



July 2015

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# ZEPHYR NEWSLETTER



## ZONTA PICNIC AND BAKE SALE AT MYLAR PARK

You are invited to attend the Zonta Picnic at Mylar Park **July 9<sup>th</sup>, 2015** time **6:00pm**. Please bring your family and/ or guest. Watch for your e-mail contact for number of family and guest you will be bringing.

Zonta will be furnishing the chicken and you are to bring a side dish.

**Bring a bake sale item.** Proceeds for the bake sale will support ZI Delegates.

Zonta of Cheyenne made a decision to help support these young ladies from Rock River High School Diplomacy Student Corp opportunity to travel abroad for a learning and leadership program.

**Dezarae Mustain**

**Marissa Davila**



**Alanna Gudmunson Young Women in Public Affairs Recipient, 2014**

Dear Zonta Group,

My name is Dezarae Mustain and I have the wonderful opportunity of traveling to the Basque region of Spain for three weeks with Student Diplomacy Corps. This academic based program will not only allow me to study abroad for the summer, but to connect with people from all over the United States and different parts of Spain. My acceptance and completion of my study abroad program will ensure that I am the first student from my high school at Rock River School to complete such an exceptional opportunity.

I am currently sixteen years old and live with my mother. My father lived with us for a couple years before he left when I was seven years old and my brother was thirteen. At this point we witnessed my mom struggle every day to make ends meet, but we also saw her never give up trying to make sure we always had what we needed. On top of working full time, I can remember many weekends when my mom would work from eight in the morning until noon and sometimes four in the evening. My brother and I both wanted to try and help, but there was not much we could do. When my brother was fifteen he got a job to help out and soon after I started babysitting. It's just me and my mom living together now; my brother graduated in 2010 and headed off to college, as my mother wanted him to get a higher education for a future with better financial stability.

For the past several months I have worked with a team to secure funding for my program expenses, which totaled \$2,500. We did this by hosting fundraising at school events, meeting with community stakeholders, and reaching out to family members for help. In April I was hired at Taco Johns, and began saving my paychecks for this adventure. My mom has paid for my airfare and two unexpected hotel overnights in New York City, NY, and these expenses have left her to undertake the struggle to make ends meet.

Thank you for the opportunity to share my story and support my study abroad program.

Dezarae Mustain

Dear Zonta Group,

My name is Marissa Davila and I am a senior at Rock River High School. All throughout my high school career I have been very involved in, and outside, of our school. I'm president and the Southeast Region representative in Wyoming Association Student Council, I participate in O.A.K Club (Outdoor, Adventure, and Knowledge), FFA, drama, FCA, Key Club, and GEAR UP. I play volley ball and manage basketball and track. I have also had many opportunities for other activities, like attending the Latina Youth Leadership Conference, being a student page at the Wyoming State Senate for two weeks, and going on various college visits throughout the mid-west.

My mom is a single mom, and I am the oldest child out of my other two siblings, Isabelle and Anthony. I try to constantly be a good role model for my siblings. I do this by striving to be the first in my family to go to college. My mom is the biggest role model in my life. She is the strongest, smartest, most independent women I know; she has defiantly pushed me to challenges I never thought I'd be able to accomplish, and she has helped mold me into the women I am today.

This year I have the opportunity to study abroad in Mexico through Student Diplomacy Corps. My program of study is A Taco in A Day which is a culinary program. I chose this program because I have a passion for food and want to attend college for culinary and business degrees, with the chance of opening up my own restaurant one day. Not only having a passion for food, I have also taken three years of Spanish and this would be the best way to put what I've learned to the test. I am part of the first class in my school to take Spanish 3 and will be the first next year to take Spanish 4. Going to Mexico is an opportunity I would never have imagined having without the help of Student Diplomacy Corps, local stakeholders, friends, family, and groups like yours. I hope that being one of the first to complete the program I will be able to start a yearly program in our school to give other students the chance to travel abroad.

Thank you so much for your support in helping me reach my goal to study abroad.

Sincerely,

Marissa Davila

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## Up Coming Events

July 7th, 2015 Board Meeting (United Way Conf. Room) (5:30)

July 9th, 2015 Picnic (Mylar Park)

July 16th, 2015 New Z's Zappy Hour (Plains Hotel)(5:30)

August 4th,2015 Board Meeting (United Way Conf. Room) (5:30)

August 13th, 2015 Applebee's (Noon)

August 20th, 2015 New Z's Zappy Hour (Plains Hotel) (5:30)



Established in 1948, the Z Club and Golden Z Club program is one of Zonta International's longest-running programs. Z clubs and Golden Z clubs help high school, college and university students develop leadership skills, promote career exploration and encourage members to participate in community, school and international service projects.

**ZONTA OFFICERS AND BOARD OF DIRECTORS**

(2014-2016) President: Kathy Cathcart  
 (2014-2016) President –Elect: Connie Sloan- Cathcart  
 (2014-2016) Secretary: Pamela Moran  
 (2014-2016) Treasure: Jo Ann Ziegler  
**(Board Members:**  
 (2014–2016) Annie Wood  
 (2014-2016) Denise Parrish  
 (March 2015– May 2016) Melissa Martin  
 (2015-2017) Misti Fisher  
 (2015-2017) Betty Abernethy

**Nominating Committee: For 2015**  
 Linda Bogart  
 Marci Norby  
 Stacy Splittstoesser  
**Zonta of Cheyenne Foundation:**  
 President: Kathy Cathcart  
 Vice President: Connie Sloan – Cathcart  
 Secretary: Denise Parrish  
 Treasure: Misti Fisher  
 Board Member: Amber Dancliff

I would rather be  
 alone with dignity than  
 in a relationship that  
 requires me to sacrifice  
**MY SELF RESPECT.**  
 -Mandy Hale  
 www.olaalaa.com

Once I knew only darkness and stillness... my life was without past or future... but a little word from the fingers of another fell into my hand that clutched at emptiness, and my heart leaped to the rapture of living.  
[Helen Keller](#)

Name	Year	Name	Year
Helen Cobb	1956-57	Selma Klein	1989-90
Ada B. McKee	1957-58	Priscilla Berwick	1990-91
Gladys Goettling	1958-59	Melinda Brazzale	1991-92
Agnes B. Hawley	1959-60	Lucie Osborn	1992-93
Calista Fulkerson Clark	1960-61	Beverly Morrow	1993-94
Mary R. Cassidy	1961-62	Sylvia Hackl	1994-95
Carmen L. Christensen	1963-64	Sharyn Guthridge	1995-96
Mildred (Callie) Cassidy	1964-65	Janie Cromwell	1996-97
Wilma E. Hirst	1965-66	Rosalyn Baker	1997-98
Cleo L. Hunter	1966-67	Linda Bogart	1998-99
Howardine E. Hebert	1967-68	Roberta Metzler	1999-00
Mary F. Easton	1968-69	Mona Pearl	2000-01
Ruth Aubuchon	1969-70	Jane Dorn	2001-02
Daisy L. Parker	1970-71	Kathy Carlson	2002-03
Diantha Pearmain	1971-72	Mary Walker	2003-04
Louise Voelker	1972-73	Val Rodekohr	2004-05
Jimmie Thornton	1973-74	Jody Gostas	2005-06
Shirley Francis	1974-75	Betty Squires	2006-07
Gwynne Robb	1975-76	Lynne Weidel	2007-08
Sue (Sharp) Sencabaugh	1976-77	Cory Meyer	2008-09
Darlene Van Velzor	1977-78	Kathy Cathcart	2009-10
Marion Davis	1978-79	Michelle Ammerman	2010-11
Emily Farmer	1979-80	Ann Lucas	2011-12
Elizabeth Martin	1980-81	Sandy Hudson	2012-14
Myrna Jean Lewis	1981-82		
Eleanor Hanson	1982-83		
Hazel Gilligan	1983-84		
Kay Ferrari	1984-85		
Kym Zwonitzer	1985-86		
Atha Hall	1986-87		
Leah Shriver	1987-88		
Linnea Rounds	1988-89		

## Zonta Club of Cheyenne 60<sup>th</sup> Anniversary

The Zonta Club of Cheyenne received its charter in October of 1956. We would like to celebrate this landmark by honoring our past and our achievements. If you know any of these past Presidents or their families please plan to have a conversation with them.

Ask questions like:

What was your greatest achievement while you were President?

How did the Cheyenne Zonta Club help women, locally, nationally or internationally?

What Service Projects did you participate in?

Can you tell a story of the most moving and/or humorous memories you have?

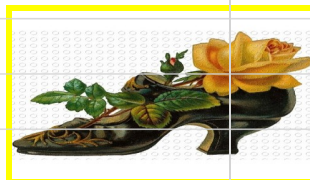
Were you able to travel to other Zonta events?

Did you hold offices at an Area, District, and National or International level?

To quote President Kathy Cathcart, "Women don't brag enough about their achievements". In 60 years the Zonta Club of Cheyenne has helped many women achieve their goals. Help us to tell our story.

Linda Bogart, Historian

*(Count Down-To the  
Zonta Club of Cheyenne  
60<sup>th</sup> Anniversary)*





## Celebrating our Past Presidents

Jody Gostas & I met with 1993-94 Past President Bev Morrow just a few weeks before she moved to Redmond Oregon. Bev and husband Doug are natives of Wyoming but decided to move so they would be closer to their son Nathan. Bev said, "I spent 26 years in Zonta and have gained a lot of experiences, friends and travel. I attended four International Conventions, New York, Rotterdam, San Antonio, and Melbourne." Bev served in nearly every Club position (except Treasurer) and was the first and only member of the Cheyenne Club to become Governor of District 12 (2006-2008). One of her memories was being awakened in the middle of the night during a District 12 meeting to a fire alarm and having to stand outside while they secured the hotel. Bev remembers being PR chairman for the Antique Show and getting together with Jody, me (Linda) and a bottle of wine to paint signs for the show. Bev went on to serve as Legislative Advocacy and Awareness Committee Member for Zonta International in 2008-2010. Bev sponsored many members into our club and she will be missed. I recently heard one of our members say that she didn't feel like she belonged until Bev made the effort to welcome her. If you would like her new address please contact me.

Linda Bogart

## Emma L. Conlon Service Award

Established in 1962 at the Zonta International Convention in New Orleans, Louisiana, USA, the Emma L. Conlon Service Award is a contest for Z clubs and Golden Z clubs. Named in honor of Past International President, Emma L. Conlon, who graciously underwrote the Award for Zonta International, the Emma L. Conlon Service Awards recognize those clubs whose projects and programs best express the ideals of Zonta International through local and international service and advocacy to advance the status of women worldwide. First place clubs receive US\$1,000; second place clubs receive US\$500; and third place clubs receive US\$250. The award money is to be used for the club's service projects.

Congratulations to the Laramie High School Z Club for winning \$1000 award.





## Presbyterian Women's Guild (PWG)

Today I spoke to Kay Barnes of the 1<sup>st</sup> Presbyterian Women's Guild (PWG) about the pillowcase dresses her group makes. The girls in many countries cannot attend school unless they are wearing dresses. Several years ago Nancy Zieman (Sewing with Nancy on Public Television) started a program to sew and donate dresses out of pillowcases for girls in need in Haiti. This became "Creative Kindness" and eventually became a special project for the Cheyenne PWG. It has since expanded to sending pillowcase dresses to girls in Africa, Central American countries *and* Appalachia. Many women in the Presbyterian Women's Guild who participate in this project take the template home and sew the dresses at their leisure. Occasionally there is a workshop at the church hall for a large number to be done at once.

The Presbyterian Women's Guild is very active. There is an open invitation to anyone who wants to participate in Mission Workshops. People (mostly women) gather at the church hall to make tied quilts and fleece blankets for many different recipients including an Alzheimer research program, veterans' programs, and even the Comea Shelter and Safe house in Cheyenne. You can actually be shown how to make the pillowcase dresses at this time. Kay assured me that sewing skills are not really needed for the Mission Workshop (and you don't need to be Presbyterian!). This productive fellowship meets at 10:00 on the 3<sup>rd</sup> Saturday of every month (except in July it will be 7/11/15).

There is also another needlework group called Hearts and Hands that makes knitted and crocheted items to be donated. This session teaches knitting and crocheting and creates friendships that are long-lasting. Hearts and Hands meets on the 1<sup>st</sup> Saturday of each month in the Main Parlor and is also open to anyone who has a desire to improve her needlework, share stories, and donate time and energy to others.

I had taken a few pillowcases into the church office and was consequently connected to Kay Barnes. Kay said donations are always welcome but the most helpful would be "extra wide double fold bias tape." Each dress has the bias tape sewn around the armholes and uses a complete package of the tape. They will also accept donations of cotton fabric (used for the quilts) and yarn, some polyester but NO WOOL FABRICS OR YARN.

*If you would like more information or want to be on an email list, call Kay Barnes at (307) 778-7445.*

**ZONTA CLUB OF CHEYENNE****Treasurer's Report****As of June 1, 2015**

Balance May 1, 2015		\$18,086.45
Deposits:		
FY 15-16 annual dues-	480.00	
3 members		
FY15-16 new member dues-Davis &	363.00	
Cus & Davis annual meals		
Meals for 5-15 meeting	391.00	
FY 15-16 new member dues-Ellis,	525.00	
Miller, Bohr		
1,759.00		
#4235 Checked voided		
#4236 District 12- FY 15-16 annual &	1,224.00	
new member dues		
#4237 ZI- FY 15-16 annual & new	2,887.00	
member dues		
#4238 Plains Hotel-meal for 5-15	384.93	
meeting		
#4239 WY Trophy & Engraving-	44.60	
Zontian of the Year plack		
#4240 ZI- FY 15-16 new member dues for	294.00	
Ellis, Miller & Bohr		
#4241 District 12- FY15-16 new member	108.00	
Dues for Ellis, Miller & Bohr		
#4242 Plains Hotel- additional charge for	76.99	
meals for 5-15 meeting		
#4243 WY Network- website hosting	30.00	
#4244 Linda Bogart- City rent for Mylar	40.00	
Park 7-15 club picnic		
5,089.52		
Balance as of June 1, 2015		\$14,755.93

Continued on page 11

**Restricted Funds:**

Meal Fund (\$150.00 added from Z Club FY 14 funds)	778.70
YWPA Award	1,000.00
Zonta International (1/3 of service funds)	0.00
International Convention (silent auction)	989.71
Z – Club service funds	0.00
Service Grants	0.00
(Service grants funds overspent by \$674.97 as of 2-1-15.)	
Reserve Fund	1,291.00
Conference/Governor's Workshop (FY13 carryover)	200.00
Promotional Items (Board approved 8-5-14)	3,000.00
Total	\$7,259.41
<b>TOTAL UNRESTRICTED June 1, 2015</b>	<b>\$7,496.52</b>

## Meals to Date

Income	\$3,553.00 (includes pre-paid meals for FY15-16 for 2 members)
Expenses	- 3,185.58
Sub-total	367.42
FY15-16 pre-paid	-435.00
Balance	-\$67.58

**END OF FY 14-15 TREASURER'S REPORT****ZONTA OF CHEYENNE  
BUDGET FOR FY 15****END OF YEAR  
TOTALS  
as of 5-31-15****OPERATING BUDGET****Income**

			0
Club Dues Active=\$42.00,Retired=\$27.00	\$	1,491.00	1,120.26
Club Dues New Members (5)	\$	210.00	372.50
Name Tag Fund	\$	68.00	0.00
Promotional Items	\$	100.00	20.00
<b>Total Operating Income</b>	<b>\$</b>	<b>1,869.00</b>	<b>1512.76</b>

**Operating Expenses****Expenses - Administration**

			0
Board Discretionary Fund	\$	251.00	25.00
Brochures/ Printing needs	\$	50.00	104.06
PO Box Rental	\$	50.00	56.00
Postage/ Stationary	\$	50.00	50.21
Pins/Awards/Tags	\$	100.00	44.60
Web Domain/ Zephyr Publication	\$	50.00	720
Name Tag Fund	\$	68.00	0.00

**Expenses - Conferences & Conventions**

District 12 Re-gristration / Delegates	\$	200.00	0.00
District 12 - first time attendee	\$	100.00	0.00

**Expenses-Committees**

Membership/Fellowship	\$	250.00	0.00
Publicity/PR/Camera	\$	100.00	0.00
Roses	\$	100.00	0.00
Promotional Items	\$	500.00	0.00

<b>Total Operating Expenses</b>	<b>\$</b>	<b>1,869.00</b>	<b>999.87</b>
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**END OF FY 14-15 TREASURER'S REPORT  
CONT'D**

**ZONTA OF CHEYENNE  
BUDGET FOR FY 15**

**NON-OPERATING/SERVICE FUNDS BUDGET**

**Income**

		0
Dues Active Members (28)	\$ 4,489.00	3,451.00
Dues New Members (5)	\$ 665.00	1,227.00
Carryover to Services	\$ 1,500.00	0.00
Ladies Night Out - Club's Funds	\$ 6,000.00	0.00
Ladies Night Out - International (1/3)	\$ 6,000.00	5,850.00
Ladies Night Out - Local Recipient	\$ 6,000.00	5,850.00
Raffles/Silent Auctions	\$ 750.00	1,034.00
<b>Total Non-Operating Income</b>	<b>\$ 25,404.00</b>	<b>17412.00</b>

**Expenses - Dues**

		0
Dues - International Active/Retired Members	\$ 3,159.00	2,495.00
Dues - International/District New Members	\$ 665.00	1,227.00
Dues - District Active/Retired Members (27)	\$ 1,330.00	1,080.00

**Expenses - Conferences & Conventions**

International Conv. Raffle/Silent Auction	\$ 750.00	0.00
Z Club - Triumph HS (Service Funds)	\$ 200.00	200.00
Zonta International Service (1/3)	\$ 6,000.00	4,800.00
Local Service Grants	\$ 4,800.00	5,474.97
Young Women in Public Affairs (Service Funds)	\$ 1,000.00	0.00
Service Reserve for Next Year	\$ 1,500.00	358.00
Local Recipient	\$ 6,000.00	
Club Foundation Seed Funds	\$ -	0.00
Local Club Foundation	\$ -	0.00
<b>Total Non-Operating Expenses</b>	<b>\$ 25,404.00</b>	<b>15634.97</b>

**Zonta Board Meeting**

**June 2, 2015**

**Present: Kathy Cathcart, Connie Sloan-Cathcart, Pamela Moran, Jo Ann Ziegler, Melissa Martin, Denise Parrish, Betty Abernethy and Misty Fisher**

**The May Treasurer's Report and the End of Fiscal Year 14-15 was reviewed. The Club has a current unrestricted balance of \$7,496.52. Robin Kus has agreed to chair the Annual Review.**

**Bylaws will be presented to the membership at the May meeting.**

**Website/Face book is in its final stages of completion. Anyone who has not completed their request to provide information will have until the end of June.**

**It was noted that yearly pre-payment of meeting menu selections is \$248.00.**

**The 2015 /2016 calendar will be distributed soon and it will be posted on the public section of the website. It was arranged for the six membership luncheon meeting to be held at Applebee's beginning with the June 2015 meeting.**

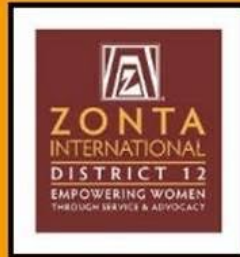
**A directory will be available in the near future.**

**In accordance to our Bylaws honorary memberships would be paid for by the club.**

**Pamela Moran, Secretary**

Join Us  
September 25-27, 2015

for the



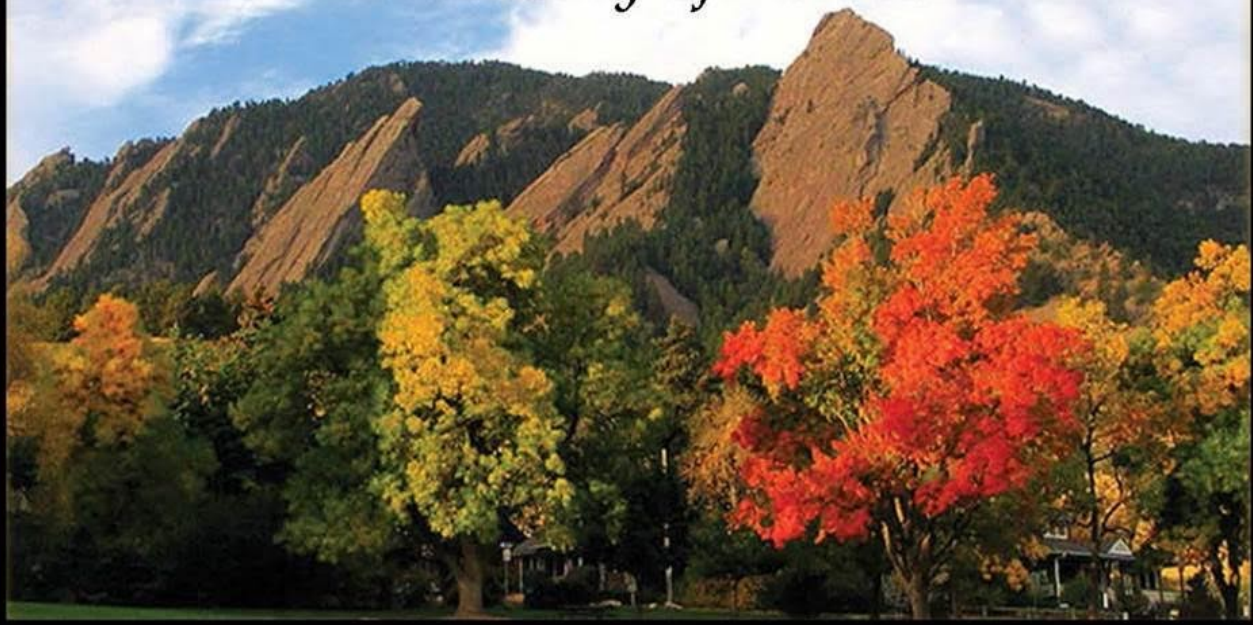
Zonta District 12 Conference  
in Beautiful Boulder, Colorado

at the

Millennium Harvest House Hotel  
1345 28<sup>th</sup> Street, Boulder, Colorado

We will celebrate

*HERstory of Heroes*



Zonta Club of Cheyenne  
General Meeting  
June 11, 2015

The meeting was called to order by President Kathy Cathcart.

Amber Dancliff introduced her guest, Karen Bryant.

Betty Abernethy moved and Sandy Hudson seconded to accept the consent agenda which included the Treasurer's Report for May 2015 and the May General Meeting Minutes. Motion carried.

A question was asked regarding fundraising. It had been previously decided that the return on trying to raise funds through the sale of merchandise was not profitable; therefore fundraising committee / activities has been absorbed into ZLNO.

Kudos – Betty Abernethy for her work organizing the Zappy Hour. Betty will also be traveling to Piedmont, Oklahoma to visit her son.

Kathy Cathcart will be celebrating the marriage of her daughter, Candice on Friday.

Betty Abernethy and Connie Sloan-Cathcart had lunch with three possible new members.

Membership – The club did not achieve plus one for 2014 – 2015 as the membership remained the same. Though we have had new members join several of our members move out of area; retired or withdrew their membership due to other commitments.

Bylaws – The revised Bylaws were made available to the members for their review. Amber Dancliff moved and Betty Abernethy moved to accept the revised Bylaws. Motion carried.

It was suggested and so noted that the Bylaws be made available to all new members when they attend their first Zappy Hour meeting.

Thank you Denise Parrish for all of your work up-dating the Bylaws.

Awards – Edith Garrett moved and Amber Dancliff seconded a motion to award, Alanna Gudmunson, the 2014 Young Women in Public Affairs Recipient, \$500.00 and to award Marissa Davila \$250.00 and Desarae Mustain, \$250.00, Rock River Student Diplomacy Leadership Training students. Motion carried.

The next membership meeting will be held on July 9 at Mylar Park. This is the annual picnic meeting which will begin at 6:00pm. Bring a side dish to share and bake items for sale. Proceeds from the Bake Sale will benefit the International Travel Fund. Bring your own beverages – non-alcoholic. Invite friends and family to join in the festivities.

Karen Bryant, Assistant Planner is requesting input for the comprehensive plan addressing community needs, county wide.

Linda Bogart brought to the attention of club member that the First Presbyterian Church makes dresses out of pillowcases for schoolgirls in foreign countries. The girls are not permitted to attend school unless they are wearing a dress. This church is in need of pillowcases, rick-rack, bias tape and lace.

Kathy Cathcart stated that as women we are often reluctant to voice our successes. Kathy asked that each member tell what they have recently accomplished or are proud of.

Having no further business to discuss, the meeting was adjourned.

Respectfully submitted,

Pamela Moran

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**SAVE THE DATE**

**Cowgirl Up For CLIMB Breakfast**

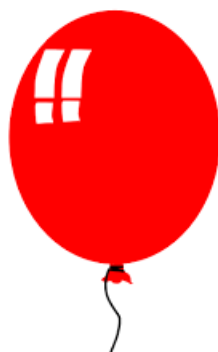
**Friday July 10, 2015**

**7:00 to 8:00 am**

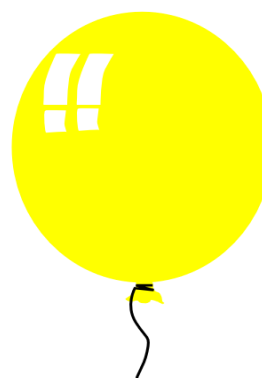
**Little America Hotel and Resort**



**Celebrating 29 years of partnering with Cheyenne community to train and place low-income single mothers in careers that successfully support their families**



Stacy Splittstoesser



Michelle Ammerman