

July 2025

**ZONTA**CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Zephyr

What's Inside

Outstanding Women

Bridget Masters ZIF
p2

Featured Members for June p3

New Members p3

Activities p 4-6

*North American
Interdistrict Meeting
*Travel to France
*Bonding in Boots
*Zunco Night
*July Picnic

Committee Notes p7-12

New Professional Development Fund p 4 & 10

Announcements

Get these on your calendar!
Page 10, 12-13

Zonta's CFD Poster Page 14

District 12 Conference

In Denver!!! P16



Wow, summer is here and there is so much to do. I realized this week that we had the longest day of the year, and it is only 6 months until

Christmas. How time flies.

Frontier Days will be here before we know it and lots of activity in our club to get organized and executed. Our monthly meeting for July is on Thursday, 10th at Mylar Park. This is an opportunity to bring your family or a friend to find out what we are all about. There will not be a formal meeting but there will be time to socialize, and the rumor is there will be a baking contest. We will be handing out Posters and Coasters and getting our lists of delivery set up. I hope you will all try to attend.

I am so excited to be meeting with our new members for the New Member Orientation, learning more about them and what brought them to Zonta. What an exciting time to be a member of our club. Sharing our history and our goals with new members is exciting and makes the goals seem more real and reachable.

The next couple of months we will be busy, and I hope you will all keep in mind the District 12 Conference in Golden, CO. September 19-20-21. This is the rare opportunity to meet and get to know the new Zonta International President Elect, Fernanda Gallo-Freschi, from Milano, Italy. This might be a lifetime event for our District to be chosen for this great honor. I hope you will all seriously think about attending.

We are a busy, growing organization and I hope you will all remember that the Committee signup sheets will also be at the July picnic. Please sign up. I will be making some appointments to those committees in need of help.

I look forward to a full and busy year with all of you. Keep up the good work and see you all at the picnic.

Betty



Guest Speaker: Bridget Masters, ZI Foundation

Bridget Masters spoke at the June Club Meeting, presenting the "International Aspects of Zonta". She explained the focus of the Z I Foundation: Climate (Change) Empowerment, Ending Child Marriages and LaaHa (a social site dedicated to helping women in need).

100% of our donations to ZIF goes to support these programs.

A portion of our ZI dues support the 13 member staff that supports each of the 27,000 members and answers each club's questions and needs.

For more information, google Zonta District 12, or Z International.



Masters encouraged members to "Step up to leadership opportunities!" as they can open doors to wonderful experiences. She also said "Just Do It" is her motto. Don't overthink, just jump in!!!

**Check out our club's
New Professional Development Fund
page 4 and 10**



Join our July Picnic and Bakery Contest

June 10th at Mylar Park, 5117 Seminole Road 5:30-7:30

Zonta Board will supply the Main Dish and members can bring side dishes....

BUT WAIT

There will be a Bakery Contest, too. Bring your delicious baked item for all to taste, and win the prestigious **Baker's Award**.

**** More information and Sign-Up sheets for the CFD Posters and Coasters Project.**

*****Bring your dinnerware, comfy chairs and your Family and Friends!!**

Zonta's Featured Members for June



Becky (on the left) joined Zonta and immediately signed up to hang posters in the CFD bathrooms!

Rebecca Evans

Becky Evans is a Wyoming native who joined Zonta about a year ago. She learned about Zonta from Jody Gostas and from the antique show. She decided to join when she retired and when Denise Parrish became her neighbor. She's excited to become part of a group of like-minded women. Professionally, she had many different jobs, but her primary career was as a Speech Pathologist. Her advice to young women: hone in on your skills and share them with like-minded people. Her hobbies include reading, gardening, spending times with friends and family, and fishing. By Laura G.



Connie Sloan Cathcart

Connie became a Zonta member when asked by her work friend at United Way, Mona Pearl. The comradery and focus on Women's Issues convinced her to join the club. She's most excited about Zonta's focuses and efforts locally, nationally, and internationally, especially on Human Trafficking.

"Think about your skills and interests about the causes that resonate with you, and offer them your help."

Connie collects Talavera and Tonaló Mexican pottery, loves thrifting with her sister group, paper crafts and upcycling.

Did you know she went to Slippery Rock State College, in Pennsylvania?

Olivia Salazar and M.J.Dominguez Arellano were inducted at the June Meeting,

Welcome New Members!!



North American Interdistrict Meeting



Melissa
Martin



President-Elect Gallo-Freschi, President Tuominen, Treasurer Cumming

NAIDM 2025 by Denise Parrish

On June 20 – 22, the most recent North American Interdistrict Meeting was held in Novi, Michigan. In attendance were more than 260 Zontians, primarily from the United States of America and Canada—although there were also a number of other countries represented by the members of the

Zonta International Board of Directors. The theme of the meeting was *Zonta Great Lakes Summer Camp: Ignite Your Passion*. Besides workshops scattered throughout the weekend, there were survivors of human trafficking and domestic violence who shared their stories, and the Zonta International Board was present to update attendees about Zonta's goals, focal issues, financial status, current challenges, and project successes. On Sunday morning, our own Melissa Martin was part of a panel discussion, *Creating Partnerships with Community Organizations*. She and two others shared information about Zonta activities that engage other like-minded groups to conduct service and advocacy. Her enthusiasm for our projects was well received and generated much discussion.

The meeting closed out with a brunch, an invitation to attend the International Convention in Canada July, 2026, and an invitation to attend the NAIDM meeting in Rapid City in June, 2027. Members of Zonta District 12 will be heavily engaged in the planning of NAIDM 2027 and already shared a number of fun things that can be experienced in the Black Hills area. Please plan to attend.

SAVE THE DATE—JUNE 25 – 27, 2027 – NAIDM in RAPID CITY, SD

WANT TO LEARN MORE ABOUT ZONTA? HELP IS AVAILABLE

Zonta hosts a number of fun and informative meetings at the international and regional level. These meetings include the District 12 Convention scheduled for September, 2025 in Golden, Colorado; the Area 2 meeting scheduled for April, 2026 in Greeley, Colorado; and the International Convention scheduled to be held in Vancouver, Canada in July, 2026.

Zontians are encouraged to attend as many of these meetings as possible. They provide an opportunity to learn more about our mission and offer ideas for service and advocacy projects. They offer opportunities to meet and engage with other Zontians beyond only those who are members of our Club. International and District Leadership are often in attendance at these meetings to provide updates and to hear about what is happening at the Club level.

In order to help more of our Club members attend these meetings, a portion of the Club's funds have been designated to help with registration fees – especially for new members. At our June meeting, the Club members approved the following:

▪For the September, 2025 District 12 Convention, \$200 will be available to help with the registration fee for up to 10 first-time attendees while \$100 will be available for up to 5 other Club members;

▪For the Area 2 Meetings scheduled for April 2026 and April 2027, \$50 will be offered to help with the registration for up to 10 people to attend each of the meetings, with priority given to first-time attendees;

▪For the International Convention, two members designated as delegates will be provided \$500 to help with registration and travel costs while \$300 will be available to help up to 5 others attend the meeting;

▪Additional funds are available to help with other training opportunities or other Zonta-related meetings on an individually requested basis.

Please plan to attend one or more of these meetings. By Denise Parrish

Traveling to France *by Jody Gostas*



I was in France for almost 3 weeks and what a wonderful time I had. This was a gift to me from my step-daughter Laura and her husband Dirk, the wine merchant. We focused on going to two areas...the

wine country around the Loire River and Brittany (Bretagne).

We took 2 days to adjust to the travel time changes by staying in Paris giving us the chance to visit Notre Dame Cathedral which was breathtaking - and also going to a couple of great bistros.

Then we took off for the Vouvray wine district where Dirk had arranged a couple of visits for us. We stayed in an AirB&B which had a beautiful view of vineyards across the highway. We tasted some wonderful wines at an open house that was celebrating Epiphany! What a way to celebrate. While here we visited Chateau de Chenonceau...another breathtaking experience. The architecture was so impressive. This is the Ladies' Chateau since it was built by and for women of royalty. While in the Loire Valley we also visited the Chateau Chambord, magnificent architecture.

After a few days, we proceeded to Brittany which was my desired destination.

Our target was about 4 hours away. First, we arrived at Carnac to see the Alignments, rows and rows of large megaliths arranged in ways not understood by paleontologists and historians, the most extensive group of conserved megaliths in Europe. BUT we had our first crepes and galettes here as well as our first cider. We loved every bit of our lunch. Would you believe this little bistro/cafe had NO toilet facilities which we desperately needed at this time after driving 4 hours through nightmarish Paris traffic and miles to get here. (For me the MUST SEE in Brittany was the Fôret de Broceliande, the source of many legends around King Arthur, Merlin, and Vivien. That was going to be another day's trip.)

Then we headed to our Brittany AirB&B which was delightful. It's in a small town (Guilvinec) right on the edge of the shoreline. Watching the fishing boats leave in the morning and come back in the late afternoon provided a lot of entertainment. A highlight here was the market day which was our last day in Brittany and it was the most beautiful day, climate-wise, of our stay here. The saddest part of our goodbye was the "dumping" of wine and cider bottles...there must have been over 20!

The drive back to Paris was long and challenging for our driver Dirk. He did a wonderful job with the help of Google Maps, no directional errors or delays. Our flight home was smooth and uneventful, but it was hard saying goodbye to Laura and Dirk

Bonding in Boots

- Four women from the Cheyenne and Laramie Zonta clubs attended the Bonding in Boots hike. It was a busy Father's Day weekend, so we didn't get a lot of attendance but we enjoyed each other all the same! We also enjoyed a beautiful sunny day and lots of wild flowers! It was a great time and we hope to maybe do it again in the fall! Attendees: Jennica and Charles Fournier, Michelle Huff, Ariane Eicke (Laramie Club), and Deedee Boysen (Laramie Club). By Jennica Fournier



Zunco! A Hit with District 12

The Membership Committee hosted Zunco Night on Friday 6th at Applebees.

Jill Randall and Michelle Huff moderated the fast paced game.

Kim Bowie brought door prizes for Most Buncos, Most Boos (not booze), Least Buncos and the real Door Prize.

District 12 Board members joined our ladies, friends and family members for a fun night of dice, snacks and beverages.



*****July Picnic Bakery Contest****

At our meeting on June 10th at Mylar Park,
5117 Seminole Road 5:30-7:30,
there will be a Bakery Contest!!!



All you wonderful bakers, bring one of
your great baked desserts to share.

Highlights from Service and Advocacy Meeting: by Jennica Fournier

1. Coaster/Poster Supply Sorting Party - July 8th- 2:30-5:00 pm

1. **Sign-up to help:** Email Kathy at Orrkathy7@gmail.com to let her know if you can help. It will likely not take the entire time
2. **Location:** Grace UMC- 2950 Spruce Dr, in Grace Hall
2. **Coaster/Poster Distribution to Bars- Week of July 14th-18th**
 1. **Sign-up to help:** Sign up at our July picnic or email Betty at ZontaCheyennePresident@gmail.com to see when she needs help.
 2. You just need to sign up for one time slot
3. **Poster Distribution at CFD- July 18th and 19th**
 1. **Sign-up to help:** Sign up at our July picnic or email Betty at orrkathy7@gmail.com to see when she needs help
 2. You just need to sign up for one time slot
4. **Poster Distribution- Online- Anytime but especially during CFD**
 1. **Everyone:** please use the attached PDF or the JPG files of the poster and put them on your social media accounts or email them to anyone you want, print them off at work and hang them up... do what you want with them, but use them to spread the word.
 2. **Kim and Hannah-** I believe that you two are in charge of social media and our website. Will you please get these posted and then maybe share them a few times the week of CFD? Thanks!
5. **STEM Scholarship Lead Needed-**
 1. Deadlines will be early December or November to pick an award winner
 2. We need someone to volunteer to take the lead on this and then form a small committee to take charge of the development, advertisement, and awarding of this scholarship. You will have lots of helping hands with lots of knowledge, but we need someone to take the reins on this project. PERFECT PROJECT FOR A NEW MEMBER! Low time commitment. **Email me if you are interested.**
6. **Next meeting- Tentatively July 15th @ 5:30- Location TB**

SAVE THE DATE!

CHEYENNE COMMUNITY FOOD DRIVE
SATURDAY, AUGUST 23RD
9 a.m. – 3 p.m.

Beneficiaries:

Veterans' Rock
 LCCC Food Pantry

Collection Points:

Albertson's (Yellowstone Rd.)
 Safeway
 King Soopers

Sign-up Sheets for One Hour Shifts will be available in late July.

PLEASE VOLUNTEER!

Sponsored by Rotary and Rotoract Clubs, Kiwanis, Lions Clubs, Zonta

CHECK IT OUT!

VOLUNTEERS NEEDED

COASTER PARTY: July 8th 2:30-5:00

Grace Hall 2950 Spruce

Come help bag the 20,000 CFD coasters so we can distribute them before Cheyenne Frontier Days. The more the merrier. There will be snacks!!!

Email Kathy Orr orrkathy7@gmail.com

Social Media Plans for Zonta by Kim Bowie

Hello Zontians!

As most of you know I will be handling some social media for the club! I have great plans to maintain our social media network and hopefully even attract more members! I will primarily use Facebook and Instagram for the club but with help from my teen daughter hopes of even elevating our TikTok as a club. My first plan is to always go live right before the monthly members meetings to invite those who may have forgotten about the meeting or those who are feeling apprehensive about attending, see the fun we have when we are all together and the difference we can make! I also plan on doing some member highlights to coincide with Betty's new and seasoned member highlights that we have within the monthly meetings. I will plan on being attentive the events that we have as a club and interview different members participating to give our community an idea of the different areas we effect as a club! Next on the docket is to interview past president and current member Kristie Wilson about WyoGives day and what that means as a whole and for our club! Social media is the new way of the world and I think we need to adapt ourselves more in that world to continue to make individuals feel comfortable about asking what Zonta is and how we can help our communities!

Thanks
Kim Bowie

You Will Be Missed

Marion Barnes, a long-time member of Zonta, passed away Friday night, June 20 at 11:40 pm in Calgary, Alberta, Canada. Marion had been the CRMC Nursing Administrator for several years before retirement. She moved to Calgary to be near her daughter Michelle when she was no longer able to live alone. She was 94. She had been a devoted member of Zonta for many years and she leaves many friends in the Cheyenne nursing community. By Jody Gostas

Cancel Out: March 2026

Volunteers are needed to work on the 2026 event.

Planning usually begins in September. Belinda Sawyer and Pam Pafford are working on a set of guidance materials to help new volunteers know what needs to be done, and the timing of same.

May Meeting's Minutes

ZONTA CLUB OF CHEYENNE

EVENT: Membership meeting.
LOCATION: The Office Bar & Grill
DATE: June 12, 2025

Meeting was called to order at 6:00pm by President Betty Abernethy.

Celebrations: Among the events to celebrate are Dasa Robertson's new job that starts on Monday, Kim Bowie's daughter was recognized for her community service activities, we had five past presidents at our meeting, and Kristie Wilson graduated from Leadership Cheyenne.

Member Highlights:

Connie Sloan Cathcart is a long term member of Zonta. She has been retired for four years after working for many years at United Way. She is interested in women's issues, and enjoys the camaraderie of women with like interests. Part of the appeal of Zonta is national and international activities. Human trafficking efforts locally interest her. Her advice for younger women: think about things you care about and your skills, then start connecting with people and organizations that apply both. Her hobbies include collecting Mexican pottery, visiting thrift shops, paper crafts, upcycling (take something old and make it new again), and reading. A fun fact is that she attended Slippery Rock College. If she had a super power it would be the ability to open minds.

Becky Evans is a Wyoming native who joined Zonta about a year ago. She learned about Zonta from Jody Gostas and from the antique show. She decided to join when she retired and when Denise Parrish became her neighbor. She's excited to become part of a group of like-minded women. Professionally, she had many different jobs, but her primary career was as a Speech Pathologist. Her advice to young women: hone in on your skills and share them with like-minded people. Her hobbies include reading, gardening, spending times with friends and family, and fishing.

Special Guest Speaker: Bridget Masters, Zonta International Foundation

Bridget joined Zonta in 2001, and very quickly became involved in Zonta International as Treasurer for four years followed by four years as chairperson of the Zonta International Finance Committee. She provided a great deal of information about Zonta International finances, and also about a variety of projects at the international level. She strongly recommends all members learn more about Zonta by looking at local, district, and international level websites.

Minutes of the last meeting: Minutes of the May membership meeting were previously provided to members via e-mail and also included in The Zephyr. There being no corrections, it was moved by Kathy Cathcart and seconded by Kim Bowie to adopt the minutes as presented. Motion passed.

Treasurer's report: The Treasurer's report was previously included in the Zephyr and copies were also available at the meeting. There being no questions or discussion, the Treasurer's report was placed on file for audit.

STANDING COMMITTEE REPORTS

Advocacy & Service:

- Kathy Orr provided an overview of the Coasters & Posters program for our new members. Posters have been updated to reflect current contact information for victims of violence to receive assistance. We plan to place more laminated posters in hopes the posters will stay intact and in place for longer periods of time. Betty Abernethy shared that she has purchased a laminating machine so we won't have to use commercial services. The coasters have also been updated and printed in brighter colors, with 20,000 ordered for distribution. Those who wish to participate will meet at Grace Hall (Grace United Methodist Church) on July 8 to package the coasters for distribution. Additional coordination for Coasters and Posters will happen at the July 10th membership meeting. We plan to distribute the coasters and posters to local businesses July 14-18. Posters will be placed at Cheyenne Frontier Days facilities on July 18-19.
- The Art Contest was successful. Discussions are ongoing as to whether this event will continue.
- We are planning to repeat the Red Sand project this year.
- What Was She Wearing will also be repeated later in the year.

Membership and Communications:

- New Member Orientation will be held twice, June 24 at 5:30pm and June 28 at 10:00am, both at Betty Abernethy's home (814 E. Jefferson Road). Coffee and snacks will be provided. Please RSVP for one of those dates. It is open to all members, but please respond soon as space is limited.
- Kim Bowie is helping with our club's social media.
- Hanna Poole is maintaining the CheyenneZonta.org website, together with Carolyn D'Ambro.
- Kathy Orr is editor of our monthly newsletter.
- Jill Randall is co-chairing the Membership/Communication committee together with Betty Abernethy.

Cancel Out: Volunteers are needed to work on the 2026 event. Planning usually begins in September. Belinda Sawyer and Pam Pafford are working on a set of guidance materials to help new volunteers know what needs to be done, and the timing of same.

INDUCTION OF NEW MEMBERS

M.J. Dominguez Arellano and Olivia Salazar were inducted into the club by Kathy Cathcart.

NEW BUSINESS

Denise Parrish submitted the following proposal for use of the Professional Development Fund.

Projected revenues:

\$ 3,052	Actual amount received from Cancel Out 2025
2,500	Estimated amount to be received from Cancel Out 2026
500	Previous funding "buried" in the Club checking account (estimated)
1,500	Funds from WyoGives 2025 and 2026 (estimated)
<u>\$ 7,552</u>	Estimated revenues

Projected expenditures:

\$ 2,500	Sept. 2025 District 12 Convention (1 st timer fee is \$295, others \$345) Proposed: provide \$200 for up to 10 first timers; \$100 for 5 others.
500	Area Meeting, April 2026 (estimated registration fee is \$50 per person) Proposed: provide \$50 each for up to 10 people, prioritize 1 st timers
2,500	Zonta International Convention in Vancouver, July 2026 Proposed: provide \$500 for 2 delegates, \$300 for up to 5 others
500	Area Meeting, April 2027 (estimated registration fee is \$50 per person) Proposed: provide \$50 each for up to 10 people, prioritize 1 st timers
1,552	Funds available to support attendance at CSW or other conferences
<u>\$ 7,552</u>	Proposed expenditures

Following some discussion it was moved by Ann Erdmann and seconded by Kate Wright to approve the proposal as submitted. Motion passed.

Dates to remember:

- July 10 membership meeting, Mylar Park, 5117 Seminoe Road, 5:30pm – 7:30pm. There will not be a business meeting, but we will be getting organized for the distribution of posters and coasters. Bring your family, chairs to sit on, and table service. You will get an invitation by e-mail. The club will provide the main course for the picnic with members bringing side dishes and desserts.
- August 14, membership meeting, The Office, 6:00pm, arrive at approximately 5:15pm if you wish to have dinner.
- August 23, Cheyenne Community Food Drive, 9:00AM – 3:00PM. Collection points will be Albertson's (Yellowstone Road), Safeway, and King Soopers. Beneficiaries will be Veterans' Rock and the LCCC Food Pantry.
- August 25, application deadline for the Zonta Women in Business Leadership Award
- September 11, membership meeting, The Office, 6:00pm, arrive at approximately 5:15pm if you wish to have dinner.
- September 19-21, District 12 Conference, Denver Marriott West in Golden, CO.
- October 9, membership meeting, The Office, 6:00pm, arrive at approximately 5:15pm if you wish to have dinner.
- November 13, membership meeting, The Office, 6:00pm, arrive at approximately 5:15pm if you wish to have dinner.
- December 4, membership meeting (a week earlier than our usually scheduled date), Cheyenne Country Club. This is our holiday meeting with White Elephant Exchange.

The meeting concluded at approximately 7:30pm.
Submitted by Laura Gorny on behalf of Michelle Huff, Secretary

June's Budget Report

Date: 6/20/2025 - Updated this date							
Type	Date	Number	Name	Budget Item	Cleared	Amount	Balance
Beginning Balance							\$ 23,479.65
Cleared Transactions							
Check	5/19/2025	4653	Jub Jub	Website	06/05/25	\$ (90.00)	
Check	5/31/2025	4655	Trophy Creative		06/16/25	\$ (54.00)	
paypal	6/19/2025		Paypal - Dues - Zonta	Membership	06/19/25	\$ (4,443.00)	
Total Cleared Transactions						\$ (4,587.00)	
Deposits and Credits							
Deposit	6/3/2025		Deposit - PayPal Dues		06/03/25	\$ 174.19	
Deposit	6/3/2025		Deposit		06/03/25	\$ 160.00	
Total Deposits and Credits						\$ 334.19	
Total Cleared Transactions						\$ (4,252.81)	\$ (4,252.81)
Cleared Balance							\$ 19,226.84
First Interstate Bank Register Balance							\$ 22,690.50
New Transactions							
Checks and Payments							
Check	6/19/2025	4656	District Area 12	Membership		\$ (2,127.00)	
Total Checks and Payments						\$ (2,127.00)	\$ 20,563.50
Total Deposits and Credits						\$ (2,127.00)	\$ (2,127.00)
Ending Balance							\$ 20,563.50

Announcements

July's Club Meeting

PICNIC at Mylar Park

July 10th 5:30

Bring a dish to share, a chair, your table service and Family!!!

Enter the Bakery Contest!!!

Advocacy & Service

Committee

Next Meeting- July 15th at 5:30-

Place TBA

Current Project and Dates- Coasters and Posters

See above for more details

CHEYENNE FRONTIER DAYS Poster Hanging Project

JULY 18th 10:00 Main Gate

JULY 19th 10:00 Main Gate

Wear comfy shoes and a Zonta item, bring water.

Membership & Communications Committee Meeting

Meetings will be held the last Tuesday of the month.....At Betty Abernethy's home.

Come help us !!

Zonta Women in Business Leadership Award Application Deadline: August 25, 2025

Submit application to Cassandra Stith

*Looking for volunteers to serve on the Application Review Committee.
Stay Tuned

On July 16, 2025, join us in celebrating and honoring the work being done by Zonta and others in our communities to enrich our lives every day. With over 400 organizations participating, you can easily find organizations whose mission is important to you. **Zonta of Cheyenne**



2025 Club Officers And Board

President: Betty Abernethy

bettyabernethy@gmail.com

Vice President: Jennica Fournier

jennicafournier@gmail.com

Secretary: Michelle Huff

mnre130@yahoo.com

Treasurer: Tracy Myers

tracym1996@gmail.com

Immediate Past Pres: Belinda Sawyer

Board of Directors:

Kathy Orr

Denise Parrish

Kim Bowie

Samantha Fales

Nominating Committee

Ann Erdmann

Melissa Martin

(Vacancy)

Committee Chairs

Advocacy/Service: Jennica Fournier

Finance: Kathy Cathcart

Membership/Communication: Jill Randall and

Betty Abernethy

Zonta International Foundation for Women

Ambassador: Mary Walker

Club Historian: Linda Bogart



Angelina Young 7/01

Jennifer Goodman 7/14

Kimberly Bowie 7'19

Donna Angel 7/27

Olivia Salazar 7/29

Michelle Huff 7/31

Upcoming Meetings & Events:

Zonta Club Meeting

August 14th@5:15 (if you ordered dinner)

Meeting at 6:00 pm—The Office

Advocacy & Service Committee Meeting

July 15th tentatively

Place TBA

Zonta Board Meeting

July 8th @ 5:15 pm

Betty Abernethy's Home-814 E. Jefferson Rd.

Membership/Communications Committee Meeting

Last Thursday of the month

location TBA—watch email for details!

Zappy Hour

Watch your inbox

for emails from ZontaFun@gmail.com!

www.cheyennezonta.org

Zonta Foundation :

Ann Erdmann, President

Linda Bogart, Vice President

Melissa Martin, Treasurer

Denise Parrish, Secretary

Vickie Ingerle, Director

STOP HUMAN TRAFFICKING

GET HELP REPORT A TIP FIND SERVICES LEARN ABOUT YOUR OPTIONS

WYOMING ASSISTANCE

Call or Text 307-314-4611

Wyoming Anti-Human Trafficking Task Force



LOCAL LAW ENFORCEMENT

Immediate Danger: 911

Cheyenne Police: 307-637-6500

Laramie County Sheriff: 307-633-4700

NATIONAL ASSISTANCE

Call 1-888-373-7888

Text "BeFree" (233733)

Live Chat [HumanTraffickingHotline.org](https://www.humantraffickinghotline.org)

SIGNAL FOR HELP



1. Open Palm



2. Tuck Thumb



3. Trap Thumb

Posters Distributed By:



ZONTA

CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

BUILD A BETTER WORLD
FOR WOMEN AND GIRLS

Stay GOLDEN



DISTRICT 12

"There is a golden chain of love that ties us all together

It unites us in one spirit and heart, joined as sister and brother

Across the land, the sky, and sea

There is a golden chain by which we're bound."

District 12 Conference Sept 19-20-21, 2025

Denver Marriott West
In Golden, Colorado



A single yellow rose has been a ZONTA Symbol for over 35 years.

The ZONTA rose symbolizes joy, friendship & appreciation.

"Stay Golden" Symbolism

Hope and Positivity: The idea of staying optimistic even during tough times.

Individuality: Encouraging authenticity and staying true to oneself.

Strength and Resilience: Gold as a metal is unyielding and enduring.

<http://Zontadistrict12.org>

Debbie Sundberg, '24-'26 D-12 Governor

Questions? Email: dsunnyone1@gmail.com



ZONTA
INTERNATIONAL

DISTRICT 12

BUILD A BETTER WORLD
FOR WOMEN AND GIRLS

Colorado, Montana,
So. Dakota & Wyoming