
ZONTA

 CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

 EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

December 2023

Zephyr

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Message from the President

We are closing out an amazing club year for the Zonta Club of Cheyenne! 2023 saw new records set for the amount of money raised at the Cancel Out event, number of new members recruited and initiated, participation at our district meeting in Ft. Collins, number of hope bags prepared and donated, and the number of individuals serving at the area



and district level of Zonta International! We even had 16 LCCC scholarships submitted! Overall, 2023 was a great year for Zonta! We saw legislation setting the minimum age for marriage at 16 thanks to the hard work of our Advocacy chairperson and members.

As we begin to look forward to 2024, I am excited about the

possibilities of the 2024 Cancel Out event and not only the amount of funds that can be raised but also the awareness around the issues that are

most important to us. I am always hopeful that at some time in the near future we will struggle to find a reason to host Cancel Out due to the end of domestic violence and human trafficking---until that happens though we will continue to educate

and support the work around these areas that impact women and children in Wyoming and around the world.

I hope that you will have a wonderful holiday season! If I don't see you at our December Christmas party at Belinda's home, I look forward to seeing you in 2024!

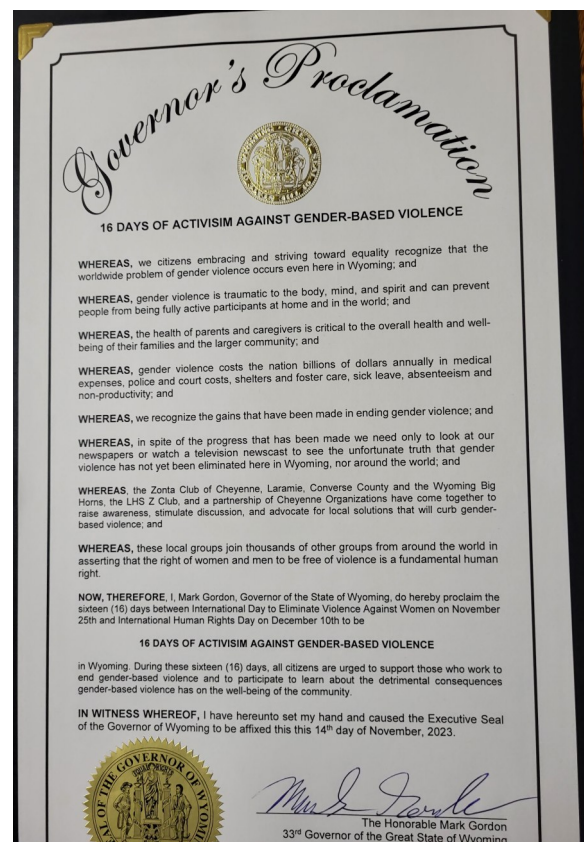
ZONTA
100
YEARS

16 Days of Activism

I was lucky that my "busy retirement" schedule allowed me to attend the Zonta 16 Days of Activism Against Gender-Based Violence proclamations signings by Governor Mark Gordon and Cheyenne Mayor Patrick Collins. It quickly became evident why these two men were elected to the positions they hold; both are very personable. They also recognized the importance of the 16 Days recognition and the acute need to reduce the incidents of gender-based violence by working with children who have been exposed to this. I was also a token member of the Silent Witness March, even though I didn't march. The wind was a very threatening force but there was a good turnout for this event on November 20, including members from the community. Vickie Ingerle did a great job of getting the silhouettes distributed and assembled at the Laramie County Library. You can still help with this project by

coming to the library on 12/6 to help remove the display. Look for an announcement of the exact time. I am very proud to be a Zontian. —Jody Gostas

Right: Governor Mark Gordon holding the 16 Days of Activism proclamation. Below left: Jody Gostas, Kathy Orr, Governor Gordon, Nancy Freudenthal, Denise Parrish, and Ann Erdmann. Below right, the signed proclamation.



16 Days of Activism—cont.

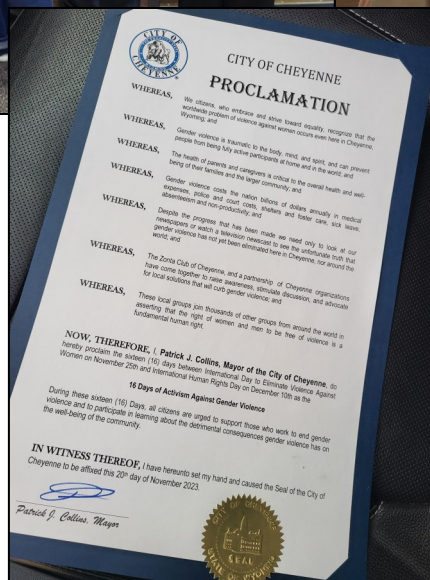


Pictured above, left to right: Denise Parrish, Amy Hernandez, Kathy Orr, Mayor Collins, Jody Gostas, Mary Walker, and Linda Bogart.



On November 20, 2023, Zontians met with Cheyenne Mayor, Patrick Collins, as he signed the 16 Days of Activism proclamation for the City of Cheyenne.

Earlier that day, the Silent Witness March was held downtown, beginning at the Supreme Court Building. The marchers gathered at 11:45, then at noon, Zontians and community members walked the short distance to the Laramie County Library with silhouettes of victims of domestic violence from across Wyoming. When attendees reached the Library, several of the victims' stories were shared in a ceremony of remembrance. The silhouettes were placed at the Library, with each victim's story, to allow the public to honor these victims and learn more about the horrors of domestic violence in our community. The silhouettes will remain at the Library until Dec. 6.



LCCC Scholarship Recipient

Each year, the Zonta Club of Cheyenne offers a scholarship to a woman attending Laramie County Community College who is seeking to improve her economic status in life.

Miyako Thiede has been awarded the 2023 LCCC Scholarship. As chairperson of the committee, Nancy Freudenthal presented the \$1,500 scholarship to Ms. Thiede. Sixteen applications were received, and three of the four members of the selection committee chose Ms. Thiede as the recipient.

Ms. Thiede's goal is to complete her associate degree at LCCC, then transfer to the University of Wyoming to complete the Family Nurse Practitioner program. Her ultimate goal is to earn her Doctor of Nursing Practice and work as a Family Nurse Practitioner. Ms. Thiede is married with five children aged four to ten, maintains a 4.0 grade point average, and is involved in numerous extra-curricular activities.



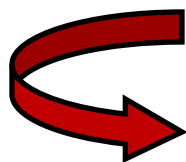
Right: Nancy Freudenthal, pictured left, with Miyako Thiede, the 2023 LCCC Scholarship Recipient.

November Zappy Hour Fun

Our first monthly Zappy Hour was held at Pour Decisions on November 16. In attendance were Belinda Sawyer and Pam Pafford, who invited two guests, Alli Boling and Amanda Schaefer, Club President Dr. Michelle Aldrich, Tracy Myers, and Betty Abernethy. Thank you to Betty for creating the Zappy Hour Zonta (Bingo) cards and organizing the event, and to Pour Decisions for hosting us! The food was wonderful, and fun was had by all! If you're feeling bummed because you missed out, our next Zappy Hour will be combined with our December Club Meeting at Belinda's house on Dec 14. So be sure to brush up on your knowledge of our club, ZI, and it might help to like and share some Zonta Facebook posts! There will also be Zappy Hour events in January and February! Don't miss the fun!



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**

Tickets will sell quickly! Get yours now!

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 82005



Announcements

December Advocacy Committee Meeting

Monday, Dec 4 @ 5:30 pm

Denise Parrish's home—2829 Deming Blvd

All are welcome!

MEMBERSHIP/COMMUNICATIONS

COMMITTEE JOINT MEETING

Tuesday, Dec 5 @ 5:30 pm—Paris West front bar

We will be working on the final look at the new member hand out booklet, working on a date for the after-Cancel Out reception for potential members, and other ideas for recruitment. Communications will continue to work on ways to get the word out for Cancel Out, Web page, Newsletter, etc.

**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.)**



ZONTA
CLUB OF
CHEYENNE

**\$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.

Club Meeting Minutes

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

The November Club Meeting was held on November 9, 2023, at 6:00 pm, at Westby Edge Brewing Company. The meeting was called to order at 6:00pm by Dr. Michelle Aldrich. The guest speaker, Trish Worley, the Economic Justice Specialist for the Wyoming Coalition Against, provided information on economic and financial abuse within the realm of domestic violence and sexual assault. A recap of her presentation is on page 9 of this Zephyr.

LCCC Scholarship Presentation: As chairperson of the committee, Nancy Freudenthal presented the \$1,500 LCCC Scholarship to Miyako Thiede. Sixteen applications were received. Three of the four members of the selection committee chose Ms. Thiede as the recipient. Ms. Thiede's goal is to complete her associate degree at LCCC, then transfer to the University of Wyoming to complete the Family Nurse Practitioner program. Her ultimate goal is to earn her Doctor of Nursing Practice and work as a Family Nurse Practitioner. Ms. Thiede is married with five children aged four to ten, maintains a 4.0 grade point average, and is involved in numerous extra-curricular activities.

Minutes of the last meeting: Minutes of the last meeting were read. There being no questions or corrections, it was moved and seconded to adopt the minutes as presented. Motion passed. Treasurer's report: The Treasurer's report was provided through the monthly newsletter. There being no questions or corrections, the report has been filed for audit.

STANDING COMMITTEE REPORTS

Advocacy: November 14, 10:30am – Signing by the Governor of the 16 Days Proclamation at the Capitol; November 20, 12:00pm – Silent Witness March, followed by brief ceremony at the library. Participants should meet at 11:45am in front of the Supreme Court Building; November 20, 2:30pm – Signing by the Mayor of the 16 Days Proclamation at the Mayor's Office; December 7, 12:00pm – volunteers would be appreciated to meet at the library to remove the Silent Witness silhouettes. Next meetings of the committee will be November 13, 5:30pm and December 4, 5:30pm. Both meetings will be at Denise Parrish's house (2829 Deming Blvd.).

Communications: The web site is up and running. The committee is working on planning more outreach regarding the Cancel Out event.

Membership: Westby Edge does not charge for use of the meeting room, but management requests a 20% gratuity for

services provided to attendees. Wine and gift cards are needed for Cancel Out fundraiser. Zappy Hour will be Thursday, November 16, 5-7pm. Zappy Hour is a new activity consisting of social events at locally owned facilities. Events will not be held on a regular schedule and may be held in the evenings or Saturday mornings, with at least 72 hours' advance notice provided. Check email for date, time, location, and other information. The **December membership meeting** will be December 14, at Belinda Sawyer's house. Bring a true white elephant. We will also be collecting women's socks, shampoo, conditioner, and/or body wash to donate to Safehouse. Safehouse currently houses 35- 40 people per night.

OLD BUSINESS

Hope Bags – seven club members together with members of the Eclipse Volleyball Team and coaches Casey and Sarah Schmidt worked together to provide 80 outfits for Cheyenne Regional Medical Center and 20 bags for Safehouse. Remaining clothing was inventoried and returned to the storage unit.

16 Days of Activism Activities - November 14, 10:30am – Signing by the Governor of the 16 Days Proclamation at the Capitol; November 20, 12:00pm – Silent Witness March, followed by brief ceremony at the library. Participants should meet at 11:45am in front of the Supreme Court Building; November 20, 2:30pm – Signing by the Mayor of the 16 Days Proclamation at the Mayor's Office.

Cancel Out – flyers were distributed and members were asked to please display them and try to get the word out about the Cancel Out event.

Other old business: None.

NEW BUSINESS

Membership awards were presented as follows: 10 year certificate to Melissa Martin; 10 year certificate to Jennica Fournier; 36 year certificate to Jody Gostas; 39 year certificate to JoAnn Russ; 43 year certificate to Beverly Ambrose.

Other new business: None.

DATES TO REMEMBER:

December 7, 12:00pm – volunteers would be appreciated to meet at the library to remove the Silent Witness silhouettes; December 7, 12:00pm, Board Meeting on Zoom; December 14, Holiday Party at Belinda Sawyer's house.

Meeting closed at 7:15pm.



The 2024 Convention will be here before we know it and we are so excited to get together with you in Brisbane next summer.

We cannot wait to explore the beautiful city of Brisbane with you, and thanks to our friends at Kiff & Culture and It's Live in Queensland!, **[you can now book your pre and post-convention tours for 15% off!](#)** But do not delay, this offer is only valid through the end of 2023.

Read on below to learn about the incredible tours available.

www.zontaconvention.com/tours

District 12-Sponsored Applicant Receives 2023 JMK Scholarship from ZI

ZI has made the official announcement regarding the District/International winners of the 2023 Jane M. Klausman Women in Business Scholarship. Please go to [2023 Jane M. Klausman Women in Business Recipients.pdf \(zonta.org\)](https://www.zonta.org/2023-Jane-M-Klausman-Women-in-Business-Recipients.pdf) for a complete list of all winners.

The D12 winner is Lauren Hanely, who was sponsored by the Foothills Club of Boulder. Lauren will receive \$1,000 from D12 and \$5,000 from ZI.

Lauren is in her first year of a Master's program in Busi-

ness Analytics at the University Colorado, Boulder. She graduated from UC Boulder in May 2023 with a degree in International Affairs and a minor in Leadership Studies. Her masters program has an advertising and marketing specialization, to prepare her for a career as a marketing analyst. She is "dedicated to elevating the status of women in a male-dominated field."

Congratulations to Ms. Hanley and to the Foothills Club!

November Guest Speaker Re-cap

Trish Worley, the Economic Justice Specialist for the Wyoming Coalition Against, provided information on economic and financial abuse within the realm of domestic violence and sexual assault, at the November club meeting. Following is a recap of her presentation.

Economic abuse encompasses the numerous ways a harm-doer may control someone's economic situation, including access to employment, education/training, housing, and even food. The elements of a healthy financial relationship include both partners having access to financial information regardless of who may manage day-to-day activities, negotiation when forming joint financial goals, understanding and respecting that decision-making is equal regardless of the partners' respective financial contributions, both partners should have access to their financial resources without needing to ask permission or hide spending, and both partners should know where and how money is spent.

Financial abuse involves controlling a victim's ability to acquire, use, and maintain financial resources and is one of the most powerful methods of keeping a victim trapped in an abusive relationship. Victims often hesitate to leave an abusive relationship because they lack confidence in their ability to provide for themselves and their children financially. Financial insecurity is also one of the top reasons victims return to abusive partners.

Economic abuse can be difficult to identify and often develops slowly and in a way that may appear protective or caring, such as offering to take care of all of the finances, encouraging the victim to not work outside of the home, and overspending or building up debt either jointly or in the victim's name. The harm-doer might also control when and how money is spent, dictate what the victim can buy, make the victim ask for money or provide an allowance, check receipts and/or make the victim justify every purchase, control the use of property such as cell phones or automobiles, insist that all economic assets are in the harm-

-doer's name, and/or keep financial information secret from the victim.

The impacts of financial abuse include:

- o Lack of confidence and poor self-worth.
- o Without access to financial resources such as money, credit cards, other assets, it is difficult to do any kind of safety planning.
- o Spotty employment records.
- o Ruined credit history.
- o Mounting legal issues such as bad checks or theft.

There are signs to look for if you suspect someone you know is a victim of financial abuse include not having enough money, change in shopping habits, unemployment, not socializing, change in appearance, and/or anxious behavior. However, it is important to look at any of these signs in terms of context. What is financial abuse in one relationship may not be in another.

The ways you can support someone you think is a victim of financial abuse include: Express concern – do not ask too many questions but let them know help is available and they are not alone. It may take multiple times before a victim is willing to communicate. Believe them – take time to listen, and recognize it may take time before the victim is ready to act. Don't try to force a response. Provide practical help – offer a place to stay, or provide essential items like food, clothing, and toiletries. Help develop an action plan. Have information about domestic violence services on hand. Encourage the victim to contact a local program, helpline, or online support service. Offer to be with them while they make contact.

Ms. Worley ended her presentation by providing her contact information: tworley@wyomingdvsa.org; (307) 755-5481 Office; (307) 760-6009 Cell.

ZONTA SAYS NO

TO VIOLENCE AGAINST WOMEN

16 DAYS OF ACTIVISM TOOLKIT



Did you miss the 2023 Zonta Says NO to Violence Against Women Summit?



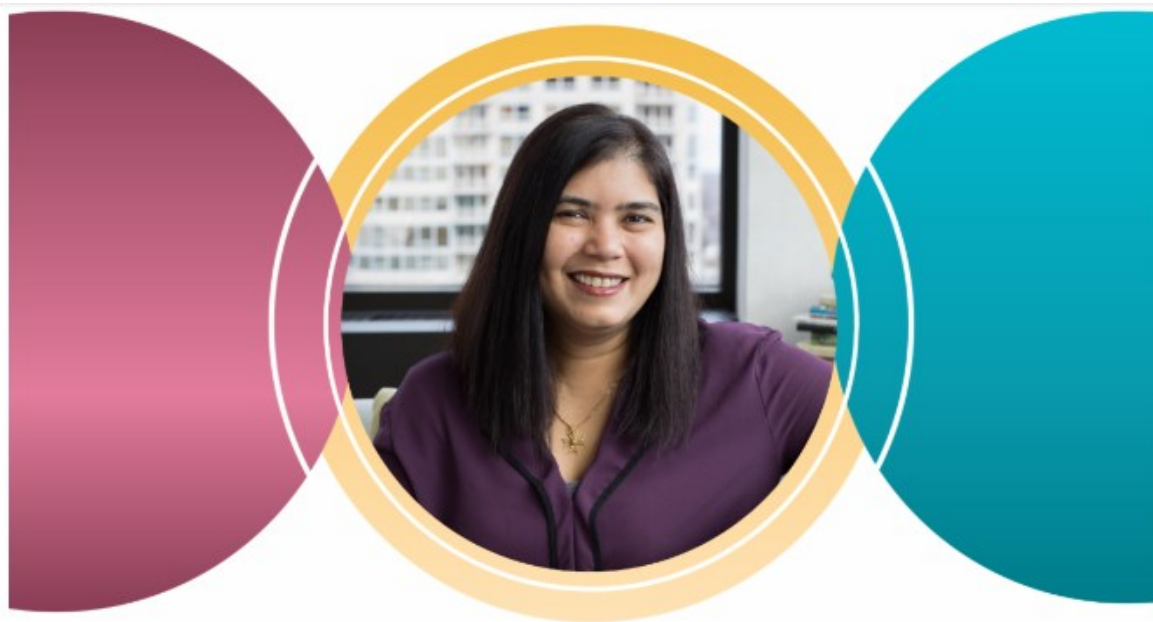
You can still catch up on all the amazing content by [purchasing the full recordings](#) for just US\$25 for a limited time. Listen to Chane Miller's story and hear her answer questions from your fellow Zontians

Keep your Zonta Spirit high and be inspired by the summit's valuable insights and messages today!

[Access recordings now](#)

All proceeds will go to the Zonta Foundation for Women International Service Fund.

**Does not include fees*



MEET ELSAMARIE D'SILVA
HER STORY ON DEMAND NOW

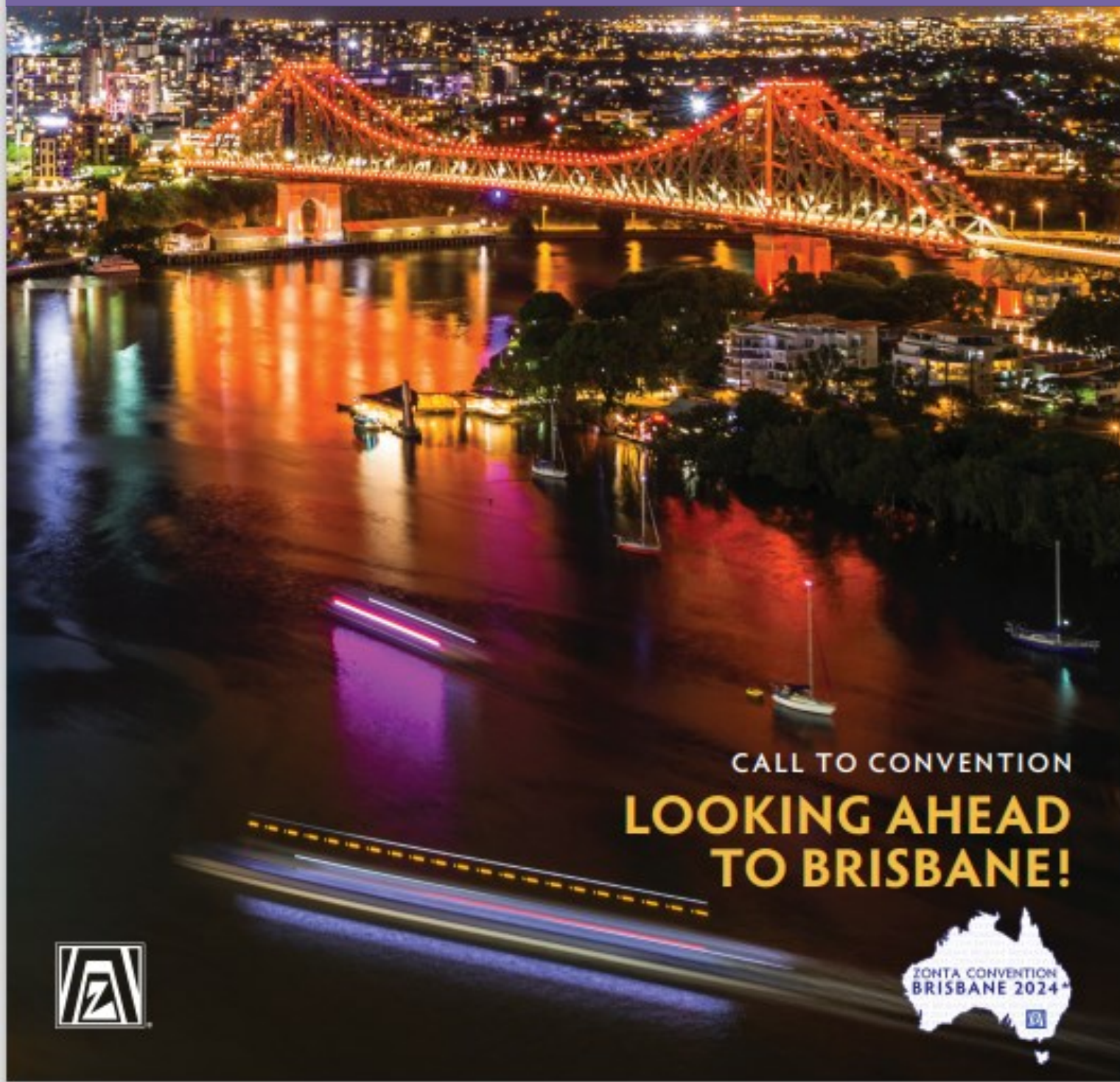
ElsaMarie D'Silva is the founder of Red Dot Foundation in India and president of Red Dot Foundation Global in the U.S., today!

Watch her video at [\(36\) Remarkable Women, Powerful Stories — ElsaMarie D'Silva - YouTube](#) to learn why ElsaMarie is a remarkable woman!

ISSUE THREE | 2022-2024
NOVEMBER 2023

THE Zontian

THE VOICE OF ZONTA INTERNATIONAL



CALL TO CONVENTION
**LOOKING AHEAD
TO BRISBANE!**



https://www.zonta.org/images/docs/NewsEvents/ZontianMag/Zontian_November2023.pdf

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



Bev Ambrose 12/7

Samantha Fails 12/8

Linda Bogart 12/12

Jennifer Brosious 12/14

Caroline D'Ambro 12/27

Kathy Scigliano 12/29

Connie Sloan-Cathcart 12/30

Upcoming Meetings & Events:

Advocacy & Service Committee Meeting

Dec 4 @ 5:30 pm

Denise Parrish's home—2829 Deming Blvd

Membership/Communication Committee Meeting

Dec 5 @ 5:30pm

Paris West, front bar

Zonta Board Meeting

Dec 7 @ noon

Zoom

Zonta Club Meeting, White Elephant Gift Exchange, & Zappy Hour

Dec 14 @ 6 pm

Belinda Sawyer's house—420 Cherokee St

*Please consider bringing items for the Safe House,
such as full-size body wash, shampoo, conditioner,
and paper goods.*

Zonta Foundation :

Kristie Wilson, President

Linda Bogart, Vice President

Melissa Martin, Treasurer

Denise Parrish, Secretary

Ann Erdmann, Director