



KALEIDOSCOPE

October 2022

President's Message

DENISE LATHROP

I hope everyone enjoyed the beautiful Fall weather this past weekend. The Harvest Moon on Saturday night was so beautiful. Claudia and I attended the GFWC Fall Workshop in Cheyenne. It was a most informative meeting. At the beginning of the day the State Board had arranged a Leadership Workshop from which I learned many new techniques for handling meetings of any kind. All the State Board committee chairmen gave their reports along with new ideas and problem-solving solutions. We also learned about the many contests available for all members some with cash awards and others with ribbons. There are also many giving opportunities some include: Friendsgiving, Annual Giving Program Donations and many more. As we were told in many joking ways, "Just go to the GFWC Member Portal" there you will find any form you may need, especially the form for Committee Chairmen to report the project reports.

Have a Happy Halloween!

Denise



Kaleidoscope 1



Corresponding Secretary

KRISTIE ACKERSON

September Correspondence:

Get Well Connie Atwell

Thinking of You Sue Ann Shaffe

Second Vice-President

LUCY PAULEY

October luncheon will be at the Cheyenne Country Club beginning at 11:30 with social time. We will again be offering the Zoom option for our meeting. Linda Stowers will be sending out an email with the invite. October is Domestic Violence Awareness Month, let's wear **Purple**.

Lucy Pauley
(307) 221-2056

YEARBOOK CHANGES

A special thanks to Pat Stenback for her work on the Yearbook. It will be available at the Luncheon. If you are unable to pick one up, please contact Pat to make arrangements to get one. The insert is just the first part of the book. We made no changes to the By-laws so just keep them in your book.

Changes to the 2022-23 Yearbook

Luce Anspauch, Lifetime Member
1540 Adams
637-4601

Joyce Bailey is not the official Photographer for Christmas House
Pet Room Chair is Kim Benson

Sandy Pederson Associate Member email: spederse@icloud.com

Rosemary Barrett Associate e-mail: rosemary.wyo@gmail.com

Resignations:
Shelly Herr
Diane Nyffler
Cathy McCleery

ENVIRONMENT

ENVIRONMENT, Phyllis Salzburg, chairman

Would like to have a **brief meeting** prior to membership luncheon and meeting on October 12, 11:00. Please start thinking of some project ideas. We have \$2330 allocated to this committee.

Thank you to all who brought bras, athletic shoes or socks last month! What a haul!

Bras for **Free the Girls** 100

Shoes for **Nike Grind** 24 pair

Socks for **SmartWool** 172 pair (about 16 pounds).

A large quantity of Christmas lights!

As a Silver Sponsor of **Rooted in Cheyenne** we are invited to their Volunteer and Sponsor Appreciation Party, Saturday October 15, 1:00 – 4:00 at the South Lion's Park Shelter. Please let Phyllis know if you would be interested in attending. One of our members, Sharon Heldt-Pratt, helped plant trees with their fall tree planting day on September 17. Thanks Sharon!!

MILITARY

The Military Outreach committee will be collecting items for Veterans' Stand Down for Homelessness at our October 12 meeting. They have specifically asked for:

Bus passes (cost about \$1.50 each)

Lip balm

Razors

Gift cards (any type)

Dog treats (a lot of the vets have dogs)

If you have already purchased winter clothing, please bring those items!

If you are unable to attend the meeting, Wendy Owen has graciously offered to be a drop-off location for your donations from October 17 to 20. She will have a container outside her front door. (Thank you, Wendy!)

If you would like to help represent WCLC at the Veteran's Stand Down for Homelessness, we still have room for 2 more people for the noon to 2 pm slot on Tuesday, October 25. Please email Carolyn at ritschard@yahoo.com if you would like to assist at our table.

The Military Outreach Committee is not meeting this month, but please plan on meeting the morning of our November social.

Thank you!

Carolyn Ritschard and Linda Hill

HEALTH AND WELLNESS

WCLC Health & Wellness Committee

The WCLC Health & Wellness committee will be collecting food for World Food Day this year in both October and November at our monthly General Membership meetings. Please consider donating food items for those less fortunate in either October or November. It can be something for a fantastic Thanksgiving dinner or any non-perishable food item you wish to contribute.

If you can't make it to the meeting, please drop off your donation to Wendy Owen after October 19th to 2700 Carey Ave. and just leave your donation on the porch.

Our committee is also recognizing October as Breast Cancer Awareness Month and we ask that all members please remember to get your yearly breast exam and mammogram. It is so very important!

October is Breast Cancer Awareness Month, an annual campaign to raise awareness of this complex disease and fund research into its causes, treatment, and cure. Since 1985, individuals, businesses, and communities have come together every October to show their support for the many people affected by breast cancer. Breast Cancer Awareness Month can be a time to reflect, give back, or even celebrate

Yet, for many people, Breast Cancer Awareness Month is also a difficult reminder of their personal experience with breast cancer and the many lives we have lost to this disease.

- In 2022, an estimated 290,560 new cases of invasive breast cancer are expected to be diagnosed in the U.S., along with 51,400 new cases of non-invasive breast cancer. An estimated 43,780 people will lose their lives to metastatic breast cancer.
- About 1 in 8 U.S. women and 1 in 833 U.S. men will develop invasive breast cancer over the course of their lives.
- As of 2020, there were 2.26 million global cases of breast cancer, making it the most commonly diagnosed cancer in the world. 685,000 of those diagnosed have died.

These numbers remind us there is still urgent work to do — more than we can accomplish in just one month.

How you can help

For over 30 years, Living Beyond Breast Cancer has been a trusted resource for people with breast cancer and their loved ones. We have provided information and community to more than a million people. Yet, we have so much more to do. When you support Living Beyond Breast Cancer, you make an immediate, positive difference in the lives of people affected by breast cancer.

Raising awareness of breast cancer and taking action to care for people living with the disease is a group effort – not only during Breast Cancer Awareness Month, but every day of the year. Your time, your dollars, and your energy help advance our work. Together, we can achieve more.

We invite you to:

- **Donate** by giving a one-time or recurring gift to help LBBC keep providing trusted information and a community of support to people affected by breast cancer. No gift is too small, and every dollar truly counts.
- **Fundraise** through a do-it-yourself fundraiser or as part of our new signature fundraising event, coming in 2023. Our staff is available to talk through ideas and help you get started.

•
Shop to support at the LBBC store or our partner stores for jewelry, LBBC brands, and more. Find breast cancer merchandise and ensure that a portion of your everyday spending benefits Living Beyond Breast Cancer

SPECIAL NEEDS

Lucy Russell, Shelley Toll and Tanya Wiles met at South High School helped the PALS classroom to plant vegetables on September 29th. We hope to continue assisting the students with this project. Thanks! Lucy



YOUTH AND FAMILY

Our committee will meet at 11:00 next Wednesday right before the luncheon in the bar area to discuss some options for providing help on a project for Children during the month of October. Youth and Family Service needs more members on their committee. Please consider joining us on October 12.

Please bring a bag of Halloween candy to donate to the Old West Museum Trick or Treat Event. Many children stop by for their Trunk Party. Thank You

ESO BOOK CLUB

BOOKS FOR THE YEAR 2021-22

ESO is meeting on October at 9 am. we are reading the "The Book of Lost Words" by Pip Williams. We will be meeting at the Boardroom at 1722 Carey.

CHRISTMAS HOUSE

Here Comes Christmas House...

In a little less than eight weeks Christmas House will arrive. Crafting, workshops, and likely some baking are afoot! Many hands are very busy!

By the time you read this, the Wreath Competition will have taken place and the winner announced! The **final competition**, Cookie Decorating, is scheduled for Sunday, November 13 from 2 pm to 4 pm at the Depot. Please join in the cookie fun!

We will share the results of the Wreath Competition, further information on the Cookie Decorating Competition, and more at the luncheon on Wednesday, October 12. We look forward to seeing all of you.

Thanks so much for all you do!

Team Christmas House 2022
Deb, Deb, Pam, & Kathy

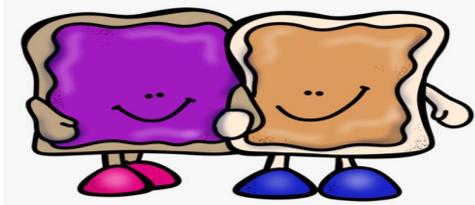
SOCIAL GROUPS

Gourmet:

The 2022-2023 Gourmet groups have been chosen and will be ready to cook, eat and enjoy a fun, delicious Fall Menu. Contact Judy Lissman if you still want to join. We will be meeting on October 26. The full menu will be available soon but try the recipe for easy to make berry dump cake made in a crock pot. Bon Appetite!!!

NEEDS

BRING YOU PEANUT BUTTER AND JELLY TO THE MEETING!!



MEET YOUR BOARD MEMBERS

I'm adding a new feature titled: Meet Your Board Members. Each month I hope to feature a couple of Board Members. This month I have Phyllis Salzburg and Judy Lissman.

Phyllis, as you may know, is the chair of the Environment Committee but she is also an avid photographer. She shared with me some pictures she took while driving around town. These pictures show some of the projects WCLC has funded or assisted with. Thanks Phyllis!





Judy Lissman is an excellent cook. She makes awesome breads and is our Youth and Family Chair as well as the Gourmet Guide. She shared the following recipe which will be used in the next Gourmet. Enjoy!

Berry Dump Cake

Ingredients

for 8 servings

1 cup raspberry

1 cup blueberry

1 cup strawberry

1 cup blackberry

1 tablespoon cornstarch

1 package vanilla cake mix

8 tablespoons butter, cut into pieces

Preparation

- 1 Add raspberries, blueberries, strawberries, and blackberries into the bottom of the slow cooker.
- 2 Sprinkle cornstarch on top and mix gently.
- 3 Pour cake mix on top of the berries and spread out so it covers the berries.
- 4 Place pieces of butter on top of the cake mix and cover.
- 5 Cook on high for 2½ to 3 hours, until the cake is fully cooked.
- 6 Serve topped with ice cream
- 7 Enjoy!

You can use any kind of fruit. Think of apple cobbler, peach cobbler etc!

Try it and see how easy is is. Prepare it and leave it cook on its own. Mmmmmmmmm!

OTHER INFORMATION

X-JWC

X-JWC Texas Road House Fund Raiser – Nov 17, 11:00 – 1:00. Tickets \$16 available from Lucy Russell, Patty Benskin, Phyllis Salzburg, Katherine Van Dell, Connie Hein or other club members. Meals available dine in, pick up or delivery for 5 or more to same location. Menu: BBQ pulled pork, corn, Caesar salad, rolls & drink. Proceeds will benefit K9s for Mobility.

GFWC – WYOMING

Congratulations to the Rock Springs Women's Club on their 100th Anniversary! You are invited to their Centennial Celebration on Saturday, October 22nd from 1-4 pm at the Rock Springs Historical Museum (201 B St in Rock Springs). Several of us will be car-pooling/caravanning if you would like to join us. Contact Nancy Kaufman or Phyllis Salzburg for more info.

SOCIAL MEDIA

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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 photos to Kristin Riley! Free advertising and a greater reach than TV or Newspaper!

GFWC Women's Civic League of Cheyenne

Denise Lathrop, President
Claudia Wilen, First Vice-President
Lucy Pauley, Second Vice-President
Meredith Dexter, Recording Secretary
Kristie Ackerson, Corresponding Secretary
Linda Stowers, Treasurer



Kaleidoscope

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