

GFWC Women's Civic League of Cheyenne

KALEIDOSCOPE

February 2016

President's Message

Pat Stenback



It is February already, and we are deep in snow. Wishful thinking on my part, but wouldn't it be nice to have an early and long spring. We always think of valentines, candy, and flowers, but it is also National Women's Heart Health Month.

The President's report has been completed, mailed, and received. You ladies are so extraordinary. I would like to thank you for your time, thank you for your generous donations, and thank you for being you. You are what makes Civic League great.

Now let's help Wendy and Tandy (membership chairs), and bring new members into our club. Bring a potential member to our February or March meeting (advance reservations required).

Please continue to support the committees. They are very important.

Don't forget "**Buck\$ for Bags**" at the February General Membership meeting. Proceeds go to GFWC-Wyoming.

Christmas House made over \$61,000 for us to give back to Cheyenne and Laramie County. Way to go ladies! The Christmas House treasurer, Carmalee Rose, has a new computer program and it is very beneficial in keeping track of money in and out. One thing she has noticed the past couple of years is that room chairs are spending more and more money. If the room makes less than what is spent, it doesn't bode well. The storage shed is full of things to use. Those items should be used first before buying new things. CH chairs will be discussing this with you in the near future.

If you are interested in gaining and improving your leadership skills, please consider being a LEADS candidate. Look at the GFWC manual and, under the Leadership section, read what it entails. Applications must be submitted prior to March 20, 2016. Contact Bev Campbell, 634-4483, or e-mail Bev at bcampb0831@bresnan.net. One GFWC member will be selected from Wyoming.

There is no royal road to anything, one thing at a time, all things in succession. That which grows fast, withers as rapidly. That which grows slowly, endures. Josiah Gilbert Holland

GFWC Women's Civic League of Cheyenne

Pat Stenback, President
Katherine Van Dell, First Vice-President
Patti Reese, Second Vice-President
Pam Hendricks, Recording Secretary
Barb Kuzma, Corresponding Secretary
Fran Smyth, Treasurer



Kaleidoscope

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General Federation of Women's Clubs (GFWC)

Source: GFWC Website

Mission: The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.



Founded in 1890, GFWC's roots can be traced back to 1868 when Jane Cunningham Croly, a professional journalist, attempted to attend a dinner at an all-male press club honoring British novelist Charles Dickens. Croly was denied admittance based upon her gender, and, in response, formed a woman's club—Soros. In celebration of Soros's 21st anniversary in 1889, Jane Croly invited women's clubs throughout the United States to pursue the cause of federation by attending a convention in New York City. On April 24, 1890, 63 clubs officially formed the General Federation of Women's Clubs by ratifying the GFWC constitution.

Since 1890, GFWC's impact has been felt throughout communities across the United States and the globe.

GFWC clubs and clubwomen are the fabric that binds not only the Federation, but the communities in which they live and work. By Living the Volunteer Spirit, GFWC clubwomen transform lives each day, not simply with monetary donations, but with hands-on tangible projects that provide immediate impact. With a grassroots approach that often thinks locally but impacts globally, GFWC, its clubs and members remain committed to serving as a force for global good, as it has done since its formation 125 years ago.

With nearly 100,000 members in affiliated clubs in every state, the District of Columbia, and more than a dozen countries, GFWC members work in their own communities to support the arts, preserve natural resources, advance education, promote healthy lifestyles, encourage civic involvement, and work toward world peace and understanding.

GFWC Headquarters



GFWC Headquarters is a National Historic Landmark located at 1734 N Street, NW in Washington DC. The building became GFWC's official headquarters in 1922, and its historic Victorian style has been maintained through generous contributions from members and friends. Headquarters serves as the working offices for the GFWC International President and staff, but it is so much more. It is also the home of the Women's History and Resource Center, which collects, preserves, interprets, and promotes the history of GFWC and women volunteers.

Headquarters is the literal home to the GFWC International President during her two-year administration, with residences occupying the upper floors. Headquarters serves as host to events, such as the annual Women's History Month event and Holiday Open House, and the property houses the popular Iron Gate Inn Restaurant.

Ernie Shriner, GFWC Women's Civic League of Cheyenne active member, was International President of GFWC for the term 2004-2006, and resided at GFWC Headquarters for those two years.

Affiliates of GFWC are located in Aruba, The Bahamas, Bermuda, Brazil, Cyprus, Mexico, Netherlands Antilles, Peru, The Philippines, Taiwan, and Ukraine.

Your Civic League membership dues include membership dues for GFWC and GFWC-Wyoming.

First Vice-President

Katherine Van Dell



Lou Ann Montgomery is the featured speaker for the February General Membership meeting. **February is National Women's Heart Health Month** and Ms. Montgomery will speak on the issue, "Heart Health for Women-Prevention is Key!" Ms. Montgomery is a health coach in Laramie and sister to our member, Connie Glassman. She will bring pamphlets with important information and will be able to answer any questions you may have. The color red symbolizes heart health for women and I hope that we fill the Country Club with members dressed in red. Please consider bringing guests to this meeting who are potentially interested in joining the club.

March is Women's History Month, with March 8 being International Women's Day. Brigadier General Kathy Wright will be the featured speaker at the March 9 General Membership meeting (Holiday Inn). She will speak on "The Oil in Your Lamp." I am asking that members wear their favorite hat to this meeting. It is always so much fun to see the various styles of head wear. Members are also encouraged to invite guests to the March meeting, especially those that have expressed an interest in club membership.



Wendy Owen, Membership Co-Chair, has e-mailed the membership asking that members invite prospective members to both the February and March General Membership meetings. I hope that many of you are planning to do this.

I look forward to seeing you at Wednesday's luncheon meeting at the Country Club.

Second Vice-President

Patti Reese

See you at the February General Membership meeting!
February 10, 2016 – Cheyenne Country Club
11:30 am-Social; 12:00 noon-Lunch, Meeting, and Program



Buck\$ for Bags

Trish Peoples and Flo Beville, Chairwomen

February FUNdraiser for GFWC-Wyoming

Ladies, don't forget to bring your HEAVY purses to the February General Membership meeting.

We will have a table set up to weigh your purse.
A Buck will be charged for each pound.

(Participation is strictly voluntary.)

Let's have some fun, shall we?
Thank you!



Community Service Program Committee Reports

Education Community Service Program Subcommittee

Phyllis Salzburg, Chair
Ann Norwood, Co-Chair

Do you know any high school graduating seniors who plan to attend UW, or a Wyoming college or technical school? If you do, be sure to tell them about the WCLC scholarships application, available on our website. Deadline for application is March 15.

WCLC Website: www.womenscivicleaguecheyenne.org (select "Scholarships")

Military Outreach Subcommittee

Flo Beville, Chair
Mary Lee Dixon, Co-Chair

The Military Outreach Committee held its first face-to-face meeting on January 13.

It was great to have additional members attend: Julie Gleim, Carol Horam, and Phyllis Salzburg.

The committee approved the expenditure of \$500 for batting for Quilts of Valor, and \$500 to purchase fleece for blankets. The blankets are being made by 911 dispatchers, and will be given to Laramie County children whose parent(s) are deploying.

More exciting plans are in the works for the month of February. Stay tuned.

Senior Services Subcommittee

Marsha Temte, Chair

Senior Services was busy in January. It was voted on that we will adopt Granite Rehabilitation & Wellness Center. We will be visiting with residents and supplying books and DVDs to the library for their enjoyment. We will also be supporting with various activities.

We also are purchasing a large print Reader's Digest subscription for each nursing home in Cheyenne, for inclusion in their respective library.

Next meeting of the committee will be February 18, beginning at 1 pm at Barnes & Noble Bookstore.



Substance Abuse Awareness Subcommittee

Earleen Weaver, Chair

Teresa Kunkel, Co-Chair

The committee recently participated in a project for Drug and Alcohol Facts Week, with the Rx Abuse Stakeholders. We assembled 480 cookies from Eileen's Colossal Cookies with a Drug and Alcohol Facts sheet and distributed them to St. Mary's School, Noah Webster Christian Academy, the PODER Academy, and School District Number 2. The focus was on grades 4 through 8.

We are also getting ready to start another project that will supply funeral homes in the area with information that can be distributed to families that have lost a loved one (with regard to disposing unused medication).

A Bit about Wyoming Rx Abuse Stakeholders



The Wyoming Rx Abuse Stakeholders (RAS) is a non-profit group funded through grants and donations. RAS advocates for the appropriate use of prescription medication by increasing awareness, providing education, and impacting policy among the public, health care professionals, and law enforcement in order to prevent the misuse, abuse, and diversion of prescription medications.

Want to know more? Visit the RAS website: <http://www.wyrxabusestakeholders.com>

Youth and Family Services Subcommittee

Connie Glassman, Chair

Linda Borchert, Co-Chair



Youth and Family Services will meet on Wednesday, February 10, at 11:00 am (prior to the General Membership meeting) at the Country Club. All WCLC members are welcome to participate in our committee meeting. Please plan to arrive at 11:00 am so we can have a quick but decisive meeting.

Thanks for your participation and dedication to the Youth and Family Services Committee.

As part of the Home Life "umbrella" that Women's Issues and Youth and Family Services are under, Trish Peoples and I have agreed that our committees will support the anti-bullying efforts in LCSD #1 as part of the Creating a Culture of Caring in our Community. We are each donating \$100 from our funds to support their parade in April. The students will be making bracelets using our donations. Also, we are invited to participate in the parade which begins at the Depot and ends at the Capitol Building. All Civic League members are invited to walk in the parade, so watch for later announcements of parade plans.

The committee has also dedicated money to the Unaccompanied Youth Initiative (\$500) and Holly's Pillows (\$500) in support of their programs. To date, 15 pillows and blankets have been purchased by Phyllis Salzburg and Mary Lee Dixon respectively, and Katherine Van Dell has purchased the material for 11 pillowcases. Material is still needed for the remaining four pillow cases. If anyone has appropriate material they wish to donate, please contact Connie Glassman. We will be finalizing plans for Holly's Pillows and the social sewing session at our 11:00 am meeting (just prior to the February General Membership meeting).

Stacy Strasser with the Unaccompanied Youth Initiative sent the measurements of the window treatments for the home. There are six bedroom windows and two living room windows. Plans to purchase them will also be made at our February meeting.

Women's Issues Subcommittee

Trish Peoples, Chair

Women's Issues will have a short meeting at 10:30 am at the Country Club, just prior to the General Membership meeting on Wednesday, February 10. Hope to see you there; all members of Women's Civic League are invited to attend.

What is an acrostic valentine?

A valentine that had verses in which the first lines spelled out the loved one's name.



Needs, Inc. "Can Man" Program

Charlene Baktamarian (aka Mrs. Peanut)

Please bring your donations of peanut butter and jelly to the February General Membership meeting.



Corresponding Secretary

Barb Kuzma

Cards sent to WCLC members during the month of December:



Mary King
Shelley Herr
Family of Carol Smith
Bev Dowling and
Margaret Cox
Alice Hild Farris
Denise Dijkstal
Sherri Geringer
Brenda Laird

Get Well Soon
Get Well Soon
Sympathy (*Carol died Dec 26*)

Thinking of You

Thinking of You

Thinking of You

Get Well Soon

Congratulations

*Retirement & Lifetime Achievement
Award for Service (LCCC)*

Remember! E-mail or call Barb Kuzma any time a member should receive a card from Women's Civic League...for any reason.

E-mail: kuz001@aol.com Cell phone: 630-1070



Christmas House

Nancy Kaufman, Karen Kent, & Tandie Opsal, Chairwomen

Flo Beville, Administrative Assistant

Traditions



We are so excited for Christmas House 2016! Planning has been underway for over a month and we can't wait to announce the location of this beautiful home. We want to thank all of you who have graciously volunteered to either chair a room or work in those essential behind-the-scene positions. We just need a few more wonderful ladies to help with a couple of positions yet to be filled.

Are you a new member and maybe just don't know how to get involved? Maybe you're an associate who wants to be more involved with Christmas House than you have been lately. Perhaps you have been on a Christmas-House-chairing hiatus but you are kicking around the idea of chairing again. We want to encourage all of you to please let us know if you want to add your talents to Christmas House 2016. Some members have contacted us with specific projects they want to make but not chair and others are chairing a position they've never done before. We welcome all who want to play in our "Traditions" theme year-long journey to fundraising for our community.

(1) We are still looking for someone to chair the Kitchen. This would be a good position for a sponsor and their new member or members. Most workshops are already organized for you! (2) We need a go-getter who can handle cold weather with a smile to organize the Christmas Parade entry. (3) Do you love art and have an eye for pricing it? Then we would love you to be the chair of the Art Gallery. We have a wonderful space with track lighting and lots of room! (4) Maybe you love a beautifully set dining room table and know just how to create that **wow** effect. We have a lovely dining room waiting for you. If you and a friend want to Co-Chair a room we want you, as well.

As a way of thanking our chairs we have some surprise incentives you will love.

Please don't think you don't have a skill or talent that we can't use. We will certainly utilize your strengths to benefit the success of Christmas House and ultimately the community's success. So don't be shy and contact Nancy Kaufman, Karen Kent, Tandie Opsal, or Flo Beville today! We look forward to hearing from you.

WCLC Needs and Wants

Please bring your donations to the February General Membership meeting:

Area:
Can Man Program
Youth and Family
Services Subcommittee

Responsible Member:
Charlene Baktamarian, Chair
Connie Glassman, Chair

Requested Donations:
Jars of Peanut Butter and Jelly
Material appropriate for pillowcases

Membership

Wendy Owen and Tandie Opsal



Join us for the February General Membership meeting where we will be celebrating "Mardi Gras for Membership." Please consider bringing a prospective member or two to our February and/or March meetings. (Let Wendy and Tandie know they are coming so we can meet them and provide them with the appropriate membership information.)

WCLC Membership Recruiting Event:

When: Saturday, February 27, 2016

Where: Infused Buttercream Cupcakery, 112 E. 17th St., Cheyenne

Time: 3:30 to 5:00 pm

All WCLC members are invited to attend and bring a prospective new member. The cost is \$6.00 per person. (Members, please pay for your guests.) Cost includes cupcakes and tea.

We are also asking all attendees to bring a warm scarf, hat, mitten, or gloves to be taken to the Coalition for the Homeless...as our volunteer project for the day.

Fun, food, fellowship, and volunteer work. What could be better!!!

Please RSVP for you and your guest(s) by Sunday, February 21, before 12 noon. RSVP to Wendy Owen, sewbusy3@gmail.com, or call Wendy at 635-7400.

WCLC Dues Reminder:

Dues of \$50.00 for all WCLC Associate, Active, and Inactive members are due no later than the April 13, 2016 General Membership meeting. Please bring your dues on or before that date and give them to the WCLC Treasurer, Fran Smyth. Or mail your dues to Fran Smyth, 217 Crestline Ave, Cheyenne, WY 82009. This is your DUES REMINDER. Please be prompt and pay on time!

New Member!!!

Thanks to our wonderful WCLC past president and past state president, Pam Crochet, we have a brand new member. Her name is Kelly Dalton. We will be introducing her to our membership at the February General Membership meeting. Come meet Kelly and welcome her to our wonderful organization. Please add her contact information in your yearbooks. There is a note section at the end of the yellow pages which is just perfect for adding new member information. Write small though because we have three new members to be announced in March and, hopefully, many more in April.

Member Yearbooks

Trish Peoples, Chair

Yearbook Updates

Yearbook Section	Name & Page #	Update
Active Member	Kelly Dalton (new member)	909 Foyer Ave. 632-3699 ekamdalton@earthlink.net
	Carrie Westling, 58	New E-Mail: carriewestling2012@gmail.com

Need a Yearbook update included in the next issue of Kaleidoscope? E-mail Joyce.Bailey33@gmail.com

Featured Recipe

30-Minute! White Chicken Chili

The trick to this recipe taking only 30 minutes to prepare is to use a store-purchased rotisserie chicken.

3 Tbsp olive oil
3 cups sweet Vidalia or yellow onions,
peeled and diced small (about 2 medium onions)
1 small jalapeno pepper with seeds removed,
Diced very small
7-oz can mild green chiles (do not drain)
2 garlic cloves, peeled and finely minced
32 oz (4 cups) chicken broth
4-5 cups cooked/shredded chicken
3 15-oz cans cannellini beans, drained and rinsed
(reserve 1 cup—see * below)

1 Tbsp lime juice
1 Tbsp cumin
1 tsp chili powder
1 tsp dried oregano
1 tsp salt, or to taste
1 tsp coarse black pepper
½ tsp green pepper flakes
1/8 tsp cayenne pepper, optional
Tortilla strips, diced avocado, shredded Monterey
Jack cheese, and/or sour cream; all are optional for
garnishing



*Add one cup of the cannellini beans to a food processor or blender, add a splash of chicken broth and blend until smooth; mixture should be thick. When you add the beans to the pot (below), add this blended bean mixture at the same time.

To a large Dutch oven or stockpot, add olive oil and heat over medium-high heat until warm.

Add onion, diced jalapeno, and green chiles. Sauté until vegetables are soft and fragrant (about 5 min), stirring intermittently. Add garlic and sauté for another 1-2 minutes, stirring intermittently.

Add chicken broth, chicken, cannellini beans (including whole beans and blended bean mixture), lime juice, cumin, chili powder, oregano, salt, pepper, green pepper flakes, and optional cayenne pepper. Bring to a boil. Allow mixture to boil gently for about 7 to 10 minutes. For thinner chili, add additional chicken broth. For thicker chili, allow mixture to boil longer and reduce until desired thickness is reached. Taste chili and add additional salt and/or pepper, if needed.

Ladle chili into bowls, and garnish with tortilla strips, avocado, cheese, and sour cream; serve immediately. Chili will keep, if airtight, in the refrigerator for 3-4 days or in the freezer for up to 6 months.

Yield: 8-10 servings

Know your White Beans

Cannellini, Great Northern, and Navy are three popular types of white beans. What's the difference?

Cannellini beans are large and have that traditional kidney shape. With a slightly nutty taste and mild earthiness, they have a relatively thin skin and tender, creamy flesh. They hold their shape well and are one of the best white beans for salads and ragouts.

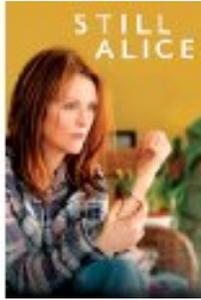
Great Northern beans are smaller than cannellinis and are suitable for any number of uses: salads, soups, stews, ragouts, purees. Their texture is slightly grainy, with a nutty, dense flavor. Popular in North America, Great Northerns look like white baby lima beans.

Navy beans are small and oval and cook relatively quickly. Navy beans are perfect for dishes that don't need the full bean shape to shine: purees, soups, stews, baked beans.

It's great to know the differences between the three. Truthfully, though, when using canned white beans, cooks use these three white beans almost interchangeably.

"Know your White Beans" Source: CookThink.com

ESO Book Club
Lucy Russell, Chair
Heather Dodson, Co-Chair



We reported to the state this past year 301 books read, with eight members reporting. We would sure like to have more reports next year. Book report forms will be on the tables at the February General Membership meeting. Please take them and start reporting the books you read.

Book club members are currently reading Still Alice by Lisa Genova. The Book Club meeting will be held on Monday, February 15, beginning at 9:15 am at Barnes & Noble. We hope that more of you can join us for the meeting. It is fun to discuss the book and to get to know each other better. We want to thank those who have been attending.

How many "kisses" are made each day by Hershey's?
Over 80 million!

Club Websites!

GFWC: www.GFWC.org
GFWC-Wyoming: <http://www.gfwcwyoming.org>
GFWC Women's Civic League of Cheyenne: <http://www.womenscivicleaguecheyenne.org>
Christmas House Facebook page: GFWC Women's Civic League of Cheyenne

How do you say "I love you" in Italy? (Ti amo!)

Group e-Mails

GFWC Women's Civic League of Cheyenne: wclcmembers@googlegroups.com
WCLC social group (non-club topics): wclcsocial@googlegroups.com
WCLC Board of Directors: wclcboard@googlegroups.com

"Te Ovele Ouye" is *I Love You* in what language?
Pig Latin

What percent of pet owners give their pets a gift on Valentine's Day?
3%

In the U.S., it is estimated that 64% of men don't make plans
in advance for a romantic Valentine's Day with their sweethearts.



GFWC-Wyoming

Ann Adragna Norwood, GFWC-W President

Dear GFWC-W Friends,

We are “gearing up” to celebrate the **111th GFWC-W State Convention** to be held on Friday, April 22, and Saturday, April 23, in Rock Springs. The theme for our convention is “GFWC-W: Embracing Our Cultural Diversity and Traveling the Globe.” We will be celebrating our different ethnic backgrounds and cultures around the globe, as well as related travel. Our cultural diversity is yet one other way we are each unique yet unified, reflective of our motto: “Unity in Diversity.” It will be a convention with an international flare! The “Call to Convention” is included in this newsletter mailing and contains all the pertinent information; therefore, I will not reiterate the details; however, I encourage all of you to mark your calendars for a special, informative, fun-filled convention. Please note the Pre-Registration Date of April 10. Be there to welcome our GFWC Second-Vice President, Marian St. Clair, as our Keynote presenter, attend the Installation Ceremony and Reception, and be sure to participate in one of the many state contests inclusive of Art, Hobbies, Crafts, Sewing, Writing, and Photography. I know the talent that exists in all of our members so take this opportunity to let it shine!

My thank you goes out to all of our Club Presidents for their phenomenal work on their **Club President Reports!** When you see Pat Stenback, give her a big “pat on the back” for a job well done! We have received reports from eight of our nine clubs. Now that is a remarkable response. Thank you to the Junioresettes, Twenty-First Century Club, Yoder Woman’s Club, Casper Active Service Club, Women’s Civic League, X-JWC, Laramie Woman’s Club, and Woman’s Club of Rock Springs! You make us proud. We are proud of all of the outstanding work done by each and every member of this organization and these reports reflect the incredible work accomplished by our membership. Thank you to every member of GFWC-W for your remarkable volunteerism and spirit! State Chairmen will soon be busily working on their reports, due to GFWC National Chairmen. Your very own State President, little ole’ Annie, will be working diligently, as well, on the various reports that are the State President’s responsibility to complete in March and April. Thus, together we will meet our goals and proudly represent Wyoming at the International GFWC Convention in June.

The **State President Service Project** for the months of February and March is on behalf of the Wyoming Women’s Center (WWC) in Lusk. We will be collecting gift cards and funds to purchase steel-toed boots and welding helmets for 10 women graduating from their Welding Program. Upon requesting some way that we could assist the ladies at the WWC, Julie Tennant-Caine, a former member of WCLC who works closely with this facility, provided this wonderful suggestion. Helmets cost \$69.73 each and boot costs range from \$49.14 to \$67.36 depending on the type. When inmates are released from the WWC, they receive very little funds which they need to use to secure living arrangements. Per Julie and the WWC, the gift of these boots and helmets would be invaluable! Please read the article following mine about this program so that you are acquainted with the benefits of this welding program for these women.



Due to the varying sizes of boots and for ease of our members throughout the state, I am requesting that gift cards from Amazon.com and/or funds be mailed directly to me at 756 Oakhurst Drive, Cheyenne, Wyoming 82001 with a deadline of March 30. Julie or I will purchase the requested items and I will report the results to our membership. As always, I am grateful for your kind generosity in helping communities in our state.

Julie also extended an invitation to any of our club members who would be interested in attending the graduation of these women. Please notify me at cheyanny@gmail.com should you have an interest. We will then provide information regarding the graduation date, time, and other details.

GFWC-Wyoming continued...

Be sure to **wear RED** at the **February General Membership meeting** to help increase awareness of how women can lead healthy lives and prevent heart attacks, the #1 killer of women. Our GFWC Partner, The Heart Truth, has an interactive challenge designed to help you lower your risk for heart disease. Take action today and protect your heart. Take the heart #MyHeart Challenge by accessing News and Notes on the GFWC.org website and selecting the link.

One Billion Rising began on Valentine's Day 2012 and continues today in its goal to end violence against women. As you know, one in three women will be raped or beaten in her lifetime according to United Nations' statistics. Women across the world will join together on Sunday, February 14, to demand an end to violence against women and girls by dancing and rising up.

Also be aware that February is **Teen Dating Violence Awareness Month** so it is a good time to increase awareness about the problems that exist in each of our communities. To learn more and find an event hosted by One Billion Rising in your or a nearby community, visit www.onebillionrising.org/events.

If you are planning to attend the GFWC International Convention being held in Baltimore, Maryland June 23-29, access the gfwc.org website. Registration begins March 1, 2016. The Keynote Speaker for the Convention is Suzy Toronto, an artist and author. You can learn more about Suzy at suzytoronto.com.

Wyoming Women's Center Welding Program (WWC)

Julie Tennant-Caine



The Wyoming Department of Corrections rolled out its mobile welding lab in late 2010. The welding lab, a fully equipped semitrailer, is shared by three facilities, including WWC, which limits the time the lab is available at each facility. WWC started their welding program in 2013 when an instructor was hired. Max Garlock has worked tirelessly to provide eligible female inmates with great welding skills and a college certificate when they successfully complete all required coursework. The courses are provided as college credit through an agreement with Eastern Wyoming College. Garlock is an adjunct instructor and is paid by WDOC. Under the agreement there is no additional cost for tuition for the inmates.

Under a grant, WDOC purchased some portable welders for use when the trailer is not on site. This does not allow WWC to offer the full course, but provides additional opportunities for inmates to practice and improve their welding skills while the welding trailer is being utilized at another facility. The inmates are able to provide some repairs and fabricate products the facility needs.

Welding is a non-traditional career for females, but an opportunity for them to gain skills for employment. It also affords the women a chance to make a higher wage not generally associated with more typical employment available to releasing offenders. Many of our inmates have never had an opportunity to explore a non-traditional career. They must have a high school diploma or high school equivalency (GED or HiSET) and take an aptitude/attitude assessment prior to enrolling in the course. They must be within 18-24 months of release from prison in order to learn and maintain their skills prior to release. Department of Workforce Services is aware WDOC offers this training and assists offenders in finding appropriate employment when released.

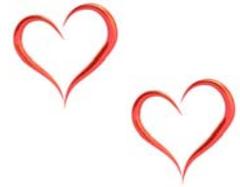
WDOC is working on a tracking system for offenders post release to identify their employment post release, but anecdotal information from inmates completing the welding certificate is positive. Many call back and let their instructors know they obtained employment.

According to Mike Quillen, WWC Education Manager, "The ladies enjoy the program and view it as something that will increase their chances of employment in a job that is better than minimum wage, where they will be able to support themselves and their family once they are out."

Valentine's Day Turtle Bark

1 16-oz pkg chocolate almond bark or candy melts
(chocolate chips are not recommended)
1 Tbsp shortening (if needed)
1 11-oz package Kraft Caramel Bits
1½ cups fried pecan pieces*

Melted white chocolate, *optional*



Line a large cookie sheet with parchment paper or waxed paper. Melt chocolate in a double boiler or microwave, according to package directions, adding shortening if chocolate seems thick. Add in caramel bits and pecans, stirring just to coat. Pour onto cookie sheet, spread to desired thickness. Allow the chocolate to set, but not harden completely (15 minutes in the fridge should do it). Cut to desired size bars. Store in airtight container in a cool location (not the refrigerator).

Optional: For a finished look, drizzle a little melted white (or pink?) chocolate on the top of the finished bark, prior to cooling. Keep in mind, white chocolate melts more quickly, and also burns more quickly.

* To prepare fried pecan pieces:

- Place a large frying pan on the stove top and turn to medium high heat.
- As soon as the pan has warmed up, spread the nuts evenly in the pan. (No need to add oil because the nuts already have enough oil to be able to be roasted.)
- Stir often until the nuts begin to smell fragrant. Immediately remove pan from heat and pecans from pan.
- While frying, watch the nuts carefully because they can burn very quickly.

Alternative: I have also used store-bought roasted, salted pecans (instead of fried pecans) and like the added flavor of the salt in this recipe.

Don't forget to share... after all, you made this for your special Valentine!

Bailey's Brownie Mix in a Jar For Valentine's Day Gift Giving



¾ cup all-purpose flour
½ tsp baking powder
½ tsp salt
½ cup baking cocoa
¾ cup granulated sugar

½ cup packed brown sugar
¼ cup white baking chips
¼ cup semi-sweet chocolate morsels
¾ cup chopped pecans
1 mini bottle (50 ml) Bailey's Irish Cream

Layer all ingredients, except Bailey's, in order listed in a 1-quart jar with screw-on lid. Attach Bailey's to jar with red ribbon.

Attach these directions: *Heat oven to 350°. Grease bottom only of square pan (8x8x2 or 9x9x2 inches) with shortening. Melt ½ cup butter or margarine. Beat melted butter, 2 eggs, and the Bailey's Irish Cream in medium bowl with spoon until blended. Stir in Bailey's Brownie Mix. Spread batter in pan. Bake 8-inch pan 30 to 35 minutes, 9-inch pan 25 to 30 minutes, or until dry around edges and toothpick inserted in center comes out almost clean. Cool completely, about 1 hour. Cut into 4 rows by 4 rows. Makes 16 brownies.*

**What does a tulip represent?
"I will love you forever"**

Wander through Way Back

Joyce Bailey, Historian

Christmas House 1976

Club President: Joan Carroll

Christmas House Chair: Joann Sigler / Co-Chair: Kay Ross

Christmas House 1976 was presented in Wyoming's original Governors' Mansion. The mansion was vacated by Governor and Mrs. Ed Herschler in the fall and the State Museum was most anxious to have Women's Civic League use it as Christmas House to open it as a Historical Home. It seemed appropriate in the Bicentennial year to reach back in Wyoming's history and share in the Mansion's rededication.

Joan Carroll, Kay Ross, and Joann Sigler discussed the possibility of a special theme for Christmas House, such as an international theme or Disney's "It's a small, small world." However, it was decided that the room chairwomen working within the framework of Christmas had enough to worry about and didn't need any more limitations. It was decided that a very general theme might work.

Tickets were \$1.50 for the house and 50 cents for the raffle.

The kitchen was helped out by the Gourmet groups baking for them and settling up of funds to pay for ingredients for anyone wishing to bake in large quantities. It was suggested that *"perhaps the kitchen committee could have bake workshops."*

Joann Sigler reported that *"We found that if a record player and/or tape system is available, Christmas music throughout the house is very nice."*

Joann also reported that *"For me, personally, Christmas House was a fun and rewarding experience. Kay was so delightful to work with and served in so many ways. I feel that this job does require two people."*

Civic League has every right to be proud of what they are doing to make Cheyenne a better place in which to live. The proceeds from Christmas House 1976 will touch the lives of many people in our community. The monetary success of our project is great, but I hope each member has derived an even greater personal reward in working with and getting to know the members of Civic League."

Dearest Joann, we couldn't have said it better.

CIP Committee Awards (Christmas House 1976)

Chaired by Shirley Flynn and Kay Jessen

Junior League Ball Park	2,000
Meals on Wheels	1,600
Child Abuse Program	1,000
Civic Auditorium	1,000
Frontier Days Committee (Carriage Restoration)	1,000
Historic Governors' Mansion	1,000
YWCA	1,000
Scholarships	900
Crime Prevention Program	500
Youth Services	400
Special Friends	200
Trees – Brimmer Park	150



Chocolate Salted Caramel Scotcheroos

How long has it been... since **you** had a Scotcheroo? (A “Wander through Way Back” recipe)

Bars

1 cup Karo® Corn Syrup
1/3 cup granulated sugar
1/3 cup packed light brown sugar
1 cup Jif® Salted Caramel Hazelnut Spread
6 cups crispy rice cereal (plain)

Caramel

1/2 cup salted butter
1/2 cup packed light brown sugar
2 Tbsp Karo® Corn Syrup
1/2 cup sweetened condensed milk

Topping

2 cups semisweet chocolate chips



Line a 9 x 9-inch pan with foil and spray with nonstick cooking spray. (For thinner bars, use a 9 x 13-inch pan.) Set aside.

Bars - Cook corn syrup and sugars together in a large saucepan over medium heat, stirring to dissolve sugar. Bring mixture to a low boil and immediately remove from heat. Stir in chocolate hazelnut spread and mix until combined. Add cereal; stir until evenly coated. Pour into prepared pan and press into place. Set aside.

Caramel - In a medium saucepan over low heat, combine butter, brown sugar, corn syrup, and sweetened condensed milk. Bring to a boil while stirring constantly. Allow mixture to remain at a low boil while stirring constantly for about 5 minutes. Pour over bars and allow the bars to cool and the caramel begins to set up.

Topping - Melt chocolate chips in a saucepan over low heat, stirring constantly. Spread over caramel layer. Cool at least 45 minutes, or until firm. Cut into bars.

Q&A: When was hazelnut spread first introduced? The year was 1964.

Salted Caramel Hazelnut Cookies

Makes two dozen cookies... better make two batches—one to eat and one to give away on Feb. 14.



2 1/4 cups all-purpose flour
1 tsp baking soda
1/2 tsp coarse salt
3/4 cup butter, softened
1 cup brown sugar
1/3 cup sugar

1/2 cup Jif® Salted Caramel Hazelnut Spread
2 eggs
1 tsp vanilla
16 oz semisweet chocolate baking wafers
Sea salt for sprinkling

Preheat oven to 350° and line baking sheets with parchment paper.

In a medium bowl mix flour, baking soda, and salt together with a wire whisk. Set aside.

Using a mixer, cream butter, sugars, and hazelnut spread until light and fluffy. Add eggs and vanilla and mix until combined. Add flour and mix on low until incorporated. Stir in chocolate wafers. Chill dough for 30 minutes.

Scoop dough onto parchment paper about two inches apart and sprinkle tops with sea salt. Bake for 10 minutes. Let cool, but enjoy these cookies while chocolate is melty.

**Among girlfriends, wives, mothers, and teachers, who receives the most Valentine's Day cards?
School Teachers!**

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Groundhog Day	3 9:00 am Board of Directors Westgate Clubhouse	4	5 12:00 noon Community Grant Committee Westgate Clubhouse	6
7 Super Bowl  Go Denver Broncos!	8	9	10 Meetings Today at the Country Club: 10:30 am Women's Issues Committee 11:00 am Youth and Family Services Committee General Membership Meeting 11:30 am-Social 12 noon-Lunch Buck\$ for Bags!	11	12	13
14 Valentine's Day 	15 Presidents Day 9:15 am ESO Book Club Barnes & Noble	16	17	18 Senior Services Meeting - 1 pm Barnes & Noble	19	20
21	22	23	24	25	26	27
28	29	Notes: <p>Written Valentines began to appear after 1400.</p> <p>The oldest Valentine in existence was made in the 1400's and is in the British Museum.</p> 				