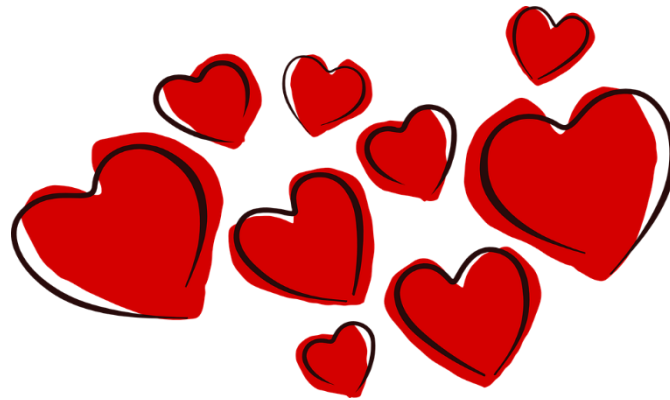


KALEIDOSCOPE

FEBRUARY 2025



President's Message

KRISTIN RILEY

We have started 2025 with our feet on the ground running. Our committees are starting to strategize on their projects, while the social groups continue to roll dice, throw cards, and toss their spatulas. I have completed the President's report for 2024 and submitted it to GFWC Wyoming. As I completed this I was filled with immense pride and gratitude for the extraordinary efforts and unwavering commitment that each of you has shown.

Your generous donations in-kind of \$61,027.00 and your invaluable service have been the cornerstone of our organization's success. In 2024 we were able to complete a minimum of 46 projects. It is your dedication and hard work that have enabled us to make a meaningful impact in our community. Whether it was through our 5744+ volunteer hours, resources, or skills, each contribution has been a testament to our club women's generosity and compassion.

We have seen firsthand the incredible difference that the Women's Civic League of Cheyenne's support has made. From providing essential resources to those in need, clothing & food drives, and our monthly PB &J collection; to organizing impactful events such as our annual Martin Luther King Walk refreshments and Cookies for the Airman that bring our community together. Your efforts have touched countless lives and created lasting positive changes.

As we look forward to the future, I am confident that with your continued support and dedication, we will achieve even greater heights. Thank you for being the heart and soul of our organization. I look forward to seeing everyone at our General Membership meeting on February 12, 2025, at the Country Club.

Kristin Riley

GFWC WCLC President

***CORRESPONDING
SECRETARY***

LYNN MCLAUGHLIN

Cards sent in January:

Deb Fairchild	Thinking of You
Tammy Norwak	Thinking of You
Karen Kent	Sympathy and Congratulations

VICE PRESIDENT MONTHLY LUNCHESES

We had 54 people in attendance at our last luncheon meeting at the Country Club. There was one person that did not yet pay, didn't show up for the meeting or lunch. We are working on collecting this, and have accounted for 1 of the 3 no shows from the December Brunch.

Our luncheon this Wednesday will be a buffet, with ingredients for fajitas, and an ice cream sundae bar (to make your own). Hope to see many of us there!

Respectfully,
Elise Johnson

YEARBOOK

Yearbook updates:

New Members:

Sheri Cline
608 Market St #608
Pine Bluffs, WY 82082
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Linda Webb, 2024
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lindawebb87@yahoo.com

Kathleen 'Katie' Bosc, 2024
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760-917-3729

kbosc@icloud.com

Change emails:

Evelyn Allen: stecaallen@gmail.com

Joan Carey: Dustysaddle.jc1@gmail.com

Julie Burke: winddragonjb@juno.com

Resignations:

Chris Caltagirone

Marilyn Cole (passed away)

MARTIN LUTHER KING EVENT

A special thank you from Katherine Van Dell to the following club members: Lynn McLaughlin, June Wood, Elise Johnson, Marianne Gatti, Linda Stowers, Bev Dowling, Pam Crochet, and Kristin Riley. These members generously provided 20 dozen cookies for the MLK March. Marianne Gatti also attended the program to help distribute the refreshments to the attendees. With the weather being bitterly cold, the event was held inside the Cheyenne Depot, thus allowing us to stay warm and enjoy the program. The three Cheyenne sister clubs were acknowledged and thanked for providing the refreshments and issued a standing invitation to participate in future events.

The remaining refreshments were divided and delivered to COMEA, Wyoming Coalition for the Homeless, and USI. All were very appreciated receiving cookies and cocoa mix.

YOUTH AND FAMILY SERVICES

Hello ladies, the Youth & Family Committee will be collecting items for the Resource Closet at East High School (they share with other schools). Please bring your donations to the February luncheon.

Specific items are full size:

- shampoo and conditioner
- lotion
- toothbrush
- body wash/bar soap
- socks

Thank you in advance for helping these students with some basic needs.

Linda Hill

Chair

MILITARY OUTREACH COMMITTEE

We had a blast hosting a cooking class for young Airmen through the Airmen Resiliency Center at FE Warren AFB. Carol Cerubin and Lorraine Gallagher taught the Airmen how to prepare three quick meals with rotisserie chicken as well as two quick breakfasts of overnight oats and a microwave egg dish. These meals were not only quick and easy to make, but also great for freezing. The attendees enjoyed eating all of the dishes that they helped prepare and went home with leftover chicken fajitas, buffalo chicken pizza, cheesy-herb chicken bakes, and overnight oats in a jar that they can continue to use to make this quick, high protein breakfast. The nine young Airman and one girl friend were also given recipes to take home for each of the dishes they prepared along with lots of tips on how to cook economically and efficiently. They asked when we would host another cooking class, even suggesting some ideas of meals they would like to learn to prepare. (See pictures below!)



Our 8th annual Valentine's Cookie Drive for Airmen is this week! Help us meet our goal of 1000 dozen cookies! As of Saturday morning, we are at 484 dozen--not yet halfway to our goal! To share a sweet treat with Airmen far from home, sign-up using the link below. We need to track the number of dozen, so using the Sign-up Genius helps us greatly! We will collect the cookies at our February luncheon, so you do not need to make a separate trip to drop them off!
<https://www.signupgenius.com/go/10C0D4BAEAF2CA1FE3-54263470-8thannual>

The Military Outreach Committee will be meeting this Wednesday just prior to our luncheon at 10:45 am. Please join us!

Thank you!
Carolyn and Trish

COMMUNITY GRANT COMMITTEE

Community Grant Committee Meeting

All WCL members are invited to attend the CGC meeting on Tuesday, February 18 at 9 a.m. in the Cottonwood room at Laramie County Library. You must be present for all presentations to vote. The presentations will run from 9:30 - 12:30. You may want to bring a sack lunch as discussion and voting on the distribution of funds will follow the last presentation.

Thank you to those 24 members that came to the January 22 meeting for the first review of the 46 grant applications received. You do not need to have attended this meeting to come on the 18th.

Feel free to contact Linda Stowers or Trish Palluck with any questions.

ENVIRONMENT

ENVIRONMENT COMMUNITY SERVICE PROGRAM, Phyllis Salzburg, chairman

Looking for something to do in your spare time? The Cheyenne Botanic Gardens offers a variety of volunteer opportunities.

The Gardens is looking for welcome desk greeters and gift shop (Tilted Tulip Gift Shop) retail sales volunteers. Contact Brandi McKinley at 773-1041 for information.

The Gardens continues to work hard on the Arboretum, despite the Legislature's lack of support. If you'd like to work outside at the Arboretum on any of these activities – weeding, mulching, and installing cages around trees and shrubs -- contact Jessica Friis, 307-287-1953 or jfriis@cheyennecity.org. Regular workdays are Mondays September through May. More weekday opportunities are available June – August. Watch for information on the upcoming annual plant sale fund raiser!

Contact Trudy Fox at 307-637-6376 or tfox@cheyennecity.org for general information on volunteer opportunities

HEALTH AND WELLNESS

February is Heart Health Month. The GFWC WCLC Health & Wellness Committee is asking all members to take our health seriously. Eat healthy and exercise. Please read the following information from the American

Heart Association dealing with creating healthy eating patterns and reading nutrition labels. Please also read over the warning signs for Heart attack and stroke. Wishing all members a healthy and safe 2025.



American Heart Association,

Health for Good

Life's Essential



HOW TO EAT BETTER

CREATE A HEALTHY EATING PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

vegetables, fruits,
whole grains, beans,
legumes,

TIPS FOR SUCCESS



ENJOY

nuts, plant-based proteins, lean animal proteins, skinless poultry, fish and seafood.



LIMIT

sweetened drinks, alcohol, sodium, red and processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, highly processed foods, tropical oils like coconut and palm.



AVOID

trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods).

0

WATCH

CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.

READ NUTRITION LABELS



8 servings per container

Serving size 2/3 cup (55g)

Total Sodium	230
% Daily Value*	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.

Learn more at heart.org/lifes8



IN NEED OF

INSPIRATION?

The American Heart Association has hundreds of heart-healthy recipes to choose from

Heart Attack, Stroke and Cardiac Arrest Symptoms

If these warning signs are present **CALL 911**

Heart Attack Symptoms

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.

[Learn more about heart attack symptoms](#) >

Stroke Symptoms

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 911

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately. [Learn more about stroke symptoms](#)

The GFWC WCLC Health & Wellness Committee is also recognizing Teen Violence Dating Awareness Month. Please check out the information at [The GFWC WCLC Health & Wellness Committee](#) is also recognizing Teen Violence Dating Awareness Month. Please check out information at humanoptions.org so you can be aware of the signs for someone in your life and share with your family members and friends.

EDUCATION COMMITTEE

I have received four scholarship applications to date, but hopefully they will start rolling in. I will be sending a reminder email to the counselors at the four high schools and LCCC of the application deadline of March 15, 2025. The allocation for Education Committee this year is \$10,532.77. If you did not sign up to be on the Education Committee at the general membership meeting in September, but would like to be, please let me know.

Brenda Hart

COMMUNICATIONS

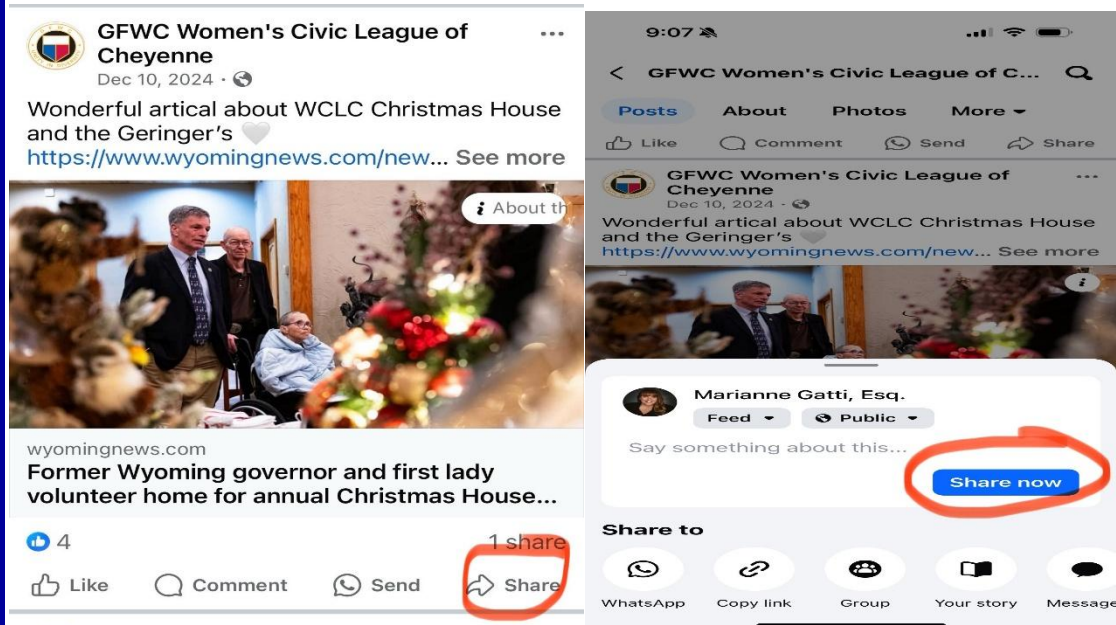
Technology Advancement Committee - Marianne Gatti

It has been suggested that we begin a "Tech Tips" segment for the Kaleidoscope each month. This month, we will begin with how to share posts on Facebook. The benefits of sharing allow us to reach exponentially more people than a simple post on our public page. Our page currently has 927 followers. Every time you share a post, the post will become part of your newsfeed and allows your Facebook friends to see the post they might otherwise not have seen. This is important whether we are advertising an event, Christmas House, promoting an organization we collaborate with, such as Rooted in Cheyenne, offering information for grants available, most recently CGC and scholarships are coming soon, or simply sharing our activities within the community. Your help can improve our visibility with the community!

When you see a post, there is a share arrow on the bottom right. Click this arrow. Photo 1.

This brings up a text box and several options for sharing. To post to your feed, all you have to do is hit the blue Share Now button. If you want to add your thoughts the text box before sharing, please do. Photo 2.

It's that easy! Your likes, comments and shares of the post will improve our analytics within the Facebook algorithm.



HOMELESS, HUNGRY AND NEEDY

Needy, Hungry and Homeless committee met and voted to have me purchase items needed at the Comea Shelter. We voted to purchase up to \$600 worth of items. I went shopping and purchased the following items.

- 4 large containers of drink powder
- 9 packages of oatmeal
- 12 packages of cookies
- 3 dish soaps
- 2 laundry soaps
- 3 sweatshirts
- 5 sweatpants
- 3 pajama bottoms
- 4 pairs of women shoes
- 6 men's shoes
- 4 coats

The committee also approved \$500 be given to Community Actions for Easter baskets for their clients. We collected 77 pounds of peanut butter and jelly this month. 5 peanut butter and 3 Jelly were collected at the meeting and \$65.00 was received from members. With the money 29 peanut butter and 18 jelly were delivered. THANKS SO MUCH FOR YOUR GENEROSITY.

Bring your peanut butter and jelly!



ESO

We met at the boardroom on January 27th to discuss the book Breakfast at Tiffany's. Then we discussed getting together at my home to watch the movie. We will be meeting on February 10th at 11:30, having lunch and then will watch the movie.

We also decided on the books for the rest of the year and the book for September. They are as follows. February 24th-Weyward by Amelia Hart, March 10th-The Women by Kristen Hanna, April 23rd-The Night the River Wept by Lo Patrick, May 19th-Holmes, Marple and Po by James Patterson and the read over the summer will be Covenant of Water by Berghese.

We meet at the Board Room at 9:15 am.

SOCIAL NEWS

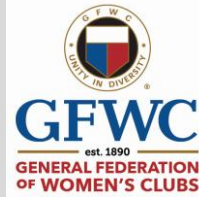
BUNKO is scheduled for February 24th. Be looking for an email with the information.

Super clubs have resumed with 4 groups.

Gourmet also continuing to have monthly lunches.

GFWC Women's Civic League of Cheyenne

Kristin Riley, President
Shelley Toll, President Elect
Elise Johnson, Vice-President
Shaunna Barnett, Recording Secretary
Lynn McLaughlin, Corresponding Secretary
Deb Fairchild, Treasurer



Kaleidoscope

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