



Smoke Signal

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

ZCD WINS NATIONAL PHILANTHROPY DAY AWARD!

CHANGE THE WORLD



WITH A GIVING HEART

National Philanthropy Day®

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Zonta Club of Denver has been recognized with a 2011 National Philanthropy Day® award for demonstrating “outstanding commitment through financial support and the encouragement and motivation of others to take leadership roles in philanthropy and community involvement.”

The club was nominated by The Delores Project in recognition of financial support provided by the Zonta Club of Denver Foundation, many hours of volunteer service, and in-kind contributions made by club members to Delores, as well as the club's contributions to many other community organizations over the years.

National Philanthropy Day® is the special day set aside to recognize and pay tribute to the great contributions that philanthropy -- and those people active in the philanthropic community -- have made to our lives, our communities and our world. Awards are given in several categories, and ZCD is this year's service organization honoree.

National Philanthropy Day® in Colorado is made possible by a partnership of host organizations from several nonprofit professional and community organizations, including the Denver Metro Chamber of Commerce Leadership Foundation and Serve Colorado: the Governor's Commission on Community Service.

The award will be presented at the annual luncheon to be held on November 18, 2011, at the Hyatt Regency Denver at the Colorado Convention Center. The event will recognize individuals, organizations, foundations, and businesses for exceptional and impactful philanthropic and volunteer contributions in Colorado.

We give to others not out of a sense of obligation but out of a sense of sincere appreciation for what our community has given us.

Frank M. Hubbard, Philanthropist, quoted on the National Philanthropy Day® Colorado website., www.npdcolorado.org

PRESIDENT'S MESSAGE

I hope you all had a wonderful summer and are ready to get back to our regular lives, including Zonta. The committees have met over the summer and are planning another great year!

The first thing on the agenda is the District Conference in Rapid City, starting Friday, Sept. 23 and ending Sunday morning, Sept 25. This year we have two delegates, Evie Ashmore and Alice Borodkin, who were elected at the August meeting.

I announced at the August meeting that we have been given \$100 by Area 3 to cover the cost of the registration for a FIRST TIMER from our club to attend the Conference. To date, no one has requested that wonderful gift. It is my fervent hope that someone will take advantage of this great offer. Also, NEW MEMBERS, remember that the club will pay your registration if you attend. I'll be



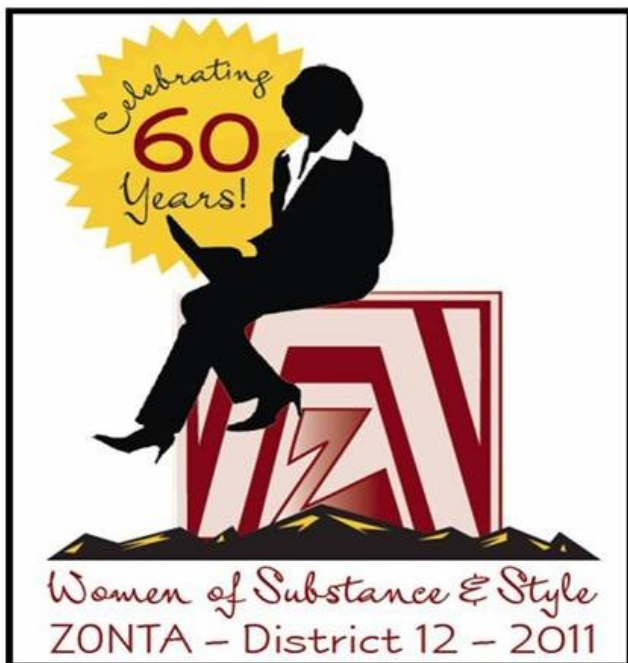
contacting each of you, hopefully at least some of you will take advantage of this great opportunity. I can only say to those who have never attended, that you will get more than you expect out of it, and will meet some great women from other clubs.

I want to again thank Liz for hosting us at her beautiful garden in Park Hill for our August meeting. We were privileged to have Kay Myer, our Governor attend and give some updates on International and District and the Conference in September.

Don't miss the September meeting. Our member, Pam Dumonceau, who is a financial planner, is going to share some tips for reaching your financial goals, no matter your age. Which of us can't use that kind of help in these times?

—YIZ, Kathy

DISTRICT CONFERENCE



2011 District 12 Conference

Rapid City, South Dakota September 23-25, 2011

It is not too late to register, and if you have never visited the beautiful Black Hills, this is an opportunity not to miss!

The agenda includes speed-learning about Zonta, and a U.S. presidents treasure hunt, with prizes! Our Zonta International liaison, Kathleen Douglass, Zonta Club of Brampton-Caledon, Ontario, Canada, will attend and you will have the opportunity to meet her.

Best of all, you will meet Zontians from other clubs in Colorado, Wyoming, Montana and, of course, South Dakota. Before you know it, you will have friends in all four states.

Don't miss it (especially if your registration is free)!

ZONTA - District 12 - 2011

S E P T E M B E R M E E T I N G

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

When: Thursday, September 8, 2011
5:30pm – Social Hour
6:00pm – Dinner

Menu: Buffet

Cost: \$30.00

RESERVATIONS: Please RSVP no later than noon Monday, September 5th 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: ZCD member Pam Dumonceau will speak on : "Women's Wealth Wisdom: Financial Tips for Women in All Walks and Stages of Life!"

Pam is president of Consistent Values, Inc., an independent, Colorado-registered investment advisory firm. Over the years, Pam has made empowering women in their financial success a specific priority. She uses her practical experience to help clients reach their goals through smart financial planning.



Pam has been recognized for three consecutive years as a '5280 Top Wealth Manager.'

Bring your burning financial questions—Pam will save some time for Q & A.

Birthdays to remember—

Christa McAuliffe—Sept 2

Jane Curtin—Sept 6

Colonel Sanders and **Pam**—Sept 9

Sheila—Sept 13

Prince Harry—Sept 15

Anne Meara and **Mary Lou**—Sept 20



Reservations

- For each general dinner meeting, please remember to call if you aren't on the permanent reservation list. Because we are charged for the number we guarantee, we have to bill anyone who makes a reservation but doesn't come to the meeting (or who forgets to cancel a permanent reservation).
- If you plan on coming to every meeting—why not add your name to the permanent reservations list?
- If you are on the permanent list but tend to forget to call and cancel—why not take your name off the list?
- Please call Dottie with your request to be added or deleted!

Permanent Reservations

Judy Allen	Dottie Jenkins
Evie Ashmore	Kate Linscott
Mary Benoit	Cheryl McHugh
Alice Borodkin	Judy McNerny
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

*Dear World,
Please stop freaking out about 2012. Our calendars end there because some Spanish d-bags invaded our country and we got a little busy, ok?
Sincerely, The Mayans*

*Dear 2010,
So I hear the best rapper is white and the president is black? WTF happened?
Sincerely, 1985*

*Dear Man,
It's cute, but can you pick up peanuts with it?
Sincerely, Elephant*

COMMITTEE NEWS

SERVICE OPPORTUNITIES



Each woman who comes to The Delores Project is like a square of the quilt provided for her, symbolizing a collection of unique experiences and stories. As in the creation of a quilt, when these women and stories come together, they create something larger and stronger—they make up the community that is Delores.

HOW YOU CAN HELP

Your donation now, no matter the size, ensures that women find at The Delores Project a safe, cool refuge from a long hot summer day on the streets.

CURRENT IN-KIND WISH LIST

- Plastic pillow covers (standard size)
- Socks (white, women's, ankle length, all sizes)
- Coffee/Tea Bags/Drink Mixes
- Sugar
- Trash bags, all sizes
- Toilet paper
- Bleach/household cleaners
- Sunscreen
- Ear plugs
- Sleeping masks
- Liquid dish soap/ Liquid hand soap

Call before you go, or the Service Committee will deliver donations you bring to club meetings.

If you have a question about donating items not listed above, contact Susan at (303) 534-5411 ext 101 or susan@thedeloresproject.org.



Rocky Mountain Roller Girls Roller Derby—

benefiting The Delores Project!
Who doesn't love roller derby?

Rocky Mountain Roller Girls will battle the Choice City Rebels All Stars in a bout at the Fillmore Auditorium, 1510 Clarkson, on **Saturday, September 3rd - 7:00 p.m.**

Come out and cheer the girls on!



PROJECT C.U.R.E.

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

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 September 12.

—Evie

WHEN: Monday, September 12, 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)

Party with a Purpose!



Thursday, Sept 1

Mile High Society Project plans local events to benefit Colorado nonprofit organizations. This month, their event will benefit Excelsior Youth Center. We are invited!

Enjoy cocktails and appetizers at Earls Kitchen and Bar at 201 Columbine Street in Cherry Creek North, from 6:30 to 9 PM.. Network, mingle, and

gather with friends while benefiting Excelsior. The \$15 cover charge will go directly to Excelsior Youth Center.

Excelsior Youth Center offers a residential treatment program for girls ages 11 to 18 with emotional and behavior difficulties.

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

The Service Committee has received reports from two of our 2011 grant recipients, Mental Health Center of Denver and The Women's Bean Project.



Please see those reports starting on page 7 of this issue of the *Smoke Signal*.

It's good to see how our funds are being used.
—Cathy

A D V O C A C Y C O M M I T T E E

If you didn't have time to read the email from the AAUW about Women's Equality Day that I circulated recently, take time now to learn about hard-won women's rights the AAUW



sees as being under siege. Go to http://aauwnational.files.wordpress.com/2011/08/hervotes_topten.pdf

—Alice

FUND - RAISING COMMITTEE

The fund-raising committee is looking for volunteers to help with selling of scarves at District Conference in Rapid City at the end of September. We have a couple of members who have volunteered and would like one other person to help sell at the Zonta Store. Please contact me if you can help at julieqbradley@comcast.net.



are working on a fantastic film made by a Denver man about acid burning in Pakistan. He is negotiating with HBO for our event to be the Denver premiere of the film. More news to come in the next couple months!

Next fund-raising committee meeting at 10am Saturday, September 3, at Whole Foods, 7400 E Hampden.

—Julie B

The fund-raising committee met earlier in mid-August and started planning for the Spring Film Event to be held at the Denver Film Society. We

MEMBER NEWS

Estella has had surgery and is recuperating at home. Consider a card, if you haven't already sent one, to let her know we're rooting for her speedy recovery.

Pam's office has moved. Her new address is:
Yosemite Office Center
5655 S. Yosemite Street, Suite 450
Greenwood Village, Colorado 80111

Carroll is leaving Colorado for a well-deserved retirement in Florida. As of September 8, her address will be:

2093 Fringe Tree Trail
The Villages, Florida 32162

We will all miss Carroll, her service hours and many other contributions to the club. We're glad she will be a Zontian at least until May 31, 2012!

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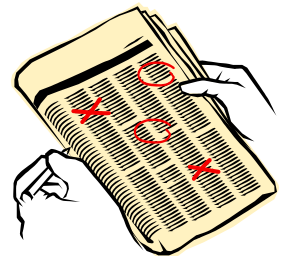
Sue Relihan
Owner - Massage Therapist

Denver, Colorado

sue@findserenityspa.com
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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.



NOTABLE QUOTES—ABOUT POLITICS

Democracy is the art and science of running the circus from the monkey cage. —H.L. Mencken

Being in politics is like being a football coach. You have to be smart enough to understand the game, and dumb enough to think it's important.
—Eugene McCarthy

Why does a slight tax increase cost you \$200 and a substantial tax cut save you \$0.38? —Peg Bracken

Can any of you seriously say the Bill of Rights could get through Congress today? It wouldn't even get out of committee. —F. Lee Bailey



MHCD Report for Zonta Club of Denver August 2011

Introduction:

Growth and Recovery Opportunities for Women (GROW) serves homeless women who have both mental illness and substance use disorders as well as have experienced significant trauma from childhood on into their adult lives. Despite these significant challenges, most of the women we serve want to work and feel that work is an important life goal. To them work represents not only sustenance – a means of providing living expenses – but also identity. Like many of us, they long to be able to tell people not only who they are but where they work and what they do. The development of identity and the fostering of a sense of accomplishment through employment can be crucial to recovery.

MHCD uses the Evidence-based Practice of Supported Employment in assisting consumers with mental health and substance use disorders obtain employment. In this model, employment specialists work with any consumer who expresses an interest to work (no exclusions) and coordinates plans with the treatment team. As soon as the consumer has expressed such an interest, the employment specialist seeks competitive employment opportunities that align with the woman's interests and talents and provides individual, time unlimited support. In some instances, the quest for employment begins with schooling, either certification programs or work towards a GED or bachelor's degree.

MHCD has used the Zonta grant to provide a part-time Education and Employment Specialist (EES) exclusively for the women on the GROW team. The EES, Erin Plonk, has joined the team of women treatment providers to work specifically with this very vulnerable group of women. Because of the extensive nature of their trauma, these women have significant challenges in their quests to work. Perhaps the most significant obstacles are emotional – the feelings of intense fright and vulnerability in new situations and with new people that the woman must overcome in order to attend a class or enter a work setting. These challenges are problematic even at the point of engaging in the process of considering education or work. Having Erin, a woman, consistently available to engage with the women in their job search has been hugely helpful. The women get to know her and work through each step of their education or employment journey with her. She has been able to come and meet with them wherever they are comfortable meeting and then, as trust develops, she actually accompanies them to educational institutions or on job interviews, and can provide job coaching at their work sites. The consistent and individual support she offers makes a big difference. As the EES for the GROW program, Erin was able to connect with 20 different women over the past six months to discuss and work on their educational and/or vocational pursuits.

The Successful Process of Returning to School and Employment:

Here are Erin's own words as she describes how she has helped connect the women to educational opportunities: *"In assisting women in obtaining their education goals, I met with them often times in the community or places they feel most comfortable being and reviewed what they were interested in studying. I would then take them to the school they were interested in so that I could assist them in registering for classes. Currently, **three women have enrolled in classes.** I assisted one woman in learning more about the schools located in Denver that provide American Sign Language (ASL) classes by taking her to see the school and learn about the registration process. I also have two other women who are interested in attending the Emily Griffith Opportunity School to learn trades. We are in the process of exploring more about the school and the programs to meet their needs and interest."*

"Gloria" is one of the women whose life has changed because Erin assisted her in overcoming the challenges of returning to school and ultimately work.

"Gloria" expressed an intense desire to go back to school and take art classes. Because of the funding provided for us, we were able to meet multiple times to explore art programs around the city. We finally decided that she would enroll in art classes through the Art Students League of Denver. She has stated that she has not felt this excited about her life in a while and she feels that she is on the right track. She has attended several classes and we have enrolled her in more classes for the fall. "Gloria" noted that because of her classes, she is starting to get used to leaving her house more often and thus becoming more social. She expresses that because of this, she feels more confident in returning to the work force. Gloria and I have thus enrolled her with the State of Colorado's Division of Vocational Rehabilitation (DVR) and have started the process of looking for work. She truly has blossomed and because she was able to engage in her artistic passion she has built more confidence that has positively affected other aspects of her life.

For the women who are interested in pursuing employment, Erin shares her process of assisting them: *"In assisting GROW women in obtaining their vocational goals, I met with them either in the community and was even able to meet them in their homes if they felt more comfortable in that setting. Others were comfortable meeting in our offices so I would meet them there. Once a woman was interested in looking for work, we would meet to complete a vocational assessment so that we could discuss her specific career goals. We would then create a mock application that she could use to apply for jobs as well as create a résumé and any cover letters that were needed. I would also assist the women in enrolling with the State of Colorado's Department of Vocational Rehabilitation (DVR) which helps individuals with disabilities get bus passes, clothing vouchers and eyeglasses or dental work. Since February, **five women have completed the DVR intake** and are receiving the benefits of enrolling in that program. Two women are halfway through the DVR enrollment process.*

Another way I would assist the women I met with was to take them out into the community to help them look for places they would like to work, talk with the employers and complete applications. We would also meet to look up potential jobs online and complete any online applications that were required.

*On my own, I would often go out into the community to job develop and talk with employers about our program and hiring the GROW women. When a woman was offered an interview, we would then practice interview questions and I would often assist them in meeting with their potential employer if they did not feel comfortable doing that alone. Using this process, **three women were hired during the past six months at places in the community, two additional women were granted interviews but were not offered positions, and two women were given temporary jobs through MHCD at its Resource Center.***

“Mary” is one of the GROW women whose life has changed because Erin was there to help her overcome the challenges of returning to work.

“Mary” has been very active in her search for competitive employment. In the beginning, she and I met to create her résumé, mock application and discuss her career goals. Once we had everything prepared, Mary and I would often go out into the community together to meet with employers, fill out applications and look for places where she would like to work. Because of all our work in meeting with employers, she was granted an interview with Noodles and Company, a local restaurant. Mary and I worked extensively on practicing interview questions and I then accompanied her to meet with the potential employer. She did very well in her interview and was ultimately hired to assist in the kitchen. I would then go visit her at her job to see how she was doing and get feedback from her managers. Mary continued to work at Noodles and Company for 1 month but was ultimately let go because she was not able to keep up with the fast pace. The managers there loved her attitude but didn’t feel as if it was the right fit for either her or them. Since this time, Mary and I have continued her job search and she has started a temporary, non-competitive position through MHCD as a donations attendant at the Resource Center. She has successfully completed enrollment with DVR and has been speaking with a manager from Goodwill Industries to inquire about working in their donations department.

The Challenges of Returning to School and Employment:

It is always difficult to go to school or work when you don't have a safe, affordable, stable place to call home night after night. For the GROW women, this is a challenge. The treatment team works hard to locate housing that will allow each woman to "off-load" this concern and to re-focus her energy on education and employment. This is why it is important to have an EES work very closely with the rest of the treatment team. In addition to housing issues, a number of GROW women have children for whom they are responsible. Locating housing and childcare and dealing with mental health, substance use and trauma symptoms all at once can be difficult and overwhelming, like trying to find and fit together the interlocking pieces of a jigsaw puzzle.

Currently, Denver's job market is tight. Large numbers of people are applying for few openings, especially for unskilled jobs. Although their difficult and disadvantaged histories make them relatively well suited for unskilled jobs, a number of the GROW women are handicapped by previous felony convictions, which in a competitive job market can be especially discouraging for employers. The women easily lose hope because of their felonies and feel as if there are no

jobs available to them. In these very trying times, Erin works to maintain a positive and encouraging outlook and helps the GROW women refocus on their strengths.

Locating an appropriate position is challenging for many of the GROW women. As was true of “Mary,” they may need to try several jobs in order to find one that fits for them. Also, locating employment that provides enough hours at a reasonable wage has been challenging. As a longer term strategy, Erin has worked with a number of the women to capitalize on education and training opportunities that over time increase their opportunities to qualify for more skilled employment.

And finally, each woman treated in the GROW program has serious mental health and substance abuse challenges. At times, the job search is temporarily interrupted because the woman Erin is working with suffers a relapse and begins using drugs again or has an encounter with the police and is arrested. The return to past unhelpful behaviors is difficult and can occur even when significant progress is being made on the employment front. When this happens, it is very hard to engage with a woman because she will often miss appointments and become disengaged. Erin has learned, along with the rest of the team, to continue the quest for recovery. She works closely with the clinical team and once the woman is doing better, Erin quickly re-engages with her to continue vocational services.

We are so grateful to the Zonta Club of Denver for recognizing and funding this important work. Thank you for making a difference in the lives of the GROW women!

Respectfully,

Kristi Mock, MSW, LCSW
MHCD Adult Services Director



August 10, 2011

Evie Eshmore
Service Committee Zonta Club of Denver

Re: Interim Grant Report

Dear Zonta Club of Denver:

Successes

I am very pleased to report that your generous grant of \$10,000 enabled us to promote five program participants to the position of Participant Team Leader: Veshelle is Team Leader in bundles; Pam is Team Leader in reception; Lisa is Team Leader in baskets; Yvette is Team Leader in shipping and receiving; and Jayce is Team leader in production.

In terms of criteria used to evaluate progress, we have only anecdotal evidence and feedback from Eme Barnes, Production Supervisor, and verbal feedback from program participants that Team Leaders have been effective in enhancing the quality of job readiness training. There is general consensus that Team leaders have been an effective addition to our businesses.

Participant Team Leaders have been interviewed and all agree that their experience has been valuable in preparing them for their next job. In fact, Veshelle, Pam, and Yvette were hired today and will start their post-Bean project jobs in two weeks. Jayce is enrolling next week in welding school.

Challenges

We did not develop the capacity to measure quantities produced by woman-hours or compare order inaccuracies year-over-year. The Enterprise resource Planning system that will be operational in August will give us the capacity to make such measures in the coming year.

Sincerely,

Bob Macdonald

ZONTA INTERNATIONAL FOUNDATION REPORT

Dear Zontians*,

Let me give you a brief overview of the challenges faced by women in science and business and why our scholarships are so vital to improving the status of women.

Since 1938, Zonta has supported the Amelia Earhart (AE) Fellowship awards in honor of the famed pilot and Zontian. We provide funding to deserving women pursuing Ph.D./doctoral degrees in aerospace sciences and engineering. Each year, 35 fellowships are awarded. The candidates are selected by fellow Zontians all of whom have been AE Fellowship recipients in the past.

The Jane M Klausman (JMK) Women in Business Scholarship program, initiated as a result of a member's bequest, helps women pursue undergraduate and Master's degrees in business management and overcome gender barriers. The program operates at the Zonta club, district and international levels. Zonta clubs provide awards for club recipients. Zonta International awards scholarships of US\$1,000 each at the district level and twelve international scholarships in the amount of US\$5,000 each.

Why is it so important to support these funds? Here are some facts to consider:

- More women are in the sciences than ever but still only represent 10% of the professionals in the field.
- In 2009, women held only 15.2% of the board seats at Fortune 500 companies according to the Catalyst organization.
- Women have a more difficult time obtaining positions, grants, scholarships and fellowships.
- The number of applications received is increasing as more women are seeking to obtain support. Due to funding constraints, we continue giving the same number of fellowships at the same levels each year.

Zontians are proud to have been at the forefront of these efforts. We are consistent in providing financial resources to women and I quote Dr. Sharon Langenbeck, the AE Fellowship Chairman, "the women who have received the Fellowship are improving the status of women worldwide by moving into policy decision making positions."

To date, the contributions received have been at a consistent level. I extend a special thank you to all who have been so generous in these most difficult times. Respectfully, I ask that you consider doing so to whatever degree you are able. Please also give consideration to the funds highlighted here (AE and JMK) as we continue our efforts during the second year of the biennium to ensure that our education initiatives can continue to be as robust as our projects.

As of 30 June 2011, here are the results of Zonta International Foundation fundraising.

Fund	Goal	30 June Total	% of Goal
Amelia Earhart	\$700,000	268,119	38%
Jane M Klausman Women in Business	\$184,000	82,811	45%
Young Women in Public Affairs	\$94,000	108,245	115%
International Service	\$1,500,000	914,879	61%
ZISVAW	\$630,000	388,010	62%
Rose Fund	\$650,000	559,619	86%
Total	\$3,758,000	2,319,683	61%

**(Ed. note: This letter has been very slightly edited for length.)*

- 30 June 2011 represents 54% of biennium.
- Funds that exceed 100% - money remains in that fund and will be used in subsequent biennia.
- Money contributed to the Rose Fund is used to supplement the other "Funds" as may be needed
- The funds we are raising now will support the international service projects and educational programs for the 2012-2014 Biennium.

Thank you for all you do for Zonta. Together, we are making a difference.

Warm regards, Jacqueline M. Beaudry, ZIF Development Committee Chairman and International Director

DOMESTIC DIVA

SOUTHWESTERN BLACK BEAN SALAD

Note that fresh corn is essential to this dish, don't substitute frozen or canned corn.

3 T fresh lime juice

4 tsp olive oil

2 scallions, sliced thin

1 ½ tsp minced canned chipotle chilies in adobo sauce (chipotle chilies are quite spicy; a little goes a long way, so you may want to start with less and add to taste)

½ tsp honey

Salt & pepper

2 ears corn, kernels removed from cobs

1 (15 oz.) can black beans, drained & rinsed

1 large avocado, pitted, peeled & cut into ½ inch pieces (if not serving the salad immediately, hold the avocado until needed)

1 tomato, cored, seeded and chopped medium

3 T chopped fresh cilantro

- Whisk the lime juice, 1 T of the oil, scallions, chilies, honey, ¼ tsp salt and ¼ tsp pepper together in a large bowl, set aside.
- Heat the remaining 1 tsp oil in a large saucepan over medium-high heat until shimmering. Add the corn & cook, stirring frequently, until beginning to brown, about 5 minutes. Transfer the corn to the bowl with the dressing, set aside.
- Add the beans, avocado, tomato and cilantro to the bowl with the corn and gently toss to combine. Season with salt and pepper to taste and serve.

A great and healthy recipe using late summer garden ingredients, compliments of Diane

DIVA HINTS

Many recipes call for only a small amount (1 or 2 tablespoons) of tomato paste or chipotle chilies.

What to do with the leftovers in the can? Instead of tossing the remaining product (or storing it until it assumes interesting colors), here's a hint that makes you wonder why you didn't think of it before.

Place a sheet of wax paper or plastic wrap on a cookie sheet, or other flat dish; measure the product by approximate tablespoons and drop onto the covered cookie sheet. Place the cookie sheet into the freezer until the product is frozen, usually about

an hour. Then quickly place the individual tablespoons of frozen product into labeled zip lock freezer bags and place into the freezer for storage. (Or, if you have an ice cube tray you're not using, you can put the spoonful into that instead and, when frozen, remove and put into freezer bags.)

The next time a recipe calls for a tablespoon or two of tomato paste or chilies you do not have to open a new can, you have the pre-measured ingredient ready to use.

ZONTIANS AT THE DELORES PROJECT



GETTING TO KNOW YOU

Judy McNerny

Judy was born in New York (St. Vincent's Hospital in Manhattan). She attended Brown University for her undergraduate degree then Harvard Law School.

- Q: What led you to your career: "My mother talked me out of being a teacher so I followed my Dad's passion for justice."
- Q: Why did you join Zonta: "The wife of my boss was a Zontian and he suggested it would be a good networking tool."
- Q: Why do you stay in Zonta: "The people."
- Q: What woman most inspired you: "Eleanor Roosevelt."
- Q: If there is one thing you could change about Zonta: "The International politics. The European countries constant push to have International Headquarters in Europe."
- Q: Top three hobbies, sports, etc. "Reading, road trips and cooking."
- Q: If money, time and family were no object what would you like to do. "Travel to placeslike India."
- Q: Life defining moment. "The day Charlie (her oldest) was born, I had a C-Section and I fell in love with this infant and my life changed forever."
- Q: Advice to new members: "Get involved and get to know the other members."

—Barb P.

THANKS, 2011 DAY OF FILM SPONSORS

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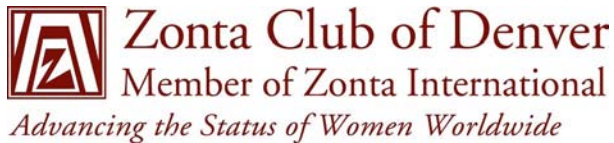
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Nobody can do everything, but everyone can do something. ~Author Unknown

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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 !

September 1	Party with a Purpose for Excelsior Youth Center—service opportunity	September 13	Project C.U.R.E.—service opportunity
September 3	Fund-raising committee meeting—Whole Foods, 7400 E Hampden	September 15	ZCD Board meeting (not usual date)
September 3	Roller Derby for The Delores Project—service opportunity	September 20	Mary Lou's birthday
September 6	The Delores Project fundraiser at Carmine's On Penn—service opportunity	September 22	Liz's birthday
September 8	ZCD club meeting—Embassy Suites	September 23-25	District 12 Conference Rapid City, South Dakota
September 9	Pam's birthday	October 14	ZCD club meeting—Embassy Suites
September 13	Sheila's birthday	July 7-12 , 2011	Zonta International Convention Torino, Italy