

Wyoming News Blast

March 2021



**GFWC Wyoming President's
Message – Nancy Kaufman**

**Proud GFWC
members
Since 1904**



Be the Light



Welcome Spring! As I noticed the first trees beginning to bud, and the daffodils peeking out of the ground, I am energized and hopeful that things will truly return to the way they should be this year. I know the Wyoming weather throws us curves and more snow is coming (just not April 22-25 please), just as I know this pandemic is not over. I am incredibly excited to meet again in person but we will plan to exercise caution - wearing masks and social distancing in order to protect each other. I also know more than a few hugs are in order!!

Thinking about my focus on mental health and suicide prevention, I am reminded that as we come out of our covid cocoons there are many that may not have weathered the isolation as well as others. We cannot assume that “normal” returns without bumps in the road. Please pay attention to your family, friends, and even neighbors. Open your heart or reach out your hand if you see them struggling or behaving differently. This has been an extraordinary year and all of us have had to deal with more than we ever expected. It’s okay to not bounce back quickly and it’s okay to grieve for what we have lost – both tangible and figurative. Now, more than ever, it is time to lean on each other and know we are not alone.

So, let’s get together April 23rd for the first-ever mini-LEADS workshop (followed by the private Iverson Museum tour) and April 24th for our annual GFWCW Convention/Conference! We will celebrate our sisterhood and recognize our resilience and accomplishments! Applications are due ASAP to Kathryn Van Dell and all clubwomen are encouraged to attend. Thank you to the Laramie Women’s Club for all the effort they have put in to make this event successful. Claudia Wilen and Mary Lee Dixon, as state and international LEADS liaisons, have been hard at work to provide a workshop that has something for *everyone*. We are also welcoming our special guest and speaker Wendy Carriker, GFWC International Vice President. Presentations will also be made by Grace for Two Brothers and NAMI. A giant wagon wheel will be constructed on the floor of the Alice Hardie Stevens Center with the rolls of dimes we bring to further GFWC Mile of Dimes project for March of Dimes. Watch us “Roll Out Those Dimes” – how big can we grow?

Registration for GFWC International Convention in Atlanta is now open through the Member Portal. GFWC Wyoming has had a solid presence in recent years and it is a wonderful way to see how our state and our clubs fit into the big picture of GFWC. Watching how all these clubwomen work toward common goals is truly awe-inspiring.

Remember that April is Child Abuse Awareness Month. Remember we can make a difference one small step at a time. Remember to show appreciation and take care of each other and those around you. Remember to be kind. Remember to Be the Light.

Yours in Federation – Nancy

“We are more alike my friends than we are unlike” – Maya Anjelou

Dean of Chairmen

Trish Peoples

All

My Nike Grind shoe pile keeps growing thanks to all of you. Please consider this one final reminder to look in your closet for those old sneakers and bring them to our April Conference in Laramie.



Another Spring Cleaning idea—we’re also gathering new and gently used bras for “Free the Girls.” This agency exists to help girls rescued from sex trafficking to live a life of true freedom. Pick up a bra on sale or find one that you’ll never use in your closet! Bring them to the conference as well.

Club News

Woman’s Club of Rock Springs

Edna Larsen

Spring has come to Rock Springs, most of the time. One more board meeting to go for me and two general meetings. Our April meeting will be a spring salad luncheon and May will be dinner at White Mountain Mining. May general meeting will be our first meeting at a restaurant.

Three more buddy benches are assembled and getting the finishing touches. One will go to Green River and two in Rock Springs. We have over half of our money goal for our CIP project, which is three benches at the columbarium. We are really into benches. Three members will attend state convention in Laramie. Hope to meet many acquaintances and make new acquaintances.

Edna Larsen

WCRS

Laramie Woman's Club

We've been seeing more signs of spring this week...daffodils and grape hyacinths blooming in protected flower beds and there are migrating ducks, geese and pelicans on the ponds west of town. A few robins and seagulls have arrived. We'll be seeing pink flamingos pretty soon on the lawns of Laramie as we raise money for Laramie Interfaith.



April is a busy month for Laramie Woman's Club. We are getting ready for the GFWC-WY state conference on April 23rd and 24th and will have our first in person club meeting since last October on Thursday, April 15th at noon in the Alice Hardie Stevens Center. Ina Buckner is training the flamingos, making signs and sending out notices to people who attended our last Bunco event to join the fun and Flamingo a Friend.

Most of the preparations for the state conference are checked off, and we are getting ready for a bake sale on Saturday afternoon the 24th at the GFWC-WY Conference. We are allowed to have baked goods for sale as long as they are wrapped securely. There will be a special tour of the Iverson Mansion for those who attend the conference on Friday April 23rd.

We had a surprise Mouse March Madness clean-up in our storage closet at Alice Hardy Stevens Center. A mouse or two left calling cards on some shelves so eleven club members broke out the cleaning supplies and spent one morning scrubbing and rearranging our 'stuff'. Since we threw out soiled items we now have more space and have put our items in plastic containers.

Hope we see you all at the conference.

Adrienne Polis

Also from Laramie:

The Laramie Woman's Club is planning their "Flamingo a Friend" fund raiser. — one of their most successful past projects, headed by Ina Buckner who you all know from her work on Laramie's art talent, we will let you know in May the results of this fun project,,,,,,Lynda Hidalgo — Publicity Chair



GFWC Meadowlarks Cheyenne

President-Barb Robertson
Month in Review-March 2021

March was a great month for a Blizzard! The Meadowlarks worked on a tie-blanket project while stuck at home! We tied over 20 blankets for the Laramie County Youth; Sue Tardif collected, delivered, and stocked up the center for the children in our community. Flo Beville and Mary Lee Dixon are still tying blankets for a second delivery that will be made in April.

Trish Peoples registered us for Walmart New program Registry for Good, we received funds from the program to help fund the little pantry cupboards that we support for the community and fill weekly.

The Meadowlarks have been gathering items to prepare an auction basket for the USI Fundraiser to take place in June at the Cheyenne Frontier Days Garden. More details in the May newsletter about this important fundraiser for the Unaccompanied Student Initiative event.

In combination with a fundraiser at the Paramount last month, the Meadowlarks donated \$100 to Habitat for Humanity to support a Veteran in need of repairs on his home. The Meadowlarks voted on providing meals to the team that will be repairing the home of the Veteran in Cheyenne.

Trish Peoples continues to collect athletic sneakers/shoes for Nike Grind project. This green initiative began in 1992 to repurpose shoes headed for landfills is now a global sustainability program that helps transform manufacturing scrap and end-of-life shoes into recycled Nike Grind materials.

Finally, Congratulations are in order for Starla Sexton, Meadowlarks Communications Chair, and our first member to attend the State and National Convention for the LEADS program. We are eager for Starla to attend to gain knowledge and details of opportunities and education from the convention! We hope to network with all our friends in Laramie in April!

GFWC X-JWC President Kathleen Petersen **Month in Review**

This past year has been something to put down in the books. I hope we learned how important our relationships are. (You don't know what you've got till you lose it!) We had our loved ones in situations where we couldn't reach out and touch them. We lost three dear wonderful X-JWC members in the past year, Mildred Treber, Carol Steinhour, and most recently Iris Trosper in April. Again, it reminds us to appreciate those around us and to continue to take care of our "community". Even with all the challenges we have had to face as a Club, we were able to help various members and groups in our larger community through donations and other types of help. Let us continue to do that, whether as a Club or as individuals in the coming months.

April is my last Club meeting as the X-JWC President. I had made plans to travel out of country back before my schedule opened up, so I will miss the May meeting. It has been an honor and a privilege to serve as the president of X-JWC during these challenging times. I hope I was able to meet the test, which was way easier because of the help of an amazing Board! None of it would have been possible without their willingness to jump in and do

whatever needed to be done (a lot of times before I even knew what was needed)! I will continue to be a Club member and will help wherever the incoming President, Katherine Van Dell and others need me to help. So, this isn't good-bye, it's a "see ya later" (alligator)!

News from our Chairmen

Education and Library

Carolyn Turbiville Chairman

Spring has Sprung! (Some days)

Reading can seriously damage Ignorance!

Reading to children even before they can understand, teaches them to associate books with love and affection.

Set an example. Take time to read with your children, grandchildrent, or great grandchildren. No children? Read to your sinificant other, a niece or nephew or even you beloved pet.

Readinga map is a lost skill. Use these map apps in celebration of Read a Road Map Day, Google Maps Waze Mapquest inroute Route Planner Maps Me Scout GPS Apple Maps Mapfactor

D.E.A.R. Drop Everything and Read Day

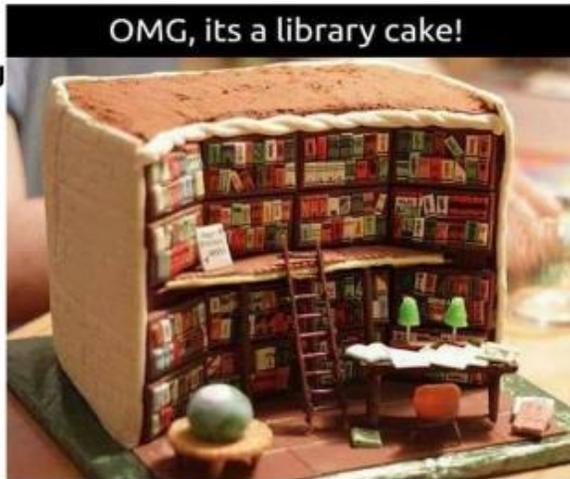
A national celebration of reading designed to make reading a priority activity in family life.

Reading Rockets is a founding partner of D.E.A.R. Day. It is a celebrated each year on the birthdate of Beverly Clear. On ths day, families are encourage to take at least 30 mintes to put aside all distractions and enjoy books together.

How about someone library cake and taking

OMG, its a library cake!

in your club making a it to your your library!



Leadership Chairman

Claudia Wilen

Leadership

I am pleased to announce Starla Sexton has been chosen as our 2021 LEADS candidate. Starla is a member of the GFWC Meadowlarks as well as an associate member of WCLC. She has been primarily involved in communications for both clubs as well as GFWC-WY over the past several years. She will attend the LEADS workshop preceding the GFWC Convention in August in Atlanta along with our 2020 candidate Heather Dodson. We look forward to learning about the tools of effective leadership they will bring back to our clubs.

Don't forget to register for our local LEADS workshop to be held April 23rd from 1-5 pm. at the Alice Hardie Stevens Center. There is no cost to attend. Topics will range anywhere from time management to communication tools to conflict resolution and will provide much information which we hope you will be able to apply to your club management and projects.

Claudia Wilen

Membership Co-Chairs Lynn McLaughlin & Deb McCann

April, 2021



Sunflowers are recognized for their bold, bright flowers that exude cheer and their open, warm appearance. Sunflower people are recognized for being energetic, bubbly and happy-go-lucky.
FB

Recognize Years of Membership

You can never say thank you enough! Let members know how grateful you are by celebrating their GFWC service with a GFWC membership recognition pin:

- GFWC Gold Pins are awarded by GFWC to 50-year members. The member's club president must request the Gold Pin, which is free of charge, by filling out a request form available at www.GFWC.org. If State Federation and District leaders also want to recognize long-term members at their meetings, they may

request information about recent Gold Pin recipients in their area from GFWC Membership Services at GFWC@GFWC.org.

- GFWC Silver Pins, which recognize 25-year members, may be purchased through the GFWC Marketplace.
- Other pins available for purchase from the GFWC Marketplace include five-year, 10-year, 15-year, 20-year, 30-year, 35-year, 40-year, 45-year, 55-year, 60-year, 65-year, and 70-year pins.

2020-2022 GFWC Club Manual

Grants

GFWC grants are available to clubs to assist with recruitment efforts and to Districts to assist with club-building efforts. Designated for each GFWC fiscal year, which begins July 1 and ends June 30, GFWC offers \$50 to clubs for member recruitment programs and \$100 to Districts for club-building programs.

To apply for a membership grant, contact GFWC@GFWC.org or call 202-347-3168 to receive an application. Return the form to GFWC at least 45 days prior to the event. GFWC will award no more than one grant per club or District per GFWC fiscal year.

2020-2022 GFWC Club Manual

GFWC Advancements & Programs Forum

This is open to every GFWC member and is an additional source for a great exchange of ideas and events such as our Let's Talk Membership and the Teach-it-Tuesday series. To join, open Facebook and search for GFWC Advancements and Programs Forum.

GFWC Membership News, March 2021

GFWC Member Portal

Looking for tips on recruiting and retaining new club members or curious about strategies for personal and leadership development? The GFWC Member Portal contains a wealth of resources to help with this and so much more! From instruction on forming new clubs to running any meeting successfully, the Digital Library is an excellent place to go for information. If you have questions about accessing or downloading documents from the Digital Library, please email GFWC@GFWC.org for assistance.

GFWC Membership News, March 2021

Report Due June 1: Recruitment Campaign Form "Celebrating the Victories" March, April & May

How do you plan to add a bit of confetti to the party to applaud every accomplishment? Think outside the hatbox to show the world that you value your club members.

GFWC Membership News March 2021

Please submit to:
GFWC Recruitment Campaign
1734 N Street NW
Washington, DC 20036-2990

Also, please submit to Deb McCann at debmccann841@gmail.com.

Sunflowers symbolize optimism and positivity, and they are known for being “happy” flowers.

CIVIC OUTREACH AND ENGAGEMENT

Flo Beville, Chair



It's the time that people get outside more, enjoy the sunshine and warmth, and get moving. And that makes me reflect on the increased need and importance of our First Responders.

So in April and May, perhaps your club could sponsor a class for CPR. Invite moms' groups, teens, childcare providers and others. Invite a first responder to be a guest speaker at your lunch meeting to talk about the steps to form a neighborhood watch group. Your club could disseminate information to help other neighborhoods form such a group. Perhaps your club could provide a nice dessert to your community fire station(s), or to your local police force.

Have a safe and healthy month and hope to see you in Laramie at the end of April.

Women's History Resource Center

Robin Broumley

More Wyoming Women in History to Make Us Proud!

In Sunday's Casper Star-Tribune, there was a column by Wyoming Senators Cynthia Lummis and John Barrasso with more stories of Wyoming women who have made history.

Add these to your lists:

Eliza Stewart was the first American woman to serve on a jury.

According to this column, Mary Atkinson was the first female court bailiff in U.S. history. Another lady with that distinction, Martha Symons Boies, was listed in my previous News Blast, but when I googled her now, it has Atkinson as her last name, so it must be Martha, not Mary.

Grace Hebard founded the University of Wyoming Library.

In the 1920'a, Caroline Lockhart of Cody was one of America's most prominent authors.

What a wonderful year it has been to be a woman in Wyoming! Celebrate!

Domestic Violence

Pat Stenback

Ladies, please read the attachment. There is some valuable information for you from Western Regions. Many of these occurrences do happen in our own communities.



GFWC Signature Program

Domestic and Sexual Violence Awareness

March 2021

Chairman: Jan Allen

Intimate Partner Violence: Darlene Adams

Elder Abuse: Karen Kaler

Campus Sexual Assault: Pam Briggs

Teen Dating: Trisha Schafer

Violence Against Native American Women: Jan Allen

Child Abuse: Tina Smith

Human Trafficking: Lucinda Martinez

Military Sexual Abuse: Carla Pyle

Focus Topic: Child Abuse

by Tina Smith

April is Child Abuse Prevention Month, a national opportunity for building awareness and advocacy. Prevent Child Abuse America, a GFWC affiliate organization, recently presented a very informative webinar that shared their initiatives for April. Here are the four areas they ask every GFWC member to help promote! Their 2021 campaign is “Growing a Better Tomorrow for All Children, Together”.

- April 1, 2021, Thursday is Wear Blue Day. Wear blue to share support for positive childhood experiences. Wear blue, share on social media (Facebook, Instagram...) and tag Prevent Child Abuse America. #WearBlueDay2021, an easy way to get others around you to ask why you're wearing blue. Let them know that 1 in 7 children experience violence or neglect annually. Let them know as a GFWC member, you partner with organizations to help prevent child abuse!
- Sign your name in support of World Day for Prevention and Healing from Child Sexual Abuse, which is on April 8, 2021. Just click here, <https://april8worldday.org/> sign your name, then share on social media. GFWC President Marian St. Clair has already signed her name in a letter to President Biden advocating for this day. Thank you, Madame President!
- Ensure our representatives support children and families. Sign up for the action alert by clicking on this link: <https://preventchildabuse.org/what-we-do/public-policy/policy-action-center/>
- Plant a virtual pinwheel garden throughout the month of April 2021, in support of #GrowingBetterTogether. Click on this link <https://pinwheels.preventchildabuse.org/> to buy a pinwheel for \$10.00, which you can donate to your local PCAA chapter.

I can't wait to see what all of our clubs do in April to raise awareness to prevent child abuse. Please reach out to me with questions or if I can help in any way.

Information from Other Impact Areas:

Intimate Partner Violence:

What do you do if you suspect a co-worker may be in an abusive relationship? It started with

their intimate partner repetitively calling throughout the day. You can tell that the phone calls are far from pleasant. Next, your co-worker has missed many work days. Followed by a hospital stay and medical bills, with a story that just doesn't add up. One national study concludes that "nearly 8 million days of paid work each year are lost due to domestic violence issues – the equivalent of more than 32,000 full-time jobs."

For victims of Intimate Partner Violence (IPV), the workplace may be the only place they are free to talk to anyone without their abuser listening. It may begin as small talk, until the victim has the courage to reveal the nightmare they are living.

Employers need to be proactive, making the work environment safe for victims of IPV. Be keen to changes in your employees' performance and before making assumptions, find out if any other circumstances are going on. This may be the start for the victim to get the help they need out of a bad situation.

Sources:

1. Rachel Carter: "Part 2: Intimate Partner Violence and the Workplace," <https://sbjlive.sbj.net/stories/part-2-intimate-partner-violence-and-the-workplace,71335#:~:text=Intimate%20partner%20violence%20can%20become%20a%20workplace%20threat,control%20or%20harm%20the%20person%20they%20are%20targeting> Oct. 22, 2020.

2. Beth A. Livingston, Deleviar, Benaben: "Intimate Partner Violence Is a Workplace Issue," <https://hbr.org/2021/02/intimate-partner-violence-is-a-workplace-issue> Feb. 24, 2021.

Teen Dating:

The focus area of Teen Dating Violence is also part of the GFWC Challenge Project for the Signature Program. The goal of the Challenge Project is to facilitate healthy-relationship awareness and education so that pre-teens and teens are mindful of the early signs of control and/or abuse and learn life-long skills that promote positive relationships and happy and productive lives.

GFWC Clubs are encouraged to: Host Teen Dating Awareness/Healthy Relationship Forums in conjunction with local experts, such as certified teen counselors or those associated with Domestic Violence, Rape Crisis, or Sexual Assault Centers. Forums can be limited to one session or offer multiple sessions on a variety of topics.

Educate your members about Teen Dating Awareness/Healthy Relationship issues through club programs, book club selections, and other education initiatives. Speaking of great books: In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships Paperback – by Barrie Levy. In Love and in Danger is one of the only books available on dating violence and abusive relationships that addresses young adults directly in a straightforward and non-condescending manner. Included are facts about dating violence...etc.

Campus Sexual Assault:

Bystander Intervention plays an important role in the prevention of campus sexual assault. Bystanders are considered witnesses, defenders or those who stand up for victims. For cultural change to occur on campus, the entire campus community must be involved. Bystander education teaches prevention strategies to students and gives them the tools to be effective in addressing issues contributing to sexual violence.

Common components of Bystander Intervention include:

- Increasing awareness allows instances of sexual violence to be identified.
- Developing a sense of responsibility provides motivation to step in and take action.
- Weighing the pros and cons of getting involved to consider threats to their own safety, consequences for their relationships and the potential to help the victim.
- Developing confidence in their ability to help.
- Building the skills needed to know what to do and how to do it.
- Developing a safety net for themselves so they have the resources to call upon to support intervention.

For more information on the importance of Bystander Intervention check out the It's On Us website at <https://www.itsonus.org/educational-tools/program-activities/>

Elder Abuse:

One of the most overlooked forms of elder abuse is self-neglect. Self-neglect happens when an elderly person is no longer able to meet his or her basic daily needs but does not make arrangements to get those needs met by others.

Elder self-neglect may include an elder's inability to properly:

- Get nutrition and hydration
- Dress themselves
- Maintain basic hygiene
- Maintain their home
- Medically care for themselves
- Manage financial affairs

Signs of elder self-neglect include:

- Bedsores or skin rashes
- Dehydration or weight loss
- Inadequate or unclean clothing
- Lack of food in the home
- Lack of needed medical aids
- Poor personal hygiene
- Poor sleep
- Unpaid bills
- Unclean or unsafe home
- Untreated infections or injuries

Many older adults struggle with letting go of their independence or acknowledging that they may not be as able to care for themselves as they once were. However, elder self-neglect can be as dangerous to an older adult as forms of elder abuse inflicted by others.

Violence Against Native American Women:

Project Idea: "Show Us Your Toes"

Have you ever thought about the physical and spiritual benefits to going barefoot?

- Symbolizes innocence or childhood.
- Brings a sense of freedom.
- You fill the joy of connecting to the earth.
- You fill grounded.
- Having your toes and feet connected to the earth can bring you a sense of creativity and adventure!
- Think about your flexibility and strength. There are numerous activities that require you to be barefoot.

So, with your barefoot thoughts in mind....

Encourage your members to come to a meeting barefoot (state of not wearing footwear). Be sure to take a photo of those pretty toes and post on your website and Facebook pages! Ask everyone to donate \$5. Send your donation to one of these organizations:

<https://vawnet.org/sc/tribal-organizations>

Our Native American sisters will appreciate our barefoot hugs of love.

Military Sexual Abuse:

Since the Covid 19 outbreak there has been an alarming increase in Domestic and Violence. Clubs across the nation have been faced with all of the challenges of the pandemic and it has caused us to be more creative.

If a club is into collecting items, it can be done in creative ways; by designating drive up and drop off areas within the community it will increase safe participation by members, friends and neighbors. A member's home with a covered front porch is a great drop off place. Have a clubhouse? Open it up during certain hours each week and encourage drop off within the building in designated boxes. Online auctions or raffles with prizes for each day of the designated week or month is a fun and easy way to raise money for that special Signature Program project.

Always advertise in as many different venues as you can – use websites and social media as well. Anyway, that you can successfully get the word out about the projects you are doing or the programs you are supporting will help you to be more successful. Advertise and share your successes.

Human Trafficking:

Help fight Human Trafficking in March. Blackout Trafficking is a partner organization with Starfish Project (a GFWC partner) and sponsors the Blackout Trafficking Challenge on a

global level from March 1-31. It is not too late to join. Participants commit to wearing the same black item all 31 days of March to bring awareness to the issues of human trafficking on a local, national, and international level. When you register [free at <https://blackouttrafficking.org>] you will have guidance on how you can help throughout the month. Commit to wearing the same black piece of clothing, jewelry, or shoes and then select an anti-trafficking organization to fundraise for by joining the Starfish Project Team <https://www.mightycause.com/team/Bot2021-starfishproject> or shop our GFWC partner Starfish Project and purchase some jewelry to help support a survivor of human trafficking and support the Success For Survivors Scholarship Fund.

Legislation:

Check out these GFWC legislative issues on the GFWC website.

End Campus Sexual Assault

Victims of sexual assault require specialized medical treatment and counseling services. Campus sexual assault survivors suffer high rates of PTSD, depression, and drug or alcohol abuse which can hamper both the ability to succeed in school and future employment. Educational equity for women and girls requires fair, responsive, fully developed campus sexual assault policies, knowledgeable administrators, and ultimately, an end to sexual violence on college campuses.

[Reauthorize the Violence Against Women Act](#)

It's time to reauthorize the Violence Against Women Act, H.R. 1620, devoting resources to local communities by enhancing and expanding prevention programs and services to survivors of domestic violence, sexual assault, dating violence, and stalking.

Success for Survivors Scholarship

The deadline for submitting applications for 2021 was February 7, 2021. Those scholarships will be awarded this summer. Make sure the shelters and service providers in your area know about the scholarship so they can apply next year! The scholarship application and information can be found on the GFWC website. Click the drop down menu under "What We Do".

The Starfish Project

The Honorary Chair of the GFWC Signature Program is Jenny McGee, Founder and CEO of

The Starfish Project. The Starfish Project is also a GFWC endorsed fundraiser and 25% of all proceeds from any products purchased from The Starfish Project through June 28, 2022 will

go to GFWC's Success for Survivors Scholarship! Check out the Starfish Project's necklaces, earrings, bracelets, rings, and garments. Order your next favorite piece of jewelry today through this dedicated link

https://starfishproject.com/?utm_source=https%3A%2F%2Fwww.gfwc.org%2F&utm_medium=utm_medium%3Dreferral&utm_campaign=utm_campaign%3Dgfwcfundraiser (which is also on the Starfish Project GFWC web page)!

Dates to Remember:

April

Child Abuse Prevention Month - wear blue

Sexual Assault Awareness Month – wear teal

International Day for Street Children -April 12th

June

World Day Against Child Labor – June 12th

World Elder Abuse Awareness Day – June 15th

Resources:

Like to Read?

Consider one of these books from our 8 focus areas

Intimate Partner Violence – **“See what YOU made me do”** by Jess Hill (Winner of the Stella Prize)

Child Abuse – **“Spilled Milk”** by K.L. Randis

Elder Abuse - **“Elder Care Catastrophe: Rituals of Abuse in Nursing Homes and What You Can Do About It”** by Jason S. Ulsperger and J. David Knottnerus

Teen Dating – **“In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships”** by Barrie Levy

Campus Sexual Assault – **“Campus Sexual Assault: College Women Respond”** by Lauren J. Germain

Violence Against Native American Women – **“Highway of Tears”** by Jessica McDiarmid

Military Sexual Assault – **“Camouflage Isn't Only for Combat: Gender, Sexuality, and Women in the Military”** by Melissa S. Herbert

Human Trafficking – **“Why Johnny Can't Come Home”** by Noreen N. Gosch

<https://www.worldcat.org/title/why-johnny-cant-come-home/oclc/45448363>

Community Impact Project

Karen Brannon

The award period for the Community Impact Program runs through December 31, 2021. Entries must be sent to the committee postmarked no later than March 1, 2022.

Each entry can feature one to three local projects undertaken by a club, all accomplished during the Award Period.

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Chairman Mary Ann Kamla

How to prevent or detect Oral Cancer?

‘Watch Your Mouth’

April is Oral Cancer Awareness Month and is a statewide campaign to raise awareness about the cancers of the mouth including the tongue, soft palate, tonsils or back of the throat. It is not something we hear that much about when thinking in the realm of the many other kinds of cancers. So, when I was at the dentist's office

yesterday, I asked him about oral cancer and if he normally checks his patients for this cancer. He explained that in a normal examination he would be checking the inside of your cheeks, the top and under your tongue, the back of your throat, feeling the neck for any kind of abnormal swelling and questioning the patient about any concerns regarding his or her oral health.

I was shocked to learn that oral cancer kills one person in America every hour of every day. And that the treatments for this cancer can compromise your quality of life. The following actions are recommended for prevention and early detection of oral cancers:

Vaccinate yourself or your children against the human papillomavirus (HPV) infections is responsible for about 70 percent of oropharyngeal cancers.

Stop tobacco use.

Use alcohol only in moderation.

Regularly check your mouth for unusual sores, swelling and areas of red or white lesions.

Ask your dental provider to screen for oral cancers.

See your doctor if you have any of these symptoms:

Persistent hoarseness or sore throat

Earaches or enlarged lymph nodes of the neck

Difficulty swallowing

Unexplained weight loss

Happy and Healthy Spring!!

Mary Ann



Follow us on Facebook: GFWC of Wyoming
GFWC-Wyoming website: www.gfwcwyoming.org

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