
ZONTA

 CLUB OF
CHEYENNE

 MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Zephyr

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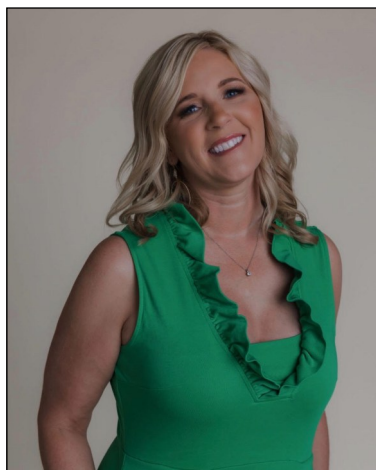
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Message from the President

Zonta International, founded in 1919, is a global organization dedicated to empowering women through service and advocacy. With more than 25,000 members in 63 countries, Zonta envisions a world in which women's rights are recognized as human rights, and every woman is able to achieve her full potential. The organization focuses on creating sustainable change in the lives of women and girls by addressing critical issues such as education, gender-based violence, health, and economic empowerment.



February 2025: Focused on a Brighter Future for Women

As Zonta enters February 2025, the organization remains steadfast in its mission to achieve gender equality and create opportunities for women to thrive. This month's focus centers on raising awareness and taking action to combat violence against women and girls—a global epidemic that continues to hinder progress in achieving gender equity.

Key Initiatives for February 2025

• “Zonta Says NO to Violence Against Women”: Zonta clubs worldwide will

intensify their efforts to advocate for policies and practices that protect women and girls. Clubs will host events, partner with local organizations, and engage in community outreach to raise awareness.

- **Advancing Education for Girls:** Through scholarships, mentorship programs, and educational campaigns, Zonta International continues to prioritize access to quality education for young women, especially in underserved regions.

- **Empowering Women through Service:** Zonta clubs will contribute to community projects, from supporting shelters for survivors of domestic violence to funding vocational training programs that provide economic independence.

- **Preparing for International Women's Day (March 8, 2025):** February is a critical month for planning and organizing events leading up to International Women's Day, showcasing Zonta's global commitment to gender equality.

We are all part of this movement, check out our newsletter to see ways you can be involved locally.

~ *Belinda*

Our Culture Is Our Strength: MMIP

from Denise Parrish

This information was shared by Cara Chambers about MMIP. If one clicks on the link, there is additional information including four relatively brief videos. I have not yet had a chance to view these but did want to share.

- Denise

Our Culture Is Our Strength: Understanding and Responding to Missing and Murdered Indigenous People (MMIP) and Human Trafficking in Indigenous Communities.

The Office on Trafficking in Persons' (OTIP) National

Human Trafficking Training and Technical Assistance Center (NHTTAC) developed a four-part microlearning series that will explore the impacts of colonization and trauma on individuals and communities and discuss the protective factors, cultural practices and traditional knowledge systems that have historically and currently promoted healing and resilience at multiple levels. The videos and landing page are live on ACF's website. Here is the link, this page is the best place to share from: <https://nhttac.acf.hhs.gov/mmip-and-human-trafficking>

February is Teen Dating Violence Awareness Month

Every February, young adults and their supporters come together to shine a light on teen dating violence during [Teen Dating Violence Awareness Month](#) (TDVAM).

This vital month-long initiative emphasizes the importance of advocacy and education to prevent dating abuse before it starts. We invite you to celebrate with us this month! Check out the free webinar below to learn more about how you can contribute to this important cause.

Breaking the Silence: Empowering Youth to Speak Up and Support Each Other

Thursday, February 20, 2025 from 1:00pm-2pm CDT

Link to register: [Webinar Registration - Zoom](#)

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.

January Club Meeting—Celebrating Amelia

Minutes edited for publication. For full official minutes, please contact Laura Gorny, Secretary.

The January Zonta Club meeting was held at The Office Bar & Grill on January 9th, and was called to order at 6:00pm by President Belinda Sawyer.

Celebrations: Pam Pafford announced her engagement, Laura Gorny has a new grandson, Betty's granddaughter made the Dean's List, and Ann Erdman's granddaughter graduated with honors. Best wishes and congratulations to all!

Member Highlights:

Jody Gostas shared her interview answers as our spotlight member. Please see page 7 for Jody's full interview.

Fallon Bowie (Kim's daughter) spoke about her community service project, Fallon's Giving Bags. Fallon collects hygiene items for homeless people and for Cheyenne school students who may not have access to such items. The project started when she was looking for a community service event as part of competing in a scholarship pageant in late 2023 or early 2024. Not long after, she read online articles that some students in Cheyenne-area schools didn't have access to hygiene items. Ideally she would like to have the bags available in each school. The bags for schools will include soap, toothpaste, toothbrushes and shampoo as well as feminine hygiene products as it can be especially embarrassing for girls to have to ask the school nurse for help in getting such items. Another goal is to provide bags for local homeless shelters. Bags for the homeless will include items like body wipes that don't require water, since homeless people often don't have easy access to water or bathing facilities. She hopes to be able to include such things as wash clothes, gloves and socks to help homeless people survive Cheyenne's brutal winter weather. *(Compiled from Fallon's presentation to Zonta Club together with her interview with KGAB since I wasn't able to write down some of the info during our meeting.)*

Icebreaker: Members were quizzed about Amelia Earhart's history.

Special Guest Speaker: Cheryl Bean, P.E., involved with Arts & Aviation Steering Committee and the Wyoming Aviation Heritage League (WAHL), presented information about her organization. Please see page 4 for a full recap of her presentation.

Minutes of the last meeting: The December meeting was the club Christmas party at which no minutes were taken. November minutes were included in the Zephyr and emailed to club membership. A motion was made and seconded to approve the November minutes as submitted. Motion passed.

Treasurer's report: The Treasurer's report was previously included in the Zephyr. There being no questions or discussion, the Treasurer's report was placed on file for audit.

STANDING COMMITTEE REPORTS

Advocacy & Service: The next committee meeting will be Tuesday, January 14, 5:30pm in The Board Room at The Office Bar and Grill.

Membership and Communications: The committee is working on a six-month plan to schedule Zunco, committee meetings, etc.

We have one new member, Hannah Poole, who is in the process of joining. The club currently has 51 members. Members are encouraged to invite to club meetings and events any friends and associates who might be interested in joining. Please share ideas for group events with Tracy Myers or Betty Abernethy. The next committee meeting will be Monday, January 27, 5:30pm, at Westby Edge Bar & Grill.

Cancel Out—March 7, at Cheyenne Event Center.

Photographer, menu, and auctioneer are in place. In Her Shoes will be part of the event. The speaker will be Bob Vines, Violence Prevention Coordinator at the University of Wyoming. Club members should buy tickets as soon as possible, if interested in attending. Some members have had problems getting tickets in prior years because we sold out before they tried to purchase. We will not be inviting vendors, in hopes of encouraging more participation in the silent and live auctions. Auction items are needed for the live auction, silent auction, bottle grab, and gift cards. Teresa Pafford will be accepting donations for live and silent auction. Donations may also be dropped off at ReMax. Betty Abernethy is accepting bottle and gift card donations, and will pick up if needed. The next planning meeting will be Tuesday, February 4, noon, at ReMax.

OLD BUSINESS: Agenda items related to Cancel Out are presented above under Standing Committee Reports.

NEW BUSINESS

Education Fund: Members present discussed whether the club should set aside funds that would help send members to conferences, etc. A motion was made and seconded to set aside 10% of net fundraiser proceeds for a professional development fund. Motion passed.

The 2025 GRIT Conference on Human Trafficking and Exploitation will take place in April in Bozeman, MT. Registration prior to February 1 is \$299 for one person, \$747 group rate for three attendees, \$996 group rate for four attendees, and \$1,245 group rate for four attendees.

A motion was made and seconded to donate up to \$1,000 from WyoGives proceeds to increase the corpus of the club's LCCC Scholarship Fund. Motion passed.

*The meeting concluded at 7:25pm.
Submitted by Laura Gorny, Secretary.*

January Guest Speaker—Cheryl Bean

Cheryl Bean, P.E., involved with Arts & Aviation Steering Committee and the Wyoming Aviation Heritage League (WAHL), presented information about her organization. Cheryl is a native of Cheyenne, and a former Zontian. She worked in bridge design for the State of Wyoming, then transferred to aeronautics, retiring a couple of years ago.

The terminal that was built in the 1920's is currently the post office building at the corner of Evans and Central Avenue. A larger terminal building was built next door in the 1960s and was used until the new terminal was built a few years ago. She became interested in saving the older building when it was vacated after the current terminal was built.

The Arts and Aviation Steering Committee was formed about two years ago. Arts Cheyenne, Cheyenne Regional Airport, City of Cheyenne, Wyoming Aviation Heritage League, are some of the organizations involved. Among other efforts, the group hopes to get the building listed on the National Register

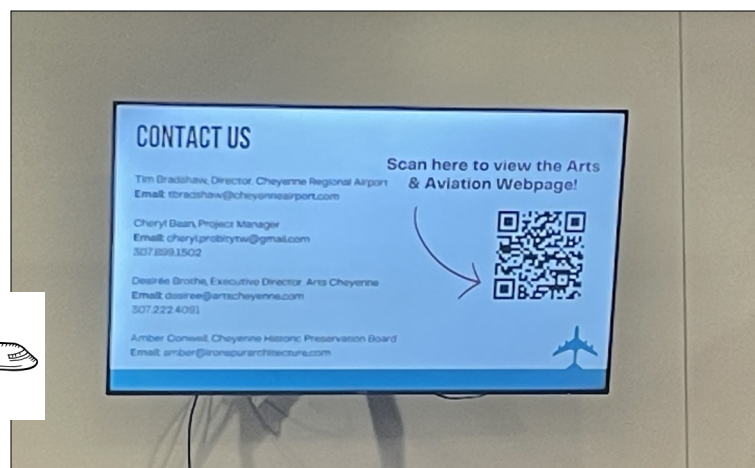
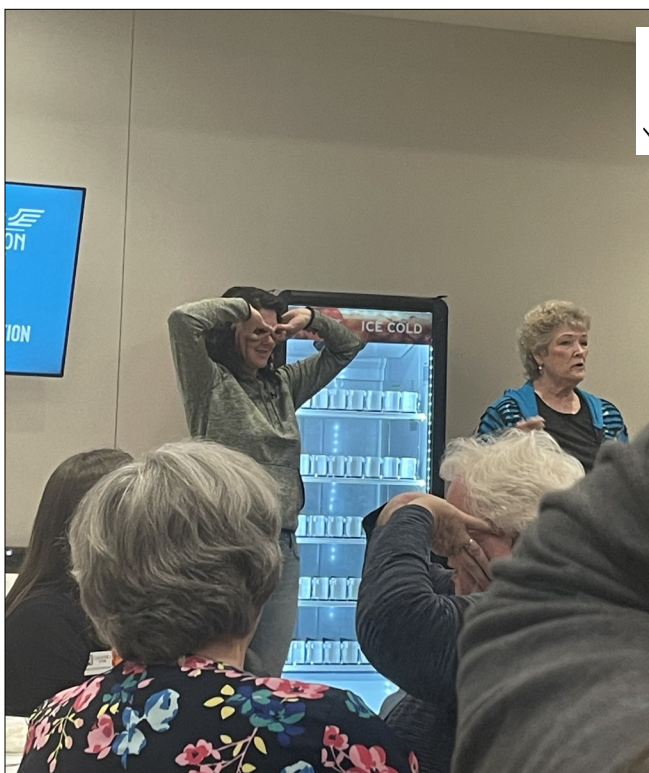
of Historic Places. They envision a space that celebrates the terminal's mid-century architecture with retail, restaurant with full liquor license, aviation history museum (as space allows), Wyoming Air National Guard displays, educational programming, and information about Amelia Earhart's contributions to aviation. During 2023-2024 the Committee obtained a \$50,000 grant for planning from the National Endowment for the Arts. They also performed public outreach by making presentations and participating in events of the City Council, County Commission and other local organizations, social media, website, articles, and interviews.

The group is working with the Wyoming Department of Environmental Quality regarding environmental impacts, asbestos issues, etc.. DEQ may also be able to provide a loan to help cover remediation costs. All major systems of the building are in need of repair or replacement before the building can be used.

For additional information, contact Cheryl at 307/899-1502 or Cheryl.probitytw@gmail.com.



Photos clockwise from left: Cheryl Bean shares the plans for the iconic terminal on Evans and Central; Cheryl's group information slide; Zonta members having fun with Kathy Orr's icebreaker. Great job, Kathy!!



Announcements

Cancel Out! Planning Meeting

**Tuesday, February 4th
at noon**

**RE/MAX Capitol Properties
4000 Central Ave**

Everyone is welcome!

February Club Meeting

Thursday, February 13th

The Office Bar & Grill

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

No RSVP necessary!

Zonta FUN!!!

Upcoming events:

Zappy Hour

Feb 5th, 5:00 pm-ish @ ???

Watch email for location on Monday 2/3!

Zunco

Feb 11th, 5:30 pm, Applebees

backroom! Please **RSVP** to

zontafun@gmail.com by **2/9!**

Advocacy & Service Committee Meeting

Tuesday, Feb 18th at 5:30 pm

Location TBA—please watch your email!

All are welcome!

**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!**

Membership/Communications Committee

Monday, February 24th

5:15 pm—location TBA

Please watch your email for location!

All are welcome!



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.

**SAVE
THE
DATE**

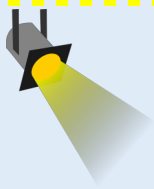
CANCEL OUT!

March 7, 2025

Cheyenne Frontier Days Event Center

Members may purchase tickets now by contacting Kim Bowie
(kimbowie@live.com) before they are all sold out!

Don't miss out!



Zonta Club of Cheyenne Member Spotlight:

Jody Gostas

My name is JoAnne Gostas though I'm known as Jody. (My mother didn't like the name JoAnne and called me Jody from birth!!)

I first heard about Zonta from my husband Ted Gostas. He had been invited to speak at the Denver Zonta Club luncheon in maybe 1976 and was so impressed by the women he met there. I met him in 1977 and he urged me to see if there was a Zonta chapter in Cheyenne. Lo and behold! I worked with Priscilla Berwick who was a devoted Zontian and it took off from there.

I had worked for Amnesty International before moving to WY and was always interested in improving the status of women worldwide. When Ted & I married, I had the chance to attend evening meetings since he could be home with my child. The more I attended meetings, the more I was certain Zonta was an organization for me. When I finally attended an International Convention, there was no doubt in my mind. The international outreach was so moving, impressive. The Zonta Club of Cheyenne has worked long and hard to increase awareness of human trafficking particularly of women. This has been my special interest for several years with our Club.

Ruth Bader Ginsburg is a woman I admired

ever since she was appointed to the Supreme Court. I hadn't known much about her before but was very impressed by her story and her determination to continue to

fight for gender equality and human rights. I know she would have loved to see ERA become part of our Constitution as I do.

There are many organizations in Cheyenne that support women and I would urge young women to research these. They exist in civil rights, artistic expressions, religious pathways. Some are more in tune with younger women as a lot of the service organizations are aging and losing their vitality. Explore, ask your friends, be adventurous, daring, and bold (isn't "Bold" our District password??).

I have few hobbies. I spend 1-2 hours a day studying French (one would think I could speak?), I read a lot and I try to exercise with a diverse group of women 2 times a week and I work

with a personal trainer 2 times a week. That goal is to be physically fit enough to continue doing some traveling. I have 3-4 destinations still on my bucket list!

A little known fact about me is that I hitchhiked with a girl friend from Paris to Greece and back when I was 23.

Super power? I wish I could heal the pain in people's hearts. I don't know; I'll have to think about that.



Equity in Education—From our ZI President

Equity in education is the cornerstone of a diverse, equal and inclusive society that values everyone. Prioritizing education for women and girls yields transformative results: breaking the cycle of poverty, fostering economic growth with wage increases of 10-20% and reducing gender-based violence and child marriage. Educated girls make empowered choices, marry later and have fewer children, which protects them from vulnerabilities later in life.

Yet, without equal educational opportunities, women and girls cannot fully realize their potential. [UN Women outlines the stark challenges they face:](#)

- Women comprise more than two-thirds of the world's 796 million illiterate people.
- Rural women's deficits in education have long-term implications for family well-being and poverty reduction.

Children of mothers with no education in the Latin American and Caribbean region are 3.1 times more likely to die than those with mothers who have secondary or tertiary education and 1.6 more

likely to die than those whose mothers have primary-level education.

Opportunity and representation are powerful catalysts for educational equality, one of the four vital focus areas of [Zonta International's Strategic Plan](#). Our initiatives, such as the Amelia Earhart Fellowship and Zonta Young Women in Leadership, Zonta Women in Business Leadership and Zonta Women in STEM Awards, address barriers to educational and professional advancement and success. Awardees receive financial support to pursue their aspirations and become part of a vibrant community that fosters their learning, growth and future work.

As you read further, consider the barriers you faced in your education and how you can help remove them for future generations. Providing equal education and opportunities for women and girls means creating equal opportunities for all.

Thank you for your unwavering support and commitment to Zonta's mission and goals.

*Warm regards,
Salla Tuominen*

A brief history of Zonta District 12

The Growth of District 12

[probably written in the 1960's by the District 12 Historian of that time, Mary Rausch]

It was our second GOVERNOR, BARBARA CROSS (1954-56), who realized that a district only 2 or 4 years old was, like other pioneers, too busy MAKING history to take time to write it. It was Governor Barbara who kept our first permanent record, the District Scrapbook.

At the 1964 District Conference in Billings, the recommendation to have a written history was reactivated.

The early history of Zonta in the Rocky Mountain region was closely interwoven with the history of the DENVER CLUB. As you all may know, the Confederation of Zonta Clubs was organized in 1919, with 9 charter clubs – 7 of them in the state of New York. Eventually it grew to Zonta Clubs, Incorporated, and to Zonta International when Zonta chartered a club in TORONTO, CANADA in 1927.

This same year Lindbergh made his non-stop flight across the Atlantic. No, AMELIA EARHART did not join the Zonta Club of Boston until the next year.

For the first two years of its existence, the Zonta Club of Denver was included in District E of the Confederation – the 4 other clubs in this District being in Seattle, Los Angeles, Dallas and Honolulu. Denver's nearest neighbors were the club in Chicago and St. Louis – in another district.

Never to be daunted in the West, Zonta's progress continued. After Zonta International was incorporated and throughout the Depression Years, the minutes of the Denver Club show frequent assessments for organization, with Colorado Springs, Salt Lake City and Kansas City – the new clubs Denver most desired. Largely though [sic] their efforts the Kansas City Club was chartered in 1937 with Salt Lake following in 1939.

In 1940 DENVER entertained the 20th Annual Zonta International Convention in Estes Park – and the eastern clubs began to see for themselves the need for more clubs in the Rocky Mountain Area. A re-districting has been accomplished and Denver was now in District VII along with Kansas City, Minneapolis and St. Louis. Wyoming was assigned to this new district as a “Field of Endeavor.”

Talk about travel time: Delegates from Kansas City traveled 650 miles. Delegates from St. Louis traveled 800 miles ; Des Moines, 800 miles; St. Paul and Minnesota, 1,000 miles; and Duluth sent a delegate 1300 miles.

What a district! There, in solitary splendor, sat poor Denver – chartered 21 years before in 1927, alone in her mountains. If ever a club had a valid excuse for becoming a rugged individualist, that club would have been Denver. The Denver Club again entertained the 20th [sic 28th?] Annual Zonta International Convention in 1948.

District VII became too unwieldy because of the great distances and isolation. At the Houston Convention in 1951 the famous “cutting of the herd” took place and District XII when 11 clubs emerged as a separate entity.

Well, District XII's record of achievements is most enlightening. For example, the Glendive Club held a money raiser called “Little Z” – a calf purchased by the club “which ate its way to a top price in the sales ring in a pasture belonging to one of the Zontians.” We do have a unique imagination!

We've come a long way, Zontians. Now we are known as District 12 of Zonta International and our active states are Colorado, Montana, South Dakota, and Wyoming. As our new Governor stated, “Let's be proud of Zonta. Have fun in all that we do, as it is a great honor and privilege to be a member of Zonta International.”



Save the Date

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 pamwyo@comcast.net or www.cheyennezonta.org



ZONTA
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THROUGH SERVICE & ADVOCACY





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 7TH, 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



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

Zonta Foundation :

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



Rebecca Reid 2/1

Nancy Freudenthal 2/5

Darcey Harris 2/12

Amy Hernandez 2/19

Upcoming Meetings & Events:

Cancel Out Meeting

February 4 @ noon

RE/MAX Capitol Properties—4000 Central Ave

Zappy Hour

February 5 @ 5:00 pm-ish

Location TBA—watch email on 2/3 for details!

Zonta Board Meeting

February 6 @ 5:30 pm

RE/MAX Capitol Properties—4000 Central Ave.

ZUNCO!!!

February 11 @ 5:30 pm—Cost: \$15/person
Applebees backroom—1401 Dell Range Blvd
Please RSVP by 2/9 to zontafun@gmail.com

Zonta Club Meeting

February 13 @ 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!

Membership/Communications Committee Meeting

February 24 @ 5:30 pm

Location TBA—please watch email