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Invisible Women and Hunger
World Food Program USA

Below is an excerpt from "Invisible Women" by Catherine Bertini, former Executive Director of the World Food Programme.

When I was Executive Director of the United Nations World Food Programme, I once visited an area in rural Angola where the fields had recently been de-mined following a truce in the civil war. The farmers told us that they could not work in the fields because they did not have any implements. "What do you need?" we asked; "Hoes," they answered. There were perhaps one

2

hundred hoes—implements with long poles and rectangular metal spades—stacked up against a fence. “What is wrong with these?” I asked. “They are male hoes,” they answered.

Did you know that in Angola, hoes are gender differentiated? I did not, and clearly the well-meaning NGO that ordered the hoes did not either. Why? The NGO had not talked to the women. In that region of Angola, women were the only people who tilled the fields, but they did not use the long-poled hoes. Women’s hoes, it turned out, had shorter wooden handles and shovel-like spades at the end. Unlike the “male” hoes that were used from a standing position, women had to squat to use the “female” hoe, a preferred technique because women worked most of the day with babies strapped to their backs, and squatting put less stress on the back than leaning over, weighed down by a child.

This story became a metaphor for the importance of always speaking with the people who know what the needs are, and that those who do not specifically seek out women in order to understand their needs may waste their entire contribution to the good they seek to accomplish.

It also reminds me that women are generally not in community leadership roles and are too often politically invisible. In fact, it may be their “job” not to speak up; anyway, they are busy in the home and the fields all day and night. While women are the font of life for the family, they are not on first call for community knowledge, though they should be.

For women to be seen and heard, and for societies to benefit from their knowledge, skills, and perspectives, we must:

- Educate girls. The latest data from the United Nations Millennium Development Goal (MDG) project show that the goal of universal primary education has mostly been met. But those data measure “enrollment” and not attendance, participation, progress, or the quality of education received. The data also show that the biggest gender gap comes in the transition from primary to secondary school. Further, there are still less girls than boys in schools. Yet when girls are educated, they have fewer children than their uneducated sisters, maternal mortality declines, their children see better nutritional and general health outcomes (and are also more likely to attend school), the women are more productive farmers, and their economic opportunities and lifelong earnings increase.

- Start research with women’s needs. The most wonderful new seed, capable

of growing drought-and pest-resistant crops at volumes multiple times greater than in the past, could be useless if the taste and cooking time are not palatable to the lives of the cooks: the women. Include them in the process.

- Enhance women's health support. A mother's health is directly related to that of her children. Health care centers, research, and education all can make her stronger.

- Support breastfeeding. One model of support is that employed by the American advocacy group 1,000 Days. They promote the idea that the days between conception and a child's second birthday are the most critical days in a human's life. Another effort is the UNICEF, whose Baby Friendly Hospital Initiative (BFHI), a twenty-four-year-old campaign to make every hospital "baby friendly" so that women giving birth receive the information and support they need to exclusively breastfeed their infants.

- Improve women's literacy. Even if more girls are in school now, most of their mothers were not schooled. Training girls to teach their mothers how to read and count is a viable contribution.

- Create agricultural extension programs that both include women and reach women.

- Expand microbanking loans and insurance to more poor women, who have been shown to dedicate resources to their household more effectively than men.

- Create legal rights for women to own and inherit land, and promote those rights so women know what is available to them.

- Consider societal gender roles in all development thinking. The established roles of women and men in a given community or arena of society are critical considerations in development work. Talk to both the women and the men, and design programs to reach goals with sensitivity to distinct gender norms and needs.

Visible women can change the world.

Why Feminism?

Thoughts from Gloria Allred.





When my daughter was little, she said to me one day, "When I grow up, I'm going to be ready with cookies and milk when my daughter gets home from school." She grew up to be an outstanding attorney and human being, so all things change.

As women age, they ultimately all learn the same lesson: The only person I can depend on is me. It's an evolution. It comes from experiences like being a single parent, sexual harassment at work, being paid less than a man with equal or less experience, suffering domestic abuse, being fired because they don't think you'll complain, getting a divorce, having to fight for pay, a pension, health insurance, adequate child support and more.

These tough life experiences, standard for so many women, are the kinds of radicalizing experiences that can cause a woman to stop short with outrage and become a feminist. Even though she may not know that word, may disdain that word, or not think that it applies to her.

When women are younger, they have little use for feminism. They don't recognize the need. They think everyone will just be fair, act rationally, agree with a well-reasoned discussion...or a Prince

Charming will come along. Older women are more realistic. They have seen the unfair sides of life, work and health issues, and have been burned more often. Women should get a medal just for surviving. I wouldn't go back to being nineteen for anything.

In many ways, younger women are going to be more shocked and disappointed than my generation because our expectations were lower.

The only reason I got into law school was because of the other women who went before me. My advice is that each one of us has a duty to help improve the status of women. And one way to do that is to talk.

An employer can only get away with paying female employees lower than their male counterparts until they share the information and gather together to protest. We cannot let these wrongs continue to go unaddressed. We have to make it a better world for our daughters.

Delores Dinners

My fellow Zontains,

Over the last couple of months, participation in preparing and serving dinners at the Delores Project has declined while participation in helping with our many other service projects has increased. After much discussion and consideration, your Board of Directors have made the decision to take a break from the monthly Delores dinners. The club will revisit the idea of providing and serving dinners at Delores Project again in the spring. We welcome your ideas and feedback about this decision. The club provided the last dinner on August 21. In response to the board's decision, we received the following note from Terrell Curtis, The Delores Project director:

Nancy, and Zonta members:

I simply can't tell you how amazing it is to know that we've had your commitment and care for so many years. Thank you so very much for all you have done, and for the support we know you continue to offer Delores and our guests in other areas of your lives.

Zonta will always be a part of The Delores Project family!

Terrell

I hope we will all take this time to reflect on what the best use of our time and resources are. If you have any questions or would like to talk to me about this decision or anything else going on in the club, I would be delighted to speak with you. Please don't hesitate to call or email me.

Thank you to all who have served!

Katie



Dear friends, please accept my apologies for any cross postings.

Many of you came to the event at my house the other week exploring the role of women at the intersection of climate change, human rights and peace. As we discovered in an evening of intense conversations, it is all connected. Now we offer an additional opportunity to explore the role of women across the many issues in the Sustainable Development Goals – all building blocks to a more peaceful world.

I hope you'll join me at the Posner Center on Sept 21st as we celebrate and explore multiple paths to peace. Registration is free but space is limited so please register as soon as you can.

www.unadenver.org/international-day-of-peace

Cynda Collins Arsenault
303 522-1482

SEPTEMBER MEETING

Meeting Details

Date:	Thursday, September 8, 2016
Time:	5:30 p.m.
Location:	Fresh Fish Company, 7800 East Hampden
Advocacy Moment:	Marian Lee

Price: Menu prices
 Program: Vie Thorgren from Making Choices
 Brenda Lucero our Jane M. Klausman Award winner will be receiving her award from the club!

Reservations are essential so the restaurant can set the appropriate number of places. Please contact Liz Stewart as soon as possible but no later than noon on Tuesday, September 6th at esavstew@yahoo.com to make reservations for yourself and your guests.

COMMITTEE REPORTS



ADVOCACY COMMITTEE

The advocacy committee has not met yet but there are a lot of ideas being worked on.

President Katie has requested the committee focus some of our energies on advocating for our grant recipients. It is great that we give grants to these organizations. It will be even better when we can say, through our advocacy effort we have made things better long term. I am sure this will look different for each organization. Also it will look different how we participate. It is obvious that we need to commit only to what we can do.

With this being said we don't want to become isolationist, we need to keep Zonta's name out in the advocacy community. We are lucky to have a larger committee this year, so my hope is that we have interested members that will want to become involved in the Denver advocacy community

Our first meeting will be at Sheila's house on Saturday September 10th at 10am.

If you would like to know if you are on the committee here are the members

Judy Allen, co-chair Judy McNerny Enid Brodsky Alexis Newton
Sheila Davis Barb Pellegren Katie and Julie ex-officio

If you would like to join us, just let me know.

Mary Benoit, Advocacy Chair



FUND RAISING COMMITTEE

The whole committee is excited for the next Day of Film on March 4 at Metro State U!!

We will have our first meeting Wed, Sept 7 at Gwen's home. Gwen has graciously agreed to host our meetings again this year! Look for the exciting news for our year of fundraising

for the Zonta Club of Denver in the next Smoke Signal!



MEMBERSHIP COMMITTEE

The August meeting at Spero Winery went really well, and all in attendance enjoyed tasting the many wines that June and Clyde Spero offered, as well as the delicious cheeses, antipasto, Italian chicken and meatball entrees, and chocolate fondue and strawberries for dessert. Paula Mitchell, author of *Exploring Colorado Wines*, gave a very informative and fun talk about The Service Committee announced the service project for the September club meeting will be providing backpacks with numerous essential items --- women in the Making Choices program, and got great member participation by hanging large sign-up sheets and handing out "scratch and sniff" colored markers to sign up for the items!

The Membership Committee met on August 18, 2016 and discussed a few women who have expressed interest in the club, and we will be following up with them to encourage them to attend future monthly meetings and service events. The Committee also discussed beginning the process of selecting a location for the 2017 Grant Awards Dinner that will be on Thursday, February 9, 2017. Details will follow once a venue is selected.

As announced at the August meeting, the monthly club meetings in September, October and November will be held at The Fresh Fish Company, based on the results of the anonymous online survey conducted over the summer. The speaker at the September 8 meeting will be Vie Thorgren of grant recipient Making Choices. **Please RSVP by Tuesday, September 6.**



PR COMMITTEE

The PR Committee will hold their first meeting to review the year ahead at 5:00 pm before the regular general meeting at the Fresh Fish Company on September 8th.



SERVICE COMMITTEE

The service committee is gearing up for all the activities that are planned for the rest of 2016.

Making Choices - At the August meeting, Olette and CJ had a sign up for the items needed for the backpacks that we are donating to Making Choices. If you signed up, please remember to bring your items to the September meeting. We will also accept cash donations at the September meeting so that we can purchase items like bus passes and gift cards for fast food restaurants. One of our members anonymously purchased and donated 10 sturdy backpacks. Thank you! These backpacks will be given to graduates of the Making Choices program when they are released from prison. We will learn more about Making Choices when the director, Vie Thorgren, comes to speak at the September meeting. The backpacks will be filled at a gathering of Zonta volunteers at the end of September.

Hands of the Carpenter-On Saturday, September 17, at 7:30 a.m. our club is providing food for the car clinic. Mary Lou will have a sign up at the September meeting. In addition to providing and serving the food, the toy cars and activity books that our members have donated will be distributed to the children.

COVA-Our club will help COVA prepare for their annual conference on Friday, Oct. 7, at the COVA office at 1325 S Colorado Blvd, Suite 508 B. In addition, COVA would like to offer the Zonta Club of Denver one complimentary registration to COVA's Conference. COVA stated, "It is what we are best known for in the victim services field and we are incredibly proud of this year's program. We have greatly appreciated your support and would love to share the conference with one of your members." The conference will be held October 23-26 at Keystone. Gwen has generously offered the use of her condo for any members that attend. More information to come.

DVI- Debbie reported that the Christmas party we hoped to provide for DVI will not work out this year. Instead, we are going to have a sign up for Christmas gifts for the families that DVI selects for us. Ashley Lewis, the DVI director, will be our speaker at the October meeting. Once we have the specific information about the families, Debbie will provide a sign up.

The Delores Project-Our last dinner with the Delores Project was especially meaningful. On August 21 we served a fried chicken dinner. We had a full house from our club providing and serving the dinner. Members who helped were Olette, CJ, Mary Lou, Liz, Mary and her grandson Henry, Judy and her daughter Tricia, Helen, a Zonta guest Hailey, and Nancy. As usual, the Delores women were appreciative. In fact, we were given a standing ovation! It was a bittersweet evening.

Grant Applications-Grant applications are starting to come in. They are due on Sept. 10. The service committee will meet on September 12 to go over the applications. The next service meeting is September 12 at Perkins at 6:00 p.m.

Items of the Month:

Please bring the items you signed up for at the August meeting for Making Choices
Cash Donations will also be accepted.
Please bring to the September Zonta Meeting

"HELP! The items from the University Chapel, which have been stored in my garage, are almost gone. One of two items left is a "kneeler". I have tried two Catholic churches, Linda Rhea has tried, I have another friend trying right now. If you know of anyone who could use this item, please let me know. If no one wants it, I will have to put them out with the trash. We also still have a small electric organ, if anyone is interested. Thanks for helping me clear out my garage." Nikki



MINUTES

June Minutes:

Call to Order: 6:05 p.m. *Katie Wienecke, President*

Introduction of Guests

- Victoria (last name withheld for confidentiality purposes) (Guest of The Delores Project)
- Terrell Curtis (The Delores Project)

Advocacy Moment: *Judy McNerny*

- Described bills that died in the Senate involving equal pay rights that would have positively impacted women. Examples:
 - o A bill that would have disallowed employers to take action against employees who discuss salary
 - o A bill to reestablish the pay equity commission
 - o A bill to create a task force to address the childcare needs of low-income parents of young children as the parents seek to advance their education.
 - o A bill to require a business with more than 50 employees that bids for a government contract to certify that it is in compliance with the state and federal equal pay standards and laws.
- The last session was intensely political. Recommended to answer the door when the politicians come and ask them what are they doing about these issues?

Approval of Minutes May 12, 2016 *Carin Paupore, Secretary*

File as amended.

Treasurer: *Gwen Fornia, Treasurer*

- Had a pre-audit meeting and numbers are looking good.
- Approved another \$5000 for our Zontian in need

Committee Reports:**Advocacy Committee:** *Alexis Newton*

- Women Powering Change event coming up (see smoke signal for details) ZCD will have a table at the event. Will showcase 100 local and global organizations.
- Colorado Impact Initiative: focus on gender-lens impact investing. Takes the next step from donating to really think about your investment. For ideas of key players in Gender-Lens Investing, see an article in the next Smoke Signal.
- Our club goes back and forth on “what is advocacy?” One way to be an advocate is to invest in companies that support the values that Zonta supports and we should consider what our endowment is invested in.

Fundraising Committee: *Cynthia Herndon*

- Thank you for the work at the garage sale. Please pick up your tables from Cynthia Herndon's house.

Membership Committee: *Liz Stewart*


- This is our last month at Fresh Fish Company. Committee will send out a survey to see what location people would like to have future meetings at.
- Please attend the membership happy hour in July (in place of regular meeting) on July 14 at La Cour Bistro.

Speakers: *Terrell Curtis and Victoria (last name withheld for confidentiality purposes) The Delores Project*


- Shared recent updates:
 - o The Delores Project is part of a collaborative that is serving high-risk women and their families. As a group they are capturing their voice with legislative advocacy. Advocated on the CCAP (Colorado Childcare Assistance Program) waiver and an affordable housing bill (did not pass).
 - o Exploring its own advocacy policy- how can it have an impact on its own as well? Getting into the conversations about different bills and community needs.
 - o Have been allocated funds to redevelop the site, which will include affordable units for those previously experiencing homelessness. Governor Hickenlooper has made permanent affordable housing a priority. Won't need to fundraise at all. The shelter will go from 8,000 to 12,000 sq. ft.
 - o Sign up for e-newsletter for monthly updates by going to The Delores Project website.
 - Interview with Victoria (Last Name Withheld for Confidentiality Purposes)- [Paraphrased conversation]
 - o What would help you find long term stable housing?
 - 📌 Full Time job- can't quickly move into housing, even once a well-paid job is secure, but it is the start.
 - o What do you look forward to when you return to the shelter?
 - 📌 The people who bring in meals! The meatloaf is different every time! The meals are prepared how

they are prepared at people's home. There is a great feeling of family.


o What will you miss when you finally get your own place?

 Being around other people. It is easy to become isolated alone and although it is hard living with 50 other women, it is great to have people around. Also the sense of consistent scheduling and accountability. You get to know people, care about them, and can help when there is conflict. It is a respectful, non-intrusive, and collaborative environment.

o Shared housing story:

 Had a great, temporary job as a staff accountant, making \$20/hr. Income disallowed her from qualifying for a subsidized housing program, but the job was temporary. This is a common situation found with people experiencing homelessness.

o Question from Audience: Are you working with HUD (Housing and Urban Development)?

 The professional developer is helping and they are not looking at HUD grants but are looking at the State Division of Housing grants and others.

Old business:

- Voting on bylaw changes will be conducted after International

New Business:

New Member Installation

- Dr. Clare Prohaska

Birthday Recognition

- Roses were presented to members with June and July Birthdays in recognition of years of service:
 - o Julie Bradley (24 Years)
 - o Kathy Hyzer (24 years)
 - o CJ long (1 year)
 - o Helen Mulhern (5 years)
 - o Alexis Newton (2 years)
 - o Linda Rhea (16 years)
 - o Judy Allen (30 years)

50/50 Drawing: Nancy McWhirter! \$12 goes to Zonta Club of Denver.

Adjournment: 7:34 p.m.

Dates to Remember:

July 1-6, 2016 Zonta International Convention, Nice

July 14, 2016 Zonta Happy Hour (in lieu of July meeting), 5 p.m. at La Cour Bistro & Art Bar
1643 S. Broadway

July 14, 2016 Women Powering Change 4PM – 8PM at Mile High Station 2027 Old West Colfax Ave

August Minutes:

The meeting was called to order by President Katie Wienecke at 6:15 pm.

Guest attending where; Janelle Martin, Megan Kinghorn, Kate Grant, Hana Bocek, Ken Binghamheimer(Judy Mac's husband). Our speaker Paula Mitchell.

Nikki Headlee gave the Zonta Advocacy moment on her trip to Buffalo NY and the Women's Movement that helped women obtain the right to vote and the start of Zonta.

Paula Mitchell gave a preview of her book Exploring Colorado Wineries. There are over 100 located around the state with the majority on the western slope.

Service Committee, Olette Stanberry and C.J. Long told us about the project with Making Choices. they

had flip charts showing the items needed for the backpack we will assembly in October. Members signed up to supply items that will be brought to the September meeting.

Membership will send out a survey on what to do for our holiday party. Gwen F. has offered her home for a party.

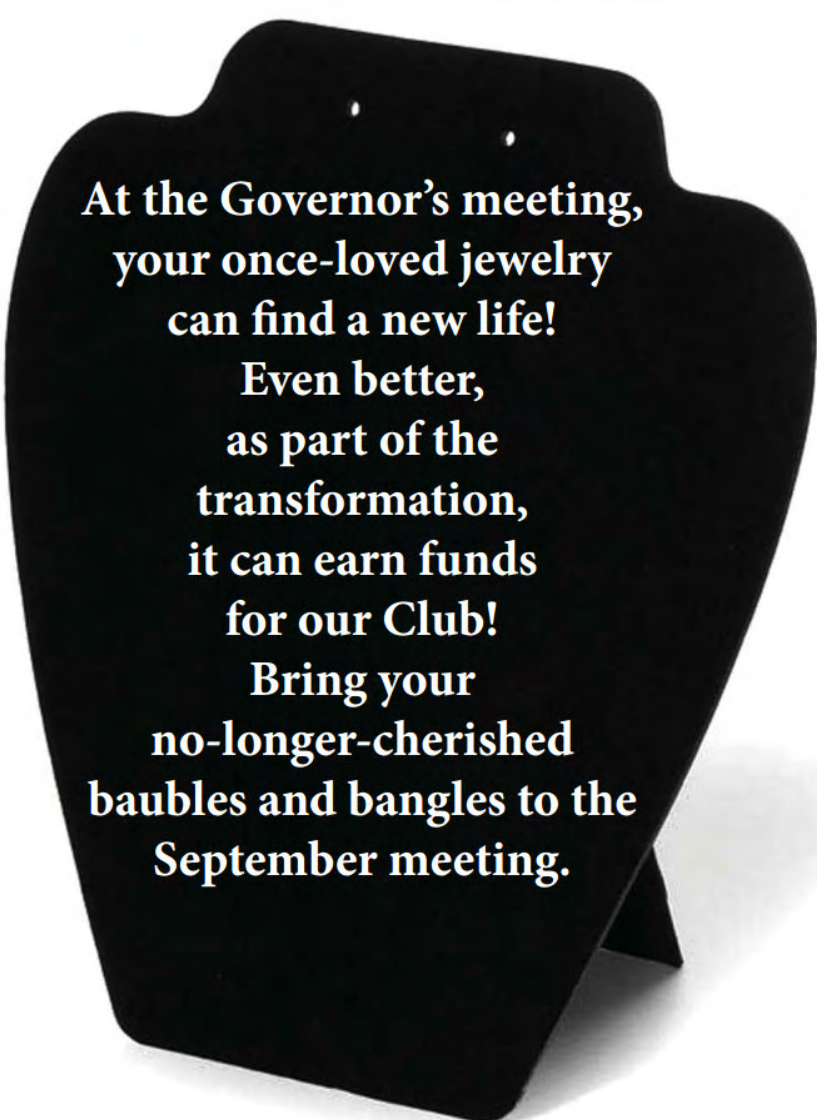
Old Business: By-laws to be voted on with some input by members. Nikki H. wants to have the North American Seminar capped at \$1,000. This was second and approved. Sheila Davis had a suggestion that will be carried over to the next by-laws revision. By-laws were approved and the new by-laws from ZI will be inserted into ours.

Birthday recognition: Mary Beniot

50/50 drawing won by Debbie G. \$51 was split.

Meeting was adjourned at 8:05pm

Respectively submitted
Judy Allen



**At the Governor's meeting,
your once-loved jewelry
can find a new life!
Even better,
as part of the
transformation,
it can earn funds
for our Club!
Bring your
no-longer-cherished
baubles and bangles to the
September meeting.**



PRESIDENTS MESSAGE

Happy Fall Denver Zontians!

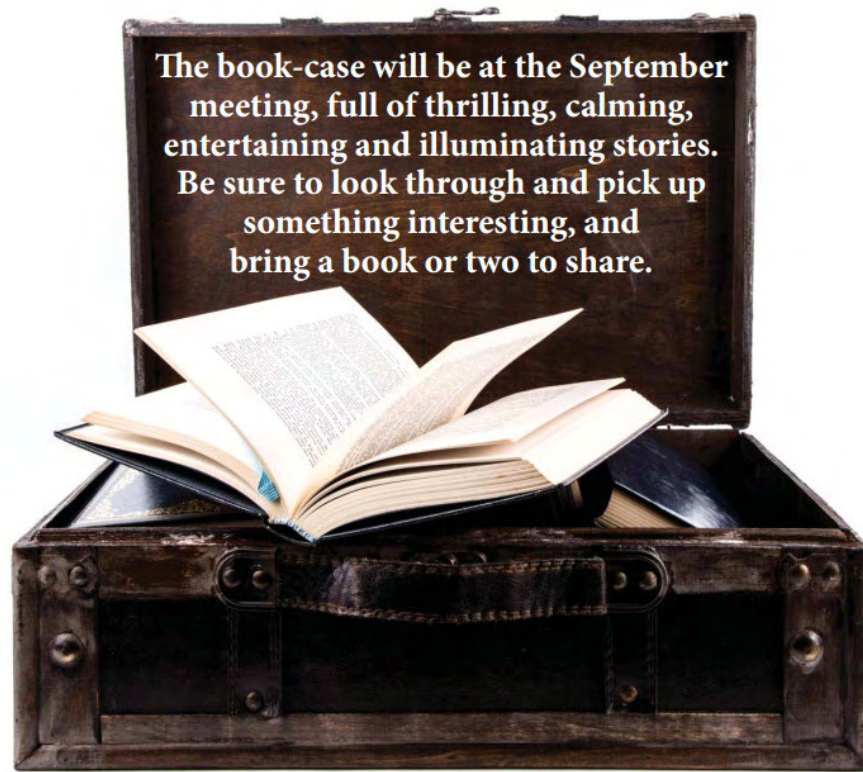
September is one of my favorite months of the year – changing leaves, delicious soups, and football season. It is also one of the best times to be a Zontian because September means Governor's Seminar!!! For those of you who have not attended in the past, I highly encourage considering making the journey to Deadwood, SD for this year's meeting. Governor's Seminar is an excellent opportunity to meet our District 12 leadership and other members of District 12 from Montana, Wyoming, South Dakota and, of course, Colorado.

Governor's Seminar is also a special time because it is one of the few Zonta events that is about skill building, learning, and meeting other Zontians. That means no business meetings! I know that the ladies of South Dakota have something very special cooked up for us and I would love to see our club have a strong showing at the meeting.

Last incentive – if it's your first time, we will reimburse you the cost of registration! There's no reason not to come. Please take a look at <https://www.eventbrite.com/e/zonta-district-12-governors-seminar-tickets-26890642636> or talk to any of your fellow Zontians who have attended in the past.

As always, I look forward to seeing all of you at our upcoming meeting on the 8th. If you have any questions about what's going on in the club or the board, please come talk to me. I love getting to talk to all of you – it's my favorite part of being a Zontian and being your president this year!

Katie



UPCOMING EVENTS AND DATES TO REMEMBER

Save the Dates!

Saturday, September 17, 7:30 a.m.-

Car Clinic for Hands of the Carpenter at Hands Automotive at 1510 Kendall St, Lakewood, CO 80214 (across the street from Casa Bonita)

Friday, October 7, 10:00 a.m.-

Service with COVA at 1325 S Colorado Blvd, Suite 508 B

Please read the Service Committee report for more information.

Reminder: Denver Santa Claus shop loves used toys and dolls you, your family or neighbors are clearing out this fall. Linda Rhea can get out of your car at meetings or arrange pickup. 15000 Needy children will thank you this Christmas.

CALENDAR

- FR Committee Meeting Sept 7th At Gwen Fornia's home
- PR Committee Meeting at FFC before the General Meeting Sept 8th
- General Meeting Sept 8th at Fresh Fish Company
- Advocacy Committee Meeting Sept 10th at Shelia Davis' home
- Service Cmte Meeting Sept 12th at Perkins 6p
- ZDC Board Meeting 5:30p Sept 15th Tony's Market
- Hands of the Carpenter Sept 17th Service Project @ 7:30a

-
- Women, Peace & Global Goals at Posner Center 5:30-8p Sept 21st
 - Governor's Seminar Sept 23rd & 24th in Deadwood, SD
 - COVA service opportunity Oct 7th 10a
 - General Meeting Oct 13th at Fresh Fish Company
 - COVA Annual Conference Oct 23-26
 - ZDC Board Meeting 5:30p Oct 27th Tony's Market
 - General Meeting Nov 10th at Fresh Fish Company
 - ZDC Board Meeting 5:30p Dec 1st Tony's Market
 - Holiday Party Placeholder in December TBA



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