


**ZONTA**

 CLUB OF  
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN

THROUGH SERVICE &amp; ADVOCACY

October 2023

# Zephyr

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## Message from the President

We have had a beautiful fall. I had the opportunity to attend the Area 12 Conference in Ft. Collins. Our club had a great showing with Kathy Cathcart, Linda Bogart, Jody Gostas, Denise Parrish, Betty Abernethy and I. Our club was recognized for the outstanding advocacy our club does! Our club is well represented at the Area and District leadership level.



We are planning and preparing for a great autumn. Our October meeting will be held at noon virtually. Our guest speaker will be Barbara Archambeau from the Veteran's Administration to visit with us about interpersonal violence that occurs in our military and what is being done to address it.

If you haven't had an opportunity to sign up for a com-

mittee please consider joining one of our committees that is doing great work. Just in October alone you can choose from attending a "Zappy Hour" event with new members or enjoy an evening of Zunco organized by the Membership Committee; help to fill hope bags or plan the upcoming Silent Witness March with the Advocacy and Service Committee; volunteer to help with scholarships for women with the Scholarship Committee; or even jump into help-

ing plan the Cancel Out event to be held in March with the Cancel out Committee. We are also looking for those of you who are tech savvy or love social media to put your interests to work on behalf of the Communications committee. There is no shortage of ways that you can get involved as much or as little as you have time to or would like to. Remember "why" you joined Zonta and reconnect with your "Why"!

**ZONTA**  
**100**  
**YEARS**

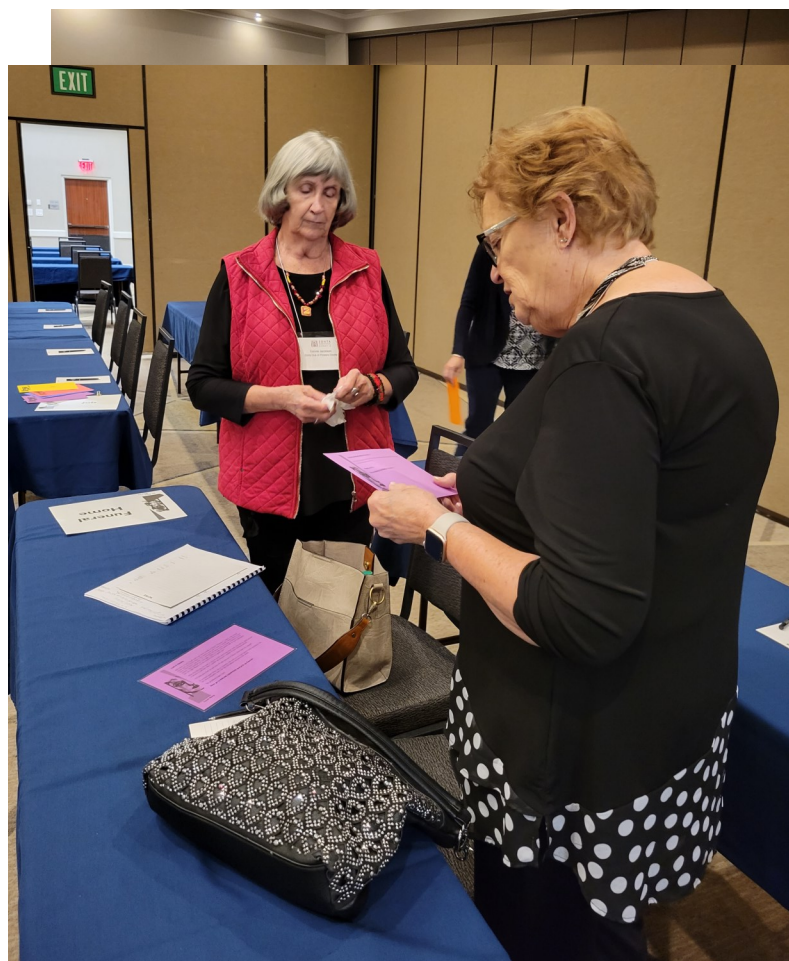
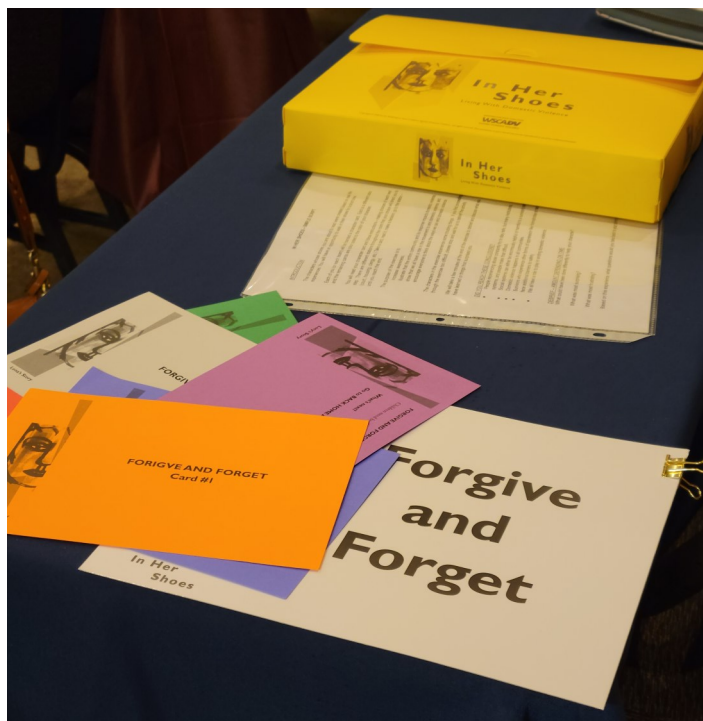


# District 12 Conference

## District 12 66th Annual District Conference

—by Linda Bogart

Jody Gostas and I attended this Conference in Ft Collins, for fun (not as delegates or officers). Denise asked us to facilitate the “In Her Shoes” event. We had about 20 participants that said they enjoyed it and learned a lot about the choices that domestic violence victims have.





# District 12 Conference

## Conference—continued...

We had a great time connecting with fellow Zontians and meeting new Zontians. One of the most exciting news was the announcement of a new Zonta Club started in Sheridan Wyoming. Their charter ceremony will be this October and they are already making a presence in the community by making Beloved Bundles, like our Hope Bags for the SANE (Sexual Assault Nurse Examiner) nurses to give to victims.

Friday night was an Alien Costume contest for those who wanted to dress up. The winner was Marcie Woolworth, Area 2 Director who was dressed as the Jetsons maid, Rosie. (picture)

The Saturday night awards, entertainment, dinner, scholarships and guest speaker, Sharon Langenbeck, Past International President and a former Amelia Earhart Fellowship committee member, were outstanding.

The Zonta store satisfies those who like to shop. Lots of baskets filled with amazing items were raffled off, Zonta handmade jewelry, dolls plus other items made from a specially designed Zonta fabric, Zonta T shirts, cutting boards with the Zonta logo, a wall of wine and much more.





# District 12 Conference

## Conference—continued...

District 12 meets yearly with the odd years being the Conference and even years is the Governors Seminar. Both are equally a time to connect and get ideas from panels, speakers, workshops, and fellowship. Mark your calendar for September 2024 to attend the Governors Seminar in Boulder, Colorado. Find a fellow Zontian to

join you and I promise you will be inspired to help with the Zonta values to stand for women's rights. Watch for more information on the Boulder Seminar.



# Announcements

## Membership/Communications Joint Meeting

Monday, October 2 @ 5:30  
Paris West front bar

Questions: Betty Abernethy  
bettyabernethy@gmail.com

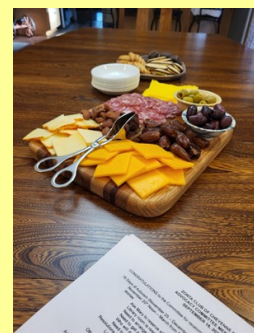
## ADVOCACY & SERVICE COMMITTEE MEETING

2829 Deming Blvd.

October 9, 2023

5:30 p.m. to no later  
than 7:00 p.m.

**ALL ARE WELCOME!!**



Snacks, beverages, conversation, logistics of upcoming events, planning, new ideas, and more will all be part of our agenda.

## Hope Bag Committee Meeting

Tuesday, October 10 th at 5:30  
at Uncle Charlies on Yellowstone

Please join us if you would like to help with the organization of the Hope Bag Assembly Day. We will keep it to an hour.

Questions call Linda Bogart  
307-214-3045.

## ZONTA OF CHEYENNE FOUNDATION MEETING

October 25, 2023 2 p.m. - Zoom

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

Interest has been expressed by some as to when the Foundation meets and the nature of the business conducted. If you are interested, you are welcome to log into our next meeting.

If you have questions, please contact the Foundation's Secretary, Denise Parrish, at [parrishzonta@gmail.com](mailto:parrishzonta@gmail.com)



## Hope Bag Assembly Day **Date change** October 21, 2023 ● 8:30-Noon

We will be putting together Hope Bags for CRMC Forensic Nurses to give to Domestic Victims.  
*Save this new date!*

8:30-9:30 - Move the Hope Bags inventory from the U-Haul Storage Unit to Grace United Methodist Church. Those who can help meet at 6100 Countryside Ave off Hwy 30 at 8:30.

9:30 to noon - Assemble and inventory Hope Bag items. Meet at Grace United Methodist Church, 2950 Spruce Drive in Grace Hall.

*Please bring your own drink and a snack to share.*

We will have help from the girls from the Eclipse Volleyball Team.





# Save the Date

CANCEL OUT HUMAN TRAFFICKING  
"IT'S HERE. IT'S IN CHEYENNE."

Fundraiser for Zonta Club of Cheyenne

March 8th, 2024

CHEYENNE FRONTIER DAYS EVENT CENTER

1230 W. 8TH AVENUE

DOORS OPEN AT 5:00 P.M.

ENJOY DINNER, SPEAKER, RAFFLE, SILENT AUCTION,  
BOTTLE GRAB, LIVE AUCTION AND LIMITED VENDORS



MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



## ZONTA ART CONTEST RECEPTION UPDATE

The Advocacy and Service Committee has reexamined its decision of when to hold the Art Contest Reception. The date has been moved to the evening of April 15, 2024. More information about the Art Contest will be forthcoming. Please contact Ilaine Brown or Denise Parrish for more information. Meanwhile, please reserve this date on your calendar!

## ***October is*** **Domestic Violence Awareness Month**

The first Domestic Violence Day of Unity was first held in October, 1981. This day evolved into an entire month of awareness and in 1989, Congress passed a law designating October as National Domestic Violence Awareness Month. It is a time to acknowledge domestic violence survivors and be a voice for its victims.

Purple has become the color to promote awareness of domestic violence. It is the color that has been associated with women's advocacy issues for many years. For survivors of Domestic Violence, the color is meant to be a symbol of peace, courage, survival, honor, and dedication to ending violence.

October 19, 2023, the third Thursday of the month, is designated as Purple Thursday. Please consider wearing purple this day to raise awareness and show support for survivors of domestic violence.

We will also be posting the domestic violence public service announcements created by the South High School students for us on our Facebook page during the month. Please consider watching and sharing them to help raise awareness.



# Treasurer's Report

Date: 09/26/2023						
Type	Date	Number	Name	Cleared	Amount	Balance
Beginning Balance						\$ 9,136.47
Cleared Transactions						
Check	8/18/2023	4587	JubJub	09/18/23	\$ (220.00)	
Total Cleared Transactions					\$ (220.00)	
Deposits and Credits						
Total Deposits and Credits					\$ -	
Total Cleared Transactions					\$ (220.00)	\$ (220.00)
Cleared Balance						\$ 8,916.47
First Interstate Bank Register Balance						\$ 9,031.42
New Transactions						
Checks and Payments						
Check	9/19/2023	4588	Westby's		\$ (150.00)	
Check	9/19/2023	4589	JubJub		\$ (35.00)	
Check	9/19/2023	4590	Dasa Robertson		\$ (27.00)	
Total Checks and Payments					\$ (212.00)	\$ 8,819.42
Deposits and Credits						
Check	2/14/2023	4560	Uhaul and Storage/Voided	09/26/24	\$ 114.95	
Total Deposits and Credits					\$ 114.95	
Total Deposits and Credits					\$ (97.05)	\$ (97.05)
Ending Balance						\$ 8,934.37



We are looking for someone who will serve on the Scholarship Committee with Committee Chairperson, Nancy Freudenthal! We are looking for someone to step in and take a leadership role in promoting the Young Women in Public Affairs Scholarship for our local high school students. Jennica Fournier has done this for the last several years but due to her work schedule is looking for some-

one to take this on. Jennica has made it very easy and turnkey with all of the step-by-step instructions for you to follow.

We also are looking for someone to step in and take a leadership role in promoting the Jane M. Klausman (JMK) Women in Business Scholarship program to help women pursue undergraduate and master's degrees in business management and overcome gender barriers from the classroom to the boardroom. Denise Parrish has been chairing this but has recently taken on more responsibility at the Area level so is looking for someone to take this over. She has it all organized and is just looking for someone to promote it and ensure we are able to submit a nominee next spring.

These aren't overly time consuming because they are so well laid out but do need someone who will take the lead on them so that we can continue to make a difference for girls and women in our community!



# Member Meeting Minutes

*(Minutes have been abridged for publication. To request an official copy of the full minutes, please email Laura at lgorny@bresnan.net.)*

The October Zonta Club Meeting was held on September 14, 2023, at the Dining Room on the LCCC Campus. The meeting was called to order at 6:00pm by Dr. Michelle Aldrich.

Guest Speaker, Sam Shumway, State Director of AARP Wyoming, gave the presentation. Please see recap of his presentation on page 10.

Minutes of the last meeting: The minutes of the August meeting were approved as presented. Motion made, seconded and passed.

Treasurer's report: There being no questions or corrections, it has been filed for audit.

## **STANDING COMMITTEE REPORTS**

**Advocacy:** The Silent Witness March is scheduled for Monday, November 20, at noon. The Art Show Reception is tentatively scheduled for February 5 at the Civic Center. Art will need to be removed from the Civic Center soon after the reception because the school district art show will begin on February 8. We can display the art for our art show ahead of the reception, possibly as early as mid-January. The next meeting of the Advocacy Committee is Monday, September 18, 5:30pm at Denise Parrish's home.

**Communications:** Communications Committee met jointly with Membership Committee. Tracy Myers is working on using a different program for the newsletter that works better with links. Caroline D'Ambro is working on keeping the calendar current. The committee is working on Cancel Out save-the-date on the website, as well as putting information about it on Facebook and creating a Facebook event to get it publicized. Caroline created a card to be included in each Hope Bag to identify that the club provided it. The next committee meeting will be a joint meeting with the Membership Committee on October 2.

**Membership:** Membership Committee met jointly with Communications Committee. The committee is working on ways to recruit new members and retain existing members. They have discussed the idea of pop-up Zappy Hour events. These would be somewhat spontaneous evening social events (2-3 day notice) at various locations in town. New member brochure packets are being updated. The committee is planning new member orientation to happen four times per year, with chairs of the other standing committees participating to provide a better overview of activities available to new members. Alternate locations are being sought for future meetings in an effort to lower costs for both members and the club. The November 9 meeting will be held at Westby Edge. The December meeting would normally be a noon meeting via Zoom, but will instead be an evening in-person meeting at Belinda Sawyer's house. The party will include white elephant gifts and we will also collect items to donate as gifts to Safehouse. Zunco will be on September 28 at Paris West, 5:30pm. \$15.00 fee. Guests are welcome. The next committee meeting will be a joint meeting with the Communications Committee on October 2.

**Cancel Out:** The Committee is planning a silent auction featuring 15-20 items with approx. value of \$100, and a live auction featuring 5-10 items of higher value. We will also have the Bottle Grab during the event. It will be held at the Cheyenne Frontier Days Event Center on March 8, and will be catered by Girls Gone Gourmet. The

next planning meeting will be September 29 at 11:30am, at ReMax.

## **OLD BUSINESS**

By Laws have been updated to conform with Zonta International and also to conform with what we have been doing locally, as well as to streamline committee structure. The proposed By Laws have been provided electronically, and copies were also available at the meeting. The following amendments to the proposed ByLaws were presented:

Article V, Section 3. Donations in Honor of Members. A motion was made and seconded, to change the wording of this section. Instead of providing a donation to the Zonta Foundation for Women only upon the death of a Club member, the revised wording provides for a donation upon death of a current member or a former member upon recommendation by the Board. The motion passed unanimously.

Article X, Section 1. How Constituted. A motion was made and seconded to change the term of members of the Nominating Committee from one year to two years. The motion passed unanimously by oral vote.

A motion was then made and seconded to adopt the proposed By Laws as amended. The motion passed unanimously by oral vote.

The District meeting is this weekend, with spots still available for those who wish to attend.

Other old business: None.

## **NEW BUSINESS**

**Meeting format:** There was discussion regarding going back to monthly evening meetings instead of alternating between evening and noon meetings. Discussion continued, and the vote was to have meetings continue to alternate with evening and noon meetings, and for the noon meetings to be held via Zoom.

**Assembly of Hope Bags:** will be done on October 21 at approximately 9:30am at Grace United Methodist Church. Anyone who can help transport items from the storage unit to the church should meet at 8:30am at the storage unit.

**Cancel Out:** The planning committee proposed distribution of net proceeds from the event as follows: 40% to Wyoming Coalition Against Domestic Violence and Sexual Assault, 10% to Zonta Foundation, and 50% to Zonta Club. Following discussion of this proposal, it was agreed the planning committee will revisit the subject at its next meeting on September 29. The committee will seek additional information from the Coalition to better define how any funds donated by the Club would be used. The distribution of net proceeds will also be discussed. There will be further discussion of these topics at the October membership meeting.

**Other new business:** None.

## **DATES TO REMEMBER:**

Advocacy committee meeting, September 18; Zunco, September 28; Cancel Out planning meeting, September 29; Joint Membership & Communications committee meeting, October 2; Board meeting, October 5; Membership meeting, October 12; Hope Bags assembly, October 21

The meeting concluded by finalizing the white elephant sale. \$286.00 was collected, and the meeting closed at 8:00pm.

# *How Artificial Intelligence (AI) is Changing the Fraud and Scam Game*

Guest Speaker: Sam Shumway, State Director of AARP Wyoming.

Older Americans lose an estimated \$28.3 Billion annually to fraud. Wyomingites were hit for \$78 Million in fraud losses in 2021 alone. SF24 passed last year. It allows banks and credit unions to put up to a five day hold on transactions of vulnerable adults that they suspect may be fraud. Thirty-four other states have passed similar laws. "Vulnerable adult" is defined as over eighteen years old and unable to manage money, assets, or property without assistance because of age or a physical or mental disability.

Artificial Intelligence (AI) is changing things. AI is a branch of computer science that aims to create machines that can perform tasks traditionally requiring human intelligence. Mr. Shumway demonstrated an AI site entitled ChatGPT. Within minutes, he generated scam email messages to an acquaintance of his using information gleaned from her Facebook account, customizing those messages to lengthen, shorten, and make them more personal in nature. ChatGPT is a very new

form of this technology. It is expected the technology will advance quickly, making it all the more difficult to differentiate computer generated messages from messages created by humans, likely leading to still more scam efforts. Other uses of technology to create scam messages include voice cloning in which a fake message is created which sounds very real because the voice of a friend or loved one has been cloned.

Older adults are especially vulnerable to scam activity because of digital naivety, cognitive decline, social isolation, and access to disposable funds. Protection against such scams includes close scrutiny of sender information to make sure the message is actually from whomever appears to be the sender and to be very skeptical of messages received, particularly those asking for money. Mr. Shumway closed by sharing the following free to all web site to get more information on this subject: [AARP.org/FraudWatchNetwork](https://www.aarp.org/FraudWatchNetwork).

## **Opportunity for Humantix Training by Dist 12 (an alternative to EventBrite)**

Hello Zontians,

On Sept 28, District 12 provided a training regarding Humantix, which is a great alternative to EventBrite. Please feel free to share this with folks. It is recorded and available on the D12 website. (Not yet available as of this Zephyr publishing date.)

Humanitix started as a pact between their founders, Adam and Josh, to escape the corporate world and do something meaningful. Like many social entrepreneurs, they looked for industries with inefficiencies that could be disrupted - for good! Then it appeared: tickets! Event ticketing has always been frustrating for hosts and guests alike and everyone hates booking fees. Fast forward to today and Humanitix has transformed over \$2.5M of those annoying booking fees into helping disadvantaged kids around the world.

This alternative event booking site donates to non-profit organizations in the US that help girls with reading and STEM! Join Lisa Rice to learn about the platform so you can lower event fees to your attendees while also helping young girls!

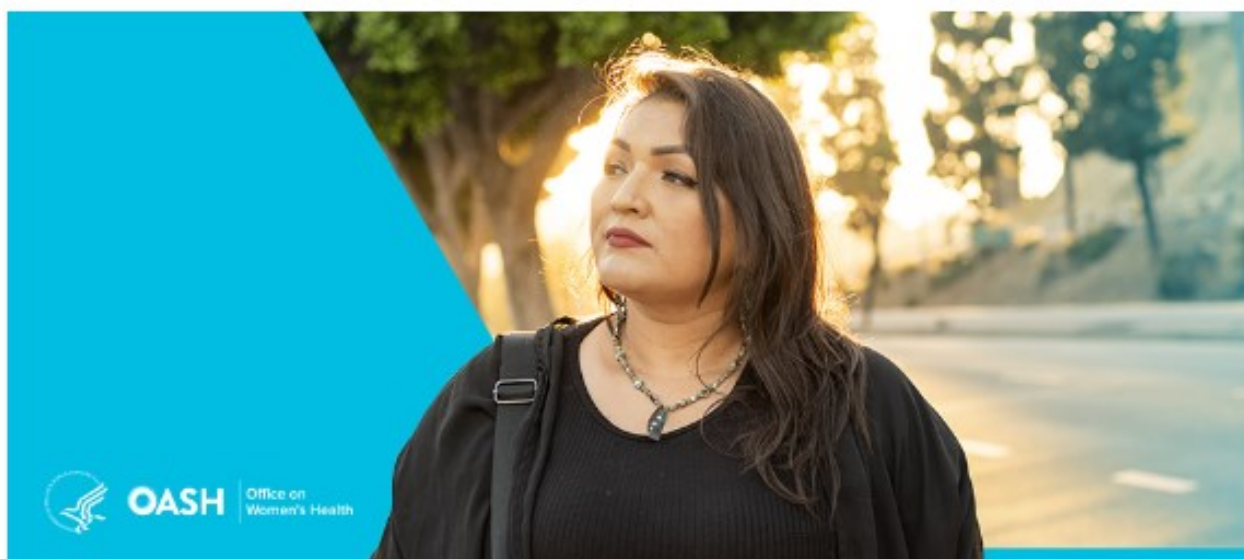


*Register for the Prevention in Human Trafficking  
Among Women and Girls Informational Webinar October 5th*



Office on  
Women's Health

## OWH Informational Webinar Series: HHS Innovation Challenge to Prevent Human Trafficking Among Women and Girls



The U.S. Department of Health and Human Services (HHS), through the Office of the Assistant Secretary for Health (OASH) Office on Women's Health (OWH) is seeking innovative ways to address human trafficking prevention among women and girls in the United States through the HHS Innovation Challenge to Prevent Human Trafficking.


OWH will be hosting an informational webinar for those who are interested in participating in the competition. The webinar will take place **Thursday, October 5, 2023 from 10:00 am – 11:00 am ET**. Please use the registration below to join and visit [Challenge.gov](https://Challenge.gov) or contact [TraffickingChallenge@hhs.gov](mailto:TraffickingChallenge@hhs.gov) if you have any questions.

**Register Here**

# WOMEN OF INFLUENCE

HONORING & ENGAGING  
WOMEN ACROSS WYOMING

## Women of Influence 2023

 Tuesday, October 10, 2023 • 11:00 AM - 1:30 PM MDT

 LCCC, Clay Pathfinder Building, ANB Leadership Center

### [Wyoming Business Report](#)

For more than 10 years, the Wyoming Women of Influence Awards have been honoring women across the state of Wyoming. Please join us in this tradition and help us celebrate the women who do so much for our state. We look forward to seeing you there. For more information about this annual event, please [click here](#).

Individual Ticket: \$30

For Tickets: [Wyoming News | Women of Influence 2023 \(evvnt.events\)](https://www.wyomingnews.com/Women-of-Influence-2023)

**It would be amazing if Zonta Club of Cheyenne could have representatives at this meeting!  
Are you available to attend?**

## Soar: Claiming Your Potential

Thursday,  
October 5, 2023  
3:00-7:30

Dreams & Dragonflies  
Event Center,  
Johnstown



Hosted by Zonta Club  
of Fort Collins  
All proceeds support local  
scholarships for women.



Buy your \$50  
ticket here before  
September 21st.  
<https://bit.ly/zontasoar>

**Soar – Claiming Your Potential** is both a women's empowerment event and our annual fall scholarship fundraiser. The event flyer is [attached here](#) and includes a link to purchase tickets and an introduction to the speakers. Tickets can be purchased at the door as well, and although the flyer gives a higher price after September 21st, we decided to charge the same price of \$50 for all tickets.

This year we are expanding our local scholarship fund, the Arlene Davy Award, to add GED and advanced certification scholarships.

Please join us on Thursday, October 5!

Julie Trone, President  
Zonta Club of Fort Collins  
[julie.trone@hotmail.com](mailto:julie.trone@hotmail.com)



## 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:** Laura Gorny

[lgorny@bresnan.net](mailto:lgorny@bresnan.net)

**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

## Zonta Foundation :

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



*Tracy Myers* 10/5

*Kristie Wilson* 10/6

*Dasa Robertson* 10/10

*Ilaine Brown* 10/23

*Kristen Boyles* 10/25

*Belinda Sawyer* 10/30

## Upcoming Meetings & Events:

### Membership/Communication Committee

Oct 2 @ 5:30pm

Paris West

### Zonta Board Meeting

Oct 5 @ noon

Zoom

### Advocacy & Service Committee Meeting

Oct 9 @ 5:30 pm

2829 Deming Blvd—Denise's home

### Zonta Club Meeting

Oct 12 @ noon

Zoom

### Hope Bags Assembly

Oct 21 @ 8:30 am @ storage unit

9:30 am @ Grace United Methodist Church

For more info call Linda 307-214-3045

### Zonta of Cheyenne Foundation Meeting

Oct 25 @ 2:00 pm

Zoom