

ZONTA

INTERNATIONAL®

1211 West 22nd Street, Suite 900 • Oak Brook, IL 60523 USA
 T: +1 (630) 928-1400 • F: (630) 928-1559 • www.zonta.org

Application for Z and Golden Z Club Emma L. Conlon Service Award

Name of Z or Golden Z Club:	Laramie High School Z Club
Certificate Number:	540
Date of Charter (mo/yr):	01/05
Number of Members in Z or Golden Z Club:	17

Mailing Address of Z or Golden Z Club:	1275 N. 11 th Street						
City:	Laramie	State:	WY	Postal Code:	82072	Country:	USA
Email Address:	tbretting@acsd1.org				Telephone:	307-721-4420	

Name of University/College/School:	Laramie High School		
Advisor's Last Name (Family) :	Bretting	First Name:	Tamara
Daytime Telephone:	3077214420	Email Address:	tbretting@acsd1.org

Sponsoring Zonta Club:	Zonta Club of Laramie				
District:	12	Area:	2	Club Number:	0257

Year of any previous Emma L. Conlon Service Award:	N/A	
Is this the first entry submitted by the Z Club or Golden Z Club?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>

School Service

Please describe no more than *three* service projects that benefited the school or university that sponsors your Z or Golden Z Club (**150 word limit for each project**).

Include the following:

- a) A general description of the project with one photograph
- b) A brief statement on how the project supported or reflected the goals of Zonta International
- c) A brief statement of how the project impacted your school or school's community
- d) Does the project continue to provide service after the initial project has ended?
- e) What percentage of your membership participated in the project?

1) a) The club put on a free self defense class open to women and girls in the community. It was advertised at the high school for girls and their mothers/friends, and was taught by a self defense expert from the community.
b) The project was used as a platform to bring awareness to Violence Against Women and the Zonta Says No Campaign and to provide education to help ladies defend themselves if they ever enter a situation that requires self defense.
c) The class was new to our community and for many participants it was a first look at self defense processes. It opened the eyes of many girls and moms to the importance of situational awareness and defense skills.
d) Due to its success, the project will be repeated and continue to provide service in future years.
e) We had 70% club attendance, but over 90% involved in the planning.

2) a) The club created and purchased orange bracelets stating "LHS Z Club Says No!" They have spread these to students and faculty throughout the school in an advocacy campaign.
b) The bracelets are used to spread awareness of the Zonta Says No Campaign and to bring attention to the issues of violence that face women in this world. The bracelets offer a platform for the girls to talk to their peers about the VAW topic and gain support for projects that try to end VAW.
c) The bracelets have brought visual awareness of our club to all students and faculty in the school and started conversations about these issues among countless individuals.
d) The project continues to bring awareness of VAW as the girls wear them every Thursday.
e) 100% of the club participates in this project.

3) a) Three club members created and delivered a presentation in January on Amelia Earhart in the school and to the Zonta Club of Laramie.
b) Within the goal of advancing the status of women worldwide, Zonta has created Z Clubs as an avenue to give girls leadership skills and introduce them to successful women role models. This project did both. Girls who created and delivered the presentation were developing valuable leadership skills including team collaboration and public speaking. The students who observed the presentation received a wonderful introduction to Amelia and now have an outstanding role model who represents Zonta ideals.
c) The project impacted our school by providing these leadership opportunities and by introducing Amelia.
d) The project continues to serve the girls involved by providing them with a platform of experience to develop and give presentations and by inspiring the girls.
e) 18% were presenters, and 75% were attendees.

Community Service

Please describe no more than *three* service projects that benefited your local community (**150 word limit for each project**).

Include the following:

- a) A general description of the project with one photograph

- b) A brief statement on how the project supported or reflected the goals of Zonta International
- c) A brief statement of how the project impacted your community
- d) Does the project continue to provide service after the initial project has ended?
- e) What percentage of your membership participated in the project?

1) a) The club hosted a baby shower for the SAFE Project of Albany County. The SAFE Project is a group that supports victims of all types of domestic violence and abuse through services and attempts to bring education and awareness to our community in an effort to end violence. The girls collected donations of money, diapers, clothing, food etc. for the project by hosting a baby shower at the school including games and snacks.

b) While the goals of SAFE are not limited to women, they do fit very well with the Zonta Says No campaign.

c) The girls collected hundreds of dollars, diapers, outfits, and other supports for the SAFE Project and delivered them for use following the event.

d) The money and items that were delivered are still serving our community through the hands of the organization.

e) From planning to attendance, we had 80% participation in the event.

2) a) The girls participated in the Zonta Club of Laramie's Style Show. They were models for the event which is an annual fundraising event.

b) This event is a major fundraising event for the Zonta Club of Laramie and provides funds for our service projects.

c) The event helped raise thousands of dollars for Zonta projects, it brought awareness of Zonta to the parents of the participating girls who attended the event. In this way the event provides advocacy to our community as well as direct funding for the projects that the Zonta Club funds within the community.

d) All projects that receive funding from the Zonta Club of Laramie serve our community year round with moneys that are raised at events such as the Style Show.

e) 50% participation.

3) a) The club participated in the Point In Time Survey completed in our community to determine the prevalence of homelessness in our community. The girls participated in this event by cooking and serving the first ever dinner at our local soup kitchen while the survey was happening and cleaning after the event.

b) In order for the community to receive government funding for projects that support the homeless population, we need to have an accurate count of people who fit that category. This event provided this opportunity. Many homeless community member are women who will gain opportunities from services funded by this count.

c) This was the first accurate count of homelessness in the Laramie area and benefits our community by providing Laramie with the opportunity to increase the grants it will receive for service projects.

d) These funds will continue to serve our community throughout the year.

e) 25% participation.

International Service

Please describe no more than *three* projects that benefited an international organization, international cause or an international community (**150 word limit for each project**).

Include the following:

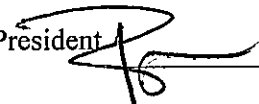
- a) A general description of the project with one photograph
- b) A brief statement on how the project supported or reflected the goals of Zonta International
- c) A brief statement of how the project impacted the international organization, international cause or the international community which it served
- d) Does the project continue to provide service after the initial project ended?
- e) What percentage of your membership participated in the project?

- 1) a) The club created a Days for Girls team to provide reusable feminine supplies to women who do not have access to them in more than 60 countries around the world. Days for Girls organization is a well established program created to provide kits of hygiene supplies to women so they can continue to go to school/work through their menstrual cycles instead of missing that time.
 - b) Recipients will be advanced in their societies by not missing school/work every fourth week for menstruation.
 - c) Our girls have created a team that will sew reusable panty liners and absorbant pads, package them with cleaning supplies, and ship them to the Days for Girls organization for distribution. Visit daysforgirls.org to see the impact.
 - d) The kits the girls make will last around 3 years for the recipient. This is a continued benefit for each woman who receives a kit.
 - e) 100% participation.
- 2) a) The club advertised, sold, and delivered roses for Zonta's Rose Day. Each rose was delivered to a recipient (anywhere in the Laramie community) and came with an information card about Zonta International. This project was a co-project with the Zonta Club of Laramie.
 - b) By raising funds for Zonta, it fits with the goals of Zonta International by providing funding for ZI's service projects.
 - c) Other than raising funds for service projects, the roses also brough awareness of Zonta to the community along with celebrating International Women's Day.
 - d) The continuity of impact comes from women who receive roses who decide to join Zonta as a result of learning about the organization. It also comes from the projects that are funded with the proceeds gained from the rose selling.
 - e) 50% participation in sales and deliveries. .
- 3) a) The club collected and sent art pieces for an Empty Shoes Art Auction in Denver, Colorado.
 - b) As part of the International Zonta Says No Campaign, there was a District 12 event in Denver to raise money for the campaign. The event sent out messages to Zonta Clubs requesting art submissions to auction at the event. Our club found 2 local artists to create pieces that we then sent to the auction to help with the fundraising.
 - c) The art submissions helped raise funds for the Zonta Says No campaign.
 - d) The advocacy and lobbying that resulted from these fundraising efforts will hopefully benefit women around the globe indefinitely.
 - e) 18% participation.

Declaration by Club President

If my Z or Golden Z club is selected as a recipient, I grant permission to Zonta International and Zonta International Foundation to use the Z or Golden Z Club name, service project descriptions and photographs in Zonta International literature and website designed to promote the Emma L. Conlon Service awards.

Name of Zonta Club President Becky Kosach

Signature of Zonta Club President 

Date: 3-27-14