



KALEIDOSCOPE

October 2021

President's Message

Pam Hendricks



President's Message

Pam Hendricks

Well, Pam is off gallivanting around Oklahoma and Tennessee, so I will share the Board Actions and other information for her. The Board accepted resignations from Deb Baldwin and Kay Reiman in good standing. The Board will be asking the membership to approve Special needs projects from 2020-2022 as WCLC Community Improvement Project. These projects include the Christmas Gifts for special needs, the Greenhouse Project at South High, the Karate classes and Valentines. The suspension of the By-Law requirement for attendance at meetings will be presented to the membership for its approval as well.

Your generosity last meeting yielded 18 bags of candy for the Old West Museum trunk and treat and \$1,124.46 for the President's Special Project of the Peace Garden. Thanks to all who contributed.

Submitted, Linda Stowers



Corresponding Secretary

Brenda Hart

September Correspondence

Get Well Maria Harvey
 Dorothy Torkelson

Sympathy Toni Thomson

Thinking of You Linda Borchert

Second Vice-President

Lucy Pauley



The October meeting will be held on the 13th at the Botanic Gardens. Reservations have closed, but you can still join us for the meeting, and it will be held on Zoom as well. You will also be able to pay via credit card at the meeting for a small fee or we have a PayPal account now which will also be a way to pay for lunches and other fees.

We will be collecting Halloween candy for the Old West Museum's Trick Or Trunk event. We will also have a table for your peanut butter and jelly donations. You will be able to pick up your Christmas house tickets and yearbooks at this meeting also.

Please let me know if you have any questions, we hope to see you and thank you in advance!

Don't forget to sign up for committees this year. They are outlined in the By-Laws under Article VII. You can read them in your new yearbook.

Lucy Pauley
(307) 221-2056

YEARBOOK CHANGES

Yearbook Updates/Corrections for 2021-22

Please change

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

MEMBERSHIP

NEW MEMBERS

Add the following members to your book:

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)

Thanks to Lucy Pauley, our second VP for organizing an awesome September luncheon. Great start to our new club year. Remember last May a by-law change was approved to eliminate the standing lunch reservation for all active members. Now both associate and active members need to make meal reservations. Please, please make Lucy's job a little easier by signing up either through Sign-up genius, phone or email as soon as you can once the meeting information is available. Right now we do not have as much flexibility with giving meal counts to the restaurants or caterers. Thanks to Marilyn Cole for volunteering to help with contacting associate members.

BY-LAW CHANGE

The Board is again suggesting a one-year suspension of Bylaw Article III, Section 3 (e). Article III Membership

Section 3. Active Members

~~e) After a member has missed three (3) General Membership meetings, the Membership Chairman shall contact her regarding her status. Prior to missing a fourth General Membership meeting, her options are to (1) communicate with the Membership Chairman prior to the next Board of Directors meeting stating the reasons for the missed meetings, creating a plan of action if necessary and requesting the Board's consideration of her retention in Active status; (2) apply for Inactive status; or (3) resign in good standing. Failure to comply with one of these options may result in the member being dropped by the Board of Directors upon a two-thirds vote~~

This will be an action item at the October meeting.

YOUTH AND FAMILY SERVICES

Don't forget to wear purple to the meeting on October 13. Stop and get a pink ribbon at the meeting and wear it during October to remind us of the fight against BREAST CANCER!

The Old West Museum still is taking donations of bags of candy for the Trunk and Treat for Halloween! Look for the tub to hold your contribution! Thanks for your help!

Please sign up to be a member of the Youth and Family Services Committee. Be a part of an important part of the work of Civic League!

Thank you! Judy Lissman

SPECIAL NEEDS

Special Needs Committee

Co-Chairs Lucy Russell and Chery Hubbard

We had our first meeting on September 29th. It was great to get back together again to discuss the needs of people with disabilities. I would like to let all the members of WCLC know that they are welcome to join us and to take part in our activities. We help those with disabilities in Laramie County. If you are aware of a need, feel free to reach out our committee.

At the meeting we discussed many projects that we want to take part in. The main focus for now will be our gift giving at Christmas time. We will be passing around ornaments with names on them and items that the

individuals want during the November meeting. Please if you are interested take one and then bring it back to the meeting in December. We appreciate our wonderful women and their generosity. We are hoping to use this as one of our CIP projects to present to the state for consideration.

Our next meeting will be October 25th at 12:30 pm. We will meet in person but will also offer zoom. Our meetings are held at my office 1907 House Ave. Please join us and share some further ideas of how to support individuals with disabilities in our community.

ARTS AND CULTURE COMMITTEE



“The study of art and culture enriches the human experience. Art education improves problem solving and critical thinking skills, builds focus and perseverance, and nurtures creativity, confidence, and collaboration. Culture awareness promotes effective communication and profoundly increases the ability to appreciate and enjoy a variety of new people and experiences.” (2020-2022 GFWC Club Manual)

Although we are not sure our “small feet” can fill the big shoes we’re expected to follow, Cathy and I are excited to explore the new dimensions the Arts and Culture Committee has been detailed to follow.

Our committee has been provided with many exciting projects and ideas to help WCLC members establish and meet Arts and Culture Committee goals.

Please consider joining and helping to shape this exciting committee!

Thanks,
Cathy McMikle and Judi Loomis, Co-Chairs

“Creativity is contagious, pass it on.” Albert Einstein

MILITARY COMMITTEE

Please join the Military Outreach Committee in supporting the 2021 Homeless Veterans Stand Down by bringing any of the following items to our October 13 social:

- Extreme-cold gloves
- Long underwear
- Sweat shirts and sweatpants
- Winter coats
- Winter boots

Men, women and children sizes all requested.

No toiletries this year.

If you would like to represent the WCLC this year by sitting at our table at the event, which is being held on Tuesday, October 26, from 10 am to 2 pm at the Elks Lodge on 17th Street, please contact Carolyn at ritschard@yahoo.com

Thank you for your care for the homeless veterans in our community.

Best,
Carolyn

HEALTH AND WELLNESS



PLEASE WEAR PURPLE TO THE OCTOBER MEETING TO SHOW OUR SUPPORT FOR THOSE LIVING WITH THE PAIN OF DOMESTIC VIOLENCE!!!

October is Domestic Violence Awareness month and Breast Cancer Awareness month so the WCLC Health and Wellness Committee is providing the following information so that we can all get updated on the latest information in both of these areas of great concern for all women everywhere. Please take the time to read through this educational material and take time this month to share this information with other women in your life. We may not think that we or anyone in our families will face these issues but there is a strong chance we are wrong in that thinking. Breast Cancer is something we all MUST take seriously doing regular monthly self-breast examinations and yearly mammograms. PLEASE DONT IGNORE YOUR HEALTH IN THIS VERY DIFFICULT TIME IN OUR WORLD. As per domestic violence, the facts in the included information don't lie, we all know someone that has been or will be violated and we all must do our part to STOP THE VIOLENCE!!!!

DOMESTIC VIOLENCE

5 Facts Everyone Must Know About Domestic Violence

... including why leaving isn't as easy as it might seem.

Abuse is Common

A generation ago, abuse victims were often terrified of coming forward, worried that they would appear weak or be blamed for their abuse. Thanks to the growth of the women's movement and the victim's rights movement as well as the lobbying of millions of advocates across the globe, we now know how common domestic violence is. Indeed, some sociologists argue that gender roles, a fixation on control, and a culture of aggression have ingrained domestic violence into the American way of life. Consider:

- A woman is assaulted or beaten every nine seconds.
- 1 in 3 women—and 1 in 4 men—have been in abusive relationships, and 1 in 5 women and 1 in 7 men have faced severe physical violence.
- 20 people are abused by an intimate partner every minute, adding up to 10 million each year.
- More than 200,000 phone calls are placed to domestic violence hotlines every year.
- Intimate partner violence accounts for 15% of all violent crimes.
- The presence of guns in a home where domestic violence is a problem increases the risk of a murder by 500%.

Both Men and Women Can be Victims

Domestic violence outreach campaigns often focus on women, but both men and women can be and are victims of domestic violence. One study found that 40% of domestic violence victims are men. Of course, the picture is a bit more complicated: While some groups have used this figure to argue that women are just as violent as men, most domestic violence directed at men is in the form of slaps and other low-level violence. Men are significantly more likely to resort to extreme violence, to use weapons, and to kill their partners.

So while domestic violence against men does happen and is a serious problem, women remain the primary victims. But for this reason, men who have faced abuse often find themselves stigmatized and ridiculed. If someone you love says they've been the victim of domestic violence, you should believe and support them, since no gender is safe, and no amount of physical strength or emotional fortitude protects against abuse.

Abuse Victims Face a Culture of Blame

It's not just male domestic-violence survivors who find their stories disregarded. Myths about domestic violence are common, particularly among those most likely to abuse their partners. For instance, it's common to hear

some people say that, if hit, they will hit back, and so women who slap their partners should expect whatever violence the partners dish back out. These thoughts support a culture of abuse and victim-blaming.

Remember these key facts, which debunk many intimate partner violence myths:

- No amount of bad behavior can induce someone to behave violently. Victims do not *cause* their abuse, even if they are unfaithful, unreasonable, or unkind.
- Responding to violence with violence is only acceptable in cases of self-defense, not to punish the perpetrator.
- No level of violence is normal or acceptable in a relationship; a person who resorts to violence once will likely do so again.
- Domestic violence harms children even when the children are not physically abused; many police departments treat domestic violence in the presence of children as a form of child abuse.

Leaving Isn't as Easy as It Seems

Domestic violence survivors are often asked why they don't leave. But consider this: How would you feel about leaving your partner? As difficult as it may be to admit, domestic violence relationships still offer their victims something, such as financial security or a relationship with a person they love. Programs designed to help victims leave, then, need to address these concerns.

Perhaps most important, though, is the fact that leaving can be dangerous. Research consistently shows that abusers are more likely to kill their victims in the two weeks after they leave than at any other time. When considered in conjunction with the fact that leaving can spark financial troubles, not to mention the pain of losing a relationship, it's easy to understand why so many survivors are hesitant to leave.

Responding to Abuse Can be Challenging

It's not easy to know what to do when someone you love is in an abusive relationship; confronting the abuser is rarely the solution.

The following steps may help:

1. Listen to and believe your loved one. Allow them to control their own lives. If your loved one does not want to leave or call the police, do not force them to.
2. Do not get involved in their fights, as doing so may endanger you. Call the police instead.
3. Offer your loved one a safe place to stay or help him or her get to a shelter.
4. Explore your loved one's reasons for staying and offer to help. If childcare or finances are a concern, for instance, try offering some financial assistance.

We can all do our part by abandoning false beliefs, embracing a culture of safety, and supporting the victims we know.

Breast Cancer Awareness Brochure is attached to the email.

GFWC-WYOMING

Many of us think the most difficult part of our community service is reporting on our service. We're unsure of what to add in and so procrastination may occur, which leads to us forgetting all the details. We think we've found a way to help!

In this Kaleidoscope you'll find a "Project Report Form." Whenever a clubwoman does any sort of program, from big "held a fundraiser attended by 2,000 people" to small "donated \$50 to a food pantry," fill out this form and send to your club president. It's simple and quick. This is a word document and can be done electronically or printed and filled out by hand.

The beauty of the form truly blossoms when your club president needs to do her report. All she must do is gather the forms and send the "Club Annual Report" cover sheet to Trish (Dean of Chairmen) and I. There is no need to re-create a long narrative or to fill out the statistical report.

So, open the "Project Report Form" and start recording your important work today!

GFWC Wyoming will be sending two beautiful ornaments to Headquarters in Washington D. C. for their Christmas Tree. Evie Randall and Karen Bard (Laramie Women's Club) were gracious enough to create these amazing ornaments using International President Marian Sinclairs's theme of angels and stars in the blue and silver colors. The Christmas Reception at Headquarters will be in person but it will also be virtual again this year so we can all participate. Thank you so much Evie and Karen - you have done Wyoming proud!

I have attached the form to use.



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ENVIRONMENT COMMUNITY SERVICE

ENVIRONMENT COMMUNITY SERVICE PROGRAM Phyllis Salzburg

During the month of October, we are participating in the **GFWC Challenge Project** -- Keep track of how many plastic bottles and how many plastic bags you recycle, reuse or upcycle. This is just during October.

We're well into October so just use your best guestimate from earlier this month. We'll gather the information from our club members and send to GFWC, joining the nation-wide effort to see just what our impact as GFWC members is on recycling, reusing and upcycling plastics! You can email your numbers to Phyllis at psalzburg@bresnan.net. (Upcycle = creative reuse; transforming unwanted products -- plastic bags, bottles -- into new products of greater quality or environmental value).

America Recycles Day is November 15, 2021.

Do one thing – Use your reusable shopping bags at the grocery store

CHRISTMAS LIGHTS recycling. Christmas is coming! If you have lights that no longer work, you have working lights you just want to get rid of and don't have anyone to donate them to, Phyllis will collect them again this year and take them to the hard to/hazardous recycle center. Bring them to monthly membership meeting, contact Phyllis to pick them up, or drop them on her door step. Christmas lights contain hazardous materials. Let's keep them out of the land fill!

NEEDS



BRING YOU PEANUT BUTTER AND JELLY TO THE MEETING!!

SOCIAL MEDIA

Follow Us on Facebook and Instagram

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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 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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