


ZONTA

 CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

 EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Zephyr

What's Inside

Hope Bags Stuffing

Photos!

Page 2

Nominations & Awards

Hard work doesn't go unnoticed!

Page 4

Cancel Out Updates

Please check these out!

Page 5

Announcements

Details on 16 Days of Activism!

Page 6-7

Remembering Amelia

Learn the connection between Amelia Earhart and Wyoming!

Page 10



Message from the President

As I am writing this article, I am traveling back from beautiful Hilton Head Island, SC! You may be wondering what my weekend get away has to do with Zonta...well...this weekend get away was a live auction item I purchased at our Cancel Out Event last March. It was donated by one of our newer members, Janet Marschner, who owns a beautiful condominium that she uses as a vacation rental property. It was perfect and allowed us



to play in 80degree weather while Cheyenne experienced the first snowstorm of the season.

The Cancel Out committee has been working since last March to plan a great event again in 2024. As the plans are coming together you will see there are several things we are being asked as members to help with---a donation of a \$25 gift card and two bottles of wine or liquor for the bottle grab. In addition, you will want to purchase your tickets for

you and your guest---remember that last year we had more men then ever attend. While historically this event was called "Ladies Night Out" it is soooo much more than just a night out for ladies. It is important that our husbands, sons, business partners, and brothers know about these topics as well! As we get closer it will be all hands-on deck so that we can have the best event ever. I expect it will sell out quickly after the amazing venue, food, and fun everyone had last year!

We are entering Thanksgiving season, my favorite holiday of all, Thanksgiving, which many times seems forgotten between Halloween decorations quickly turning to Christmas marketing. As I think about all of the things I am thankful for I think of each of you who are passionate, engaged, and support important issues for women and children around the world through your involvement and membership in Zonta International!

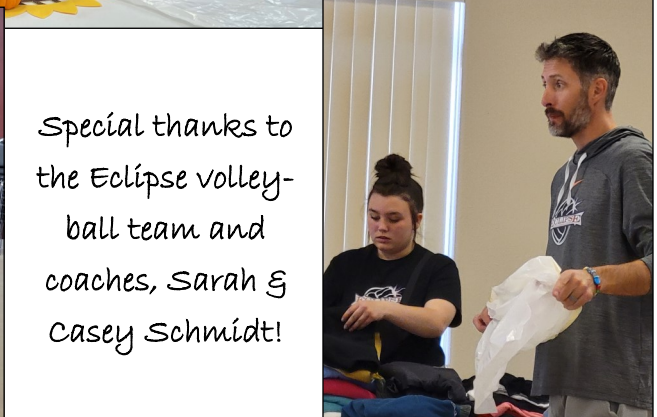
Have a beautiful Thanksgiving!

ZONTA
100
YEARS

Hope Bag Stuffing 2023

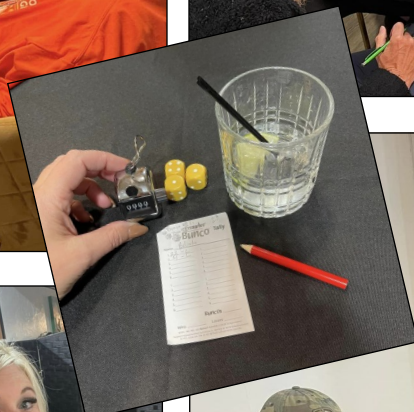
On Saturday, Oct 21, an amazing group of Eclipse Volleyball team members and their coaches, Casey and Sarah Schmidt, joined with Cheyenne Zontians at Grace United Methodist Church to stuff Hope Bags for domestic violence victims. The girls were all such hard workers, and in just four hours, we were able to assemble enough items for 80 women and children. We were also able to sort and inventory all of the other items we have for future needs. Items included clothing items for women and children, every type of personal hygiene and care item imaginable, and toys for the kids. Linda Bogart was able to deliver 20 Hope Bags to the safe house as well as the sorted items to the hospital, and everyone was very

thankful. Thanks to Linda, Jody Gostas, and Caroline D'Ambro, who kept us all organized, focused and fed during the event, along with transporting items from the storage unit and playing what must have been an amazing game of Tetris in getting the tubs loaded into vehicles! Thanks also to Laura Gorny, Kathy Orr, Vicki Ingerle and her daughter, Ashley, and Tracy Myers who helped stuff, sort and inventory the items. What a wonderful and impactful way to spend a Saturday morning!



September Zunco Fun

Our ZUNCO event in September was an absolute blast! Held at Paris West in the back room, eleven Zontians gathered to play Bunco and get to know each other a little better, while also raising some money for a charity. Thanks to Betty Abernethy for organizing this fun event! Our next ZUNCO night is tentatively set in late January, and if you want to know how we played Zunco with eleven people and not twelve, you'll have to join us next time! Watch the Zephyr for more information!



Nominations & Awards


WOMEN OF INFLUENCE

HONORING & ENGAGING
WOMEN ACROSS WYOMING

Becki Reid, Laramie County coroner and Zonta Club of Cheyenne member, was nominated for this year's Wyoming Women of Influence award. Per the Wyofile.com site, this award is given by the Wyoming Business Report, and recognizes influential women across the state in 18 fields, including art, education, health care, mentorship and government. Congratulations, Becki! And thank you for all you do for the residents of Laramie County and for our club!

REBECCA REID
LARAMIE COUNTY CORONER

Rebecca Reid, Laramie County coroner, has expanded outreach of the coroner's office with the implementation of the Laramie County LOSS Team, Grief Support Group, Suicide Fatality Review Board and Overdose Fatality Review Board, as well as achieving accreditation with the International Association of Coroners and Medical Examiners.




CHEYENNE ZONTA WINS ADVOCACY AWARD

The Zonta Club of Cheyenne won the 2023 District 12 Advocacy Award that was presented at the District 12 Conference in Fort Collins in September. During the presentation of the award, the many activities of the Club were noted, including *What Were You Wearing*, proclamations from the Governor and Mayor, hosting a Silent Witness March, distributing coasters and posters during Cheyenne Frontier Days, roleplaying IN HER SHOES with community leaders, and more. Congratulations to everyone in the Club – especially the Advocacy Committee members.



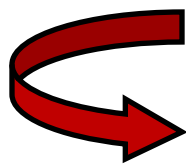
MEET JANE MILBURN HER STORY ON DEMAND NOW

Zonta International is pleased to share the powerful story of another remarkable woman. Hear and watch the story of Jane Milburn, an author on sustainable fashion, today!

Jane Milburn navigated a unique pathway to influence change in how we dress after an agricultural science and leadership study applied to a career in rural communications and advocacy. As the founder of *Textile Beat* and author of *Slow Clothing: Finding Meaning in What We Wear*, Jane believes in regenerating our agency in the closet by being empowered with skills, knowledge and desire to assemble a wardrobe of garments that we want to wear and know how to keep in service for longer. These actions help drive systemic change and create financial, ecological health and well-being benefits.

Jane is a trained permaculture teacher, a 2019 Churchill Fellow and was awarded an Order of Australia Medal for service to fashion sustainability in 2022.

Cancel Out Updates



Please read the following updates
from the Cancel Out Committee:

- 1) **Dinner will be a plated, Italian themed meal. There will be a GF and Vegetarian option.**
- 2) **We are accepting donations for the *Live and silent auctions*. Let us know if you have a suggestion or know of someone who would like to donate.**
- 3) **This is an event for men AND women. We plan on having some *enticing auction items* that will interest all who come.**
- 4) **We are wanting every member to donate a *Gift Card* for our *Gift Card Tree* which will be part of the silent auction. Most of us have several just lying around:) Please bring the cards to our December Christmas Party or contact Betty Abernethy.**
- 5) **We are also needing *bottles of wine or liquor* for our *Bottle Grab*. Contact Betty Abernethy if you have a donation. You may also drop bottles off at RE/MAX (4000 Central Ave).**
- 6) **Denise has tickets for the *Cash Raffle*. \$5 each or 5 for \$20. Contact her to pick up the tickets to sell to your friends, co workers, etc**



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

Proceeds benefit Zonta and Uprising



ZONTA
CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Sponsor Form


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

Fundraiser for Zonta Club of Cheyenne
MARCH 8TH, 2024
DOORS OPEN AT 5:00 P.M.

\$1500 EVENT SPONSOR
Table of 8 with dinner, 16 drink tickets, advertising on social media, website and at the event

\$850 **\$75**
Table of 8 with dinner Individual seat and dinner


COMPANY NAME:
CONTACT NAME:
CONTACT PHONE NUMBER:
CONTACT EMAIL:




*Please Make Checks Payable to Zonta of Cheyenne

Proceeds benefit Zonta and Uprising

QUESTIONS?
PLEASE CONTACT
Belinda Sawyer
(307) 631-5434
belinda.sawyer@remax.net



PLEASE RETURN FORM TO
ZONTA CLUB OF CHEYENNE
ATTN: SPONSORSHIP COMMITTEE
PO BOX 2535
CHEYENNE, WY 82065



Announcements

MEMBERSHIP/COMMUNICATIONS COMMITTEE JOINT MEETING

Tuesday, Nov 7th @ 5:30 pm—Betty Abernethy's house

Betty will have a pot of corn chowder & bread.

Membership: We will be doing the final plans for the first pop up Zappy hour, start to plan the after-reception after Cancel Out. Look at other opportunities we might have to recruit new members.

Communications- we will work on a timeline for promoting Cancel out, make sure the website is ready to use for ticket sales

NOVEMBER ADVOCACY COMMITTEE MEETING

November 13, 2023, 5:30 p.m.

Denise Parrish's Home (2829 Deming Blvd.)

ALL ARE WELCOME

Discussion topics will include final preparations for the Silent Witness March and Ceremony, the status of the Spring Art Contest, setting up What Were You Wearing again, Winter advocacy projects, and more.

The December meeting is scheduled for Monday, December 4, 2023 at 5:30 p.m.

UPDATE ON THE ZONTA OF CHEYENNE FOUNDATION

The Zonta of Cheyenne Foundation Board of Directors met on October 25 th . Since the Foundation has in excess of \$37,000 and interest rates are in the range of 5%, the decision was made to put \$25,000 into a 12-month certificate of deposit. This will allow funds that are not expected to be needed in the near future to grow through interest, while still leaving funds available should they be needed.

The Foundation Board also decided to join the Wyoming Non-Profit Network and to participate as a financial sponsor for the Zonta Club of Cheyenne in the 2024 WyoGives campaign. This fundraising event is scheduled to take place July 10, 2024 but a fair amount of work will need to be done in advance to get the most out of it. The Foundation hopes to work hand-in-hand with the Club to raise as many funds as possible.

March 8, 2024 Drawing
Need not be present to win

\$5 each
5 tickets for \$20

Fundraising to
CANCEL OUT

Human Trafficking & Violence Against Women
(It is here in Cheyenne; let's work on its elimination.)



\$350 Cash 1st Prize
\$150 Cash 2nd Prize

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CASH RAFFLE TICKETS ARE NOW AVAILABLE TO SELL

Tickets for the cash raffle drawing to be held at the CANCEL OUT Fundraising Event are now available for sale. This cash raffle is a good way for your friends and family who are unable to attend the event to help out with our fundraising event. If you would like raffle tickets to sell, please email Denise at parrishzonta@gmail.com and she will provide you as many as you would like. Tickets are not available to purchase on-line at this time.

**ZONTA DISTRICT 12
OPEN ADVOCACY DISCUSSION**

Zoom

November 6th, 6 p.m.

<https://us02web.zoom.us/j/3159567513?pwd=OTNTaXpEbkRrUTN2eEJPU2taeENHQOT09>

Interested in Advocacy but don't know where to start? Looking for new advocacy ideas? Want to learn what others in District 12 are doing? Have an idea you want to share? Then join this discussion. It is a chance to have a free-flowing discussion without a pre-planned agenda with other District 12 Zontians. For more information, contact Denise Parrish.

16 DAYS OF ACTIVISM

AGAINST GENDER-BASED VIOLENCE

The 16 Days of Activism Against Gender-Based Violence is an international campaign originated in 1991 by the Center for Women's Global Leadership at Rutgers University. Since 1991, more than 6,000 organizations from an estimated 187 countries have participated. This campaign starts on November 25th (the International Day for the Elimination of Violence Against Women) and ends on December 10th (International Human Rights Day.)

The color of these 16 Days of Activism is orange. This color is used because it is a bright and optimistic color, symbolizing a brighter future. Wearing orange during this period demonstrates one's solidarity in eliminating all forms of violence.

In honor of these 16 days, all members and their guests are invited to participate in three Club activities:

▶ A signing ceremony of a proclamation regarding 16 Days of Activism to be issued by Governor Gordon. The signing ceremony will take place at the Capitol (near the Governor's Office) on November 14th at 10:30 a.m.

▶ A signing ceremony of a proclamation to be issued by Mayor Collins. This will take place at the Mayor's office on November 20th at 2:30 p.m.

▶ A Silent Witness March and Victim Remembrance to take place on Monday, November 20th. The participants for the March should gather at 11:45 a.m. in front of the Wyoming Supreme Court Building, with the walk to the Laramie County Library beginning at noon. Once arriving at the Library, there will be a relatively short reading of the stories of some of the victims being remembered at the commemoration. The silhouettes of victims will remain at the library through about noon on December 7th.



ALL ZONTAINS ARE WELCOME TO ATTEND THIS MEMBERSHIP CELEBRATION!

The celebration will include recognition of the recent chartering of the Zonta Club of the Wyoming Big Horns.

Member Meeting Minutes

Minutes edited for editorial purposes. Please contact Laura Gorny for full official minutes.

The October Membership Meeting was held on Zoom on October 12, 2023, at noon.

Meeting was called to order at 12:00pm by Dr. Michelle Aldrich. The guest speaker, Barbara Archambeau, LCSW, who is the VA Intimate Partner Violence Assistance Program Coordinator presented about IPV. A synopsis is included on page 9 of this newsletter.

Minutes of the last meeting and the Treasurer's report were adopted as presented, and the Treasurer's report was filed for audit.

STANDING COMMITTEE REPORTS

Advocacy: October 20 is purple day – wear purple! October 21 is the date we will be filling Hope Bags. SANE nurses are leaning towards maintaining a clothes closet instead of bags because the combination of items in a particular bag may not fit a particular individual, leading to taking items from multiple bags to meet the needs of a given person. We may need to reevaluate our donation efforts depending on added feedback from hospital SANE nurses. The Silent Witness March will be November 20, at noon. The march will begin at the Supreme Court Building. The Art Contest Reception will be April 15. Display dates for the artwork are yet to be determined. Red Sand Project – no date has been set, but the committee is looking at April or May. The date of the November committee meeting has not yet been decided.

Communications: Nothing new to report.

Membership: We had 11 people at the recent Zunco night. The next Zunco night is planned for late January or early February. The committee is planning impromptu Zappy Hour events. There will be approximately 72 hours notice in advance of each of these social events. One new application from Amy Mavy has been approved by the Board. The next meeting

will be a joint meeting of the Communications and the Membership committees on November 6, 5:30pm, at Betty Abernethy's house.

OLD BUSINESS

Cancel Out beneficiary for 2024: Two beneficiaries have previously been discussed: Unaccompanied Student Initiative, and Uprising. Additional information had been requested from Uprising because it is located in Sheridan and provides services throughout the state. Our contacts at Uprising assured us they can earmark any donated funds to local efforts and/or develop a specific project for us. They suggested training/education events to be presented at LCCC, but are open to other ideas as well. A motion was made and seconded to select Uprising as the beneficiary of a portion of Cancel Out proceeds with the donated funds to be used for a project specific to Laramie County, inviting Unaccompanied Student Initiative to participate as well. The motion passed.

Cancel Out proceeds distribution for 2024: The Cancel Out Committee proposed the following distribution of proceeds: 30% to Zonta International; 30% to the selected beneficiary; up to \$10,000 to Zonta Club for service and advocacy projects; remainder to Zonta Foundation. A motion was made and seconded to adopt the distribution proposed by the Cancel Out Committee. The motion passed.

Other old business: None.

NEW BUSINESS

Zonta District Awards: the club received the following awards from District 12: Achievement Award for District 12, Area 2 and the Advocacy Award.

Other new business: None.

DATES TO REMEMBER were reported (Nov dates included in this Zephyr).

Meeting closed at 1:00pm.

Submitted by Laura Gorny, Secretary.

Treasurer's Report

Date: 10/30/2023						
Type	Date	Number	Name	Cleared	Amount	Balance
Beginning Balance						\$ 9,136.47
Cleared Transactions						
Check	9/19/2023	4589	JubJub	10/18/23	\$ (35.00)	
Total Cleared Transactions					\$ (35.00)	
Deposits and Credits						
Deposit	10/18/2023		Deposit - Dues - Paypal	09/18/23	\$ 111.46	
Total Deposits and Credits					\$ 111.46	
Total Cleared Transactions					\$ 76.46	\$ 76.46
Cleared Balance						\$ 9,212.93
First Interstate Bank Register Balance						\$ 9,107.88
New Transactions						
Checks and Payments						
Check	9/19/2023	4588	Westby's		\$ (150.00)	
Check	9/19/2023	4590	Dasa Robertson		\$ (27.00)	
Total Checks and Payments					\$ (177.00)	\$ 8,930.88
Deposits and Credits						
Deposit	10/18/2023		Deposit - Dues - Paypal	09/18/23	\$ 111.46	
Total Deposits and Credits					\$ 111.46	
Total Deposits and Credits					\$ (65.54)	\$ (65.54)
Ending Balance						\$ 9,042.34

October Guest Speaker Re-cap

Guest Speaker: Barbara Archambeau, LCSW; Veterans Administration Intimate Partner Violence Assistance Program Coordinator

The Veterans Administration (VA) uses the Centers for Disease Control's definition of Intimate Partner Violence (IPV), which is: IPV describes physical, sexual, or psychological harm or stalking behavior by a current or former partner that occurs on a continuum of frequency and severity ranging from emotional abuse to chronic, severe battering, or even death. It can occur in heterosexual or same-sex relationships and does not require sexual intimacy or cohabitation. IPV disproportionately affects veterans. One in three women and one in four men experience IPV within the general population. The numbers are double within the Veteran population. IPV may lead to increased risk of divorce/broken families, homelessness, joblessness, poverty, increased health needs, suicide and/or homicide.

The IPV program at the VA serves veterans as well as non-veteran partners of veterans who use violence, and includes: Raising awareness through awareness events, IPV campaigns, materials, as well as staff training; Building community partnerships through outreach events; Serving those who experience IPV through implementing routine screening and establishing intervention plans, resources.; Serving VA staff through building internal collaborations with Employee Assistance, Workplace Safety, etc.

The VA program also provides the following interventions through

its IPV program: Screening and assessment; Safety planning; Education; Resource; Community collaboration.; Individual and group therapy.

The Cheyenne VA Hospital is one of ten VA sites included in a 2-year pilot program authorized by the Megabus Legislation Pilot Program, with the goal of assessing the feasibility and advisability of providing sexual assault services. The program requires services be provided to all eligible veterans, extends services for sexual assault not occurring in the context of intimate relationships, and also extends services for sexual assault occurring at times other than during military service.

Mobile apps that may provide resources to those who experience IPV and other sexual assault: RAINN gives survivors of sexual violence and their loved ones access to support, self-care tools, and information to help manage short- and long-term effects of sexual violence. (RAINN mobile app); MyPlan is designed to help identify, navigate, and provide resources for a range of relationship abuse concerns. MyPlan (myplanapp.org); Beyond MST is a free, secure, and private self-help app created specifically to support military survivors and may be helpful to survivors of other types of unwanted sexual experiences. <https://tinyurl.com/BeyondMST>

Ms. Archambeau ended her presentation by expressing support for Zonta and the VA IPV program to partner in appropriate activities.

LCCC Scholarship Luncheon

Linda Bogart and Jody Gostas attended the LCCC Scholarship Luncheon on Friday, October 27.

This luncheon is held annually for LCCC scholarship donors and scholarship recipients. Linda and I were pleased to be able to attend. I was amazed at how many guests were there. The last time I attended one of these luncheons maybe 10 years ago, there were probably 100 people in attendance. This year I'm estimating over 250 guests attended. It was sponsored by First Interstate Bank, held at the Red Lion Inn, and arranged very comfortably. There were speakers representing the LCCC Foundation Board and Staff, LCCC President, and two non-traditional students. All the speakers seemed to em-

phasize the importance of the LCCC and "non-trad" student connection.

We were unable to determine if the LCCC Zonta Scholarship recipient was there; if so she didn't sit at our table. Linda and I both thought our club might need to give a little more attention to this scholarship. We don't have a chairperson for the Scholarship Committee where we really need one. Perhaps then we could have had a connection with our recipient. The college does most of the work to get us a non-traditional scholarship recipient so this isn't an onerous task. Maybe this is where you want to contribute your time to Zonta.

Narges Mohammadi fights against oppression of women to earn Nobel Peace Prize

The 2023 Nobel Peace Prize has been awarded to jailed Iranian activist Narges Mohammadi for "her fight against the oppression of women in Iran and her fight to promote human rights and freedom for all,"

Mohammadi, 51, has been sentenced to more than **30** years in prison, and has been banned from seeing her husband and children. Her name has become synonymous with the battle for human rights in Iran. According to the Norwegian Nobel Committee the regime has arrested her **13** times, convicted her **5** times, and sentenced her to a total of **31** years in prison, and **154** lashes.

To learn more, [click here](#).



Remembering Amelia Earhart

Do you know the connection between this former Zontian and the State of Wyoming? Here is a link to a wonderful article published in the Cowboy State Daily about this incredible woman:

https://cowboystatedaily.com/2023/10/14/before-she-vanished-over-the-pacific-amelia-earhart-fell-in-love-with-wyoming/?utm_source=Klaviyo&utm_medium=campaign&kx=omztkH5vpFIVND23zhHC9BQ1Eqp4Eno3geXYC_XY21c%3D.UXPtrV



Matching Funds from BCBS



An Independent Licensee of the Blue Cross and Blue Shield Association

September 11, 2023

Zonta Club of Cheyenne
PO Box 2135
Cheyenne, WY 82001

Dear Denise Parrish:

For the past four years, Blue Cross Blue Shield of Wyoming (BCBSWY) has been a proud sponsor of WyoGives. This year, BCBSWY unveiled an incredible \$100,000 statewide match challenge on top of our usual sponsorship to help Wyoming residents pay it forward and strengthen our communities through the WyoGives initiative.

The BCBSWY match challenge expanded the Wyoming Together movement by matching \$75,000 of funds statewide and matching a dedicated \$25,000 to our own employee gifts. BCBSWY is proud to have helped residents amplify their dollars to local non-profits like yours and further lift our neighbors around the state.

I am pleased to inform you that \$100 from the BCBSWY match challenge has been applied to Zonta Club of Cheyenne. You can expect to see this as a direct deposit from GiveGab to your bank account.

We also encourage our employees to give back to our communities through the gift of time. If you have a volunteer need, let us know with our volunteer request form: [BCBSWY.com/company_info/volunteer_request](https://www.bcbswy.com/company_info/volunteer_request)—because together, we can all make a difference.

Non-profit organizations are the heartbeat of our communities, offering critical safety net programs to help our most vulnerable populations. Your work helps our communities be healthy, vibrant, and thriving places to live.

Thank you for your important contribution supporting Wyoming residents, families, and communities.



With best regards,

Diane G. Gore
President & CEO BCBSWY

Blue Cross Blue Shield of Wyoming • 4000 House Avenue • PO Box 2266 • Cheyenne, WY 82003-2266
307.634.1393 • 800.442.2376 • TDD 800.696.4710
Fax 307.778.8582 • WyomingBlue.com

5 actions to increase Zonta's visibility

Below are quick actions you can take to kick off the Zonta Says NO to Violence Against Women campaign while increasing Zonta's visibility all year round:



1. Share on social media and the Zonta App

Unleash your passion for Zonta and its mission by sharing your meaningful and rewarding volunteer experiences on your social media profile. Use hashtags like #ZontaSaysNO and #ZontiansInAction and post about the campaign on your personal and club social media accounts. With your fellow Zontians, collaborate and share your ideas on the **Zonta Says NO forum** in the Zonta App to elevate our visibility and make a powerful impact.



2. Attend and promote events

Attend the **Zonta Says NO to Violence Against Women Virtual Summit** and invite family, friends and colleagues to join you. Expand Zonta's name and knowledge in your neighborhood. Organize your own event and invite local leaders and media to attend to increase the visibility of what you do to say NO to gender-based violence in your community.



3. Contact your local representatives

Get Zonta on the mind of your local officials as the group that makes a difference in the community. Reach out to your local representatives and ask them to support legislation that addresses gender-based violence and promotes gender equality. Find templates and steps on how to ask for an official proclamation within the **Zonta Says NO Toolkit**.



4. Educate yourself and others

We can only truly make a difference if we educate ourselves and others on the best way to build a better world for women and girls. Learn more about gender-based violence and how it affects women and girls. Share your knowledge with others and encourage them to get involved so that it will no longer be 1-in-3 women affected by gender-based violence.



5. Volunteer and partner

Amplify the Zonta name by adding more voices to our mission. Look for opportunities to partner with local organizations that support survivors of gender-based violence. Or volunteer with a local women's shelter and other like-minded organizations to support survivors.

Comea update on Pet Shelter

Keeping "family" together...



If you follow us on Facebook, you have seen posts asking for help in housing the fur babies of some of our residents. Homelessness is never planned and so when it happens, families and individuals, are often faced with the difficult choice of giving up shelter, or giving up their pets. This has always been a concern and thankfully, the Cheyenne Animal Shelter has provided temporary care for these animals, but folks are taking a bit longer than the 30 day pet policy to regain independence. For some, being separated for even 30 days is too long. Affordable housing is scarce, jobs are competitive, and mental and physical challenges are plentiful. Losing a pet, only adds to the anxiety and stress of becoming homeless, especially for someone with other challenges.

Over the summer, a private donor, pledged \$5,000 to help kick-start the plans for an on-site pet shelter strictly for the residents of COMEIA. We contacted our general contractor for estimates on completing this project. The estimate is below:

Cement pad-	\$5,000
Building (insulate/seal)-	\$15,000
Electrical capability-	\$8,000 (trenching and running cable)
Shelving and crates-	\$1,200
Fence for exercise area-	\$2,500
Heating and cooling system-	\$4,700
Annual Electricity Costs (annual estimate)-	\$10,000
Supplies (food/litter, annually)-	\$8,000
Veterinarian fund-	\$8,000 (estimated annually)
Building cost-	\$36,400 (less \$5K gift) = \$31,400
Annual operating costs-	\$24,000



We anticipate being able to manage up to 4 large dogs, 6 small dogs, and 8 cats. Other exotic pets will be considered on a case by case basis. We may not be able to accommodate every pet, as some come with very unique needs, but we hope to cover the most common.

We want to ensure the space has adequate heat in winter and cooling in summer. Residents will be expected to exercise and entertain their animal daily and keep the individual crates clean. Caseworkers will monitor the interactions between pet and person, to make sure the animals are cared for and safe. We will encourage proper population control and will expect all animals to get the required shots. Cost will be the deciding factor with these expectations but being a responsible pet parent is part of the recovery process in regaining independence.

Any pet that is abandoned at COMEIA, will be relinquished to the animal shelter for adoption. We are not looking to get into the animal shelter business, but simply want to make homelessness, less challenging or stressful than it already is.

Thank you for your consideration and support!

COMEIA Staff and Board of Directors



ZONTASAYSNO.COM

1

Attend the Zonta Says NO Virtual Summit.

2

Use the Zonta Says NO Toolkit and Share Your Story.

3

Join the Zonta Says NO Interest Group on the Zonta App.

Zonta Says NO Virtual Summit

Join the first-ever three-day virtual summit! Sessions will feature keynote speakers, panel discussions and practical workshops to raise awareness of your Zonta Says NO actions.

All Zonta members and friends are invited, so this event is a great opportunity to introduce your friends and family to Zonta. Purchase an extra ticket for a guest or send this email to someone who shares our vision for a world where no woman lives in fear of violence.

Monday, 6 November | Tuesday, 7 November | Wednesday, 8 November
US\$10/day or US\$25* for all three days.

**BUILDING A BETTER WORLD
STARTS WITH YOUR SUPPORT**



Here is what you can do:



Sign up for the Zonta Foundation for Women's monthly giving program and make a lasting difference starting this November.

- Recurring donors must make at least seven (7) consecutive monthly donations from November 2023 through May 2024.
- Monthly recurring donations will need to be set up by 30 November 2023. Learn more at www.zonta.org/EMEN.
- We will recognize top-ranking districts for their highest percentage of active recurring donors and for the highest number of new recurring donors.

Zonta International Updates

Zonta International is currently in the process of a major membership database upgrade. The final stage of work will begin **Monday, 16 October and continue through Sunday, 30 October**. During this time, Headquarters will not be able to make any updates to our membership database, and no one will be able to log into **My Zonta** on the **Zonta International website** or access **My Profile, Directory** and **Leadership Access**. You will still have access to **Governance, Forms** and **Tools**. If you need materials under Leadership Access, please email zontaintl@zonta.org, and the ZI Headquarters team will be happy to send you any materials via email.

We are making an impact with our international service projects. Learn how Zonta International is **helping girls in Madagascar** be empowered through health, nutrition and WASH (water, sanitation and hygiene) projects with an environmental focus. Also, see the **results of the second phase of Zonta and UNICEF USA's partnership in Peru**.

Submit your art to the Zonta Says NOW virtual gallery. The Zonta Says NOW to Gender-Equal Climate Action campaign invites all Zontians to participate in an interactive way to address climate change. Visit the **Zonta Says NOW virtual art gallery page** for more information, guidelines and a submission form. Artwork can be submitted electronically now through **15 December 2023**.

Zonta responds to Northern Africa natural disasters. While disasters themselves do not discriminate and everyone is affected, we, as Zontians, know that **every action after the initial crisis is not gender-neutral**.

2023 Club Officers And Board

President: Michelle Aldrich

Michelle.aldrich@wyo.gov

Vice President: Belinda Sawyer

belindawyohomes@gmail.com

Secretary: Laura Gorny

lgorny@bresnan.net

Treasurer: Dasa Robertson

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



Franki-Marie Effrece 11/6

Carla Thurin 11/11

Audra Gagnon 11/30

Upcoming Meetings & Events:

Zonta Board Meeting

Nov 2 @ noon

Zoom

Membership/Communication Committee Meeting

Nov 7th @ 5:30pm

Betty Abernethy's home— 814 E Jefferson Rd

Zonta Club Meeting & No Host Dinner

Nov 9 @ 6 pm (5:30 if ordering dinner)

Westby Edge Brewing Co—714 W 20th St

Guest speaker: Trish Worley, Topic: Financial Abuse

Advocacy & Service Committee Meeting

Nov 13 @ 5:30 pm

2829 Deming Blvd—Denise's home

Governor's 16 Days of Activism Proclamation Signing

Nov 14 @ 10:30 am

Capitol Building, near the Governor's Office

Silent Witness March

Nov 20 @ 11:45 am

In front of the Wyoming Supreme Court Building

Mayor's 16 Days of Activism Proclamation Signing

Nov 20 @ 2:30 pm

Mayor Collins' Office

Zonta Foundation :

Kristie Wilson, President

Linda Bogart, Vice President

Melissa Martin, Treasurer

Denise Parrish, Secretary

Ann Erdmann, Director