

**FEBRUARY  
NATIONAL  
HEART MONTH**

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# Zontabloid

Issue 6

January 2013

## Notes from Bev



I can't believe that I am already over 6 months into my presidency. The first months were wrought with anxiety, but after attending a few Presidents' meetings I found such cooperation, idea sharing and reassurances that I know now that can be a passionate and effective President.

Working on the Amelia Earhart Luncheon with Debbie Squires and the Boulder Club has been enjoyable and Debbie and I have discovered that we have a lot in common. Friendships are easily forged when you belong to a group of like-minded women. Friendship and comradery has always been a strength within our Lakewood-Golden Club and was renewed once more at our recent Christmas Party in my home. Just a simple potluck and wine followed by a gift exchange of "Cut-throat Santa". (We try to steal the best gifts from each other...all in good fun.)

The next few months are going to be busy ones for our club, with the Amelia Earhart Luncheon on Jan 27, putting together Grub Bags for homeless teens through the Action Center, and of course our Beautiful Hat Tea on May 4. You should see 12 or 13 of us work together to entertain well over 100 guests!

Thanks to everyone for your encouragement and friendship!

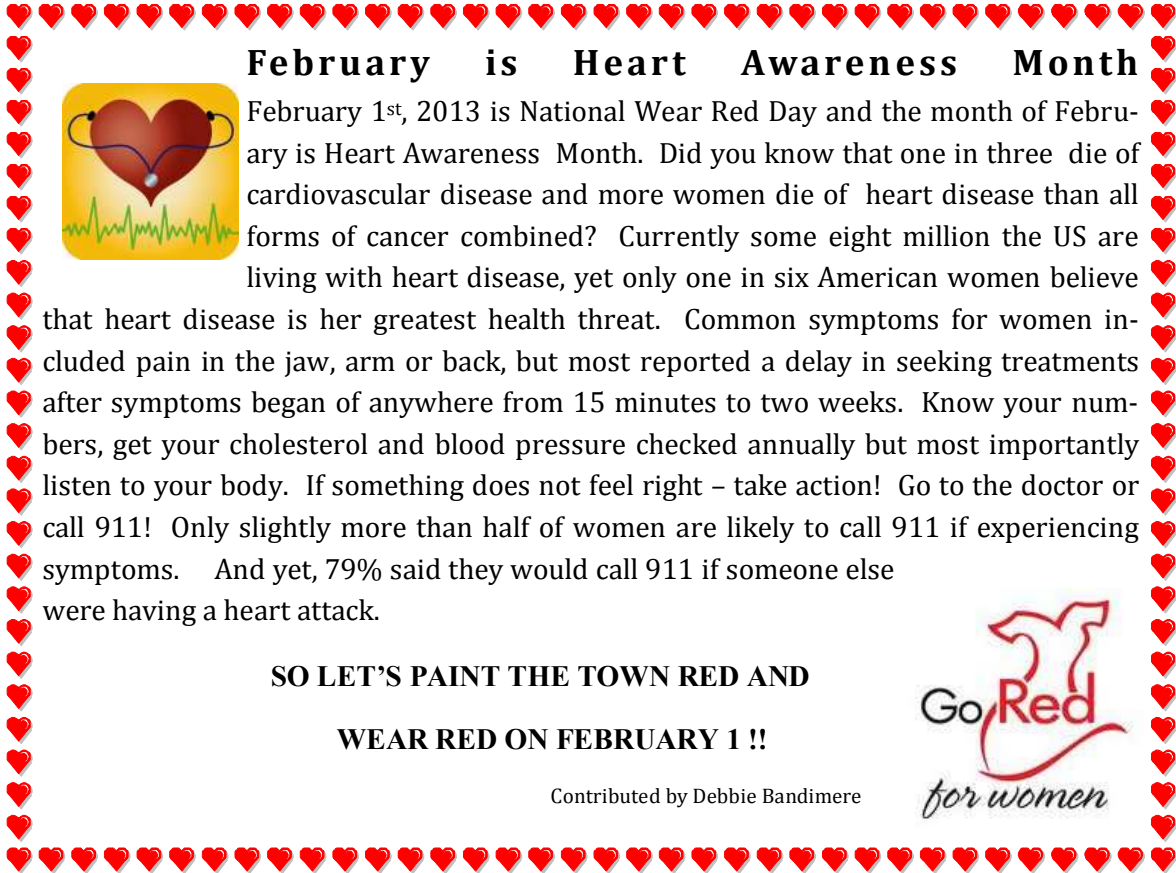
Bev



## Amelia Earhart Luncheon

**"AMELIA EARHART—Then and Now** is the theme of this month's Amelia Earhart Foundation Luncheon at The Fournery Transportation Museum on Jan. 27 from noon to 2pm. The Lakewood Golden Club is partnering with The Boulder Club to provide an afternoon of fellowship and entertainment. Participants will have the opportunity to tour the museum during the luncheon and view the Amelia Earhart exhibit which includes Amelia's first car, a mint condition Giselle, as well as a wax figure of our Honoree and numerous photos and historic chronicles of her life and adventures. Our speaker will discuss aspects of flying and Zonta's Amelia Earhart Fellowship program, which has been awarded to over 1368 scholarships throughout 68 countries since 1938, to women studying aerospace related science and engineering. The Zonta Shop will be open for business and Raffle Baskets will be available for our guests' pleasure and delight. **For more information on the Amelia Earhart Foundation visit [www.programs@zonta.org](http://www.programs@zonta.org)**

Contributed by Brenda Pearl



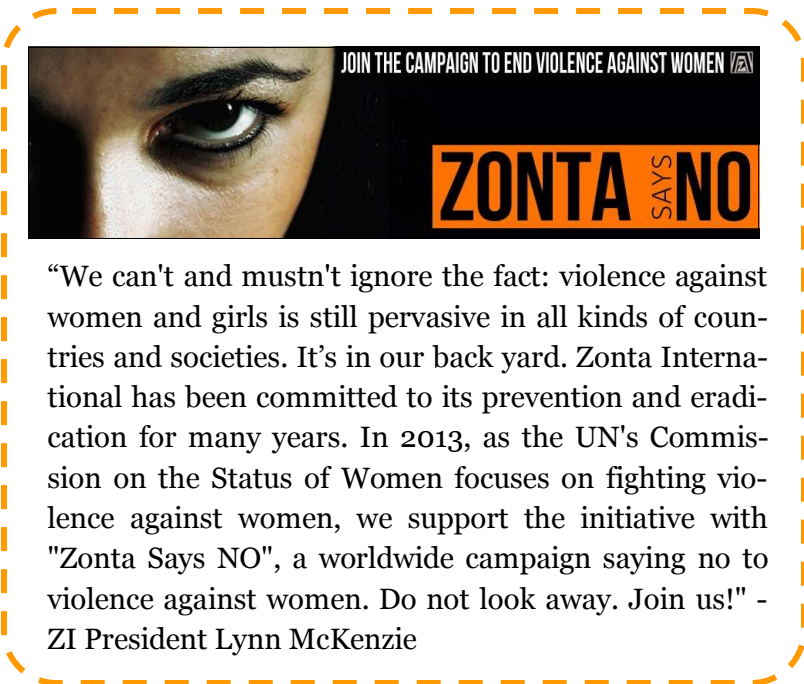
## February is Heart Awareness Month



February 1<sup>st</sup>, 2013 is National Wear Red Day and the month of February is Heart Awareness Month. Did you know that one in three die of cardiovascular disease and more women die of heart disease than all forms of cancer combined? Currently some eight million the US are living with heart disease, yet only one in six American women believe that heart disease is her greatest health threat. Common symptoms for women included pain in the jaw, arm or back, but most reported a delay in seeking treatments after symptoms began of anywhere from 15 minutes to two weeks. Know your numbers, get your cholesterol and blood pressure checked annually but most importantly listen to your body. If something does not feel right – take action! Go to the doctor or call 911! Only slightly more than half of women are likely to call 911 if experiencing symptoms. And yet, 79% said they would call 911 if someone else were having a heart attack.

**SO LET’S PAINT THE TOWN RED AND  
WEAR RED ON FEBRUARY 1 !!**

Contributed by Debbie Bandimere



“We can't and mustn't ignore the fact: violence against women and girls is still pervasive in all kinds of countries and societies. It's in our back yard. Zonta International has been committed to its prevention and eradication for many years. In 2013, as the UN's Commission on the Status of Women focuses on fighting violence against women, we support the initiative with "Zonta Says NO", a worldwide campaign saying no to violence against women. Do not look away. Join us!" - ZI President Lynn McKenzie

### **GRUB BAG COLLECTIONS and ASSEMBLY**

We are currently collecting supplies to fill our “grub bags” for distribution through The Action Center next month. These bags are filled with personal items designed for teens who are homeless in Jefferson County. These young people attend Jeffco schools and often go from friend to friend whose families take them in for a few days at a time.

Supplies included in the bags are: toothbrushes, toothpaste, deodorants, combs, shampoos, conditioners, healthy snacks, lotions, gloves and hats, and other necessary personal items.

Assembly of bags will be done at our February meeting.

# Do You Know...



**BRENDA PEARL** just became a Zontian last spring, although she had been volunteering her time with our club before that. Since becoming an official member she can be counted on for whatever jobs need to be done, including schlepping bags of donated clothes at the Women’s Clothing Drive.

Born in Louisville KY, she’s practically a native Denverite living here since she was 8 months old. As part of a Drum and Bugle Corp she spent several years competeing nationally and performing at Elitches and halftime shows at Bronco games and competing across the country. Brenda’s professional life has included managing a national Executive Suite firm and working for the Federal Government in the Bureau of Land Management and GSA office. Currently, with the GSA, Brenda manages commercial real estate leases for the FBI, IRS, Secret Service, DEA and other federal organizations.

Brenda’s family consists of 2 step-daughters and a former high-risk foster child she cared for from age 13 and who remains close.

Besides Zonta, Brenda contributes to Freedom Service Dogs, an organization that rescues, trains and provides dogs to disabled children and returning Veterans.

Brenda says her lighter side is owed to her lack of gracefulness and Tomboy persona. This tendency has resulted in several “run-intos” with celebrities such as Joe Namath, Walter Payton and Mohammed Ali. Ask her about those stories those stories.

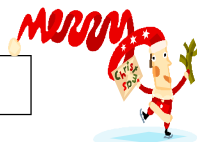


## SAVE THE DATE

Amelia Earhart Luncheon— Fourney Museum	January 27, 2013
Area 3 Meeting	April 13, 2013
Beautiful Hat Tea	May 4, 2013
Inter-District Meeting (Niagra Falls, Ontario)	June 14-16, 2013
International Conference—Orlando FL	June 27– July 1, 2013



Celebrating the Holidays





In the November update about women's rights around the world from AWID are many articles of interest regarding Womens Rights in the News. I am encouraged by the number of women's groups, especially those in Parliaments and Congresses who are trying to ensure that women's rights are assured in their legislatures and constitutions - something that we here in America have fought for and continue to fight for ourselves and our daughters.

For more information and complete articles go to:

<http://www.awid.org/News-Analysis/Women-s-Rights-in-the-News>

Contributed by Jillann Richardson-Rohrscheib

# AWARD PRESENTATIONS



Anne Vilchuck with Debbie Bandimere and Principal, Celest Sultz



Shondra Blosser with Emmy French and Principal, Carla Endsley

Jennifer Myers with Principal & Zontian, Lisa Nolan

Hannah Ingles with Zontian, Deb Beatty

"You have brains in your head and feet in your shoes. you can steer yourself in any direction you choose!"  
--Dr. Seuss



De Allen Photo not available

You are braver than you believe, stronger than you seem, and smarter than you think  
-Christopher Robin

Photo contributions to newsletter were made by: Kathie Dillon, Bev Myers, Emmy French, Debbie Bandimere and Deb Beatty.