



**ZONTA**

CLUB OF  
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

August 2023

# Zephyr

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## Message from the President

It was sure good to see everyone at the Annual Zonta picnic at Lion's Park! July allowed Zonta to educate attendees of Cheyenne Frontier Days through posters, coasters, and an information table during the parades. These activities allowed us to form a new partnership with the Veterans Administration (VA) Hospital office on Interpersonal violence.



on Friday, August 25th from 1-5p.m. in the Bluepeak Community Room located at the corner of 19th and Carey. This is open to everyone who would like to attend.

Please join us as we plan and schedule the upcoming year.

Set aside the second Thursday of each month for Zonta on your calendar and think about which committee you would like to work on this club year. While you have your calendar out plan to save the dates of September 15-17 for the District meeting to be held in Ft. Collins, CO. This will be a great opportunity to learn more about Zonta beyond Cheyenne!

As we wrap up Cheyenne Frontier Days we are trying to stuff everything we can into August and the last days of summer break! I love this time of year and the beginning of a new Zonta year! The board will be having a retreat

# Announcements

## Membership & Communications

### Committees Joint Meeting

Tuesday, Aug 1, 5:30 pm  
at Paris West (front bar area)

We will be reviewing all that was done in June and July, set a date for a social event night, and decide our next moves for the Communications Committee.

Hope to see many of you there!

Questions? Call Betty at 307-630-4218

**INTERESTED IN DISCUSSING  
ZONTA ADVOCACY WITH OTHER ZONTIANS  
FROM AROUND THE REGION?**

*JOIN US ON AUGUST 14<sup>TH</sup> AT 6 p.m. MDT  
FOR AN OPEN DISCUSSION. BRING YOUR  
QUESTIONS. BRING YOUR IDEAS.  
OR, JUST LISTEN AND LEARN.*

### **ZOOM LINK:**

[https://us02web.zoom.us/j/3159567513?  
pwd=OTNTaXpEbkrUTN2eEJPU2taeENHQT09](https://us02web.zoom.us/j/3159567513?pwd=OTNTaXpEbkrUTN2eEJPU2taeENHQT09)

Meeting ID: 315 956 7513      Passcode: 429069



Save this date

# 26

August 2023

## Joint Service Club Food Drive

benefitting

**VETERANS' ROCK**

**THE SALVATION ARMY**

**Rotaract**  
Rotary Club Partner

**Food Pantry**  
**LARAMIE COUNTY COMMUNITY COLLEGE**  
Cheyenne | Laramie | Online

## VOLUNTEERS NEEDED FOR JOINT SERVICE CLUB FOOD DRIVE

Volunteers are needed to collect food at King Soopers, Safeway, and Albertson's (Yellowstone Road). Please sign-up for a 2-hour shift between 9 a.m. and 5 p.m. on Saturday, August 26<sup>th</sup>. To sign-up for a time slot, please go to

<https://bit.ly/307FoodDrive>

If you have questions, please contact Denise Parrish at (307) 286-1463 or [parrishzonta@gmail.com](mailto:parrishzonta@gmail.com)

## ADVOCACY COMMITTEE MEETING AUGUST 21<sup>ST</sup> AT 5:30 p.m. 2829 Deming Blvd. (Denise's Home)

Please join us for the next  
Advocacy Committee meeting.

We will be discussing potential ideas for projects and activities for this upcoming year. Please bring your ideas and suggestions.

**All are welcome!**

Questions: Call Denise at (307) 286-1463

## Hope Bag Assembly Day! September 30

We will be putting together Hope Bags for CRMC Forensic Nurses to give to domestic violence victims.

**Watch the Zephyr for more information  
or contact Linda Bogart**



# Spreading Awareness at CFD

3

**We have stepped up again during our 2023 Cheyenne Frontier Days Celebration!!!**

We had 6 helpers, Belinda, Pam, and Becky plus her 3 helpers, show up on July 21 to hang posters in the Women's restrooms on the west side of Frontier Park ! Barbara A. from the VA's Interpersonal Violence Program Team helped Kathy O. hang posters in the east stands.

Ann, Denise, Michelle H., Kathy O., and Barbara A. from VA manned the Zonta table in front of FUMC handing out lense covers and Human Trafficking pamphlets, answering questions and promoting Zonta! Barbara A. handed out pamphlets about the VA's Interpersonal Abuse programs.

Barbara A. and her team were at the table during Tuesday and Thursday's parades. Denise, Ann , Jody and Josephine will return for Saturday's parade.

Human Trafficking Coasters and posters were passed out to over 70 restaurants, bar and grills, and businesses during the last few weeks. Teams were headed by Janet Marschner (2), Caroline D'Ambro, Laura Gorney, Darcey Harris, Kathy Orr, Kathy Cathcart, Betty Abernathy (2), Franki-Marie Orr and Anne Erdmann.

So much went into getting ready for this Zonta event. Thanks to everyone who had a hand in the success of this crucial community outreach activity.



Zontians helped bring awareness about human trafficking and Zonta to parade-goers during the CFD parades, and had a ton of fun doing so!





## A mom lost her daughter to domestic violence. Now, she's losing faith in the law.

By Maggie Mullen, WyoFile.com

This story originally ran on WyoFile.com on July 27, 2023.



*Debbie Richardson holds a photograph of her daughter, Crystal Town, who is flanked by two of Richardson's granddaughters. Town's soon-to-be-ex-husband murdered her in 2013. (Madelyn Beck/WyoFile)*

Debbie Richardson knew her daughter was in danger.

Crystal Town had seemingly escaped a bad situation. The 29-year-old was in recovery from a substance use disorder, had moved out of the Cheyenne home she once shared with her abusive husband, Christopher, and had filed for divorce. But Debbie was still afraid.

The days after leaving an abuser are often the [most dangerous time](#) for a victim of domestic violence. And Christopher was angry that Crystal was ending their marriage. He was struggling with bipolar disorder and self medicat-

ing with drugs and alcohol. He had a gun.

See full article at: [A mom lost her daughter to domestic violence. Now, she's losing faith in the law. - WyoFile](#)

*Debbie was previously a member of the Zonta Club of Cheyenne, but had to step back in 2015 to raise her granddaughter. We are excited to have her as a member again, and look forward to learning more from her, and helping in her fight.*

# Call to 66th District 12 Conference <sup>5</sup>



**BUILD A BETTER WORLD  
FOR WOMEN AND GIRLS**



**66<sup>th</sup> District 12 Conference**

**ASCENDING NEW HEIGHTS**

**September 15-17, 2023**

**Fort Collins, CO**

Dear District 12 Zontians!!

**Early registration for this event ends September 1, 2023**

**Don't miss out on this opportunity! Register TODAY**

**Book your room before August 16, 2023 to lock in the special room rate.**

You are invited to this very special District 12 conference that will be "Out of this World" as we celebrate Ascending New Heights by clubs and members. This event is an opportunity for fellowship, education, and inspiration.

The three-day event features 2 keynote speakers; a distinguished researcher at NREL's Center for Integrated Mobility Sciences, an NCAR scientist in the Climate Science and Applications Program, Dr. Patricia Romero-Lankao. PLUS Past International President Sharon Langenbeck. Sharon was a recipient of the AE Fellowship twice and continued on working at the Jet Propulsion Laboratory, where she held both line and project management positions. She managed over 200 mechanical engineers designing and developing space flight hardware and was responsible for all technical, cost and schedule performance of the Section's business.

You will also be able to choose from 4 amazing workshops, participate in a service project, Advocacy project and HAVE LOTS of fun giving you plenty of information and inspiration to bring back to your club.

And of course, it's a great time for you to reunite with old friends and make new ones as you enjoy working together with Zontians from you district.

Click here for your Call to Conference packet.

**Bridget Masters**

**Zonta District 12 Governor**

**BUILD A BETTER WORLD  
FOR WOMEN AND GIRLS**

For more information, including agenda, go to:

[https://mcusercontent.com/cc826c75cc9e0584f5a7c0bf3/files/b0240b04-0f45-3e99-60eb-b9de19ead-c4b/2023\\_District\\_Conference\\_Call\\_to\\_Conference\\_signed.pdf](https://mcusercontent.com/cc826c75cc9e0584f5a7c0bf3/files/b0240b04-0f45-3e99-60eb-b9de19ead-c4b/2023_District_Conference_Call_to_Conference_signed.pdf)



# Award Recipients

Zonta Club of  
Cheyenne  
Presents the

## Women in Aviation Award

### Congratulations!

Sophi Micheli is the recipient of the  
2022 Zonta Club of Cheyenne Women in Aviation Award.

She is currently out of the country on a Mission Trip,  
so her father graciously accepted the award on her behalf.  
We look forward to hearing from Sophi when she returns!



Zonta Club of Cheyenne  
*presents the*

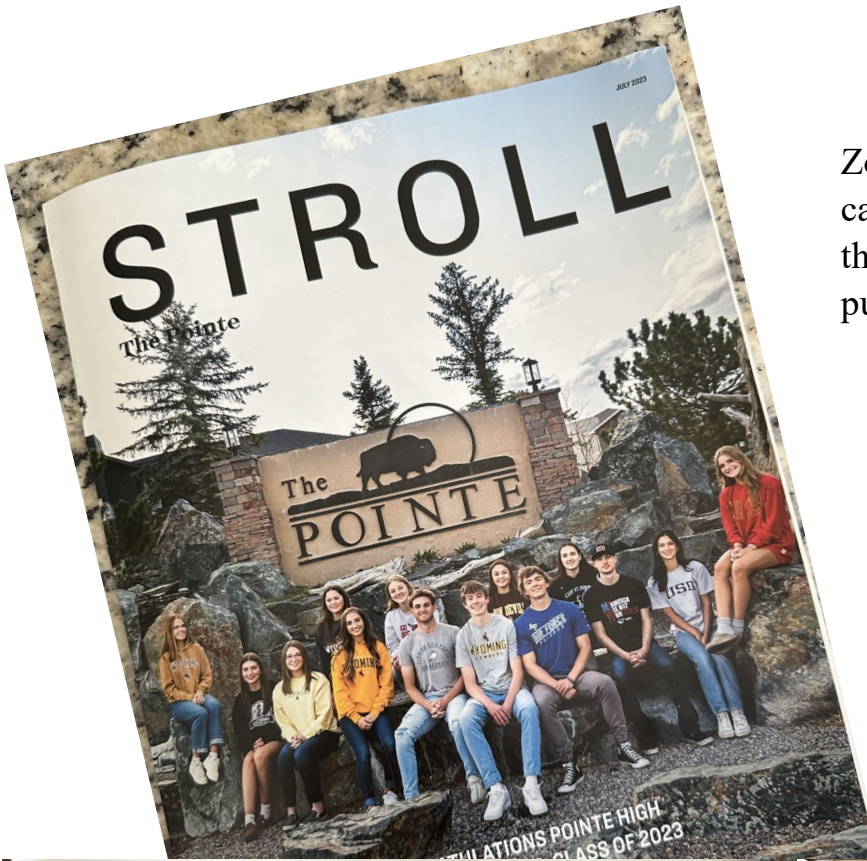
## *Young Women in Public Affairs Award* to

**Caydence Eacholtz**

Caydence will pursue a Masters degree in  
Aerospace Engineering  
after completing  
Electrical and Mechanical Engineering  
Bachelors degrees at UW,  
where she will begin school this Fall.

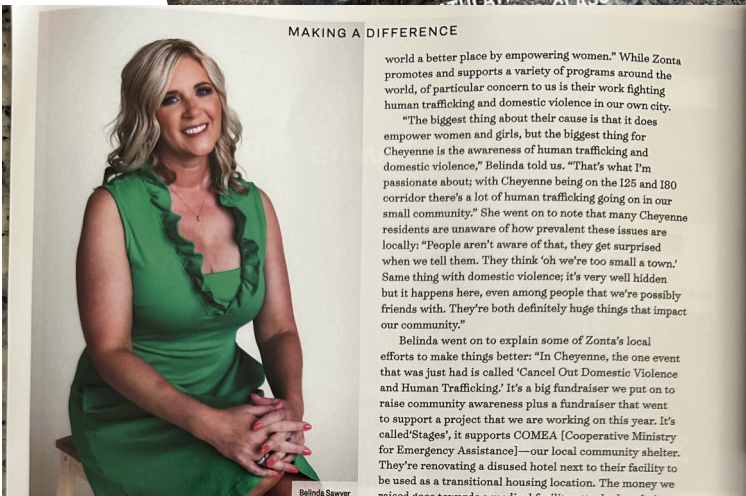


# Zonta in the News



Zonta's Cancel Out event and other local Zonta efforts were highlighted in the July issue of *Stroll*, a neighborhood publication from The Pointe.

Thank you, Belinda Sawyer, Zonta Vice President, for helping spread the word about Zonta and how we are raising awareness about human trafficking and domestic violence in Cheyenne and worldwide!



## MAKING A DIFFERENCE

world a better place by empowering women." While Zonta promotes and supports a variety of programs around the world, of particular concern to us is their work fighting human trafficking and domestic violence in our own city.

"The biggest thing about their cause is that it does empower women and girls, but the biggest thing for Cheyenne is the awareness of human trafficking and domestic violence," Belinda told us. "That's what I'm passionate about; with Cheyenne being on the I25 and I80 corridor there's a lot of human trafficking going on in our small community." She went on to note that many Cheyenne residents are unaware of how prevalent these issues are locally: "People aren't aware of that, they get surprised when we tell them. They think 'oh we're too small a town.' Same thing with domestic violence; it's very well hidden but it happens here, even among people that we're possibly friends with. They're both definitely huge things that impact our community."

Belinda went on to explain some of Zonta's local efforts to make things better: "In Cheyenne, the one event that was just had is called 'Cancel Out Domestic Violence and Human Trafficking.' It's a big fundraiser we put on to raise community awareness plus a fundraiser that went to support a project that we are working on this year. It's called 'Stages,' it supports COMEA [Cooperative Ministry for Emergency Assistance]—our local community shelter. They're renovating a disused hotel next to their facility to be used as a transitional housing location. The money we raised goes towards a medical facility attached to their new housing."

As with all things Cheyenne, Frontier Days is a big part of Zonta's plans for the year: "During Cheyenne Frontier Days, we tape up fliers in restrooms, restaurants, bars, and various locations with support information for human trafficking and domestic violence. We hand out coasters with the same information on them so if someone's in trouble they have the number right there. We also have a booth set up downtown during the parades that highlight what Zonta does, further raising community awareness."

## Zonta International

Zonta works to curtail human trafficking by raising awareness

BY MICHAEL JENKINS

Occasionally in these pages, we're called upon to discuss serious issues and share them with folks in our neighborhood. This is one of those moments; our recent conversation with Belinda Sawyer, a Pointe resident, was both sobering and enlightening. She shared information about human trafficking and domestic violence in Cheyenne and introduced us to an organization working to address those crimes by empowering women and girls. Both Belinda and the organization Zonta are worth knowing more about, as is the work they do.

While she originally hails from Livingston, Montana, Belinda has called Cheyenne home for the last 23 years. Currently, she works as a Realtor for RE/MAX Capital Properties as part of the team Welcome Home with Pam Pafford and Belinda Sawyer but devotes much of her time to volunteering. In particular, she and Pam Pafford work with Zonta, an organization that believes in "making the



Zonta's local efforts include their Silent Witness March, a powerful statement about the impact human trafficking has on families. The loved ones of human trafficking victims take part in a silent march, carrying along with them a human-sized silhouette representing who they've lost. Per Belinda "it raises quite a bit of awareness."

Belinda left us with one final thought, regarding the pervasive natures of both human trafficking and domestic violence: "It's all families, it's not just low income, everyone's affected."

If you're interested in becoming involved with Zonta Cheyenne's work in our community—or if human trafficking or domestic violence has affected your life in some way—please reach out to them via their website at <https://www.cheyennezonta.org> or use the QR code below. You can also get in touch via telephone at 307-509-0473.



If you would like to be featured in the making a difference article, please contact me at [angela.burge@n2oo.com](mailto:angela.burge@n2oo.com).

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Everyone is invited

to the annual

# **Shots on the Porch (SOTP)**

on August 30th  
at the home of  
Jody Gostas, 107 W 1st Ave  
any time after 4:30!

Do you have something you'd  
like to have  
included on the  
Zonta Club of Cheyenne's  
Social Media pages?

Please email/text  
Belinda Sawyer

307-631-5434  
belindawyhomes@gmail.com

*Coming in September...*



## **ZUNCO!!!**

*Watch the Zephyr for more information!*

## **ATTENTION NEW MEMBERS!**

There will be a  
**NEW MEMBER ORIENTATION**  
**SEPTEMBER 9**

Time & location TBA

Questions?  
Call/text Betty Abernethy  
307-630-4218

## **Thank you!**

**Thanks to all who donated  
and helped spread the  
word about the Zonta Club  
of Cheyenne during the  
WyoGives event!**

***The unofficial  
results are:***

**\$980 raised  
by 14 donors!**





## 2023 Club Officers And Board

**President:** Michelle Aldrich

[Michelle.aldrich@wyo.gov](mailto:Michelle.aldrich@wyo.gov)

**Vice President:** Belinda Sawyer

[belindawyohomes@gmail.com](mailto:belindawyohomes@gmail.com)

**Secretary:** Vacant

**Treasurer:** Dasa Robertson

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

### Board Directors:

Betty Abernethy  
Kathy Orr  
Rebecca Reid  
Pam Pafford  
Darcey Harris

### 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

*Jody Gostas* 8/30

## Zonta Foundation :

Kristie Wilson, President  
Linda Bogart, Vice President  
Melissa Martin, Treasurer  
Denise Parrish, Secretary  
Ann Erdmann, Director

## Upcoming Meetings & Events:

### Membership/Communications Committees Meeting

August 1 @ 5:30 pm  
Paris West in the Front Bar area

### Board Member Meeting

Aug 3 @ noon  
Zoom Meeting

### Membership Meeting

Aug 10 @ noon  
Zoom Meeting

### Advocacy Committee Meeting

August 21 @ 5:30 pm  
Denise's home—2829 Deming Blvd

### Community Food Drive

Aug 26  
See Pg 2 for Details!