


ZONTA

 CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

 EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Zephyr

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Message from the President

Whew! July was sooo busy for our Zonta Club! In a span of 13 days we held our annual picnic that was well attended with several husbands joining us. That same week, Kathy Orr organized the posters being hung at Frontier Park and members



distributed coasters and posters throughout the community after Barbara World organized the routes. Betty Abernethy rallied members for Zonta's Cruise the Legend the first Saturday evening of Frontier Days. Before we were rained

out, we collected just over \$248.00. Members also provided materials and information at the First United Methodist Church each of the four parade days. We also had two television stories on human trafficking. Zonta of Cheyenne is making a difference in our community!

Our board will be meeting for a retreat to plan out the upcoming Zonta year and make sure we are ready to have the best Zonta year ever! Please mark your calendars now for the Zonta District 12 meeting in Pierre, SD September 23rd and 24th.



Announcements

Please join us on an action-packed journey to gather the skills necessary to TAKE FLIGHT for success to Build a Better World for Women and Girls.

Our very full agenda includes a social event on Friday night, where you can try “Chislic” a South Dakota delicacy.

Next is the Seminar on Saturday, which includes Action Roundtables, Advocacy Breakout Sessions and a Climate Change Panel discussion during lunch.

But that’s not all! Saturday night you can experience one of the top 30 motivational speakers in the world. Elizabeth McCormick, a former US. Army Black Hawk Pilot, will share professional and personal development secrets for success with her stories of overcoming overwhelming obstacles as a helicopter pilot – YOU, In the Pilot’s Seat!

Click [here](#) to download the full Call to Seminar to discover more important information about your journey.

You can register now either through Eventbrite, or by completing the Mail-In Registration Form.

Click the link below to complete your online registration.

<https://www.eventbrite.com/e/zonta-district-12-seminar-tickets-381459474557>

Note: Eventbrite charges a fee for online registrations.

Registration Early Bird Pricing ends September 2, 2022 and the cut-off date for the Zonta 2022 rate at the hotel is August 23, 2022.

Please contact Denise Luckhurst at dluckhurst@pie.midco.net for questions regarding the Seminar.

See you in September!

Bridget Masters
District 12 Governor

Zonta Club of Pierre-Fort Pierre
Host Club



Joint Service Clubs FOOD DRIVE

Sponsored by the Kiwanis, Lions, Rotary, and Zonta Clubs of Cheyenne

In Wyoming, it is estimated that 86,000 residents struggle with food insecurity. In Laramie County, approximately 11% of households struggle with food insecurity, with the number increasing to 14% for households with children. A large proportion of these hungry individuals rely on food banks.

Please donate as you are able.

SATURDAY, AUGUST 27th

9 a.m. to 5 p.m.

All locations will be collecting food both days.

Albertsons
5800 Yellowstone Rd

King Soopers
3702 Dell Range Blvd

SUNDAY, AUGUST 28th

Noon to 5 p.m.

Safeway
700 S. Greeley Hwy

Walmart
580 Livingston Ave

Monetary Donations May be Mailed to:
Food Drive, P.O. Box 2883, Cheyenne, WY 82003
(Please make check out to one of the three entities below)



**WESTERN STATES BANK LCCC
STUDENT FOOD PANTRY**
LARAMIE COUNTY
COMMUNITY COLLEGE
LCCC Foundation
1400 E College Dr., Rm 100
Cheyenne, 82007

*Provides free food,
toiletry items, and school
supplies to LCCC students*

Suggestions Based on Pantry Needs

Peanut Butter / Jelly	Soup / Chili
Macaroni and Cheese	Granola Bars
Rice Sides / Noodle Sides	Cheese & Crackers
Canned Fruit / Dried Fruit	Dry Cereal
Pasta Sauce and Pasta	Cup-o-Noodles



Needs, Inc.
FOOD PANTRY
900 Central Ave.
Cheyenne, 82007

*Needs, Inc. provides
food, essentials, and
resources to Laramie
County residents during
their time of adversity.*

Suggestions Based on Pantry Needs

Hamburger / Tuna Helper	Canned Soup
Peanut Butter	Jelly
Canned Mixed Vegetables	Dry Beans
Canned Tomato Products	Canned Fruit
Canned Meat	Oatmeal

VETERANS' ROCK

605 S. GREELEY HIGHWAY, SUITE 1
CHEYENNE, WY 82007
307-614-0035

*Providing support for homeless veterans,
veterans in need and their families*

Suggestions Based on Pantry Needs

Hamburger /Tuna Helper	Canned Meat
Jelly	Small Bottle Cooking Oil
Canned Fruit	Small Bags Sugar
Canned Ravioli or Chili	Dry or Box Milk
Rice-a-Roni	Spaghetti Sauce



Kiwanis

KIWANIS CLUB OF CHEYENNE

Address: P.O. Box 1266
Cheyenne, WY 82003

Telephone: (307) 638-3763

Website: www.cheyennekiwanis.org

Email: kiwaadmsect@cheyennekiwanis.org

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.

Meetings are held every Thursday (except Thanksgiving) at noon at the Red Lion, W. Fox Farm Road.



Lions Clubs International

CHEYENNE FRONTIER LIONS CLUB

Telephone: (307) 630-6668

Email: mbrownlrc@aol.com

CHEYENNE NOON LIONS CLUB

Telephone: (307) 274-2741

Email: SecretaryCheyenneNoonLions@gmail.com

CHEYENNE SUNRISE LIONS CLUB

Telephone: (307) 631-5423

Email: dorr71111@gmail.com

Lions Clubs are kindness in action. We are community-based clubs that serve local communities while being part of a global network of Lions Clubs. Our global causes include diabetes, vision, hunger, and the environment. Our primary focus is to end preventable blindness and improve the quality of life for people who are blind and visually impaired. We have a variety of service projects, including providing exams and glasses for low-income adults, early childhood vision screening, and assisting with eye surgeries.



CHEYENNE ROTARY AFTER HOURS CLUB

Email: cheyennerotaryafterhours@gmail.com

Website: <https://www.cheyennerotaryafterhours.com/>

CHEYENNE SUNRISE ROTARY CLUB

Telephone: (307) 635-1705

Website: <https://www.cheyennesunriserotary.com/>

ROTARY CLUB OF CHEYENNE

Email: secretary@cheyennerotary.org

Website: <https://cheyennerotary.org/>

Rotary is a global network of neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves. We champion peace, fight illiteracy and poverty, provide access to clean water and sanitation, fight disease, work to protect our planet and its resources, and improve and share information about our communities. We enjoy fellowship with each other through weekly or bi-monthly meetings and other events. There is a Cheyenne club for those who prefer to meet before work, after work, or at noon.



ZONTA CLUB OF CHEYENNE

Address: P.O. Box 2135
Cheyenne, WY 82003

Telephone: (307) 509-0473

Email: Zonta.Cheyenne@gmail.com

Facebook: <https://www.facebook.com/ZontaCheyenne/>

Zonta is a non-partisan global organization whose mission is to *Build a Better World for Women and Girls*. It also envisions a world where no woman should live in fear of violence. Locally, Zonta works to raise awareness about and eradicate violence against women and human trafficking. Zonta also offers a number of scholarships to assist in furthering the education of a variety of women in different professions.

STOP HUMAN TRAFFICKING



CALL
1-888-373-7888



TEXT
"BeFree" (233733)



LIVE CHAT
HumanTraffickingHotline.org

Get help.
Report a tip.
Find services.
Learn about your options.

24/7 Toll Free Confidential 200+ Languages

Distributed by:
Zonta Club of Cheyenne



2022 Club Officers And Board

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Kathyswyohomes@yahoo.com

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Dasagwen@yahoo.com

Board Directors:

Betty Abernethy

Kathy Orr

Mary Walker

Rebecca Reid

Ilaine Brown

Nominating Committee

Ann Erdmann

Kathy Starr

Melissa Martin

Committee Chairs

Advocacy: Denise Parrish

Communication:

Finance: Kathy Cathcart

Membership: Betty Abernethy

Service:

Zonta International Foundation for Women

Ambassador: Mary Walker

Club Historian: Linda Bogart



Jo Ann Russ 8/13

Jennica Fournier 8/25

Kristy Williams 8/26

Jody Gostas 8/30

Zonta Foundation :

Kristie Wilson, President

Linda Bogart, Vice President

Melissa Martin, Treasurer

Denise Parrish, Secretary

Ann Erdmann, Director

Upcoming Events:

Shots on the Porch!

Tuesday, August 30

Anytime after 5:00pm

107 W. 1st Avenue (Jody's House)

There will be snacks!

August 5, 1-5 pm - Board Retreat at Align

August 11 @ Noon - Zonta Member Meeting
via Zoom

September 23-24 - District 12 Seminar