



# KALEIDOSCOPE

December 2023



This Photo by Unknown Author is licensed under CC BY NC ND

## *President's Message*

**CLAUDIA WILEN**

To our dedicated members,

How can I begin to thank every one of you who worked tirelessly to bring about Christmas House 2023 and make it a success! Words are certainly inadequate, but I do have to start with our chairmen, Carol Cherubin, Lorraine Gallagher, and Marianne Gatti---you enthusiastically jumped on board and stayed the course over every hurdle along the way. Thank you to the Muchmore's for letting us take over their home and inundating them with questions and concerns while they were dealing with unexpected family issues. Room chairs---you did an outstanding job of creating some of the highest quality items I have seen over the past years... with the help of our very talented membership. Thank you to the preview party and breakroom staff who provided us with delicious and soothing food for a wintery weekend. Many thanks to all who helped with cashiering---it's a stressful job and you managed well. Not to be forgotten, thank you to the entire support staff who made sure all the behind-the-scene areas of running Christmas House were covered. Lastly, we can't forget to give recognition to all our husbands and family members who graciously dealt with our long hours of involvement and didn't complain when dinner was on the sparse side or when asked to help hammer, climb the ladder or tote. This is what comprises a club committed to giving back to their community! You can all give yourselves a pat on the back.

It amazes me that after all the “giving” we do getting Christmas House off the ground, we still have that generous spirit when we pass the stockings around at the brunch. It was decided this year’s donations will be equally divided between Comea and USI. Hopefully we will be bringing a little Christmas joy to them.

I wish you all a very Merry Christmas and the warmth of a joyous holiday season. See you all in 2024!

Claudia Wilen

Before You Speak...

**THINK**

**T** is it true?

**H** is it helpful?

**I** is it inspiring?

**N** is it necessary?

**K** is it kind?

---

***VICE PRESIDENT***

---

***ROCHELLE TOLL***

---



A huge, heartfelt thank you to each and every one of our members who made this year's Christmas House another beautiful and successful event.

I feel blessed to be part of this amazing, gracious, generous group of women.

Thank you

---

***CORRESPONDING  
SECRETARY***

---

***KRISTIE ACKERSON***



November Correspondence

11/2/23 - Sympathy - Family of Maurice Brown - He passed away

11/9/23 - Get well - Janet Wampler - not doing well

11/15/23 - Sympathy - Suellen Brazil - Husband passed away- GFWC president elect

11/17/23 - Get Well - Connie Heim - Heart surgery

## YEARBOOK CHANGES

### Changes to the 2023-24 Yearbook

#### NEW MEMBERS:

Lori Pallak '23  
5120 Timberline Rd  
Cheyenne 82009  
Ph: 307-631-2063  
Email: [2.precious@live.com](mailto:2.precious@live.com)  
Birthday: 10/30  
Husband: Jeffrey

Deanne Vogel '23  
3006 Thomas Rd  
Cheyenne 82009  
Ph: 307-630-0104  
Email: [deannevogel@hotmail.com](mailto:deannevogel@hotmail.com)  
Birthday: 2/27

Bonnie Rivers ('23)  
1331 Jack Lane  
Cheyenne 82009  
678-427-4275  
[briversww@gmail.com](mailto:briversww@gmail.com)  
Birthday: 8/19

Connie Richards '23  
315 Southfork Rd.  
Cheyenne 82007  
402-610-3619  
[Thekingelvis1245@yahoo.com](mailto:Thekingelvis1245@yahoo.com)

#### Yearbook Update:

Jayne Broyles  
5 Prairie Dog Street  
Laramie, WY 82072  
307-760-2370

Deb McCann  
Membership Chair

## MILITARY

Please join the Military Outreach Committee in stuffing "stockings" for the VA on Tuesday, December 12 from 9:30 to 11:00 am at the home of Trish Schlegel, 1041 Everglade Dr..

Please RSVP to Trish at [promisejunk@hotmail.com](mailto:promisejunk@hotmail.com) if you will be joining us! (She is also CCed in this email.)

Thank you for your support!  
Carolyn Ritschard  
-and Trish Schlegel

## SENIOR SERVICES

Senior Services Committee had 7 members present on 11/15. I reminded members that we were to keep track of out-of-pocket expenses, to report to our general chair, for the year.

We planned to go to Pointe Frontier retirement center to do gift wrapping for any interested residents, on Saturday, December 16th, at 1:30, staying until 3:30. We will be in the ice cream parlor, in the main dining room area. Members are asked to bring wrapping materials and tools (such as scissors and tape) to the event. Thanks to Jamie Avent for setting this up for us! Any interested members of WCLC are welcome!

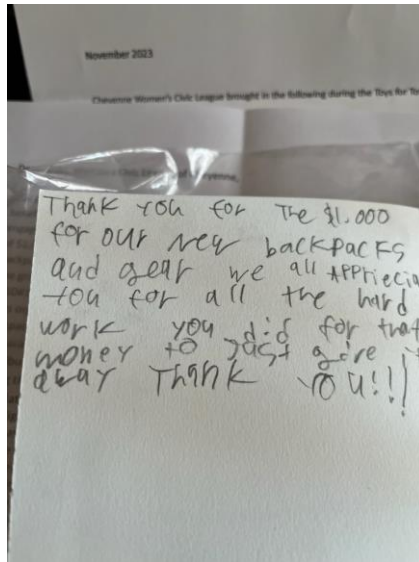
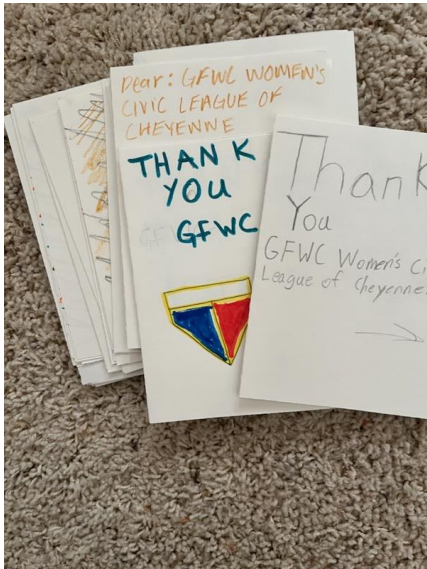
No Senior Services committee meeting in December. We will meet next on the 3rd Wednesday of January, 11am, at Dazbogs on Pershing and College.

Respectfully,  
Elise Johnson

## YOUTH AND FAMILY SERVICES

Youth and Family committee would like to thank the civic league members for supporting our projects this year! You donated 24 bags of candy to the Halloween Trunk or Treat project for the Old West Museum and supported Primrose with candy for the residents!

I also received this letter from our grant recipient last year. I think the coach sent such a heart warming message and each member of the team sent a card of thanks. I especially like the part where he states he had his team write thank you letters to build their awareness and appreciation of organizations like GFWC



See full letter from the coach in other information.

### COMMUNITY GRANT COMMITTEE

Now that Christmas House is over, we look forward to being able to help our community through our Community Grants. If you know any organizations that would like to apply, the deadline is January 15th. Attached is a link to the application.

[https://www.womenscivicleaguecheyenne.org/files/ugd/7c80e4\\_8d2d2b3ef15d4927ac1788d711f036b9.pdf](https://www.womenscivicleaguecheyenne.org/files/ugd/7c80e4_8d2d2b3ef15d4927ac1788d711f036b9.pdf)

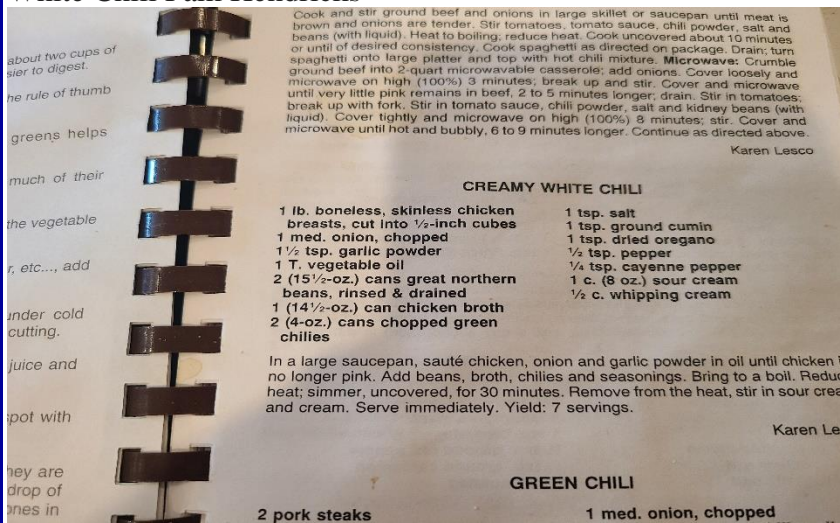
### ESO

ESO book club will meet on January 8th at 9:15 am. We will be at a new location-126 Quincy Road. We will be discussing the book, "Hello Beautiful" by Ann Politano. The location is in North Cheyenne a block before Uncle Charlies. I hope many will attend this book discussion.

## BREAKROOM RECIPES

As promised here are some of the recipes we used in the Breakroom this year.

### White Chili Pam Hendricks



about two cups of  
sier to digest.  
he rule of thumb  
greens helps  
much of their  
the vegetable  
r, etc..., add  
nder cold  
cutting.  
juice and  
spot with  
hey are  
drop of  
nes in

Cook and stir ground beef and onions in large skillet or saucepan until meat is brown and onions are tender. Stir tomatoes, tomato sauce, chili powder, salt and beans (with liquid). Heat to boiling; reduce heat. Cook uncovered about 10 minutes or until of desired consistency. Cook spaghetti as directed on package. Drain; turn spaghetti onto large platter and top with hot chili mixture. **Microwave:** Crumble ground beef into 2-quart microwavable casserole; add onions. Cover loosely and microwave on high (100%) 3 minutes; break up and stir. Cover and microwave until very little pink remains in beef, 2 to 5 minutes longer; drain. Stir in tomatoes; break up with fork. Stir in tomato sauce, chili powder, salt and kidney beans (with liquid). Cover tightly and microwave on high (100%) 8 minutes; stir. Cover and microwave until hot and bubbly, 6 to 9 minutes longer. Continue as directed above.  
Karen Lesco

**CREAMY WHITE CHILI**

1 lb. boneless, skinless chicken breasts, cut into ½-inch cubes	1 tsp. salt
1 med. onion, chopped	1 tsp. ground cumin
1½ tsp. garlic powder	1 tsp. dried oregano
1 T. vegetable oil	½ tsp. pepper
2 (15½-oz.) cans great northern beans, rinsed & drained	¼ tsp. cayenne pepper
1 (14½-oz.) can chicken broth	1 c. (8 oz.) sour cream
2 (4-oz.) cans chopped green chilies	½ c. whipping cream

In a large saucepan, sauté chicken, onion and garlic powder in oil until chicken is no longer pink. Add beans, broth, chilies and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes. Remove from the heat, stir in sour cream and cream. Serve immediately. Yield: 7 servings.  
Karen Les

**GREEN CHILI**

2 pork steaks	1 med. onion, chopped
---------------	-----------------------

### Green Chili Linda Stowers

12-24 Mild or Medium Green Chilies (roasted, peeled and seeded) cut into bite size pieces. If you don't have green chilies, you can get some frozen Hatch chilies at the store which are ok, but the flavor of the fresh ones are better.

Pork Stew meat or pork loin cut into bite size pieces

1 medium onion diced

1 can Rol tel (rinse out can with water and add to pot)

1 small jar 505 Mild green Chili sauce (rinse out jar with water and add to pot)

2-4 cups chicken both

1 tsp minced garlic

2 tsps cumin

Garlic powder, onion powder and cilantro to taste

Salt and pepper

Dredge meat in flour and brown in olive oil.

Soften onion and garlic in olive oil

Mix all into a crockpot and cook for 3-5 hours on low.

Double to cook a roaster batch

### Chicken Noodle soup Linda Stowers

1 roasted chicken or fresh chicken breast

2 celery stocks diced

2 carrots diced

1 medium onion diced

4-6 cups chicken broth ( I make chicken broth with the roasted chicken)

1 can cream of chicken soup

1 package Grandma's Frozen noodles

Mix all the ingredients except the noodles in crock pot or on the stove until carrots and celery are cooked.

Bring to a boil and add the noodles. I sometimes add a shake or two of nutmeg just for a little extra taste.

### GLUTEN-FREE PUMPKIN MUFFINS

½ cups rolled oats (use gluten-free oats)

1 tsp baking powder

1 tsp pumpkin pie spice

¼ tsp baking soda

¼ tsp salt

2 large eggs

1 cup unseasoned pumpkin puree (I made my own)

¾ cup dark brown sugar

3 tbs grapeseed or canola oil

1 tsp vanilla extract

1/3 cup mini chocolate chips or chopped dried cranberries (I use both)

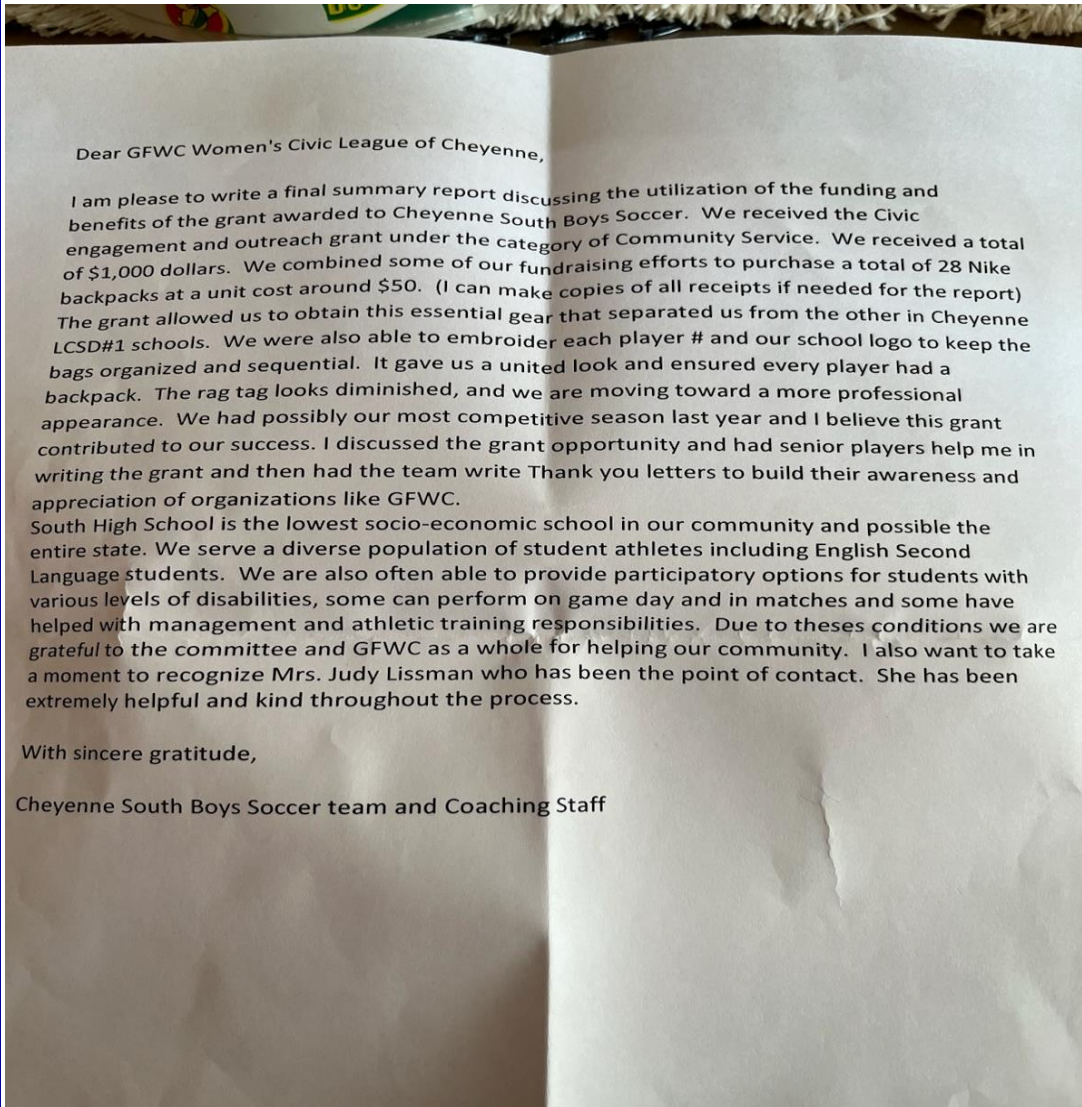
Pulse oats in a blender until finely ground. Add baking powder, pumpkin pie spice, baking soda and salt; pulse once or twice to blend. Add eggs, pumpkin, brown sugar, oil and vanilla; puree until smooth. Stir in chips and cranberries. Fill muffin cups 2/3rds full.

Oven 350 degrees

Bake 15-17 minutes for mini muffins.

Bake 18-20 minutes for regular size muffins.

## OTHER INFORMATION



## SOCIAL MEDIA

Follow Us on Facebook and Instagram

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!



**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**  
Published Monthly  
September thru May  
Linda Stowers, Editor  
Lpstowers54@gmail.com