



# Zonta Club of Denver

*Member of Zonta International®*



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## SMOKE SIGNAL

**MARCH, 2014**  
**SMART-GIRL**



Last month, the Zonta Club of Denver gave a grant of \$10,000 to Smart-Girl. But what does Smart-Girl do, and how will our grant be used?

Smart-Girl empowers girls to make smart choices and become confident, capable, self-reliant young women. Girls today, across *all* races, religions, cultures and socioeconomic levels, are forced to grow up too fast. They lack the tools to successfully deal with the serious issues bombarding them daily - sex and drugs; bullying and violence; inappropriate media imagery; and pressure to succeed in school and extracurricular activities. This is made more difficult by the fact that it happens at a time when girls' bodies and minds are undergoing dramatic physiological change. Some startling facts about what are kids are facing today:

- 48 percent of 7<sup>th</sup> - 12<sup>th</sup> graders experience sexual harassment in school. ("Crossing the Line: Sexual Harassment at School," Hill & Kearn, American Association of University Women)
- Adults intervene in only 4% of bullying incidents. (National Association of School Psychologists)
- 7 out of 10 times, **when a peer intervenes**, the bullying behaviors stop immediately. (StopBullying.gov)

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[Zonta Says No](#)

"It's a very important thing to learn to talk to people you disagree with."

Pete Seeger

- The body type portrayed in advertising as the ideal is possessed naturally by only 5% of American females. (anad.org)
- 47% of girls in 5th-12th grade reported wanting to lose weight because of magazine pictures (anad.org)
- 69% of girls in 5th-12th grade reported that magazine pictures influenced their idea of a perfect body shape (anad.org)
- 42% of 1st-3rd grade girls want to be thinner (anad.org)
- 81% of 10 year olds are afraid of being fat (anad.org)

Smart-Girl gives girls the chance to think about and discuss the challenges they encounter and to formulate and practice appropriate and productive responses. Through this process, Smart-Girl nurtures girls' social-emotional intelligence and critical thinking skills - qualities proven to lead to success in life. Smart-Girl is committed to creating a world where all girls have the knowledge, skills and attitudes they need to reach their highest potential.

#### **Smart-Girl gives girls the tools to develop:**

- Confidence and self-worth
- Self-awareness and empathy
- Critical thinking and problem-solving skills
- Leadership ability and group / social skills
- Attitudes and values that lead to resilience and success in life

According to JVA and Associates, an independent third-party evaluator, girls who participate in Smart-Girl score significantly higher in optimism, problem-solving skills and attitudes that lead to success in life.

In 2010, Smart-Girl concluded a two year study funded by The Office of Safe and Drug Free Schools at the Department of Education. Researchers from the University of Colorado, Denver Center studied 8<sup>th</sup> grade girls at Kepner Middle School in Denver and compared them to a similar school. They found that:

- Kepner 8<sup>th</sup> grade girls had a significant decline in disciplinary incidents during the year while at a comparison school without Smart-Girl, 8<sup>th</sup> grade girls had a significant increase.
- Kepner 8<sup>th</sup> grade girls significantly improved their science grades and overall GPA.
- 75% of girls report that Smart-Girl strongly influenced their belief that they now *want to* and believe they *can* graduate from high school. This is important because Kepner girls have a 50% drop out rate when they reach high school.

Because of Zonta's support, Smart-Girl will be able to train 90 leaders on using Smart-Girl Curriculum next year. These leaders will then go out across Denver and work with on average 1000 middle school girls to help them become confident, capable, self-reliant young women.

#### **WANTED:**

#### **ZONTA ROCK**

If you received the Zonta Rock, and haven't passed it on to another deserving member, please plan to do so at the next meeting you attend!

#### **MEMBERS**

Happy birthdays!

Beth        March 9  
Katie        March 27

Helen's new email:

[helen207@centurylink.net](mailto:helen207@centurylink.net)

Join Our Mailing List!

Forward to a Friend

Katie Boysen

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



### HUMAN TRAFFICKING ADVOCACY & AWARENESS DAY

On Thursday, February 20, the Human Trafficking Task Force of Southern Colorado hosted its second and very successful Human Trafficking Advocacy & Awareness Day at the Capitol.

I volunteered, and spent the morning ferrying balloons from Party City in Lakewood to the Capitol. I wish I had video to show you—it was a windy (and cold!) day and I was a comical figure wrestling big bags of helium filled balloons from my car to the Capitol. Luck was with me, though, because each time I reached the door with two huge bags there was a polite gentleman on hand who held the door while I fed one bag through, sidled in after it, and pulled the second in behind me. To my surprise, the security guards acted as if people with balloons visit the Capitol every day and maybe they do!

While ballooning I missed the breakfast and luncheon speakers and the passage of resolutions in the House and Senate. However, there were many tables set up in one of the galleries (including a table for Alice's Women Engaging Globally that sported Day of Film flyers and cards in their display—thank you, Alice!). I picked up information about many of the groups hosting tables and will try to share some of that with you over the next few months. The multimedia display that iEmpathize brought to Area 3's Empty Shoes event was on display inside the East entrance to the Capital throughout the morning.

The "West Steps" Rally was moved indoors because of the wind but, although the crowd wasn't visible to traffic on Lincoln, the rally was still impressive. There were a couple of hundred people rallying, and most of the big names in local law enforcement were there: John Walsh, the United States Attorney for Colorado (the top Justice Department official in the State); Jon Suthers, Colorado Attorney General; Robert White, Denver Chief of Police; the Denver Special Agent in Charge (SAC) for the FBI; and the Denver SAC for Homeland Security. All of them, along with Task Force founder and Past District 12 Governor Betty Edwards, event chair Tamra Farah, Representative Beth McCann, and Brad Riley, founder of iEmpathize, spoke to the assembled group about the issue of trafficking and the importance of efforts to prosecute traffickers and help victims.

Jon *Suthers* reported that human trafficking is now a \$32 billion industry, involving organized crime groups in many parts of the world. Several of the law enforcement officials mentioned how important the Day at the Capitol was to shine a light on trafficking so members of the public are watching and can bring possible incidents to law enforcement's attention. All agreed—they cannot end human trafficking without our help.

The most inspiring of the speakers, however, was Aubrey Lloyd, a survivor of trafficking who shared her story and brought tears to many eyes. The event and especially Aubrey's part in it was reported by the *Denver Post* [here](#).

Although several club members who had planned to attend were not able to do so for various reasons, the club's representation doubled from last year (from just Mary to Mary and me)! I hope more ZCD members will be able to attend this event next year.

In the meantime, if you've ever wondered what you would do to get help if you saw a possible human trafficking victim, a car involved in trafficking or a situation in a business you'd like to report, there's an app for that! Get the Red Light App for your iPhone now on iTunes and soon

for your Android or Microsoft phone. All reports are sent to Homeland Security Investigations or local agencies. To learn more, go to the Red Light [website](#).

Judy Mc

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### March Meeting

#### Meeting Details

Date: Thursday, March 13

Time: 5:30 pm social; 6:00 pm dinner

Location: Hacienda Colorado  
4100 East Mexico Ave.  
Denver, CO 80222

Meeting Room in the FRONT of the restaurant

Menu: Order what you like from the extensive menu

Greeters: Judy McNerny

Advocacy Moment: Mary Lou Edwards

Cost: As priced on menu

Reservations to Judy Allen at [judith.allen@ch2m.com](mailto:judith.allen@ch2m.com) or 720-286-5012 by 10am Monday, March 10th. Judy needs to provide the restaurant with the total number of people by Monday. Let her know if you will be bringing a guest.

Please see Service Committee report for items to bring to the next meeting

The following members have permanent reservations:

Judy Allen	Sheila Davis	Kate Linscott
Evie Ashmore	Mary Lou Edwards	Judy McNerny
Mary Benoit	Nikki Headlee	Nancy McWhirter
Alice Borodkin	Cynthia Herndon	Wendy Moraskie
Julie Bradley	Kathy Hyzer	Dorothy Swindt

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**COMMITTEE REPORTS**

**Service Committee**

February has been a busy and productive month of service activities. A Sloppy Joe dinner was served at The Delores Project on February 16. Thank you, Olette, Judy Mc, Cathy C, Mary, Katie, Nikki, Marian, and Nancy for providing and serving the dinner.



Smart-Girl held a STEM GIRL day at the Auraria Campus on February 22. Prior to the event, Cathy C and Nancy helped stuff backpacks for the participants. Judy Mc was able to volunteer on the day of the event. Katie said, "Judy was a total lifesaver, and we couldn't have done it without her." Thank you, Judy, Cathy and Nancy for representing Zonta Club of Denver.

When our membership heard of the emergency need for undergarments at The Haven, there was an immediate and generous response. At this point, Jeanette has spent \$229.00 for numerous bras, panties, and packages of socks. To ensure that The Haven is able to continue to meet the women's basic undergarment needs at this time, we are going to ask each member to bring one bra and one pair or package of panties (high cut or bikini style) to the March meeting. Thank you, Jeanette for spearheading this emergency response!

The service committee met on February 24 to start planning the service opportunities and monthly items to be collected. We are excited about partnering with our grant recipients in the coming year.  
Nancy

\*\*\*\*\*

**DONATION ITEMS FOR MARCH**  
**UNDERGARMENT COLLECTION FOR LADIES AT THE HAVEN**

Please bring new bras and/or panties to our March 13 meeting. Panties should be bikinis or high cut style in sizes 7, 8, 9 or 10. Bras should be sizes 36, 38, 40 - - C, D, DD.

If you don't have time to shop and would like to contribute, please bring \$\$ or check to the meeting and we will be glad to shop for you.

One recommendation from a Zontian shopper is that they found good prices at Ross.

\*\*\*\*\*

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



### Fundraising

We are t-minus 20 days until our 6th annual film event showing *Honor Diaries*.

All the parts are coming together, food donated, beverages, panelists for the discussion. We have Cynthia Hessin from Rocky Mountain PBS moderating a great panel discussion after the film about honor violence.

Our food and drink for the brunch is rounding out and looking like a marvelous spread all due to our caterer sponsors. We have a start on our ticket sales - remember to go online to purchase tickets, or mail in your checks. Make sure you tell all your friends and encourage their attendance.



We have a start on the help at the film itself and we could use everyone's help the day of the film. Here are the empty spots!!

8 am: Set up - **need four people**  
PR set up/display - **need one more person**

9:15 am: Hostesses ready to greet guests, near parking lot, directing to lobby- **need four more people**

11:30 am post film/discussion - direct traffic flow out of theatre and toward food and drinks - **need two people**

11:30-12:20: pick up empty plates, clear tables - **need one or two people**

12:30 pm: event over - clean up crew: **need one or two people.**

If you have already signed up - GREAT! If you haven't but can help, please contact me for the signup sheet. I will send an email out before the next meeting as a reminder and there will be one more chance to sign up at the meeting in March. Remember the film is a couple of weeks later this year so we have every chance of beautiful spring weather for the film!

Thank you for all your help and be sure to thank the committee for all their hard work to make this film event the best yet!

Next fundraising meeting is at Mary's office on Monday March 10th at 5:30pm.

Julie

### Advocacy

As you know, our club co-sponsored the 25<sup>th</sup> annual Colorado Women's Legislative Breakfast, held on February 25. Area 3 was also a co-sponsor. Sheila, Mary and I attended from our club, along with Kay Meyer (Zonta International Advocacy Committee Chairman), Debbie Squires, Area 3 Director, and a representative of Zonta Club of Denver II. (We were pleased



to find that WOW provided the food for the breakfast-it was a real breakfast, not just sweet rolls and coffee!)

Debbie brought a very large Zonta banner and set it up next to our table. The sponsor tables were arranged alphabetically, with Z being next to the stage. This meant that, although not many attendees made it all the way through the alphabet to hear about Zonta or pick up the information we had brought, everyone in the room could see "ZONTA" in big letters!

Six women legislators, five House members, Rhonda Fields (D), Lois Landgraf (R), Polly Lawrence (R), Clarice Navarro (R) and Brittany Pettersen (D), and Senator Rachel Zenzinger (D), spoke. They each described the path that brought them to the legislature and highlighted one or two bills they are sponsoring in this session that address issues of special concern to women, including the child care tax credit, funds for education, extending the time limit for prosecution of rape cases when there is DNA evidence, and many more.

Perhaps the best one-liner from the panel was Representative Rhonda Fields quoting her mother, "If you're not at the table, you're on the menu." All six encouraged women to step up and run for office and shared advice about how to raise money for a campaign.

The keynote speaker, Carol Hedges of the Colorado Fiscal Institute, was outstanding. She talked about tax policy and made it interesting! She reminded us that Colorado is 42<sup>nd</sup> among the states in per pupil spending on education; that 95% of recent gains in wealth have gone to the top 1%; and that Colorado has a high rate of growth of income inequality. Although as a former member of Governor Roy Romer's staff, Hedges obviously leans left, she emphasized the importance of listening to those who disagree with us. Are the problems daunting? Yes, but she quoted Pat Schroeder: "You can't wring your hands and roll up your sleeves at the same time."

So, if you read or hear about proposed legislation that you think is important, don't just wait to see what happens-sit down at the table, roll up your sleeves, and let the members of the legislature know what you think with a phone call, an email or, if you're feeling ambitious, a personal meeting with your representative or senator!

The Advocacy Committee is planning to gather information about some of the issues that concern Zontians and share the information with you at meetings. Our hope is that you will then share that information with your friends, co-workers, neighbors and family members. Mary Lou will have some facts about honor violence at the March meeting, and there are some statistics about girls in the lead article about Smart-Girl in this issue that, as Katie Boysen, put it are "scary." We can increase awareness of these problems one person at a time so more people are focused on solving them! By doing this, you are taking the first step toward being an advocate for the women and girls whose "legal, political, economic, educational, health and professional status" we are committed to improving.

Judy Mc

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



**NOMINATING COMMITTEE REPORT**

The Nominating Committee presents the following slate of candidates for the club board and nominating committee for 2014-2015:

President: Mary Benoit

President-Elect: Judy Allen  
 Vice President: Katie Boysen  
 Secretary: Mary Lou Edwards  
 Treasurer: Kathy Hyzer  
 Directors: Nancy McWhirter will complete her term  
 2014-2015: \_\_\_\_\_ to complete Katie Boysen's term  
 2013-2015: Gwen Fornia  
 Judy McNerny  
 Nominating Committee: Wendy Moraskie  
 Cathy Conley  
 Liz Cameron

Respectfully submitted, Cathy Conley, Jacki Sammons and Joetta Williams

## **FEBRUARY MEETING MINUTES**

### **REGULAR MEETING MINUTES ZONTA CLUB OF DENVER, FEBRUARY 13, 2014 EMBASSY SUITES, 5:30 PM**

President, Wendy Henry-Moraskie called the meeting to order at 6 pm.

#### **Guests at the meeting:**

Nancy McWhirter introduced Karen Silverman from Smart Girls.

Jeannette Newville introduced Chrissy McNally from Friends of the Haven.

Beth Mundell and Sue Kruger introduced Nancy Lewis, COVA Director and Sterling Harris, Deputy Director of COVA.

Marian Lee introduced Ashley Roberts, Grants Coordinator for Open Door Ministries and Rita Powell, Chayah House Director.

Julie Bradley introduced Tammy Brislin from the SIE Film Center, DFS.

Mary Benoit introduced Kim Desmond, Director of the Denver Women's Commission and Christain Ofner from RBC.

Nikki Headlee gave the inspiration and President Wendy invited everyone to participate in dinner.

The January, 2014 Minutes were approved as corrected.

Treasurer, Kathy Hyzer reported that she has received \$1,451.73 from the Zonta Says No Art Event in November, and \$1,600 from the Lehman Brothers settlement, all of which she deposited and will send to our Foundation to be invested.

#### **GRANTS:**

Service Chairman, Nancy McWhirter began the presentation of our service grants, saying that the committee did a great job of picking our projects for the year.

Marian Lee presented a \$6580 grant to Ashley Roberts and Rita Powell of Open Door Ministries on Colfax in Denver for their "Homeless at Risk" program. The money will pay for education classes, purchase books and supplies, pay rent, and pay for child care so they can get a college education. The \$3500 we gave them last year was spent on Education pursuits. Two women were profiled whose lives were changed forever, saying our money made the difference for them.



Nancy McWhirter and Jeannette Newville presented Chrissy McNally of Friends of the Haven with \$6680 to help with exercise lessons for the addicts. Exercise has been shown to help with self-image and depression. They will partner with the YMCA for core programs like yoga. Last year's grant of \$7,000 went toward 36 hours of Microsoft Office Certification for several women. Chrissy told us their clients all wanted to thank us for the tree trimming Christmas dinner **we sponsored there.**

Beth Mundell presented Sterling Harris and Nancy Lewis of COVA with a \$7000 grant which will fund fairness and healing for crime victims - it will serve 15% more women in Denver. Specifically, this grant will provide financial assistance for 35-40 women who have financial needs stemming from a recent crime victimization and for whom there are no other resources. Their goals are to: Educate victims to not bring any more harm, Advocate with lawmakers, Develop Leaders/Interns from marginalized societies, and Fill in the Gap by helping with natural disasters. They also do intensive case management with victims of trafficking.

Katie Boysen and Nancy McWhirter presented Karen Silverman of Smart Girls a grant of \$10,000 to help with group programs for middle school girls. The money will go toward the Smart-Girl Leadership Institute. This program will train approximately 90 volunteers and school personnel to lead Smart-Girl programs. Smart Girls trains college and high school student volunteers to be peers of the middle school girls - to lead them through negative peer pressure and teach them about the impact of their choices. They train about 120 volunteers per year and they spread out over all of Colorado to help the middle school girls.

#### **FILM EVENT:**

Julie Bradley reported that the film chosen for this year's event is "Honor Diaries" and handed out flyers, cards and postcards to members to distribute about the film and encouraged members to sell the \$40 tickets by referring people to Black Tie or our website. We need a full house, so please sell tickets - the theater seats 180 and sponsors get some of those seats. The 1 hour long film focuses on 8 women talking about honor violence around the world. Julie and Mary Benoit watched the whole film. It is a heart wrenching, thought-provoking, very realistic view of violence against women, and every part of it is what Zonta is all about. The Director of the film has been invited to participate in the panel discussion and there will be a champagne brunch after the film. Cynthia Hessen will be the moderator. Donations are coming in nicely and the committee has lined up caterers. President Wendy reminded everyone to hand out the PR information on the film in libraries, stores, etc. and to tell buyers that their tickets are tax deductible.

Julie introduced Tammy Brislin from the DFS/SIE film center who talked about the "Voices Film Festival" and congratulated our club for being in it from year one of its four years. This year the event runs from March 18-March 23. She would like to see our members attending some of the films early in the festival as well as our film. She is trying to plan a happy hour event just for non-profit groups and then watch a film on Monday, March 18. Check [www.Denverfilm.org](http://www.Denverfilm.org) and go to Voices Film Festival for a full program of events.

#### **ADVOCACY:**

Advocacy Awareness Day, sponsored by the Human Trafficking Task Force of Southern Colorado (Betty Edwards' group), February 20, includes a breakfast and a lunch for legislators. The speaker is AJ from Metro Trafficking with a panel discussion. It ends with a rally on the West steps of the Capital building at 1:30. There is a signup sheet for a 2 hour shift to help. Judy suggests we show up for the rally at least.

Judy McNerny reported that there are 2 bills in the legislature right now about trafficking, one bill making it a crime to advertise for and receive a child to adopt, unless you are an adoption agency or the like, and one that repeals existing trafficking legislation and enacts a new statute in order to have similar laws across states.

Our club is co-sponsoring a table at the Colorado Women's Legislative Breakfast on February 25 where we will be promoting our film event.

Kim Desmond of the Denver Women's Commission invited our members to attend a year-long assessment of the issues most affecting women and girls in Denver with special guest Mayor Michael B. Hancock at the City and County Building, 1437 Bannock, 2<sup>nd</sup> Floor, Denver, on Tuesday, March 4, 2014 from 5-7 pm.

PR:

Katie Boysen asked for help checking people in and out on Sat., Feb. 22<sup>nd</sup> at Metro, 8:30 - 11:00. Smart Girls is presenting a panel of women in non-traditional careers. There will be workshops and the keynote speaker for lunch is a woman short-listed for a NASA launch. She also needs help stuffing 125 drawstring backpacks with flyers and information next Wed, March 19 at the Smart Girls office for the event.

#### MEMBERSHIP:

Judy Allen said our next meeting will be at The Hacienda off I-25 and Colorado, March 13 at 5:30 pm. She reported that Barb Pellegren broke her hip and will be in rehab for 3 months. Barb will appreciate our cards, and Judy will let us know which facility if we want to visit her.

#### SERVICE:

Olette Stanberry reminded everyone to sign up to work at Delores House, especially for Luau Night on March 16.

There being no further business, President Wendy adjourned the meeting.

#### DATES TO REMEMBER:

<b>March 5</b>	<b>Boulder Foothills "Zing for Zonta"</b>
<b>March 16</b>	<b>Luau Night at Delores House</b>
<b>March 22</b>	<b>Film Event</b>
<b>March 27</b>	<b>Board Meeting, Mary Benoit's office</b>
<b>March 29</b>	<b>Area 3 meeting hosted by LW/Golden</b>
<b>April 22</b>	<b>Douglas County's Trivia Night</b>
<b>May 17</b>	<b>Garage Sale at Cynthia's home</b>
<b>June 27 - July 1</b>	<b>ZI Convention in Orlando</b>

~Respectfully submitted,  
Mary Lou Edwards, Secretary



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



### DOMESTIC DIVA

Here is a slow cooker recipe that makes a nice Winter-into-Spring transition meal. Just turn it on before you head to work and 9 hours later - Voila

Note: I make many soups and stews that start with a base of chopped celery, carrots and onions. I am very excited that Trader Joes sells these in one container for one low price to save me from all that chopping!

### Lentil Stew Over Couscous

3 cups dried lentils (1 lb), rinsed  
 3 cups water  
 1 can broth  
 1 can (14oz) of diced tomatoes  
 1 onion chopped

4 stalks celery chopped  
 1 medium carrot chopped  
 1 green bell pepper chopped  
 2 garlic cloves chopped  
 1 tsp dried marjoram  
 1/4 tsp black pepper  
 1 tsp salt  
 1 Tbsp olive oil  
 1 Tbsp cider vinegar  
 5 cups hot cooked couscous

#### Slow Cooker Directions:

1. Combine lentils, water, broth, tomatoes, chopped ingredients, marjoram, salt and pepper in slow cooker; stir. Cover and cook on low 8 to 9 hours or until vegetable are tender. I cook for 4 to 6 hours for chewier version. (or if I'm using red lentils which cook more quickly)
2. Stir in oil and vinegar. Serve over couscous

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### PRESIDENT'S MESSAGE

Happy international women's day! An Oprah magazine article from last year offered several ideas about how to celebrate, such as watching a movie (*Alien* or *Terms of Endearment*), visiting a woman-focused museum, having a dine-in and donating the money not spent in eating out to a worthy cause, or joining a purposeful organization. Hmmm, writer Amanda Schupak sounds like she knows some Zontians. Our film day, January dine in and general participation in Zonta checks off all the boxes on her list. All we're missing is a museum... If you're interested, check out the international museum of women on line, at imow.org.



Welcome to the Zonta Club of Denver's fundraising committee. You know how it goes--From the middle of February until the end of May we all become adjunct members of the fundraising committee. This model works really well. When we have all hands on deck working together to share the numerous tasks, the Zonta Day of Film and the annual yard sale click along smoothly.

The sixth annual Day of Film and the umpteenth yard sale will be great events, as they always are. Please be willing to step up if someone asks you to help with a task, but first be sure you have bought your own film day tickets and shared information about it and how to buy tickets with everyone you know and lots of people you don't know.

Thanks to our PR committee, we've already gotten a lot of mileage out of our Facebook page, YourHub, and other social media websites but sometimes the best message comes from a friend or acquaintance.

These gloomy late winter days keep you in the house and make you start thinking about spring cleaning. Be prepared: make sure there are bags and boxes marked Zonta yard sale, to receive your wonderful but no-longer-loved items.

Glamour magazine is celebrating its 75th birthday, and in that commemorative issue, selected the 75 most important women over those years. The women chosen reflect a wide range of talents, including science, business, politics, art, sports, and more. They were and are leading and influencing their own spheres and the world in every field. Starting 75 years ago. Most of their efforts started small, got larger and inspired many. Here are just a few:

-Dolores Huerta, who cofounded the national farm workers association said that change comes from the bottom up, and showed us the power that each individual woman has.

-Actress Hedy Lamar who also co-patented a scientific technique that is behind WiFi.

-My favorite quote from the article, attributed to Secretary of State Madeleine Albright, is "there is a special place in hell for women who don't help other women."

Luckily, we're all very busy helping each other and many women we may never know, to ever end up there! Do something nice for yourself, as well, for international women's day.

Wendy

---

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

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Judy Allen  
and  
Richard Starlin

**UPCOMING EVENTS**



## Zonta's Day of Film 2014:

*Honor Diaries* is the first film to break the silence on 'honor violence' against women and girls. More than a movie, *Honor Diaries* is a movement to save women and girls from human rights abuses – around the world and here in America.



**HONOR DIARIES**  
CULTURE IS NO EXCUSE FOR ABUSE

Please join us at  
Zonta's Sixth Annual  
Day of Film.  
"Honor Diaries" documents  
murders and abuse committed in  
the name of honor.  
Panel discussion and brunch  
following screening

Tickets \$40

Free parking

**Saturday,**

**March 22, 2014**

10:00 am

**SIE FilmCenter**

**2510 East Colfax Avenue**

**For more information and  
to purchase tickets online  
go to: [www.zonta-denver.org](http://www.zonta-denver.org)**

 **Zonta Club  
of Denver**  
*Member of Zonta International®*

*This Zonta Club of Denver Foundation fundraiser will finance projects of the Zonta Club of Denver and of Zonta International, benefiting women in the Denver area and around the world.*

# Call to Meeting

**Area 3 Annual Meeting**

**March 29, 2014**

**9:00am – 3:00pm**

Faith Community Church  
6228 South Carr Court, Littleton CO

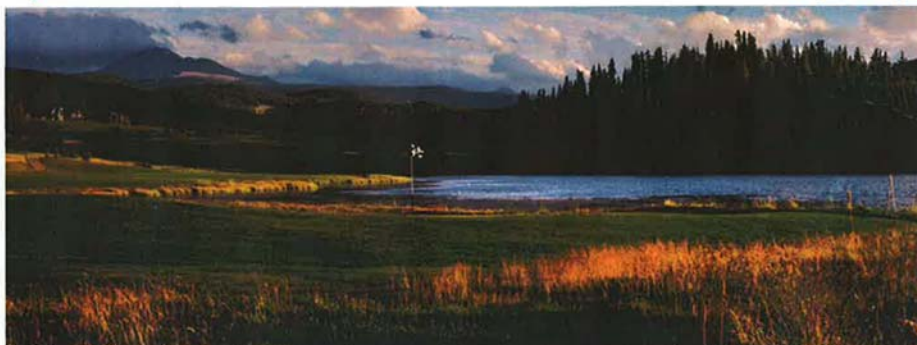
## Motivation

**Transformation**



**Appreciation**

Registration and details to follow.



# Save the Date!

COVA's Inaugural Day of Golf

Fundraising Event

**June 9, 2014**

**River Course at Keystone Resort**

**The Colorado Organization for Victim Assistance (COVA) & Golf Pro Marathons**

**Cordially Invite You To Our Day of Golf Fundraiser**

**Where?** The beautiful Keystone Resort in Keystone, Colorado. *Our players get the course to themselves for the entire day!*

**When?** Monday, June 9, 2014, from 8:30 am to 5:00 pm. We have secured a special room rate of \$129/night at the Lodge at Keystone for our players. There will be special events scheduled for players who choose to make a weekend of it!

**Who?** The first 36 golfers to sign up.

**Entry?** No entry fee ... just a willing heart to raise pledge support.

**Why?** If you own a set of golf clubs, and if you would like to help COVA create solutions and positive change for victims of crime in Colorado ... then you're exactly who we're looking for!

***You're guaranteed to have the time of your life on the day of the event! There will be a PGA teaching professional on the course all day providing dynamic video lessons.***

**To sign up or to learn more about this exciting opportunity, please call:**

PGA of America member Jim Coles @ 805-471-2214 or

COVA's Chief Deputy Director Sterling Harris @ 303-861-1160



## GOLF PRO MARATHONS

**Play with PGA professional  
Jim Coles**

**and receive personalized  
on-course video lessons**

**Much MORE scenic ...  
certainly a lot MORE fun ...**

**and MORE effective than  
just hitting balls on the  
driving range!**



**If it's true that 95% of the game is mental ...**

**Where do you think the best place is to actually work on your mental approach?**

**Receive help on every aspect of your game (full-swing, short game, putting, & more) ...  
all while you're playing on the golf course!**

While Jim Coles was pursuing a career on the PGA Tour, he played a lot of golf with Tiger Woods as they shared the same world-class golf coach, PGA instructor Rudy Duran. Rudy is a master at meeting players exactly where they are at ... and then helping each one of them (while on the course) learn how to play their best golf. Jim implements the same kind of personalized, hands-on coaching that both he and Tiger experienced by accompanying his students on the golf course. Plus, he captures everything on video using the most cutting edge technology available (through edufii) ... and provides students with all the footage for their personal use.

*The best part is that anyone can experience this unique over-all game improvement program while helping a great nonprofit, at a great event, with NO ENTRY FEE....contact Jim to hear how you can sign up.*

**Want to meet Jim and learn about COVA's Day of Golf Fundraiser?**

**Join us at the COVA Office, 90 Galapago Street, Denver, CO**

**on Friday, February 21, 2014 from 4PM-6PM.**

Refreshments, good company, and details on how to sign up will be provided.

**Can't make it, but want to know more? You can schedule a meet and  
greet with Jim the weekend of February 22 & 23, 2014!**

Contact Jim Coles at 805-471-2214 or

COVA's Chief Deputy Director Sterling Harris @ 303-861-1160 to schedule.

PGA member Jim Coles [www.golfpromarathons.com](http://www.golfpromarathons.com) 805-471-2214 [jim@golfmarathons.com](mailto:jim@golfmarathons.com)

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



## CALENDAR

Date	Event	Time	Location	Details
March 10	Fundraising Committee meeting	5:30 pm	Mary's office	
March 13	Club meeting	5:30 pm	La Hacienda Colorado I-25 and Colorado Blvd.	Program: Smart-Girl
March 22	2014 Zonta's Day of Film	10 am – 1 pm	Sie FilmCenter Denver	"Honor Diaries"
April 10	Club meeting	5:30 pm	La Hacienda Colorado I-25 and Colorado Blvd.	TBA
May 8	Club meeting	5:30 pm	La Hacienda Colorado I-25 and Colorado Blvd.	TBA
May 17	ZCD Annual Garage Sale	7:00 am to 3:00 pm	1360 Glencoe Street	REALLY START SAVING STUFF NOW
June 27 – July 1	Zonta International Convention		World Center Marriott Orlando, Florida	<a href="http://orlando2014.zonta.org">orlando2014.zonta.org</a>

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