



# ZONTA

CLUB OF CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN

THROUGH SERVICE & ADVOCACY

# ZEPHYR

## September 2016

### 2016 Club Officers And Board

**President: Connie Sloan**  
**Cathcart**

[director@unitedwayoffarmiecounty.org](mailto:director@unitedwayoffarmiecounty.org)

**President-Elect: Jaime Davis**

[jaime.davis@collegeamerica.edu](mailto:jaime.davis@collegeamerica.edu)

**Secretary: Kristie Wilson**

[krisneener@yahoo.com](mailto:krisneener@yahoo.com)

**Treasurer: Robin Kus**

[fontaine.robins@gmail.com](mailto:fontaine.robins@gmail.com)

#### Board Members:

Betty Abernethy  
Jalainna Ellis  
Misti Fisher  
Melissa Martin  
Denise Parrish

### Committee Board

#### Liaison

#### Membership

Betty Abernethy

#### Finance

Robin Kus

#### Communication

Melissa Martin

#### Board

Connie Sloan-Cathcart

#### Fundraising

Denise Parrish

Misti Fisher

#### Service & Advocacy

Kristie Wilson

#### Club Administration

Jalainna Ellis

During the 2016-2018 Biennium, two projects are being supported by the Zonta International Service Fund: *Towards Elimination of Obstetric Fistula and Reduction of Maternal & Newborn Mortality in Liberia* and *Let Us Learn Madagascar: An Integrated Program for Adolescent Girls*. Since 1923, Zonta has provided nearly \$15.5 million to projects benefiting women in 37 countries. The Zonta Club of Cheyenne will celebrate Zonta International's status as a United Nations Non-Governmental Organization (NGO) at our September meeting. Be prepared by reading about Zonta and the UN at [www.zonta.org](http://www.zonta.org)



*Sign up with Jaime Davis to work on our  
Big Project: Ending Violence Against Women*

## Zonta Board Meeting Summary

August 2, 2016

United Way Conference Room

Present: Connie Sloan-Cathcart, Robin Kus, Betty Abernethy, Jamie Davis, Jody Gostas, and Kristie Wilson.

Call to Order: The meeting was called to order by Connie at 5:30 pm.

Communication: Connie reported that Melissa & Cindy were still working on revamping the Club Facebook.

Fundraising – ZLNO: Misti & Denise are working on the details. Solidified date with Little America for March 3, 2017.

Advocacy – Jody Gostas attended the Board meeting to suggest that for *The Big Idea* consideration should be made to create member focus groups for three areas of Club interest: 1) trafficking, 2) sexual assault, and 3) domestic violence. Jody reported the success of the last-minute making and distribution of our “Human Trafficking Awareness” flyer at Cheyenne Frontier Days. The following people/groups needed to be thanked: CFD committee for approving & allowing us to hang/distribute flyers, Pony Express for printing flyers on such short notice, Jennifer Levensgood driving Misti Fisher & Jody Gostas around the CFD ground aiding in the distribution and take-down of flyers. Misti was interviewed for a small portion of the article that appeared in the Wyoming Eagle-Tribune regarding sex trafficking bust during CFD. Lastly, Jody suggested working with Pikes Peak Zonta to mirror that club’s established advocacy systems to help us successfully start and run ours.

September 8, 2016 General Meeting will be at the Airport Golf Course Clubhouse. Kristie, Betty, and Robin will visit before this date for room set up appropriate for meeting and silent auction.

November 10, 2016 – 60th Anniversary Party –Airport Golf Course Clubhouse The committee provided the Board a specific list of help items and timeframes needed for completing this event. Connie will have committee speak at next member meeting regarding these tasks and ask for volunteers.

Navigating/Mentoring/Partnering Idea – Betty, Linda, and Connie will be researching some ideas to further this idea.

Next board meeting will be held Tuesday, September 6, 2016.

*These minutes have been edited for the Zephyr.*

### **GOING ONCE...GOING TWICE...SOLD TO THE HIGHEST BIDDER!**

The Zonta evening meeting on 9/8/16 will include the annual silent auction to help send members to District Conference and International Convention in the next biennium. PLEASE donate your unique treasures that evening and be ready to bid on some new ones to take home! Remember: Thursday Sept 8 at 6:00 pm at the Airport Golf Course, a new venue for us.

# General Meeting

## August 11, 2016

**Location:** Applebee's  
Cheyenne, WY

**Time:** 12:00 noon

**Call to order:** President Connie Cathcart called to order the regular meeting at 12:00 pm. Connie asked that the members take time to meet the members at their table and "tell me something good" going on in their lives. After a few minutes each table reflected on all the "somethings good" in the group.

**Birthdays:** There was one birthday for June, Jennica Fournier. The group sang her happy birthday.

**Introduction of Guests:** There were no guests present.

**Treasurer's Report and Minutes from the May 2016 meeting:** Connie asked for the acceptance of the Treasurer's Report for the month of July 2016. **The motion was made by Jamie Davis, seconded by Jennica Fournier** to approve the Treasurer's Report for July 2016, motion carried.

### **Program:**

Budget: 2016-2017 Budget - Connie, Vice President Jaime Davis, and Treasurer Robin Kus will be meeting to finalize the budget that will be presented to the Board and the Club at a later date.

Overall Marketing Plan: Social Media/Facebook/website – Connie announced that members Cindy Wertz & Melissa Martin were working on this project and tabling it until September 2016.

**Applications:** No applications this month.

### **Updates and Announcements:**

Meeting Locations: September 8, 2016 – Location will be at the Airport Golf Club, 4801 Central Avenue. This will be the UN Presentation by the New Z's and the Silent Auction. All are encouraged to bring guests.

October 13, 2016 – Lunch General Meeting – Location is currently at Applebee's but Connie wants to research other venues. Kristie Wilson will send info to Connie to recommend a better/more convenient location for lunch meetings.

November 10, 2016 – 60th Anniversary – Location Airport Golf Club, 4801 Central Avenue. The normal business meeting and program will be set aside to celebrate the Clubs 60th anniversary. Robin Kus and Kristie Wilson are the co-chairs for this function.

January 12, 2017, Amelia Earhart Dinner – Location will be the home of Linda Bogart and Melissa Martin, everyone will bring a covered dish to share and instead of the cost of dinner which is normally \$23.00, make a donation to Zonta International Foundation. The program will be presented by the New Z's.

**Other Business:** Committee overview & sign-ups - Connie explained in detail what each committee does and which board member was liaison for that committee. She encouraged those who knew which committee they wanted to be on to sign up right then. Others can sign up on Google.doc after Connie sends out the informational email.

Member Engagement planning – Mentoring/Partnering. Connie passed around a spreadsheet of names of Navigators and the New Pilot she is assigned to help. Navigators were given a yellow informational card about her assigned New Pilot and were asked to contact that person as soon as possible. Others on the list will be randomly paired.

On-going efforts – updates: Robin Kus & Kristie Wilson asked for more volunteers to help with the 60th Anniversary Party. Committee meeting will be held at 5:30 p.m. Tuesday, August 16 at Uncle Charlie's to discuss what needs to be done for this event.

Governor's Seminar is Sept 22 -24th in South Dakota. Connie Sloan Cathcart, Jaime Davis, Robin Kus, Denise Parrish, and Linda Bogart are all planning to attend.

Next General Meeting will be September 8, 2016 at the Airport Golf Club.

With no further business before the Club Connie adjourned the meeting.

Respectfully submitted,  
Kristie Wilson  
Secretary

*THANK YOU*  
*From Denise Parrish*  
*Cheyenne Zontian AND District 12 Advocacy/UN Chair*

Here are some pictures of boxes of books we collected to help out the Zonta Foothills Club of Boulder County. I have taken them to Colorado for their book sorting on August 27th. Thanks to all the donors from our club. People really cleaned out their bookshelves.



## PAST PRESIDENTS INTERVIEWS



### **KYM ZWONITZER PRESIDENT 1985-1986**

What a pleasant time Linda (Bogart) and I (Jody Gostas) spent at Grant Farms Home and Garden patio while visiting with Past President Kym Zwonitzer. "Hmmm," Kym wondered. "Why didn't I stay in Zonta? I have so many fond memories of those years." But the truth is her life became increasingly busy, being part of the 'sandwich generation' and working out of town for an expanding financial institution.

Kym joined Zonta in the 1977-78 time frame and was sponsored by Marion Davis. She was especially motivated because her mother Charlene Stogsdill had been a Zontian. So what *were* the best memories? Definitely the Antique Show and the networking that has resulted in close friendships some lasting to this day. In fact, her son Dan has a glass paperweight collection that started when one caught her eye at a Zonta Antique Show. Kym also remembers having several meetings in members' homes, some were program meetings and some were board meetings. This contributed to a strong sense of camaraderie. Kym reminded us that Zonta membership began to dwindle after her presidency when the traditional men's service organizations were first opened to women members.

Kym spends many enjoyable hours grandmothering. With her husband Dave she teaches and plays bridge, both socially and competitively. She keeps her writing skills sharp by compiling stories from the Cheyenne Pioneer Club (of 1924+) and continues as an active member of the Daughters of the American Revolution (DAR).



### **KATHY CATHCART PRESIDENT 2009-2010 PRESIDENT 2014-2016**

Jody and I (Linda Bogart) met Kathy at her favorite restaurant, Two Doors Down. Kathy was all smiles having just heard good news about a recent cancer diagnosis. She wants to thank everyone for their concerns and prayers. She had also served as an election judge the day before for the first time and will do it again but will seek a busier location.

Kathy said that Mona Pearl had sponsored her into Zonta and that she was the first President to serve as President twice, once in 2009-2010 and again in 2014-16. Kathy's first term was somewhat a learning experience as she had only been Vice President for a week before filling the President position. Kathy said she relied heavily on Bev Morrow for guidance. She feels that two year terms are beneficial because the first year you really are just learning what to do and then you're done. However, she does worry about the Vice President making a four-year commitment.

Kathy recollected helping the club members come to the decision to switch our main fundraiser from the Antique Show to Ladies Night Out. We all reminisced how the community thought Zonta was a name of a yearly Antique Show. Now the Ladies Night Out has become the club's signature to promote our mission to help women and girls. Kathy admits that she misses being on the board and especially taking potential members to lunch with her sister-in-law, Connie. I asked Kathy if she had thought about taking a District office and she said yes. Kathy attended the Zonta International Convention in Italy and loved it. She has also attended Area and District meetings.

Kathy is involved in the community by serving on the Chamber Board of Directors and is currently serving as the President of the COMEA Board of Directors. Kathy and her husband Paul love to camp, fish, boat and hunt.

## FROM A ZEPHYR EDITOR

I had a special request to please post the recipe for this salad in the Zephyr. I got it from Misti Fisher and she doesn't know where she got it; credit goes to the ozone!

### YUMMY STRAWBERRY SALAD

#### Dressing:

- 1 c. strawberries
- ¼ c. balsamic vinegar
- ¼ c extra virgin olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 clove garlic, minced
- ¼ tsp salt
- ¼ tsp pepper

#### Salad:

- 5 oz baby spinach leaves
- 1 c strawberries, sliced
- ½ c blueberries
- ½ red onion, thinly sliced
- 1 apple, cored, halved & thinly sliced
- 1 c. candied walnuts, chopped

#### Garnish:

Feta cheese

For dressing, push a straw through the strawberries from tip to green top to remove the hull or cut it out with a knife. Add rest of dressing ingredients to strawberries and blend till smooth. Refrigerate.

Combine all salad ingredients in a large bowl, drizzle with desired amt of dressing & toss to coat. (Spinach wilts easily, don't add dressing till ready to eat!)

Sprinkle feta cheese on top and serve. Serves 6



## Calendar of Events

### September 8 6:00 Thursday

Zonta General Meeting  
Airport Golf Club  
4801 Central  
UN & Silent Auction

### September 22 5:30 Thursday

New Z's Zappy Hour  
Plains Hotel Restaurant

### September 23-24

Governor's Seminar  
Days of 76 Museum  
Deadwood SD

### October 13 Noon

General Meeting  
Applebee's

### November 10

60<sup>th</sup> Anniversary Celebration  
Airport Golf Club  
4801 Central

## Happy Birthday Zontians



Colleen Murray	08/04
Jo Ann Russ	08/13
Natalie Hernandez	08/24
Jennica Fournier	08/25
Jody Gostas	08/30

Joani Hafner	09/02
Sandy Hudson	09/03
Jessi Rogers	09/16
Pamela Moran	09/22

### Some other September birthdays from [stuffmomnevertoldyou.com](http://stuffmomnevertoldyou.com)

**Sept 5, 1939: Claudette Colvin**, inspired Rosa Parks and the Montgomery AL boycott by refusing to give up her seat to a white passenger when she was 15 years old, on March 2, 1955, 9 months before Parks would repeat the same protest.

**Sept 6, 1860: Jane Addams**, first woman to win the Nobel Peace Prize in 1931.

**Sept 11, 1890: Euphemia Lofton Haynes**, the first African-American woman to earn a Ph.D. in mathematics in 1943.

**Sept 23, 1838: Victoria Woodhull**, the first woman to run for US president and one of the first female stock brokers on Wall Street.

**Sept 29, 1951: Michelle Bachelet**, first female president of Chile and founding Executive Director of UN Women



Jimmie Thornton joined Zonta in 12/69 and is fondly remembered as **our** Amelia Earhart. She was a laboratory technologist at the Cheyenne VA for 30 years. She traveled a lot and had friends around the world. She passed away at home on 8/6/2016. Rest in Peace, Jimmie.

