



ZONTA

CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

March 2025

Zephyr

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Climate Justice

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Message from the President

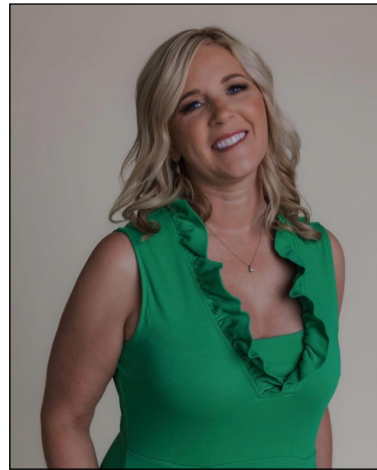
Exciting Spring Ahead for Zonta Club of Cheyenne

As March arrives, the Zonta Club of Cheyenne is gearing up for several exciting events that continue our mission of empowering women and serving our community.

Our 4th Annual Cancel Out Domestic Violence event is on the horizon, and we are eagerly anticipating another great turnout. This event raises crucial awareness and support to help end domestic violence in our community. We encourage everyone to spread the word and join us in making a difference.

Another highlight this Spring is our annual Art Contest, which has been a tremendous success each year. The contest not only showcases local artistic talent but also brings attention to important issues facing women and

girls. This year, we're aiming to increase awareness and participation—please share the contest information with friends, family, and the community to help us inspire even more entries.



Looking ahead, we are excited to host a New Member Welcoming Reception in April. With the success of our upcoming fundraising event,

we're hopeful to welcome several new members who are passionate about supporting Zonta's mission. If you know someone who might be interested in joining, this reception is a wonderful opportunity to learn more about our work.

Thank you for your continued dedication to Zonta. Let's make this Spring one to remember!

— Belinda

ZONTA
100
YEARS

Perspective on Climate Justice Leadership

Submitted by Jody Gostas

I was on the Zoom call 2/23/25 on Zontians Lead the Way led by Julie Trone (Zonta Club of Ft Collins) about Climate Justice Leadership. What really struck me was the statement that women are underrepresented in the spaces where climate issues are addressed. We need to get women in those spaces! Women must get on board because they present different ideas and approaches to the male perspectives. We represent an organization that shows "the positive and inclusive use of power capable of changing the world." We can start locally by having more representation at the City Council level, County Commissioners, and State Legislature. "Empowering women and girls can revolutionize our fight against climate

change." (Here's a tidbit: higher temperatures increase violence in communities by 6%!!)



Taken from the Zontians Lead the Way presentation

What is Climate Justice:

Climate justice is a term that recognizes that "although global warming is a global crisis, its effects are not felt evenly around the world." This entails ensuring representation, inclusion, and protection of the rights of those most vulnerable to the effects of climate change. Solutions must promote equity, assure access to basic resources, and ensure that all people have equal opportunities to live, learn, play and work in healthy and clean environments.

Social Justice + Climate Action = Climate Justice

As Zontians we have been working over 100 years for social justices and still do. The fact that Zonta International and our clubs help women rise is a climate action because they become leaders in their fields. Female leaders are more likely to promote, advocate, support, collaborate and protect our planet which is everyone's home.

Empowering Women and Girls can revolutionize our fight against climate change:

An American Academy of Nursing Study found women and girls are naturally, societally, culturally, and economically at risk in times of danger, and they suffer the most from extreme weather, food insecurity, and epidemics.

Women of color, single moms, LGBTQIA, poor women, indigenous women, and women managing land/agriculture are the most vulnerable. We are powerful and are adapting to climate change, are innovative powerful forces for mitigation and sustainability strategies. Women tend to act in ways that are community driven to protect, improve and restore their communities.

Women are underrepresented in spaces where climate policy and decisions are made – A focus of Zonta Says NOW. Women need equal representation from all backgrounds and lived experiences with policy written to consider their circumstances – A focus of Zonta Says NOW. Educating, empowering, and listening to women are the most powerful tools we have to address climate change. We need more women in positions of power.

February Club Meeting Minutes

These minutes have been edited for publishing. Please contact Laura Gorny for a complete copy of the minutes.

The February Club Meeting was called to order on February 13th at 6:00pm by President Belinda Sawyer.

Celebrations: Pam Pafford announced her marriage, new house, and her son's graduation from boot camp. Betty Abernethy is celebrating an upcoming trip to escape the cold weather. Ann Erdmann shared that both she and her husband are celebrating their 80 th birthdays in January and February respectively, and invited all to an open house to celebrate, February 17, 4:00 – 7:00pm at Blue Stem Wine House.

Member Highlights: Linda Bogart and Kate Wright were our spotlighted members this month. Please see their interviews on pages 8 and 9.

Special Guest Speakers: Brandon Swain and Amy Foster (Chief Program Officer) of Volunteers of America (VOA) shared about their organization and what they are doing in Wyoming. Please see page 4 for a recap of their presentation.

Minutes of the last meeting: A motion was made to correct the minutes of the January meeting. A motion was passed at that meeting to donate up to \$1,000 from WyoGives proceeds to increase the corpus of the club's LCCC Scholarship Fund. The minutes omitted a five year sunset date at which time the club will need to reevaluate whether it wants to continue the donation. A motion was made and seconded to approve the January minutes as corrected. 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 committee is moving forward with the art project. Promos will start soon. The reception will be May 2 at the Civic Center. It was noted that the Civic Center is now part of the Art Walk. Entries must be submitted by Friday, April 25. ReMax is a drop off point for artwork. "Anybody Can Be a Hero" is this year's theme. Anyone can enter the art show. There will be four prizes of \$150 each. Each artist can decide whether to sell his/her art. The committee is working on an inventory for Hope Bags. "What Were You Wearing" will be at LCCC the first week of April. The next committee meeting will be February 18.

Membership and Communications: We are still in need of someone to maintain the club's web page and provide social media assistance. The committee has planned dates into the future. The dates will be incorporated into "dates to remember" following the minutes. A new member reception will be held on April 23 to welcome and provide information to any-

one who is interested in joining the club following Cancel Out. The location has not yet been decided. The committee would welcome new members! The next committee meeting will be February 24, location to be announced.

Cancel Out: March 7, at Cheyenne Event Center. We are in need of auction items for both the live and silent auction. We also need approximately 20 more bottles to reach our Bottle Grab goal of 150. 189 tickets have been sold to date. 280 is the limit. Please invite friends, family, co-workers, etc., to join come. Additional sponsors would be welcome. Set up will start at 9:00am, March 7, at the CFD Event Center. Volunteers are needed to help with setup and also during the event. Safehouse has various needs relating to improving its security. Denise Parrish presented a proposal for the distribution of proceeds as follows. A motion was made and seconded to accept the proposal. Motion passed. If proceeds total \$25,000, \$5,000 will go to Safehouse, \$7,500 to ZI Foundation for Women (30%), \$2,500 to Professional Development (10%), \$10,000 to Zonta of Cheyenne. If proceeds total \$30,000, \$8,000 would go to Safehouse, \$9,000 ZI Foundation for Women (30%), \$3,000 to Professional Development (10%), \$10,000 Zonta of Cheyenne. If proceeds total \$35,000, \$9,100 would go to Safehouse, \$10,500 to ZI Foundation for Women (30%), \$3,500 to Professional Development (10%), \$10,000 to Zonta of Cheyenne, \$1,900 to Zonta of Cheyenne Foundation. If proceeds total \$40,000, \$9,100 would go to Safehouse, \$12,000 to ZI Foundation for Women (30%), \$4,000 Professional Development (10%), \$10,000 to Zonta of Cheyenne, and \$4,900 to Zonta of Cheyenne Foundation.

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

NEW BUSINESS:

Pint Night will be February 27 at 5:30pm at Blacktooth Brewing. We had four volunteers to be available two at a time to hand out Zonta information. Thank you Jody, Linda, and Patti. I'm sorry to say I didn't catch the fourth person's name, but we appreciate you too! (Note, following the meeting, we learned the actual hours for Pint Night will be 3:00pm to 8:00pm.) Kate Wright shared information about a potential fundraiser for the club. Cars, Cigars & Guitars is a classic car show that will be at Frontier Park on Saturday, August 16. We would need to sell 200 tickets and have volunteers on the day of the event. Kate will send information to Belinda to review and present to the Board.

There will be no general membership meeting in March since we'll all be busy with Cancel Out activities.

The meeting concluded at 7:25pm.

Submitted by Laura Gorny, Secretary.

Club learns about Volunteers of America

Brandon Swain and Amy Foster (Chief Program Officer) of Volunteers of America (VOA) were the special guest speakers for our February Club meeting. They shared about their organization and what they are doing in Wyoming.

- Volunteers of America was founded in 1896. The faith-based nonprofit has programs in 46 states, the District of Columbia, and Puerto Rico, serving more than 1.5 million people a year.

- VOA is the largest mental health provider in Wyoming, also providing rehab and other services. It operates on a \$70million non-profit budget with facilities around the state including nine out-patient clinics providing behavioral health services on the east side of Wyoming and three residential addiction treatment facilities. They also provide services for veterans in Wyoming, Montana, and South Dakota, as well as low income housing.

A message from ZI President Talla

For more than a century, Zonta has proudly championed the belief that women's rights are human rights. We have joined forces with visionary advocates for gender equity to turn this dream into reality. Yet, despite our strides, we are still years away from a truly gender-equal society.

In fact, statistics from the [World Bank](#) and [Focus 2030](#) paint a rather grim outlook for gender equality:

- Nearly 2.4 billion women across the world still do not have the same economic rights as men.
- Globally, women still have only three-quarters of the legal rights afforded to men.

[One in three countries](#) has made no progress on gender equality since 2015, and the situation of women has even deteriorated in 18 countries.

Moreover, recent “developments” in many countries have raised significant concerns. There has been a troubling rise in anti-DEI and anti-gender movements, which threaten to roll back the hard-won gains in gender equality. These movements undermine the progress we have made and pose a serious challenge to achieving a just and equitable society. Please read our statement on this matter here: [Zonta International remains steadfast in mission to build a better world for women and girls](#).

- For Zontians and our supporters who are working to build a better world for women and girls, we must recognize the global threats to women. This is why I invite you to participate in the [69th session of the Commission on the Status of Women \(CSW69\)](#).
- Each year, thousands of gender advocates gather at the United Nations in New York for the CSW, the largest global event focused on women's rights. It stands as the premier intergovernmental body dedi-

cated exclusively to promoting gender equality and empowering women. By joining us at CSW, you can become a vital force in advancing women's rights by validating the realities of women's lives around the world and shaping global standards on gender equality and women's empowerment alongside Zontians. Please note that you can also participate virtually too, in many online or hybrid webinars and events.

You can find more information about CSW69 on the Zonta International website or [click here!](#)

*Warm regards,
Talla Tuominen*

Are you on Facebook?



If so, please be sure to like and follow the Zonta Club of Cheyenne's page!

To help spread the word about the Club and ZI, please like, comment on, and share posts you see about the Club!

Announcements

No Club Meeting in March

**Due to our Cancel Out event,
we will not meet in March.**

**Club meetings will resume in
April.**

Advocacy & Service Committee Meeting

Tuesday, March 11th at 5:30 pm
Location TBA—please watch your email!

All are welcome!

Murder Mystery event to raise funds for food insecurity

Submitted by Denise Parrish

Please join us at a fundraiser for Operation Brotherly Love - a once-a-week-lunch for the food insecure at the Cheyenne Elks Lodge. Join us for a fun evening of solving a Murder Mystery along with raffles, a silent auction, and light refreshments.

You can purchase individual tickets for \$25 each at <https://py.pl/1sr1cJ> or you may become a sponsor of a reserved table for 8 for \$300 at <https://py.pl/2B7ANY>. Please contact Denise with other questions.

LIGHTS, CAMERA, MURDER

Join the 'stars' at a Red Carpet Gala
for an evening of fun, intrigue,
murder and who done it!

MARCH 22, 2025 | DOORS OPEN 6:30 PM
CHEYENNE ELKS LODGE, 100 E 17TH ST.

TICKETS \$25 EACH
SPONSORSHIPS AVAILABLE
thegoldenrulefund@gmail.com
or
Barb at (307)421-4927

Proceeds to
Support Weekly
Hot Lunch for
the Food
Insecure



District 12—Area 2 Meeting
April 11th & 12th in Laramie, WY
Please watch your email for more information!

Zonta Club of Cheyenne
presents its



ANNUAL ART CONTEST

PRIZE CATEGORIES

- ◇ Under age 12
- ◇ Age 12 to 17
- ◇ Age 18 or Older
- ◇ People's Choice

Each Prize \$150

PUBLIC RECEPTION

MAY 2nd 5-7 p.m.
Cheyenne Civic Center

*Create your own art and
light refreshments available.*

*Art will be displayed at the
Civic Center for much of May.*

All forms of art media welcome
(excluding performance art.)

Contest Theme

**Bystanders Can Be
Heroes: End
Domestic Violence**

(If you see something, say something!)

Submissions no later than
April 25, 4 p.m.
Drop off at
RE/MAX
4000 Central Ave.
Cheyenne

Include Name, Phone No., Age

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

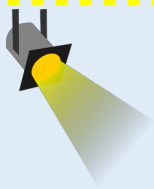
Fleece blankets and gift cards in \$20+ are also needed to provide victims with dignity and support after medical examinations.

CANCEL OUT! 2025

Is Here!!!

There are a few tickets left!!!

Call Denise Parrish or Kim Bowie to get yours!



Zonta Club of Cheyenne Member Spotlight:

Linda Bogart

As a long-time Zontian, I am thrilled to let you know what led me to this great organization.

One of the things that drew me to Zonta was that it matched the energy, passion and mission of helping Women and Girls. The majority of my childhood and professional career was with the Girl Scouts. This began when my husband was in the Air Force and we were transferred from Sacramento, California to Cheyenne in 1979. We moved here with our two daughters, Melissa and Aimie. Traditionally when relocated I would substitute teach in the junior and high schools. Our girls were young at the time, and I wanted more flexibility so I could engage in their activities, so I took a job with the Wyoming Girl Scout Council as a Field Executive. It was part time, and I was the only employee for Laramie, Goshen and Platte counties.

In 1982 I lost my husband in an accident. I was a widow at 36 with 12- and 10-year-old girls to raise. I wanted my girls to know what it means to be confident and proud to be a woman. When I lost my husband, I lost my credit rating and all credit cards that I had when I was married. My credit started the day my husband died. Purchasing a car was not only difficult, but it was also demoralizing because they wanted to get my husband's approval. I have a college degree and a good job. To my west coast family's disbelief, I elected to stay here instead of moving back to Oregon. I had a job I loved, a home we had just purchased, health care and a welcoming community.

I applied for a Zonta community grant for Girl Scouts and received it. Bev Morrow asked me if I wanted to join Zonta and she was my sponsor, and we became friends.

With a background in Girl Scouting, I would say that Juliette Gordon Low was a woman that inspired me. She gave girls the skills to become leaders, volunteer to help others, and how to be self-sufficient outdoors. To my surprise, when I attended my first Zonta meeting this was merely Girl Scouts for grown-ups, except better. I didn't have to organize cookies sales, I could have cocktails at meetings, and I could continue to stand up for women's rights, including addressing issues that put restrictions on

women. I kind of miss the campfires, mosquito spray, cookies and smelling like smoke for days but we must grow up.

I became most excited about Zonta when we started the Hope Bag Project. I felt that we lost the camaraderie that we had with the Antique Show Event and this project could bring us together. I borrowed the program from our Greeley, Zonta Sisters. Make no mistake that I think dropping the Antique Show was one of the best things we did and thanks to those who worked on this fundraiser. It's nice when asked "what is Zonta" I can say our mission and not defend that we are a bunch of antique ladies!

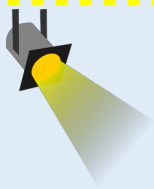
My favorite thing in life is spending time with my grandchildren and my great granddaughter. I love doing things with them and being around them. I also enjoy gardening, reading, sewing and quilting, and volunteering.



A fun fact about myself is hiking parts of the Oregon Sky-line trail during my High School summers with my Girl Scout Troop. We made our backpacks out of plywood, learned to tie a sleeping bag and a duffle bag on with one long rope. I think I can still do it today. We all carried 25-pound packs and were gone for 10 days. One year there was a heavy winter snowpack, and we came to spot in the trail that was above the tree line and a very steep

hill. The switchback trail was covered with snow. We had no other option to get down the hill, so we lined up, putting the girl carrying the eggs in her backpack at the end of the line. The first one out immediately slipped on the snow, landed on her butt and sailed down the hill. She laughed all the way and from the bottom of the hill she yelled at us that it was a blast so one at a time we followed her path. Reaching the bottom of the hill we all found a rock to lay on hoping to dry out our jeans. Someone said look at the hill, and there was a streak of blue where we had slid down.

I strongly believe that women need to advocate for themselves. I encourage prospective members to join Zonta and learn to have that voice with others who share the same values. I'm an introvert and that thought of being a superpower does not appeal to me. Being a Zonta member helps me to have that voice.



Zonta Club of Cheyenne Member Spotlight:

Kate Wright

How did you hear about Zonta Club of Cheyenne? Ann Erdmann, I met Ann when I was separated from my first husband and desperate to find a job. I took a 3-day job at the Wyoming Trial Lawyers Association and Ann was my co-worker. SO, Ann was one of my fairy godmothers who lifted me up when I was in the middle one of the most difficult times of my life. Ann kept on me to join Zonta, so here I am! *Why did you decide to join the Zonta Club of Cheyenne?* I was born in Boston Mass to an Irish Catholic mother and a Protestant father who moved my sister and I across county to settle in the San Francisco Bay area. My younger sister was born a year later. SO, I come from a family of women and have 3 daughters and now 2 granddaughters. We as women are often complacent and choose to not get involved because we're busy and such...I used to be extremely involved but, and I can blame COVID, but to be honest I was burned out. With women being stripped more and more of their rights to make their own decisions, I told myself get off your butt and DO SOMETHING, reengaged and don't get caught up in, my participation won't move the needle. Get involved in a group that celebrates women. *What are you most excited about as a Zonta Member?* I intentionally haven't committed myself to any one committee but chose to take my first year to learn about Zonta of Cheyenne and then choose how I can best support our collective goals. I'm excited to figure out where I best fit and how my skills can best be used. *Is there a specific Zonta project or initiative you're particularly*



interested in? Probably our Advocacy work because change doesn't USUALLY happen unless laws support and accelerate change. Good legislation can change the world, protect women's rights and allow them to step into positions where roadblocks may have held them back. *Who is a woman (famous or personal) who has inspired you in your life, and why?* Ann, because Ann has had adversities in her life, but those challenges have her shaped into the brave, compassionate woman she is. *What advice would you give to young women who want to make a difference in their community?* Find what you're passionate about, what you feel compelled to contribute to. Figure out your capacity but get involved, even if it's only an hour a month, what if everyone gave an hour a month, what change could take place. *Tell us a little about your hobbies and interests?* I enjoy getting outside in the winter to snowshoe and ski and I love purging excess in

my home. In the summer I kayak, hike and garden. I practice yoga and swim. My friend and I have always talked about visiting National Parks in the United States and after she turned 70 and I told her, we need to stop talking about getting started and get on it! So, we're making plans for this May! *What is one fun fact about you that most people don't know?* I belly dance and used to perform. Open my guest room closet and you'll find sparkly costumes, shimmy belts and zills! *If you could have a super power, what would it be?* Turn hate into love, cruelty to kindness, division to equality. Make acceptance the norm, not hate and bigotry.



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 or www.cheyennezonta.org



ZONTA
CLUB OF
CHEYENNE

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
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



Marissa Ryan 3/6

Kathy Cathcart 3/23

Vickie Ingerle 3/24

Betty Abernethy 3/31

Upcoming Meetings & Events:

Cancel Out Event!!!

March 7th—Doors open at 5:00 pm
Cheyenne Frontier Days Events Center

Advocacy & Service Committee Meeting

March 11 @ 5:30 pm
Location TBA—watch email for details!

Zonta Club Meeting

*** No Club meeting this month ***

Membership/Communications Committee Meeting

March 24 @ 5:15 pm
Location TBA—please watch email

Distret 12 Area 2 Meeting

April 11 & 12
Laramie, WY
Watch your email for more information!

Zonta Foundation :

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