

ZONTA

CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

December 2025

Zephyr

What's Inside

**70th Anniversary of
Zonta of Cheyenne!!
P2**

Jody's Ad P2

Outstanding Women

p. 3-4

JWill Project P3

Silent Witness March P5

Cancel Out P6

Art Contest Mtg P7

Wedding News P7

Thank Yous P7-8

Need To Know P8

Mystery Money P8

Minutes P10

Treasure's Report

P10

Announcements

Get these on your calendar!

P 11

Message from the President



I hope you all had a wonderful Thanksgiving. Good food, family and of course some early Christmas shopping. I had to reflect

back over the past few months that I have been attempting to be your president. I hope I have met your expectations, but know that I have a lot to learn in a short period of time. I am so thankful for all the help and cooperation from the members of this wonderful club. I could not have made it this far without the help of the Board members. I know that 2026 will be even better.

I spent the holiday in Oklahoma with my family. The whole time in the back of my mind hoping I didn't forget anything important for Zonta that I should have done before I left. Well, if I did, someone else thought of it and followed up. Thanks again members. I am sorry I missed the March, it was such a success again this year.

Thanks to Jennica and her amazing planning skills, Mary Walker for getting the silhouettes, Angelina and Debi for setting up, Cassandra for jumping in. I know that I probably have missed someone and I apologize if I did. It was an amazing event and we got our name out in the public again,

The Holiday season can be a difficult time for many of us, remember to check on your neighbor, family, and friends as you don't know who the individual might be that you make a difference to. Be compassionate and have patience for the crazy shoppers and drivers. Their day may be a difficult one and you might make a difference.

Remember the reason for the season!

***Merry Christmas
Betty***



*70 YEARS of Community Service
and Advocacy
Celebrating a Past Packed with Pride*

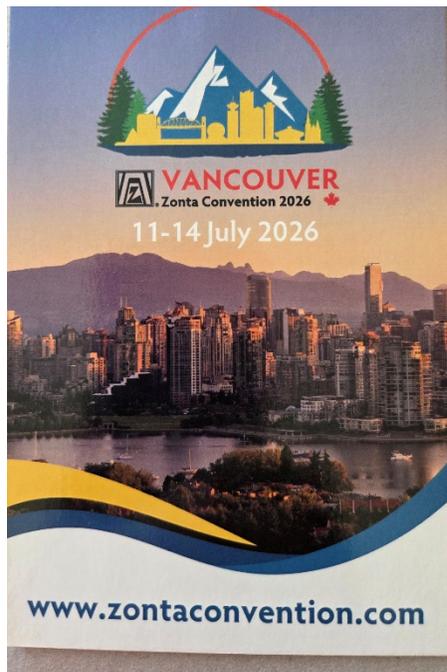
Our Membership Class of 20teens

- Betty Abernethy 01/13
- Melissa Martin 06/13
- Carla Thurin 06/15
- Kristie Wilson 02/16
- Jennica Fournier 05/16
- Ann Erdmann 06/17
- Michelle Aldrich 06/18
- Kathy Orr 06/18
- Dasa Robertson 09/18
- Donna Angel 04/19
- Ilaine Brown 01/20



WANT AD:
LOOKING FOR A TRAVEL PARTNER

I am Jody Gostas and plan to attend the Zonta International Convention in Vancouver Canada from 7/11/26 - 7/15/26 but I need a roommate. If there is anyone wanting to attend but doesn't want to go alone, please let me know. We can consider linking up together??



ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN
 2025 VIRTUAL SUMMIT
 10 December 2025

US\$25: General
 US\$20: Member
 US\$10: Student
All proceeds go to the Zonta Foundation for Women International Service Fund.

REGISTER TODAY

www.ZontaSaysNO.com

Featured Members for November



These are our special breast cancer survivors who were honored at our November meeting. They each have a story of courage, struggle and the strength to rise up after adversity.

The hearts they hold were the club's project to help other women recover with more comfort and a warm hug.

November's Meeting

November's Zonta meeting was dedicated to learning more about the JWill Project from our speaker and founder of JWill Pillow Project, Pink Village Inc. Jennifer Willard* is a 10-year survivor of breast cancer. She started this nonprofit organization to "pay it forward", relating to moms going through their ordeal and the challenges of survivors, as well as empowering others to help.

Jennifer was given a puffy heart shaped pillow from her nurse navigator. "The pillow felt like a hug and I never left the house without it!"

After 8 years, her organization's volunteers have made and given out over 9,000 pillows, each with a special tag written by a survivor. These tags let patients, men and women, know "You're Not Alone".

Our members and guests were thrilled to help assemble over 30 pillows to be distributed in the Cheyenne and Casper communities, through local hospitals.





For more information about the JWill Pillow Project for breast cancer patients, or to request a pillow contact them at JWILL Pink Village, INC - Superior Chamber of Commerce

16 Days of Activism Silent Witness March

On a cold November 24th, over 35 Zonta women and families met before the Supreme Court building to march the streets for a cause they all felt strongly about. The Silent Witness March has been an annual event put on by Zonta in which people from around the area can come and show their friends and neighbors how important it is to stand up for something they believe in. Domestic violence is on the rise in our nation, and this was just one small way to bring awareness to the Laramie County area.

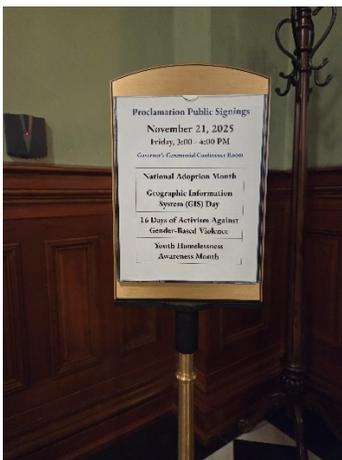
Families, community members and Zontians carried the life size wooden silhouettes of some of those victims of domestic violence. These represented women from Cheyenne, Burns, Torrington, etc. The silhouettes then found their resting place at the Laramie County Library. Upon arrival at the library, their stories were read by Zonta members from the pulpit in an eerily quiet space. In addition, family members stood afterwards to also tell their family members' story. Tales of brutal domestic violence were shared as though telling a sacred story, which theirs is. The profiles of these women and one child will stand for approximately three weeks and their stories are told on a plaque placed on each woman/child. These women (and child) rest for a time sharing their silent story for all the world to see. By Vicky Martinez, first time Zontian attendee



Cel Landon, a friend, said, "If everyone came to this and saw the heartbreak and sadness, they would be compelled to take action to end domestic violence and save lives now."

Proclamations

An important part of the 16 Days of Activism is to have this time supported by official proclamations presented and signed by our major, Patrick Collins and our governor Mark Gordon, to help raise awareness of the disastrous effects domestic violence has on our friends, families and communities.



Continuing Our Mission: Cancel Out Night "Help Us Pick Up the Pieces"

Amy Hernandez and Betty Abernethy are the co-chairs this year for Zonta's Cancel Out event March 6th. **The committee needs all of our help with our annual fundraiser. Here's how.....**

- **Silent Auction Items/ Baskets-** contact Tracey Myers or Kathy Orr
 - **Live Auction Items-**(Dinner out, Condo stay, Homemade meal, handy man job, Art Work, etc.) contact Katelyn Juare and Deb Eldridge.
 - **Bottle Grab- Lots of Bottles of Wine or Spirits and 2 Volunteers that night-** contact Betty Abernethy or Kathy Cathcart
 - **Event Sponsors-** contact Katelyn Juare or Deb Eldridge
 - **Promote Event-**distribute flyers and Vendor form
 - ***Cash Raffle Tickets-**sell tickets beforehand, 1-2 volunteers that night-contact Denise Parrish
 - ***Volunteers to Set Up (4+) Greet Guests(2+) Tear down (4+)**
 - ***Donate Gift Cards-**contact Betty Abernethy
- **Selling Tickets (\$75) and getting Table Sponsors (\$450 for ½ table for 4-\$850 for table of 8) Tickets now available on Zonta's Website.**

Sign up today to Help Out with Cancel Out!!!



Zonta Art Contest Planning Meeting

Zonta's annual Art Contest has been so successful at promoting Domestic Violence Awareness and involving the community through artists' entries, Art Walk public displays and Receptions that we are in the process of planning for 2026

If you are interested in helping with the annual Art Contest, please plan on attending a meeting on Tuesday, December 2nd at about 5:15 p.m. at Culvers on Dell Range. We are looking for opinions and new ideas in order to refresh this contest. If you are unable to attend, but have ideas, please contact Samantha Fails or Denise Parrish, the co-chairs of this project.



Our own Samantha Fails was a 1st Place Winner! She is now getting married on December 13th! Congratulations Samantha!

Scholarships are impactful!!!! Thank You Zonta!!!



Hannah Snitko
1000 Hoy Road
Cheyenne, WY 82009
September 10, 2025

Dear Zonta Club International of Cheyenne,

I am honored that I was considered for and chosen to receive this year's Zonta Club of Cheyenne Endowed Scholarship. This scholarship will be impactful in supporting my 3 kids and I as I begin another semester at LCCC. While I do work full-time in addition to taking classes, it's always a financial challenge to meet my family's needs. This scholarship gives my family and I the financial support we need and peace of mind that I'll be able to make ends meet for another semester and continue working towards my degree and better supporting my family. I'll be using this scholarship to purchase a laptop for my college classes, to stock up on some much-needed household essentials, and for the costs of living that often get pushed aside because of budget constraints.

I am equally blessed to have discovered the Zonta Club and what it represents, as the first I've heard of it was because of this scholarship opportunity. I'm proud to be part of a community that has organizations that empower women. I strive to empower others and to be a positive example of what we can achieve when we work together.

LCCC is my first formal education, as I was homeschooled, and I am so blessed to be learning here. I enjoy my classes, the relationships I've built with teachers, other staff, and students. For the first time in my life, I've built confidence in myself and my academic accomplishments here, and I'm looking forward to eventually completing my BAS at the college. I will be the first out of all 5 of my siblings, and in my parents' families, to complete a degree, and this could not be accomplished without this amazing community that I have found in Cheyenne, and the people in it like you that make a difference. That is true empowerment.

The ripples that attending LCCC and receiving this scholarship have caused are felt in my children's and my friends lives. My success at LCCC and in my career has inspired my eldest child to enroll next year, and a dear friend enrolled two semesters ago—a woman that I met at the Safehouse and helped during a very scary time of her life.

I am so grateful to have been selected for this scholarship, and I'm looking forward to another year of learning and empowerment in this community. Thank you again for this gift and your help in making my family stronger, more empowered, and moving towards self-sufficiency.

Sincerely,
Hannah Snitko

I am truly honored to be selected as a recipient of your scholarship. Your generosity not only helps ease the financial burden of my education but also inspires me to continue working hard toward my goals. I am deeply grateful for your support and encouragement as I pursue my degree in agricultural communication at North Dakota State University.

I am thoroughly enjoying the college experience! I moved in early to begin practicing with the cheer team and am excited to be traveling to the first football game in South Carolina. Classes have begun, and I am looking forward to getting involved in some other campus organizations.

Thank you again for being a part of my journey and helping make this time even more special. I truly appreciate your generosity and support — it means a great deal to me.

Sincerely,

Loriana Walter



Need a Date???

Check These Out

I hope this gives you all time to mark your calendars

December 2025

Christmas Party and White Elephant -
December 4, 2025 - Country Club
Board meeting - December 11, 2025 - The Office

January 2026

Board meeting - January 8, 2026 -
Applebee's meeting room
Monthly Club meeting - January 15, 2026 - The Office

February 2026

Board meeting - February 5, 2026 - Applebee's meeting room
Monthly Club meeting - February 12, 2026 - The Office (this meeting will be prep work for cancel out theme.)

March 2026

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

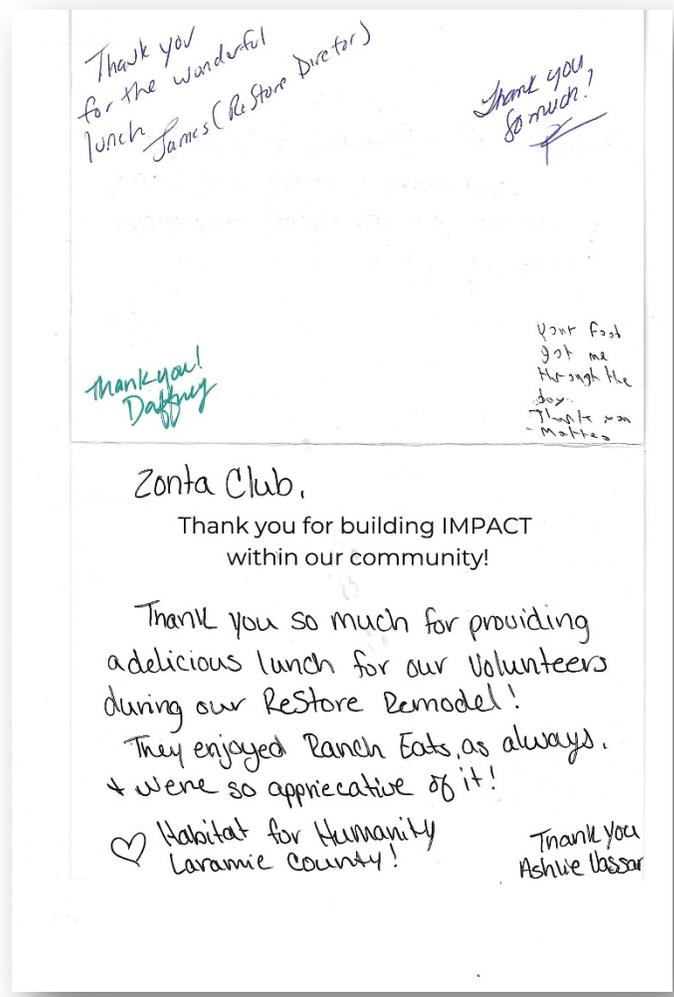
April 2026

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.



Habitat replies, "They enjoyed Ranch Eats as always and were so appreciative."

Mystery Money.....A Wonderful Surprise from?????

Cheyenne Zonta
PO Box 2135
Cheyenne, WY 82003

Dear Sir or Madam:

We are pleased to advise you that the Laura Jane Musser Fund has awarded Cheyenne Zonta a grant in the amount of \$2,000 to be used for general operating support. This grant was made at the request Sarah Gadd, a director for the Laura Jane Musser Fund and is made subject to the following terms and conditions:

Stay Tuned for more details.....



Holiday Present Ideas

Cancel Out Banquet Tickets

\$5 Raffle Tickets for \$350 prize

Scholarship donations in Loved Ones' honor

Zonta items from the website



Pecan Pie Dump Cake... See more



Ingredients

- 1 box yellow cake mix
- 1 cup pecans, chopped
- 1 cup unsalted butter, melted
- 4 large eggs
- 1 cup corn syrup
- 1 cup brown sugar, packed
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

Directions:

1. Preheat the oven to 350°F (175°C). Grease a 9x13-inch baking dish.
2. In a medium bowl, whisk together the eggs, corn syrup, brown sugar, vanilla extract, and salt until well combined.
3. Sprinkle half of the yellow cake mix evenly over the bottom of the prepared baking dish.
4. Pour half of the egg mixture over the cake mix, then sprinkle half of the chopped pecans on top.
5. Repeat layering with the remaining cake mix, egg mixture, and pecans.
6. Drizzle the melted butter evenly over the entire dish to ensure the cake mix absorbs the liquid.
7. Bake for 50-60 minutes or until golden brown and set in the center. Allow to cool before serving.

THE FUNNIEST FACE

By Anon

The funniest face
looked out at me
From a silver ball
On the Christmas Tree!

At first I thought
It was Santa's elf,
But I looked again and
It was just myself!



Zonta Club Meeting Service Project and Membership Drive

JWill Event
November 13, 2025

- *Betty Abernethy called the meeting to order at 5:54 pm.
- *Celebrations: Birthdays included Franki Orr, Hannah Poole, Carla Thurin, Barbara Spier; Samantha Fails shared that all of her seniors in the nursing program took their fourth round of exams, and their average score was 90%!
- *Minutes and Treasurer's report: Approval of both was moved by Kristi Wilson, Jennica Fournier seconded, and both were approved.
- *16 Days of Activism Update: Jennica encouraged everyone to come to the march who is available, as it means a lot to the families of the victims.
- *Introduction of guests: Becky Evans and her friend Carla, Kristie Wilson and her friend Kim Bechtel, Jennica and her mom Johnett and friend Shannon (future member); Linda Bogart and her friend Cindy Fox.
- *Featured Members: All breast cancer survivors, and there were ten survivors in attendance!
- *Betty introduced Jen Willard, founder of JWill Pink Village Inc. She shared her story and foundation information. Jen lives in Superior CO, and is a ten-year breast cancer survivor. During her recovery, she received a mastectomy pillow to keep the seatbelt away from her incisions, and it felt like a hug. After her diagnosis, she wanted something to focus her energy on, to be able to pay it forward to the breast cancer community. Not knowing how to sew, she forged ahead anyway and set a goal to make and deliver 50 pillows to her local hospital. She advertised on social media to get fabric, thread, and stuffing, and away she went. She met her initial goal, then hated the thought of others not being able to have pillows. So, the foundation was born. They have now distributed over 9000 pillows! She partners with Vicky here in Cheyenne at CRMC, to provide pillows in our community. Pillows are also distributed in Casper, through hospitals and the nurse navigators. She also reminded us even men can get breast cancer, as she has met five men survivors through her journey. In addition to delivering pillows to hospitals, she ships across the US and to some foreign countries. Each pillow includes a tag hand-written by a fellow survivor and thriver. Her foundation is now a non-profit with a 501©(3) status, her pillow pattern is patented, and her logo and work are trademarked.
- *The business meeting was adjourned at 6:35 pm, and we broke into groups to sew and stuff pillows.



Submitted by Tracy Myers
11/24/2025

Zonta Club of Cheyenne - Treasurer's Report as of 11/24/2025

	Date	Check #	Debit	Credit	Balance
Ending Balance last Treasurer's Report					\$12,114.91
Checks Written					
Tracy Myers - Oct Guest Speaker Dinner	11/6/2025	4677	(\$27.68)		\$12,087.23
Tracy Myers - Canva Pro 1 year subscr	11/6/2025	4678	(\$120.00)		\$11,967.23
The Office - Jwill Event	11/13/2025	4679	(\$380.52)		\$11,586.71
Comea - Donations collected for food	11/19/2025	4680	(\$200.00)		\$11,386.71
Deposits					
Extra funds from Habitat Lunch	11/19/2025			\$145.00	\$11,531.71
Donations for Food for Comea Shelter	11/19/2025			\$200.00	\$11,731.71
Donations from WYO Gives	11/19/2025			\$1,796.34	\$13,528.05
Funds from Zunco	11/19/2025			\$44.00	\$13,572.05
Tot					\$13,572.05

Cleared

Bank Balance is \$13,919.73, less three outstanding checks totalling \$347.68 = \$13,572.05.



Announcements



December Member Meeting

Dec. 4th 5:15

Hors d'oeuvres and Fun

The Cheyenne Country Club

Advocacy & Service

Committee

Next Meeting- **Early January**

Place- **TBA**

Current Projects

Clothesline Project

Art Contest

Zonta Board Meeting

Dec. 11th

5:30

The Office: Garage Room

Membership & Communications

Committee Meeting

Next Meeting- Dec. 8th 5:30

Betty Abernethy's Home

5:30.....*Come help us !!*

***CANCEL OUT
Committee***

***Needs all members to join
in and
take part in planning
And helping!!!***

**Check out our Website!!
Cheyennezonta.org**

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

**Help collect items
for
CANCEL OUT
Silent and Live
AUCTION!!
Ask your favorite
Businesses!!**

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 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



Bev Ambrose 12/07

Samantha Fails 12/08

Linda Bogart 12/12

Connie Sloan-Cathcart 12/20

Upcoming Meetings & Events:

Zonta Club Meeting

December 4th @5:15 Cheyenne Country Club
Christmas /\$20/White Elephant

Advocacy & Service Committee Meeting

Place TBA

Zonta Board Meeting

December 11th, 5:30

The Office, Garage room

Membership/Communications Committee Meeting

December 8th

location TBA—watch email for details!

Zappy Hour/ Zunco

Zunco January 22nd

Watch 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