



ZONTA

CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

March 2026

Zephyr

What's Inside

**70th Anniversary of
Zonta of Cheyenne!!**

Guidance by ZI P2

Cancel Out News

Guest Speaker P3

**Feb. Clothesline
Project P4**

Stand Up, Speak Out

Safehouse Luncheon P5

Committee News P6

Minutes P7

Treasure's Report P8

Announcements

Get these on your calendar!
P9

Officers

Birthdays P11

Message to the President



**Dear
President
Betty,**

Since you
have

volunteered to
be our leader,

we want to acknowledge how instrumental you have been in our growth and engagement. Under your guidance, we have pursued ambitious goals, such as working for a 50-member milestone, and increased our involvement in hands-on projects like the JHill pillows and Clothesline T-shirts. Your commitment to maintaining strong communication through special committee and regular meetings and your work in promoting Twinning with the Club in Germany have kept this club busy and thriving.

In addition to your presidential duties, we appreciate your work as co-chair of the Membership and Communication Committee. Hosting meetings at your home and planning gatherings to welcome new members has been vital to our expansion.

Furthermore, thank you for co-chairing the annual "Cancel Out" gala and fundraiser with Amy. We recognize the immense effort you have put into making calls, managing schedules, collecting wine, coordinating with the community, and aligning the "Cancel Out" Committee, the Zonta Board, the Zonta Foundation, and the club members to ensure its success.

Breathe. You're busy!!

We look forward to your President's Letter in April!



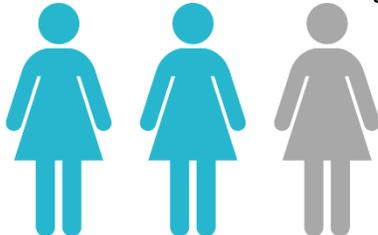
*70 YEARS of Community Service
and Advocacy
Celebrating a Past Packed with Pride
And a future full of potential...*

*Zonta International
Global Initiatives*



We will End Child Marriage

Almost 650 million women alive today were married before turning 18.



We say NO to Violence Against Women and Girls
About 2 in 3 women have experienced physical and/or sexual violence from an intimate partner.



We will Close the Gender Gap in education
Every additional year of primary school increases girls' eventual wages by 10-20 percent.

*Zonta International Convention
11-14 July 2026*

**CANADA HAS
MORE LAKES THAN ANY OTHER COUNTRY, WITH
OVER 2 MILLION LAKES COVERING ABOUT 8%
OF ITS LAND AREA**



**Don't forget that our club has a
Professional Development Fund.**

The plan that was approved included \$500 to go to each of two voting delegates and \$300 each for up to 5 other convention attendees.



VANCOUVER
Zonta Convention 2026 

Continuing Our Mission: Cancel Out Gala

"Help Us Pick Up the Pieces"

- Our speakers will be Ty Warner, singer and advocate, and Renee Hansen, survivor and therapist.
- Our local project will be SafeHouse: Move-Out boxes, clothing, and legal fees?
- **Silent Auction Items/ Baskets-** We have over 25 baskets/items!!! Well Done Ladies!!!
- **Live Auction Items-** We Have these and more: Evening Out Package, Day at the Rockies w/ Stay over, Handy man job, Airplane Ride with Dinner, a Quilt, Gift Card Basket and Art Work: contact Katelyn Juare and Deb Eldridge.
- **Bottle Grab-** We need more Bottles of Wine or Spirits contact Betty or Kathy Cathcart
- * **Cash Raffle Tickets-** sell tickets, 1-2 volunteers that night-contact Denise Parrish
- * **Volunteers to Set Up (4+) Greet Guests(2+) Tear down (4+) Gathering time At CFD Event Center to be announced.**
- * **Donate Gift Cards-** contact Betty Abernethy

A Sign up sheet with the help needed will be available soon.

****Over 260 tickets sold of our 280!! Get yours Now

Tickets (\$75) and getting Table Sponsors (\$450 for ½ table for 4-\$850 for table of 8) Tickets now available on Zonta's Website

Renee Hansen, Cancel Out Speaker's Bio

MS, LPC

Masters in Counseling and Human Resource Development.

- Renee originally went into administration but found enjoyment in all the psychology courses. It was first to provide insight into her own life but later she used the knowledge to help others gain insight into their own lives.
- Professional focus specializing in sexual abuse throughout one's life. How it affects an individual from infant through old age. Other areas of focus deal with anxiety disorders, individuals, couples and family systems. Renee has approximately 20 years of counseling experience. She graduated from South Dakota State University.
- Renee was originally from Spearfish, SD where she received her degree. She now resides in Cheyenne, WY and has been here for the past 16 years. Renee enjoys the people of Cheyenne, WY, but could do without the wind. One of Renee's favorite things to do is travel, experience new cultures, learn their history and eat the cuisine. Other favorites include spending time with her children and grandchildren. Her daughter has an FFA pig which she is involved with, which takes her back to her childhood days.
- "Life is full of purpose and meaning. It's up to us what kind of purpose and meaning we give it."



Hansen and Associates Counselling Services Website

Check These Out

March 2026

No Board meeting unless something comes up.
Cancel Out takes the place of a club meeting.

April 2026

April Board meeting - April 2, 2026 - location TBD
Monthly Club meeting - April 9, 2026 - The Office

May 2026

Board Meeting - May 7, 2026 - TBD
Monthly Club meeting - installation of officers and new members - Cheyenne Country Club.

All Board Meetings begin at 5:30 and we will try and keep the meeting to no longer than 1 1/2 hours.

Regular monthly meetings will be 5:15 if you want to order dinner, meeting begins at 6:00.

Clothesline Project

During our February meeting many members designed and painted messages on a colorful array of T-shirts to be used in our Cancel Out display. Personal thoughts, sayings and stories were added to the shirts to help relay the damaging effects and support for recovery from domestic violence.

**I choose peace.
I choose happiness.
I choose love.
Today I choose ME!!!**

February's Service Project



SHARE YOUR STORIES WITH US & WE WILL SHARE THEM WITH OUR COMMUNITY

THE CLOTHESLINE PROJECT
TELLING OUR STORIES ABOUT VIOLENCE AGAINST WOMEN

Swipe to see why and how you can participate! >>>>

THE CLOTHESLINE PROJECT
STORIES ARE POWERFUL

THEY BRING >>>> HEALING AWARENESS SUPPORT ACTION

Swipe to see how your stories will be shared >>>>

THE CLOTHESLINE PROJECT
HOW YOUR STORY WILL BE HEARD

- You share your personal story about violence against women
- We put it on a t-shirt *See Example at: www.thecloutproject.org*
- The t-shirt will be displayed at multiple community events for years to come

THE CLOTHESLINE PROJECT
3 Ways to Participate!

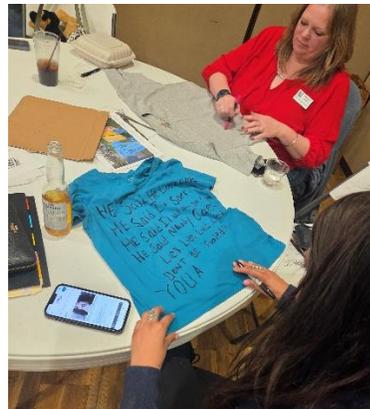
- Let us make the shirt for you!
 - Write your submission in the comments below (see guidelines!)
 - Email your submission to zonta.cheyenne@gmail.com
- Make your own shirt with us!
 - February 12th at 6 pm at The Office Bar and Grill
 - RSVP by February 9th to Zonta.Cheyenne@gmail.com and we will send more details!
- Make one at home
 - Email us at Zonta.Cheyenne@gmail.com to see how

THE CLOTHESLINE PROJECT
Guidelines

- No full names
- Do not name abusers
- No explicit language
- Length of submission must be able to reasonably fit on a t-shirt
- Must be on a t-shirt if submitting your own
- Examples of violence include physical assault, death, domestic violence, rape, sexual abuse, incestual abuse, emotional abuse, spiritual abuse, verbal abuse, ect.

Deadline for Submission:

Messages of awareness and survival.....



Stand Up, Speak Up



'A Wyoming for everyone'

Wyoming Equality Day celebrates LGB TQIA+

IVY SECREST

Wyoming Tribune Eagle

CHEYENNE — Advocates from across the state gathered outside of the Wyoming Capitol on Friday to call on Wyomingites — lawmakers and constituents alike — to encourage a Wyoming that is “for everyone.”

The event was organized as part of Wyoming Equality’s Equality Day, which is advertised as a statewide day of visibility, advocacy and community that welcomes LGBTQIA+ Wyomingites and their allies.



Thank you, Melissa

Safehouse Invites Us to Lunch

Safehouse of Cheyenne is hosting their annual service luncheon to raise awareness for domestic violence. We’re invited to join them on May 12th, 11:30-1:30 at the Cheyenne Frontier Days Event Center. To purchase your tickets, or become a sponsor, contact Payton Riedel at 307-274-0137 or email payton.riedel@gmail.com

Safehouse Services is more than a shelter facility. We’re advocates for healthy and supportive relationships and for living situations free of violence and fear. We’re educators in prevention and protection and we empower individuals and families to prevail over abuse.

Safehouse is a not-for-profit organization that operates a shelter, facilitates support groups and advocacy programs, assists with protection order filings, and provides 24-hour crisis care and safety planning. When someone in our community needs help, we are always here.

From Safehouse web site



safehouse services

Zonta Board Meeting

March 12th 5:30
Place: TBA





New Committee News

ZONTA OF CHEYENNE ART CONTEST

We are working out the details of this year's Art Contest and Reception. More details will follow. Here is the preliminary information:

Theme: Domestic Violence: Rise, Recover, Reclaim

Entry Submissions Due Date: June 1st

Prizes: Youth (under 18)	\$200
Adult (18 and over)	\$200
People's Choice	\$200

Reception to be held at the Cheyenne Civic Center the evening of June 12th.

MORE DETAILS TO FOLLOW NEXT MONTH!

By Denise Parrish

Zonta of Cheyenne Foundation Update

The Zonta of Cheyenne Foundation held its most recent Board Meeting on February 23rd. A few key notes from the meeting are:

- The Foundation voted to be a fiscal sponsor for the Zonta Club of Cheyenne for WyoGives 2026.
- The Foundation renewed its membership in the Wyoming Nonprofit Network for 2026.
- The Foundation will reach out to the Club to discuss hosting an event later this year to invite community leaders to know more about Zonta and/or to thank our loyal corporate sponsors.
- Foundation Financial Status:
 - \$30,000 CD at First Tier Bank earning 4.06%
 - \$7,782 CD at Riverstone Bank earning 3.7%
 - \$6,269 in checking at Cheyenne State Bank
 - \$7,909 fundraising seed money at 1st Ed FCU

Our next meeting is scheduled for April 30th at noon.

By Denise Parrish

Young Women in Leadership Application Due

If you know a young woman between 16 and 19 that you are not related to please, encourage her to apply for our scholarship, Young Women in Leadership Award. Details and applications are online. By Jennica Fournier

"The Young Women in Leadership Award was established to encourage and empower young women to assume future leadership roles in their colleges and universities, careers, and communities and to become mentors for the young women following in their footsteps. The Zonta Club of Cheyenne will consider applications from young women associated with Laramie County, Wyoming. This includes either young women who graduated from Laramie County and are now studying elsewhere, or any young women currently residing and studying in Laramie County, Wyoming.

Zonta Club of Cheyenne Award Amount: 1 annual local award of \$1,500

Zonta International Award Amount: 37 annual international awards of US \$5,000."

Cheyenne Zonta Website

The district winner will receive \$1,000, and be submitted to Zonta International by May 1st for one review, and final approval to be awarded an additional \$5,000!

Problems at the Women's Prison in Lusk – Jody Gostas

Regarding the PREA of 2003 – Prison Rape Elimination Act

Women's Center in Lusk.

There were recent reports of women being assaulted by guards/ staff at this prison. Jody called Ebony Bannon and Scott Abbott for more information. The daily population of inmates is 88 since October.

Can this be a possible service project? Cheyenne Zonta is the closest club to the prison.

Denise reported there are other organizations that do some advocacy projects for correctional facilities. She will look into ideas.

If members have ideas or are interested in participating in an advocacy project with the Women's Center, contact Jody.

ZONTA CLUB OF CHEYENNE

Member Meeting Minutes, February 12, 2026
6:00pm @ The Office Bar & Grill

Called to Order at 6:00pm by Jennica Fournier

Happy Birthday to Amy Hernandez, Nancy Freudenthal, Ann Erdmann>>>>

Guests introduced: Linda Bogart introduced her guests, Aimie Bogart (Linda's daughter) and Gwen Ambrose (Beverly's daughter).



Minutes Approved

Treasurer's Report – Tracy Myers

Odd charge from Canva on PayPal – It was Hannah Poole and accidentally forgot to log out of it before she did some transactions for work. Mystery solved! **Report is Approved**

Women's Prison in Lusk – Jody Gostas

PREA of 2003 – Prison Rape Elimination Act

Women's Center in Lusk. Can we support victims of sexual assault at this center? There were reports of women being assaulted by guards at this prison. Jody called Ebony Bannon and Scott Abbott. Can this be a possible service project? From Denise – there are other organizations that do some advocacy projects for correctional facilities. If you have ideas or are interested in participating in an advocacy project with the Women's Center, talk to Jody.



Advocacy and Service – Jennica Fournier

Scholarship – Young Women in Public Affairs is open for applicants

Art Contest – still in the works. From Denise – looks like we will be doing the contest and reception at the Civic Center. Theme is Picking Up the Pieces, same as Cancel Out. It will be advertised at Cancel Out.

Membership Committee – Tracy Myers

Zunco was very successful and very fun! Another Zunco will be scheduled in late March/early April. We are also planning a reception for those who attended the fundraiser event and are interested in joining. Tentatively April 22nd at the Country Club.

Cancel Out – Amy Hernandez

Venue, Food are confirmed. Live auction confirmed. 180 tickets have been sold so far, including table sponsors. We can sell up to another 100 tickets – tell your friends! Bottle Grab is in need of wine. Renee Hanson and Ty Warner are the speakers/entertainment. Looking for sponsors as well as individual ticket sales. Angelina and Kathy Orr have finished with the decorations.

Clothesline project

T-Shirts decorated with words of encouragement or personal stories

Upcoming Events:

March 6 – Cancel Out!

No regular club meeting in March

March 12 – Board Meeting

The meeting was adjourned at 6:35pm. Clothesline project began at this time.



Zonta Club of Cheyenne - Treasurer's Report as of 02/26/2026

	Date	Check #	Debit	Credit	Balance
Ending Balance last Treasurer's Report					\$10,955.93
Checks Written					
Zonta International (half -year - Ridge)	1/29/2026	PayPal	(\$40.00)		\$10,915.93
Zonta District 12 - (half-year dues - Ridge)	1/29/2026	4685	(\$14.50)		\$10,901.43
Trophy Creative - name tag - Ridge	2/5/2026	4686	(\$13.50)		\$10,887.93
US Postal Service - annual box rent	2/5/2026	4687	(\$188.00)		\$10,699.93
JubJub Inc	2/20/2026	4688	(\$90.00)		\$10,609.93
Canva*	2/15/2026	PayPal	(\$60.00)		\$10,549.93
JWill Pink Village - donation from Zunco events	2/19/2026	4689	(\$91.00)		\$10,458.93
Deposits					
Dues - Shannon Ridge	1/29/2026			\$99.00	\$10,557.93
Zunco proceeds	2/18/2026			\$47.00	\$10,604.93
*Canva - refund for charge above	2/24/2026			\$60.00	\$10,664.93
Thr					\$10,664.93

*Canva charge from last month was found not to be fraudulent and was reimbursed. \$60 charge is the same.

	Cleared
--	---------

Bank Balance is \$10,845.93. Less outstanding checks totalling \$181.00 = \$10,664.93

Generous Sponsorship: Throughout the Year to Come

About U-HAUL

Founded in 1945, U-Haul is the No. 1 choice of do-it-yourself movers with more than 24,000 rental locations across all 50 states and 10 Canadian provinces. The U-Haul app makes it easy for customers to use U-Haul Truck Share 24/7 to access trucks anytime through the self-dispatch and -return options on their smartphones with our patented Live Verify technology. Our customers' patronage has enabled the U-Haul fleet to grow to approximately 203,000 trucks, 137,400 trailers and 41,700 towing devices. U-Haul is the third largest self-storage operator in North America and offers 1,111,000 rentable storage units and 96.5 million square feet of self-storage space at owned and managed facilities. U-Haul is the top retailer of propane in the U.S. and the largest installer of permanent trailer hitches in the automotive aftermarket industry. Get the U-Haul app from the [App Store](#) or [Google Play](#).

INTERNATIONAL WOMEN'S DAY AND ZONTA ROSE DAY



8 March 2026

Each year on 8 March, the global community celebrates International Women's Day, recognizing women for their achievements regardless of national, ethnic, linguistic, economic or political divisions. The Zonta International community also celebrates Zonta Rose Day on 8 March, a time to reflect and give tribute to the women who have empowered us.

Announcements

April Member Meeting

April 5:15- Dinner

6:00 -Meeting

The Office

(no March Club meeting)

Advocacy & Service

Committee

Next Meeting: TBA

Current Project

Art Contest



AREA 2 AREA MEETING

SAVE THE NEW DATE

March 27 & 28, 2026

Greeley, Colorado

Friday evening enjoy a private tour of the soft interview rooms at the Greeley Police Department.

Saturday Dr. Phil Reichel, local law professor and published author will share his wealth of knowledge about the intersection of human trafficking and law enforcement. Learn how you can make a difference locally!

We can hardly wait to see you!

Stay tuned for more information soon!

Membership & Communications

Committee Meeting

Next Meeting- 4th Thursday

Place TBA

Come help us !!

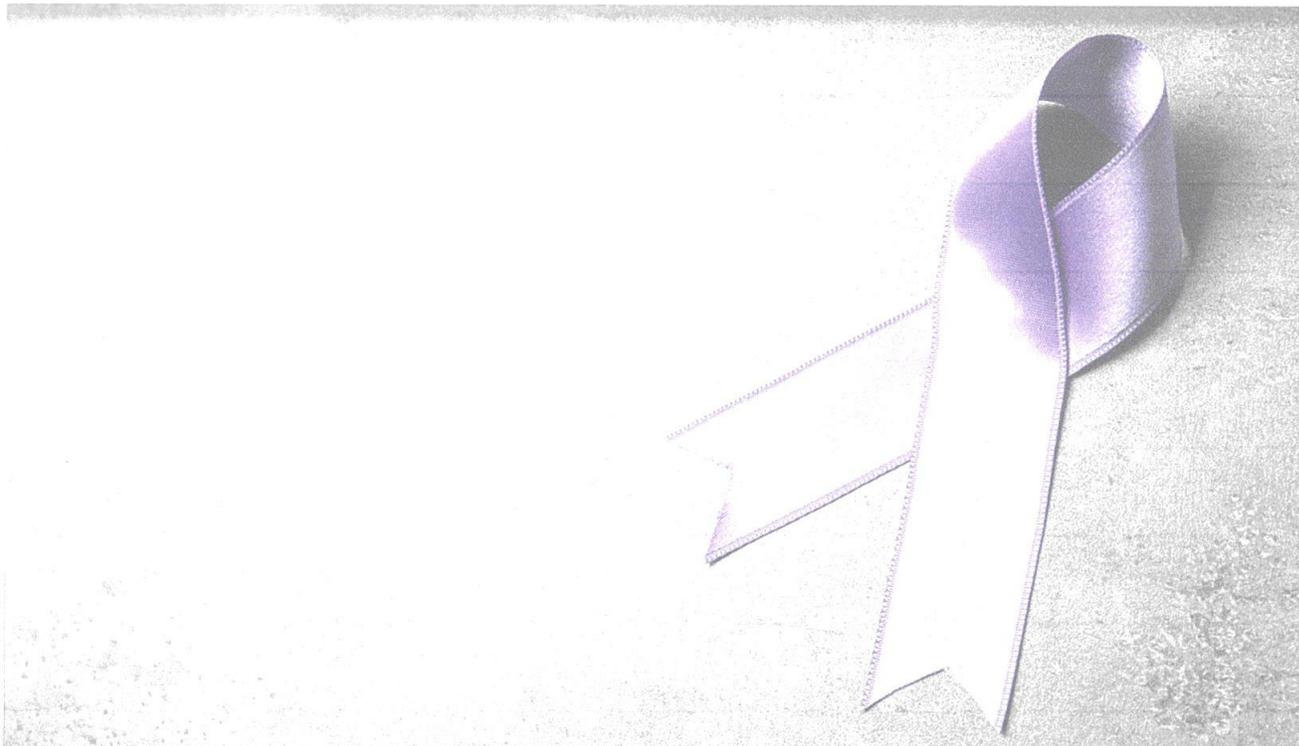
A proud supporter of Cancel Out and the Cheyenne Zonta Club



Check out our Website!!

Cheyennezonta.org

**Club fees and Cancel Out
information, plus TICKETS are
included.**



SAFEHOUSE SERVICES ANNUAL

BENEFIT LUNCHEON

Please join Safehouse Services for lunch to help raise awareness for domestic violence.



11:30 am - 1:30 pm
Doors open at 11:00 am



CFD Event Center
1230 W 8th Ave.
Cheyenne, WY

*To become a sponsor or purchase tickets
please contact:
Payton Riedel at 307-274-0138 or email
payton.riedel@gmail.com*



safehouse services

2026 Club Officers

President: Betty Abernethy
bettyabernethy@gmail.com

Vice President: Jennica Fournier
jennicafournier@gmail.com

Secretary: Michelle Huff
mnrel30@yahoo.com

Treasurer: Tracy Myers
tracym1996@gmail.com 10/23

Board of Directors:

Kathy Cathcart
 Kathy Orr
 Denise Parrish
 Samantha Fails
 Kristie Wilson

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



<i>Vicky Martinez</i>	<i>3/01</i>
<i>Katelyn Jaure</i>	<i>3/05</i>
<i>Char Madden</i>	<i>3/22</i>
<i>Kathy Cathcart</i>	<i>3/23</i>
<i>Vickie Ingerle</i>	<i>3/24</i>
<i>Betty Abernethy</i>	<i>3/31</i>

Zonta Foundation :

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

Upcoming Meetings & Events:

Zonta Club Meeting
April 9th @5:15 for dinner
Meeting 6:00 The Office

Advocacy & Service Committee Meeting
 Place TBA

Zonta Board Meeting
March 12th
Place: TBA

Membership/Communications Committee Meeting

location TBA—watch email for details!

Zappy Hour/ March Zunco
 Watch for emails from ZontaFun@gmail.com!
www.cheyennezonta.org