



KALEIDOSCOPE

February 2022

President's Message

Pam Hendricks



***Happy
Valentine's Day***

I want to wish everyone a Happy Valentine's Day. Since February is Heart Health Month and Valentine's Day, I would like everyone to wear **RED** to our General Membership meeting. Wendy Owen, our Health and Wellness Chair, is placing Red Heart Candy at everyone's place at the table.

Our CGC committee met January 25 to review several grant applications. We had a very good meeting with a great number of members in attendance. We will be listening to five presentations and discussing the rest of the grants received on February 15. Please come if you have questions.

At our Board Meeting on February 2, we nominated Kristen Riley as WCLC's LEADS Candidate and will be taking this nomination to the General Membership. WCLC received a Generous Donation of \$5,000 in memory of Shirley Garrett Robinson. The Board voted and

recommended to have this donation go to the Botanic Gardens for uplighting in the Peace Garden including a plaque stating, "In Memory of Shirley Garrett". This will also be voted on at the General Membership Meeting.

All project committees have received their monies. I'm hoping we can do great things with these funds.

Have a great February and stay Happy and Healthy!

PEACE, PAM



Corresponding Secretary

Brenda Hart

January Correspondence

Congratulations Kristin Voycheske

Get Well Lucy Pauley

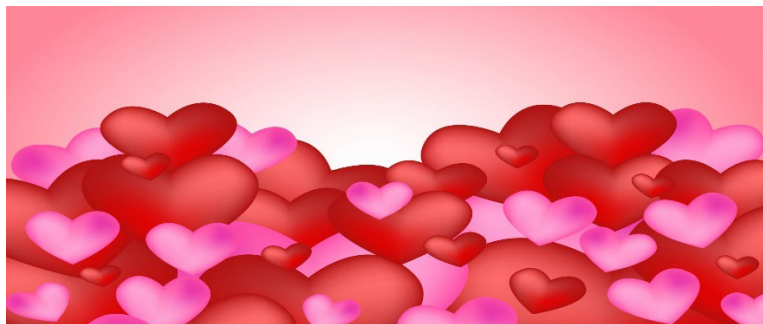
Sympathy Luce Anspauch
 Melissa Gunn
 Starla Sexton

Thank You Glen Garrett
 Dan Lyon

Thinking of You Katherine Van Dell

Second Vice-President

Lucy Pauley



Monthly meeting will be on Wednesday February 9th at the Cheyenne Country Club. The speaker this month is Commander Barrington USAF.

YEARBOOK CHANGES

Yearbook Updates/Corrections for 2021-22

Nancy Black-Campbell's new address is 4704 Storm Ct., 82009

Joanne Mill's new address is 2350 Limon Dr. #118, Ft. Collins, CO 80525

Add *Lifetime Member* to Mary Weppner's address

Remove Joyce Bailey as Administrative Assistant under Christmas House information

Joyce Bailey e-mail address joyce.bailey33@gmail.com

Jennifer McLaughlin's email address should be jennbillmc83@gmail.com

Valarie Finch's email address changed to vfinch@carpetonecfi.com

Robin Truax's email address should be robint516@yahoo.com there's a "t" in there

New Members

Julie Fleming
8508 Granada Trail
Chey WY 82009
cell: 404-281-3530
birthday: Dec. 22
email: julie@juliefleming.com

Keri Anne Simalek (spouse Gregory Walling)
303 Arkel Way
Chey WY 82007
home: 307-426-4143
cell: 573-714-5883

birthday: Dec. 22
[email:keriannesmialek@gmail.com](mailto:keriannesmialek@gmail.com)

Judy Moss
6134 Shaun Av
Cheyenne, WY 82009
judymoss@live.com
phone: 307-401-3341

Teresa Moore
3425 Rawlins
Cheyenne, WY 82001
teresa.moore@bresnan.net
cell: 970-227-2287

Marianne Gatti
11609 Pitman Rd
Cheyenne, WY 82009
marianne.gatti@gmail.com
cell: 307-477-9107

Delete:

Sue Bernard, Active Member
Bev Havens , Active Member
Marsha Tempte, Active Member
Fran Smyth, Active Member
Linda Demartine. Active Member
Connie Stearns, Active Member
Claire Snyder, Active Member

SENIOR SERVICES

We will be meeting on Wednesday, February 16, 2022 at 11:00 at Barnes and Noble (Starbucks) to further plan our projects/activities. We are trying to focus on some "hands on" projects/activities to support seniors at the senior centers, assisted living facilities or retirement facilities, rather than just write out a check. Everyone is welcome to attend, so please join us if you can. Thanks for all you do.
Brenda Hart

YOUTH AND FAMILY SERVICES

The committee will meet before the luncheon on Wednesday, January 9th at 10:45 in the back of the meeting room at the Cheyenne Country Club. We have several requests for funding from various groups and we need to make some decisions regarding our funds. I hope you will be able to attend. Please call or text Judy Lissman, 307-575-1102 or email at jlissman1@gmail.com

COMMUNITY GRANT COMMITTEE (CGC)

The CGC committee will be meeting on February 15, 1-4 pm at the meeting room in the Airport Terminal. There will be presentations and final approval of grant recommendations. Join us and see how your hard work at Christmas House is being used. Barb and Kristen.

ESO

The book this month is Eleanor Oliphant is completely fine- by Gail Honeyman. We will be meeting on February 28th at 9:15 am at Barnes & Noble.

GFWC-WYOMING

Happy Valentine's Day! February is a month for roses, so GFWC Wyoming is making its last big push for donations to the Run For The Roses Campaign to raise funds for the renovations at GFWC Headquarters. We are over halfway to our goal of raising \$1000! This is the 10th year of the effort to make repairs and upgrades to this beautiful house in Washington DC which is truly a treasure for all GFWC members. Please send donations to Katherine Van Dell, the State Treasurer.

If you missed the virtual Christmas Tour of Headquarters – it is being re-run in February. You can register on the member portal until 2/15/22 and view the tour at your leisure until the end of the month. Our own Evie Randall made one of the ornaments!

For all things GFWC Wyoming related – check out the website (gfwcwyoming.org) that has been newly updated with forms, dates, newsletters, etc. Save the date for the Annual Convention in Thermopolis April 29th and 30th – we plan to have a fun time while taking care of business! Nancy

ENVIRONMENT COMMUNITY SERVICE

MARSHALL FIRE ANIMAL SUPPORT -- Due to overwhelming support, there are **NO** pet feeding or supply needs at this time. Financial donations are the best way to help. The websites below have information on what they are doing, their needs, how to make a donation.

- **Boulder Community Foundation**, <https://www.commfound.org/>
If you donate, note that your donation is for **animal response and recovery**.
- **Humane Society of Boulder Valley**, <https://www.boulderhumane.org/>
- **Longmont Humane Society**, <https://www.longmonthumane.org/>
- **Colorado Pet Pantry** <https://www.coloradopetpantry.org/>
- To donate hay, contact **Colorado Horse Rescue**. <https://chr.org/>

Want to learn about all things BEES and BEE KEEPING?

The Wyoming Bee College Conference will be returning to Cheyenne on 11-13, 2022, University of Wyoming Extension at LCCC. The Minnesota Bee will be teaching in depth classes, an all-day beginner basic beekeeping class with



**March
Squad**

beekeeping 101 (Saturday) and several advanced topics along with Bee Nutrition, Queen Bees, Swarms Management and much more. Open to everyone interested in bees, beekeeping or gardening for bees! Information at <https://wyomingbeecollege.org/>. Check schedules, requirements, registration on website.

Phyllis Salzburg, Chair

MILITARY OUTREACH

Warren Spouses' Club Boots and Baubles Scholarship Auction

The WCLC membership has the opportunity to support local military (active, reserve, guard, retiree) children and spouses in two ways through the annual Warren Spouses' Club Boots and Baubles Scholarship Auction that will be held on March 5, 2022 at the BLUE Federal Credit Union Headquarters. This auction is the Warren Spouses' Club primary fundraiser each year, and the money raised goes toward college scholarships for military dependents as well as base and community support.

Donations toward lunch for Fly-fishing trip WCLC club member Lorraine Gallagher and her husband Joe are generously donating a fly-fishing trip to Dave Barry's ranch as an item for the auction. WCLC membership may be involved by donating funds to provide a lunch for the four guests who purchase the trip and two guides. The amount collected will be capped at \$125.00. Any amount (cash or checks made payable to Lorraine Gallagher) is appreciated.

Homemade Jams, Jellies, Pickles, etc. We are also putting together a basket to include canned jams and jellies. If you have some of your yummy, canned items on your shelves, please consider a donation.

The Military Outreach Committee will be collecting all donations at the February 9 WCLC luncheon.

Valentine's Day Cookie Drive for the Airmen in the Dorms

Thank you to everyone who has volunteered to bake and/or assemble Valentine's Day cookies for the young airmen at FE Warren AFB. The WCLC has supported this event since it started in 2018! You can still sign-up to bake at

<https://www.signupgenius.com/go/10C0D4BAEAF2CA1FE3-the5th>

We will be collecting the cookies at the February 9 WCLC luncheon.

Please feel free to reach out with any questions! Thank you!

WCLC Military Outreach Committee

Judy Moss
Deb McCann
Carolyn Ritschard



Kaleidoscope 6

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

CRAFT DONATIONS NEEDED-

THE WCLC HEALTH & WELLNESS COMMITTEE WILL ALSO BE COLLECTING ARTS & CRAFT SUPPLIES THE ENTIRE MONTH OF FEBRUARY TO BE GIVING FOR MAKE A DIFFERENCE DAY IN MAY 2022. ANY ART OR CRAFTS SUPPLIES WILL WORK. BRING YOUR DONATIONS TO THE FEBRUARY 2022 WCLC GENERAL MEMBERSHIP MEETING OR DROP BY YOUR DONATIONS TO WENDY OWEN AT 2700 CAREY AVE. ANYTIME IN FEBRUARY. Time to clean out your crafts stash!!!! Take advantage of this opportunity!!!!

WEAR RED FOR NATIONAL HEART MONTH

***WEAR RED TO THE WCLC FEBRUARY GENERAL MEMBERSHIP MEETING ON WEDNESDAY, FEBRUARY 9, 2022 TO SHOW YOU SUPPORT AND BRING RECOGNITION FOR NATIONAL HEART MONTH.

February is American Heart Month!

[Heart disease](#) is the leading cause of death for both men and women in the United States. About 90 percent of middle-aged people and more than 74 percent of young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these [heart healthy lifestyle tips](#) with your friends, family, coworkers, and others in your community and you'll be heart healthier for it:

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce your stress.
- Get enough quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move More: Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- Ask a colleague to walk with you on a regular basis, put the date on both your calendars, and text or call to make sure you both show up.
- Join an exercise class at your local community center and bring a neighbor along. Carpool or walk there together to make it a regular date.
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance.
- Make your social time active and encourage everyone—family and friends alike—to think of fun activities that get you off the couch and moving.

How much is enough? Aim for at least 2½ hours of physical activity each week—that’s just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can’t carve out a lot of time in your day? Don’t chuck your goal, chunk it! Try 10 or 15 minutes a few times a day.

Aim for a healthy weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you’re overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Do healthy activities together, like walking or playing on a neighborhood sports team. Share low-calorie, low-sodium meals or recipes.

Eat heart healthy: We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier.

Quit smoking: To help you quit, ask others for support or join a support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can also help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You’ll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at BeTobaccoFree.hhs.gov and Smokefree.gov.

If you need extra motivation to quit, consider those around you: Breathing other people’s smoke, called secondhand smoke, is dangerous. Thousands of adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage stress: Reducing stress helps your heart health. Join with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in a stress management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve sleep: Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of watching TV before bed, relax by listening to music, reading, or taking a bath.

Track your heart health stats, together: Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart healthy track. Ask your friends or family to join you in the effort.

Join the WCLC Health and Wellness Committee in recognizing National Heart Month.

SCHOLARSHIPS

Don't forget our scholarships for graduating seniors. Here are the links to the WCLC and GFWC-Wyoming applications.

<https://www.gfwcwyoming.org/newslettersforms.html>

<https://www.womenscivicleaguecheyenne.org/scholarships>

OTHER NEWS



GFWC X-JWC BIG BUNCO FUND RAISER!

CALLING ALL BUNCO PLAYERS!

Saturday, March 12, 2022, 1:00 p.m. – 4:00 p.m.

Moose Lodge, 1019 S. Greeley Highway, \$15.00



Snacks, desserts, drinks, bunco games with prizes, 50/50 raffle, door prizes!

Proceeds benefit current club projects – Family Promise and Friday Food Bags.

Get your bunco friends together and come on out for a good time for a good cause! Tickets available from Patty Benskin, Connie Hein, Wendy Owen, Lucy Russell, Phyllis Salzburg and Katherine Van Dell or any X-JWC member.

GOURMENT

The January gourmet groups met for a delicious menu of Cuban dish recipes and recipes chose by group #4. Consider joining this social group. It is fun and educational to fun to try a new and interesting menu. If you are interested, ask for a copy of our recipes. Bon Appetite!

NEEDS

DON'T FORGOT TO BRING YOUR PEANUT BUTTER AND JELLY TO THE MEETING!!!



SOCIAL MEDIA

As we continue to try to use email to keep our members informed, please be sure to allow WCLC members group email in your email settings. You might also periodically check your spam folder for emails from WCLC

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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 Joyce Bailey photos! Free advertising and a greater reach than TV or Newspaper!

GFWC Women's Civic League of Cheyenne

Pam Hendricks, President
Denise Lathrop, First Vice-President
Lucy Pauley, Second Vice-President
Meredith Dexter, Recording Secretary
Brenda Hart, Corresponding Secretary
Linda Stowers, Treasurer



Kaleidoscope

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Linda Stowers, Editor
Lpstowers54@gmail.com