

# ZONTA

CLUB OF  
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

June 2024

# Zephyr

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## Message from the President

Spring is in the air! I love the freshness, planting flowers, and hearing the songbirds!

I am excited about what this coming year will bring for our Zonta Club of Cheyenne.

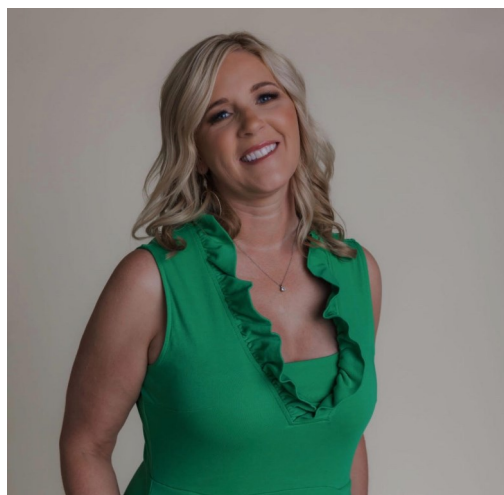
We have so many new members that have joined our group.

I would like to initially focus on getting

our new members connected and helping out in any way they can. I would also like to encourage our more seasoned members who haven't been participating, to get involved even if it's in one small area. Our club has so many opportunities for involvement within our club and community.

We will officially have all of our monthly meetings in the

evenings on the 2nd Thursday of each month in person. This is a great way to interact with all our members and get to know each other more deeply. This next year our focus will



remain on fighting the fight against Human Trafficking and also highlight how this gravely affects the indigenous women in

our state.

I hope to see you at the Cheyenne Country Club, on June 13 for our monthly meeting!

~Belinda

### Monthly Club Meeting

Cheyenne Country Club

Thursday, June 13

Dinner @ 5:15 • Meeting @ 6:00

More information on page 4, and in your email inbox!

ZONTA  
100  
YEARS

[www.cheyennezonta.org](http://www.cheyennezonta.org)

# Another year, another successful art contest

By Denise Parrish

As has become our tradition for the past decade, the Zonta Club of Cheyenne hosted an Annual Art Contest to raise awareness about various aspects of violence against women. We invited artists – young, old, experienced, inexperienced, professional, amateur – to submit pieces to reflect their views of surviving interpersonal violence. We received 16 fantastic pieces – drawings, paintings, a 3-D shadow-box, a poem, and even an autobiographical story. A jury of three independent judges selected the winners of the contest for each of the three age categories. The fourth prize was a people's choice award. Each of the winners received a \$200 prize.

The Art was displayed in the lobby of the Cheyenne Civic Center for most of the month of April. On the evening of April 15 th , we held a free reception at the Cheyenne Civic Center which artists and their families, Zontians, and the general public were invited to attend. This was an opportunity to view the contest entries, hear the announcement of the contest winners, nibble on some charcuterie, watch art being created live (thanks to Paula

Egan-Wright), and engage in some participatory art opportunities.

The Zontians hosting the reception were quite pleased with the participation of the public and the interaction we were able to have with those who attended.

Our thanks to all who assisted with the contest and with the reception itself. Several of the art pieces were donated to the Club. We can use them to display at other events and /or may wish to include a few of the pieces in the silent auction at next year's CANCEL OUT fundraiser.

We hope to continue our annual tradition and currently plan to host a 2025 contest. Specific themes and logistics will be forthcoming.





# 2024 D12 Area 2 Meeting held in Cheyenne

The 2024 D12 Area 2 meeting was moved from Douglas to Cheyenne this year, and the task of organizing and planning was taken on by Denise Parrish, who did an amazing job in a short amount of time, to plan an amazing meeting!

Friday night, we met for Dining and Discourse at The Office Bar & Grill, where we socialized with fellow Zontians from Cheyenne, Colorado and Montana. We also had a presentation by our own Melissa Martin, who gave us tips about small talk and how to start conversations. She also helped with our skills used to talk to others about Zonta.

Saturday morning began with a Presentation of the Colors by the girls from Scouts BSA Troop 1869, and the Star Spangled Banner was sung by Ashlie Giesick. Next we heard Zonta updates from Dist 12 President, Bridget Masters. Renee Cop-pock, a Zonta International Board member shared information and photos with us about some international projects.

After a short break to shop and buy raffle tickets, Brian Martin, Managing Editor of the Wyoming Tribune Eagle spoke to us about how to use various forms of media to spread Zonta's message, including how to best prepare information when approaching media outlets about covering our events and projects.

Next, we had a Membership report by Debbie Sundberg, Dist 12 Governor-Elect who also teamed up with Denise Parrish to lead us in a Membership activity, which included discussing why we do or don't talk to others about Zonta, how to create conversation about Zonta and we practice creating and delivering our elevator speech about Zonta.

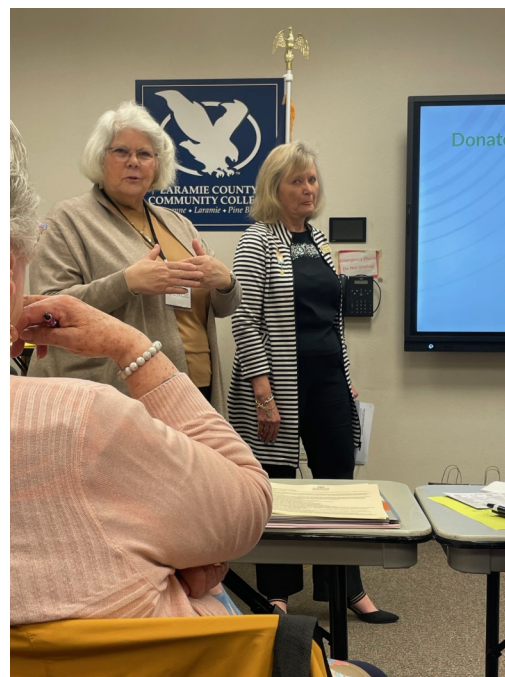
Deedee Boysen and Sheila Davis, Dist 12 Club Creators spoke about their ideas for creating new Zonta Clubs and where there are new clubs beginning. They also shared a little with us about e-clubs, which are online clubs for those without a Club close to them, or those who wish to not attend events in person.

Next, Julie Trone, Chair of Dist 12 AEGE Committee shared details about the Action for Environment and Gender Equity Committee, and how the environment is linked to gender equity, and the lack thereof. And before lunch, we had an insightful presentation from Cara Boyle Chambers, Director for the Division of Victim Service, Wyoming Office of the Attorney General. Cara spoke to us about her experience with both the Wyoming Human Trafficking task force, the Missing and Murdered Indigenous People, and what she has learned about how delicate the relationship is between the two.

After lunch, Denise Parrish provided an insightful presentation on Advocacy and ideas to increase Zonta's presence and further the agenda through Advocacy projects. This was followed with a club roundtable where a representative from each club shared successes, challenges, fundraising and activities. It was amazing for everyone to share and learn new ideas!

Kudos to Denise on all her hard work in organizing the meeting, including finding meeting spaces, speakers, the Scout troop, the singer, arranging meals, and creating fun goodie bags for all attendees and a special gift for all first-time attendees.

Many thanks, Denise!



***Photos l-r: Melissa Martin speaking on the importance of small talk; Cara Boyle Chambers educating us about the Missing and Murdered Indigenous People; Denise Parrish and Debbie Sundberg helping us perfect our elevator speech.***

# Announcements

## ADVOCACY COMMITTEE MEETING

June 10th @ 5:30 p.m.

"THE GARAGE ROOM" at  
THE OFFICE BAR AND GRILL, 1600 E. Pershing

PLEASE JOIN US! ALL ARE WELCOME!  
COME JUST TO LISTEN - OR BRING IDEAS!

For more information, contact  
Denise Parrish at (307) 286-1463

or [parrishzonta@gmail.com](mailto:parrishzonta@gmail.com)



## New Member Orientation

Saturday, June 15, 10:00 a.m.

Paris West - Fireplace room

*All new members and committee chairs/  
representatives are encouraged to attend!*

The survey of the new members preferred Saturday morning coffee. Paris West will donate the room and there will be a \$5.00 per person fee for coffee and muffins.

## Membership/Communications Committee Meeting

Thursday, June 27 at 5:15 pm

Location: Betty's house

814 E Jefferson Rd

Everyone welcome!

For more information:

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

## June Monthly Club Meeting

Cheyenne Country Club

Thursday, June 13

Dinner @ 5:15 • Meeting @ 6:00

*Having dinner is not required.*

*You are welcome to attend just the meeting,  
which will begin around 6:00 pm.*

If you plan on dining, reservations are required by June 6th to Belinda Sawyer, and the cost of the meal is \$35, payable by cash or check at the dinner. If you do not cancel your dinner reservation by June 7th, you'll still be responsible for the meal as the Club will be charged.

***Check your email for more details!***

## Red Sand Project scheduled for July 5

**The Red Sand Project** has been scheduled for July 5, the time of the Friday Art Walk (5:00 pm). This will be a great advocacy event.

Members not familiar with the Red Sand Project should google it at [redsandproject.org/about/](http://redsandproject.org/about/) or check it out on Facebook.

We will have a small table and red sand packets/info set up outside Clay Paper Scissors Gallery,

1513 Carey Avenue.

We expect this will be a good date and venue for traffic. We might also try Beach Please and Hawthorn Tree.

Anyone interested in helping to assemble some sand bags is welcome to come to Jody's house at 107 W 1st Ave on Friday, June 21 at 1:00 or Tuesday, June 25 at 5:15 - just let me (Jody) know.

# Highlights Of Advocay & Service Committee Meeting

*By Denise Parris, Advocacy/Service Committee Chair*

On May 13, 2024, eight Zontians and one guest met together to discuss a wide variety of current and potential future activities. The first project discussed was the upcoming Red Sand Project that Jody Gostas and Ilaine Brown have been planning. In light of Ilaine's extended absence (we wish her good health and healing), Jill Randall (welcome) has stepped up to help finalize some of the logistics of this project. More details to come.

We next discussed our usual July distribution of coasters and posters that share the domestic violence hotline number and human trafficking hotline number. 15,000 coasters have been ordered. The poster is being updated. Kathy Orr has offered to contact Cheyenne Frontier Days folks to see if we can distribute on the CFD grounds. Kimberly Bowie (welcome) has offered to discuss the distribution route lists with other Zontians (especially Betty) to see what updates are needed.

We then entered into a wide-ranging discussion with our guest, Mandie Shattuck, about future projects that could be explored. Mandie introduced herself as an artist (she offered some pieces in the Art Contest), a survivor of interpersonal violence, and a person concerned about abuse she sees happening impacting one of her neighbors. Some of the suggestions discussed included: creating a website (with a QR) of one-stop resources that would be easy to use by an individual experiencing violence; exploring whether calling 2-1-1 would provide an adequate list of resources for survivors; creation of a day space where a victim leaving her abuser could go to catch-her-breathe and figure out next steps before entering an oft-crowded and chaotic sheltering process; learning about

the services of Safehouse and specifically whether it helps victims plan how-to-leave-her-abuser safely; creating a soft room with the sheriff / police department where victims may be interviewed about her abuse (rather than a harsh interrogation room); and hosting or helping to coordinate a meeting of all the service providers involved with domestic violence survivors to better understand any gaps in the system.

We closed out the meeting by discussing items that might be of interest to the group beyond Violence Against Women. There is continuing interest in trying to engage or partner with Girls on the Run. There was also interest (especially by Barbara World) in taking on the issue of Elder Abuse and educating seniors about how to self-advocate on issues whether it be related to the rights of a person in a nursing home or fighting back when financial scams occur.

We had a wonderful mix of long-standing Zontians and brand-new members in attendance! And, that did not even include some of the folks that want to work mostly on Hope Bags or 16 Days of Activism. It is an exciting, enthusiastic, energetic, group of passionate people with whom to be conversing. Please feel free to join us at The Office Bar and Grill for our next meeting on June 10<sup>th</sup> at 5:30 p.m.

## NEXT ADVOCACY AND SERVICE

### COMMITTEE MEETING

June 10<sup>th</sup>, 5:30 – 7:00 p.m.

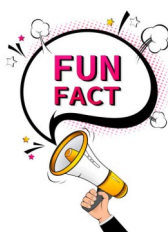
THE OFFICE BAR AND GRILL ("The Garage")

ALL ARE WELCOME

Wondering about when and where events like Zunco and Zappy Hour will be? Interested in joining the Membership/ Communications Committee and/or attending the meetings?

Watch for emails from:

[zontafun@gmail.com](mailto:zontafun@gmail.com)!



Do you know someone who works at a high school in Cheyenne? We have a new member hoping to start up a Z-Club at each high school in Cheyenne.

If you know someone who could act as sponsor, please contact Kimberly Bowie,

email: [kimbowie@live.com](mailto:kimbowie@live.com)





  
WYO  
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HELP  
WANTED

  
**ZONTA**  
CLUB OF  
CHEYENNE  
MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

**SAVE THE DATE**  
**JULY 10, 2024**  
**24 HOURS**

[wyogives.org](http://wyogives.org)

## **HAVE YOU SIGNED UP FOR FAST ACTION FRIDAYS YET?**

*Text the word “Zonta” to 50457.*

You will receive a message with a link to then register to receive periodic information from Zonta about proposed federal issues. Upon receipt of each notice, you will have the opportunity (your choice – not mandated) to let your congressional representatives know your thoughts about the issue at hand.



# May Membership Meeting

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

The April membership meeting was held on May 2, 2024, at the Cheyenne Country Club. The meeting was called to order at 6:00pm by Belinda Sawyer.

**Minutes of the last meeting:** Minutes of the April meeting are available in the Zephyr, and will also be distributed to members via e-mail. Discussion and approval are deferred until the June membership meeting.

**Treasurer's report:** The Treasurer's report was previously included in the Zephyr.

**Young Women in Public Affairs:** Darcey Harris presented the Young Women in Public Affairs award to Jasmine Becerra. Ms. Becerra is a senior at Pine Bluffs High School and plans to pursue an undergraduate degree in microbiology or neuroscience, followed by medical school. She hopes to one day participate in Doctors Without Borders. Her application has been forwarded to District 12 for consideration for additional awards at the district and international level.

## STANDING COMMITTEE REPORTS

### Advocacy & Service

Denise Parrish, committee chairperson, presented an overview of the Art Contest, red sand project, coasters and posters campaign, and assistance to be provided to Habitat for Humanity on June 1. The next meeting of the committee will be May 13, 5:30pm, at The Office.

### Communications

The committee is seeking help with providing social media posts. A survey that was recently sent to membership regarding desired meeting times and locations (i.e., continue alternating between noon Zoom and evening in-person, continue to alternate between noon and evening but all meetings would be in person, all meetings evening and in-person) did not give definitive results. After some discussion it was moved and seconded that the incoming President decide how future meetings will be conducted. Motion passed.

### Membership

The committee is seeking new members. We have eleven

new members so far this year. The club currently has fifty-eight members. Six of the new members were present at the meeting and were initiated by Cathy Cathcart. Members are encouraged to read the monthly newsletter. Tracy Myers was commended for the excellent job she does in putting the newsletter together. Please send any new info, updates, etc., to her. Members are also encouraged to participate in social events such as Zappy Hour and Zunco. A new member orientation is being planned with date and location not yet determined.

**Installation of Officers:** Cathy Cathcart conducted the installation of officers. The officers and Board of Directors for 2024-2025 are as follows.

### Zonta Foundation

President, Ann Erdmann; Vice President, Linda Bogart; Secretary, Denise Parrish; Treasurer, Melissa Martin; Director, Vickie Ingerle.

### Zonta Club

President, Belinda Sawyer (2024-2026); Vice President, Pam Pafford (2024-2026); Secretary, Laura Gorny (2024-2026); Treasurer, Dasa Robertson (2024-2026); Director, Betty Abernethy (2024-2026); Director, Darcey Harris (2023-2025); Director, Michelle Huff (2023-2025); Director, Tracy Myers (2024-2026); Director, Kathy Orr (2024-2026); Director, Rebecca Reid (2023-2025); Director, Michelle Aldrich (as immediate Past President) (2024-2026).

Presentation of the Zontian of the Year award is deferred to the June membership meeting because the recipient was unable to attend tonight's meeting.

### Dates to remember:

May 3-4, Area Meeting. For information contact Denise Parrish; May 14, 11:30am – 1:30pm. Safehouse Annual Luncheon. For information contact Dasa Robertson.; June 6, Zonta Board meeting, 5:30pm. Location to be determined.; June 13, Zonta membership meeting. Time and location to be determined.

Meeting adjourned at 6:45pm.

Submitted by Laura Gorny, Secretary.

## 2024 Zonta Club of Cheyenne Induction of Officers



**Kathy Cathcart inducting new Zonta Club of Cheyenne members during the May club meeting**



**Kathy Cathcart inducting the 2024 Foundation Board (l-r) Linda Bogart-VP; Ann Erdmann-Pres; Melissa Martin-Treasurer; Denise Parrish-Secretary, (missing Vickie Ingerle-Director).**



**Kathy Cathcart inducting (l-r) Belinda Sawyer-President; Pam Pafford-Vice President; Dasa Robertson-Treasurer; Laura Gorny-Secretary.**



**Kathy Cathcart inducting new Directors to the Zonta Board, Tracy Myers and Michelle Huff.**



**Young Women In Public Affairs award winner and her family (l-r) Mago, Jasmin, and Heather Becerra with Zonta President, Belinda Sawyer.**



## 2024 Club Officers And Board

**President:** Belinda Sawyer

belindawyohomes@gmail.com

**Vice President:** Pam Pafford

pamwyohomes@gmail.com

**Secretary:** Laura Gorny

lgorny@bresnan.net

**Treasurer:** Dasa Robertson

Dasagwen@yahoo.com

**Immediate Past Pres:** Dr Michelle Aldrich

### Board Directors:

Betty Abernethy

Kathy Orr

Rebecca Reid

Michelle Huff

Darcey Harris

Tracy Myers

### Nominating Committee

Ann Erdmann

Melissa Martin

(Vacancy)

### Committee Chairs

Advocacy/Service: Denise Parrish

Finance: Kathy Cathcart

Membership/Communication: Betty Abernethy

Zonta International Foundation for Women

Ambassador: Mary Walker

Club Historian: Linda Bogart



*Tracy Page* 6/04

*Lynn Story-Huylar* 6/09

*Josephine Carlson* 6/17

*Amy Mavy* 6/25

## Upcoming Meetings & Events:

### Board Meeting

June 6 @ 5:30 pm

ReMax Office on Central

### Zonta Club Meeting—No-host dinner

June 13 @ 5:15 pm

Cheyenne Country Club

Cost: \$35/person for dinner, RSVP by 6/6/24

### Advocacy & Service Committee Meeting

June 10 @ 5:30 pm

The Office Bar & Grill—The Garage Room

### New Member Orientation

June 15 @ 10:00 am

Paris West—Fireplace room

Cost: \$5/person

### Membership/Communications Committee Meeting

June 27 @ 5:15pm

Betty's house—814 E Jefferson Rd

### Zunco

July 9 @ 5:30

Applebees—Cost \$15/person

## Zonta Foundation :

Ann Erdmann, President  
Linda Bogart, Vice President  
Melissa Martin, Treasurer  
Denise Parrish, Secretary  
Vickie Ingerle, Director