



ZONTA

**CLUB OF
CHEYENNE**

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Zephyr

What's Inside

Sewing HOPE

Thanks to this dedicated crew!
Page 2

16 Days Proclamations

Bringing awareness
Page 3

Announcements

Get these events on your calendar!
Page 5

Zonta Says NO!

Don't miss this opportunity!
Page 6

Hope Bag Event Update

How can you help?
Page 7



Message from the President

A Zonta Christmas Wish

THIS CHRISTMAS SEASON, BRIGHT AND TRUE,
WE SEND WARM WISHES STRAIGHT TO YOU.
FOR FRIENDS AND FAMILY, NEAR AND DEAR,
TO FILL YOUR HEART WITH FESTIVE CHEER.

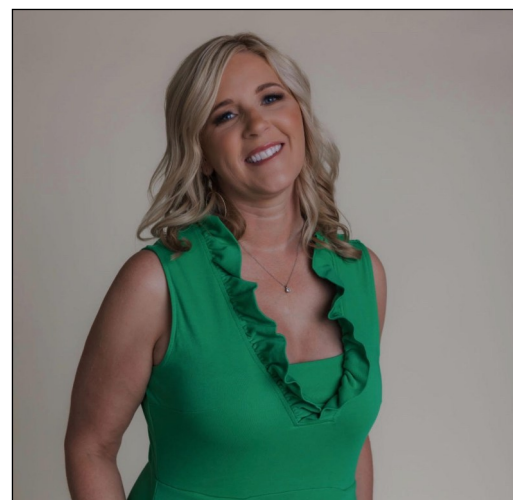
HERE'S TO A SEASON OF LOVE AND BLISS,
AND A BRIGHT NEW YEAR—SEALED WITH A
WISH!

-BELINDA

A TIME TO GATHER, A TIME TO SHARE,
TO SHOW THE WORLD HOW MUCH WE CARE.
THROUGH SERVICE, KINDNESS, JOY, AND LIGHT,
WE MAKE A DIFFERENCE, SHINING BRIGHT.

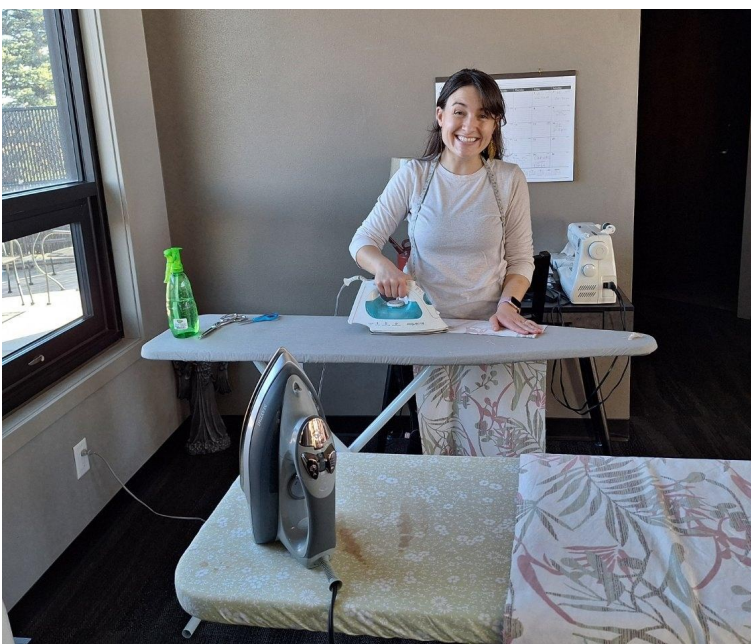
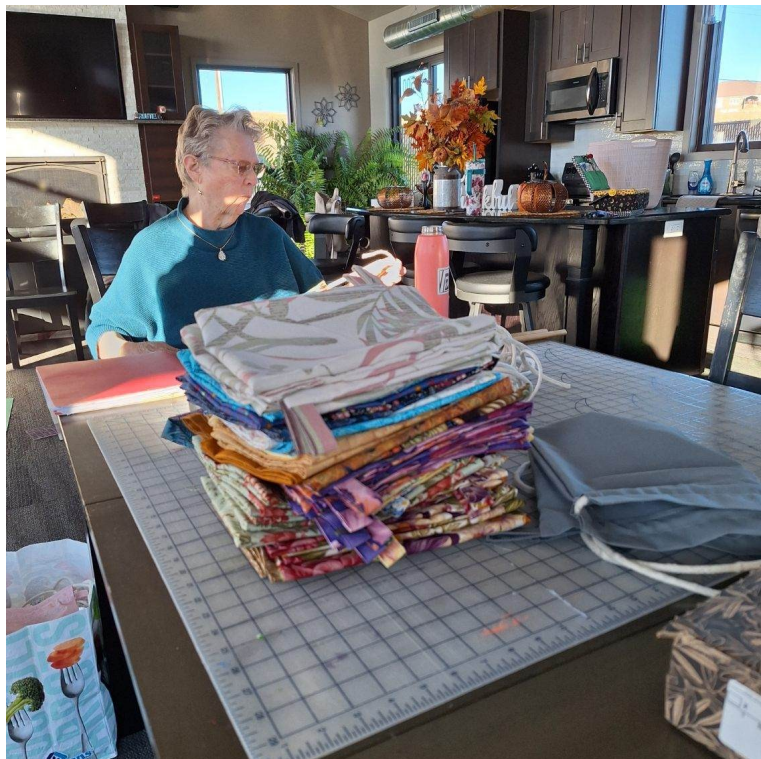
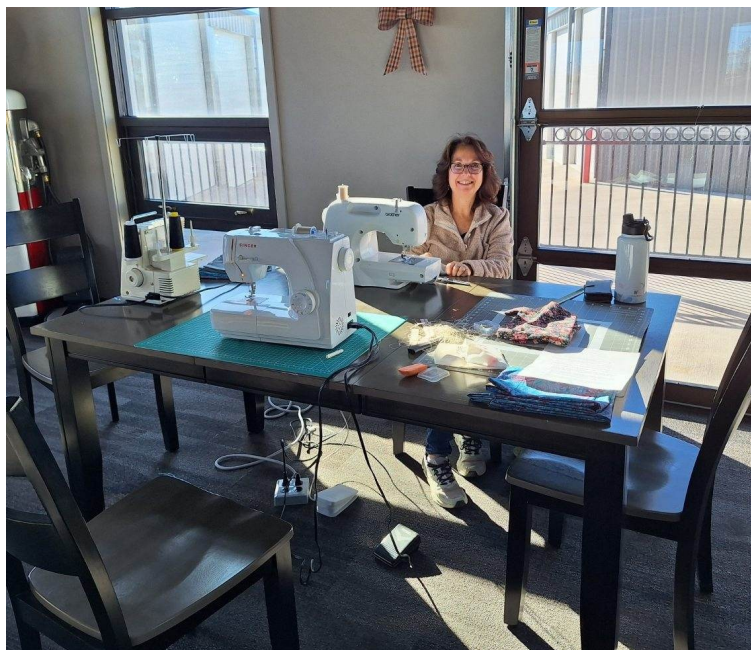
AS SNOWFLAKES FALL AND CANDLES GLEAM,
WE HONOR ZONTA'S CHERISHED DREAM:
A WORLD OF EQUITY, HOPE, AND GRACE,
WHERE EVERY WOMAN FINDS HER PLACE.

SO MAY YOUR HOLIDAYS BRING DELIGHT,
PEACEFUL DAYS AND COZY NIGHTS.



Sewing bags to carry HOPE

On a Sunday in November, a small but mighty group gathered to sew bags for the Hope Bags project. Michelle Huff, Jennica Fournier, Cassandra Stith, and Linda Bogart, and even Jennica's mom, Jonnette, cut, sewed and crafted bags to hold hope for victims of domestic violence and sexual assault. This hope comes in the form of clothing, shoes, and personal care items that they need to begin moving forward after unthinkable trauma. Thanks to these strong, smart, crafty and giving women for your hard work!



16 Days of Activism Proclamations



On November 14th and 25th, respectively, Governor Mark Gordon and Cheyenne Mayor Patrick Collins signed proclamations recognizing the 16 days of Activism Against Gender Based Violence and the need to end such violence. We appreciate the support of both of these elected officials in helping bring awareness to our goal of ending such violence in our community and around the world.



From the top, clockwise: Mayor Collins discusses the 16 Days of Activism with Charles and Jennica Fournier, Jody Gostas, Mary Walker, and Kathy Orr; Mayor Collins reading the proclamation; Mayor Collins with Charles Fournier, Denise Parrish, Jody Gostas, Jennica Fournier, Kathy Orr and Mary Walker. Bottom left: Denise Parrish, Kathy Orr, Governor Gordon, Mary Walker, and Nancy Freudenthal at the Governor's signing.

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.

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



Announcements

Please join us for the

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.

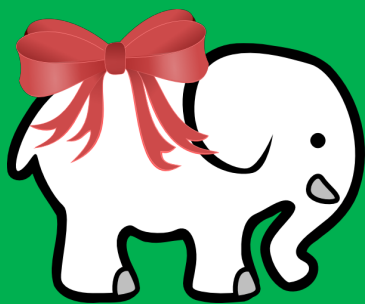
Cancel Out! Planning Meeting

Tuesday, December 17th at noon
RE/MAX Capitol Properties
4000 Central Ave

Everyone is welcome!

December Club Meeting

& White Elephant Gift Exchange



Thursday, December 5th at the Cheyenne Country Club
Appetizers will be served and the fun will begin at 5:15 pm

Please bring a White Elephant gift to exchange and RSVP
ASAP to the email you received from Zonta Fun!

Cost to attend is \$20 to cover the appetizers.

Advocacy & Service Committee

will not meet in December.
The January meeting time and date
will be announced
in the Zephyr and via email.

Membership/Communications Committee

will hold its next meeting in January.
Watch the Zephyr and your
email inbox for the date and time!



Join us for the 2024 Zonta Says NO to Violence Against Women Summit and 16 Days of Activism

On **10 December**, join us for a one-day virtual summit. Below is the list of the sessions with keynote speakers. General admission tickets are US\$10 and student admission tickets are US\$5. All proceeds go to the Zonta Foundation for Women International Service Fund.

Susanne Strand

A Psychological View of Violence Against Women

8:00 AM CST | [Find your local time](#)

Criminology professor Susanne Strand specializes in risk assessment and management of intimate partner violence, working closely with police and social services. She leads Sweden's RISKSAM program to develop evidence-based methods addressing intimate partner violence, stalking and honor-related violence, aiming to improve agency collaboration, reduce professional stress, support victims and expand treatment for perpetrators.

Tony Porter

A Call to Men - Ending Violence Against Women

12:00 PM CST | [Find your local time](#)

Tony Porter, author, educator and activist, champions gender and racial justice and is globally recognized for his work in preventing violence against women while promoting respectful manhood. At the Zonta Says NO Summit, he will address issues of manhood, male socialization and violence prevention.

Elizabeth Flock

A Conversation with Elizabeth Flock about Gender-Based Violence

4:00 PM CST | [Find your local time](#)

Elizabeth Flock, an Emmy Award-winning journalist and author, focuses on gender and justice, with work featured in the New Yorker, New York Times, The Atlantic, PBS NewsHour and Netflix, supported by the Pulitzer Center, PEN America and IWMF.

This session is a "book club" format. Ticket holders will receive an excerpt from her book, *The Furies*. After her talk, join us for an interactive Q&A on the reading. Check your email for the excerpt.

Hope Bag Donations requested

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

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.

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

For babies/children, women, and men:

- * all sizes of sweat pants
- * t shirts
- * underwear (including sports bras)
- * flip flops or slippers

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.

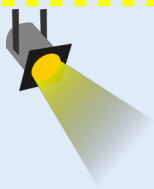
**SAVE
THE
DATE**

**CANCEL OUT!
2025**

March 7, 2025

Cheyenne Frontier Days Event Center

Members may purchase tickets now by contacting Denise or Belinda, before they go on sale to the public in January! Don't miss out!



Zonta Club of Cheyenne Member Spotlight:

Mary Walker

Mary Walker has been a member of our club for 25 years! She first learned of Zonta through her work as a pharmacist at CRMC, where she worked for over 30 years, and had several Zontian coworkers.

Zonta's antique show is what drew her in, and she shared that in the 90's one of the ZI goals was literacy. The club had agreed to read to children at WIC on the days the parents had to sign up or renew. Mary's group kept the children occupied and gave them a book at the end. Many had never been read to.

They then went on to coordinate Raising Readers for many years led by Edith Garrett.

The thing that most excites Mary now about Zonta is that our mission is worldwide. After attending the ZI meeting in NYC she discovered just how much can be done and needs to be done.

The Club projects she is most interested in are the 16 Days of Activism Against Gender Violence, and the Hope Bags.

The woman who influenced Mary the most is her grandmother. Their backyard connected to hers and Mary spent many wonderful times in her kitchen and "helping" in her 100 year old Victorian home. Her grandmother was elected to the school board in the 1930's, and she came to Wyoming in a family covered wagon train and lived to age 96 having seen a man land on the moon, also Haley's Comet twice (1910 and 1985).

The advice Mary would give young women who want to make a difference in their community is to come try us (Zonta) out! We have fun, we support each other, we do make a difference.

Mary served on the District 12 board through the terms of 5 governors as a committee chair (service, nominating, vice area director, area director). She said strong women are very inspiring and supportive. When she applied to go into state government, letters of recommendation were written to the governor by Zontians. Later, Mary was proud that Jennica came to her to ask about her career change.

Concerning her hobbies and interests, Mary is known as "Granny Uber", happy to spend time with her Grands. She loves to read and travel (China, Russia, Norway, Europe, Cuba, New Zealand as well as US). Also, she and her husband built a log cabin from a kit in the

1980's near Centennial WY. She also has season tickets to UW football, basketball, and volleyball.

One fun fact about Mary that most people don't know about her is that her family hunted rattlesnakes for fun and she made hat bands from snake-skin.

Finally, when asked what super power she would most like to have, Mary said she would love to be able to stop bullying!



**MAKE THE CALL,
SAVE LIVES.**

End human trafficking.

U.S.: 1-888-3737-888



CAN: 1-833-900-1010

**For more information
on this organization, please go to:**

info@tatnonprofit.org

November Club Meeting Minutes

The November Club meeting was held at The Office Bar & Grill on Thursday, November 14, 2024. The meeting was called to order at 6:05pm by President Belinda Sawyer.

Celebrations: Belinda Sawyer has been elected President of the MLS Board, and Pam Pafford has been elected President Elect/Treasurer of the Cheyenne Board of Realtors.

Member Highlights:

Jill Randall was planning to share at tonight's meeting, but was unable to attend.

Mary Walker has been a member of Zonta for 25 years. Mary is most excited by the Zonta mission extending world-wide. When she first joined, literacy was one of the main goals. Specific projects that interest her are 16 Days of Activism and Hope Bags. Advice she would give young women looking for ways to make a difference would be "join Zonta"! Hobbies and interests include extensive travel, and grandchildren. An unusual fact about Mary is she and her husband built a log cabin from a kit, in a location where they could only use hand tools because there was no power. Fun fact: she and her family used to hunt rattlesnakes. If she had a superpower, she would use it to stop bullying.

Icebreaker: Members were asked "if you had a parrot, what would you teach it to say". There was an interesting variety of answers!

Minutes of the last meeting: Minutes of the October 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 balance on hand as of October 30 was \$11,731.63. The Treasurer's report has been placed on file for audit.

STANDING COMMITTEE REPORTS

Advocacy & Service

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.

Dennis Parrish reported District 12 is working on putting a daily post on Facebook during 16 Days. Please share, like, and comment in order to get those posts more widely seen.

Hope Bags

Sewing day was lightly attended, but was productive and fun.

Please keep eyes open for sales on larger sized ladies' clothing (XXL and larger) as well as men's clothing.

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.

5-year membership certificates were presented to Donna Angel and Dasa Robertson

A survey will be sent to all district members regarding the Bold & Beautiful campaign, asking for ideas of what we can do to encourage membership.

New member orientation will be in December, date and time yet to be determined.

The Committee will not meet in December.

Cancel Out

March 7, at Cheyenne Event Center.

Girls Gone Gourmet will cater. It has not yet been decided whether it will be buffet style or plated meals.

We will not be inviting vendors, in hopes of encouraging more participation in the silent and live auctions.

We are trying to increase male participation, both in terms of speakers and attendees.

Members are encouraged to buy tickets now, before sales open to the public in January. Last year we had several members who had difficulty getting tickets because we sold out early.

Tracy Myers and Teresa Pafford will be accepting donations for auction. Donations may also be dropped off at ReMax.

Betty Abernethy will be coordinating the bottle grab and gift card donations. She would like to have 150 bottles available this year.

The next planning meeting will be December 17, noon, at ReMax.

OLD BUSINESS

Uprising Human Trafficking Training Event was held on October 15-16. Five classes were held. Attendance was approximately 20 for the lunch session, and 5-8 for the remaining classes.

Hope Bag Project sewing event was held on November 10. It was lightly attended, but fun.

NEW BUSINESS

Silent Witness March will be December 2. We will meet at 11:45am at the Supreme Court Building, then walk the silhouettes from there to the Laramie County Library. There will be a speaker at the Library, and the silhouettes will remain on display. Mary Walker will pick up the silhouettes and bring them to the Supreme Court Building.

The December club meeting will be our Christmas party at Cheyenne Country Club, December 5 at 5:30pm. The cost is \$20, which will include hot appetizers. We need 25 people to attend to support that price. Please bring a white elephant (truly something from home and not purchased just for the occasion), wrapped but with no names.

Kathy Orr asked that members email her if they have any new clothing items they would like embroidered with the Zonta logo. It reduces the price per item if multiple items are taken to the embroidery shop together.

The meeting concluded at 7:15pm.

Submitted by Laura Gorny, Secretary.

The Guest Speaker for November was Carla Thurin of Safehouse Services. Please see Page 10 for a recap of Carla's presentation.

November Guest Speaker: Carla Thurin with Safehouse Services

Submitted by Laura Gorny, Club Secretary

The special guest speaker for our November Club Meeting was Carla Thurin, Director of Safehouse Services, and also a Zonta Club of Cheyenne member.

“Safehouse Services is a not-for-profit organization that operates a shelter, facilitates support groups and advocacy programs, assists with protection order filings, and provides 24-hour crisis care and safety planning” (quoted from the Safehouse Services website).

Their main source of funding includes several federal grants and other funds administered by the Wyoming Office of the Attorney General, Division of Victim Services; an annual fundraiser conducted in May; United Way; and private donations.

Carla has been with Safehouse for 26 years and has been the Director for 24 of those years. The shelter has a staff of 12 (10 full-time, 2 part-time) and can accommodate 50-60 people. Volunteers are also appreciated, primarily for facility maintenance, help with manning information booths, etc. Background checks and training are required for any volunteers who provide direct services to residents.

There are two wings, one is pet friendly and the other is not. Pets have to be

currently vaccinated and not be aggressive. The Cheyenne Animal Shelter will provide shots if needed.

Safehouse provides an initial 30-day stay, which can be extended an additional three months due to the difficulty of finding jobs and housing. They provided shelter for 376 people last year, with an average stay of 38 days. Although services are primarily needed for female victims, male victims sometimes need assistance as well. Historically, they have had to house male victims in motels but they are currently working on creating a separate residential area for men.

Although the facility is locked down, residents are free to come and go as needed. Facility staff will follow up if the resident hasn't returned as scheduled.

Approximately 60% of residents do not have their own vehicles, so transportation is provided to appointments, jobs, etc.

Donations are welcome including cash, pillows, trash cans (used for move-out kits), laundry baskets, toiletries, and personal hygiene items. Needs will vary from time to time. Donations may be dropped off Monday – Friday, 8:00am – 4:00pm, at 714 W. Fox Farm Road. The office telephone number is 307/634-8655. The 24-hour crisis line is 307/637-7233.



Carla Thurin, Director of Safehouse Services speaks at the November Club meeting.

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!



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



Bev Ambrose 12/07

Linda Bogart 12/12

Connie Sloan-Cathcart 12/30

Upcoming Meetings & Events:

Silent Witness March

December 2 @ 11:45-1:00 pm

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

Zonta Club Meeting

December 5 @ 5:15 pm

The Cheyenne Country Club—800 Stinner Rd

This will be a night of fun, with no business.

Please bring a true White Elephant gift, and RSVP by Nov 4!

Cost is \$20/person

Zonta Says NO Online Summit

December 10 @ 8:00 am CST

See page 4 for registration information!

Cancel Out Meeting

December 17 @ noon

RE/MAX Capitol Properties—4000 Central Ave

CANCEL OUT! Event

March 7, 2025

Cheyenne Frontier Days Events Hall

Don't miss out on getting tickets!

Zonta Foundation :

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