



# Zonta Club of Denver

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## SMOKE SIGNAL

NOVEMBER, 2013

ZONTA SAYS NO

### *Empty Shoes*

### *An Art Show & Sale to Help End Violence Against Women*

*Gala Reception with Food and Drink*

**J**oin the women of Zonta and local & international artists as we raise money and awareness to:

**Say NO to Gender Violence**

**N**ovember 25, 2013  
5 to 9 p.m.

McNichols Civic Center  
144 W. Colfax, Denver  
(Broadway and Colfax)

Tickets are \$30 at the door or \$25 in advance, available at:

[www.ZontaDistrict12.org/ZontaSaysNo](http://www.ZontaDistrict12.org/ZontaSaysNo)



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### District 12 Zontians Wear Zonta Says No Orange at District Conference



### Zonta Club of Denver Says Yes to Fighting Human Trafficking

Do you want to do something to help victims of Human Trafficking?

Recently, Zonta Club of Denver was represented at two key events in the effort to fight human trafficking: [The Lab to Combat Human Trafficking](#) (LCHT) funder's luncheon and the Human Trafficking Task Force's 6th Annual Symposium. The LCHT was formerly Polaris Project, but with the help of a large grant from Zonta Club of Denver and other funders, the staff of the Polaris Project Denver Office branched out to create LCHT. LCHT focuses on the domestic fight to end human trafficking and particularly how the problem affects us here in Colorado. The Human Trafficking Task Force of Southern Colorado is spearheaded by the Zonta Club of Pikes Peak and is a driving force to change policies and raise awareness around the problem of human trafficking.

At the LCHT luncheon, findings from the Colorado Project were unveiled along with the LCHT plan to attack the issue in the state. The [Colorado Project](#) "is a collaborative initiative that aims to develop sustainable efforts to end human trafficking with the essential input of those working on the ground."

The action plan centers around the 4Ps when addressing human trafficking; prevention, protection, prosecution and partnership. The details of the plan and where Zonta Club of Denver can take action will be discussed at November's meeting.

All of us can do something. Take out your cell phone. Program the National Hotline 1-888-3737-888. Now you have done something and you can do more. The next time you see young children selling magazines on cold winter night, or have a suspicion that something isn't right for some other reason, make the call. The proper authorities in that area will be contacted. Don't worry about a false alarm, it is much better to have children safe than worry about making a minor mistake.

We can make a difference.

~ Mary I

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Judy Allen  
and  
Richard Starlin

### Tis the Season... To Support Zonta International

Christmas and the end of the year are both coming up. No surprise, huh? But, this is a perfect opportunity to write your personal check to the Zonta International Foundation.

Why? Well, for one, writing a check to the ZIF in lieu of giving gifts to someone who has everything makes it easier for you and might not fill up our landfills so soon. A second one is that as the year ends, we often scurry around to write checks to charities for a tax deduction. Why not include ZIF as one of the charities you personally support?

Many of us give to the Salvation Army or the Red Cross, etc. ZIF can be one of your "normal" charities and give you the tax deduction. Third, help our club achieve the goal of 100% of members donating to ZIF. If we reach that goal, our club will be recognized at the ZI Convention in Orlando next year. Last, but not least, you get to choose where you want your money to go when you donate. You can choose to help eliminate the transmission of HIV from mother to child, help repair an obstetric fistula (that only costs about \$300), or help a young woman achieve a PhD that is aerospace related. And you get to feel good that you are improving the status of women worldwide!



~Niki

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### 2013 Zonta Club of Denver Edna Jean Hershey Zontian of the Year

Zonta Club of Denver chose for our Zontian of the Year a member who is easily one of the first people any of us think of when we need help. She almost always says yes, when asked about a task, an activity, a donation a meeting or a Board position.

She has great vision, whether it's the 30,000 foot-level big picture, or the ground-level thousand and one details. Because she nearly always steps up to do what's needed, and because of her own commitment, she makes you want to try to say yes when she asks you to lend your talents to a task.

She embodies Zonta's philosophies as a woman, a mother, a grandmother, and a force to be reckoned with. Don't be the one who tries to tell her she can't do something.

She reminds us by her attitude and involvement that being a Zontian means finding ways to serve the women in our grantee organizations - and taking time to support each other. She reminds us that we're all in this together.

She's been a member since 1992 and three years later served as club president. She brought ZCD into the 21st century, creating the original ZCD website. She spearheaded internal and external communications for years, developing the current Smoke Signal model.

Because of her grace, her poise, all the qualities noted here and so many more, Zonta Club of Denver's 2013 Edna Jean Hershey Zontian of the Year is ... Julie Bradley!

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## November Meeting

### Meeting Details

Where:	Women's College at DU 1901 E. Asbury Ave. Denver, CO	Campus is west of University Boulevard, and East Evans Avenue runs through the campus. The Women's College is north of Evans. Please Google from your location to find the best directions. The parking garage is east of the College. You need a credit card to pay.
When:	Thursday November 14, 2013	5:30pm Social Hour 6:00pm Dinner
Menu:	Super Salad and Baked Potato Bar Assorted toppings and dressings Bread Basket Peach Cobbler, Apple Cobbler, Vanilla Bean Ice Fruity Water and Lemonade Coffee Service and Hot Tea	
Cost:	\$30.00	
Greeter:	Jeannette Newville	
Inspirational Moment:	Nikki Headlee	

Reservations: Please RSVP to Judy Allen at [Judith.allen@ch2m.com](mailto:Judith.allen@ch2m.com) or 720-286-5012 before 10 am Monday November 11. Please don't use home phone or personal email.

### Permanent Reservations:

We are charged for the number we guarantee for our dinner meetings, so we must bill a member who make a reservation but doesn't come (or who forgets to cancel a permanent reservation).

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

Consider adding your name to the list.

### Birthdays

November 16	Jeannette
December 1	Barb
December 2	Nancy



### SPEAKERS

The Volunteers of America Women Veterans Transitional Housing Program provides homeless female veterans with transitional housing services for up to two years. Our speakers will be Daleena Scott, Program Manager of the Transitional Housing Program, and a program participant.



During their stay, women work with a case manager as well as a liaison from the VA Medical Center to ensure they are exploring all possible options to move into stable housing upon program exit.

Come to learn more about the services Volunteers of America provide to these women.

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### COMMITTEE REPORTS

#### Service Committee

The Service Committee met at Perkins on October 21. After much discussion, we decided on our recommendation for the grant recipients. We are now awaiting the trustees' final decision.

A delicious King Ranch casserole dinner was served in October at the Delores Project. Thanks to Olette, Sheila, Jeanette, Julie B., Nancy, Katie (and friends), and Helen for providing all the food.



The Reading Night at Treasure House for Open Door Ministries was a big success. Marian, Katie (and Dan) Evie, Judy A., Nancy, and Wendy participated. After a fun sing along, we read to the young children before

their bedtime. All the books that were brought were donated to Treasure House. Thank you, Marian, for making the arrangements!

On Monday, November 18, the Service and Membership committees will meet jointly to plan our Christmas party for the women at Friends of the Haven

The items that will be collected for the November meeting are calendar/planners for homeless women vets.

### **Fundraising**

Fundraising committee will be meeting on November 4th at Perkins Restaurant at 5:30 pm.

We want to thank Ready Metals for getting the Zonta Chapel Tree of Life cleaned up and sparkling. We are meeting with appraisers and gallery owners on this great sculpture by Edgar Britton to get it ready for sale.



Our sponsor letters are being prepared for the Film Festival in March of next year and we plan on sending them out by January 1st. Contracts are being prepared for the SIE film center and things are moving forward. 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!

### **Membership**

The membership committee met at Perkins on October 15th. At the October 10th meeting it was voted on that Service and Membership work together on a holiday party for the Friends of the Haven. Nancy and Jeannette came to speak to the Membership Committee about how we would work together. A set menu was decided on. Membership and Service will do the dinner. All club members will help with decorations and trimming of the tree.



Service also suggested that we use our grantees as speakers for the meetings and also work on a service project at meetings. Agreement was mutual and some dates were proposed.

The two committees will meet November 18th at Perkins to finalize plans for the holiday party. More information will be in the next Smoke Signal.

### **Public Relations and Communications**

Zonta Club of Denver is going orange on November 25th and you can too! We will be changing our Facebook banner and photo to blocks of orange for the day to raise awareness about violence against women. If you would like to join us in orange solidarity, please let me know and I will send you the orange blocks to post on the 25th. It's an easy way to advocate and raise awareness around a subject we are all passionate about. No more empty shoes!



I would like to give a special shout out to Gwen for taking on the Smoke Signal in her first year and to Judy for being such a gracious and patient mentor in all things newsletter. Thank you ladies!

One more shout out - it's not PR, but I don't care - thank you to Service and Membership for getting together and whipping up such an awesome holiday party idea! It makes me very proud to be a member of this club.

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### SERVICE OPPORTUNITIES

The VOA's Transitional Housing Program is encouraging program participants to write things down on calendars, but they need more day timers or pocket calendars for the women. Pocket calendars can be purchased at the Dollar Store. In addition, they also would like toothbrushes or toothpaste. Please bring pocket calendars or toothbrushes and toothpaste to the November meeting.

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### OCTOBER MEETING MINUTES

Thursday, October 10, 2013; 5:30 Embassy Suites

President Wendy Henry-Moraskie called the meeting to order at 6:00 pm.

The Minutes of the September meeting were approved as previously read in the Smoke Signal. Kathy Hyzer, Treasurer said there was no financial report.

The Inspiration was given by Judy Allen, and Wendy invited everyone to eat their dinners.



Dottie Jenkins introduced Rhonda Parmley and Kuier Atem Deng, from Healthkind who presented our program. The focus of Healthkind is sustainable change in education and medical care in the new country of South Sudan. There has been a continuous war in Sudan since 1951 which has resulted in 2.5 million dead due to starvation and drought. The new country of South Sudan is primarily Christian while the Sudan remains a Muslim country. South Sudan is one of the countries of the world in most need, but remains invisible in the press. It has the worst stats in the world for infant and maternal survival. There will be a Walk for Sudan, Sunday, October 20 - a 5 K at Cherry Creek Park. It is \$35 to participate which will benefit the Nuba water project in the Nuba Mountains of South Sudan.

Rhonda is Executive Director of Healthkind and is working with the Posner Center for International Development which develops joint projects for NGOs. Kuier has been studying in the US and will return to South Sudan soon. They are putting actual teams together now to visit South Sudan twice a year to do the actual work in the country, restoring schools and hospitals. The work needs to be done "on the grounds" by the people now. The government is still unstable as their politicians are new and barely trained. LIONS, at DU is a leadership program for the Sudanese people. Donations to Healthkind will be used for food, water, medicines, soap, salt, education, health and medical programs and genocide awareness. Donations can be made to <http://healthkind.squarespace.com/donate>.

### Committee Reports:

**Membership** - Judy Allen said their committee is meeting 10-15 at Perkins and will be talking about plans for the holidays. Jeannette Neville suggested that we provide presents for the children at Friends of the Haven, a residential program for alcoholic women and their children. Friends of the Haven suggested that we decorate a tree for one of their homes for women without children and provide food and games on our meeting night, Dec. 12. Judy McNerny made a motion that we do this and members unanimously agreed. The club will buy the tree and members can donate ornaments.

**Service** - Nancy McWhirter said that the service committee wanted to get with the membership committee to plan fun service projects for us to do at meetings. She would like representatives of our grant recipients to be the speakers at our meetings, and she asked that we sign the sheets to work at Delores House and to participate in the October 17 "Bring a Book and read it to children" project at Open Door Ministries from 7-9 pm.

- Olette Stanberry and Cathy Conley talked about their visit to evaluate Ten Thousand Villages' application for a grant. They want help with the opening night event of the Posner Center - the International Center for Development at Urban Gardens.

- Linda Rhea asked that we sign up to work the Denver Santa Claus Shop, December 13, 14, 16 & 17.

- Evie Ashmore said that our speaker for November is from VOA and that they want Daytimers.

**Public Relations** - Katie Boysen did the Smoke Signal this time while Judy McNerny was gone. She asked that members let PR know how they can help the committees - that the task e-mail she sent was just a beginning.

**Fund Raising** - Julie Bradley said that the two paintings donated to our club by Sharkey, Howes, have been donated to the Zonta Says No event - and that the Tree of Life has been cleaned and is being evaluated to decide how to proceed. Their next committee meeting is November 4, 5:30 at Perkins.

Wendy has asked the nominating committee for candidates for Director/Advocacy Chair as Alice has declined.

Wendy asked for a District 12 Recap:

Katie Boysen attended the Membership workshop with Nikki Headlee and talked about the Net + 1 goal. She said our club is doing everything they suggested in the workshop and that our Membership Committee has a step-by-step plan for retention.

Judy Allen & Judy McNerny attended the Advocacy workshop. ZI has said that clubs don't know the difference between service and advocacy. Advocacy is working actively to improve the Status of Women and Service involves actual projects like Friends of the Haven. Jane Page has put pages on the website to help clubs develop an Advocacy program. We can change behavior by changing societal norms, so talking about the goals and advantages of Zonta makes a big difference.

~Respectfully submitted  
Mary Lou Edwards, Secretary

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## DOMESTIC DIVA

It is the time of year when I fall back in love with soups, chilies and stews. Chili is one of my favorite comfort foods, but I am not a huge fan of kidney beans. Black beans on the other hand, I love. After lots of searching, Rachel Ray (click [here](#)) saved the day and this easy black bean chili recipe has become a standard in my kitchen during the cold weather. Full disclosure, I have never made the corn cakes, too lazy, but they look tasty too.

If you get sick of soups and stews (cause that's likely what I'll be serving up all winter) send us your recipes and stories and we will gladly feature them!

### **Beef and Black Bean Chili with Green Onion Corn Cakes**

Recipe courtesy Rachael Ray

Prep Time:15 Prep Time: -- Cook Time:20 min

Level: Easy Serves: 8 servings

#### Ingredients

2 pounds ground beef sirloin, 90 percent lean	1 (14 1/2 ounce) can diced tomatoes
1 tablespoon extra-virgin olive oil, 1 turn of the pan	1 (8-ounce) can tomato sauce or tomato puree
Salt and pepper	2 (15-ounce) cans black beans, drained
1 tablespoon Worcestershire sauce, eyeball it	2 tablespoons chopped fresh cilantro, a handful, optional
1 medium onion, finely chopped	2 (8 1/2-ounce) packages, corn muffin mix
4 to 6 cloves garlic, finely chopped	1 cup milk
1 red bell pepper, finely chopped	2 eggs, beaten
1 jalapeno pepper, seeded and chopped	2 tablespoons vegetable or corn oil
3 tablespoons dark chili powder, 2 palm fulls	3 scallions, thinly sliced
1 tablespoon cumin, 1/2 palm full	Butter, for greasing griddle pan
1 cup beef stock or broth, 1/2 a 14-ounce can or paper container	

#### Directions

In a large deep skillet or pot, brown ground beef in oil over high heat. Season meat with salt and pepper, then add Worcestershire sauce. Reduce heat to medium high when the meat is browned and crumbled, then add onion, garlic, red peppers, jalapeno. Season veggies and meat with chili powder and cumin. Cook veggies and meat together 5 minutes. Stir in broth and scrape up pan drippings. Stir in diced and pureed tomatoes and black beans. When the mixture comes to a bubble, reduce heat to simmer and stir in cilantro, optional.

Mix together 2 packages of corn muffin mix with 1 cup milk, 2 beaten eggs, 2 tablespoons vegetable oil and sliced scallions. Batter should be thick. Heat a nonstick skillet or griddle pan over moderate heat. Nest a pat of butter into folded paper towel and wipe hot pan surface with it to lightly grease. Pour corn cake batter into the hot griddle pan or skillet in 3 or 4-inch rounds. Cook 2 or 3 minutes on each side, until golden. Transfer to a plate and repeat with remaining batter.

To serve, top bowls of beef and black bean chili with green onion corn cake toppers. Eat the chili and corn toppers as you would a pot pie, grabbing some of the corn cake with each spoonful of chili.

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## PRESIDENT'S MESSAGE



As we start our holiday season preparations, fitting the cooking and shopping lists between our jobs, families, and everything else we have designed for ourselves, we are reminded that we wear many "hats." Sometimes they seem a little tight, and somehow we make it all work.

It was fascinating to read about the history professor at Metro State University who has a collection of 600 hats from around the world and across a hundred or more years. If we surveyed the members of the Zonta Club of Denver I'm sure we'd come up with that many "hats" or more.

We are daughters, sisters, mothers, aunts, grandmothers, employees, bosses, Zontians and more. In Zonta we are committee members, chairs, liaisons to organizations, Board members and trustees. We are also mentors, confidants, film event facilitators, yard sale collectors, pricers, sales staff and movers, and so graciously available for all of the miscellaneous other stuff that comes up. All in the name of advancing the status of women.

One of those things is Zonta Says No. Of course it's not a surprise—we've been hearing about the progress of the event for months. As the light at the end of the tunnel starts taking shape as a locomotive, it's time for a Zonta Club of Denver members to become part of the Zonta Says No planning committee because we are Mistresses of the Excellent Event.

An excellent Zonta Says No event can accomplish its primary purpose of raising local awareness in order to end violence against women. We will also be participating in the worldwide ZSN initiative that will be vibrating with activities between November 25 and December 10, galvanizing 30,000 members in 65 countries.

A secondary but perhaps no less important outcome of the Denver event will be to raise Zonta's profile locally. Instead of being a well-kept secret, we could become better known as a group of women with a mission and more importantly, as part of a worldwide force to be reckoned with.

One of the core ZSN committee members may be calling you for help with a specific task, but in the meantime, check your email. You should receive a note about how your talents are needed to make this event accomplish its purposes. The email will include some tools: a flyer, a one-pager, and a partner sheet to help you share the word about the event.

We need you to buy your ticket (and bring a friend!) since we'll need your help as a Zonta and ZSN ambassador at the event. We need you to encourage others to buy tickets and attend. We need you to tell your acquaintances and colleagues at organizations who provide services to victims of violence that ZSN has a place for partners to share their activities with event attendees.

So you see, there's still a lot to do for Zonta Says No and it will take all of us, in all our hats, pitching in to make it work.

~Wend

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### CALENDAR

Date	Event	Time	Location	Details
November 4	Fundraising Committee	5:30 p.m.	Perkins Restaurant S. Colorado Blvd.	Day of Film planning
November 11	Deadline for Club meeting reservations	10 a.m.		Call Judy Allen-see above under Meeting Details
November 14	Club Meeting	5:30 p.m.	Women's College University of Denver	Speaker: Daleena Scott, VOA Transitional Housing Program
November 18	Service/Membership Committees joint meeting	5:30 p.m.	Perkins Restaurant S. Colorado Blvd.	Planning for holiday party
November 17	Service Opportunity	6:15 p.m.	The Delores Project	Serving dinner
<b>November 25</b>	<b>Area 3 Zonta Says No Event—Empty Shoes</b>	<b>5 to 9 p.m.</b>	<b>McNichols Center Civic Center Park Denver</b>	<b>Art Show &amp; Sale to Help End Violence against Women</b>
December 12	Holiday Party	TBA	Friends of the Haven	
December 13, 14, 16 and 17	Denver Santa Claus Shop			<a href="#">Denver Santa Claus Shop</a>
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	<a href="http://orlando2014.zonta.org">orlando2014.zonta.org</a>

Zonta Club of Denver | [president@zonta-denver.org](mailto:president@zonta-denver.org)  
Wendy Henry-Moraskie, President | Judy McNerny, Editor

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