



ZONTA
CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

November 2025

Zephyr

What's Inside

70th Anniversary of Zonta of Cheyenne!! P2

Silent Witness p6

20 Years of Advocacy p6

16 Days of Activism p6

Outstanding Women

p. 3-5

JWill Project p5 & 14

Zonta International p7

67th Zonta International Convention p2

Minutes p 8

Treasure's Report p9

Good to Know...

Code of Conduct p10

Retention Policy p11

Announcements

Get these on your calendar!

P 12

Message from the President



With the holidays just around the corner, I start to reflect on this past year and all the things I am

thankful for. I am thankful for all of you, my Zonta sisters. What a marvelous group of women to work with. Thank you all !

It's also the time we start putting together our plans for Cancel Out. The committee is working hard to make this a great success as those in the past. The location, the caterer, the speaker are all in the works. The next step is to put together our teams to help set up, tear down, greet our guests, and several other jobs that will need to be done. Please volunteer to be part of this special event.

November's meeting will be a special one. We know that many of our members are BREAST CANCER SURVIVORS. This one will recognize them as our featured members for their

struggle to fight this disease and how important the fight against this is. **JWill Foundation** will be here to share a service project with us. Bring a friend, a fellow survivor, but make sure you come. We will be cutting out hearts, our survivors will be writing special messages, some may be stuffing and others sewing a small opening closed. This will be an opportunity to see if any of your guests are helping us in our Mission to make a better place for Women and Girls. Donations of 2 yards of cotton or flannel fabric, new sewing scissors, and new poly fiber stuffing is appreciated. There will be food provided.

Here is wishing you a very Happy Thanksgiving, as Charlie Brown said "May your Turkey be plump, May your potatoes & gravy never lump, your pies take the prize, and may your Thanksgiving Dinner stay off your thighs.



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

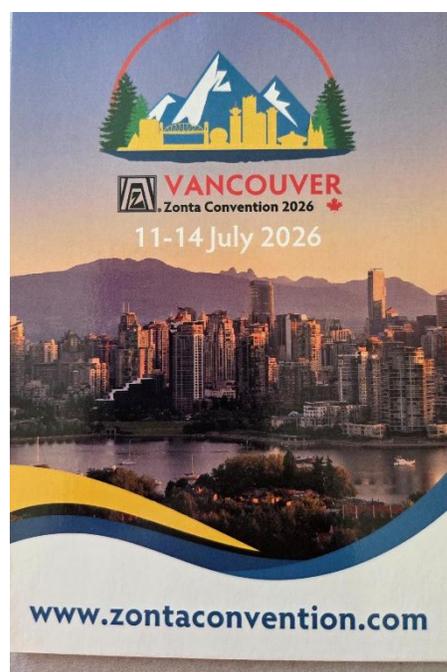


Our Membership Class of 2000

- Kathy Cathcart June 2005
- Denise Parrish July 2009
- Connie Sloan-Cathcart November 2009

“ In 1990 I went to the International Convention in Dallas TX. It was such an impressive event that I persuaded my husband Ted to accompany me to the 1992 International Convention in Hong Kong. That one was really special for me. I met such a profound array of women, especially those from the Africa clubs. And when we had the introductions where everyone wore their local dress I was blown away. We get so involved with our local clubs and districts we lose sight of the extensive and powerful reach Zonta International has. That's why Vancouver looks so good to me.”

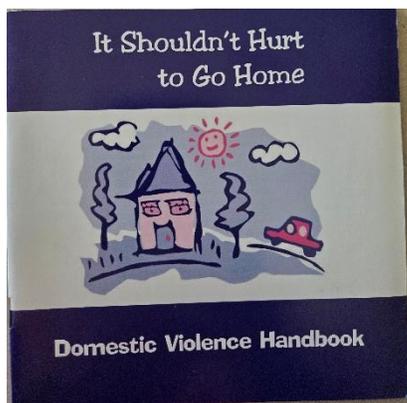
-Jody Gostas



Walking in the Past

Zonta of Cheyenne's history has included highlighting this event, **The 16 Days of Activism's Silent Witness March**. Silhouettes of our community's victims have been carried and then displayed in the Laramie County Library for as long as was allowed, giving everyone a chance to learn more about these lost women and children. Guest speakers' journeys and past stories have been shared in the gathering at the end of the march, beginning the at the Capital or later the Supreme Court Building.

Join us this year, on November 24th, starting at noon.



Megan Hughes, Deputy Director from the Division of Victim Services at the Wyoming Attorney General's Office, addressed the members during the October meeting. She stated that in 2024 there was an average of 243 domestic violence incidents each quarter, 94 were in Laramie County. *In 2025, 3 new deaths were added to the Silent Witness members.* (See October Meeting notes for more information presented by Magan, page 8)

We walk for them.

More history about Zonta, 16 Days Of Activism and Silent Witness March: See page 6 &7

Featured Member for October

Angelina Buckner

My name is Angelina Buckner. For a little background, I am 25 and was born and raised here in Cheyenne. I graduated from South High School in 2018 as a Daniel's Scholar and Wyoming Tribune Eagle's graduate of the year. I then went to CSU and studied Biological and Chemical Engineering, but ended up dropping out due to mental health issues. I did end up going back to college at LCCC, and am very grateful to the Daniel's Scholarship for continuing to fund my journey despite what I had gone through, and I graduated with an associates in Accounting in 2021. I am now a Commercial Loan officer at FirstTier Bank, where I have been since 2021, and am very happy with where I ended up.

I originally heard about Zonta when I was in high school and took a summer job at Flydragon Design Art Studio. Zonta had hosted the annual art show there, and I had participated with a sculpture, but I was too young to join.

I chose to join Zonta because I grew up with domestic violence and trafficking. My mom was trafficked beginning at the age of 5, her body being traded by her own mother for drugs, and having to endure a childhood of abuse and neglect while trying to protect her siblings from the same fate until they were all adopted by my Papa when she was a teenager. My Dad grew up watching his father beat his mother bloody and doing all he could to protect his little brother. My parents had me at a young age, my mom being only 15 when she found out she was pregnant. They have been divorced since I was 1, and I've primarily lived with my mom my whole life. My parents have never physically abused me, but I've spent long nights watching them both hurt their partners and have watched my step-siblings be physically abused as well. I've grown up watching them both struggle with substance abuse, and I grew up constantly being kept awake night after night by my mother, being berated with insults, and told I ruined her life. My Dad eventually joined the Air Force and turned his life around, improving our relationship and being a good father for my younger siblings, but my Mom continues to



struggle and finds herself in violent situations time and time again, currently with a Husband that is equally as violent as she is and the most recent event putting her in the Hospital the day I was inducted into Zonta.

As a Zonta member, I am most excited about

being able to spread awareness of these types of situations, the lifelong affects it has on a person, and the butterfly effect it causes. I hope that being a part of this community will show others that it is ok to stand against these behaviors.

I am particularly interested in Cancel out, because it is such a big event that brings awareness to the entire community, but am also very interested in the Art show, because many of those who don't feel they have a voice, choose other mediums to speak out.

A Woman that inspires me is my Grandma, Tammy Higgins, because she has been my rock and safe place my entire life. She is someone who will show up and be there for anyone no questions asked, and she is always willing to volunteer her time to support a good cause. She has always encouraged me to volunteer in the community and support those in need.

Advice I would give to a young woman would be to stay true to your values. Don't let anyone pressure you to do something you know in your soul to be wrong, and speak up for those who may not have a voice.

A fun fact about me is that I have Heterochromia, so my eyes are two different colors! One Blue and one green.

If I could have any super power, it would be the ability to teleport. Then I could go on vacation every night, try food from around the world, and be anywhere at any time I'm needed.

So Many Honorable Mentions

Facebook Posted.....



Join us in congratulating **Melissa Martin**, Business Training Adjunct Instructor with LCCC's School of Outreach & Workforce Development, on being named on of the Wyoming Tribune Eagle's 2025 Women of Influence in the Entrepreneur category.

Her recognition as a Woman of Influence reflects her impact not only as an Educator, but as a leader who inspires others to think creatively, take initiative, and pursue their goals with purpose.

Congratulations, Melissa- we're proud to celebrate this well-deserved honor!



Zonta U-Haul Storage Shed

On October 11 **Linda Bogart, Tracy Myers, April Carter and Jody Gostas** cleaned out the storage shed. We found lots of items that are still useful for our club. If you are a chair of a committee, please request from Betty Abernethy or Linda Bogart an inventory of the items we have. We are also putting together a list of members who can access the storage shed. If you have access, please let Betty or Linda know.

Thank you to The First Education Federal Credit Union for shredding our past financial records.
By Linda Bogart

Red, White and Boo Ball Basket

Our club donated this gift basket for the October 25th Boo Ball. Big thanks to **Jennica Fournier, Jill Randall, and Denise Parrish** for contributing! The basket value came to over \$250! Thanks also to **Tracey** for designing such a great basket!

The Leadership of Cheyenne sponsored Boo Ball was raising funds for a statue for 1st Responders of 9/11 to be placed in Lions Park.



CONGRATULATIONS TO **CHARLES FOURNIER** FOR WINNING A GOLD SIGNAL AWARD AND A PEOPLE'S CHOICE AWARD FOR HIS PODCAST "**THOSE WHO CAN'T TEACH ANYMORE!!**"

[HTTPS://WWW.SIGNALAWARD.COM/WINNERS/DETAILS/](https://www.signalaward.com/winners/details/)

Our Silent Auction at our September meeting brought in \$161.50!!! These proceeds will be added to our scholarship funds. **Thanks to you Club shoppers!!**



Habitat for Humanity Luncheon was provided for 15 workers. \$300 was collected and Ranch Eats supplied the food. Thanks to **Jennica** for heading up this project. Thanks for the donations. Any extra money was turned into the club's treasurer.

Zunco Night: A Howling Success

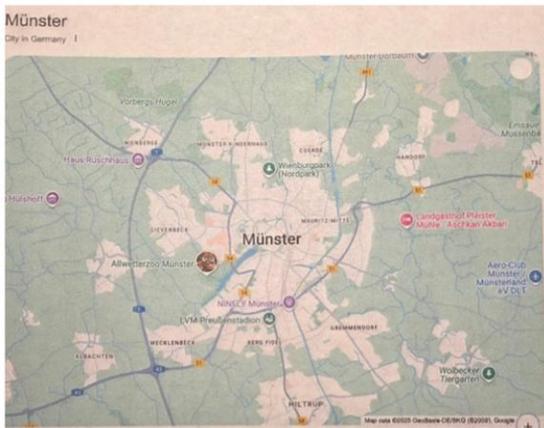
A shark, a cowgirl, witches and lots of orange filled the meeting room of Applebee's October 23rd. The Club's Zunco Night was attended by 17 gamers, 3 being guests and hopefully new members. Happy Hour hor d'oeuvres and spirits boo-sted the evening of excitement! **Watch for the next Zunco Night in January!!**

J Will Project

Can you sew, can you stuff, can you assemble?

November's Meeting is featuring a project for breast cancer survivors through the J Will Foundation and the hospital. Heart shaped pillows will be made for survivors to use to help make their seat belts more comfortable. These special pillows will contain a personal note of encouragement by a breast cancer survivor and passed out in Casper and Cheyenne. **JOIN US NOVEMBER 13th at the Office Meeting Room.** See Page 14 for info!!!

Twinning with the Zonta Club of Munster



There are 136 Zonta Clubs in Germany under 1 coalition. Our twin club is in Munster. Denise reached out to their club, and at the October meeting the members wrote, on the back of postcards of Wyoming, greetings and salutations. Denise, Betty and Jennica will add to these post cards and send them off to Munster's Zonta members.

Denise is looking into a ZOOM meeting with them.

Any more ideas of activities we can do with them?

November's Silent Witness Mission

The Wyoming silent witness mission is to promote peace, healing, and responsibility in intimate relationships in order to eliminate domestic violence. In 1990 a group was formed in Minnesota to speak out against escalating gender based violence. They decided to create life-sized red wooden figures representing victims and the exhibit was launched. By 1997 all 50 states had joined the initiative.

Past president of Zonta Club of Cheyenne, Beverly Morrow (also past governor of Zonta District 12) remembered meeting in someone's garage to paint the wooden figures for Wyoming. At a special ceremony in the State Capitol on February 28, 1997 the Wyoming exhibit was unveiled. The original group included 38 figures including a child. Each silhouette bears a shield

with a name and age of a victim and the circumstances of their death.

In October of each year, domestic violence and sexual assault advocacy programs in Wyoming take turns supporting an annual Silent Witness Ceremony to raise awareness and educate about the effect domestic violence has on the community and the families.

To date 82 silhouettes have been created with the support of their families. Many have been retired. Laramie County has 7 active silhouettes. The figures are stored in Laramie at the office of the Wyoming Coalition Against Domestic Violence and Sexual Assault. By Jennica

Twenty Years of Advocacy

by Jennica

Zonta Club of Cheyenne has been participating in the 16 Days of Activism Against Gender Violence for over twenty years. Past President Jody Gostas (2005-2006) led us to the Silent Witness Silhouettes as a means to provide an exhibit in the Laramie County Library during the 16 Days November 25 through December 10. The club prepared a proclamation that was signed by then governor Dave Freudenthal whose wife Nancy Freudenthal was and is an active member of the club.

Several of the Silent Witness Silhouettes were set up in the old library on Central Avenue and the club members and the public were educated about the problems of domestic violence in our community. Governor Freudenthal met with club members as he signed the proclamation and mentioned that as a former US Attorney for Wyoming he understood the issues. At that time he had provided a poster with his picture stating "call me and I will get you home safe" to prevent domestic violence incidents. His poster hung in the state Victims Services office.

When the new library building opened in 2007 we continued to provide an exhibit of the Silent Witness silhouettes, in the first floor hallway. The library has been a partner in this endeavor and the staff is very helpful, noting that the public is very interested in the display.

Later the club added a march from the Capitol building to the new Laramie County Library as a further means to call attention to gender based violence. Dr. Michelle Aldrich was a teacher at Triumph High School and she recognized that her students would be interested in doing the march and forming a Z Club. We added a proclamation for the mayor and the students met with members in both the governor's and mayor's offices for the signings. Mayors Richard Kaysen, Marian Orr, and Patrick Collins have been supportive and sometimes marched with us and attended Zonta events.

Sometimes we have had speakers, music, family members, or other activities. The local television stations and newspaper have interviewed and attended.

This year's march is on Monday November 24, 2025 gathering at the Wyoming Supreme Court building at noon and proceeding to the library for a short program.

16 Days of Activism Against Gender Violence

An international campaign against gender-based violence is held annually from November 25 to December 10. International Day for the Elimination of Violence Against Women is at the beginning and International Human Rights Day is at the end. The purpose of the campaign is to raise awareness, mobilize efforts to end all forms of violence against women and girls, and advocate for stronger laws and policies.

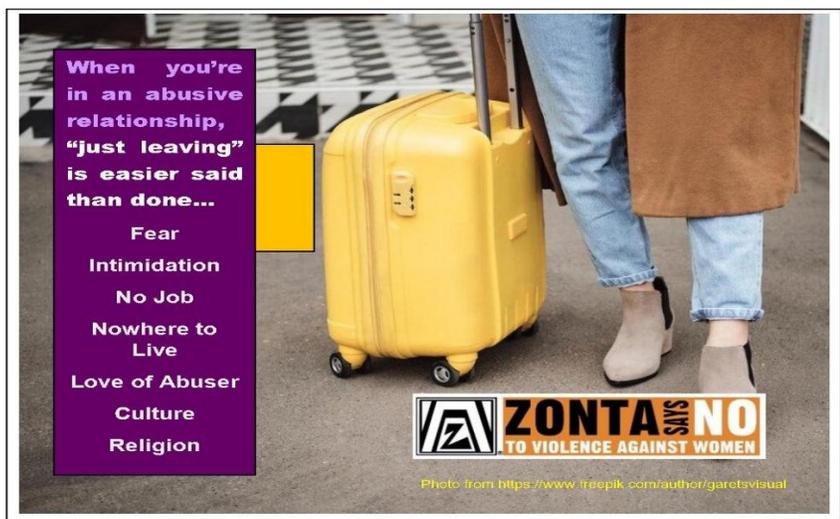
2025 marks the 30th anniversary of the Beijing Declaration and Platform for Action and the UN Secretary General’s 2025 campaign focuses on one of the fastest-growing forms of abuse: digital violence against women and girls. Digital safety is central to gender equality. Sharing of digital images, cyberbullying, online threats and harassment, AI-generated fake

images, hate speech, stalking, impersonation, and other tools are increasingly being used to abuse women and girls.

Online violence often leads to real life violence. The harm can be long lasting. Individuals can speak out, support survivors, and challenge harmful online attempts.

Nearly one in three women experience violence in their lifetime. 60% of female homicides were committed. By partners or family members.

Zonta Club of Cheyenne participates in the 16 Days by providing a display of Wyoming Silent Witness silhouettes of victims of gender-based violence in the Laramie County Library and by providing proclamations from the governor and mayor against such violence. By Jennica



Zonta International Connections

Say NO during the 16 Days of Activism

Violence against women and girls is a widespread human rights violation. During the 16 Days of Activism, from 25 November to 10 December, we encourage all Zontians to join the [Zonta Says NO to Violence Against Women campaign](#). Take action locally and globally to influence laws and promote change. Learn how you can change gender-based attitudes and behaviors to end violence against women with the updated Zonta Says NO Toolkit. See other ways how you can Take Action on our updated Zonta Says NO webpage and save the date for the 2025 Virtual Summit.



ZONTA CLUB October Minutes

- **Zonta Club of Cheyenne held on October 9, 2025 @ The Office**
- **Meeting Minutes**

- The meeting started at approximately 6 p.m. In attendance were 18 Club members, two visitors (Rhonda Bolich-Lampo from Zonta Club of Fort Collins and her friend Rebecca Heckmann), and our guest speaker, Megan Hughes.
- The meeting began by recognizing October birthdays and other events worth celebrating.

- Next on the agenda was a presentation by Megan Hughes, Deputy Director from the Division of Victim Services at the Wyoming Attorney General's office. She explained that Victim Services has many duties including providing federal and state funds to 55 different programs ranging from support for child advocates to domestic violence services. They provide training for law enforcement officers. The division director chairs both the human trafficking task force and the missing and murdered indigenous people task force. She discussed the various support services available to domestic violence victims in Wyoming. She explained that very little of their funds are for prevention and only 5% of each grant they offer can be used for prevention programs.



- Angelina Young Buckner was the featured member for the meeting and shared a bit of her life story and how she came to be a member of Zonta. She, and her parents, had a number of challenges when she was growing up, and her grandmother became her "safe place". She is now age 25, and works at FirstTier Bank. She learned about Zonta when she had a summer job at Fly Dragon (where some of the Zonta art shows were held). She is interested in working on the Art Show and the Cancel Out fundraiser. To learn more about Angelina, please look for an article in the upcoming Zephyr.

- The minutes from the September, 2025 Club meeting were approved after a motion by Tracy Myers and a second by Jody Gostas. The Treasurer's Report, as presented in the most recent Zephyr, was approved after a motion by Linda Bogart and a second by Barbara World.

- Tracy Myers, Club Treasurer, presented a proposed balanced budget and walked through the key assumptions in it. Two of these assumptions are that Club will receive \$15,000 from the Cancel Out proceeds, and that the funds received from WyoGives will be larger than in past years. Dr. Michelle Aldrich moved adoption of the budget, Melissa Martin seconded the motion, and the Club approved the budget without objection. This is the first approved budget presented to the Club members in several years.

- Jennica Fournier discussed the activities of the Advocacy and Service Committee. The focus was on preparations for the Silent Witness March to be held on November 24th. Several members volunteered to read some of the stories of victims of domestic violence. Those volunteers are Shaina Newton, Vicky Martinez, Dr. Michelle Aldrich, Debbie Eldridge, and Cassandra Stith. Other items discussed: Linda Bogart will be heading up the cleaning of the storage unit on October 11th, and applications for the STEM Scholarship are due to Olivia Salazar by November 1st.

- Tracy Myers led the Membership and Communications Committee discussion. Zunco will be held at Applebee's on October 23rd. The Committee has discussed that whenever there is a service or advocacy event, there should be a membership focused person present. It was also mentioned that the Committee is considering targeted Facebook ads.

- Jennica Fournier next discussed our *Twining* with the Zonta Club of Muenster, Germany. (Interesting that our visitor Rebecca and potential new member speaks German and recently lived in Germany.) Ms. Fournier distributed postcards for meeting attendees to sign that will be sent to Muenster.

- Ms. Fournier also reported that more than enough money was collected for the lunch that was provided to Habitat for Humanity. Excess donations will be provided to the Club.

- Denise Parrish reported on the decision of the Club Board and the Foundation Board to run the Cancel Out funds through the Zonta of Cheyenne Foundation (a 501c3 entity) in order to assure that there is no tax issue for donors to the fundraiser. Dr. Aldrich expressed her belief that this matter should be voted on by the Club and not just the Board of Directors. After a brief discussion, Ms. Parrish offered the recommendation from the Board of Directors – in the form of a motion - that the fundraising events (including



Cancel Out) that support the administration and projects of the Zonta Club of Cheyenne (a 501c4 entity) be done through the Zonta of Cheyenne Foundation (a 501c3 entity). This motion was seconded by Dr. Aldrich and approved by the Club members present without objection. Ms. Parrish tried to make clear during the discussion that Club members will still be expected to participate in the activities it takes to put together fundraising events. Ms. Fournier encouraged members to bring forth any ideas for additional fundraisers that they may have.

- The meeting was adjourned at 7:15 p.m.
- These minutes are respectfully submitted by Denise Parrish, filling in for Secretary Michelle Huff.

Zonta Club of Cheyenne - Treasurer's Report as of 10/25/2025

	Date	Check #	Debit	Credit	Balance
Ending Balance last Treasurer's Report					\$12,253.41
Checks Written					
Uhaul - Storage Unit (annual)	VOIDED	4673	\$0.00		\$12,253.41
Linda Bogart - Stipend for D12 Conf	10/10/2025	4675	(\$100.00)		\$12,153.41
Cassandra Stith - Stipend for D12 Conf	10/10/2025	4676	(\$200.00)		\$11,953.41
Deposits					
Funds from Silent Auction	10/22/2025		\$161.50		\$12,114.91
Ending Balance					\$12,114.91

Note: Check #4673 has been voided. Bill is not due until February.

	Cleared
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Bank Balance is \$12,114.91.

Good to Know.....

ZONTA CODE OF CONDUCT

Value

Global Community

We believe in creating healthy, caring and lasting relationships between our members and our communities. We are at our best when we work together and support each other. Valuing the contributions of like-minded organizations to help us achieve our mission reflects humility, wisdom, and a commitment to collective progress. The Zonta community is worldwide. Together, we achieve something bigger than we could alone.

Value Friendship

The more we engage and work closely together to achieve our mission, the more we develop a special bond. The mission unites us and leads to friendship. We build friendships by treating each other with respect, being honest, and trying to understand one another. We work jointly and learn to appreciate each other. We care for and support each other. We work hard but also find time to have fun. And we value friendships that grow stronger and deeper through time.

Value Equality and Inclusion

Everyone deserves to be treated equally and have the same opportunities to participate in our work. All members are seen, heard, valued and uplifted by their Zonta membership. Equality and inclusion allow for healthy debate and create a harmonious organization.

Value Respect

We treat everyone with respect, dignity, fairness and kindness. Respect is the foundation upon which interpersonal relationships and personal growth are built. We appreciate diverse perspectives, and all members are treated with empathy and compassion. By being respectful of our friends, allies, supporters and members, we build better relationships.

Value Integrity

Integrity is the foundation of trustworthy behavior, ethical conduct, and strong character. It is the key to establishing and sustaining trust. Zontians encourage open, truthful communication and ethical decision-making. We are guided by and stay true to our principles. We are honest and straightforward about our mission to make the world a better place for women and girls.



ZONTA International Dist. 12

Zonta Retention Policy

July 1, 2013

These items are to be saved for 10 years. After 10 years they are to be donated to the Wyoming State Archives.

- Minutes of board, general and committee meetings
- Annual Reports
- Membership lists and the annual slate of officers and board members
- Files relating to commencement of club, charter, incorporation, by-law options, special project and significant activities
- Scrapbooks and photographs, oral history tapes

- Newsletters, brochures and other publications of the club
- Chronological list of Presidents and Zontian of the Year
- Written history of the club

Items that can be destroyed after a period of time

- Correspondence In/out from headquarters etc. 2 years
- Financial records 7 years



***** Young Women in Leadership Award is coming in December.**



So is Christmas!!



shutterstock · 1214998951

*****Our Christmas Meeting is early in December!! December 4th!!
We're meeting at the Country Club at 5:15, \$20.
We're having the traditional White Elephant Exchange!!**

Announcements

November Member Meeting

Nov. 13th 6:00

** 5:15 for Dinner

The Office Restaurant

Advocacy & Service

Committee

Next Meeting- TBA

Office Bar and Grill, Garage

Current Projects

16 Days of Activism and Silent Witness
March

Silent Witness March

November 24th

Monday before Thanksgiving
@ Noon to @1:30

Meet in front of the Supreme Courthouse

This will kick off our 16 Days of Activism

Membership & Communications

Committee Meeting

Next Meeting- The Last Monday

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 Night
Out information are
included.**

**Applications for
the
STEM
Scholarship
are due to
Olivia Salazar
by **November 1st**.**

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

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



Franki Marie Orr

11/6

Hannah Poole

11/9

Carla Thurin

11/11

Barbara Spier

11/21

Upcoming Meetings & Events:

Zonta Club Meeting

November 15th @5:15 (if you ordered dinner)

Meeting at 6:00 pm—The Office

Advocacy & Service Committee Meeting

Place TBA

Zonta Board Meeting

NOVEMBER 6th, 5:30

at Applebee's- 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

Zonta Foundation :

Ann Erdmann, President

Linda Bogart, Vice President

Melissa Martin, Treasurer

Denise Parrish, Secretary

Vickie Ingerle, Director

Join
Zonta Club of Cheyenne
 And
JWill Pink Village for a
Breast Cancer Pillow Event

Join us to help cut out and stuff comfort pillows specifically designed for recent mastectomy patients.

This is a no-sew event and no special skills are required - just a willingness to help!

Thurs, Nov 13 at 5:30 pm
The Office Bar & Grill
1600 E Pershing, Chcyenne

Please bring a guest!

Light appetizers will be provided.

Please RSVP by Tuesday, Nov 11th to:

zontafun@gmail.com



ZONTA
 CLUB OF
 CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

BUILD A BETTER WORLD
 FOR WOMEN AND GIRLS

Donations of cotton or flannel fabric (2 yards) and new polyfiber stuffing are appreciated.