

ZONTA

CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

July 2024

Zephyr

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Message from the President

Summer is upon us which means it's the best time of year in Cheyenne! I was able to travel and see my daughter in Alaska and enjoy all of its beauty as well!

July means that us Zon-tians have several activities that we can be a part of. First, we have the Red Sand Project on July 5. This is the first

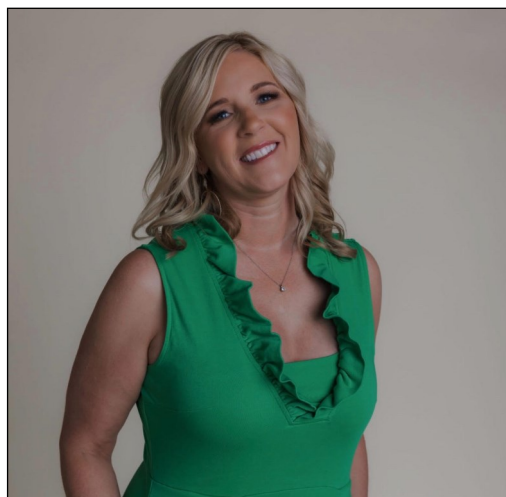
time we have done this. Let's make an impact in our town and participate in this event.

For the past several years, we have handed out coasters and hung posters around town for Cheyenne Frontier Days. This event brings sex trafficking to the forefront of our town. It doesn't seem possible but it's the truth. Please sign up and help us get the Sex Trafficking Hotline

number out there so we can help anyone who needs it! Watch your email for the dates and time to help.

Last but not least, we have our annual picnic! This will

be a night of getting to know each other and our families. There will be no meeting or agenda, watch your emails for what to bring.



There is a ton more information in this newsletter so please read it in its entirety.

Monthly Club Meeting

Annual Member/Family Picnic

Thursday, July 11th @ 5:30 pm
Belinda's house—420 Cherokee St

We'll have a TACO BAR carry-in!
The Foundation will provide the
taco meat;

*please watch your email
for what to bring!*

ZONTA
100
YEARS

www.cheyennenezonta.org

Welcome! New member orientation

On June 15, 2024, a mighty group of world-changers met at Paris West over coffee and muffins to learn how they can do more to make the world a better place for women and girls. Our first new member orientation of 2024 was very well-attended, with six new members in attendance, and several more seasoned members sharing pearls of wisdom about Zonta.

Led by Betty Abernethy, co-chair of the Membership/Communications Committee, we all learned more about the Zonta Club of Cheyenne, Area 2, District 12 and Zonta International. Betty shared about the Membership/Communications committee, and Denise Parrish shared about the Advocacy/Service committee.

Betty also asked new members to commit at least two years to our Zonta Club, and to find ways to get involved. She shared how being involved not only positively affects our Club, but also helps new members get and

stay connected, and how our relationships create a stronger club who can do more to effect change in our community and our world.

Thank you to all who attended! And for those new members who were unable to attend, please let Betty or Tracy know if there is an evening or Saturday that might work for you to meet for another new member orientation, which we're working on. The Membership committee wants to do whatever they can to help new members get involved and feel part of the Club and the change! And for any members who have been out of the loop, please reach out and know that you are also welcome to join us for the next New Member Orientation to see how and where you can get involved again, because we miss you!

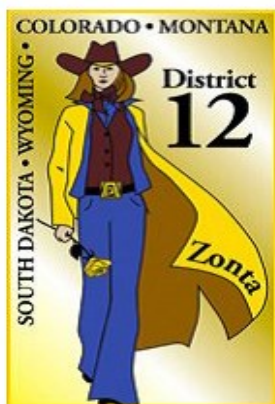
Please watch your email for details on the next New Member Orientation!



Top left to right, clockwise: Betty Abernethy, Cassandra Stith, Amy Leavitt, Denise Parrish, Jody Gostas, Jill Randall.



Top right to left, clockwise: Becky Evans, Kate Wright, Patty Ohare, Jody Gostas, Jill Randall, Caroline D'Ambro, Betty Abernethy, Cassandra Stith, Amy Leavitt.



Need something incredible, uplifting, and motivating to do in October?

BE BOLD!
BE BOLD!

Join us for the

District 12 Governor's Summit

October 4-6 in the Colorado Chautauqua

Boulder, CO

What is "Spirit Wednesday" and why participate?

In case you missed the emails about Spirit Wednesday, here is the low-down. District 12 has recruited our own Betty Abernethy to be the District 12 "Spirit Enthusiast." Betty shared with us that the District is challenging all Zontians to wear orange or something with a "Z" on it on Wednesdays. Some people questioned, "Why orange?" and Advocacy/Service Committee Chair, Denise Parrish, did some digging and provided this explanation for us:

The following is taken from the Zonta International website:

Showing solidarity with the many other campaigns standing in opposition to violence against women, the Zonta Says NO to Violence Against Women campaign has also adopted the use of the color orange. This vibrant color not only stands out while being worn, but is also eye-catching on buildings, statutes and other structures. 25 November is also known as Orange Day. However, the color can be worn and shown at any time during the campaign.

The following is from a United Nations website:

How do we create a future free from violence against women and girls? Let's start with a simple action, wearing orange. Orange is the chosen color for the annual global campaign "UNiTE to End Violence against Women." The UNiTE campaign urges individuals worldwide to wear this bright color, symbolizing optimism and the commitment to a future free from violence against women and girls.

So set a reminder on Tuesday nights to wear something with a "Z" or orange on Wednesdays. Zonta Fun will also be sending out reminders. And when co-workers or family or friends notice that you're wearing a letter that is not one of your initials, or that you're wearing orange every week, have your 30-second elevator speech ready for them! You don't have an elevator speech ready? Reach out to Betty Abernethy! She can help pull one out of you that just flows and spreads our message.

Also, if you participate, please text photos to Betty (307-630-4218) or Tracy Myers (307-851-9553), so we can share them with District 12!



Betty Abernethy -District 12 Spirit Enthusiast - Sharing the ZI program.



District 12 Leadership Team with Zonta Spirit

**MAKE THE CALL,
SAVE LIVES.**

End human trafficking.

U.S.: 1-888-3737-888

TAT

CAN: 1-833-900-1010

For more information on this organization, please go to:
info@tatnonprofit.org

Announcements

ADVOCACY COMMITTEE MEETING

July 15th @ 5:30 p.m.

At Denise Parrish's home—2829 Deming Blvd

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

Membership/Communications Committee Meeting

No meeting will take place in July.

See August Zephyr for date!

UPCOMING SERVICE AND ADVOCACY COMMITTEE ACTIVITIES

July 5 th 5 to 7 p.m. The Red Sand Project
(for more information contact Jody Gostas)

July 8 th 5:30 p.m. Bagging Coasters
at Denise's (2829 Deming Blvd)

July 15 th 5:30 p.m. Service and Advocacy meet-
ing at Denise's (2829 Deming Blvd)

July 19 th 10 a.m. Distribute Posters at Frontier
Park (contact Kathy Orr for more information)

July 20 th 10 a.m. Distribute Posters at Frontier
Park (contact Kathy Orr for more information)

August 24 th 9 - 3 Joint Service Club Food Drive
(watch for more information and sign-up sheet)



Are you on Facebook?

If so, please be sure to
like and follow the Zonta
Club of Cheyenne's page!

To help spread the word
about the Club and ZI, please like, comment on,
and share posts you see about the Club!

Help wanted: *July 5th Red Sand Project*

The Advocacy Committee announces the Red Sand Project which will be held in conjunction with the First Friday Art Walk on July 5 from 5:00 - 7:00 pm.

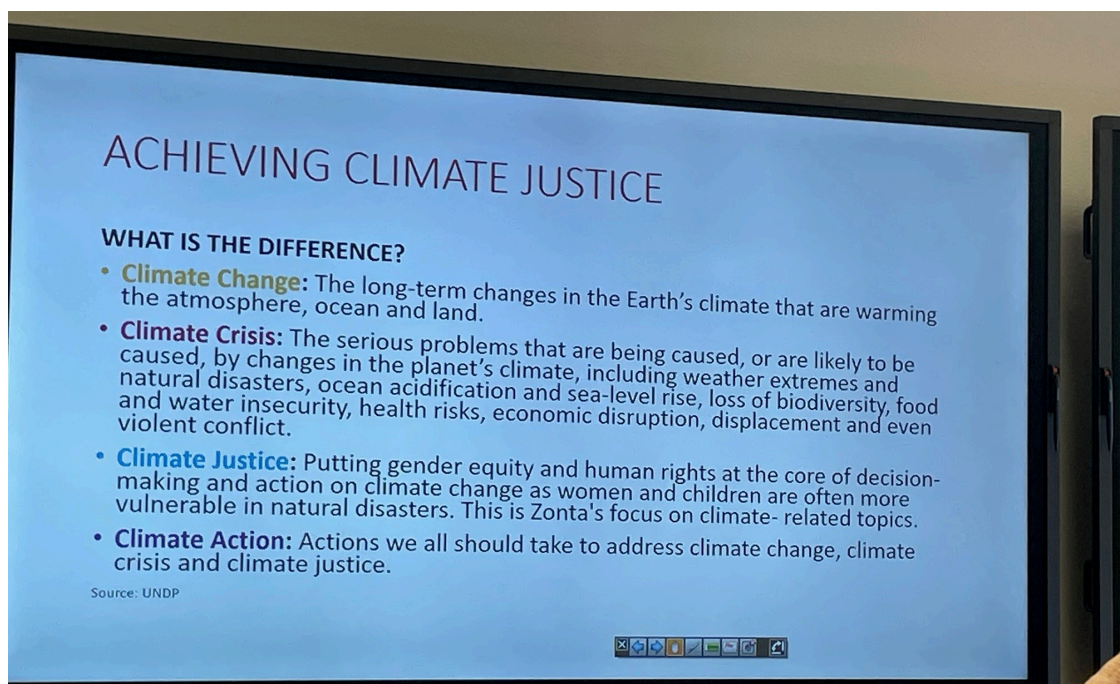
We will be set up at the Clay, Paper, Scissors Gallery at 1513 Carey Ave. This Gallery has been chosen to be the focus location for this Friday Art Walk which should bring a lot of attention to the Red Sand Project. We will also be using the sidewalks around Beach Please Drink Co at 100 W 17 St, another good downtown location.

We're encouraging Zontians who are in town

to stop by either or both locations, ask questions, dribble some sand!



What is climate justice and why is Zonta involved?



During our New Member Orientation, the question was raised concerning ZI's Climate Justice Initiative, what is it? The picture shown to the left is from part of a presentation given by Julie Trone at our Area 2 meeting in May, and is a great snapshot overview of the information. There is also more in-depth information on the Zonta International Website.

WING SHACK COMMUNITY NIGHT

PARTNERED WITH: **ZONTA CLUB OF CHEYENNE**

USE CODE: **EMPOWER**

WEDNESDAY, JULY 17TH, 2024
4PM - 8PM

Order online pick up/delivery or in-store to support your cause!

Wing Shack 1439 Stillwater Ave #1, Cheyenne, WY 82009

Help Wanted!!! We would love to have two more Zontians for our **Calling Committee!!!**



Our calling committee is Jody Gostas, Linda Bogart, and Mary Walker.

Please answer when they call with reminders!

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!



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





Please spread
the word!



SAVE THE DATE

JULY 10, 2024
24 HOURS

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.

June Membership Meeting

The June Membership meeting was held at the Cheyenne Country Club on June 13, 2024. The meeting was called to order at 6:00pm by Belinda Sawyer.

Special announcements & other fun things:

Caroline D-Ambro was recognized as Zontian of the Year. Thank you, Caroline, for all of your hard work on behalf of the Club! Birthdays and other special events were acknowledged. As an “ice breaker”, everyone shared what was their first ever job (other than babysitting).

Speakers were Julie Malm and Chris McRady who shared information regarding the new senior center that is currently under construction. Notes regarding their presentation follow the minutes of the business meeting.

Minutes of the last meeting: Minutes of the May meeting were previously included in the Zephyr and also sent to members via email. The minutes will be amended to correct the misspelling of Kathy Cathcart’s name. A motion was made and seconded to approve the minutes as amended. Motion passed.

Treasurer’s report: The Treasurer’s report was previously included in the Zephyr. The Treasurer’s report has been placed on file for audit.

STANDING COMMITTEE REPORTS

Advocacy & Service

Red Sand Project will be done on the first Friday night art walk on July 5, 5:00pm – 7:00pm. Volunteers are needed for that night. This project involves placing red sand in cracks of pavement to draw attention to people who “fall through the cracks”. Stations will be set up at Clay Paper Scissors Gallery (1513 Carey Avenue), Beach Please Drink Co. (200 E. 17 th Street), and R.W. Baker Wealth Management (100 W. 17 th Street). Volunteers will get together on June 25 to put red sand into baggies. We will meet at Jody Gostas’ house at 107 W. First Avenue at 5:15pm. Depending on the number of helpers, it shouldn’t take too long.

Coasters & Posters distribution will take place in July. Volunteers are needed and a sign-up sheet was circulated during the meeting. Volunteers are also needed to put coasters into bags to deliver to locations around town. This will be done on July 8 at 5:30pm at Denise Parrish’s house (2829 Deming Blvd.). Posters will be placed at Frontier Park on July 19 and July 20, 10am both dates (west side on July 19, east side on July 20). Betty Abernethy will coordinate distribution of posters and coasters to other locations around town, to be done by mid-July.

Next meeting will be July 15, 5:30pm, at Denise Parrish’s house (2829 Deming Blvd.).

Membership and Communications

Zunco will be July 9 at Applebee’s, 5:30pm, at a cost of \$15.00 per person. The cost covers light snacks, donation to a cause to be

selected at the event, and prizes.

New Member Orientation will be Saturday, June 15, 10:00am at Paris West. \$5.00 covers muffin and a drink, or menu items may be ordered at cost. The committee is hoping at least one representative from each standing committee will attend to share information about committee activities. The Club has a new email account: ZontaFun@gmail.com. A new District initiative was presented at the recent District meeting. Every Wednesday will be Zonta Spirit Day. Members are encouraged to wear orange or something with a Z on it to bring attention to Zonta. It was noted the Zonta logo is available at Trophy Creative (508 W. 19 th Street). The logo can be put on personal items, and they also sell shirts.

District 12 Governors Seminar will be October 4-6, 2024, at the Colorado Chautauqua in Boulder.

OLD BUSINESS

Membership meetings will continue to be the second Thursday of the month. Business meeting will be 6:00pm – 7:00pm. Dinner will start at 5:15pm. Attendees are welcome to come for dinner and meeting, or for the meeting only. The July meeting on July 11 will be a taco bar picnic with the club providing meat and attendees bringing toppings and side dishes or dessert. It will start at 5:30pm at Belinda Sawyer’s house (420 Cherokee Street).

NEW BUSINESS

WyoGives will be July 10. Unlike previous years, matching funds are not contingent on making donations early in the day. Kim Bowie presented information regarding a future fund-raising activity for the club. Her husband owns Wing Shack, and would like to sponsor one or more community day fundraisers to benefit Zonta. 10% of sales on the selected dates would be donated to Zonta. The club is responsible for public relations. He would provide a table at the restaurant for club members to provide information to customers.

Dates to remember:

June 15 – New member orientation, 10:00am, Paris West. **June 25 – place red sand in baggies** for the Red Sand Project, 5:15pm, 107 W. First Avenue. **July 5 – Red Sand Project**, 5:00pm, at Clay Paper Scissors Gallery (1513 Carey Avenue), Beach Please Drink Co. (200 E. 17 th Street), and R.W. Baker Wealth Management (100 W. 17 th Street). **July 8 – organize coasters for distribution**, 5:30pm, 2829 Deming Blvd. **July 9 – Zunco**. 5:30pm at Applebee’s. **July 10 – WyoGives**. **July 11 – Zonta member and family picnic**, 5:30pm at 420 Cherokee Street. **July 15 – Advocacy & Service committee meeting**, 5:30pm, 2829 Deming Blvd. **July 19 – hang posters**, west side of Frontier Park, 10:00am – 12:00pm. **July 20 – hang posters**, east side of Frontier Park, 10am – 12:00pm. **Oct. 4-6 – District 12 Governors Seminar**.

Meeting adjourned at 7:20pm.

Submitted by Laura Gorny, Secretary.

June Guest Speakers from Laramie Co Senior Center

Guest speakers: Julie Malm and Chris McRady, representing the new senior center. The new Laramie County Senior Center is currently under construction in the 4200 block of East Pershing Blvd. (between Maverick and Broadmoor East Veterinary Clinic).

As Cheyenne's population has grown, so has the need for a larger facility to serve its senior population. The new facilities will provide services including: Meals and nutrition; Social activities – pool, bridge club, bingo, etc.; Support for caregivers; Improved socialization opportunities; Access to the city bus route; 78 parking spaces; Food will be prepared on site for the dining room as well as delivery to satellite locations. Delivery will be reevaluated in a year or so, with transportation to bring people on

site considered as a possible alternative. Speakers will be brought in. Facility will be available for use by other groups, family events, etc. Tax preparation services will be available.

The senior center will be operated by a non-profit which will answer to the Laramie County Commissioners. Funding is currently provided through a grant from the Wyoming Department of Health together with city and county funds. Most services are free. The Board is seeking additional grants and sources of state and federal funding, as well as donations. Construction should be complete before the end of the year, with an official grand opening to take place after the first of the year.

A thank you from Habitat for Humanity...



To Zonta Club,

Thank you for providing lunch on June 1 at the Habitat build site for volunteers! That day was a tricky day because we invited volunteers to build vs our normal sign up. You removed the stress though with a backup plan for the food.

Thank you and look forward to hosting Zonta for a build day! Daffney

Thank you for providing lunch to our volunteers at the build site! Aein

Did you know that you can take your own item (shirt, jacket, etc.)

to Trophy Creative

and for a small fee they will put our Zonta Club logo on it?

The logo is in their files and is based on the picture to the right.



Thank you for building IMPACT within our community!

Thank you so much for providing lunch for our volunteers at the build site! It's partnerships like this with other great organizations that allow us to make an impact in our community! Thank you for being Habitat Heroes!

Since
Don Dersch

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



Kathy Orr 6/26

Jennifer Goodman 7/14

Kimberly Bowie 7/19

Donna Angel 7/27

Michelle Huff 7/31

Upcoming Meetings & Events:

Red Sand Project

July 5 @ 5:00 pm

Clay Paper Gallery & Beach Please

Bagging Coasters

July 8 @ 5:30

Denise's home—2829 Deming Blvd

Zunco

July 9 @ 5:30

Applebees—Cost \$15/person

WYOGives

July 10 all day!!

Zonta Club Meeting—Member & Family Picnic

July 11 @ 5:30pm

Belinda's home—420 Cherokee St

Taco Bar! Meat provided by Club,

please watch your email for what to bring!

Advocacy & Service Committee Meeting

July 15 @ 5:30 pm

Denise's home—2829 Deming Blvd

Hang Posters at CFD

July 19 (West Side) @ 10:00 am

July 20 (East Side) @ 10:00 am

Zonta Foundation :

Ann Erdmann, President
Linda Bogart, Vice President

Melissa Martin, Treasurer

Denise Parrish, Secretary

Vickie Ingerle, Director