



ZONTA

CLUB OF CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZEPHYR August 2015

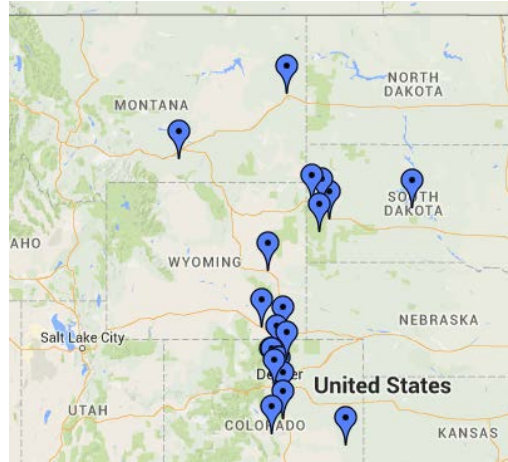
2015 Club Officers

President: Kathy Cathcart
kcathcart@TheAlignTeam.org

President-Elect:
Connie Sloan-Cathcart
director@unitedwayoflaramiecounty.org

Secretary: Pamela Moran
pamcgehean@yahoo.com

Treasurer: Jo Ann Ziegler
josbears@bresnan.net



Zonta District 12

Can you identify the locations of the 21 Zonta clubs in District 12? The District Conference is the business meeting for the entire District and your chance to meet and network with the many influential members of the Zonta Clubs of District 12. See how many members you will meet from these different clubs!

TO: D12 Zonta Members
FROM: Marcy O'Toole, D12 Governor

Hello District 12 Zontians!

This is your **official Call to the 2015 District 12 Conference**, to be held on September 25 - 27 at the Millennium Harvest House Hotel in Boulder, Colorado, and hosted by the Zonta Foothills Club of Boulder County and the Zonta Club of Boulder County.

All District 12 Zontians are invited to attend!

The theme for this year's conference is "HERstory of Heroes". The theme will highlight women's contributions throughout history through "her stories." It was selected because we all have women we look up to (our heroes) throughout our lives. In fact, your "hero" may change.....

from your "favorite teacher" when you are 10 years old, to....

- * "impactful professor" when you are 20, to...
- * a "instrumental boss" in your 30's or 40's as you are migrating through your career, to....
- * a "smart, charismatic women who might be your friend or colleague"

later in life.

All have a demonstrated Conviction, Commitment and Courage. Think about your "hero" and bring "HERstory" with you to the Conference.

Zonta Board Meeting Summary

July 7, 2015

Present: Kathy Cathcart, Pamela Moran, Jo Ann Ziegler, Annie Wood, Denise Parrish, and Betty Abernethy.

The June Treasurer's Report was reviewed. The Club has a current unrestricted balance of \$1,686.50. The Zonta Foundation will transfer \$6,360 to the Club. The funds will be allocated as follows:

YWPA - \$1,000.00

Zonta International - \$5,000.00

Z Club - \$360.00 (service and meals)

New Member Karen Bryant was accepted by the Board. New members are encouraged to attend Zappy Hour to learn more about our club.

Website/Facebook Chair for this committee is needed. Contact Connie Sloan-Cathcart if you can help.

Meeting Locations –all lunch meeting will be held at Applebee's and evening meetings will be at the Plains Hotel. Lunches will be served at 12:00pm and dinners will be served at 6:15pm.

LCCC Scholarships applications have been received. A committee meeting to review the application will be scheduled.

Denise Parrish will be YWPA Chair of the committee and Annie Wood will serve as Co-Chair.

ZLNO committee: Betsy Miller, Connie Sloan-Cathcart, Denise Parrish and Misti Fisher are planning next year's event.

Advocacy – District 12 would like an Advocacy representative for the Cheyenne Club at their meeting. Contact Kathy Cathcart if you are interested.

ZONTA GENERAL MEETING MINUTES

July 9, 2015



Meeting Cancelled due to Rain (expected)

ZONTA CLUB OF CHEYENNE

Treasurer's Report

As of July 1, 2015

Balance June 1, 2015		\$14,755.93
Deposits:		
Meals for 6-15 meeting	169.00	
		169.00
Withdrawals:		
#4245 Alanna Gudmunson – Added award (2014 YWPA recipient)	500.00	
#4246 Marissa Davila – Rock River Student Diplomacy Award	250.00	
#4247 Disarae Mustain – Rock River Student Diplomacy Award	250.00	
#4248 Applebee's – Meals for 6-15 meeting	170.60	
#4249 ZI-Rose Fund –In honor of Lucy Osborn	25.00	
		1,195.60
Balance as of July 1, 2015		\$13,729.33

Restricted Funds:

Meal Fund	711.12
YWPA Award	1,000.00
Zonta International (1/3 of service funds)	5,000.00
International Convention (silent auction)	2,023.71
Z-Club-Triumph HS – (service funds)	200.00
Z-Club -Triumph HS – (meals at club meetings)	160.00
Reserve Fund	1,291.00
Total	\$10,385.83

TOTAL UNRESTRICTED July 1, 2015 \$3,343.50

MEMBERSHIP MEALS TO DATE

Income	\$604.00 (includes FY 15-16 pre-paid meals for 2 members)
Expenses	- 170.60
Balance	\$433.40

Z-CLUB MEAL EXPENSES FOR MONTHLY MEETINGS

Month	Number Attended	Total Cost
June 2015	0	0.00



Recently an email was sent from Marcy O'Toole, our District Governor, about campaigns similar to ZONTA SAYS NO to Violence Against Women. She said, "Zonta members are kind-hearted and generous people who often contribute to multiple organizations. We have no objections to Zonta members donating to other organizations but also don't want members to be confused thinking they are donating to Zonta, when they are not. If you are wanting to donate to a campaign tied to Zonta, please make sure the website URL contains Zonta and Zonta is listed on the page."

Carla Thurin, Zonta of Cheyenne member and Executive Director of Safehouse Services, brought to our attention that Tuesday, July 21 was **Purple** Day in Cheyenne. "What is that?" you say. We learned about it too late to get an announcement in our Zephyr but if you attend rodeos or county fairs this summer, think about **Purple**. This is the color of the **Man Up Crusade** against domestic violence. Here is information from their website:

The Man Up Crusade® is a non-profit organization designed to bring awareness to the issue of domestic violence. Domestic violence is an epidemic in our society and a public health and safety concern.

A child's exposure to domestic abuse is the strongest risk factor for transmitting violent behavior from one generation to the next. Awareness is the first step in enacting change and the Man Up Crusade is dedicated to creating awareness and breaking the cycle of violence.

Domestic Violence Facts:

- * Every 9 seconds a woman in the United States is assaulted or beaten.
- * 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime.
- * Everyday in the United States an average of 3 women and 1 man are murdered by their domestic partner.
- * Children who witness domestic violence in their home are twice as likely to become abusers or victims as adults.
- * 10 million children in the United States witness some form of domestic violence annually.
- * 92% of women surveyed listed domestic violence and sexual assault as their top concern.
- * Almost 50% of all police calls for service are for domestic violence.

The Man Up Crusade program was launched in 2012 by Canyon County Idaho Sheriff, Kieran Donahue and his wife Jeanie. The Man Up Crusade brings "purple night" into professional rodeos and bull riding events where fans, cowboys and stock contractors wear purple in solidarity to bring awareness to the issue of domestic violence.

Across the nation the purple ribbon has been adopted to show support for victims of domestic violence and advocates and to honor those who have lost their lives at the hands of someone they once loved. It is the goal of the Man Up Crusade to make the color purple recognized for domestic violence in a way the color pink is recognized for breast cancer.

More information is available on their website (manupcrusade.com) and Facebook page. This is possibly a future partner in our own Zonta Ladies Night Out project!

Interviews with A Zonta Past President



Linda Bogart and I (Jody Gostas) had a delightful lunch with Cory Meyer who hasn't missed a Zonta Ladies Night Out since she was Zonta President in 2008-2009. After all, it was her brainchild and her best memory of her term as president, answering the event challenge of how you get people in the door with their money! She likes the way Zonta International partners with existing and grassroots organizations. When people give money to Zonta by supporting events or making donations, they know a large share of the profits will go to local recipients. She did feel that Zontians can be resistant to changes and regrets that members are **not eager** to serve as officers or committee chairmen since part of the oath of memberships includes willingness to serve when asked.

Cory left Zonta when demands of being a full-time student (nursing), mother, and employee forced her to make choices with her limited time. She thinks e-clubs will have a very real place in Zonta's appeal to young professionals who are balancing careers and family. Cory attended 2 District Conferences while a Zontian and highly recommends them for the chance to get the Big Picture of Zonta's appeal and achievements. She also likes the decision to have a 2 year term for club president. You have to feel upbeat and positive after visiting with Cory.

Last Month's Kudos

Last month we acknowledged the Z Club of the Zonta Club of Laramie as the 1st place winner of the Emma L. Conlon Award. Pictured is the Z Club of Laramie showing the sustainable feminine hygiene kits they sewed and assembled for the Days for Girls. Check out the website daysforgirls.org to learn more about this basic and deserving project for which they were recognized.



FROM A ZEPHYR EDITOR

Please excuse the retro format. Brenda Mathre, the regular editor, is a bit overwhelmed for the next couple of months so I agreed to do the newsletter. This gives me an opportunity to mention a couple of ideas since I'm usually so reserved at our general meetings!

August 6 is the 50th anniversary of the signing of the landmark civil rights legislation – Voting Rights Act of 1965.

Dr Gary May has written Bending Toward Justice: The Voting Rights Act and the Transformation of American Democracy. While I haven't read this, I did hear him speak on C-SPAN2 and he said we labor under the misconception that "change comes about only when there's a hero present but this [Voting Rights Act] shows that average people can be their own heroes."

Isn't this the emphasis of the District Conference in Boulder? I hope many Cheyenne Zontians will be able to attend because it's a great opportunity to meet other outstanding women, stimulate your 'participation' gene, and have a fun weekend with likeminded and committed women.

One more: Do we want to request to have a float in 2016 CFD parade to celebrate our 60th anniversary?? Just a thought.

Calendar of Events

August 1 – 8

Laramie County Fair
CFD Fairgrounds

August 4 5:30 Thursday

Zonta Board Meeting
United Way Office
Airport Parkway Bldg

August 6 & 20 7:00 pm

Cheyenne Civic Concert Band
Lions Park
Brimmer Amphitheater

August 13 Noon Thursday

Zonta General Meeting
Applebee's

August 14-15

Cheyenne Arts Festival
The Asher Bldg on 15th St

August 27 5:30 Thursday

New Z's Zappy Hour
Plains Hotel Restaurant

September 25-27

Zonta District 12 Conference
Millennium Harvest House
Hotel, Boulder CO

Happy Birthday Zontians



JoAnn Russ
08/13

Karen Rintelmann
08/18

Jo Ann Ziegler
08/20

Natalie Hernandez
08/24

Jody Gostas
08/30

Corrections to Quick List

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Delete business: Lia Sophia (only)

Jaime Davis

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Misti Fisher

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For at least the next couple of months, please send announcements, additions, corrections to Jody Gostas booknut.jody@gmail.com