

ZONTA

CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

October 2024

Zephyr

What's Inside

Club Scholarship awarded

Meet our latest recipient!

Page 3

Announcements

Don't miss out!

Page 4

Uprising Training

Free training coming to Cheyenne!

Page 5

Member Spotlight

Meet two fellow Zontians!

Page 7

Int'l Day of the Girl

Celebrate on Oct 11!

Page 8



Message from the President

Happy Fall, Everyone!

As we move into the Autumn season, our Zonta Club has several significant events and initiatives to look forward to. Here are the key highlights of what's coming up:

1. District 12 Governor's Seminar (First Weekend of October)

Our District 12 Governor's Seminar is fast approaching, taking place during the first weekend of October. We're thrilled to announce that over 10 members from our club will be attending this important event. It's a wonderful opportunity to connect, learn, and strengthen our efforts as a Zonta community. We encourage everyone attending to engage fully and bring back valuable insights for the group.

2. Uprising Human Trafficking Training Event (October 15-16)

This crucial training event will take place on October 15th and 16th. It's an incredible opportunity to raise awareness and strengthen our community's understanding of human trafficking. We encourage all members to participate and spread the word.

- Flyer Distribution:

To ensure maximum attendance, please help by distributing our event fly-

ers. We have both paper versions and digital copies available via email. Please forward these to everyone in your network. The more people we reach, the more impact we can make!

- Flexible Time Frames:

There are several time options for attendees, so it's easy for people to fit this event into their schedules. Encourage your friends, colleagues, and community members to join.

3. 16 Days of Activism (Details Coming Soon)

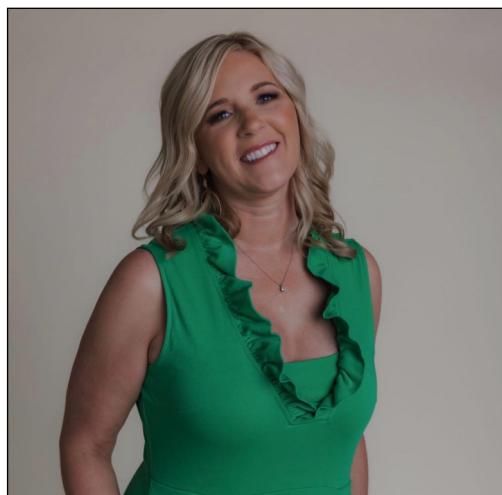
As we prepare for the 16 Days of Activism, stay tuned for updates. This period is critical for raising awareness

and advancing our mission to empower women and end violence. More information will be coming your way soon, so keep an eye out for emails and announcements.

4. Newsletter Reminder

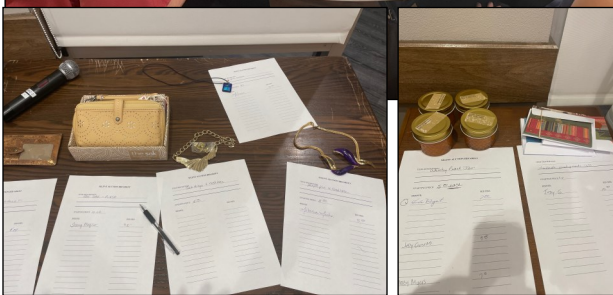
Finally, don't forget to read the latest newsletter in full. It contains important information you won't want to miss, including event details, upcoming initiatives, and key updates from the club. Please take the time to review it thoroughly.

Thank you for your continued dedication and support of Zonta's mission. Together, we can make a real difference this Fall!

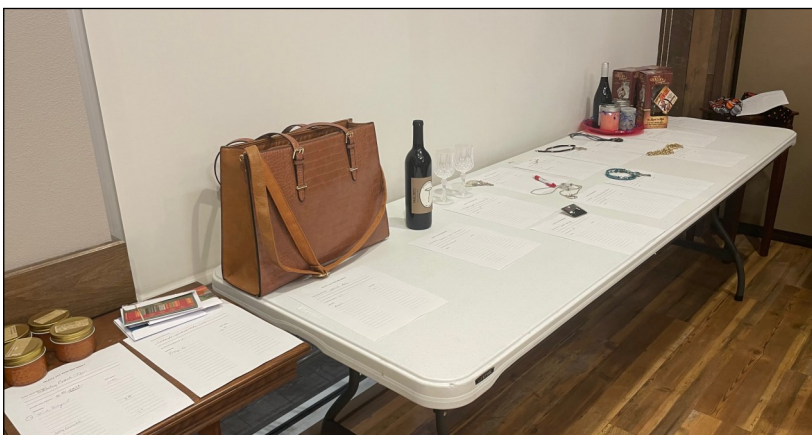


www.cheyennezonta.org

Zonta Fun in September!



The September meeting included a silent auction for our education fund.



Renee Nicks (left), our newest member, along with Beverly Ambrose, our Club's member with the longest tenure.

Maldonado receives Club scholarship for LCCC

By Nancy Freudenthal

The Scholarship subcommittee selected Rachel Maldonado to receive the Zonta Club of Cheyenne Scholarship of \$1,286.00 for LCCC's 2024-2025 academic year. Rachel's career goals are to finish an associate in health science on her path to complete the program of Health Information

Technology.

Born in Puerto Rico, Spanish is her first language, so she is taking English classes as well. Rachel has lived in Wyoming for six years, is a single mom working part-time to provide for her family, and she is also taking the prerequisite classes to finish her scholastic program earlier.

From the Zonta mailbox...



HAVE YOU SIGNED UP FOR FAST ACTION FRIDAYS YET?

Text the word "Zonta" to 50457.

You will receive a message with a link to then register to receive periodic information from Zonta about proposed federal issues. Upon receipt of each notice, you will have the opportunity (your choice – not mandated) to let your congressional representatives know your thoughts about the issue at hand.

Announcements

Advocacy & Service Committee Meeting

October 22nd at 5:30 pm

The Office Bar & Grill—The Garage Room

Please join us to discuss the upcoming events, and also plan for those events which are farther out in our membership year.

All are invited and welcome!

Membership/Communications Committee Meeting

Monday, October 28, 5:30 pm

Betty's House—814 E Jefferson Rd

If you are interested in planning fun events, or want to help with social media and promoting our Club's mission, please join us! Bring your ideas and enthusiasm!

**Everyone is welcome
and Betty is making soup for us!**



OCTOBER CLUB MEETING

Thursday, October 10th

The Office Bar & Grill
(Sonoma Room)

Dinner at 5:15 pm, Meeting at 6:00 pm

No RSVP necessary!

CSW69/Beijing+30 Orientation Friday, October 4 9:00-10:00am CDT

https://us06web.zoom.us/meeting/register/tZYldeqgrjsjHtYsFkcb06UU_twgPW35dLft

As a reminder, on Friday (4 October) there will be an orientation for CSW69/Beijing+30 given by our UN Committee Chair Pamela Morgan. We will be discussing CSW69, what to expect by attending, how to best participate as a member of Zonta, and about the 30 year assessment of the Beijing Platform from 1995. This is a wonderful opportunity for not only Zontians who have not attended before, but also for those who may want to understand the event better and how to fully experience it.

Register Today (and remind you fellow clubs to register as well)!

Mayoral Proclamation set for November 25

Mayor Collins has scheduled the date for signing the proclamation for

16 Days to End Gender-based Violence

on November 25 at 2pm

in the Mayor's office.

Volunteers needed!

UPRISING is coming to Cheyenne Oct 15 & 16 to offer two days of FREE training on human trafficking in Wyoming. The Zonta Club of Cheyenne is helping Uprising with directing attendees and offering other general help, and the Club will also have an information table.

See the flyer on Page 5 of this Zephyr for complete details of the training. ***Please consider helping if and where you can, and also feel free to attend any of the sessions!***

HUMAN TRAFFICKING TRAINING



These events are for any community members to attend including professionals, law enforcement, first responders, service providers, advocates, healthcare providers, business owners, youth services, or individuals wanting to learn more about trafficking and exploitation in Wyoming.

Human Trafficking for Professionals and First Responders

Tue. Oct 15th
1:00pm - 3:00pm

Wed. Oct 16th*

9:00 am - 11:00 am

*Option to stay for the youth session to follow with lunch

This awareness presentation will cover the basics of human trafficking and what kinds of cases we are seeing locally. It will feature key case studies to help attendees understand the complexities and broadness of this growing crime. It will include information for screening, responding to, and working with those who may have experienced trafficking or exploitation.

Youth Prevention for Professionals

Wed. Oct 16th*

11:00am - 1:00pm

*Lunch Provided

This presentation is for those who work with youth in a professional capacity. It will focus on the challenges today's youth are facing, including online-based exploitation and in-person experiences. The presentation will focus heavily on conversations and things you can do to reduce their risk of experiencing exploitation or re-exploitation. We will also provide an overview of Uprising's youth programming available for your community.

Keeping Kids Safe Online & IRL

Wed. Oct 16th

6:30pm - 8:30pm

This presentation is for anyone with kids or who works with youth. We'll discuss the exploitation and challenges Wyoming youth face today and how you can help reduce their risk. Attendees will leave with actionable conversation starters and ideas to use in daily interactions.

Human Trafficking Community Update (HT 101)

Tue. Oct 15th

6:30pm - 8:00pm

This community-based presentation is open to anyone who wants to learn more about human trafficking and exploitation. We will review the types of human trafficking that we see locally in Wyoming, and share examples of local cases. We will also define what constitutes human trafficking, and discuss why many people do not realize that it is occurring in their communities.



ZONTA
CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

**ALL CLASSES WILL BE HELD AT THE
CHEYENNE PUBLIC SAFETY CENTER
415 W. 18TH ST.
CHEYENNE, WY 82001**

FOR MORE INFORMATION EMAIL
INFO@UPRISINGWYO.ORG

THESE CLASSES ARE BEING OFFERED FOR
FREE THANKS TO ZONTA CLUB OF CHEYENNE

September Club Meeting Minutes

The September Membership meeting was held at The Office Bar & Grill on September 12, 2024. The meeting was called to order at 6:00pm by Belinda Sawyer.

Celebrations: Denise Parrish has been nominated for Woman of Influence. She doesn't know who nominated her, but thanked the group in case it was one of our members.

Member Highlights:

Bev Ambrose has been a member of Zonta for 30 years or more. She has done a lot of traveling, both domestic and international, and has attended several of the International Zonta meetings.

Patty O'Hare is one of our newest members. She participated in the poster and coaster distribution in July, and enjoyed it. She's looking forward to finding additional ways to participate and help.

Icebreaker: Members were asked for words that describe them that start with the first letter of their name.

Special Guest Speaker: Alex Scranton, Director of Science and Research for Women's Voices for the Earth, a non-profit group that researches and advocates on the toxic contents in everyday household items. Their focus is to rid products of toxic chemicals, especially those commonly used by women. Side effects of some chemical additives include hormone disruptors, carcinogens, and obesity. The group started by investigating cleaning products, 90% of which are purchased by women and 70% are used by women. When their work first started, ingredients were not listed on product labels. Currently, ingredients are listed on almost everything, whether or not it is required, because consumers have come to expect it. The group has expanded its focus to include cosmetics, particularly those used by professional cosmetologists. Environmental Working Group provides an online database that identifies alternative products. The web site is <https://www.ewg.org/skindeep>. The web site for Women's Voices for the Earth is <https://womensvoices.org>.

Minutes of the last meeting: Minutes of the August meeting were previously included in the Zephyr and also sent to members via email. A motion was made and seconded to approve the minutes as submitted. Motion passed.

Treasurer's report: The Treasurer's report was previously included in the Zephyr. The Treasurer's report has been placed on file for audit.

STANDING COMMITTEE REPORTS

Advocacy & Service

Volunteers are needed to work on various projects and subcommittees. All are invited to participate, not just committee members.

The next project is the Silent Witness March, December 2. We will meet outside the Supreme Court Building and carry the silhouettes from there to the Laramie County Library where they will remain on display. We hope to have a speaker at the Library.

The next committee meeting will be Tuesday, September 17, 5:30pm, at The Office Bar & Grill (The Garage).

Membership and Communications

Renee Nicks is our newest member, which brings our total membership to 48.

Fourteen club members are signed up to go to the District 12 seminar in Boulder.

The Membership Committee is putting together an application for a District 12 \$500 grant to be used to recruit and retain members.

Our next Zunco night will be October 24, Applebee's, at 5:00pm. Cost is \$15 of which \$5 goes towards appetizers, \$5 is for prizes, and \$5 contributes to the cost of projects.

The next committee meeting will be September 26, 5:30pm, at Blue Stem Wine House.

OLD BUSINESS

Strategic Planning Retreat: a handout was provided that lists club committees and activities, several of which are in need of leadership.

Wing Shack Fundraiser earnings: the recent Wing Shack Fundraiser resulted in a donation to the club in the amount of \$132.33. A letter has been sent thanking Wing Shack and providing our 501(c)(3) information.

NEW BUSINESS

Uprising is the organization for which we provided funding from this year's Cancel Out event. They will be providing training sessions October 15-16 at the Cheyenne Public Safety Center, 415 W. 18th Street. For more information, email INFO@UPRISINGWYO.ORG.

Other new business

The first planning meeting for next year's Cancel Out event will be October 1, noon, at ReMax.

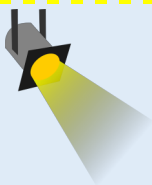
Caroline D'Ambro will be relocating at the end of September. She was presented with a gift and thanks from the club for all she has done for us.

The meeting concluded at 7:15pm, after which the Silent Auction was concluded.

Submitted by Laura Gorny, Secretary.

Dates to remember:

- Oct. 3, board meeting, 5:30pm, ReMax
- Oct. 4-6, District 12 Conference, Boulder
- Oct. 10, membership meeting, 6:00pm, The Office Bar & Grill (back meeting room). Arrive at 5:15pm if you want to include dinner with the meeting.
- Oct. 11, International Day of the Girl
- Oct. 15-16, Uprising human trafficking training event
- Oct 24, Zunco, 5:00pm, Applebee's
- Dec. 2, Silent Witness March, 11:45am, Supreme Court Building
- March 7, 2025, Cancel Out fundraiser



Zonta Club of Cheyenne Member Spotlight:

Beverly Ambrose



Beverly Ambrose first heard about the Zonta Club of Cheyenne about 50 years ago, when she owned her own business. Someone asked if she knew what Zonta was. She learned more about the organization and decided to join Zonta because it was about and for women, and it sounded interesting to her. As a Zonta member, the thing she is most excited about is what Zonta does on an international level for women and children, and the fact that it helps women all over the world. The things she's enjoyed most about being in Zonta include attending national and international meetings, and helping the younger generation get involved. The woman who inspired

Beverly the most in life is her mother, and she is also inspired by her fellow Zontians. When asked what advice she would give to young women wanting to make a difference in their community, she said she would encourage them to join Zonta and begin changing the world in their own community. Beverly's hobbies include her love of music, which she feeds by playing her trombone, and also hand bells at church. Things not many Zontians know about this member who has been in our club the longest, is that she loves music and playing bridge. And her super power is owning her own business. Beverly, thanks for all you bring to our Club, and for everything you've done over the years to improve life for women and girls worldwide!

Patricia O'Hare



Patricia O'Hare, one of our newest members, first learned about Zonta from President, Belinda Sawyer. When Patricia learned that it is a club to improve the lives of women and girls, she felt like it was God-sent. She used to volunteer helping the youth of St Mary's Cathedral, and she has hope to make a difference in women's lives somehow. Patricia is excited about the members who love to put themselves out there to volunteer. She likes how everyone is graceful and kind to each other, and she appreciates this because it makes a welcoming environment for women of every background. The Zonta initiative she is most interested in is bringing awareness of human trafficking. She feels that by our club getting the word out in businesses and putting posters up, we can reach so many people. A woman who

inspires Patricia is Mother Teresa, from the time she was a child and saw Mother Teresa on the news, picking up babies from trash cans in India. She wanted to know this woman who had so much compassion and love. She wanted to know her mission and reasoning to give her life to Christ and His people which she considered to be everyone. The advice Patricia would give young women is to believe they have the power to make great change for the better, to let themselves love with the love of our savior, and to start by making themselves a great contributor of their lives and lives of those around them. This is the foundation to serve and help communities. In her free time, Patricia likes to cross-stitch and cook, and also enjoys the outdoors. She also treasures time with her son. One fact that most Zontians don't know about her is that Patricia is crazy about her faith, and also that her dream job would be working in a test kitchen as a culinary arts chef! If she could have any superpower, she would want the ability to heal. She would love to be an instrument for God to help His people and show His mercy. Patricia, you've already been so involved with the Club and we are excited to see where you find your passions here!

Celebrate International Day of the Girl on Oct 11

From youthlead.org ([8 Simple Ways to Celebrate International Day of the Girl Child | YouthLead](#))

Every year, the International Day of the Girl Child is celebrated globally on the 11th of October in recognition of gender-based violence and barriers faced by girls around the world. This day of observance was declared by the United Nations to highlight the inequality faced by girl children with the aim of raising their voices.

Many organizations hold workshops, webinars and competitions of varying degrees in commemoration of the International Day of the Girl Child. Some individuals organize extracurricular activities such as debates, spelling bees, indoor and outdoor games amongst others with the aim of helping girls embrace their femininity while appreciating their unique strengths and prowess. Most people often ascribe the International Day of the Girl Child to an observance initiated by the UN specifically for girls in the developing world. However, that's far from accurate. If you have sisters, daughters, nieces or neighbours (girls) below the age of 19 and are wondering how to celebrate the International Day of the Girl Child, then this article is for you.

The theme of this year's celebration is "My voice, our equal future." In light of this theme, we are enjoined to

amplify the voices of our girls and guide them on the path towards becoming powerful changemakers. There are various ways you can celebrate this event today. Nonetheless, we will be sharing eight ways through which you can show the girls in your life and your community that you appreciate them and are concerned about what happens to them today and help them grow up to be the best version of themselves: strong, responsible, powerful, resilient and unique in all ramifications.

- 1) Remind a girl of her uniqueness and how amazing and powerful she will become
- 2) Watch a [superhero-themed movie](#) with your daughter, sister or any girl in your life. More movie titles are available [here](#).
- 3) Support [girl child education initiatives](#) in developing countries
- 4) Purchase a '[girl power](#)' merchandise designed by adolescents to remind girls about their superpower.
- 5) Reach out to [an organization](#) that supports at-risk youth in your community and ask how you can assist

Zonta Club of Adelaide Inc launches young women's leadership program

The Zonta Club of Adelaide Inc, Australia, recognized that women face significant barriers to achieving leadership positions relative to their male counterparts. Despite increasing opportunities, women remain significantly underrepresented in senior leadership roles. The club continues to support scholarships for female high school students but wanted to explore how they could assist in providing leadership training.

In 2018, the club launched its Young Women's Leadership Program. Every year, the club holds a graduation ceremony, during which the groups present their projects and report on how their work has impacted the community or school. Each participant is awarded a certificate of participation. The ceremony is attended by the club, school staff, participants' families, community stakehold-

ers from the council and state politicians whose portfolios are education or status of women-based. Graduates reported increased confidence and willingness to take on leadership positions, and some have since undertaken leadership roles in their schools.

The program won the Education Category Award and Overall Best Project at the Premier's Awards of the Service Clubs Association of South Australia in 2023.

Help Wanted!!! We would love to have two more

Zontians for our Calling Committee!!!

Our calling committee is Jody Gostas,

Linda Bogart, and Mary Walker.

Please answer when they call with reminders!



2024 Club Officers And Board

President: Belinda Sawyer

belindawyohomes@gmail.com

Vice President: Pam Pafford

pamwyohomes@gmail.com

Secretary: Laura Gorny

lgorny@bresnan.net

Treasurer: Dasa Robertson

Dasagwen@yahoo.com

Immediate Past Pres: Dr Michelle Aldrich

Board Directors:

Betty Abernethy

Kathy Orr

Rebecca Reid

Michelle Huff

Darcey Harris

Tracy Myers

Nominating Committee

Ann Erdmann

Melissa Martin

(Vacancy)

Committee Chairs

Advocacy/Service: Jennica Fournier

Finance: Kathy Cathcart

Membership/Communication: Betty Abernethy

Zonta International Foundation for Women

Ambassador: Mary Walker

Club Historian: Linda Bogart



Kate Wright 10/02

Tracy Myers 10/05

Kristie Wilson 10/06

Dasa Robertson 10/10

Ilaine Brown 10/23

Kristen Boyles 10/25

Belinda Sawyer 10/30

Savanna Lorenze 10/30

Upcoming Meetings & Events:

Cancel Out! Planning Meeting

October 1 @ noon

REMAX Office—4000 Central Ave

District 12 Governor's Summit

October 4-6th

Chautauqua Resort—Boulder CO

Zonta Club Meeting

October 10th @ 5:15 pm

The Office Bar & Grill—Sonoma Room

We will be able to order dinner from a limited menu.

If you'd like to attend just the meeting, it will begin at 6 pm.

UPRISING Human Trafficking Training

October 15th & 16th

Cheyenne Public Safety Center—415 W 18th St

Service & Advocacy Committee Meeting

October 22nd @ 5:30 pm

The Office Bar & Grill—Garage Room

Membership/Communications Committee Meeting

October 28th @ 5:30 pm

Betty's house—814 E Jefferson Rd

Zonta Foundation :

Ann Erdmann, President
Linda Bogart, Vice President

Melissa Martin, Treasurer

Denise Parrish, Secretary

Vickie Ingerle, Director