



**ZONTA**  
CLUB OF  
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

# Zephyr

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Zonta of Cheyenne!!**

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Another month, gone in a flash. How time flies when we are having fun or at least busy. I want to thank you all for helping during our posters and coasters event. Great job! This project is such an important program for our community. It is so rewarding when they ask when we are bringing the coasters and ready for new posters. It is nice to know that our Zonta name is getting around. What a great turnout for our annual picnic, it was fun and a good fund raiser. You were all very generous in your desire for sweets.

Another month, gone in a flash. How time flies when we are having fun or at

I hope you will all keep in mind the District Conference coming up in September. I hope you all received the Call to Conference email and will at least consider attending for one day or the whole weekend. It is a great opportunity to get the bigger picture of District 12 and Zonta International.

Thank you for your donations on WyoGives, proof we are a generous community and organization.

See you at our next meeting

*Betty*



# *70 YEARS of Community Service and Advocacy*

## *Zonta Club of Cheyenne*

Since May of 1956, the Zonta Club of Cheyenne has been focusing our efforts on eliminating domestic violence by education, community awareness and club activities.

The Zonta Club of Cheyenne is a member of Zonta International, a worldwide organization of outstanding women working together to advance the status of women through service and advocacy.



**In October of 1956, the Charter from Zonta International was presented to Helen Cobb.** Front row: Dr. Raduch, Mrs. Cobb and Louise Denney. Back row: Agnes Hanley, ADA McKee and Ruth Cheney.

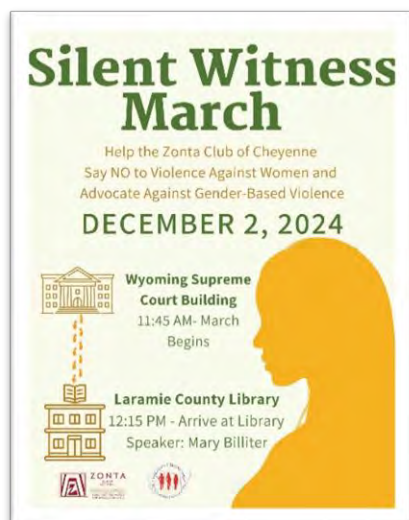
- In 1974 the Zonta Club raised funds through their annual Antique Sale, lasting 35 years.
- In 2007, President Cory Meyer started the infamous Zonta's Girls Night Out, raising awareness of women's issues while featuring women owned businesses.
- Since 2023, Zonta Club's Cancel Out Night has been raising funds for the awareness of domestic violence and human trafficking by inviting community agencies and leaders, families and friends to join in our efforts.
- Proceeds from these events have helped numerous local organizations dealing with women's issues, scholarships for high school, college and community women, along with Zonta International projects.



### *Mentoring a Z Club 2012*

In July 2012 a Z Club charter was presented to the students at Triumph High School. The club focused on activities that emphasized the elimination of domestic violence and met monthly.

# Celebrating a Past Packed with Pride



Watch for Traffic 5K



Pancake Breakfast Booth



Truckers Against Trafficking Display at CFD



Governor Gordon proclaims Domestic Violence Awareness Month

So many activities, projects and community outreach programs are included in our 70 years.

**Do you have a favorite? Write me!!**

*Kathy Orr*



Hope Bag Helpers 2022



2024 Uprising HT Workshop sponsored by Zonta



2024 Women's Fair at LCCC

## Our Work is So Important

**Cheyenne Police** had a pretty busy July Fourth Holiday Weekend, according to CPD spokeswoman Alex Farkas.

Police were busy with a long list of possible issues, conducting 200 traffic stops, and investigating 22 alleged incidents of domestic violence and 38 reports of suspicious activity.

**For July 4th weekend (July 3-6, a four-day period), police responded to the following calls:**

**21 Domestic Violence Calls**

**1 Stalking Call**

**4 Protection Order Violations**

Read More: [July 4 Weekend: Cheyenne Police Report 851 Calls For Service](https://kgab.com/cheyenne-police-july-fourth/?utm_source=tsmclip&utm_medium=referral) |

[https://kgab.com/cheyenne-police-july-fourth/?utm\\_source=tsmclip&utm\\_medium=referral](https://kgab.com/cheyenne-police-july-fourth/?utm_source=tsmclip&utm_medium=referral)

***"We need to continue to make noise about domestic violence!!"***

*Tracy Meyers*



# *Making a Huge Impact on Our Community*

During the 2025 Cheyenne Frontier Days, Zonta members were busy distributing Human Trafficking/ Domestic Violence help, passing out tens of thousands of coasters and hanging hundreds of posters.

Eleven teams visited over 70 bars, rest stops and truck stops in the area, with an average of 10 women's and men's stalls. Each team spent at least 2 hours on their lists, running into many strange situations and characters around these sites. Many of Zonta's older posters were found still hanging on stall doors.



At CFD Park, six members and Barbara's granddaughter hung over 125 posters in the restrooms, hung over 125 posters in the porta potties, and even delivered coasters to the

Bucking A Salon. (thanks Katelyn and Debi for asking). The First Aide Stations agreed to posters in their rooms. (thanks, Jennica, for asking). Michelle Aldrich lent the ladies park passes and Melissa Martin greeted them at the main entrance. It took these ladies a two days' visit to get to almost all of the latrines as some were not open at all at one time. On Saturday's visit, one member worked in her injured footboot, and one was pregnant, (one was just old) so the 3 ladies were offered a ride around the back of the east arena in an official CFD go cart. One very brave volunteer wanted to pet the bulls.

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.

Posters from the past were still hanging on the doors of the stalls.



**Zonta Club of Cheyenne, YOU should be congratulated for**

**volunteering your time and efforts dedicated to one of the most widely visible and lasting community projects. YOU are helping, possibly saving lives of victims and raising the awareness of Human Trafficking and Domestic Violence as over 150,000 people were here for Cheyenne Frontier Days this year, and many have visited in the past. You are heroes, Building a Better World!!!**

Thank you Coaster Party ladies for sorting all 20,000 coasters and putting them in bags of 200 for easier handling and delivery during our CFD Coaster and Poster project.



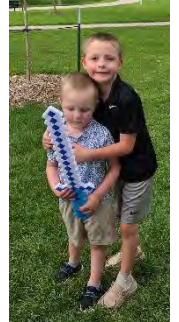
**Advocacy and Service** : Our next big event is the 16 Days of Activism and our Silent Witness March ( in March). If either of these are events you are excited about, **please come and help plan them.** You don't have to be a regular member of this committee to come and see how you can be involved

You can choose to order dinner/ snacks/drinks at our **August 5th meeting, 5:30 at the Office** or just come for the meeting. Hope to see many of you there.

**Jennica Fournier**

# July's Picnic Celebration

Great weather, great food and great attendance, what a way to have a picnic celebration. Our July social at Mylar Park was a fun and delicious way to spend time with our members, families and friends. An abundance of dishes and meeting other family members were highlights of the evening, with our first annual Bakery Contest.



## Baking Contest's Championship Spoon Awarded



This year at the 2025 first baking contest, we had 7 entries from fellow Zontians. Everything from cookies, pies and cakes were shared and all were amazingly crafted and delicious! This baking contest was put together by our membership and communication committee to try to bring everyone together with a fun activity at our annual family picnic in July. There was a wooden spoon that was up for grabs and our treasurer Tracy Myers took home the win with her "no bake eclair cake"! Good times were had by all and money was raised to be put back into the club!

By Kim Bowie



**TRACY MYERS** was awarded the coveted **Championship Spoon**. Votes were cast after member-judges had a taste!! All seven unique entries received many votes because they were so delicious!!!

Congratulations to  
Angelina Young  
on her upcoming marriage!!

# District 12 Conference

## September 19, 20, 21 in Golden

From **Debbie Sundberg, Zonta D12 Governor**

This is an exciting conference and our special guest; Fernanda, is our next ZONTA INTERNATIONAL President so you will not want to miss it. Call all your member friends and ask them to come to the conference to learn, network and be inspired.

### Updates for Rooms and Registration

\* Room reservation at the conference rate **MUST** be secured no later than **AUGUST 28<sup>th</sup>**.

\* Registration for the conference is due by **Sept 7<sup>th</sup>**. After that there will be **LATE** registration pricing to cover costs of food etc. So don't delay.

**Zontians,**

[Click here](#) (control-click) for a link and for information about registering for the Conference. Register by Sunday, September 7, to get the early registration rate!

For information about the venue and to make your room reservation, [click here](#). You must make a reservation no later than August 28 to get the special Conference rate at the Denver West Marriott in Golden, Colorado. At this time king beds are all that the hotel has available at the \$159.00 rate. If you need two queens please reserve a room with a king bed. Then, contact Pam Staves at [pamela.staves@comcast.net](mailto:pamela.staves@comcast.net); she will try to arrange a double for you.

If you have questions, contact Conference co-chairs:

Mary Benoit at [mary@mathias1901.com](mailto:mary@mathias1901.com) or

Julie Bradley at [julieqb@gmail.com](mailto:julieqb@gmail.com)

**We look forward to seeing you in September!**



### *Fundraiser Benefits Zonta*

Zonta participated in the 2025 WyoGives Fundraiser again this year.

Thank you to all who donated to our organization.

"\$1,334.34 is our subtotal amount so far, the amount donated minus any fees from the platform. This does not include any match from the Hughes Charitable Foundation. That is usually paid in the middle of August. I will give an update then."

Thank you! Kristie Wilson



# Key to Success.....Getting Involved

## 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

## DONATING BOOKS FOR A CAUSE



Do you have a book or two that you think others would enjoy reading? Something that you are willing to let go? Zonta District 12 will be having a blind book sale at the District Conference in September to defray part of the cost of the event. Each of the donated books will be wrapped in plain paper with the first line of the story written on the wrapper. Books will be sold for \$10 each with the buyer not knowing the title.

If you would like to donate, please bring your book (wrapped or unwrapped) to our August meeting or contact Denise Parrish at [parrishzonta@gmail.com](mailto:parrishzonta@gmail.com).

SUPPORT VETERANS' ROCK + FNBO FOOD PANTRY @ LCCC



Drop Off @ King Soopers, Yellowstone Albertsons, Safeway &amp; Picklr



**Saturday,**  
**August 23<sup>rd</sup>**

**9am - 3pm**

Sponsored by: Sunrise Rotary, Rotary Club of Cheyenne, After Hours Rotary, LCCC Rotaract, Sunrise Lions, Frontier Lions, Noon Lions, Zonta, and Kiwanis.



Can't make the event -  
Donations also accepted via Venmo

## JOINT SERVICE CLUB FOOD DRIVE

Zonta will be participating in the Annual Food Drive to be held on August 23<sup>rd</sup> from 9 to 3 p.m. Food will be collected at the Yellowstone Albertsons, Safeway, and King Sooper stores. The food collected will be given to the FNBO Food Pantry at LCCC and to Veterans' Rock. Those volunteering to help collect food will be provided a list of requested items that can easily be shared with shoppers at each of the stores. The food will then be collected in carts as shoppers leave the stores, and a team leader at each store will load the donations into vehicles provided by each of the beneficiaries. Volunteers are asked to sign-up for at least one shift, with each shift being one hour.

Food will be purchased with any monetary donations received the day of the event. While food is preferred rather than money, anyone unable to participate on August 23 is welcome Venmo the LCCC Rotaract Club or send a check to the Zonta of Cheyenne Foundation at P.O. Box 2883, Cheyenne 82003.

**To sign-up for a food collection shift, please use this SignUpGenius Link: <https://bit.ly/2025Food> or this QR Code**





# From International President.....**FRIENDSHIP!!**

## Friendship in Zonta A Strong Key Element By ZI President Salla

When I first became a member of Zonta, I felt an exhilarating sense of purpose. I was not just committing to making a meaningful impact on the lives of women and girls; I was also opening the door to forge lasting friendships with individuals who share my aspirations and commitment to gender equality and human rights. Some of my most cherished friends today are Zontians, and these connections continuously fuel my passion for the vital work Zonta undertakes.



L to R: Zontians Deb Lal, Pete Bober and President Salla (then President-Elect) at the 2023 District 8 Conference.

Friendship plays an invaluable role in volunteerism, enriching the experience with greater joy and significance **and it turns out that it's even good for our health!** According to an [article from the Stanford Center of Longevity](#), researchers have linked volunteering with improved mental health through the social connection with the other volunteers, and a boost in self-esteem that results from offering time and energy for the good of others.

Moreover, the collective pursuit of a common goal fosters a profound sense of community and belonging. As Zontians, we immerse ourselves in meaningful activities that transform lives and create deeper connections with both our peers and the communities we serve. Our shared experiences elevate individual fulfillment and cultivate a strong spirit of unity, amplifying the effectiveness of our volunteer efforts. Ultimately, the friendships nurtured in such environments lead to a more enriching and impactful journey, filled with lasting memories and profound change.

In honor of [International Friendship Day, 30 July](#), I will invite you to take a moment to consider the friends you have made throughout your Zonta journey. Think about how many connections you have made that you would **not have had the chance to forge if it weren't for Zonta. We each bring diverse backgrounds, experiences and challenges** and these shared stories can help lead yourself and others to personal growth, empowerment and a stronger sense of community.

Thank you for your continued support of each other as we build a better world for women and girls.

Warm regards,



Salla Tuominen  
President 2024-2026  
Zonta International and Zonta Foundation for Women



# ZONTA

## CLUB OF DENVER II

*Dear Friends of Zonta,*

*We're delighted to invite you to the Zonta Club of Denver II's annual Harvest for Hope Wine & Whiskey Tasting Fundraiser. This is more than just a gathering—it's a celebration of generosity, connection, and hope. Don't miss your chance to be part of a truly unforgettable day. Secure your ticket now and join us as we raise our glasses, spark new friendships, and create lasting change—one joyful toast at a time. We can't wait to celebrate with you!*

### *Event Details*

- *Date: Sunday, September 14, 2025*
- *Time: 3:00–6:00 PM*
- *Location: University of Denver – Joy Burns Center Ballroom*
- *Tickets: \$65.00 (\$70.00 if paid by credit card)*
- *Sober Sunday Tickets: \$50.00 (\$55.00 if paid by credit card)*
- *[Register](#) by: Monday, September 1, 2025*



### *Event Highlights*

- *Delightful Selection of fine wines to taste*
- *Wildly Popular whiskey tasting experience*
- *Tasty Appetizers: A delicious spread to complement your tasting experience*
- *Silent Auction: Bid on unique and exciting items*
- *Cornhole Take a Chance: Try your luck for a chance to win a cornhole set! Pay by cash or Venmo at the event*



### *Why It Matters*

- *All proceeds benefit Zonta's projects supporting women and girls locally and around the world. Your attendance helps fund meaningful change to build a better world for women and girls.*



### *Get Your Tickets*

- *Purchase today and reserve your spot at this memorable gathering:*

*[\[Click here to register\]](#)*

*We're grateful for your continued support and can't wait to welcome you. All proceeds will support our ongoing projects and initiatives aimed at improving the lives of women and girls. Your participation will make a significant difference!*

*Together, we're making a difference—one empowered woman at a time.*

*Our mailing address is:  
Zonta Club of Denver II  
P.O. Box 18397  
Denver, CO 80218*

# Announcements

## August Club Meeting

August 14th 6:00

“The Office” Restaurant

1600 E. Pershing

## Advocacy & Service

### Committee

Next Meeting- August 5<sup>th</sup>, 5:30

Office Bar and Grill, Garage

Current Projects

16 Days of Activism and Silent Witness  
March

## Shots on the Porch

All are invited to the annual celebration of VODKA on Saturday, August 30 - anytime after 4:30. Please come to the home of Jody Gostas at 107 W 1st Ave for a fun time to share stories, drinks, and maybe some nibbles.

## Membership & Communications

### Committee Meeting

Meetings will be held the last Monday of the month, 5:30.....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

**Now, it's time to  
register for the 2025  
District 12 Conference  
in Golden, Colorado,  
September 19-21,  
2025, and make your  
hotel reservations!**



## 2025 Club Officers And Board

**President:** Betty Abernethy

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

**Vice President:** Jennica Fournier

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

**Secretary:** Michelle Huff

[mnre130@yahoo.com](mailto:mnre130@yahoo.com)

**Treasurer:** Tracy Myers

[tracym1996@gmail.com](mailto:tracym1996@gmail.com)

**Immediate Past Pres:** Belinda Sawyer

### Board of Directors:

Kathy Orr

Denise Parrish

Kim Bowie

Samantha Fails

### 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



*Jennica Fournier*

*8/25*

*Jody Gostas*

*8/30*

## 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

Place TBA

### Zonta Board Meeting

August 7<sup>th</sup> 5:30 at Applebees- Back room

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

## Zonta Foundation :

Ann Erdmann, President

Linda Bogart, Vice President

Melissa Martin, Treasurer

Denise Parrish, Secretary

Vickie Ingerle, Director

*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](mailto:dsunnyone1@gmail.com)



**ZONTA**  
INTERNATIONAL

**DISTRICT 12**

**BUILD A BETTER WORLD  
FOR WOMEN AND GIRLS**

Colorado, Montana,  
So. Dakota & Wyoming