



# Zonta Club of Denver

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## SMOKE SIGNAL

**September, 2014**

### **NEW ZISVAW PROJECT**

#### **Voices Against Violence in Twelve Countries To End Violence Against Women**

ZISVAW stands for Zonta International Strategies To End Violence Against Women. A significant portion of the funds raised by the Zonta International Foundation are allocated with the goal of ending violence against women. UN Women, in partnership with the World Association of Girl Guides and Girl Scouts (WAGGGS) has developed a global non-formal education curriculum to engage young people in efforts to prevent and end violence against girls and women.

A first of its kind, "Voices against Violence" is a co-educational curriculum designed for various age groups ranging from five to twenty-five years. It provides young people with tools and expertise to understand the root causes of violence in their communities, to educate and involve their peers and communities to prevent such violence, and to learn about where to access support if violence is experienced.

Zonta is going to provide \$986,000 to help implement this program. Voices Against Violence is a program that will engage young people as peer educators and participants. A curriculum has been developed in English, French, and Spanish. Members of the girl guide or girl scouting movement can earn a "badge" by completing six sessions from a set of age-appropriate activities.

By June 2016 it is estimated that 800,000 young people will be involved in the delivery of the program. An estimated five million children and young people will take part in the curriculum by 2020.

### **In This Issue**

- [ZISVAW Project](#)
- [Friends of The Haven](#)
- [Writing Award](#)
- [September Meeting](#)
- [Committee Reports](#)
- [Service Opportunities](#)
- [Minutes](#)
- [President's Message](#)
- [Calendar](#)

[Zonta International](#)

[Zonta District 12](#)

[Zonta Club of Denver](#)

[Zonta Says No](#)

[UN Women](#)

Live each day as if it were  
your last - because one  
day, you'll be right!

Bennie Hill

Nancy McWhirter

### Infection Prevention & Control in Rwanda

Mary Foley is a faculty member of UCSF's nursing school, served as President of the American Nurses Association (ANA), and was the first nurse on the list of 100 most influential in healthcare. Mary is now leading the effort of the Global Engagement Institute (GEI) to help the Rwandan Ministry of Health develop an Infection Prevention & Control system.

According to GEI, every tenth hospitalized patient acquires at least one healthcare-associated infection, and healthcare workers in Rwanda have limited knowledge about infections and skills to prevent them.

In collaboration with Rwandan counterparts, Mary Foley has adapted World Health Organization guidelines and protocols to the Rwandan environment. The result is a simple curriculum that visiting delegations of professionals and students can teach at Rwandan hospitals and health centers.

The mission of GEI is "to inspire and empower individuals and institutions to be agents of change in the world." They do this by providing "high-impact short-term global engagement programs in developing countries to international students and professionals."

To learn more about GEI and the Rwanda project, go to [global-engagement.org](http://global-engagement.org).

### Business Cards

Do you have your Zonta business cards yet? If not, contact Julie Bradley to let her know what you want on them. She will mail them to you or bring them to a meeting.

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### FRIENDS OF THE HAVEN REPORT

To: Zonta Club of Denver  
From: Friends of the Haven / The Haven  
Re: Six Month Report  
Date: February 2014 to August 2014  
Amount Awarded: \$6,680

Please find enclosed the six month report for the grant awarded to Friends of the Haven. The purpose of this grant is to provide support for a weekly exercise program delivered by Southwest Denver YMCA to The Haven women. Exercise provides a release from a stressful, rigid treatment

regimen, helps the women identify healthier ways to cope with stress enjoy their leisure time, and reduce symptoms of depression and anxiety. To date, this project has been highly successful and we wish to thank the Zonta Club of Denver for making a difference in the lives of Haven women.

**Goal 1: Start a new exercise program in collaboration with the YMCA (Y).**

The Haven embarked on a new collaboration with the Y in February of 2014 and formalized our partnership in March 2014 by executing a Program Service Agreement. The Y provides a very popular weekly exercise program for Haven women. Classes are taught by trained and qualified Y staff. Classes take place outside in the nearby park or in the large multipurpose room of the Baby Haven.

**Objective 1a: The YMCA will schedule and assign Fitness Instructors to The Haven to administer a weekly exercise program.**

Several fitness instructors from the Y provide weekly exercise classes for Haven women. These classes incorporate cardio and strength training, Zumba and a variety of fun and engaging exercise activities that help Haven women to reduce their stress and learn how to have fun without the use of drugs or alcohol. Y classes are very popular with Haven ladies.

**Objective 1b: 10-15 women will be recruited to participate based on their motivation and readiness levels.**

On average 15-20 Haven women attend Y classes on a weekly basis, the classes are always full and the ladies have a wonderful time working out.

**Goal 2: Ensure strong participation in the weekly exercise program among Haven women on a regular basis.**

To date approximately 65 different ladies have been able to participate in Y classes at The Haven.

**Objective 2: At least 10 women will come to the class on a weekly basis, as measured by participation logs.**

On average 15-20 Haven women attend Y classes on a weekly basis. Participants report working hard in class and becoming more fit.

**Goal 3: Increase awareness of healthy ways to exercise and desire to exercise among women who graduate from the program**

Y classes began by teaching women basic exercises and emphasized how to exercise correctly and safely by ensuring proper position and posture when doing sit-ups, push-up, squats, etc. Classes then became more rigorous and continue to increase in intensity. Modifications are provided for every exercise to ensure all women can participate. Haven women report that classes teach them how to stay fit, build muscle and that teachers are great at motivating class participants to work hard and keep working out. Participants requested Zumba and Y instructors have incorporated Zumba into their workouts. Y instructors are very helpful and enthusiastic and often stay after class to help answer questions and meet with ladies one-on-one to provide ideas and specific exercises they can do on their own during their leisure time.

**Objective 3: In a short survey/interview at the end of the program, at least 80% of the women will express they were satisfied for the program, that they learned healthy ways to exercise and a have desire to continue to exercise following graduation.**

Haven women report enjoying the classes with the Y instructors. They have stated that sometimes they don't feel like going because they don't want to work out; while many of us know we should

exercise and that exercise is good for you, many people in general struggle with feeling motivated to work out. Haven ladies are no exception to this but most ladies reported feeling happy that they attended class.

Haven ladies also shared that Y instructors are very friendly, seem to enjoy teaching classes, answered questions and provided ideas and suggestions for staying in shape.

To date this has been a very successful project.

For more information about The Haven, go to [www.havenfriends.org/friends/why-give/](http://www.havenfriends.org/friends/why-give/).

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#### LOCAL WOMEN'S WRITING WINS AWARD

Alice Borodkin, former Colorado state legislator and member of the Zonta Club of Denver (far right in photo), is one of the authors featured in *Stories Gathered at the Kitchen Table*, which took Second Place for Anthologies at the The 2014 Colorado Independent Publishers Association EVVY Awards.



Edited by Anne Randolph of Kitchen Table Press, *Stories Gathered at the Kitchen Table* features writing generated in a workshop for women. The authors share intimate, moving and inspiring stories of how they found the confidence to become business women, leaders, mothers, healers, and trendsetters.

The book can be purchased at Amazon.

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## September Meeting

### Meeting Details

Date: Thursday, September 11

Time: 5:30 pm

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

Greeter: Julie Bradley

Inspirational Moment: TBA

Cost: Priced as on the menu. Each member orders independently.

Program: Sterling Harris, Deputy Chief Director, Colorado Organization for Victim Assistance (COVA), a 2013-2014 ZCD grant recipient, will speak about the mission and programs of COVA, and how our grant is being used.

Reservations are not required but please contact Marian Lee - email: mlee@bhfs.com, or work phone, 303-223-1256 - by 10am Monday, September 8, to let her know that you plan to attend and if you will bring a guest.

The following members have permanent reservations:

Judy Allen  
Evie Ashmore  
Mary Benoit  
Alice Borodkin  
Julie Bradley

Sheila Davis  
Mary Lou Edwards  
Nikki Headlee  
Cynthia Herndon  
Kathy Hyzer

Kate Linscott  
Judy McNerny  
Nancy McWhirter  
Wendy Moraskie  
Dorothy Swindt

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**IWSS**  
Institute for Women's Studies and Services  
**METROPOLITAN STATE UNIVERSITY**  
OF DENVER

**Items of the Month:  
Toothbrushes, Travel Size Toothpaste, Hairbrushes,  
Combs, and Tampons  
For COVA  
Please bring to the September Zonta Meeting**

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**COMMITTEE REPORTS**

**Service Committee**

The Service Committee met at Village Inn at 6:00 p.m. on August 26. The liaison for each of the grant recipients updated the committee on each group. Kate reported that Open Door Ministries would like us to provide another reading event for the children. Penny has set up our service opportunity with COVA.



On October 16 from 2:00-5:00, Zonta members will help COVA stuff bags for a conference.

Concerning Friends of the Haven, Jeanette is going to make an appointment with Crissey so we can figure out the logistics of the Christmas dinner.

Kathy H. reported that Smart-Girl is undergoing some changes and has had to let their executive director go.

Ideas for other service opportunities were discussed. Since we are no longer supporting a foster child, Kathy H. suggested KIVA, an organization that gives micro loans to women. In addition, Mary described Zonta Wings, a project that the Pikes Peak Zonta club started in which the members can donate their airline miles to aid victims of human trafficking.

At the August Zonta meeting we collected items for Smart Girl. Cathy Conley reported that we generously donated 52 packages of markers, 35 loose single markers, and a pan full of crayons. Cathy also offered to bring the supplies by the Smart-Girl office. Thanks, Cathy!

We served the ever-popular burrito bar at The Delores Project for August. Judy Mc, Nancy, Cynthia, Julie, Penny, Jeanette, Olette, Helen, and Marian provided all the food. Thanks, ladies!

For the September Zonta meeting, we will be collecting the following items for COVA: toothbrushes, travel toothpaste, hairbrushes and combs, and tampons.

The next service meeting will be on September 23 at 6:00 p.m. at Village Inn. At this time we will go over the grant applications that we have received.

Nancy McWhirter

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530 South Holly Street



### Fundraising

The fundraising committee met on August 14th to discuss the upcoming years' events.

The film event will take place March 21, 2015. We have a couple of good film ideas and will present them to Tammy from Voices Film Festival on September 9th. The committee is coming up with ideas to get a higher attendance at the film.



The garage sale will take place May 16th at Cynthia's. At the last board meeting, an idea was presented that we let Zontians buy a table to sell some of their own items. This will be discussed at the next committee meeting.

Julie volunteered to list Zonta Chapel items on Craigslist and Cynthia may have someone who is interested in the marble altar.

The next meetings will be held on Oct 2 and October 30 at my house.

Gwen

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### Advocacy

Recently I attended an event, *Women and the New Economy*, sponsored by the Jewish Women's Fund of Colorado. The Fund's mission is to empower women to create systemic change in their lives and our communities.

The keynote speaker was Kathy Bonk, president and executive director of the Communications Consortium Media Center ([ccmc.org](http://ccmc.org)) in Washington, D.C.





Ms Bonk grabbed my attention when she mentioned that she had worked, back in the day, for a small nonprofit that brought the successful lawsuit challenging the division of help-wanted ads into "Help Wanted Male" and "Help Wanted Female." Some of us remember those days.

Here are some of the points she made.

Consider your audience. Are you speaking to an expert? Member of a special-interest group? When facts don't fit the listener's frame, the listener will reject the facts.

Language matters when you are trying to influence opinion. Words matter.

For example, "earn" instead of "pay."

"Equal pay for equal work" may be less persuasive than saying "we can't afford to have half of the population left out of the new economy." We should reframe a woman's earnings of \$.77 of the dollar earned by a man to the lifetime earnings of a woman with a college degree of \$1.2 million less than a man.

"Early education" vs. "child care." Allocating scarce resources for child care may sound like a giving a handout; paying for early education is an investment in the future.

"Low wage jobs" instead of "low wage workers" shifts the focus to the job itself, not the person hired to do the job.

States are where progress will be made in the near term, she said. For example, Minnesota recently enacted a law requiring government contractors to submit an "equal pay certificate."

What could Colorado do with guidance from organizations like Zonta, AAUW and the Jewish Women's Fund of Colorado?

I hope you'll think about it.

Judy Mc

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**Membership**

The 2014-15 Membership Committee held its second meeting on August 25, 2014 at 5:30 p.m. at Citron Bistro, 3535 S. Yosemite St. Present were the Chair and committee members Julie Bradley, Cathy Conley, Dorothy Swindt, and Helen Mulhern, as well as President Mary Benoit. Absent were Judy Allen, Katie Boysen, and Sheila Davis.



The group discussed upcoming ZCD meetings and events. The September, October, and November meetings will take place at Hacienda Colorado, which Judy has already reserved. It is planned that



the December meeting will be held at The Haven, similar to last year, if space can be found to accommodate the entire population of the facility. The January meeting will be held at Sheila's house.

The group discussed possible locations for the February grant award meeting, as Embassy Suites is not available. At the committee's first meeting, members agreed to scout various facilities. Cathy reported that Wellshire Event Center did not meet our pricing criteria. The group discussed Pappadeaux's as a possibility, but there were concerns about the cost and limited menu available. The Posner Center was also discussed as a possibility. The most promising facility located so far appears to be Dave & Buster's, which Cathy visited. There is ample meeting space, it's a good location, and we have a range of options for food that would make the pricing very reasonable. Marian Lee agreed to go to the facility to take a look and talk to the sales representative.

Julie Bradley reported that the ZCD Meetup Site is attracting non-members who are "following" our events, indicating that they may be interested in joining the club at some point. It was suggested that we create a standard letter to send to visitors to our meetings, thanking them for attending and providing more information about ZCD. Judy Allen suggested that we put together a packet for visitors and potential new members, that communicates the value and benefits of membership.

Dorothy Swindt agreed to take responsibility for correspondence on behalf of the Membership Committee, and will continue the Zonta tradition of sending cards to our members on appropriate occasions.

The group also discussed a potential social event at Celebrity Sports Center, possibly early in January. This would provide a great opportunity for club members to bring spouses, family members, and potential new members to have fun as a group.

**NEXT MEETING:** The group agreed to continue meeting on the fourth Monday of each month. The next meeting will be on September 22<sup>nd</sup> at 5:30 p.m. at Citron Bistro.

Marian

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## Service Opportunities

### Upcoming Service Opportunity

Stuff Bags for a Conference

Thursday, October 16

2:00-5:00

This opportunity will benefit COVA

A sign up sheet will be available at the September meeting.

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## AUGUST MEETING MINUTES

Thursday, August 14, 2014; 5:30 - Liz Cameron's Garden

After enjoying a delicious potluck meal in Liz Cameron's beautiful garden, the meeting was called to order by President, Mary Benoit, and guests were introduced: Kathy Hyzer introduced Jennifer Reins; Sheila Davis introduced Kerry Humphrey from Delores House; and Marian Lee introduced Kristin Stork.

Sheila gave the Advocacy Moment. She talked about Nicholas Kristoff's 2008 article in the NY Times, "Women as a Force for Change", and told us about a bi-partisan bill before the Senate now called the "Campus Accountability and Safety Act."

The June, 2014 Minutes were approved.

Kathy Hyzer, Treasurer, presented the 2014-2015 Budget for approval. After discussion, Cathy Conley moved, Julie Bradley seconded the motion, and the members present voted to approve the budget as presented (see attached.)

Marian Lee, Cathy Conley and Sheila Davis conducted the induction ceremony of Carin Paupore and Alexis Newton into our club - welcome Carin and Alexis!

Sheila reviewed the last Biennium, and celebrated Mary Benoit for acting as the Governor's

Centurion (Advisor) for the last two bienniums, serving both Sheila and Kay Meyer in that capacity, and presented her with gifts.

President Mary read a letter to Pam Dumonceau from the "Invest in Others Charitable Foundation", giving her honorable mention in their volunteer of the year award.

Mary then gave a recap of the Zonta International Convention in Orlando at the Marriott World Center, saying it was her 12<sup>th</sup> convention. She said it was wonderful to see one of our own District members, Bridget Masters, installed as the new International Secretary/Treasurer. Mary talked about the challenging voting procedures this year and told us there will be some big changes in the Membership Rules now. The Keynote Speaker was from South Africa and she talked about our association with the UN. The Golden Z Convention was held at the same time. Wendy Henry-Moraskie and President Mary went to the reception that honored larger donors (\$20,000 and over) and received an award plus a certificate because every member of our club made a donation to ZI and Pam Dumonceau matched our donations!

Scholarship Winners spoke - three Amelia Earhart winners will attend CU Boulder this year. On the last day of the convention, incoming President, Maria Oestergard, spoke. Her theme is "Conviction, Commitment and Courage." Mary outlined our service projects for this biennium, and told us that District 12 had an international YWPA winner - from the Pikes Peak Club. The next ZI Convention will be held in Nice, France, 2016.

President Mary then encouraged all of us to sign up for the Governor's Seminar to be held in Cheyenne on September 20. The deadline to register is next Tuesday.

Mary spoke about this year's Zonta Says No Art Event to be held on November 8 at the Posner Center and passed out flyers for the event.

#### Committee Reports:

Membership, Marian Lee, Chairman - the committee is just getting organized - next meeting is Aug. 25. The Febr. Grants meeting will not be at The Hacienda so they are looking for an alternate site.

Service, Sheila Davis for Nancy McWhirter - Olette's husband has had a medical emergency - Sheila asked members to sign up to serve at Delores House.

Public Relations, Katie Boysen, chairman, no report - Katie is busy getting married - congratulations Katie!

Fund Raising, Gwen Fornia, chairman - no report.

Advocacy, Judy McNerny, Chairman - no report.

#### DATES TO REMEMBER:

- |                     |  |
|---------------------|--|
| - Aug. 28, 6 pm     | Board Meeting, Mary Benoit's office  |
| - Sept. 11, 5:30 pm | Regular Meeting, The Hacienda  |
| - Sept. 12, 6-8 pm  | Denver II's celebration of 501(c)(3) status<br>Brio Tuscan Grill, 2500 E. 1 <sup>st</sup> Ave., Denver |
| - Sept. 19-20       | Governor's Seminar, Cheyenne, WY   |
| - Nov. 8            | Zonta Says No Art Event, Posner Center   |

#### Adjournment

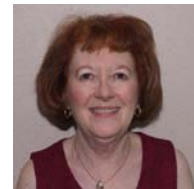
~Respectfully submitted,  
Mary Lou Edwards, Secretary

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## PRESIDENT'S MESSAGE

Well it certainly is time for all of the tried and true sayings, where did the summer go, how can it be Labor Day, I love fall, I can't stand winter. Now that I have gotten that behind us we can get down the real stuff.



In September, as school shifts into high gear, education and what it means to us personally and the impact it has on society as a whole is at the forefront. Education is as essential to us as food and shelter. As I read and try to become more educated about education I realize the impact of the different levels of education around us. There are the refugee children, the homeless children, the middle class children and the extremely privileged children. Where will they be in 10, 15 years?

These thoughts are both exciting and frightening all at same time. How we educate our children will be our legacy. How do we pay attention, learn and become knowledgeable? What do we do about it as we become more enlightened? It is amazing to watch people pursuing education with no regard to obstacles. It is inspiring to observe life-long learners.

Jeanette and I had a delightful time when we had lunch with our Jane M Klausman Women in Business Scholarship winner. Autymn DeWolf is a true inspiration. She spoke about her career, her pursuit of education, her hopes and dreams. Autymn will be receiving her check at the September meeting. I encourage all of you to come and meet this outstanding and inspirational woman.

With talk of our scholarship, it makes me think about how we as an organization are doing the boots on the ground work, getting women educated through our scholarships at the International level and at the local level. The work at the local level is just a microcosm of what goes on at the international level reviewing the applicants and making very difficult decisions. A shout out to Jeanette and her committee for their work.

I encourage you to become educated about education. Keep up the wonderful work all of us do to give one more woman a hand up in her education.

Mary

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**Judith Allen  
and  
Richard Starlin**



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## UPCOMING EVENTS

### CALENDAR

| Date             | Event  | Time               | Location   | Details  |
|------------------|--|--------------------|--|--|
| September 2      | The Delores Project Fundraiser                   | Make a reservation | Carmine's on Penn<br>92 S Pennsylvania St                              | \$45 per person  |
| September 11     | Club meeting                                     | 5:30 pm            | La Hacienda Colorado<br>I-25 and Colorado Blvd.                        | TBA  |
| September 21     | Delores Project dinner                           | 6:15 pm            | Delores Project shelter  | Service opportunity  |
| September 12     | Zonta Club of Denver II<br>501(c)(3) Celebration | 6 to 8 pm          | Brio Tuscan Grille<br>2500 East 1 <sup>st</sup> Avenue                 | Italian Buffet   |
| September 13     | ZCD Grant Application Deadline                   |                    |  |  |
| September 19 -20 | District 12 Governor's Seminar                   |                    | Cheyenne, Wyoming  | Looking Inward,<br>Looking Outward<br><br>Registration deadline: Sept. 1 |
| September 22     | Service Committee meeting                        | 5:30 pm            | Citron Bistro, 3535 S. Yosemite St.                                    |  |
| September 27     | Essie Garrett Celebration of Life                | 1 to 4 pm          | Blair-Caldwell African American Research Library<br>2401 Welton Street | Remember former ZCD member Essie Garrett                                 |
| October 2        | Fundraising Committee meeting                    | 6 pm               | Gwen's<br>14 Beacon Hill Lane  |  |
| October 9        | Club meeting                                     | 5:30 pm            | La Hacienda Colorado<br>I-25 and Colorado Blvd.                        | TBA  |
| October 19       | Delores Project dinner                           | 6:15 pm            | Delores Project shelter  | Service opportunity  |
| October 30       | Fundraising Committee meeting                    | 6 pm               | Gwen's<br>14 Beacon Hill Lane  |  |
| November 8       | ZONTA SAYS NO                                    | 5 to 8 pm          | Posner Center for International Development<br>1031 33rd St.           | Drinks, snacks, art and information about VAW                            |
| November 13      | Club meeting                                     | 5:30 pm            | La Hacienda Colorado<br>I-25 and Colorado Blvd.                        | TBA  |
| November 16      | Delores Project dinner                           | 6:15 pm            | Delores Project shelter  | Service opportunity  |
| December 11      | Holiday party                                    | TBA                | Friends of the Haven   | TBA  |
| December 21      | Delores Project dinner                           | 6:15 pm            | Delores Project shelter  | Service opportunity  |
| March 21, 2015   | Zonta Day of Film 2015                           | TBA                | Sie FilmCenter<br>2510 E Colfax Ave                                    | TBA  |
| May 16, 2015     | ZCD Garage Sale                                  | TBA                | Cynthia's house  | Start collecting treasures now!  |

Zonta Club of Denver | [president@zonta-denver.org](mailto:president@zonta-denver.org)  
Mary Benoit, President | Gwen Fornia and Judy McNerny, Editors

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