box 7924
Colorado Springs, CO 80933-7924
www.ZontaPikesPeak.org
Email: info@ZontaPikesPeak.org
Find us on Facebook: Zonta Pikes Peak



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*Zonta Club of Denver November Dinner Meeting
Embassy Suites 11/11/2010*

This meeting was held on November 11, 2010 at the Embassy Suites Hotel. President Kathy Hyzer called the meeting to order at 6:05 p.m. Members introduced guests in attendance. Kathy announced all the recent and upcoming birthdays; members wished them well by singing Happy Birthday.

Sheila Davis, Chair of the Archiving Committee, gave the inspirational moment by talking about a former very important member, Edna Jean Hershey. The club's annual Zontian of the Year award is named after her and she bequeathed a large sum of money which resulted in the formation of the Zonta Club of Denver Foundation.

Kathy asked for and received approval of the minutes from last month's meeting as published.

Gayle Erickson-Ash is heading up the sale of scarves at the holiday fair in the Tech Center on 12/3. A signup sheet was passed. The Santa Claus Shop project can still use some more volunteers. The signup sheet was passed.

Wendy Moraskie announced the donor dinner at Metro State College is coming up. Our club will be funding about five scholarships.

Nikki Headlee, Treasurer, reported we are doing well on the budget. There was an erroneous report last month that dues aren't going up next year. There will be an increase of \$15.

Evie Ashmore introduced the guest speaker for the evening, Carol Sebelius from Project Cure. She talked about the impact Project Cure has around the world. Our club members are encouraged to participate in the sorting and packing of medical supplies at the distribution warehouse the second Monday of each month. You can join others for a quick bite of dinner at Jason's Deli at 9525 E. County Line Rd. at 5:15 and then proceed to the warehouse at 6:15. Or you can go directly to the warehouse at 10377 E. Geddes Ave. in Centennial. Our own Cynthia Herndon who is a retired physician goes on one or two medical trips a year with the Project. Most of us don't qualify to do that but we

can sort supplies and equipment. Carol and Evie talked about our holiday project to support the Cure's mission. It's CURE Kits for Kids. Boxes were given out with a list of 15 items, i.e., bandages, sunscreen, antibacterial soap, etc. Each member is asked to purchase 10 items for the box and bring it to our December Holiday Party. Please include \$5.00 (cash or check) so they can be shipped to third world countries. They will be distributed to mothers to help take care of their children. Contact Evie for box pick up if you aren't attending the holiday party and/or if you have any questions about the project.

Kate Linscott, Membership Chair, reported that the holiday party invitations will be "in the mail" soon. It will be at the Lakewood Country Club and is \$45/per person. Some other upcoming meeting events will include self-defense instructions and a trip to a winery.

In Mary Benoit's absence, Evie gave the Service Committee report which included the proposed distribution of service dollars for this year. Evie asked for and received approval of distribution of \$3,114 in service dollars. \$1,573 to ZISVAW – Violence against Women, \$1,500 for Jane M. Klausman and \$41 Unallocated. The Board of Trustees approved local project grants to Mental Health Center of Denver for \$14,000 – Women's Bean Project for \$10,000, - Jane M. Klausman for \$1,500 and the Empowerment Program for \$6,500. A news release will go out in February at check-giving time. Judy McNerny moved that Mental Health Center of Denver be approved as a club project and all approved.

Alice Borodkin, Advocacy Chair, discussed A Day at the Capital which will be in early February. Stay tuned for exact date and more details. This is an Area event. CEDAW is going to the Senate for ratification on 11/18.

Kathy talked about our Day of Film event that the club has held for 2 years. There is no leadership for the Fundraising Committee which leads the way on this event as Chair Judy Bederman is taking a leave of absence due to family obligations. A decision has to be

made whether to have it this year or not. If club members want to have it for the third year, they will have to commit to support it. Advocacy will need to find a good film. Service will see that tickets are sold – each club member needs to sell or buy at least 4 tickets at \$40/ea. Kathy thinks a Sunday afternoon is better than Friday night for it. The project was approved. Estella Rummelein offered to be the “Project Manager”. Kathy indicated she will talk with each Fundraising committee member to find out which committee each would prefer to be on for the remainder of the year.

Kathy announced the next Board meeting is Thursday, December 2nd at Mary’s office at 5:30.

Mary Sparacino brought the door prize which was won by Estella. Evie presented Judy Allen with the Zonta Rock.

All business having been completed, the meeting was adjourned at 8:45 p.m.

Respectfully submitted,
Carroll Allen, Secretary

ZONTIANS IN THE KITCHEN

BEST CORN CASSEROLE

Servings: 9

2 eggs, beaten	1 and 1/2 cups shredded Cheddar cheese
1-15 oz. can cream-style corn	1/2 cup chopped onion
1-8 oz. container sour cream	1-4 oz. can diced green chilies, drained
1/4 cup butter, melted	1-8.5 oz. package dry corn muffin mix
1-15.25 oz. can whole kernel corn, drained	

1. Preheat oven to 350°. Grease a 2 quart casserole dish.
2. In a large mixing bowl, combine eggs, cream style corn, sour cream and melted butter. Stir in whole kernel corn, cheese, onion and chilies. Stir in the corn muffin mix, just until moistened.
3. Bake for an hour and a quarter, or until an inserted knife comes out clean and the top is golden. Let stand 5 minutes before serving.

Compliments of Julie B.; favorably reviewed by the Delores Project crew.

ZONTA INTERNATIONAL SERVICE PROJECT UPDATE

Continued from page 1

and received quality care and close follow-up. Through counseling, peer education and implementation of the income generation activities, men’s participation has improved significantly.

UNICEF supported the “Male Championship Model” approach in one health center to increase male participation in PMTCT program. The model aims to increase male participation in PMTCT programs using peer education by “male champions” in their communities. Between 2007 and 2009, the proportion

of male partners tested for HIV in prenatal clinics with their pregnant wives increased from 46% to 100% in that health center.

Safe Cities for Women Project in Guatemala City, Guatemala and San Salvador, El Salvador

Urban violence in Latin America is an increasingly serious phenomenon with a murder rate 114 percent higher than the world average. El Salvador and Guatemala have rates of urban violence and violent

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homicides even above the regional average. As these nations urbanize, there is a growing sense of insecurity among the population, especially among women who are particularly vulnerable to violence in public and private spaces due to their traditionally subordinate position in society. The Safe Cities project in El Salvador and Guatemala builds the capacity of local women's organizations to form coalitions, identify risks in their communities, advocate for their right to lives and neighborhoods free from violence and fear, and participate in the planning of safe neighborhoods with local authorities.

The lengthy project update includes the following reports of successes:

El Salvador

- The municipal government of Suchitoto, in partnership with local women's organizations, established the Public Safety Conference Committee to develop joint proposals to increase security in public spaces and prevent GBV (gender-based violence). The Committee organized a national walk against GBV to promote security in public spaces in response to a massacre in Suchitoto. Women's organizations have also been invited by local authorities to participate in the development of Suchitoto's Public Safety Plan.

- Women's organizations conducted an assessment of unsafe spaces in the community and created a map that highlights those places where they feel unsafe and at risk of being subjected to violence. They presented their results to local authorities, who made a commitment to implementing the women's recommendations.

Guatemala

- The Women's Agreed Agenda for Safer Cities and Action Plan, developed in collaboration between local government agencies, women's organizations and Fundación Guatemala, a UNIFEM partner, was presented to the President of Guatemala, the Presidential Secretary for Women, and the Ministry of Government of Guatemala to urge local governments in Guatemala to take steps to eradicate urban VAW.

To read more, go to zonta.org and click on What We Do, International Programs, International Service Program, and ISP Project Archives.

To support these international service efforts, consider making a year-end, tax-deductible donation to the Zonta International Foundation! It's easy—go to zonta.org and click on **donate** at the top of the page or contact Nikki, our District 12 Foundation Ambassador.

FOOD FOR THOUGHT

Life Balance:

Ways To Achieve More Balance More Often

Why "more" in balance? Because there is only momentary balance. We go from in balance to out of balance in a flash. If you're seeking perfect balance, give yourself a break. In fact, that's a tip.

Here are a few other tips for the frantic holiday season:

1. Accept that you'll never get it all done.
2. Simplify. If you buy packaged salad greens, you'll still be a good host. If you spend less time selecting

the perfect gift for someone, you're still a good person. If you usually write a ten-page holiday letter, two pages will be good enough. Everyone will thank you for that.

This is excerpted from a Karen Susman newsletter.

Karen Susman

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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!

Dec 1	Barb's birthday
Dec 1-9	Hanukkah
Dec 4	Salvation Army Bell-Ringing
Dec 6	Evie's birthday
Dec 8	Diane's birthday
Dec 8	WOW—Colorado Gives Day
Dec 9	Club Holiday Party Lakewood Country Club Kit for Kids collection

Dec 13	Project CURE
Dec 10, 11, 13, 14	Santa Claus Shop
Dec 15	Nikki's birthday
Dec 19	Delores Project
Dec 16	Cheryl's birthday
Dec 25	Christmas Day
Jan 30	Mozart's Requiem—ZCD at CSO