



# ZONTA

CLUB OF  
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN

THROUGH SERVICE & ADVOCACY

April 2026

# Zephyr

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**70<sup>th</sup> Anniversary of  
Zonta District 12!!**

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Greeley**

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## Message to the President



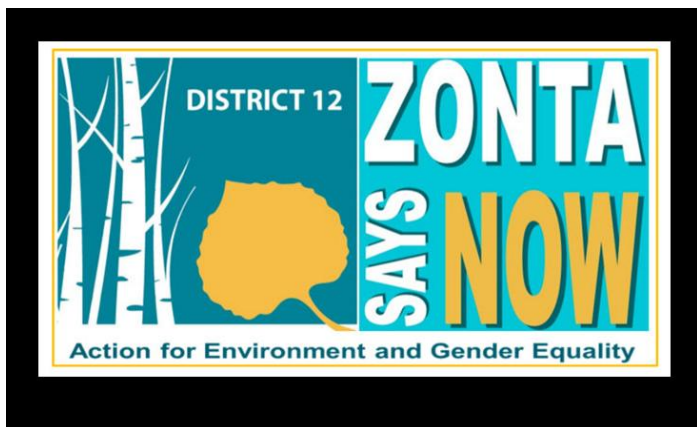
My whole life I have heard that the Month of March, “in like a lion, out like a lamb”, “April showers bring May flowers”. I am trying to figure out where 2026 comes into that. All I found in March was Fall, Spring, Summer, Winter, back to spring and maybe summer for a few days next week. I guess life is like our Month of March, ups and downs, high points, low points, but The Zonta Club of Cheyenne had a really big High Point! Cancel Out was a great success, due to the hard work of our members. Again I can't stress enough how proud I am to be a member of this club. I hope all our endeavors this year are as successful. It is time to build our membership up and bring more of our community into the fold. Talk to your neighbors, family, grocery clerk, bar tender, or any one you come into contact with. They don't know what they are missing. Invite a guest to our new member reception on April 22, at the Cheyenne Country Club, 5:15 p.m. This is a great time to let your friend know what we are all about. I hope to see you all at our meeting on April 9, 2026 at the Office Bar and Grill at 5:15 if you want to order dinner and at 6:00 for the meeting.

See you at our next function,

*Betty*

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

*And a future full of potential...*



The Action for Environment and Gender Equality (AEGE) committee was created after the District 12 Conference in fall, 2021. The work of Zonta Says NOW – District 23 inspired the Action for Environment and Gender Equality committee which began by creating a webpage that provides specific resources for climate action and gender equality issues to use by clubs, communities and districts in the USA and beyond. Our mission is to improve the lives of women and girls by encouraging Zontians to make a difference in their home environment, community, region, and clubs. This can be done effectively with educational resources, inspiring stories, an active Facebook page and building community awareness. We are all in this together.

### *What does “Zonta” mean?*

Zonta, **meaning honest and trustworthy**, is derived from Lakhota (Teton Dakota), a language of the Native American Sioux peoples.

## *70<sup>th</sup> Celebration*

Kristie Wilson is chairing the committee to organize our 70<sup>th</sup> Anniversary celebration. Stay tuned.....



**CSW70** ZONTA  
MARCH 2026



Zontians from around the world, both in person and online, are participating in panels, side events and sessions at CSW70 to strengthen advocacy for women and girls.

The Commission on the Status of Women (CSW) was the largest annual gathering on women’s rights worldwide and the principal global intergovernmental body dedicated to promoting gender equality and the empowerment of women.

As an NGO with General Consultative Status, Zonta International was invited to participate in the annual CSW in New York. Zontians from around the world joined global leaders and advocates to advance gender equality and the rights of women and girls.

# "Helping Them Pick Up the Pieces"



### Keynote Speaker

Renee Hansen, MS, LPC

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.

### Featured Guest

Ty Warner

A global performer and composer whose artistic journey has carried him across cultures, continents, and communities.



His signature style, Retropolitan, blends contemporary energy with a classic sensibility, creating a sound that resonates across generations and invites connection between people of differing backgrounds and beliefs. Ty's work reflects a conviction shaped by his travels: music is a universal language capable of dissolving barriers and opening doors to understanding.

Ty's commitment to service extends far beyond the stage. After witnessing the tragic loss of his vocalist to domestic violence—an event that occurred during a performance—he transformed grief into purpose. His single "Blink of an Eye" stands as both a tribute and a call to action, amplifying his mission to confront and eradicate domestic violence in all its forms.

### Order of Events

5:00 to 6:00 p.m. - Doors open, silent auction begins, cash bar and find your seats while enjoying music by Ty Warner

6:00 to 6:15 p.m. - Get seated

6:15 to 6:30 p.m. - Welcome from Zonta Cheyenne President Betty Abernethy and MC Melissa Martin, Jennica Fournier and the Clothesline Project

6:30 p.m. - Buffet Dinner (Those with special dietary needs, special guests and those needing extra time will be allowed first in line.)

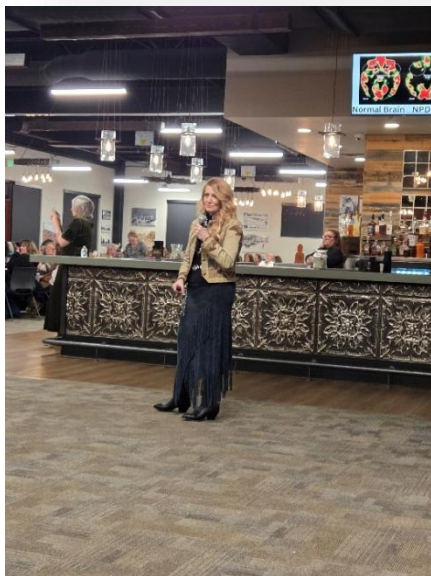
7:00 to 7:10 p.m. - Ty Warner

7:10 to 7:30 p.m. - Keynote Renee Hanson - Helping Pick up the Pieces

7:30 to 7:45 p.m. - Raffle ticket draw, winner of the Zonta Basket and the silent auction closes.

7:45 to 8:15p.m. - Live auction

8:15 p.m. - Cash out and final comments



## Cancel Out Results and More.....

Results of Cancel Out as of March 25<sup>th</sup>  
(Waiting to see if any additional expenses)

Sponsors and Tables	\$24,700
Individual Tickets	3,675
Monetary Donations	6,571
Live Auction	6,145
Silent Auction	3,752
Raffle Tickets	2,485
Bottle Grab	2,015
Room Rental Expense	(4,345)
Catering Expense	(4,752)
Other Expenses	(3,375)
<b>NET PROCEEDS</b>	<b>\$36,870</b>

Based on these results, the net proceeds are proposed to be distributed as follows:

Safehouse –	
Assistance for Survivors	\$ 5,600
Zonta (Int'l) Foundation for Women	11,000
Zonta Club of Cheyenne	14,700
Professional Development Fund	3,700
Zonta of Cheyenne Foundation	1,800
Seed Money for Future Events	70
<b>TOTAL DISTRIBUTION</b>	<b>\$36,870</b>

*What a night!* This year's Cancel Out had such a great vibe! The energy in the room was so positive, and the place looked amazing. Kudos to Betty Abernethy and Amy Hernandez for working so hard to make this event happen, and a giant shout-out to Missie Martin who absolutely rocked the job of emcee! Tracy Myer



*I don't know how much money the baskets raised but it was a joy to gather items for baskets ( and bottles of wine) and to participate in that way with gathering, putting baskets together, and setting up. People were very generous with their donations and we had quite a variety of items. Thanks to all of those people who donated!*  
By Vicky Martinez

Over 25 Silent Auction items, a wide variety of Live auction items, more than 100 bottles in the Bottle Grab selling out before the program, and more than 230 guests were the best of the Cancel Out Gala.... Not to mention the delicious food provided by Girls Gone Gourmet!!! **Another success!!**  
*Congratulations to Micah Apodaca for receiving the complimentary membership from our Zonta table.*

**Cancel Out: Come find out more about this year's successful event, at our April 9<sup>th</sup> meeting!!**

Here's the **Cancel Out photos'** link from Kelly Groeneweg. We may use the images for advertising and/or prints as often as we like because they keep the album active for a long time. **It was truly a privilege to serve Zonta! Thank you for choosing Rugged Grace Photography.**

Link: <https://www.ruggedgracephotography.com/zontacheyenne>

Kelly Groeneweg

Rugged Grace Photography

307-286-1304

# Members Report on Great March Meeting

*Cheyenne Zonta members attend District 2 Area Meeting held in Greeley Colorado.*



*Lt Governor, Deb Beatty, Jody Gostas, Linda Bogart, Area 2 Director, Marcie Woolworth, District Governor, Debbie Sundberg, Melissa Martin, Area 2 Vice Director, Michelle Aldrich, and District Advocacy Chair, Denise Parrish.*

Thanks to the Zonta Greeley Club for a wonderful Area 2 meeting. And our new reorganization from 4 areas to 3 has increased Area 2 from 4 Zonta Clubs to 7 Zonta Clubs! We added Denver 1; Denver 2 plus Boulder Foothills. We got to meet some of Denver's members and hear about their clubs' activities.

Our District Governor, Debbie Sundberg welcomed us with enthusiasm! Debbie challenged our clubs to find new members to help meet our district goal of each club gaining 6 new members. We presently have 492 with a goal of 550 members.

Debbie spoke about attending the United Nations meeting where she said Zonta is a very big Deal. She talked about the International Women's Day in Cambodia and asked all of us to speak up about Zonta and Human Rights. **By Linda Bogart**

Dr. Philip Reichel was our guest

speaker who talked about human trafficking which is based on "force, fraud, and coercion." At least one item must be present for the crime to be considered human trafficking (except in case of minors). He talked about several existing organizations that are working against human trafficking such as SOAP Project, The White Van Project, Rules for the Digital World from Shared Hope International, Licht and The Colorado Project.

The Human Trafficking Panel focused on the guidelines they use: awareness, identification, rescue, recovery. They emphasized how recovery is the area that needs the most help. The Panel included an FBI agent and two women from the Colorado Office for Victims of Crime.

The final activity was learning how to build an "Advocacy Organizational Tree" which was very challenging and informative. I hope we will be able to carry this information to our Club.

*Altogether it was a very educational meeting with a lot of social benefits, too. By Jody Gostas*



*Figure 1 Panel on Trafficking and local Action  
Dr. Philip Reichel; NGO Representative to  
United Nations*

*Brittany Chin; FBI Regional Victim Specialist  
Faith Thompson; Greeley Police Victim  
Services Unit  
Dr. Patricia Valverde; Lab to Combat  
Trafficking Board*

## Another Focus for District 2 :International Women's Day

**Zonta Foundation for Women's Rose Day:**

[https://www.zonta.org/Web/Your\\_Support/Foundation\\_Campaigns.aspx#RoseDay](https://www.zonta.org/Web/Your_Support/Foundation_Campaigns.aspx#RoseDay)

**International Women's Day:**

<https://www.internationalwomensday.com/>

**United Nations:**

<https://www.unwomen.org/en/get-involved/international-womens-day>

# Safe House Luncheon

## Check These Out

### April 2026

April Board meeting /Cancel Out Review- April 7, 2026

– Applebees 5:30

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.*



Zonta Club of Cheyenne  
**2026 Art Contest**  
**Domestic Violence:**  
**Rise, Recover, Reclaim**  
 All medium except performance art welcome  
**Youth Prize \$200, Adult Prize \$200, People's Choice \$200**  
 June 12<sup>th</sup> Reception, 5:30 p.m.  
 at Cheyenne Civic Center  
**Entries Due June 1<sup>st</sup>**  
 Drop off at Flying S Title, 433 E 19<sup>th</sup> St., Cheyenne  
 Include name, age category, phone, email  
 Contact parrishzonta@gmail.com for more information

### Art Contest Information

#### Domestic Violence: Rise, Recover, Reclaim

Entry Submissions Due Date: June 1<sup>st</sup>

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 12<sup>th</sup>.



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

MAY 12TH

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

Safehouse Services with the Laramie County Coordinated Community Response Team will be hosting the annual "Would You Walk in Her Shoes?" on April 29<sup>th</sup> at 4pm at the Depot. We are invited to join in.

## Service and Advocacy

Our meetings will now have a standing time of the 4<sup>th</sup> Tuesday of the month. The meetings will start at 5:30 (come early if planning on eating). Most will likely be held at The Office, but will be announced prior to the meeting.

We started our new scheduled time the 26<sup>th</sup> of March, focusing on Coasters and Posters and brainstorming community funding ideas for it.

*Thanks!!*

*Jennica*



# Zonta Membership Reception

April 22 @ 5:30 pm - 7:30 pm

## **Cheyenne Country Club**

Join us for a membership reception and see how you can make a difference while building meaningful connections. Meet women from across Cheyenne, learn about our advocacy work to advance the status of women, and enjoy an evening of conversation, community, and light hors d'oeuvres.

**Michelle Aldrich excels in effort, helping clean up after the March DKG Used Book Sale.**

### Zonta Club of Cheyenne - Treasurer's Report as of 03/27/2026

	Date	Check #	Debit	Credit	Balance
<b>Ending Balance last Treasurer's Report</b>					<b>\$10,664.93</b>
<b>Checks Written</b>					
Safehouse Services - table sponsorship	3/9/2026	4690	(\$1,000.00)		\$9,664.93
Denise Parrish - Membership Brochures	3/11/2026	4691	(\$129.94)		\$9,534.99
Denise Parrish - Domestic Viol Brochures	3/23/2026	4692	(\$116.12)		\$9,418.87
<b>Deposits</b>					
Multiple Fund Deposit (see below)	3/27/2026			\$852.12	\$10,270.99
Foundation - New Member Rec - \$600					
Foundation - New Member Ann Fee - \$200					
Denise Parrish - Safe House Lunch - \$50					
Tracy Myers - Reimb from Hpool - Canva \$2.12					
<b>Ending Balance</b>					<b>\$10,270.99</b>

Cleared

**Bank Balance is \$10,625.99. Less outstanding checks totalling \$1207.12, plus outstanding deposit of \$852.12 = \$10,270.99**

# Announcements

## April Member Meeting

April 9<sup>th</sup> 5:15- Dinner  
6:00 -Meeting

**The Office**

(no March Club meeting)

## Advocacy & Service

### Committee

Next Meeting: 4<sup>th</sup> Tuesday  
5:30 at The Office

Current Project

The Art Contest

Coasters and Posters

## Zonta Foundation Meeting

**April 30<sup>th</sup>**

**12:00**

## Membership & Communications Committee Meeting

Next Meeting- 4<sup>th</sup> Thursday

Place TBA

*Come help us !!*

## Zonta's April Board Meeting/ Cancel Out Review

April 7<sup>th</sup> 5:30  
Applebees Mtg Room

A proud supporter of Cancel Out and  
the Cheyenne Zonta Club



**Check out our Website!!**  
**[Cheyennezonta.org](http://Cheyennezonta.org)**

Share the Information!!



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*2026 Art Contest*  
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Include name, age category, phone, email  
Contact [parrishzonta@gmail.com](mailto:parrishzonta@gmail.com) for more information



2026

# vision board bingo

Read 20 Books	Quit one unhealthy habit	Take a solo trip	Join a social club	Stretch for 10 minutes daily for a week
Start meditating daily	Create a workout plan	Watch 10 movies you've never seen	Dance to a favorite upbeat song	Learn a new skill
30-day no-sugar challenge	Take a professional bio photo		Try a new restaurant each month	Visit a new city
Reconnect with an old friend	Sleep 8 hours a night for a week	Create an emergency fund	Treat yourself to a small indulgence	Learn to cook 5 different recipes
Pay off debt	Host a party or gathering	Attend a live sporting event	Write someone a letter or card and mail it	Watch the sunrise once every week



## Healthy Habits



## 2026 Club Officers

**President:** Betty Abernethy  
[bettyabernethy@gmail.com](mailto:bettyabernethy@gmail.com)

**Vice President:** Jennica Fournier  
[jennicafournier@gmail.com](mailto:jennicafournier@gmail.com)

**Secretary:** Michelle Huff  
[mnrel30@yahoo.com](mailto:mnrel30@yahoo.com)

**Treasurer:** Tracy Myers  
[tracym1996@gmail.com](mailto: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>Barbara World</i>	<i>4/02</i>
<i>Michelle Aldrich</i>	<i>4/06</i>
<i>April Carter</i>	<i>4/20</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 9<sup>th</sup> @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/ Zunco**  
 Watch for emails from [ZontaFun@gmail.com](mailto:ZontaFun@gmail.com)!  
[www.cheyennezonta.org](http://www.cheyennezonta.org)