



**ZONTA**

CLUB OF  
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

January 2025

# Zephyr

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## Message from the President

*Happy New Year!*

I hope everyone had a joyful Christmas surrounded by family and friends. As we welcome the new year, our club is off to a bright and energetic start!

We're excited to kick off ticket sales for our annual **Cancel Out Human Trafficking and Domestic Violence Fundraising Event**. This is one of our most impactful events of the year, and you won't want to miss it! It's a fabulous opportunity to bring our community together for a crucial cause.

Tickets are on sale now, so don't wait—secure yours before they're

gone! This event is a perfect chance for every member of our club to get involved and make a difference. Whether it's selling tickets, helping with logistics, or sharing the word with friends and colleagues, there's a role for everyone.



Let us know how you'd like to contribute. Together, we can make this event a huge success and further our mission of supporting survivors and preventing human trafficking and domestic violence.

Here's to a powerful and productive 2025!

~Belinda

## Looking for a way to make a difference?

**Feeling like you want to contribute to the cause, but can't don't have a lot of time to commit? We have lots of ways to help!**

**The Hope Bags Committee and the Cancel Out! Committee are in need of donations. The Hope Bag needs include certain clothing and personal care items, blankets and gift cards. A complete list is on page 7.**

**The Cancel Out! Committee is accepting donations of bottles of wine and spirits for the Bottle Grab, gift cards for the live auction, and items for the silent and live auctions.**

**Please bring donations for Hope Bags and/or Cancel Out! to the January meeting or email [zontafun@gmail.com](mailto:zontafun@gmail.com) to request a pickup!**

*If we all do a little, we can make a big difference!*



# Holiday fun at the December Club gathering

Each December our club gathers for food and fun during what is normally our Club meeting time. The evening includes a white elephant gift exchange and time to visit with our fellow Zontians. This December was no exception, however, it did include the addition of two more member spotlights, which you can read about in this issue of the Zephyr!

The evening also included a challenging icebreaker activity, thanks to Melissa Martin. For this activity, we each had a word taped to our back, and had to find the person with the corresponding word, think: needle-and-thread. Because we didn't know what our words were, we had to ask yes-or-no questions to the people around us to determine the word, then look at other members' backs to find our pair. Once we found our partner, we were to share a favorite holiday memory. So fun, and gave us all a chance to visit with every person there!

The white elephant gift exchange involved some kind-

ness, some stealing, some very creative wrapping, and the most-stolen item was a singing chicken.

This event was a great way to end the year!

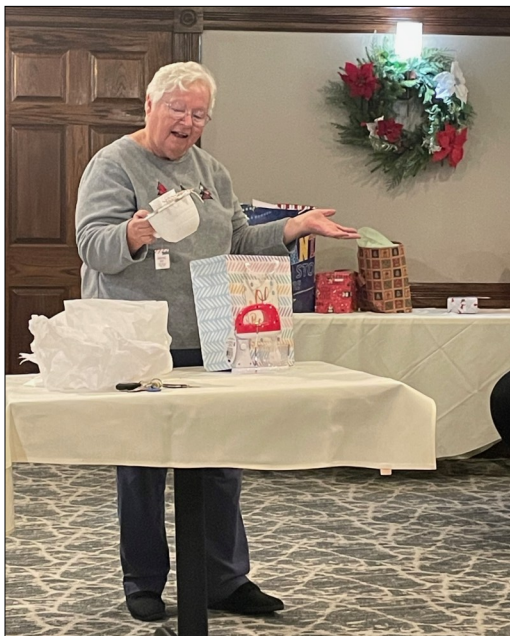


## HAVE YOU SIGNED UP FOR FAST ACTION FRIDAYS YET?

*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.

# More Holiday Party Fun!



# 2024 Silent Witness March 2024

December 2, 2024, the Zonta Club of Cheyenne marked the end of the 16 Days of Activism with the annual Silent Witness March. Zonta members, community members and family members of domestic violence victims marched with a police escort from the Wyoming Supreme Court building to the Laramie County Public Library, holding silhouettes of women lost to domestic violence. At the library, the group assembled to share stories of their loved ones, and listen to a presentation by Mary

Billiter, who has lived through spousal abuse and had to endure the abuse of her children at the hands of their father.

After Mary spoke, the silhouettes were taken into the hallway of the library where they stayed on display for a period of time.

The Wyoming Tribune Eagle did an amazing story on our event, including Mary's story. Read it [here](#).



*Clockwise from top left: Zonta members and victims' families march to the library with silhouettes; a family shares about their daughter; Mary Billiter sharing her story; silhouettes on display at the library; families joined Zonta members in listening to Mary's story.*



# Announcements

## Cancel Out! Planning Meeting

**Tuesday, January 7th at noon**  
**RE/MAX Capitol Properties**  
**4000 Central Ave**

Everyone is welcome!

## Advocacy & Service Committee Meeting

**Tuesday, January 14th**  
**5:30 pm**  
**Location: TBA**

*Please watch your email  
for location updates!*

## Membership/Communications Committee

**Monday, January 27th**  
**5:15 pm at Westby's Edge Brewing**  
**We'll be planning for winter and spring  
fun! All are welcome!**

## January Club Meeting *and* Amelia Earhart Night\*

**Thursday, January 9th**



**The Office Bar  
& Grill**

**Dinner at 5:15 pm,  
with the meeting  
beginning at 6 pm.**

*Cheryl Bean with the Wyoming Aviation Heritage  
League will be our guest speaker!*

*\*Please consider donating to the  
Amelia Earhart Fellowship  
at this meeting.*

**The CANCEL OUT Committee is  
currently collecting  
bottles of wine and spirits for the  
bottle grab, and gift cards for the  
live auction.**

**Please bring donations to a meeting, to the  
RE/MAX Capitol Properties Office,  
or contact Betty or Tracy to pick up!**



# AMELIA EARHART MONTH: AEROSPACE ADVANCEMENTS IN YOUR DAILY LIFE

## 16. JAN. 25



In honor of Amelia Earhart month, Zonta International invites you to a panel with three Amelia Earhart Fellows to hear how their work in medicine, weather, wildfires, reduction of pollutants and fluid flow in nature impacts our daily lives. Following the discussion, attendees will have the opportunity to participate in an open Q&A.

## Aerospace Advancements in Your Daily Life

Wednesday, 16 January  
2:00 PM Central Standard Time

### Priyanka Dhopade

Senior Lecturer at the University of Auckland;  
Visiting Fellow at the University of Oxford

Priyanka Dhopade is a 2012 Amelia Earhart Fellow from Canada. After earning her Ph.D. in Australia, Priyanka began her postdoctoral position at Oxford University to work on commercial jet engines. Since joining the University of Auckland in 2020, she has shifted her research focus to sustainable engineering across more disciplines, incorporating space, energy, housing, Indigenous knowledge and equity in engineering. She leads the Sustainable Space Initiative (SSI), a transdisciplinary research initiative focused on systems thinking for sustainability in and for space. I also worked with the NZ PM's former Chief Science Advisor at the science-policy interface to better inform environmental policy for New Zealand.



### Beth Ebert

Senior Principal Research Scientist, Forecast Quality  
Team leader in the Australian Bureau of  
Meteorology's Research Program

Beth Ebert, a 1983 Amelia Earhart Fellow from the U.S., currently based in Australia, has a long-standing interest in weather forecast verification and evaluation. She holds a science leadership role in the World Meteorological Organization and brought natural and social scientists together to conduct research on improving weather warnings. Beth also works at the nexus of weather and health, contributing to the development of new forecast services for heatwaves, smoke and pollen. In 2017 she was part of a cross-disciplinary team that developed the world's first early warning system for thunderstorm asthma.



### Anna-Maria Kypraiou

Title A Fellow and Lecturer in Engineering at  
Churchill College University of Cambridge; Founder  
and CEO of Eye Sea Green

Anna-Maria Kypraiou, a 2016 Amelia Earhart Fellow is originally from Greece and is currently based in the U.K. Her research focuses on the reduction of pollutants and the development of energy optimization strategies in the maritime industry. She also studies the development of systems for the use of hydrogen in power generation, technology development for building energy usage optimization and development of scientific methods to analyze building performance and the use of new technology methods to evaluate occupant well-being.



[REGISTER HERE!](#)

## Support Women in Aerospace

**A donation to the  
Amelia Earhart Fellowship Fund  
has a direct impact on the role  
of women in the space economy.**

**Support the dreams and potential  
of women like Jacqueline, Elise and An-  
na today by donating at our  
January Club Meeting.**

**If you are unable to attend, but still wish  
to donate, please contact an officer of  
the Club, and we'll connect!**

# Hope Bag Donations requested



Please bring donations of items for our Hope Bag project to the next Zonta club meeting.

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.



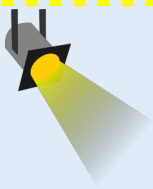
## CANCEL OUT!

**March 7, 2025**

**Cheyenne Frontier Days Event Center**

Members may purchase tickets now by contacting Kim Bowie (kimbowie@live.com) before they go on sale to the public in January!

*Don't miss out!*



# Zonta Club of Cheyenne Member Spotlight:

## Nancy Freudenthal

Nancy first heard about Zonta decades ago, through the club's antique show, and she decided to join Zonta because she wanted to meet women in Cheyenne outside her regular circles (e.g., lawyers and state government employees). She is excited to see so many young women invested in the Cheyenne club. So many advocacy and community service groups are shrinking because members are aging and new members are hard to attract and retain. She is particularly interested in the LCCC scholarship fund. Reading the applications for the scholarship, one realizes how many nontraditional students need help to support their family and to pursue their goals toward self-

sufficiency. Nancy's mother inspired her in her life. She was a professional woman in a field dominated by men, and she continually reinforced education and self-sufficiency. Nancy's advice to young women is to find a



community service club which aligns with their interests, and which is established to give back (not one which just builds resumes and networks). Then, get involved. Her personal interests are currently focused on two areas. First, her children and grandchildren - who give her much joy. Second, an everyday effort at Swedish death cleaning, which she hopes will help her husband and her age in place more easily and help ensure that her children won't have to deal with an abundance of clutter and stuff after she's gone. Her hobbies are wellness and cooking, which are sometimes incompatible. Nancy is studying Greek, and if she could have a super power, she would love to be a polyglot. A polyglot derives from two

Greek words, and describes a person who can speak or write multiple languages. Nancy said if she were a polyglot, she would feel at home in so many diverse cultures and with so many diverse people around the world.

**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](mailto:info@tatnonprofit.org)





## Zonta Club of Cheyenne Member Spotlight:

### Jill Randall

Jill first heard about Zonta Club of Cheyenne when she met a Zonta member at a March for Womens' Rights near the Capitol. She decided to join the Zonta Club of Cheyenne because she is an empty nester and was looking for purpose and hoped to meet inspiring, likeminded, professional women who are working to make a positive impact in the world and in their community. The things she is most excited about as a new Zonta member is the friendship and connections with other women with shared values. She believes strongly that if you have the ability to help others then you have the obligation to help others. Jill enjoys engaging with and getting to know people the most so our social activism campaigns are her favorite. A woman who has inspired Jill is Eleanor Roosevelt, because in a time when women were better seen than heard she was never afraid to use her platform and her voice to benefit others. She was dedicated to learning and encouraged this in everyone, she spoke often of believing in yourself and finding the courage to face your challenges, she defined success as your contributions to others and was a strong proponent for personal accountability



and facing responsibility. She finds her to be a true inspiration. "No one can make you feel inferior without your consent" – Eleanor Roosevelt. The advice Jill would give to young women who want to make a difference in

their community: Find your people!!! She thinks right now in our world it's easy to feel like things are scary or out of control and that you can't make a difference but seeing so many women working selflessly toward improving what's around them is a reminder that people are mostly good and there is always light to be found if you are willing to look for it. Jill loves to travel and try new things! She's always on the hunt

for her next adventure whether that means trying a new activity, destination, or food with her husband, son, or a friend. She's also a huge lover of summertime outdoor activities (hiking, kayaking, rafting, etc.) One fun fact about Jill that you may not know is that she spent 4 years as a fighter jet mechanic – and she said she's a terrible mechanic! If she could have a super power, Jill would choose supersonic flight – she would use it to see the world!

# Upcoming Proclamation Signing of National Slavery and Human Trafficking Prevention

*From Dr Michelle Aldrich*

On **January 15th at 3:00 pm** at the State Capitol Building, there will be a proclamation signing of National Slavery and Human Trafficking Prevention Month, and it would be amazing if we could have a group of Zontians in attendance. This is being organized by Cara Chambers and the Division of Victim Services, of which Cara is the Director.

Here are a couple of housekeeping reminders before the event. There is free parking (2-hour limit) around the Capitol Building and down Capitol Avenue; please park in the appropriate designated areas. Walk up the Capitol steps and enter through the main entrance, take the corridor behind the rotunda staircase to your right, and follow that back to the

Governor's Office where you will see a security desk.

Zontians should wait in the corridor outside the Governor's Ceremonial Conference Room where the signing will take place. There will be staff waiting who will escort us in when they are ready for us; there is some seating in the corridor. And perhaps we can all wear orange to separate our group from others in attendance.

There will be an opportunity for folks to comment on the proclamation and to take a group photo with the Governor. There will be staff present to take photographs, but you are welcome to bring your own cameras. If you would like a copy of the photo taken by Victim Services staff, please contact [michael.pearlman@wyo.gov](mailto:michael.pearlman@wyo.gov) after the event.

## What is the Zonta of Cheyenne Foundation?

*Have you ever wanted to know more about the Foundation that helps support our Club? Denise Parrish provided the following article to help explain the creation, purpose and function of this Foundation.*

The Zonta of Cheyenne Foundation was incorporated in 2013 and received its tax-exempt, 501(c)(3) status in 2014. It was created to assist with fundraising for the Zonta Club of Cheyenne and other projects that fit the mission of Zonta. It has its own Board of Directors – separate from those for the Club - but works as a partner with the Club on fundraising events such as CANCEL OUT and WyoGives.

The Foundation holds funds that it raises until they are needed and in order to build a nest egg for hard times. For instance, some of the savings were used to tide the Club through the financially difficult years of the recent Covid pandemic. Some of those saved funds were also used in order to donate a single large amount of \$20,000 to Comea in 2013. Furthermore, the existence of the tax-exempt entity allows us to receive grants and donations that might otherwise not come our way. As

is common with other foundations, when funds are raised or donated at various events, agreements are reached – with the input of Club members - as to the amount of funds to be spent on current projects versus the amount to be saved for the future.

For much of the past year, the Foundation has had a \$25,000 certificate of deposit earning interest at an average percentage yield of 4.5%. That certificate of deposit was recently renewed through August, 2025 at a rate of 4.41%. This investment alone has brought in interest of more than \$1,200 in 2024. In December, the Foundation's Board decided to invest some additional funds and opened an 11-month \$7,500 CD earning at a rate of 4.1%. Meanwhile, some ready cash is still available in savings (about \$15,000) should it be needed for the Club's operations or unexpected projects fitting Zonta's mission.

If you have any questions about the Foundation or its finances, please contact one of the five members of the Board of Directors – Ann Erdmann, Linda Bogart, Melissa Martin, Vickie Ingerle, or Denise Parrish.

# JANUARY IS NATIONAL HUMAN TRAFFICKING PREVENTION MONTH



While the fight against human trafficking is a year-round battle, National Human Trafficking Prevention Month in January is an important opportunity to join a national conversation about the issue and leverage the country-wide momentum that is gained on the topic during the month. TAT has developed a menu of external and internal communication tools for our valued partners who are interested in becoming a part of the national conversation in January and furthering their partnership with TAT. Companies can elect to implement any combination of these ideas, and TAT will work with you to customize and co-brand materials as needed.



## Implement TAT's corporate training video.

TAT's new training video will help corporate employees understand the intersections with both sex and labor trafficking where they live, work, or travel and will give them the tools to know what to look for and what to do if they ever suspect it.


01



## Download the TAT app.

The app provides useful resources such as red flag indicators of human trafficking, how to report it, TAT-vetted hotlines to call, our training courses and more!

02


[Download here.](#) 



## Post on social media.

Utilizing TAT's guide, which includes sample graphics and captions to use as-is or with your logo added, post on your social media channels to spread awareness about human trafficking. Please tag us @tatnonprofit!

03

[Get the guide here.](#) 



## Host a webinar with TAT.

Offerings include general corporate training webinars or deeper dives into the nuances of human trafficking via our Connecting the Dots series. Contact us to see which option is right for you at [info@tatnonprofit.org](mailto:info@tatnonprofit.org).

04

If you would like to implement any of these offerings or another idea, please email your TAT contact or [info@tatnonprofit.org](mailto:info@tatnonprofit.org) for more information and let us know in which offerings you will be participating!



[www.tatnonprofit.org](http://www.tatnonprofit.org)



@tatnonprofit



[info@tatnonprofit.org](mailto:info@tatnonprofit.org)



CANCEL OUT DOMESTIC VIOLENCE  
DOMESTIC VIOLENCE ISNT A WOMENS ISSUE. IT'S A HUMAN ISSUE.

*Fundraiser for Zonta Club of Cheyenne*

March 7th, 2025

CHEYENNE FRONTIER DAYS EVENT CENTER  
1250 W. 8TH AVENUE

DOORS OPEN AT 5:00 P.M.

ENJOY DINNER, KEYNOTE SPEAKER, SILENT AND LIVE AUCTIONS,  
BOTTLE GRAB AND CASH RAFFLE.

Our keynote speaker will be Bob Vines, Violence Prevention Coordinator at The University of Wyoming.  
Sponsorships available by contacting [parrwyohomes@gmail.com](mailto:parrwyohomes@gmail.com) or [www.cheyennezonta.org](http://www.cheyennezonta.org)



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# Sponsor Form

CANCEL OUT DOMESTIC VIOLENCE  
DOMESTIC VIOLENCE ISN'T A WOMEN'S ISSUE. IT'S A HUMAN ISSUE.

*Fundraiser for Zonta Club of Cheyenne*

MARCH 7<sup>TH</sup>, 2025

DOORS OPEN AT 5:00 P.M.

## \$1500 EVENT SPONSOR

Table of 8 with dinner, 10 drink tickets, advertising on social media, website and at the event

**\$850**

Table of 8 with dinner

**\$75**

Individual seat and dinner

COMPANY NAME:

CONTACT NAME:

CONTACT PHONE NUMBER:

CONTACT EMAIL:



\*Please Make Checks Payable to Zonta of Cheyenne

## QUESTIONS?

PLEASE CONTACT  
Belinda Sawyer  
(307) 631-6434

[belinda.sawyer@remax.net](mailto:belinda.sawyer@remax.net)



PLEASE RETURN FORM TO  
ZONTA CLUB OF CHEYENNE  
ATTN: SPONSORSHIP COMMITTEE  
PO. BOX 2456  
CHEYENNE, WY 82005



## 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 Nelson* 1/5

*Laura Gorny* 1/19

*Ann Erdmann* 1/22

*Debbie Richardson* 1/22

## Upcoming Meetings & Events:

### Zonta Board Meeting

January 2 @ 5:30 pm

RE/MAX Capitol Properties—4000 Central Ave.

### Cancel Out Meeting

January 7 @ noon

RE/MAX Capitol Properties—4000 Central Ave

### Zonta Club Meeting

January 9 @ 5:15 pm

The Office Bar & Grill—1600 E Pershing

*Ordering dinner begins at 5:15 pm, meeting will begin at 6:00 pm, dinner is not required!*

### Advocay/Service Committee Meeting

January 14 @ 5:30

Location: TBA—Watch your email!

### Proclamation signing of National Slavery and Human Trafficking Prevention

January 15 @ 3:00 pm

State Capitol Building—see pg 10 for details

### Membership/Communications Committee Meeting

January 27 @ 5:30

Westby Edge Brewery—714 W 20th St

## Zonta Foundation :

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