




Zonta Club of Denver

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SMOKE SIGNAL

DECEMBER, 2013

COLORADO GIVES DAY



Time your local year-end giving to give more.

Colorado Gives Day is Tuesday, December 10, and if you make a gift to a charity you want to support on that day, your gift will be a little larger than the dollars you donate.

Colorado Gives Day is an initiative to increase philanthropy in Colorado through online giving. Sponsored by Community First Foundation and FirstBank, Colorado Gives Day has taken place during a 24-hour period each winter since 2010. Donations are accepted through the website ColoradoGives.org, with the goal of inspiring and uniting Coloradans in supporting local nonprofits.

ColoradoGives.Org provides comprehensive, objective and up-to-date information about local nonprofits and an easy way to support them online.

A few facts about Colorado Gives Day:

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**We must use time wisely
and forever realize that
the time is always ripe
to do right.**

Nelson Mandela

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1. Community First Foundation pays all credit card fees on December 10th, but you still receive your credit card rewards or rebates.
2. You can make your donation by credit card or direct bank transfer. In either case 100% of your donation will go to the charity of your choice.
3. Colorado Gives Day donations are increased by the FirstBank Incentive Fund.
4. You can donate on Tuesday or, to avoid the crush, you can schedule donations ahead, to be made on December 10.

Forward to a Friend

Log on to ColoradoGives.Org and search through almost 1,450 pre-screened, established nonprofits, including many recipients of past or current Zonta Club of Denver grants, including Friends of the Haven, SmartGirl, COVA, Delores Project, Work Options for Women, Mental Health Center of Denver and more.

Don't miss this opportunity to get into the giving mood with a donation to your favorite good cause!

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



ZONTA SAYS NO

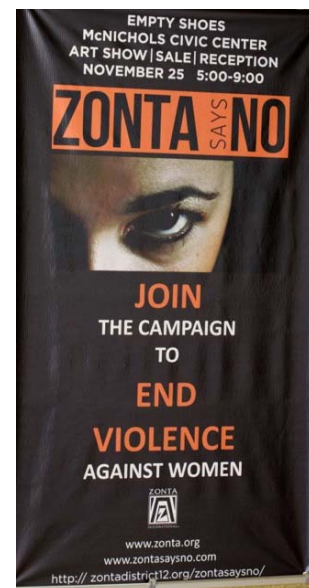
Empty Shoes

The Area 3 Empty Shoes event held at McNichols Civic Center on November 25 as part of the Zonta Says No Campaign to End Violence against Women was a resounding success. A special thank you to Mary Benoit and all our members who helped with the event.

The event featured displays by local agencies working locally and internationally to combat human trafficking, help women escape prostitution, and assist victims on a path to a better life, as well as a sale of art donated by area artists.

The McNichols Civic Center space was perfect for the event and comfortably held the dynamic and varied group in attendance. There were a noticeable number of men present, as well as many Area 3 Zonta members and their friends and family. The displays provided by the participating agencies included compelling photographs, artifacts and information about trafficking.

Over 200 tickets were sold, along with \$5,000 in artwork. Proceeds will go to local and international Zonta service projects.



Photos of the event will be posted soon on the ZCD website photo gallery.

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NEW MEMBER PROFILE

This month's new member spotlight is on Gwen Fornia, who joined the Zonta Club of Denver in May of this year. Like many Zontians, the desire to help women locally and worldwide is what eventually led her to her first Zonta meeting.



The seed to this desire was planted about 50 years ago when Gwen's mom, Holly, left an abusive husband to raise 10 children on her own. Holly set the stage for showing how strong and independent a woman could be despite many odds. Many years later, while discussing this passion for paying homage to her mother by helping other women, Gwen's Aunt Jacquie introduced her to Zonta International and contacted the Denver club, who promptly welcomed Gwen to her first meeting.

Gwen spends her free time with her husband and two grown children - hanging out, skiing, and traveling. With her women friends, she loves to play tennis, discuss books and drink wine.

Career-wise, Gwen likens herself to a cat, and is working on having nine lives. She started her career as an Actuary working in Seattle and Brasil. While living in Brasil, and becoming involved in community work there, Gwen shifted career directions to social work. After returning to the US and moving to Denver, Gwen worked as a Case Coordinator for Advocates 4 Children, a CASA organization. She pursued her Masters degree in Counseling and has had a private counseling practice for 13 years, while continuing to be very active with volunteer organizations. She is now embarking on a career as a pension analyst for government pension plans. Interest in joining the Peace Corps keeps needling her. So who knows. . . maybe another life choice around the corner.

Gwen hopes that increased involvement in Zonta will help satisfy her need to be involved with strong women, and maybe help advance the cause of many women along the way!

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COMMITTEE REPORTS

Service Committee

Now that the Zonta members have voted to approve the grant recipients for 2014, the Service committee is able to notify the organizations that they were awarded a grant. The local organizations are as follows: Smart-Girl, COVA (Colorado Organization for Victim Assistance), Friends of the Haven, and Open Door Ministries. We look forward to learning more about these organizations when they attend some of our future Zonta meetings.



The November Delores dinner was a baked potato bar with a Thanksgiving theme. Since Olette was out of town on a family health emergency, Jeanette was able to take charge that night. Thank you, Jeanette! Thanks also to Kathy H., Mary, Mary Lou, Olette (via Dean, Olette's husband), Julie B., Cynthia, and Jeanette for providing all the food.

We are thrilled with the success of the Christmas party at the Haven! The food was delicious, the conversation was meaningful, the tree decorating was a hit, and singing the Christmas carols was great fun! Thank you to the members of the Service and Membership Committees for providing all the food. Thank you, Joetta, for donating the tree and lights. Thank you, Cathy C., for the cute tree table decorations. Thank you, Zonta Club members for providing the ornaments and your support. Jeanette was outstanding in her organization of the party. Thank you, Jeanette!

The next Service committee meeting will be on Monday, January 20, at Perkins at 6:00 p.m.

The item of the month for the January meeting is Baby Wipes for Open Door Ministries.

- Nancy

Fundraising

Fundraising committee's next meeting will be on December 11th at Perkins Restaurant at 5:30 pm.

Our sponsor letters are being finalized for both money and caterers for the Film Festival in March of next year and we plan on sending them out by January 1st. We do have one commitment on sponsorship and hope to have many more shortly. Dr. Paul Docktor has also committed to being our film photographer again this year. If you have either ideas for company monetary sponsorships, caterers for food donations or individuals that we need to make sure get our invitations either by mail or email, please contact either Julie Bradley or Nikki Headlee with the information!



Fundraising is a whole club effort. The money we raise on the upcoming film will be going to a worthy 501(c)(3) organization in the metro Denver area next year and the more we raise then the more we can help! Remember YOU can help make our film event next year a rousing success!

Have a wonderful holiday!

- Julie

Advocacy

The small (but mighty!) ZCD Advocacy Committee has not yet met.

However, many members of our club, joining forces with the other Area 3 clubs, helped to put on the amazing Zonta Says No/Empty Shoes event on the first day of this year's 16 Days of Activism Against Gender Violence Campaign. I was really impressed by the event and proud to have made a small contribution to it. Kudos to the two who made it happen, Mary Benoit and Laura McCutchen of the Foothills Club!



Past District 12 Governor and current Zonta International Advocacy Committee Chair Kay Meyer made some comments at Empty Shoes about the causes of violence against women. I would like to share part of what she said with you; some of it is truly shocking. Kay said:

"One of our committee's concerns is to get to what causes violence against women so that it can be prevented, and real change can occur...something that rather astounds me is the degree of similarity in the causes of this violence throughout various cultures. A recent multi-national study of thousands of men sheds some light on this. I'll summarize four findings from that report:

1. The men reported that they raped because they wanted to and felt entitled to, felt it was entertaining, or saw it as deserved punishment for women.
2. Violence appears to increase among men who are less socially powerful or who experience social stresses. Violence against women may be used as a way to reassert some level of power and control, where in other parts of their life, men feel relatively powerless.
3. Men's experiences of violence-particularly as children-are strongly associated with their perpetration of violence against women, suggesting that addressing men's own experiences of violence is one strategy to prevent the cycle of violence.
4. Explaining both intimate-partner violence and non-partner rape, the most important factors are related to gender norms and sexual or relationship practices. These are narratives of masculinity that justify and celebrate-toughness, heterosexual performance, men's control over women, and a capacity for violence."

Kay then suggested that during the remaining 16 Days of Activism (through December 10) all Zontians take some concrete action to oppose violence against women. She suggested a few:

"Here are some ideas: You can...

- * Let your Senator and/or Representative know you support the Military Justice Improvement Act.
- * Voice your support for a Sexual Assault Nurse Examiner program.
- * Find out what's being done to address bullying or trafficking in your community.
- * Thank some man or woman who makes your community a safe and peaceful place to live.
- * Contribute to ZI's Strategies to Eliminate Violence against Women (ZISVAW) through the ZI Foundation.

Ask yourself: what is ONE ACTION to 'wage peace' against this violence that you can take in the next few days? How many of you can, and will, do this?"

I hope all of you reading this will answer Kay's call to action.

- Judy Mc

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SERVICE OPPORTUNITIES

A big thanks to the members who generously gave day timers as well as toothbrushes and toothpaste to the Volunteers of America Women Veterans Transitional Housing Program. This program provides homeless female veterans with transitional housing services for up to two years. Our speaker Anna is a resident in this program coming from a dangerous domestic violence situation. She reported "having a safe and secure place to lives makes everything possible." She is a veteran of the Air Force and is attending classes full time. The day timers were requested as the program encourages women in the program to write things down.

- Evie



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DOMESTIC DIVA

BUTTERNUT SQUASH CASSEROLE

The following recipe is one I love sharing at this time of year. It is great for parties, and easy to prepare for your next Pot Luck. Costco and Whole Foods sell butternut squash already cut up into pieces - a real time saver.

- 3 1/2 pounds butternut squash
- 1 large red bell pepper, cut into 1-inch pieces
- 3 tablespoons olive oil
- 2 large garlic cloves, minced (substitutue 1 tablespoon of garlic puree, from Costco).
- 1 yellow or white onion, cut into 1/4 cubes
- 3 tablespoons minced fresh parsley leaves
- 1 1/2 teaspoons minced fresh rosemary leaves (you can also use a 1 1/2 teaspoons of minced sage leaves)
- freshly ground black pepper to taste
- 1/2 cup freshly grated Parmesan or Romano (Romano is a very flavorful cheese and available at Costco).

For a richer dish, have ready 4 - 5 oz. of plain goat cheese. Costco's a great source for it.

Steps

Preheat oven to 400°F. (I used Convection roast at 350F).

With a sharp knife cut squash crosswise into 2-inch-thick slices. Working with 1 slice at a time, cut side down, cut away peel and seeds and cut squash into 1-inch cubes (about 9 cups). Cut away the green you can see - it tastes bitter.

In a large bowl stir together squash, onion, bell pepper, oil, garlic, herbs, black pepper, and salt to taste. Transfer mixture to a 2- to 2 1/2-quart baking dish and sprinkle evenly with Parmesan. Bake casserole in middle of oven until squash is tender and top is golden, about 40-60 minutes. IF ADDING GOAT CHEESE: Spread half of the casserole mixture on the bottom of the pan. With your hands, break off pieces of the goat cheese and drop onto casserole. Cover with the second half, then grate on the Romano.

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PRESIDENT'S MESSAGE

The December Smoke Signal always comes out shortly after Thanksgiving, so the theme for a president's message is immediately at hand. What are you thankful for this year? I count Zonta among my blessings.

In a grocery aisle the day before Thanksgiving, I was near an older man with a walker when he dropped a can of nutmeg. A store employee picked it up for him, and he smiled at me while he joked with the clerk: "Don't get old-it's a pain!" I bantered back, "Maybe, but it's better than the alternative!" He replied, "You're right. In 2007, I was diagnosed with leukemia, and I'm still here." I replied, "That's really great-congratulations," and we said simultaneously, "Happy Thanksgiving!" as we parted ways.



We're all thankful for the usual things: family, friends, health, shelter, meaningful work, and opportunities for growth, adventure and creativity. I hope we all also think of Zonta as a blessing that gives to each of us as much as we give to it.

In November we contributed to the Volunteers of America Homeless Women Veterans project and heard from a woman veteran who is turning her life around after suffering domestic violence. Then we held the fabulous Zonta Says No to Violence art event with other Area 3 clubs to help kick off an international campaign of awareness about violence against women. The Service and Membership committees got together and created a perfect Christmas party at the Haven.

We continue to provide our nurturing monthly dinners at the Delores Project. Coming up we are looking forward to the Dine In meeting in January and our grant award dinner in February. We're doing some really significant things that can mean as much to us as our actions do to the women we serve.

I'm counting my blessings that Zonta found me. To have an organization of strong-minded, highly-skilled, outwardly-motivated women allow me to share in the realization of worthy projects is a true gift.

A recent interview with actress Emma Thompson yielded this thought on her work in human rights: "I see it as on the same level as cooking meals for the family. I don't understand how to be alive and not be engaged in other people's difficulties, even if they don't directly affect your life." Hmm...Someone should invite her to a Zonta meeting.

We're coming up to the end of the calendar year and the swirl of holidays when our date books become a flurry of activities and events. Before it all gets too hectic, I want to take a moment to say thanks for all you do. Every contribution you make toward a meeting, project or event, no matter how small it feels to you, has an immeasurable return toward advancing the status of at-risk women.
- Wendy

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Judy Allen
and
Richard Starlin

CALENDAR

Date	Event	Time	Location	Details
December 1	Barb's birthday			
December 2	Nancy's birthday			
December 6	Evie's birthday			
December 11	Fundraising Committee meeting	5:30 p.m.	Perkins on Colorado at I-25	
December 15	Nikki's birthday			
December 17	Cathy's birthday			
December 13, 14, 16 and 17	2013 Denver Santa Claus Shop			denversantaclausshop.org
January 7	Wendy's birthday			
January 9	Club meeting	5:30 p.m.	Gov. Sheila's home	Dine-in fund-raiser for Zonta International Foundation
January 20	Service Committee meeting	6:00 p.m.	Perkins on Colorado at I-25	
February 13, 2014	Club meeting	5:30 p.m.	Embassy Suites 7525 E Hampden Ave Denver, CO 80231	Presentation of 2013-2014 service grants
February 20, 2014	Human Trafficking Awareness Day		Colorado State Capitol 200 E. Colfax Ave	Hosted by Human Trafficking Task Force of Southern Colorado
March 22, 2014	2014 Zonta's Day of Film	TBA	Sie FilmCenter Denver	NOTE DATE CHANGE
May 17, 2014	ZCD Annual Garage Sale	7:00 am to 3:00 pm	1360 Glencoe Street	START SAVING STUFF NOW
June 27 – July 1, 2014	Zonta International Convention		World Center Marriott Orlando, Florida	orlando2014.zonta.org

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Wendy Henry-Moraskie, President | Judy McNerny, Editor

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