

KALEIDOSCOPE

APRIL 2024



President's Message

CLAUDIA WILEN

I hope you all enjoyed a lovely Easter holiday and have recuperated from Spring Break! I am slowly adjusting to the quiet in our house once again without the commotion of 5 growing grandkids for a week.

The last two months of our club year always seem to be packed with so many items of business to tend to and this year appears no different. We will have a number of action items to vote on at our general membership meeting, including several motions forwarded from the board to once again move unallocated funds to cover budget expenses. As they say, it's robbing Peter to pay Paul.

Speaking of money, at present, there have only been 79 members who have paid their dues for the upcoming year. Please, please do not become delinquent—it has become quite a headache in the past years to try to collect the dues we so desperately need to form our budget for the next club year.

Another item of business we will be addressing is voting in our officers for the 2024-25 administration. The slate will be presented, nominations will also be accepted from the floor with a vote to follow.

Katherine Van Dell will also present the Financial Committee's Christmas House audit report for your approval.

The CGC recipients, who were approved at last month's meeting, will be our guests and will be presented their grant money from our 2023 Christmas House proceeds.

From the committee reports given at our BOD meeting it certainly sounds like we'll have the opportunity for much fun as well these last two months. By now you have received the "save the date" notice for the Spring Fling scheduled for May 15th. Please take the time to read further about all the events our service committees have in store for the remainder of this month as well. These activities are always fun and rewarding.

Lastly, why not make an effort to attend the GFWC-WY Convention in Laramie April 26-27. This is your opportunity to learn about the next level of participation in our GFWC organization. They have planned a fun-filled, fact-filled schedule and it's a great way to get to know ladies from across the state who are as committed as we are in WCLC to promote community improvement.

Claudia

Before You Speak...

THINK

T is it true?

H is it helpful?

I is it inspiring?

N is it necessary?

K is it kind?

***CORRESPONDING
SECRETARY***

KRISTIE ACKERSON



March Correspondence

3/5/24 Phyllis Salzburg - sympathy - sister in law passed away

3/8/24 Kim Brokaw - sympathy - mother passed away

3/8/24 June Wood - sympathy - father passed away

3/18/24 Family of Janet Wampler - she passed away

3/28/24 Sherri Geringer - Get Well - she was in the hospital

BY-LAWS

WCLC currently has a recommendation of the nominating committee for a nominee who has been in the club for less than two years,

The Board of Directors has recommended a bylaws suspension for the following bylaw:

ARTICLE IV. Officers

Section 1.

- a) All officers shall have completed a minimum of two (2) years of membership at the time of their installation in May. This bylaw may be suspended by a 2/3 vote of the board followed by a 2/3 vote of the membership, for a period of one year.

Patty Benskin

COMMUNITY GRANT COMMITTEE (CGC)

Here are the 2024 grants awarded:

Climb Wyoming- \$1,500.00

Cheyenne Children's Museum- \$750.00

Cheyenne Regional Medical Center Foundation- \$2,500.00

Girls on the Run Wyoming- \$5,000.00

Laramie County Conservation District- \$5,000.00

Raising Readers in Wyoming- \$5,000.00

Veteran's Rock- \$3,000.00

WCLC Arts & Culture- \$11,045.13

MILITARY

This month the military committee would like to focus on the Shepherd's Closet in Burns. This is a non-profit that serves their committee with a free thrift store. This organization gives free sacks of food for veterans once a month. They are asking for non-perishable food items and most of their veterans only have microwaves. Here are some items we would like to collect for the April luncheon: cup of noodles, soup/chili, spaghetti o's, canned fruit and veggies. Of course, peanut butter and jelly are always welcomed. Thank you for your donations.

The Committee will be meeting at 10:30 prior to the Luncheon.

Carolyn and Linda

MEMBERSHIP

YEARBOOK UPDATES:

Resignation:

Tricia Crilly

Deceased Member:

Janet Wampler passed away on March 13, 2024. She joined WCLC in 1995 – a member for 29 years.

SPRING FLING

The Spring Fling will be held on Wednesday, May 15, 2024, from 11:30 am – 1:30 pm. You should have recently received in your email a *Save the Date* regarding Spring Fling. An invitation with further details will be sent by email soon. All members are invited to attend.

The Spring Fling was established more than 45 years ago to welcome and celebrate WCLC’s new members, to share information about GFWC & WCLC, and to have fun!

NAME BADGES:

The cost of a name badge has increased to \$16.

MEMBERSHIP APPLICATIONS:

The most recent application is not available online yet. An updated membership application that also reflects the \$16 name badge increase will be emailed to all members very soon should you need one.

YOUTH AND FAMILY SERVICES

The committee is working on getting information about Teen Date Abuse to the youth in the area schools. We will continue with this endeavor during prom, graduation and also include Cheyenne Frontier Days with pamphlets and other sources of information. If you are interested in this project, please join us. Call Judy Lissman for more information. Our committee will be meeting in April TBA to make some decisions on implementation. We thank you for your support for this program.

HEALTH AND WELLNESS

APRIL IS SEXUAL ASSAULT AWARENESS MONTH:

Safehouse has assisted victims of domestic violence and sexual assault in Cheyenne and Laramie County for 45 years.

In 2023 Safe House-

- Helped 1,084 victims by sheltering 382 victims and providing 12,713 bed nights.
- Assisting with filing 256 protective orders.
- Securing transitional housing for 46 victims, with 5,250 bed nights.
- Providing over 4,342 rides to various destinations such as school, work, and appointments.
- Providing housing for 49 pets for 1,973 nights.

The 2024 Annual Benefit luncheon for Safehouse will be held Tuesday, May 14, 2024 from 11:30 to 1:30 at the CFO Events Center. Call Heather at

307 274-0330 to purchase tickets or make a donation.

Safehouse is currently holding their 3rd Annual Luxury Drive through the end of April. WCLC members are currently being asked to donate twin or queen new or nearly new sheet sets and bath towels, hand towels and wash cloths. Our committee is also collecting items for Personal Care Pouches which are small cosmetic bags filled with personal care items for women or children. We are asking for donations of cosmetic bags, hair supplies, make up, mascara, deodorant, tampons, nail polish etc. etc. (small items to fit into the cosmetic bags) Please bring your donations to the April 2024 WCLC General membership meeting. The personal care pouches will be assembled in late April or early May 2024.

SENIOR SERVICES

Senior Services Committee meeting was held on 3/20/24. Details for our project on 3/27, for foster grandparents, was completed. We held this out at Laramie County Community College on that date, hosting a fun painting project and sweet treats provided by our members!

I spoke with the coordinator of the kinship program, a part of Community Action of Laramie county, in regard to a possible donation/support for their grandparents raising grandchildren celebration. The new coordinator stated he will let me know and call back. This was related to our committee, with all in agreement to await his answer.

We decided to try and do a May Day event for residents of Heritage apartments, a low-income residence for Senior citizens, possibly on April 30th. Calls are being made with their management to see if this is a viable event and will be discussed at our next meeting in April. More info to come!

Respectfully,
Elise Johnson

ENVIRONMENT

All are welcome to attend meeting before the General Membership meeting April 10, 11:00 a.m., to consider 4 projects for Environment allocation.

Other news:

Habitat for Humanity Jump Into Jewels, My Front Door, 3260 Nationway

Friday April 19th, 4:00 pm – 6:00 pm Happy Hour, \$25

Saturday April 20th, 10:00 am – 12:00 pm, Champagne Brunch, \$25

Saturday April 20, 12:00 – 2:00 pm, Free entry

Greenway Cleanup -- Saturday, May 11, 9:30 a.m.

Bags and light gloves (plastic, disposable) will be provided. Bring your own gloves if you prefer heavier ones and trash pickup stick if you have one.

Same location -- Sun Valley, Henderson Dr. trailhead to Baldwin Dr. trailhead, approximately .61 miles (1.22 miles round trip).

Directions from the north: Take Ridge Road south across Nationway, turn right on Belaire Ave., turn left on Henderson Dr., go to end of road where trailhead begins.

GFWC Wyoming is collecting the following at their conference:

Old clean socks (not new) -- any color, size, style, singles, pairs, men, women, children -- for SmartWool to repurpose into dog beds.

Gently used and new bras for Free the Girls. Please no "perfumed" bras.

Please bring them and Phyllis will take them to Laramie.

Submitted,
Phyllis Salzburg

CIVIC ENGAGEMENT AND OUTREACH CITIZENSHIP COMMITTEE

Wyoming Secretary of State's Office

2024 Key Election Dates

Primary Election August 20, 2024

General Election November 5, 2024

Voter Registration:

Voter Registration Closes: Primary August 5, 2024

Election Day: Primary Voters may register and vote at their polling places

Voters may still register in person and cast an absentee ballot August 6 -August 19, 2024

Voter Registration Closes: GeneralOctober 21, 2024

Election Day: GeneralVoters may register and vote at their polling places

Voters may still register in person and cast an absentee ballot October 22 - November 4, 2024

Party Affiliation for Primary Election:

Registered Voter Party Affiliation Declaration/Change Deadline May 15, 2024

New voter registrations may still declare a party affiliation when registering after this deadline.

Absentee Voting:

Primary ElectionJuly 23-August 19, 2024

Primary Election - UOCAVAJuly 5 - August 19, 2024

General Election October 8 - November 4, 2024

General Election - UOCAVA September 20- November 4, 2024

Absentee ballots may be requested at any time in 2024 prior to the day of an election.

Candidates:

Candidate Filing Period May 16 - May 31, 2024

Minor and Provisional Party Candidate DeadlineAugust 19, 2024

Independent Candidate Deadline August 26, 2024

3,891 Signatures Required for Statewide Races

Initiative/Referendum

Initiative Filing Deadline February 9, 2024

(Or prior to the time at which the Legislature Convenes on February 12, 2024}

29,730 Signatures Required

Referendum Filing Deadline Within 90 days after the adjournment of the Legislature

29,730 Signatures Required

Political Parties

New Political Party Deadline June 1, 2024

2024 End-of-Session Report on the Wyoming Legislature

The short Budget Session of the Wyoming Legislature adjourned on March 8, but not without its own drama. As a headline in the Cowboy State Daily put it, quoting Senate President Ogden Driskill, "A Frustrated Driskill Says Wyoming Senate Has Become 'Divisive, Mean'"

Some legislators have gone as far as calling for a special session to address the bills vetoed by Gov. Mark Gordon that easily passed both houses of the legislature.

Legislation Recap

- HB 0003 Property tax exemption for long-term homeowners

This bill provides a 50% exemption if owner/spouse is 65+ and has paid into the Wyoming property tax system for 25 years as amended. Qualifications also includes residency in Wyoming eight months out of the year. Bill amended to include military and includes associated residential land with the property. Signed by Governor.

- HB 0004 Property tax refund program

This bill expands the current property tax program with six income tiers that is funded by the General Fund. Signed by Governor.

- HB 0018 Property tax-inflation cap

Requires constitutional amendment to separate residential property from "all other" (on the ballot this year). Limits max value of increase by CPI or 5% (whatever is less) Does not include changes, additions, or improvements. Failed in committee.

- HB 0045 Property tax exemption - residential structures

Provides exemption of excess of assessment of 5% of previous year's taxable value for residential structure. Signed by Governor.

- HB 0052 Property tax - homestead exemption

Primary residences, not more than one residence with exemptions on fair market valuation based on age qualifications. Provides for a sunset of December 31, 2027. Failed in committee.

- HB 0127 Property tax exemption - specified real property Exempts all real property at 3% and starts at 2019 values. Failed in committee

- HB 0103 Property tax - assessment for residential property Rate change on residential property from 5 % to 8.3% if constitutional amendment is successful. Failed in committee.

- HB 0133 Property tax- holiday

Provides a property tax reduction for tax year 2024 for industrial and all other property. Failed in committee.

- HB 0134 Property tax deferral program - amendments

Provides for a property tax deferral program administered by the Department of Revenue. Failed on floor.

- HB 0203 Property tax reduction and replacement act

Reduce and replace property tax. Increase of 2 percent in sales tax. Failed in committee.

- SF 0054 Homeowner tax exemption

Establishes a homeowner property tax exemption for primary residences of 25.6% of the fair market value not to exceed \$200,000. Vetoed by Governor

ESO

Our ESO group will be meeting on April 15th at 9:15 at the Boardroom. We will be discussing The Paper Palace by Miranda Cowley Heller. Our book for May is The River we Remember by William Kent Krueger and will meet May 20th at 9:15 am.

HOMELESS, HUNGRY AND NEEDY

For my committee of the homeless, hungry, and needy I will be collecting peanut butter and jelly, I will be giving this donation to the Military committee for their food drive for the pantry in Burns.

ART AND CULTURE

GFWC Womens Civic League's bronze will be Louisa Gardner Swain, the first women voter September 6th, 1870. It will be installed on the north-west corner of 21st and Carey sometime in May. After much discussion and ideas the Arts and Culture Committee voted on Louisa Swain as our bronze. The committee very much appreciates the membership funding the project. After the bronze is installed, there will be a dedication and reception. The membership will be notified by e-mail as to the date, time, and place for the reception.

There will be 8 by 10-inch plate attached to the base. It will read

THE FRANCHISE - TOWARD EQUALITY
LOUISA GARDNER SWAIN

BY JOHN BAKER

THE FIRST WOMAN VOTER
SEPTEMBER 6TH 1870
LARAMIE WYOMING

A GIFT TO CHEYENNE AND THE EQUALITY STATE
FROM GFWC WOMENS CIVIC LEAGUE OF CHEYENNE

2024

The Arts and Culture Committee will tour the Military Memorial Museum at 1717 Carey Ave. on Thursday, April 18th at 10:00 am. Bob Nelson, owner, will conduct the tour. After the tour we will be having lunch at the "Met." We will need your RSVP by April 16th so we can make reservations for lunch.

Marcy Helser and Sue Ann Shaffer - co-chairs

Search for us by Name:

GFWC Women's Civic League of Cheyenne

Please keep the community posted on what we are doing with Civic League. Help tell a story by emailing or texting Linda Stowers photos! Free advertising and a greater reach than TV or Newspaper!



Kaleidoscope 11



SOCIAL GROUPS

GOURMET

GOURMET NEWS:

The gourmet groups have been meeting for our four months gatherings. Some groups are finished with the fun menus and several are still meeting this month to finish up or going out somewhere to celebrate. Our last meal was a menu using recipes from Julia Child. We love learning about new cooking techniques and being with friends preparing various interesting foods.

We will be starting new gourmet groups for next year.. If you are interested, please contact Linda Stowers or Judy Lissman to get on the list for 2024-2025 year of fun, cooking, and eating. Bon Appetit!

Linda Stowers lpstowers54@gmail.com

Judy Lissman jlissman1@gmail.com



How to Protect Yourself from an Abuser

Abuse is NEVER acceptable and NEVER your fault.
You can regain control of your life.



IN AN EMERGENCY

- Call 911
- Stay away from the kitchen, garage or any rooms that contain 'weapons' and small spaces.
- If you can, go to a safe spot or a neighbor's house and call the police (take children and pets, too).
- If police come, explain what has occurred and write down the officer's badge number and name.
- Take pictures of any injuries or damages.

PROTECT YOURSELF AT HOME

- Get help by calling 911 or the Safehouse Services confidential 24-hour abuse hotline at 307-637-7233.
- Always carry a charged cell phone; know your phone's blackout areas.
- Contact Safehouse Services for a free recycled cell phone for emergency service access/911 calls only.
- Change locks on your doors and install locks on your windows; screen phone calls.
- Plan an escape route from your home and teach it to your children; know where you will go to escape and consider the Cheyenne Safehouse as an option.
- Have neighbors call the police when they see the abuser at your home - develop a signal to alert them to danger, such as flipping on a porch light.
- Take a self-defense course and carry a noisemaker or personal alarm.

Know that animal cruelty is also family violence. Don't let an abuser keep you in an abusive situation by threatening your family pet as well. Safehouse Services works closely with the Cheyenne Animal Shelter and other local foster families to find temporary homes for your pet so that you can all escape the situation. For information on protecting pets, please visit the Humane Society of the United States website.

PROTECT YOURSELF OUTSIDE YOUR HOME

- Change routes to work, school and stores, and ride with others; shop and bank in new places.
- Cancel joint bank accounts and credit cards; open new accounts in your name only, at a different bank.
- Keep court orders and emergency numbers with you at all times.
- If you need to travel to another state, take your injunction for Protection with you - it is valid everywhere in the United States.
- Carry noisemakers or pepper spray/mace.

PREPARE AN ESCAPE BAG

Keep this in a safe place away from home (such as at work or a friend's house).

Place important original documents in the bag, except for items you must carry with you or things you can't take without the abuser knowing. Do not use your car or purse as your escape bag.

Other items to include:

- Identification for you and your children: driver's license, birth certificates, Social Security or Green cards
- Extra keys: car, house, storage, business, etc.
- Checkbook, ATM Card, credit cards, bank books, etc.
- Address book and phone numbers
- Food stamps, Medicaid cards, insurance cards, etc.
- Car registration
- Health and life insurance papers
- School and medical records
- Divorce, custody or injunction papers
- Proof of your partner's income (copy of a check stub)
- Home calling card (to avoid calls being traced)
- Copies of bills you owe with the abuser
- Change of clothes
- Medications and prescriptions for you, your children and pets (bring extra)
- Personal hygiene products, diapers, formula, toys, blankets, pictures, jewelry, keepsakes
- Abuser's personal information (date of birth, Social Security number, work permit information, place of employment, vehicle description and license plate number)
- Picture of your family

BE SAFE AT WORK

- Keep a copy of your court order at work.
- Give a picture of your abuser to supervisors, security guards, receptionists and friends.
- Ask someone to screen your calls.
- Park in a well-lit space close to the door; ask security or a coworker to walk with you any time you leave.
- Save all voicemail messages and emails from the abuser.



safehouse services

24-Hour Crisis Line: 307-637-7233

Know the Signs of Abuse

Signs of abuse aren't always as obvious as you would think, because abuse is about controlling someone's mind and emotions as much as it is about hurting them physically.

BULLYING, THREATENING, CONTROLLING

- Frequently accuses you of having an affair
- Blames you for abuse
- Criticizes you, at home and in public
- Tells you what to wear and how you should look
- Threatens to harm you or someone close to you
- Throws things, punches walls when angry
- Yells at you and makes you feel small

PHYSICALLY ABUSING

- Abandons you in a place you don't know
- Attacks you with weapons
- Keeps you from eating, sleeping, getting medical care
- Locks you in or out of your house
- Punches, pushes, kicks, bites, pulls hair

SEXUALLY ABUSING

- Forces you to have sex
- Makes you dress in a sexual way
- Makes you feel like you owe them sex
- Tries to give you an STD
- Won't use condoms or other birth control

CONTROLLING YOUR MONEY

- Keeps cash and credit cards away from you
- Puts you on an allowance and makes you explain what you spend
- Keeps you from working at a job you want
- Steals money from you or your friends
- Won't let you have money for basic needs like food and clothes

CUTTING YOU OFF FROM FAMILY AND FRIENDS

- Constantly calls or texts to know where you are and what you are doing
- Makes you ask for permission to go anywhere or to meet with other people, including family and friends
- Doesn't allow you to have access to a vehicle
- Embarrasses you in front of others, and it makes you want to avoid people

IN THE LGBTQ+ COMMUNITY, ABUSE CAN ALSO LOOK LIKE:

- Making excuses for abuse, like "it's just how men are" or that you "wanted it to happen"
- Telling you that police or others won't help because of your gender or orientation
- Telling you that you are not really how you identify
- Threatening to out you to family and friends

IS SOMEONE YOU KNOW BEING ABUSED? WATCH FOR THESE SIGNS.

- Physical injuries such as black eyes, bruises on the arms, busted lips, red or purple marks on the neck, sprained wrists
- Excuses for injuries
- Emotional signs of abuse such as agitation, anxiety or constant apprehension, changes in sleep habits, being overly apologetic or meek, seeming fearful, symptoms of depression
- Constantly checking in with their partner
- Never having money on hand
- Overly worried about pleasing their partner
- Skipping out on work, school or social outings for no clear reason
- Wearing clothes that don't fit the season, like long sleeves in summer to cover bruises
- Changes in behavior such as becoming reserved and distant, isolating themselves from other people, canceling appointments and dropping out of activities, exhibiting excessive privacy regarding their personal life, often arriving late to work or other commitments

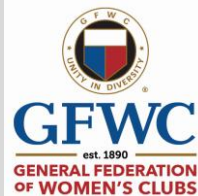


safehouse services

24-Hour Crisis Line: 307-637-7233

**GFWC Women's Civic
League of Cheyenne**

Claudia Wilen, President
Kristen Riley, President Elect
Shelley Toll, Vice-President
Lynn McLaughlin, Recording Secretary
Kristie Ackerson, Corresponding Secretary
Deb Fairchild, Treasurer



Kaleidoscope

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Linda Stowers, Editor
Lpstowers54@gmail.com