

# ZONTA

CLUB OF  
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

September 2026

# Zephyr

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## Message from the President



This time of year is filled with preparations for transition. As the hustle and bustle of summer begins to wind down, we can finally take a deep breath and look ahead to the opportunities that a new season brings. Families are preparing for back-to-school routines, preserving the

harvest through canning and baking, and getting homes ready for the cooler days of autumn. It is a season of reflection, renewal, and anticipation.

At Zonta, we are also looking forward and preparing for the future. Our club is busy planning several important events that celebrate our history, strengthen our impact, and advance our mission.

On October 15, we will gather to celebrate our local club's 70th Anniversary, a remarkable milestone for our club. This special event will honor the members, past and present, whose dedication has shaped our organization. We will also recognize the many community partners and supporters who help make our projects and service possible. It promises to be a wonderful evening of gratitude, memories, and celebration.

We are also preparing for our annual advocacy activities during the 16 Days of Activism Against Gender-Based Violence. from the Governor and Mayor, a Silent Witness March, and a Silent Witness Display at the library. We invite you to join us on

Saturday, November 21, as we come together to recognize and honor women who have lost their lives to domestic violence. Please consider bringing your mothers, daughters, sisters, friends, and neighbors. Together, we can stand in solidarity with families affected by this tragedy and reaffirm our commitment to ending violence against women.

Zonta International is also looking ahead. The organization has introduced a Blueprint for the Future, a vision that will guide important discussions about how Zonta operates and collaborates around the world. The proposed changes could have significant implications for our district, our area, and our club, as well as how we engage with our fellow Zontians throughout the United States. This is an important opportunity for members to become involved and have their voices heard. Zonta International is actively seeking feedback and wants to understand our hopes and vision for the future of the organization. Member input will help shape decisions that affect us all. We will be discussing the Blueprint at our next meeting, and feedback is requested by October 31.

As your family settles into the rhythms of fall, I encourage you to set aside time to engage with Zonta. Your participation, your ideas, and your passion are what make our organization strong. Together, we can honor our past, make a difference in the present, and help build an even brighter future for women and girls everywhere.

*Jennica*

# District 12 Governor's Seminar

Please mark your calendars for this year's Governor's Seminar, which will be held virtually on October 3rd from 10:00 AM to 2:00 PM.

While I do not have all the details from our District Governor yet, here is what we know so far:

- **Cost:** There is currently no fee to attend, and everyone is welcome.
- **Agenda:** The tentative plan features guest speakers for most of the session, with a primary focus on child marriage.

## Watch Party

**\*\*Additionally, some of our members are hoping to reserve a space in Cheyenne (Grace Hall, Library, other ideas??) where we can watch the seminar together on a big screen. Stay tuned for more on this.**

By Jennica

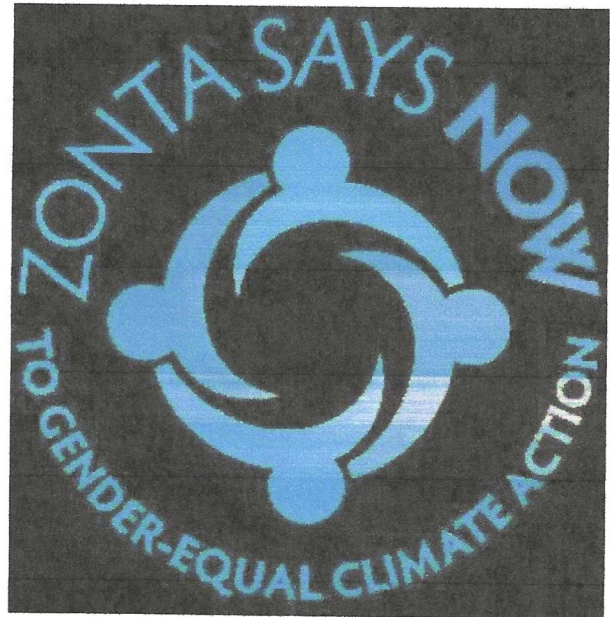
## District 12's Mission

Zonta District 12's purpose is to build, develop, and maintain strong clubs through support, leadership and communications in order to further the mission of Zonta International.

## 2026 Z I's Young Women in Leadership Recipients



Meet the inspiring recipients of the 2026 Zonta Young Women in Leadership Award! 🌟  
Recognized for their leadership and commitment to public service and civic causes, these 37 young women are already making an impact in their communities and beyond. Learn more about this year's recipients and the difference they are making: Visit Zonta International's Web Site



**Zonta District 12 • Colorado,  
Montana, South Dakota ;&  
Wyoming**

• [info@zontadistrict12.org](mailto:info@zontadistrict12.org)

Z I's new proposals, ideas for new districting, new ammendments and new scheduling for scholarships that will effect each club will be presented at the **virtual Governor's Seminar** and open for discussion. **Attend our Watch Party** and have a hand in shaping what happens next. Convention members will be there to explain, refreshments will carry you through the seminar, and fellow members will be there. **Saturday, October 3<sup>rd</sup> 10:00-2:00.** Place TBA

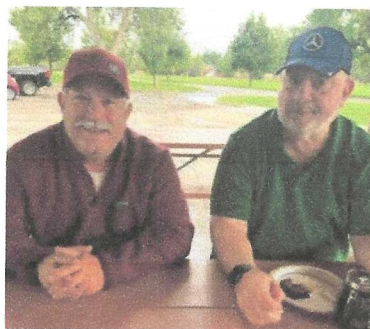
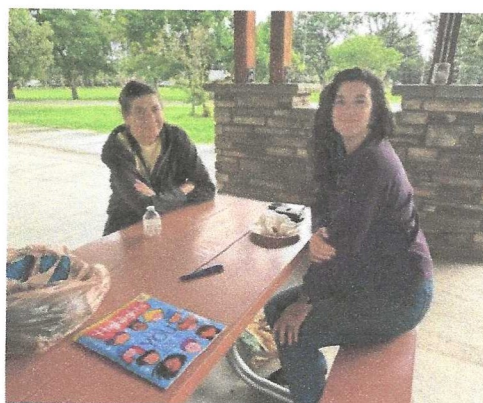
***Betty's Golden Spice Cake with Maple Frosting Takes the Spoon!!!***



Club members, family and friends gathered at Lions Park on August 13<sup>th</sup>. Fried chicken and side dishes were part of their delicious meal, with the amazing dessert entries for the contest.



*Dessert Contest Entries Yummy*



*A great time together!*

# A Huge Success with Another Community Project

On August 22, volunteers from the Noon Rotary, After Hours Rotary, Sunrise Rotary, Sunrise Lions, Frontier Lions, Kiwanis Club, Zonta Club and LCCC Rotaract participated in the non-profits' Annual Food Drive. They helped collect around 3500lbs of food to help community members get through the winter at Veterans' Rock, not to mention the 3500 for the FNBO, LCCC Food Pantry for the students. "One last shout out to Safeway, Albertsons, King Scooper and last but not least YOU!!! Our extremely giving community!!! Wyoming takes care of our own and it is the best place to call home!!!" Veteran's Rock Coordinator



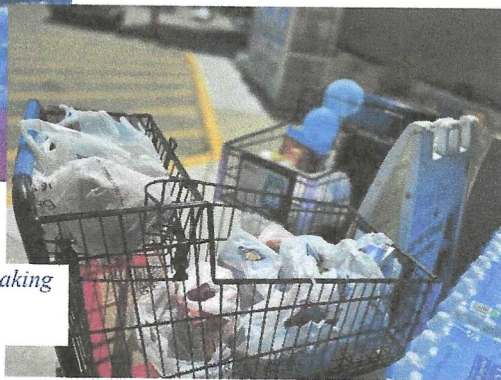
Albertson Volunteers from Lions, Rotary and Zonta



Barb, Jody and Jennica at Safeway



Community's great response



Generous lady donated a basket full taking home only one sack



Karen Rosetti helping collect food



Rotarians help at Kings



Zontian Vicky Martinez

# Celebrate\*



Meet Franki Marie Orr's baby boy. Benjamin Atticus was born on Aug. 13<sup>th</sup>, 5lbs 13 oz. Grandma Kathy Orr is over the moon!! She has pictures!!!



## Save the Date

### Zonta of Cheyenne's 70<sup>th</sup> Anniversary Celebration

**October 8<sup>th</sup>  
5:30 to 8:30**

.....more details to come

## Advocacy Team Plans Future Project.

The Advocacy committee is now putting together important components/details for 16 Days/Silent Witness March that goes from November 21<sup>st</sup> to December 10<sup>th</sup> (Starting International Day for the Elimination of Violence against Women and ending on Human Rights Day)

The march is planned for November 21<sup>st</sup>, ending at the Library where the silouettes will be displayed and a gathering will be held there. \*(On October 2<sup>nd</sup> Debbie Richardson is attending the State Silent Witness Imitative held in Torrington,)

Volunteers are needed now to help prepare for this important event. Join us at our next meeting September 22 at the Office Garage at 5:30. A great way to get involved with our mission/service project. Or contact Jennica Fournier.

Scholarships are also becoming available. Sign up for the committee and help.

The Food Drive was a huge success. Check page 5. Thanks to our 7 members for helping. Thanks, Denise for coordinating the event.

## Cancel Out Committee Up and Running

We are building our committee to get things off the ground. Our first meeting was on Tuesday, August 25th (same night as the Advocacy Committee meeting). We met at my house, 814 E Jefferson Rd, Cheyenne, WY 82007 at 5:30 pm. The next meeting TBA, but watch for notices. By Betty Abernethy

**\*\*Current Committee Members:**

Amy Hernandez/Betty Abernethy- Cochairs

Denise Parish - Treasurer

Tracy Myers - Silent Auction

Kathy Cathcart - Bottle Grab

There is so much more to do and each of these individuals needs help. Please consider joining in on this project !!!!

- **Club Meeting:** September 10th at 6pm at The Office. We will have a guest speaker from Wyoming 211 and discuss the Blueprint for the Future from international. Come at 5:15 for dinner.
- **Board Meeting:** September 3rd at 5:30 PM in the Sage Room at the library.
- **Service and Advocacy Meeting:** Tuesday, September 22nd at 5:30 PM in the Garage Room at The Office.

# Zontians on the Move! By Melissa Martin

One of the best reasons to travel is to discover that there are good people everywhere. Exploring new places gives me perspective on how communities operate differently, while reminding me that kindness, compassion, and service are universal values. Those values are also at the heart of Zonta's mission to build a better world for women and girls.

In June, Brian and I traveled to Ireland, where we ate yummy food, drank yummy whiskey, and saw so much green! The sun was out (rare for Ireland) and the temperatures were in the mid-70s (rare for me this summer). However, what we enjoyed most was the welcoming spirit of the locals. Everywhere we went, people

were eager to share their stories, recommendations, and pride in their communities. It was a wonderful reminder of how hospitality and connection can bring people together across cultures.

Then in August, Mom and I visited the kids in Portland. It was a completely different environment, as they live along the river in downtown Portland. Downtown communities

sometimes get a bad rap for homelessness and crime, but we also saw firsthand how organizations are working to support people in need. One example was the Oasis Day Center, which provides showers, bathrooms, healthcare, phone chargers, coffee, substance abuse counseling, and connections to additional resources. Portland also has a non-police mental health emergency response team that works alongside law enforcement to help ensure individuals receive the most appropriate care.

Seeing these services in action reminded me that building stronger communities requires compassion, collaboration, and a commitment to helping vulnerable populations. As Zontians, we understand the importance of creating opportunities, providing support, and advocating for those who may not always have access to the resources they need. Whether those efforts are directed toward women and girls in our local communities or in places we visit around the world, they contribute to meaningful and lasting change.

Mom and I had a great time exploring downtown Portland. We visited Powell's Bookstore (a must-see!), enjoyed a wide variety of foods, (Mexican, American, Ethiopian, Thai, Greek, Japanese, Island-Korean, and Italian) and searched for some of the city's newly installed crow statues, similar to Wyoming's decorated boots around town. <https://ohsufoundation.org/wildwood-follow-the-crows/> Our highlights included spending time with the kids, visiting the beautiful Japanese Garden, and watching Mom teach Quinn, our future son-in-law, how to use a sewing machine.

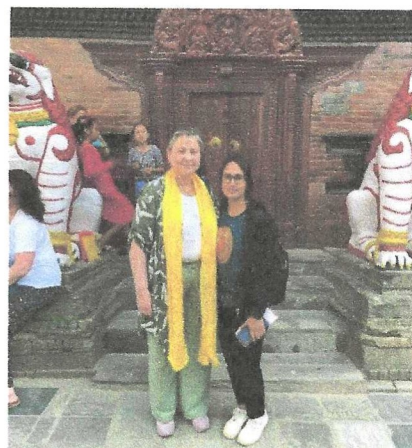
Travel reminds us that every community has unique challenges and unique strengths. It also reminds us that when people come together to support one another, positive change is possible. That's a message that aligns perfectly with Zonta's vision of a world where women and girls have the opportunities, resources, and support they need to thrive.



# Let's Get Our Members Involved and Connected

Leadership grows when we connect, listen, share our experience and create opportunities for others to grow. At Zonta, mentorship is more than just offering guidance; it is a transformative relationship that promotes personal growth for women and girls, builds confidence, paves the way for success and ensures they have a seat at the decision-making table.

Since the launch of the [Zonta Cross-Mentoring Program](#), we have witnessed the [profound impact that mentorship](#) has on our members. Many mentors and mentees have reported that the program has nurtured their talents, encouraged open-mindedness and cultivated resilience. Most importantly, it has given them an advocate in moments of uncertainty.



Zonta International Director Jutta Trube (left) visiting her mentee Dipisha Bhujel (right) in Kathmandu, Nepal.

When Zonta members connect with one another, they help unlock their full potential. We see our members' dedication to [our mission](#), [causes](#) and [values](#) as they build a better world with sustainability and human rights through accountability, respect and empowerment. By using mentorship to tap into that power, Zontians worldwide nurture current and future generations of leaders committed to gender equality.

*With warmest regards,*



Fernanda Gallo Freschi  
2026-2028 President  
Zonta International and Zonta Foundation for Women

## *Unlock Your Potential: Join the Zonta International Cross-Mentoring Program*

In an increasingly digital world, radical human connectedness, intercultural empathy and mutual learning are turning into vital strategic future skills. The [Zonta Cross-Mentoring Program](#) is designed to bring our global fellowship to life—fostering deep two-way learning on equal footing.

**What's in it for you? Whether as a mentor or mentee, participating in this program allows you to:**

- **Expand your intercultural perspective:** Build empathy, self-awareness and lasting bonds across cultures, generations and sectors.
- **Grow personal & professional competencies and resilience:** Develop concrete solutions for real-world private and professional challenges.
- **Drive innovation:** Tap into diverse perspectives to strengthen your leadership in an era of rapid technological and societal change.



## BE THE EYES IN THE AIR

Every time you walk through an airport, whether you're an airline employee or a passenger, you can be an extra set of eyes to identify and report signs of human trafficking. National Aviation Week is August 19–25, so take time to find out how you can help with Blue Campaign resources:

- **Aviation Employees:** [Read our guide](#) tailored specifically for the transportation industry to help you recognize and respond to suspected human trafficking. You can also [print out these posters](#) from our Blue Lightning Initiative to display at your airport.
- **Members of the Public:** You can spread awareness about human trafficking by learning how to identify indicators of suspicious activity. [Explore our website](#) to see what the indicators of human trafficking are and what you can do if you see them.

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## Put Human Trafficking Awareness on Your Back-to-School Checklist

Are you preparing your school or your children for a new school year? While you're gathering supplies and doing your back-to-school shopping, don't forget that human traffickers can use this busy season to identify vulnerable people to exploit. You can help protect children by adding a lesson in human trafficking awareness to your reading material:

- **First lesson:** Learn how [human trafficking can affect youth](#) with Blue Campaign resources.
- **Next lesson:** Find out [how you can help](#) based on your role in your community. There are even specific [resources for student and community leaders!](#)
- **Final project:** Share what you learned with your network. Remember, every chance to spread awareness can help make a difference.

From Cara Chambers, Blue Campaign's August Publication



### LET'S DO LUNCH!

HUMAN TRAFFICKING TASK FORCE  
VIRTUAL LUNCH N LEARN SERIES

#### Join us for our next session:

*Stronger Together: Multidisciplinary  
Partnerships in Human Trafficking  
Identification and Response*

**October 14, 2026  
1–2 p.m. (CT)**

REGISTRATION REQUIRED

You are invited to a virtual briefing that will highlight the importance of multidisciplinary partnerships in combating human trafficking. Our team will share case studies of successful public sector, private industry and organizational collaborations and will also discuss best practices and available resources to bolster the joint anti-trafficking efforts in your communities.

# Celebrate with Fort Collin's Club

We're invited to the Fort Collin's biennial fundraiser which is happening on October 1<sup>st</sup> this year. Their signature event for 2026 is a fashion show but there will be so much more.

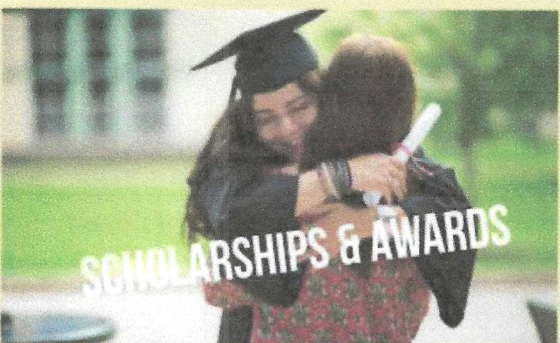
*We hope you can attend and if you would please share with your club members we would be most grateful. The event is north of town, so the commute is a few minutes closer to Cheyenne. By Fort Collin's Zonta Club*



**ZONTA**

CLUB OF  
FORT COLLINS

BUILD A BETTER WORLD  
FOR WOMEN AND GIRLS



Fashion show  
brought to you by...  
**MADD Style Boutique**  
and Style Curated



**FALL INTO STYLE:**

A FASHION AFFAIR SUPPORTING LOCAL  
WOMEN'S SCHOLARSHIPS & AWARDS

*Join Us On*

**THURS • OCT 1 • 2026**

**WINDSONG ESTATE EVENT CENTER**

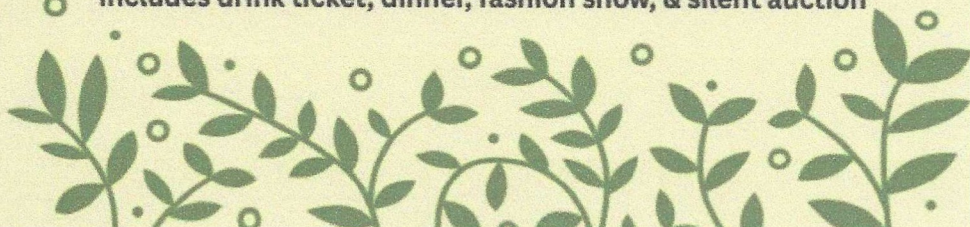
**5:30-8:00 PM**

TICKETS AVAILABLE HERE

OR AT

**ZONTAFALLINTOSTYLE.EVENTBRITE.COM**

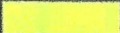
includes drink ticket, dinner, fashion show, & silent auction



*August's Treasurer's Report*

# Zonta Club of Cheyenne - Treasurer's Report as of 08/24/2026

|                                                      | Date      | Check # | Debit    | Credit | Balance     |
|------------------------------------------------------|-----------|---------|----------|--------|-------------|
| Ending Balance last Treasurer's Report               |           |         |          |        | \$20,053.72 |
| Checks Written                                       |           |         |          |        |             |
| Harland Clarke Check order                           | 7/29/2026 |         | (176.62) |        | 19,877.10   |
| Denise Parrish- Zonta Pins (Aponik Cresting Corp.)   | 8/6/2026  | 4711    | (475.00) |        | 19,402.10   |
| Jub Jub Inc.                                         | 8/24/2026 | 4712    | (220.00) |        | 19,182.10   |
| Betty Abernethy- Chicken for August Picnic (Walmart) | 8/24/2026 | 4713    | (96.22)  |        | 19,085.88   |
| Kathy Orr- 50 extra CFD posters                      | 8/24/2026 | 4714    | (107.10) |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
| Deposits                                             |           |         |          |        |             |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
|                                                      |           |         |          |        | 18,978.78   |
| Ending Balance                                       |           |         |          |        | 18,978.78   |

 Cleared

Bank Balance is \$19540.64, less four outstanding checks totaling \$ 561.86= \$18978.78.

*There are no minutes from August, our member picnic.*

## Announcements

## **September Club Meeting**

**September 13<sup>th</sup>**

***The Office Meeting Room***

**5:30 dinner 6:00 Meeting**

**Speaker: 211 Program**

## **Advocacy & Service**

### **Committee**

**Next Meeting: Sept. 22nd**

**At the Office Garage 5:30**

**Current Projects:**

**16 Days of Advocacy**

**Next Meetings: 10/27 11/24**

**12/22**

**Our  
70<sup>th</sup> Anniversary  
Celebration!!!**

**October 8<sup>th</sup>  
5:30-8:30**

## **Committee Meeting**

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

**Place Betty's Home**

***Come help us !!***

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

**The latest activity information,  
scholarship forms, and contacts.**

## 2026 Club Officers

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

**Vice President:** Joelle Ashley  
[joelledee@gmail.com](mailto:joelledee@gmail.com)

**Secretary:** Barbara World  
[bworldloveshorses@gmail.com](mailto:bworldloveshorses@gmail.com)

**Treasurer:** Vickie Ingerle  
[ingerlev@yahoo.com](mailto:ingerlev@yahoo.com)

### Board of Directors:

Jody Gostas  
 Olivia Salazar  
 Denise Parrish  
 Kate Wright  
 Kristie Wilson

### Nominating Committee

Michelle Huff  
 Tracy Myers  
 (2 Vacancies)

### Committee Chairs

Advocacy/Service: Jennica Fournier  
 Finance: Vickie Ingerle  
 Membership/Communication: Jill Randall and  
 Betty Abernethy  
 Zonta International Foundation for Women  
 Ambassador: Mary Walker  
 Club Historian: Linda Bogart

## Zonta Foundation :

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



*Becky Evans* 9/10

*Jill Randall* 9/18

*Karen Rossetti* 9/19

## Upcoming Meetings & Events:

**Zonta Club Meeting**  
 September : 5:30

**The Office**  
**Advocacy & Service Committee Meeting**  
 September 22<sup>nd</sup> 5:30, Office Garage

**Zonta Board Meeting**  
 September 6<sup>th</sup>: 5:30  
 Place: County Library Sage Room

**Membership/Communications Committee Meeting**  
 4<sup>th</sup> Thursday of the month

**Location:** 814 E. Jefferson Rd. / Betty's Home  
 Zunco

Watch for emails from [ZontaFun@gmail.com](mailto:ZontaFun@gmail.com)!  
[www.cheyennezonta.org](http://www.cheyennezonta.org)