



# KALEIDOSCOPE

---

## APRIL 2020

---

---

### *President's Message*

---

*Linda Stowers*

Wow! What can happen in a month. Last month we had our Board meeting, our General Membership meeting and a visit to FE Warren and then the sky fell. I'm sure you are all as bewildered as I am with this change of our lives. Going to the grocery store and seeing bare shelves, learning about social distancing, wearing masks, and hoping we are all safe.

I had plenty of TP on hand, but I didn't have Flour, oh my! I decided to do some bread baking in anticipation of workshops I'm planning for Christmas House. What to my surprise, but I didn't have flour, so I did go to the store and the shelves were bare. I went back again and again and finally found flour early on a senior morning. I never thought I would be shopping early in the morning with Seniors, but that is how I found my flour. I've been trying out new recipes so we can fill our Christmas House kitchen with fresh baked bread. Stay tune for some surprising innovations in the art of baking bread.

I also found this to be a good time to clean out cupboards and closets. Did you know that bleach expires? I always thought if you smelled it the bleach was good, but alas it can lose its potency? Making my own Clorox wipes reminded me we didn't always have them. Good ole vinegar, bleach and lemon juice are great cleaners.

I'm sure you have also discovered ways to make do in this time of pandemic, but you have also found time to give and help. Hundreds of masks have been made by our members and many of you are baking for the Comea and Senior Center. Thanks for all you do!

I have found using Zoom gives me the opportunity to have daily coffee with my sister in Texas and see my grandkids across town. I'm hoping we can do some of our business this month via our computers and iPad. I have Hope and Faith that this Fear we are facing will soon be a thing of the past and we will have learned something new to pass on. Enjoy this Easter Season safely!

## *Second Vice-President*

**Marcy Helser**

Unfortunately we have had to cancel our April meeting. We will take a wait and see regarding May.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

### **CGC 2019-20 Christmas House Proceeds**

CASA of Laramie County (Provide shoe vouchers for 40 children)	\$ 2,000.00
Cheyenne Health & Wellness, DBS: Healthworks (Allow dental clinic to upgrade and purchase dental tools)	\$10,000.00
Cheyenne Historic Preservation Board (Create construction documents before terra cotta repair can go out to bid for the Historic Airport Fountain)	\$ 2,000.00
Friends of the Cheyenne Botanic Gardens (Purchase supplies for educational drop-in programs and story times at Paul Smith Children's Village)	\$ 2,000.00
Girls on the Run Wyoming (Provide scholarships for new sites in 2020)	\$ 2,500.00
Cheyenne Animal Shelter (Provide medical care for both shelter animals and area residents who can't afford the cost of care by a veterinarian)	\$ 2,500.00
Rooted in Cheyenne (Fund the planting of a maximum of 10 trees)	\$ 1,000.00
Sleep in Heavenly Peace (to build three beds)	\$ 1,050.00
Cheyenne Capital Chorale (Purchase sheet music)	\$ 500.00
Cheyenne Artists Guild (3 Gary's Gifts at 484.96 per month for a class and art supplies for veterans & gutters for the Guild's building)	\$ 2,800.00
Meals on Wheels (Purchase thermal meal transporter bags)	\$ 5,000.00
Platte River Veterans Fly Fishing (Purchase materials for rod building and fly tying)	\$ 2,000.00
Patriot Guard Riders (Purchase wreaths to place on local veterans' graves)	\$ 2,500.00
Habitat for Humanity of Laramie County (Purchase kitchen and bathroom cabinets for renovated home in the Inaugural Veterans Build Program)	\$ 3,010.91
<b>TOTAL</b>	<b>\$38,860.91</b>

## MEMBERSHIP

Dues for the 2020-2021 club year are due by the April 8, 2020 general membership meeting. With the meeting being cancelled we will need to visit a solution to this problem. In the meantime, the dues are \$50.00 and you can still mail your check to:

WCLC Treasurer  
PO BOX 4062  
Cheyenne, WY 82003

You can also send another check with the Christmas House tickets. \$30 for Active members and \$15 for Associates. We will need 2 checks at this time. I promise we will get this straighten out shortly.

We will keep you posted as to other avenues available and what a new deadline may be.

Trish Palluck  
Membership co-chair

## NOMINATION COMMITTEE

Officer Slate for 2020-21 Club Year. Nominations from the floor would also be taken at the April meeting. If you have anyone you would like to nominate, please send this nomination to Sue Ann Schafer by 5 pm on Wednesday, April 8<sup>th</sup>. Following that date we will be doing an election by e-mail.

### SLATE OF OFFICERS FOR THE 2020-2021 CLUB YEAR

President:	Linda Stowers
1 <sup>st</sup> Vice President:	Pam Hendricks
2 <sup>nd</sup> Vice President:	Sue Ann Shaffer
Treasurer:	Teresa Kunkel
Recording Secretary:	Denise Lathrop
Corresponding Secretary:	Brenda Hart

### Biographies:

#### Brenda Hart:

I am a long-time resident of Cheyenne, not born here, but raised and schooled here. I joined this amazing group of women in 2018, after retiring from nursing and feeling that I could make the commitment to be an active member. I always enjoyed touring Christmas House with my mom and sister in the past but was happy to be on the "other side" the last 2 years. I am currently chair of the Senior Services Committee and get to spend great crafting time with my sister (Trish Palluck) making the table decorations and birthday favors for our monthly meetings. I have been married to a great guy for almost 51 years and we have 2 grown children, 7 grandkids, and 2 great grandkids. Life is good!

Denise Lathrop:

Denise joined Civic League in 2015. In 2016 she was co-chair with Wendy Owen in the Kitchen for Christmas House. She has lived in Cheyenne since 2006 moving here from Nebraska. She was a Speech Pathologist, is retired and now substitutes for Laramie County School District #2. She has belonged to PEO for many years and have held all the offices many times. Her husband, Brent and she have two grown children, Amelia who has two boys with her husband and Eric, who has two girls with his wife. I enjoy reading and cross stitching and going on walks. Denise served as Recording Secretary for the 2019-20 Club Year



Teresa Kunkel:

Teresa Kunkel joined WCLC in 2011. Her sponsor was Chris McCrady. She is married to her husband Ed. They have two sons named Levi and Deke and two grandsons. Levi is the oldest and is married to Aspen. They live in Wellington and have two sons named Clint and Isaiah. Deke lives here in Cheyenne.

In WCLC she has served as past Treasurer and Co-Chair for Youth and Family Services committee and on the State Board as Public Issues Co-Chair for a two-year term.

Teresa earned her BS degree in Business/Accounting from Regis University in 1995.

Teresa worked for the State of Wyoming for 33 years. During those years she worked in accounting for the Department of Revenue and the State Auditor's Office. She worked for the Department of Insurance as an Insurance Examiner for 9 years. The last 10 years she worked as the CFO for the School facilities Department. Teresa also prepared taxes for 20 years. She had her own practice for 12 of those years. She worked for McGee, Hearne and Piaz (1 yr) and H&R Block for 7 years.

She also served on the WyHy Federal Credit Union BOD for 12 years. She held various offices including Treasurer. Teresa was also a member of the Wyoming Association of Public Accountants (WAPA) from 1995-2012.

Teresa enjoys her family, golf and traveling. She also enjoys serving with the ladies of WCLC. Teresa has also served as Treasurer for the 2019-20 Club Year.



Sue Ann Shaffer:

I was born and raised in Laramie, graduating from Laramie High School and the University of Wyoming with a degree in Elementary Education. I married my high school sweetheart. We have been married 54 years. After we were married we moved to Seattle where Roger was a flight test engineer for Boeing and I taught Kindergarten. After returning home with another engineering stint for Roger at UW, we moved to Cheyenne in 1971. We were fortunately graced with a son and a daughter and now two granddaughters.

I joined WCL in 1981, I was Christmas House Chair in 1989 and President in 1995. I interlaced membership with serving on the Session Staff of the House of Representatives for 25 years. After retiring in 2010 I have been able to be able to serve as chair of several committees. Marcy Helser and I joined forces in 2012 to chair Christmas House at Pat and Steve Caldwell's.

WCL has given me the opportunity to make many friends and develop a variety of skills. I like to organize things and would enjoy the challenges of being 2nd Vice President.





Pam Hendricks:

I was born and raised in Cheyenne. Was married for 45 years and have two children and one granddaughter. I retired from Wydot with 35 years of service. I have been a WCLC member for 15 years. During membership, I have been Co-chair of several committees for several years. I was Corresponding Secretary for two years, Recording Secretary for two years and 1st V.P. for 1/2 year. I have helped with several rooms at Christmas House and was room chair several times. I have participated in several WCLC social functions. I enjoy attending all kinds of sporting events, traveling, spending time at our cabin, and, of course, spending time with my family. Pam is currently serving as 1<sup>st</sup> Vice Chair during this Club year to replace Fran Smyth.



Linda Stowers:

I am a Wyoming native and moved to Cheyenne in 1980. I have been a GFWC WCLC member since 2012. My sponsor was Katherine Van Dell. I am currently serving as President and have served as 1<sup>st</sup> Vice President, and 2 years as co-chair of the Youth and Family Services Committee. I served as Co-Chair of Christmas House 2017.

I have a BA from the University of Wyoming in Elementary Education and taught elementary school in Green River for 10 years.

I worked at the Wyoming Department of Education, serving as Director of School Accreditation, and Special Services. I was the Executive Director of the Professional Teaching Standards Board for the State of Wyoming which certified educators in Wyoming and retired from that position in 2006.

I currently work part-time for the National Association of State Directors of Teacher Education and Certification. As their Conference Coordinator and Secretary to the Board of Directors.

I love being a Grandmother to 10 grandchildren and 5 great grandchildren.



## INTERNATIONAL OUTREACH

The International Outreach Committee would like to give thanks to all of our wonderful members who participated in and enjoyed our recent raffle. We made \$195.00 which we will now combine with our remaining funds to help to support International needs. It's always fun to do the raffle and we truly appreciate your support. Thanks again! Cathy McMikle and Judi Loomis



## SUBSTANCE ABUSE

One of the best and most effective actions people can take in curbing drug abuse &/or misuse is to properly dispose of your unused medications. There are three easy ways you can properly dispose of medications safely so as not to cause any potential harm to children, animals or other adults. They are:

1. **Participate in DEA National Drug Take Back Days.** There is one coming up on Saturday, April 25th from 10 am to 2 pm. Local drop-off locations can be found at: <https://takebackday.dea.gov>. This has been postponed so we will keep you posted as to the new date.
2. **Use a year-round drug disposal location.** In Wyoming you can text your county name to 307-370-2086 for local drop-off locations.
3. **Safely dispose of medications at home.** Place your unused medications in a zip lock bag and mix them with an unpalatable substance like kitty litter, coffee grounds or dirt, zip the bag up and throw it away in the trash.

The Substance Abuse Awareness Committee hopes you will take advantage of one, if not all, of the disposal options listed above. These are much safer options for the environment than flushing unused medications down the toilet or throwing them down the drain. These options also reduce the risk of accidental use or ingestion by someone for whom they are not intended, such as children or pets.



## MILITARY SERVICES

WCLC members participated in History on March 12<sup>th</sup> visiting FE Warren and getting the chance to visit with the all Women Missileers at one of the Missile sites. On this date all Women were the Missileers. The event was very worthwhile and gave us all goosebumps.



Breakfast



Mission Briefing



Bus ride to the site

Thanks Joyce Bailey for the pictures and Carolyn Ritschard for setting it up.

## **ESO BOOK CLUB**

### **BOOKS FOR THE YEAR 2019-20**

#### **BOOKS FOR THE YEAR 2019-2020**

May 18- Truly Madly Guilty- Liane Moriarty



## YOUTH AND FAMILY

Youth and Family Services made 40 pillowcases and 40 fleece tie blankets for Holly's Pillows with CASA.





Safe Harbor has to clean and disinfect all toys. Therefore, if you have some clean gently used toys or want to purchase something please do so. Shelley will be happy to collect them at her home. Please remember no small pieces for any age. Thanks Shelley and Pat

## GIVING BACK TO THE COMMUNITY

WCLC members have been giving back to the community these past weeks. There are probably countless ways we have contributed to the committee through other groups but here are some highlights members have shared:

### MASKS

Carolyn Ritschard reported:

#### **72 and still going!**

I have been cutting fabric myself for them and making pockets and nose pieces, so I spend approximately 20-25 minutes per mask from start to finish.

Life Care 12

Fyzical (Physical Therapy clinic) 20

CRMC Foundation 27

VA nurse 2

Public defenders 3

Friends who used to live in Cheyenne have messaged me to request masks:

Nurse in AZ 3 (aiming for 5)

Nurse in IN 3 (aiming for 5)

Taught by daughter Anne to sew—and she has spent 10 hours sewing

The following WCLC ladies have donated items:

Wendy Owen (fabric, bias tape)

Katherine Van Dell (bias tape)

Deb McCann (sewing machine)

Heather Ruby (bias tape)

Deborah Baldwin (bias tape)

I have also had the wonderful opportunity to tutor some people on how to make them via the phone and internet—from Washington state to Florida!



### **Sewing with a purpose**

Heather Jensen reports her daughter is the sewer and has made 37

Deb Phillips reported making 28

Wendy Owen has made 40 and provided material for 40 more

Lucy Pauley has made 15

Cheryl Hubbard has made 10 of a projected 20



I know there are more making masks. We salute you all!!!!

#### Baking:

The Comea Shelter has taken on the preparation of food for the Senior Center as well as the Shelter. They have asked for baked goods, cookies, bars, cakes, brownies, etc for desserts and snacks. If you have time on your hands and would like to bake and deliver them at the shelter, 1504 Stinson, just take them around back and knock on the kitchen door. any time between 9 am to 7 pm. If you want to bake and can't take them, let me know and I will be glad to pick them up and deliver. In addition, if you are baking and need flour let me know. We received 50 lbs from them. Thanks for all you do. Linda

#### OTHER INFORMATION

Trish Peoples has one case of Terri Lynn cashews and one of milk chocolate bridge mix at her house that she was planning to sell at GFWC Wyoming convention which has been cancelled or is on hold at this time. This was to be a fundraiser for the GFWC Million Dollar Club Grand Initiative to benefit GFWC headquarters at 1734 N St. NW in Washington. Trish is offering to sell the 1 pound packages now, \$10 each. She can drop them off at your house and you can mail her a check as she distances herself in consideration of the students at USI and others. She's donating the cases, so all goes to the Million Dollar Club. Email [tlapples@yahoo.com](mailto:tlapples@yahoo.com) or call 637--0131 if you're interested.

Cards to vets are suggested to help lift their spirits. Send to:

Wyoming Veteran  
Veterans Home of Wyoming  
700 Veterans Lane  
Buffalo, WY 82834

#### **GFWC Women's Civic League of Cheyenne**

Linda Stowers, President  
Pam Hendricks, First Vice-President  
Marcy Helser, Second Vice-President  
Denise Lathrop, Recording Secretary  
Marsha Tempte, Corresponding Secretary  
Teresa Kunkel, Treasurer



#### **Kaleidoscope**

Published Monthly  
September thru May  
Linda Stowers, Editor  
[Lpstowers54@gmail.com](mailto:Lpstowers54@gmail.com)