



Smoke Signal

Z O N T A C L U B O F D E N V E R

October is Domestic Violence Awareness Month



Helping Someone You Know

The logo at left was created by the Domestic Violence Awareness Project (see <http://dvam.vawnet.org>) to mourn those who have died because of domestic violence, celebrate those who have survived, and connect with those who work to end violence.)

It can be very stressful to suspect that a friend or family member is experiencing domestic violence.

Domestic violence is a pattern of abusive behavior used by the abuser to gain or maintain control over the victim. Domestic violence is very complex, and your loved one is the expert on her own situation and what she needs to stay as safe as possible. You can help by supporting your loved one's decisions and not pressuring her to do what you think is best. Remind your loved one that you care about her and that she deserves safety and respect.

1. Let her know that you are concerned for her safety. Help your friend or family member recognize the abuse. Tell her you see what is going on and that you want to help. Help her recognize that what is happening is not "normal" and that she deserves a healthy, non-violent relationship. Focus on behaviors (ex: "I saw him grab your arm"); do not insult her partner (ex: "He's a jerk").

2. Acknowledge that she is in a very difficult and scary situation. Let your friend or family member know that the abuse is not her fault. Reassure her that she is not alone and that there is help and support available.

3. Be supportive. Listen to your friend or family member. Remember that it may be difficult for her to talk about the abuse. Let her know that you are available to help whenever she may need it. What she needs most is someone who will believe and listen to her. Ask her what she thinks might help her stay safer.

continued on page 2 at Violence

President, Kathy Hyzer

Smoke Signal Editor, Judy McNerny

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PRESIDENT'S MESSAGE

Thank you for the wonderful honor of being named Zontian of the Year. I am truly humbled and honored at this award. I'd like to thank Carroll for nominating me, and Beth and Wendy for writing the nomination. I have been a member almost 20 years, and the work that we do for women, not to mention the friendships I have made, are very important to me. Thank you!!

However, it is not about me but about the accomplishments of our Club. I hope that you will be able to attend the luncheon on Friday, Nov 18 when we will receive our trophy from the National Philanthropy Day committee as Outstanding Service Organization. I think this award is 80+ years in the making, with the accomplishments of



our current members, but also those outstanding women who paved the way for our current organization. At the luncheon, there will be a video featuring the award winners.

The committees are busy meeting, especially the Service Committee, which will be evaluating the Service Grant requests next week. Those organizations who will be awarded grants will be named at our November meeting.

Alice and Mary Lou will be chairing a discussion of Status of Women at the meeting on the 13th – we'll hope to see you there!

This fall has been beautiful – enjoy!!

—YIZ, Kathy

SURPRISES ON THE WEB!

Compliments of Diane—

Five Surprising Signs of Breast Cancer

Melanie Haiken, Caring.com

<http://health.msn.com/health-topics/breast-cancer/5-surprising-signs-of-breast-cancer?gt1=31025>

Editor's recommendation—

The surprising truth about what motivates us

<http://www.youtube.com/watch?v=u6XAPnuFjJc>

(Ed. Note—if you are reading the Smoke Signal on your computer, you should be able to click on these links and go directly to the source.)

If Barbie is so popular, why do you have to buy her friends? —Steven Wright

Violence

4. Don't judge her decisions. Respect your friend or family member's decisions. There are many reasons why victims stay in abusive relationships. She may leave and return to the relationship many times. Do not criticize her decisions or try to guilt her. She will need your support even more at that time.

5. Encourage her to participate in activities with friends and family.

6. If she ends the relationship, continue to be supportive of her. Even though the relationship was abusive, your friend or family member may still feel sad and lonely once it is over. She will need time to mourn the loss of the relationship and will especially

need your support at that time.

7. Encourage her to talk to people who can provide help and guidance. Find a local domestic violence agency that provides counseling or support groups. Offer to go with her to talk to family and friends. If she has to go to the police, court or a lawyer, offer to go along for moral support, but let her do the talking.

This article is from the Colorado Coalition Against Domestic Violence. Visit www.ccadv.org for more information. Webinars will be held each Tuesday in October, including two to engage men in this effort. Click on the CCADV Calendar of Events for details.

OCTOBER MEETING

Where: Embassy Suites Hotel
7525 E. Hampden Avenue
Denver, CO 80231

When: Thursday, October 13, 2011
5:30pm – Social Hour
6:00pm – Dinner

Menu: herb marinated grilled chicken topped with fresh basil cream sauce, herb roasted red potatoes, vegetables sautéed in garlic butter, chef's choice of dessert

Cost: \$30.00

Historical

Moment: Sheila Davis

RESERVATIONS: Please RSVP no later than noon Monday, October 10th to Dottie at (303) 694-3658 or jenkinsdottie@comcast.net. If you have a special diet request, please let Dottie know that as well. The hotel is very willing to provide you with anything you request, so don't hesitate to ask. We will take care of any request!

Don't forget to RSVP if you are not on the Permanent Reservation List or to cancel if you are on this list and are unable to attend.

PROGRAM: Status of Women



Club members Alice and Mary Lou will lead a discussion about the status of women. Alice is the Colorado Chair of the District 12 LAA Committee and Chair of the club LAA Committee. Mary Lou is the District U.N. Chair and a member of the club LAA Committee. Both hold strong opinions—bring your own and prepare to be stimulated!

Birthdays to remember—

- Groucho Marx and Sting—Oct 2
- Gummo Marx and Joetta—Oct 23
- Moss Hart and Dottie—Oct 24
- Hillary Rodham Clinton and Delores—Oct 26
- Susan D—Oct 28

Reservations

- We are charged for the number we guarantee for our dinner meetings, so we must bill a member who makes a reservation but doesn't come (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 Dottie with your request to be added or deleted!

Permanent Reservations

- | | |
|------------------|-----------------|
| Judy Allen | Kate Linscott |
| Evie Ashmore | Cheryl McHugh |
| Mary Benoit | Judy McNerny |
| Alice Borodkin | Nancy McWhirter |
| Julie Bradley | Marcia Middel |
| Sheila Davis | Wendy Moraskie |
| Mary Lou Edwards | Linda Rhea |
| Nikki Headlee | Mary Sparacino |
| Cynthia Herndon | Dorothy Swindt |
| Kathy Hyzer | Julie Walker |
| Dottie Jenkins | |

Corrections—

Directory — Mary Lou's home phone number is incorrect. The correct number is (303) 688-9787. Please make a note of this in your directory.

September Smoke Signal — Governor Kay was concerned about the suggestion in the article about Judy Mc in last month's "Getting to Know You" that there is a continuing effort among European clubs to move Zonta International headquarters to Europe. While there were such discussions in the past, our Governor has been unable to find any evidence that they are ongoing. She asks that we not perpetuate a false rumor!

COMMITTEE NEWS

S E R V I C E C O M M I T T E E

A report from our third 2011 grant recipient, The Empowerment Program, appears on page 8 of this issue of the *Smoke Signal*. The Service Committee is reviewing the



grant applications received for 2012 grants and will be narrowing the selection down to do site visits in early October.

—Cathy

S E R V I C E O P P O R T U N I T I E S



THE DELORES PROJECT
SHELTER AND SERVICES FOR HOMELESS WOMEN

HOW YOU CAN HELP WITH AN URGENT NEED!

The Delores Project is seeing more elderly guests and currently has an urgent need for adult incontinence undergarments such as Depends. Wouldn't it be terrific if **every ZCD member** brought at least one box to the October meeting! Your donation will be delivered when our October dinner is served.

THE DELORES STORY

The Delores Project was named for Delores Big Boy, a Lakota woman who frequently lived on the streets of Denver. Her situation was complicated by health, developmental and substance abuse issues, as well as physical and sexual violence. Although Delores sought aid from various Denver agencies, sadly, she fell through the cracks in the system and died while living on the streets. The Delores Project was founded in 2000 and named to honor her memory with a commitment to ensuring safe shelter for every woman and support for those in transition. It is not just a homeless shelter, but also provides support for women in securing long-term housing and addressing the other myriad challenges they face.



PROJECT C.U.R.E.

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

WHEN: Monday, October 10, 2011
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 October 10.

—Evie

How wonderful it is that nobody need wait a single moment before starting to improve the world. ~Anne Frank

MHCD Gifts of Hope Breakfast

Every year we gather friends whose interests coincide with the goals of MHCD for a breakfast event at which we speak about MHCD's mission, activities and priorities. Yes, it's a fundraising event, but there is no obligation whatsoever to make a donation.

The event will begin at 8:00 sharp on Wednesday October 12 at Temple Emanuel, located at 51 Grape Street.

Jeannie Ritter and MHCD Board Treasurer Rick Simms will be the emcees.

This year's event coincides with the MHCD Growth – Enrichment – Recovery fundraising campaign. There is a lot of growing to do if we are make inroads against the unmet needs for mental health and substance abuse services in our community.

MHCD has made the strategic decision to expand

our operations through the acquisition of a larger space for our clinical services – the Mental Health Center of Denver Recovery

Center at 4455 12th Avenue. MHCD is undertaking a comprehensive effort not only to make this a world class facility but also to increase volume and quality across the range of our programs and services and to better engage the larger community in our mission.

All of that said, let me reiterate that there is no obligation to donate. Just to have you supporting MHCD with your presence would be a great gift!

So please do consider joining ME for Gifts of Hope and, if you can, contact me to make a reservation!

—Alice, MHCD Board Member



The Empowerment Program

The mission of the Empowerment Program is to provide education, employment assistance, health, housing referrals and support services to women who are in disadvantaged positions due to incarceration, poverty, homelessness, HIV/AIDS infection or involvement in the criminal justice system.

Volunteers are needed in the following areas:

- Assisting care managers with organization and daily tasks
- Tutoring one on one in our GED classroom
- Minimal childcare
- Mentoring participants in our Prisoner Re-Entry Project

Want to know more? Check out the Program's website, www.empowermentprogram.org.



WISH LIST

Excelsior Youth Center is a residential treatment program established in 1973, serving girls between the ages of 11-18 with emotional and behavior difficulties. EYC offers a home where girls can be truly safe, where structure means safety, and where discipline results in development. The work is

important and the needs are great. Here are a few things needed for the cottages where the girls live:

- Garden supplies
- Wii exercise games
- Craft supplies
- Books-GED prep
- Resistance bands; mats; mini-trampolines; Yoga & exercise DVD's, Air pumps for balls & bikes

New or gently used, please. For more information, go to www.excelsioryc.org.

PR / COMMUNICATIONS COMMITTEE

Your ZCD PR/Communication Committee is quietly working in the background, waiting for the details of our 2012 ZCD Day of Film to be announced. Several fun ideas have been offered to the Fund Raising Committee, putting into action our goal of working to promote all activities undertaken by the Club members.



held the last weekend in September in Rapid City, SD. Public Relations and the overall marketing strategy and its impact on growing membership numbers was a top discussion item by the District 12 Board Members. As a component of this strategy, a new sub-committee was formed to review our District's Branding efforts.

We hope you like the updated Look and content of the *Smoke Signal*. Editor Judy McNerny is adding new content every month. If you would like friends or business contacts included on the distribution list please send their email addresses to Judy (they do NOT need to be a member).

ZCD's media outreach efforts are being expanded so we can improve our visibility in the greater metro area.

The content and Look of all District 12 web sites is being reviewed and discussed – more information on this topic will be forthcoming shortly. The District 12 Webmaster, Susie Nulty had several great handouts presented at the District Conference

If I haven't contacted you by Monday, 10/10/11 regarding your information for the ZCD business cards please email me; I do not want to miss anyone who wants these cards.

The PR/Communication Committee will meet in October. If you have anything you want us to act on or need promoted please let one of us know asap.

—Diane

MEMBERSHIP



The National Philanthropy Day Awards luncheon will be held at 11:30 AM on November 18 at the Hyatt Regency Denver at the Colorado Convention Center. If you plan to attend the luncheon please send your check for \$45, payable to Sheila Davis, to Dorothy Swindt. Dorothy will give Sheila the checks and Sheila will purchase the tickets for us. For each 10 tickets, we can buy a table. Hope you can all attend. It should be a very nice lunch. If you have

any questions, please call or email me.

It's hard to believe, but the time is getting close to start planning for the holidays. This year our party will be at Maggiano's off of I -25 and Dry Creek on the frontage road. The cost will be \$48 per person with a cash bar. Maggiano's does a beautiful job of decorating for the holidays and I think we will all have a great time. More information at the meeting. Remember to save the date: December 11, Sunday evening.

—Dottie

ADVOCACY COMMITTEE

Building Effectiveness in Advocacy

I recently attended a conference in Washington D.C., which ended with a Day on the Hill. Better known as lobbying your state delegation.

The five days spent in D.C. reminded me that every one there not only lives in a giant bubble, but know

each other, lobby each other, and have lost touch with reality and with what we want and need.

I can't speak for you, but I am angry that Congress and many other branches of government are only worried about



being elected again. The word compromise may enter their speeches, but what they really mean is "Do it my way and that's my compromise!"

We express our discontent to each other, complaining that elected officials pay no attention to what we want or need. See where I'm going with this?

We must stop preaching to the choir and begin to contact those people who decide our fate without asking us first. We must tell them our way or the highway. For no matter how much money a lobbyist may contribute to their campaigns, they need our vote!

With today's communication structure, there are many ways to contact elected officials. And, many of the action alerts I receive and pass on to you are just a click away from their offices.

Yes, I know we all receive so many emails, text

messages, phone calls and letters it's hard to know which ones really matter.

But in order to build effective advocacy you must know the issues and you must know what's happening in D.C., the state, the school board, the commissioners in your district. Tall order, I know. But again—the web carries it all. Spend a bit of time each day looking at the headlines that may affect you. Cuts in Medicare? Social Security? Children and grandchildren not receiving a better education? Women paying higher insurance rates for health care? Women being denied access to reproductive health care? Issues of global concern for women?

Whatever your issue or interest is, pay attention. This is your life we are talking about. Elected officials are people too.

—Alice

FUND - R A I S I N G C O M M I T T E E

The committee is continuing to work on the 2012 Day of Film, to be held at the Denver Film Society. The film will probably not be the one we had been hoping to show, due to requirements of HBO that don't mesh with our needs. We will be meeting with the Denver Film Society again in a couple of weeks to discuss the selection of a film. However, the event will almost certainly be on Saturday March 10, so mark that date on your calendars!



Also mark your calendars for the next annual garage sale. It will be on Saturday, May 19, at Cynthia's home. Resist the urge to give your stuff to one of the many organizations that call when they have a truck in your neighborhood—the club needs those treasures so we can again raise \$1,000 or more for our club service projects!

—Julie B

MEMBER NEWS

Loser Alert—I have lost 35 pounds already!!! I just wanted to thank EVERYONE at Zonta Denver for their kindness during my surgery and recovery. So many cards, phone calls and visitors made every day healing a little brighter and much easier.

you all Zonta ROCK

Love y'all, Beth Mundell

Article from the ONION – September 15 – 21, 2011 New Study Finds Women Should Be Making 20 Cents Less On The Dollar Than Men

WASHINGTON-A new study released Monday by the U.S. Labor Department found that women, who currently earn 23 cents less on the dollar when doing the same work as men, should in fact be earning only 20 cents less than their male counterparts. "This is 2011, and it is ridiculous that women earn only 77 percent of what men make, when they should clearly be making 80 percent of what men make," department spokesman Frank Neiderberg said. "There's simply no doubt that, in this day and age, women contribute a full four-fifths of what men do to the economy. No doubt whatsoever." A coalition of feminist groups said the report "is a small step in the right direction, but doesn't go nearly far enough," causing many observers to point out that nothing is ever good enough for those people.

www.theonion.com

 Empowerment Program

Services for Women

August 28, 2011

Evie Ashmore, Service Committee
Zonta Club of Denver

Sent by Email – jeashmore@comcast.net

Dear members of Zonta Club of Denver,

We apologize for the tardiness of this interim report. Staff was unexpectedly out of the office when it was due. In the future, we will be more diligent in meeting your deadlines.

Interim Report

Project Goals:

I. The goal of the Empowerment Specialty Clinic is to improve the lives of women who are and have been involved in the criminal justice system and street level prostitution who live in poverty and want to “leave the life” by receiving drug treatment, mental health and trauma treatment, training and employment services and comprehensive case management services.

II. The goal of the Empowerment Specialty Clinic is to begin to fill the gap in mental health services for women living in poverty who do not have health insurance, have an Axis I mental health diagnosis and need medication to assist them in their recovery.

III. Number of women helped: 25

Summary Status: In the first six months of the operations of the Empowerment Specialty Clinic, one hundred and two women were referred to mental health, trauma and substance abuse treatment services at the Empowerment Program. Sixty-two women enrolled in services. The duration of treatment varies with each participants needs and desires for treatment and averages from 6 to 9 months. Some participant’s services are interrupted by arrests and consequent incarcerations. If the participant is in Denver County Jail, Empowerment staff work with the DCJ transition staff to assure continuation of treatment and other services when the participants is released.

Zonta Club of Denver
Interim Report August, 2011
The Empowerment Program
1

1600 York Street
Denver, CO 80206-1422
303-320-1989
Fax: 303-320-3987
www.empowermentorogram.org

Community Shares of Colorado Member

Goal A: To fill a gap in mental health services of the Empowerment Specialty Clinic by providing resources for medication to dual diagnosed women who are ineligible for services from other public or private mental health providers.

Objective A-1: By the end of the grant period, 50% of all participants will have successfully completed concurrent drug, mental health and trauma treatment service sessions and reduced their drug use by a minimum of 50%. Participants will also have decreased scores of PTSD, anxiety and depression; 75% will have completed a minimum of half of all service sessions. STATUS: Data is not complete for this and will be available at the end of the grant period. However, all participants have enrolled in treatment services with a retention rate of about 70%.

Objective A-2: By the end of the grant period, 80% will have increased their HIV prevention skills and behaviors and completed job readiness training activities. STATUS: Data is not complete for this and will be available at the end of the grant period. However, all participants have received HIV prevention services. Data on HIV testing services is not currently available and will be reported at the end of the grant.

Goal B: To provide safe housing for women who are or have been involved in prostitution and who want to “leave the life” and do not qualify for existing housing assistance, employment and training services of the Empowerment Program.

Objective B-1: By the end of the grant period, housing services will have been provided for an additional 15 women who receive treatment and trauma services in Empowerment Specialty Clinic services. STATUS: As of July 30, 2011, 20 participants have been placed into transitional housing services that would otherwise be homeless.

Objective B-2: By the end of the grant 50% will have been placed in permanent housing. STATUS: As of July 30, 2011, 12 participants have been placed in transitional and permanent housing.

Conclusion: Initial enrollment goals have been exceeded by 248%. The demand for concurrent mental health, trauma and drug treatment services exceeded our expectations. In order to meet the increased demand for safe housing, Empowerment is currently trying to work with the City and county of Denver’s Office on economic Development to rehabilitate a small apartment building on Logan Street that can provide permanent housing for formerly homeless women living with co-occurring disorders.

The support from Zonta Club of Denver has literally saved the lives of many of these women. Your support helps them get housing and the medications that initially stabilize them and allow them to receive treatment services that can help them turn their lives around. On behalf of the participants, staff, volunteers and Board of Directors, thanks you for your support.

Best Wishes,



Carol Lease
Executive Director

NOTES FROM DISTRICT 12 CONFERENCE



The Zonta Club of the Black Hills hosted the 60th District 12 Conference. They did a marvelous job! Twelve members of our club attended the District 12 Conference in Rapid City. (Sheila Davis and Jacki Sammons are missing from the photo above.) As a result, ZCD received the Traveling Award.

Our own Kathy Hyzer was recognized for receiving Zontian of the Year...yea Kathy. We were sorry you were not able to be there to accept.

Alice Borodkin and I served as your delegates.

Election results from our club for the next biennium 2012-2014:

We are pleased to report Sheila Davis was elected Governor, and Nikki Headlee was elected Chair of Nominating Committee. A big congratulations goes to these two terrific ladies.

All voting issues passed as follows:

- District 12 Proposed Amendments to Zonta International Bylaws and Rules of Procedure (Bylaws proposal pertaining to International Committees – Jane M. Klausman and Young Women in Public Affairs Committees.)
- Platform for Advocacy for Zonta International District 12, 2011
- Changes to the District 12 Policies and Procedures 2011
- Operating Budget for 2012-2014 Biennium
Kathleen Douglas, Zonta International Representative, from Canada, spoke to us about branding – be the brand, live the brand. She is a very dynamic woman.

—Evie

Find Serenity Spa
Relax and Feel Nurtured While Reconnecting With Your Body

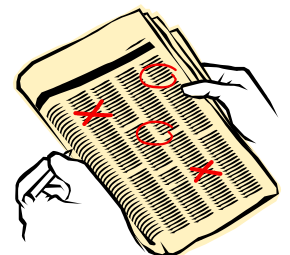
Sue Relihan
Owner - Massage Therapist

Denver, Colorado

sue@findserenityspa.com
(303) 570-0291
www.FindSerenitySpa.com



Members—would you like to remind other ZCD members about services or products you offer so they can give you a try? Mail or email your business card to the Smoke Signal editor and—presto! or at least eventually—your card will appear in these pages free of charge.



GETTING TO KNOW YOU

Sue Reliman

Sue is a therapeutic masseuse with her own business. She is a native Denverite and worked for the Arapahoe County Sheriff's Office for 26 years.

- Q. What prompted you to become a message therapist? "In 1996 I felt the need to add another dimension to my life and attended the Center of Advanced Therapeutics to become a massage therapist. Each client is unique in size, health and need and I have geared my equipment and style to this concept."
- Q. Why did you join Zonta? "Mary Benoit was sponsoring Mary Sparacino and they talked me into joining them. I liked the idea of helping women help themselves."
- Q. What would you like to get out of being a Zontian, "I love the concept of giving women a hand up instead of a hand out and would like to help promote this Zonta ideal."
- Q. What Woman most inspired you? "Bonita Carlson, my original massage therapy teacher."
- Q. A life defining moment. "When I decided to take massage therapy and I walked into the Center and it was the office where my best friend had worked twenty years before (I had even helped paint the walls). I felt like I had come home ... "
- Q. Top three hobbies, sports, etc. "Walking/hiking, movies and hanging out and laughing with friends."
- Q. Your one regret in life. "Married the wrong man."

—Barb P.

ZCD ZONTIAN OF THE YEAR

Kathy Hyzer Received ZCD's 2011 Zontian of the Year Award

At the September ZCD general meeting, Sheila Davis and I had the privilege to present Kathy Hyzer with the 2011 Edna Jean Hershey/Zontian of the Year Award. In her write-up nominating Kathy, past president Beth Mundell wrote that Kathy had contributed her time, talents and expertise to many club activities since she joined in 1992, including chairing each of the club's committees. The nomination, compiled from several members' comments, noted that Kathy had consistently served the club when called upon to do so, while being honest about her time commitments, and that she had opened her home on many occasions to hold meetings, or just celebrate something.

As ZCD's only two-consecutive-term president, Kathy has been instrumental in developing and building upon the Day of Film fundraiser. She encourages all to get involved in the event's execution, to the extent that each is able, making

the fundraiser successively more profitable--and fun.

As I helped present the award to Kathy, I was amused to note that the award wasn't really a surprise to her. She had reminded me a few times that

we needed to "get going" on the award process this year, and I kept telling her I was taking care of it.

Kathy never forgets anything on her "list," so I finally had to spill the beans and tell her about it so she wouldn't write me off as a complete slacker.

We're lucky to have Kathy in ZCD and honored to present her to our members as our Zontian of the Year.

The full write-up will soon be on our website.

—Wendy



**Zonta Club of Denver August Dinner Meeting
Liz's Garden 8/11/11**

We said farewell to member Carroll Allen. She is moving to Florida

Delegates for District Conference are Alice and Evie.

Guest Speaker was District Governor Kay Meyer.

Kay encouraged everyone to consider attending the District Conference being held the 4th weekend in September.

—Submitted by Julie W, Secretary

**Zonta Club of Denver September Dinner Meeting
Embassy Suites 9/8/11**

Guests: Elizabeth House
Laura Peterson
Marsha Tieman
Helen Mulhern

Dottie Jenkins provided the club with an inspirational moment.

Minutes were tabled until the October meeting.

Sheila Davis and Wendy Henry-Moraskie announced Kathy Hyzer as our Zontian of the Year. A plaque and gift certificate to the symphony were presented to Kathy.

Sheila Davis provided information on the District Conference to be held in Rapid City later this month. There will be round tables and speed sessions. District is celebrating its 60th anniversary. Sheila informed us that attending the conference is a great experience and encouraged everyone to attend.

November 18 is the National Philanthropy Day Luncheon which will be held at the New Hyatt Conference Center. Tickets are \$45.00. If ten members are interested in attending we can get a table. Price is \$450.00 for a table.

Evie and Alice are our delegates for the District Conference. They will be voting on amendments to District Treasurer's duties, Jane Klausman and Advocacy bylaws.

Service – Evie Ashmore

Sign-up sheets for volunteers are available for Delores Project, jewelry sales and the Santa Claus Shop.

Updates have been made to the website, check it out.

Georgina White is the recipient for the Jane Klausman Award.

Public Relations -

Business Cards and Tri-Folds will be ready for distribution at the meeting in October.

Advocacy – Alice Borodkin

Alice is continuing to work on the next Day at the Capitol.

Progress report will be distributed at the District Conference.

October 12th is the Mental Health Center of Denver Gifts of Hope fundraiser breakfast. If you would like to attend contact Alice.

Fundraising – Julie Bradley

The fundraising committee has had two meetings. The committee will be meeting again in mid-September for the film event. March 6-12 are the dates for the film festival.

We will have a table at the District Conference to sell scarves and have a raffle for four different items that were donated by club members.

Julie modeled a new type of scarf for possible sales. We will try to sell some of these at the jewelry sales in the next few months.

Our annual Garage Sale has been scheduled May 19, 2012 from 8:00 – 3:00.

—Submitted by Julie W, Secretary

DOMESTIC DIVA

FOOLPROOF MACARONI AND CHEESE

Serves 8 – 10

Bread Crumb Topping

3 slices hearty white sandwich bread, torn into large pieces
4 tablespoons (1/2 stick) unsalted butter, melted
1/2 ounce Parmesan cheese, grated (1/4 cup)

Macaroni and Cheese

1 pound elbow macaroni (Barilla brand is recommended)

Table salt

4 Tablespoons (1/2 stick) unsalted butter

5 Tablespoons unbleached all-purpose flour

3 (12 oz.) cans evaporated milk

2 teaspoons hot pepper sauce

1/8 teaspoon ground nutmeg

1 teaspoon dry mustard

8 oz. extra-sharp cheddar cheese, shredded (about 2 cups)

5 oz. American cheese, shredded (about 1 1/4 cups; see note)

2 oz. Monterey Jack cheese, shredded (about 3/4 cup)

Note: Block American cheese from the deli counter is best for this recipe, as pre-wrapped singles result in a drier dish.

1. For the bread crumb topping: Adjust oven rack to middle position and heat oven to 350 degrees. Pulse bread, melted butter and Parmesan in food processor until ground to coarse crumbs. Transfer to bowl.
2. For the macaroni and cheese: Bring 4 quarts water to boil in large pot. Add 1 Tablespoon salt and macaroni to boiling water and cook until al dente, about 6 minutes. Reserve 1/2 cup macaroni water, then drain and rinse macaroni in colander under cold running water. Set aside.
3. Melt remaining 4 Tablespoons butter in now-empty pot over medium-high heat until foaming. Stir in flour and cook, stirring constantly, until mixture turns light brown, about 1 minute. Slowly whisk in evaporated milk, hot sauce, nutmeg, mustard and 2 teaspoons salt and cook until mixture begins to simmer and is slightly thickened, about 4 minutes. Off heat, whisk in cheeses and reserved cooking water until cheese melts. Stir in macaroni until completely coated.
4. Transfer macaroni to 13 X 9 inch baking dish and top evenly w/ bread crumb topping. Bake until cheese is bubbling around edges and top is golden brown, 20 to 25 minutes. Let sit for 5 to 10 minutes before serving.

—compliments of Diane

DIVA HINTS

~ Transporting a casserole to a pot-luck can be a messy task. By using 2 rubber bands you can easily secure the glass lid of a casserole dish (and lids to pots) and prevent spills, by using this technique: Secure one rubber band on the center knob of the

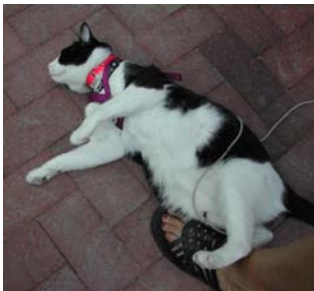
lid and stretch it to attach it to one of the side handles of the dish or pot. Then secure the second rubber band on the same center knob of the lid and stretch it to attach it to the other side handle of the dish/pot.

MARTHA STEWART: Brush beaten egg white over pie crust before baking for a beautiful glossy finish.
THE REAL WOMAN: The Mrs. Smith frozen pie directions do not include brushing egg whites over the crust and so I don't do it.

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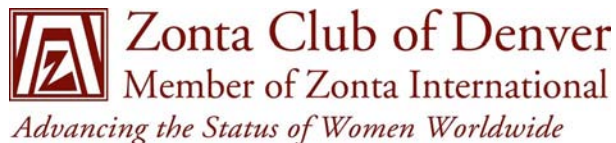
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Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.
 ~ Theodor Geisel (Dr. Seuss) ~

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U p c o m i n g C a l e n d a r E v e n t s — S a v e t h e D a t e !

October 10	Project C.U.R.E.—service opportunity	October 28	Susan D's birthday
October 14	ZCD club meeting—Embassy Suites	November 10	Colorado Lawmaker Awards, Denver Women's Commission
October 16	The Delores Project—service opportunity	November 10	ZCD club meeting—Embassy Suites
October 23	Joetta's birthday	November 25	1 st day-16 days of activism for elimination of violence against women (VAW)
October 24	United Nations Day	December 10	Human Rights Day and last of 16 days of activism for elimination of VAW
October 24	Dottie's birthday	December 11	ZCD holiday party—Maggiano's Tech Center
October 26	Dolores L's birthday	July 7-12 , 2011	Zonta International Convention Torino, Italy