



# Zephyr

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## Message from the President

Hello Zontians!

Fall is flying by, and we have several exciting and important activities this month! Here's a quick look at what's happening:

### 16 Days of Activism

Our 16 Days of Activism is kicking off soon, and we're thrilled to announce Proclamation signings by both the Mayor and the Governor! These signings highlight the commitment of our leaders to ending gender-based violence, and we are proud to be part of this impactful campaign. Full details are in this newsletter, so don't miss it!



to domestic violence. It's a chance for us to reflect, raise awareness, and commit to continuing our fight for safety and justice for all.

### A Reminder to Stay Involved

As we move through this busy season with elections, holidays, and all the day-to-day hustle, let's remember the important work we do together. Every effort counts—by being present, welcoming new members, and supporting each other, we can help create a safer, more equitable world for women and girls. We joined Zonta for a reason, and together we are making a difference!

Let's finish the year strong and keep showing up. Together, we're unstoppable!

### Save the Date: Silent Witness March on December 2

Mark your calendars for December 2nd, when we'll hold our annual Silent Witness March. This solemn event honors the lives of women who have lost their lives

*Warm regards,  
Belinda Sawyer  
Your Club President*



# October UPRISING Training

In March of 2024, at our annual Cancel Out event, the non-profit, Uprising, came and presented about their organization. Some of our fundraising efforts went to this amazing group, and in turn, they came to Cheyenne to provide human trafficking awareness training aimed at educators, first responders, and the public.

This event took place on October 15 and 16, at the Cheyenne Public Safety Center. Thank you to the Zontians who helped with set-up, tear-down, organizing, and those who helped share information about Zonta at our table.



## HELP WANTED

Do you love ART and supporting local artists? Are you looking for a way to help your Club but have limited time to do so? Then the **ADVOCACY & SERVICE COMMITTEE** needs your help! We are looking for a chair and co-chair to organize the annual Art Contest that takes place in the winter or spring! If this interests you, please contact Jenica ([jennicafournier@gmail.com](mailto:jennicafournier@gmail.com)) to see how you can help!



# October Zunco Fun!



Our latest Zunco night was held on Thursday, October 24, at Applebees. We had 18 players in attendance, including 5 guests! It was a super fun evening and ended with \$140 going into our "Educational Fund" for the Club to send mem-

bers to regional and national events. Several winners donated their winnings back to the club which contributed to this amount. Thanks to all who attended! It was a super fun night!

## HAVE YOU SIGNED UP FOR FAST ACTION FRIDAYS YET?

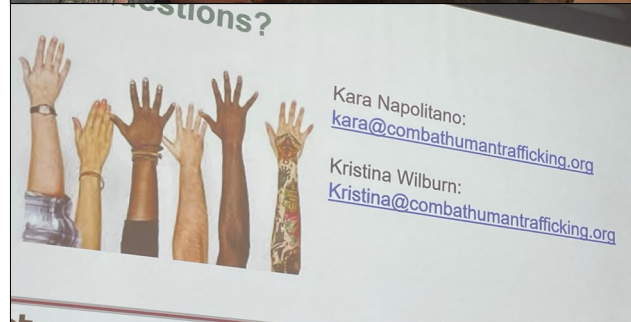
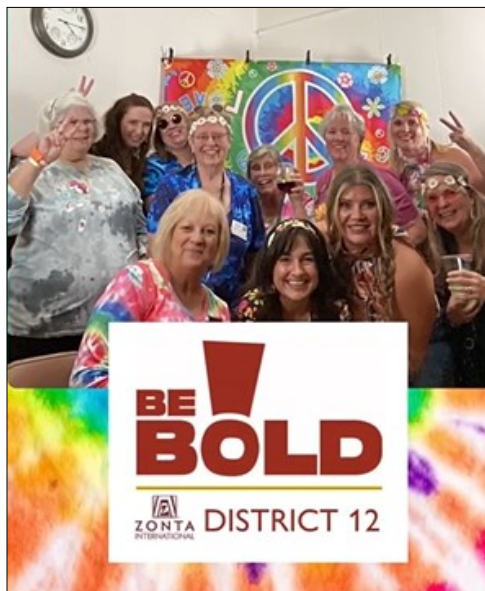
*Text the word "Zonta" to 50457.*

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.

# District 12 Governor's Seminar

The first weekend in October in Boulder was a lovely place to be, as a Zontian. The District 12 Governor's Seminar kicked off with a wildly fun 60's/70's Night, complete with an amazing DJ and the best company a girl could ask for! Saturday began bright and early with a large volume of information about Zonta on the local and international level being delivered by amazing, strong women. We then had a presentation by two brave attorneys from the Laboratory to Combat Human Trafficking in Colorado. They shared with us what constitutes trafficking, and also shared some shocking true stories of victims they have helped in Colorado. Later in the day, we were able to attend break-out sessions, then regroup and share how we learned to be bold about the topics we discussed. We then had about an hour to enjoy the beauty surrounding us at the Chautauqua, followed by a lovely dinner that included the fabulous CU Buffoons men's acapella group, and a presentation by Renee Coppock who attended a site visit to see one of the projects supported by ZI. It was a phenomenal, eye-opening weekend, and I encourage anyone who has not attended a District event, to do so at their next opportunity.

~Tracy Myers



# Announcements

## Governor's Proclamation

Thursday, Nov 14th  
3:00-4:00 pm

Wyoming State Capitol Building  
200 W 24th St

Governor's Ceremonial  
Conference Room

## November Club Meeting



Thursday, November 14th  
The Office Bar & Grill  
(Sonoma Room)

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

No RSVP necessary!

## Advocacy & Service Committee Meeting

November 19 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!

## Mayoral Proclamation

November 25

2 - 2:30 pm

Cheyenne Municipal Building  
2101 O'Neil Ave—Room 310  
Mayor's Conference Room

## SILENT WITNESS MARCH

Monday December 2



March starts at 11:45 at the Wyoming Supreme Court Building and ends at the Laramie County Library where Mary Billiter will be speaking.

*Expect the event to last until 1 pm.*

## Membership/Communications Committee Meeting

**We will be hosting a new member orientation in early December for the new members who have not yet been able to attend one.**

**Information will be emailed out, so please be watching for it.  
The committee will resume meeting in January.**

JOIN THE  
ZONTA CLUB OF CHEYENNE  
AND OUR ELECTED OFFICIALS  
TO RECOGNIZE THE

# 16 Days of Activism

AGAINST GENDER-BASED VIOLENCE

## GOVERNOR'S PROCLAMATION



Thursday

November 14, 2024

3:00-4:00 pm

Wyoming State Capitol  
Building

200 W 24th St

Governor's Ceremonial  
Conference Room

## MAYOR'S PROCLAMATION



Monday

November 25, 2024

2:00-2:30 pm

Cheyenne Municipal  
Building

2101 O'Neil Ave

Room 310

Mayor's Conference Room



**ZONTA**

CLUB OF  
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

BUILD A BETTER WORLD  
FOR WOMEN AND GIRLS

# Silent Witness March

Help the Zonta Club of Cheyenne  
Say NO to Violence Against Women and  
Advocate Against Gender-Based Violence

## DECEMBER 2, 2024



**Wyoming Supreme  
Court Building**  
11:45 AM- March  
Begins



**Laramie County Library**  
12:15 PM - Arrive at Library  
Speaker: Mary Billiter



# Hope Bag Donations requested

Please bring donations of items for our Hope Bag project to the December and January Zonta club meetings.

*Hope Bag project provides the forensic nurses at CRMC a way to give them help and hope.*

*Now is a great time to add a few things to your purchases while shopping for Christmas or during the After Christmas sales. A summary of items is included and a more detailed list is being emailed. We also provide gift cards from fast food restaurants and grocery stores.*

*For babies/children, women, and men: all sizes of sweat pants, t shirts, underwear (including sports bras) and flip flops or slippers are needed. Other items include tooth brush/toothpaste, comb/brush, small soap, travel size shampoo/conditioner, sanitary pads or tampons. Fleece blankets and gift cards in \$20+ are also needed to provide victims with dignity and support after medical examinations.*

*People in crisis from sexual assault leave the hospital without clothing, personal care items, and many times with no means to pay for a meal. Our*

## Zonta News: Girls Are Enough

*From Salla Tuominen, President 2024-2026  
Zonta International and Zonta Foundation for Women*

Growing up, I heard comments like "Why are you so boyish?" This is a common experience; a familiar part of girlhood, being told to conform to certain expectations. While the words and questions may differ, the underlying message is consistent: you are not enough. It is also a message that follows us when we become adults.

According to [a report by Heart of Leadership](#), girls constantly suffer from pressure and perfectionism:

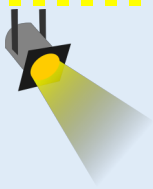
- 74% of girls say they feel pressured to please everyone.
  - 98% of girls are under extreme pressure to look a certain way.
- In the past years, the percentage of girls who report feeling confident has [dropped from 68% to 55%](#).
- Only 4% of women consider themselves to be beautiful.

We need to change the narrative.

[On International Day of the Girl](#), hundreds of Zonta members worldwide shared messages of what they were told as children and what they wished they were told instead. This global campaign showed that these negative words have a lingering effect regardless of the generation, background, or community we come from. But, as Zontians, we envision a world where girls can live up to their full potential and we must reject these negative narratives forced upon them.

Now think about the negative messages you have heard growing up and what you wished was said instead. Then, ask yourself what you want to say to future generations. Will it be a message of hope?





# Zonta Club of Cheyenne Member Spotlight:

## Kathy Cathcart

Kathy Cathcart has been a member for about 17 years! She was first introduced to Zonta by Mona Pearl, former member and her coworker. Kathy helped with the kitchen for the Antique show before she was even a member. She decided to join Zonta because she LOVES the aspect that what we do changes the world. By joining an international organization, we can work hard at home and contribute to endeavors that have impacts around the world. The thing that most excites her about Zonta is seeing the progress of what we do take shape and spread. She often says we were doing human trafficking awareness before it was the thing to do. Another thing that excites her is watching the morphing of the successful Ladies Night Out into the wildly successful Cancel Out. It has been extraordinary to watch others take over and make it something bigger, better, raising more money, increasing the visibility of Zonta in the community. SHE LOVES IT! Right now the Zonta project she is most interested in is hope bags. She is teaching her granddaughters, AshtonBelle is 9 and Novella Joy is 6, how to sew. She is going to have them help us by making backpack bags. AshtonBelle helped stuff bags when she was little and still talks about picking out the little toys to put in the bags for the kids. A woman who has inspired Kathy is Maxleene Goodwine, her mom. She raised three independent daughters and one son. She believed in thinking for



yourself, standing up for yourself and what you believe in and women's rights. She never held her kids back and most of the time pushed them forward. She was a member of our Zonta club and loved every minute. The advice Kathy would give to young women is to do something that brings them joy and pushes their limits. Something that is different from their 'day job'. Leave it better than you found it. As for her hobbies, Kathy loves to sew and has plans for when she retires to really dive in and make stuff! Right now, she's making Bull Fighting Shirts, Wild Bags, cosmetic bags, mini wallets, Kleenex covers, hot pads. Among her interests are her grandchildren, she has seven now: DC, Riggan, Dayne, Marilyn, Hyde, AshtonBelle, Novella Joy. Also, hunting, fishing, camping, Rodeo, and watching her grandkids' sports. When asked one fun fact that people don't know about her,

Kathy says she's kind of an open book. She talks a lot and tells stories. She's pretty sure everyone knows that she plans to retire in the next couple of years. Something else people may not know is that they have had up to 17 dogs at their house, right now they only have 9! If Kathy could have a super power, it would be happiness and positivity. She likes to be happy and is an extremely positive person. She likes her rose-colored glasses. She is also a good listener and has strong faith in the Lord.

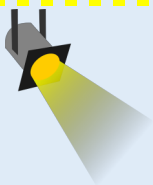
## *Celebrating 105 years of making the world a better place for women and girls*

As we are preparing to celebrate Zonta International's 105th birthday let us reflect on the incredible impact Zontians have made on the lives of women and girls worldwide.

This month, we are asking every member to donate in honor of Zonta's birthday. Your gift, **no matter the size**, will help us continue our work of expanding access to education, economic opportunities and safe living conditions.

Imagine the collective power of our entire membership donating. Together, we can reach **our goal of US\$105,000**, and build a better world for women and girls!

[Click to  
DONATE](#)



# Zonta Club of Cheyenne Member Spotlight:

## Kim Bowie

Kim Bowie has been a member for about six months. She first learned about Zonta when she came to the Cancel Out Event with her then boss, Dasa Robertson, and fell in love with the mission of Zonta and the ladies she had the pleasure of meeting that night. She decided to join because she loved being at Cancel Out and found that Zonta exemplified her passions on spreading awareness of domestic violence and human trafficking. She also

went to a new membership event and loved getting to know the ladies and learning more about Zonta. Plus she really enjoyed the extra time with her friend Dasa and doing an activity with her. Kim is most excited about contributing to the community and being part of an amazing group of women who she can learn from and get to know. As someone who does not have a lot of friends it has allowed her to meet new people, and it also shows her daughters and

sons an example of ways to better their community, which means everything. As far as which Zonta project is most interest in, she said she is very interested in the Cancel Out Event as well as getting the ZClub started back up so we can start inviting the younger generation to learn more about Zonta and our mission. The woman who has inspired Kim the most would be her amazing daughters. Though they may be little, they are fierce. She loves watching their passion to give back and volunteer and find ways to give back to their commu-



nity. She also finds a lot of inspiration in Dasa Robertson. Kim said she shows her ways to look into herself and find kindness in every situation and be a strong woman. She makes Kim believe in herself more than she has in her entire life. The advice Kim would give young women is to find their tribe. She thinks having people who are like minded in the form of service helps find dreams. Never be afraid to stand out for others, especially your community.

It's ok to be a trailblazer in community service. Her hobbies and interest include her four kiddos (2 girls and 2 boys) whom she truly lives for. She loves stepping out of her normal everyday chaos to be an active member of Zonta and give back, but when she is not doing that she enjoys spending time with her kiddos and husband. She is a pageant mom with two pageant queen title holders in Wyoming. She also shuffles kids to basketball

and other sports. In the little free time she has, she enjoys building legos. One fun fact about Kim that most people do not know is that she is overly sensitive and is the hardest critic of herself. She is also pretty darn good at video games even though she does not play them much. A super power Kim would want is to be able to read people's minds so she could understand what they think of her because she is constantly wanting to be accepted and liked.



### Help Wanted!!!

**The Club is in need of people to help with the Scholarships process!**

We offer two scholarships, with the following timelines and work needed:

**Young Women in Leadership Award-** marketing starts in a month or two and it all wraps up by April 1st. It will only take about 2-4 of your afternoons/evenings to get it all done and JENNICA WILL HELP YOU!

**Women in Business Scholarship-** marketing starts in the spring and wraps up at the end of summer. It will only take about 2-4 of your afternoons/evenings to get it all done and JENNICA WILL HELP YOU!

# October Club Meeting Minutes

The October meeting of the Zonta Club of Cheyenne was held on Oct 10 at The Office Bar & Grille, and was called to order at 6:00pm by Vice-President Pam Pafford.

## Celebrations:

Denise Parrish has been nominated for Woman of Influence, and Advocacy Award.

The following members were recognized at the recent District 12 conference:

Donna Angel, 5 year membership  
Dasa Robertson, 5 year membership  
Mary Walker, 25 year membership

## Member Highlights:

Kathy Cathcart decided to join Zonta because she can work locally but her efforts have world wide impact. She has enjoyed watching small events grow (i.e., Ladies Night Out started small and has grown into Cancel Out). Hope Bags is her current project of interest. The woman who has most inspired her is her mom. Advice for young women: find something that brings you joy and push your limits.

Kim Bowie joined Zonta this past March. She learned about Zonta from Dasa Robertson. Zonta calls out to her on a highly personal level. Cancel Out is a special project for her. She is inspired by her two daughters.

Icebreaker: Members were asked "what's in your purse". Answers varied widely!

Special Guest Speaker: Marcie Woolworth, Zonta Area 2 Director. Marcie has been a member of Zonta since 2004. She is a member of the North 40 Club in Colorado. Area 2 includes the Cheyenne, Laramie, Fort Collins, Greeley, and North 40 clubs. Efforts are being made to re-start a club in Casper. The next Area meeting will be April 11-12, 2025, in Laramie. The next District meeting will be in Golden, September 19-21, 2025. The next international convention will be in Vancouver, July 11-14, 2026.

Minutes of the last meeting: Minutes of the September 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.

Art Contest: Denise Parrish will co-chair, but needs a second.  
Scholarships.

16 Days of Activism will include

November 14, Governor's Proclamation, 1:30pm – 2:30pm.  
November 25, Mayor's Proclamation, 2:00pm – 2:30pm.  
December 2, Silent Witness March, 11:45am at the Supreme Court Bldg.

## Membership and Communications

The committee needs volunteers for the following:

Social media.

Help with the newsletter and gradually take it over.

Someone to take over the web page now that Caroline D'Ambro has moved. She is willing to help transition this to someone else.

We have one new member application.

New member orientation date and time has yet to be determined. October 24 is the next Zunco night, beginning at around 5pm at Applebee's. Cost is \$15.00.

The Club applied for a District 12 membership grant, but did not get it. It was not a surprise that we didn't receive the grant, but going through the application process was a useful exercise.

Next committee meeting will be Monday, October 28, 5:30pm at Betty Abernethy's house. Soup will be served.

## OLD BUSINESS

District 12 Governor's Seminar: Twelve of our members attended. It was interesting to hear about other clubs and initiatives. There was a nice combination of large and small group sessions. Our club is being noticed by other clubs because of our activities.

Uprising Human Trafficking Training Event: October 15-16. Help is needed for setting up and tearing down tables, etc. Information is available on the Zonta Facebook page. Please share it as much as possible.

## NEW BUSINESS

### Cancel Out

March 7 at the CFD Event Center.

We will not have vendors this year.

There will be silent as well as live auction.

We are trying to get more sponsors.

Girls Gone Gourmet will cater.

Next planning meeting will be November 5, 12:00pm, at ReMax.

The meeting concluded at 7:25pm.

*Submitted by Laura Gorny, Secretary.*

### **Dates to remember:**

Oct. 11, International Day of the Girl  
Oct. 15-16, Uprising human trafficking training event  
Oct. 22, Advocacy/Service meeting, 5:30pm, The Garage Room at The Office Bar & Grill  
Oct. 24, Zunco, 5:00pm, Applebee's  
Oct. 28, Membership/Communications meeting, 5:30pm, Betty Abernethy's house  
Nov. 5, Cancel Out planning meeting, 12:00pm, ReMax  
Nov. 7, Board meeting, 5:30pm, ReMax  
Nov. 14, membership meeting, 5:15pm for dinner and 6:00pm for meeting, The Office Bar & Grill  
Nov. 14, Governor's Proclamation, 1:30pm – 2:30pm, State Capitol  
Nov. 25, Mayor's Proclamation, 2:00pm – 2:30pm, Mayor's Office  
Dec. 2, Silent Witness March, 11:45am, Supreme Court Building  
March 7, 2025, Cancel Out fundraiser

## 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



*Carla Thurin*

11/11

## Upcoming Meetings & Events:

### Governor Gordon's Proclamation

November 14th @ 3-4 pm

Wyoming State Capitol

Governor's Ceremonial Conference Room

### Cancel Out Meeting

November 14th @ 4 pm

The Office Bar & Grill—Sonoma Room

### Zonta Club Meeting

November 14th @ 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.*

### Service & Advocacy Committee Meeting

November 19 @ 5:30 pm

The Office Bar & Grill—Garage Room

### Mayor Collins' Proclamation

November 25 @ 2-2:30 pm

Cheyenne Municipal Building—Room 310

### Silent Witness March

Dec 2 @ 11:45-1:00 pm

Meet at the Supreme Court Building and march to the Laramie County Public Library.

## Zonta Foundation :

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