

Wyoming Council for Women's Issues
c/o Wyoming Business Council
214 West 15th Street
Cheyenne, WY 82002

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WYOMING WOMEN RECOGNIZED FOR SERVICE

Sally Ellingson and Shantel Ehlers

From The Sheridan Press February 25, 2004

Sally Ellingson, a social service aide with the Wyoming Department of Family Services, and Shantel Ehlers, Sheridan Senior Center service director, were given this year's Sheridan County Human Service Award February 11 at the Sheridan Center Best Western.

The Council of Social Agencies makes the awards annually to an individual or individuals who have significantly contributed to the community through their career and/or volunteer work.

According to Lynn Gordon, an awards Committee member for 2003, Ellingson and Ehlers were nominated by their peers based on such criteria as meeting service needs, influencing human-service legislation or volunteerism, and outstanding work.

Margaret L. Pilch

Margaret L. Pilch has been selected for inclusion in the 2004 edition of "Who's Who in the World", the New Jersey-based publication.

Ms. Pilch is the owner of Rural Research & Development, a company that researches and writes grants for nonprofit organizations, political subdivisions and government.

Ms. Pilch has 22 years of experience in research and analysis, including volunteer service to the State of Wyoming in 2002 and 2003 as a grant reviewer for the Department of Education and the Department of Health.

Dawn Branaman

From The Sheridan Press March 10, 2004

Volunteers of America employee Dawn Branaman, who works for the Johnson-Sheridan Youth Home in Buffalo, has been named Wyoming Youth Services Association's "Youth Worker of the Year."

Branaman was recently honored at a breakfast in Cheyenne by state legislators from Sheridan and Johnson counties.

In her 10 years as a youth worker at the home, Dawn has touched the lives of nearly 1,200 youth," VOA Wyoming spokeswoman Janell Migrants said.

Debby Lynch, director of Youth Services for Wyoming Alternatives for Youth, said that confidence now helps Branaman help young clients facing "turmoil" in their lives.

"They find comfort in the steady and calm manner in which she deals with even the most difficult family issues. This is hard work, but Dawn does it sincerely and naturally," Lynch said.



Key Facts About Women Business Owners and Their Enterprises

Did you know that between 1997 and 2002, an average of 424 new women-owned firms were started everyday? This translates into 775,000 start-ups per year, and accounting for an estimated 55% of new firm start-ups.

Learn more about the dynamic growth of women-owned businesses on the National Women's Business Council Web site at www.nwbc.gov.

The Growth of Women in the 'Non-Traditional' Industries

From the National Women's Business Council's Newsletter "Engage" March/April 2004

Most members of the women's and small business communities are now well-versed in the recent and impressive trends in women's entrepreneurship: women are starting and growing businesses at twice the rate of their male counterparts, their firms are becoming more economically substantial, and they are just as financially strong and creditworthy as the average U.S. firm. But what many don't know is that increasing numbers of women are starting businesses in what some describe as "non-traditional" industries - industries such as construction, manufacturing and transportation.

While more than two-thirds of women-owned firms are concentrated in the Services and Retail Trade industries, the fastest growth in women's business ownership is found within industries not typically identified with women's entrepreneurship.

According to research from the Center for Women's Business Research, the number of majority-owned, privately-held women-owned firms grew by 14.3% between 1997 and 2002, twice the national average of 7%. Over the same period, employment among women-owned firms grew by 30% and revenues increased by 40%. While the number of women-owned firms grew in nearly every industry, the fastest growth in women's entrepreneurship by far occurred in industries less often associated with women's entrepreneurship - industries such as construction, agriculture, and transportation. While the number of all women-owned firms grew by 14.3% between 1997 and 2002, the number of women-owned firms in non-traditional industries (agriculture, mining, construction, manufacturing, transportation/communications, and wholesale trade) grew by 17.5%. In comparison, the number of women-owned firms in traditional industries (retail trade, finance/insurance/real estate, and services) grew by just 10.4%. Among women-owned firms in non-traditional industries, recent growth has been strongest in construction, with a 35.5% increase in the number of firms between 1997 and 2002. Women-owned agribusiness and transportation/communications firms have grown solidly as well, with 27.2% and 23.6% increases, respectively.

The research also found that women-owned firms in nontraditional--largely goods-producing--industries have higher revenues per firm than women-owned firms in traditional service industries. While the average women-owned firm generated revenues of \$186,000 in 2002, women-owned firms in Wholesale Trade averaged more than \$1.9 million in revenues per firm. Women-owned firms in Manufacturing generated an average of \$956,000; Construction averaged \$617,000; Mining, \$458,000; and Transportation/Communications averaged \$266,000 in revenues per firm. Similarly, women-owned employer firms in non-traditional industries employ more people than do women-owned employer firms in traditional industries. Go to www.nwbc.gov for more information.

WCWI MEMBERS

Safa Suleiman - Judicial District 1
Michell Aldrich - Judicial District 2
Jan Torres - Judicial District 3
Margaret Pilch - Judicial District 4
Marty Coe - Judicial District 5
DaNece Day - Judicial District 6
Merna Riersen - Judicial District 7
Sherrill Helzer - Judicial District 8
Teresa de Groh - At-large
Mary England - At-large
Virginia Romero-Caron - At-large
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Not on our newsletter Mailing List? Submit your mailing address, or E-mail address, to info@wyomingbusiness.org or call 307.777.2800. The WCWI News is a quarterly print publication focused on news and information of value to women in Wyoming.

CHAIR'S COLUMN

Spring has arrived, which means that legislative members have returned home and some of the worst months for weather and driving in Wyoming are finally over. Though at this point, I think we would all agree that regardless of the form, moisture of any kind would be great.

The legislature and Governor Freudenthal supported the efforts of the Wyoming Council for Women's Issues during the legislative session by funding our annual budget generously. Their vote of confidence is a reminder of our responsibility to the children and women of Wyoming to continue to bring issues forward. In an effort to make sure that we are truly representing the issues and concerns that women in Wyoming believe are important, we have commissioned a survey by the University of Wyoming Research Center. Two focus groups were held recently in Casper to provide feedback on the survey instrument that we plan to use. We are hopeful that this survey will provide continued direction and an emphasis on issues that are of most importance to women and children in Wyoming. The survey results should be available by mid-summer.

We are also preparing to deliver a resource directory for women and families in Wyoming. The resources are organized by county and will be helpful in identifying resources that may have been unknown to those new to a community or suddenly finding themselves in need of the services provided. This resource directory will also be on our Council website for those who have computer access.

We look forward to working with you as we continue to address issues that confront women in Wyoming.

A WOMAN'S GUIDE TO A HEALTHY HEART: *The American Heart Association*

You've heard the saying, "Listen to your heart." But what if you don't understand what it's telling you or simply don't pay attention? The American Heart Association wants women to be in touch with their hearts all the time because heart disease and stroke are their No. 1 and No. 3 causes of death.

In February, The American Heart Association launched the "Go Red for Women" campaign in an effort to improve women's heart health by providing education and tools about women and heart disease. The goal is to help women reduce their risk by providing information on healthful eating, physical activity, quitting smoking, maintaining a healthy weight, blood pressure and blood cholesterol and controlling diabetes.

The American Heart Association also advises learning your family's medical history and visiting your doctor to find out if you are at risk for heart disease

or stroke. If a healthy diet and regular physical activity aren't enough, ask your doctor about medication and take it as prescribed.

"Heart disease, stroke and other cardiovascular diseases claim more women's lives each year than the next five causes of death combined, and nearly twice as many as all forms of cancer, including breast cancer," said Alice Jacobs, M.D., president-elect of the American Heart Association. "We believe 'Go Red for Women' will raise women's awareness of this major health problem."

The message of heart health and awareness is an important one – not just one month out of a year, but year round. Please visit the American Heart Association website for more information www.americanheart.org.



HEALTHY HEART GOALS FOR WOMEN

Total Cholesterol:	Less than 200 mg/dL
LDL (Bad) Cholesterol:	Goals Vary For people who don't have heart disease and one or no risk factors, the goal is less than 160 mg/dL. For most people with two or more risk factors, the goal is less than 130 mg/dL. For people who have heart disease, or diabetes, the goal is to keep the LDL below 100 mg/dL.
HDL (Good) Cholesterol:	50 mg/dL or higher
Triglycerides:	Less than 150 mg/dL
Blood Pressure:	Less than 120.80 mmHg
Fasting Glucose:	Less than 100 mg/dL
Body Mass Index:	Less than 25 Kg/m2
Waist:	Less than 35 inches
Physical Activity:	A minimum of 30 minutes most days, if not all days of the week.

UPCOMING EVENTS

JUNE 2004

Friday, June 11, 2004

The International Market Access Grant Program will be in Sheridan. For more information about the training, call 307-777-6578 or visit the website, www.wyomingbusiness.org.

Tuesday-Thursday, June 22-24, 2004

The Women's Business Enterprise National Council Conference: Women in Business 2004: Sharing the Vision will take place in New Orleans, LA. To register, visit the website, www.wbenc.org.

For all of the Wyoming Women's Business Center's summer events, visit the WWBC website, <http://www.wyomingwomen.org/>.

JULY 2004

Tuesday-Saturday, July 13-17, 2004

2004 Business and Professional Women/USA & BPW Foundation National Conference in Ft. Lauderdale, FL. For more information, visit the website, <http://www.bpwusa.org/>.

AUGUST 2004

Saturday, August 28, 2004

The 9th Annual Komen Wyoming Race for the Cure® will start at the Capitol in Cheyenne. Race Day registration begins at 6:30 a.m. and ends at 7:30 a.m. The public can register for the Race for the Cure online at, http://komenwyoming.org/race_for_the_cure.html or complete the paperwork and return to Komen Wyoming Race for the Cure®, P.O. Box 20594, Cheyenne, Wyoming or drop off at Foot of the Rockies, 1740 Dell Range Blvd. in Cheyenne.

WYOMING RACES FOR THE CURE



Wyoming will walk to find help find a cure for breast cancer at the 9th Annual Komen Wyoming Race for the Cure® on August 28 starting at 8:25 a.m. at the Capitol Building in Cheyenne.

Race Day registration begins at 6:30 a.m. and ends at 7:30 a.m. The race will take place regardless of weather conditions. Participants in the race can compete singly or in groups. Groups can get together with five or more friends, co-workers or classmates to form a race team or can challenge others to get an even bigger team.

In celebration of the 20th Anniversary of the Komen Race for the Cure® series, the foundation is currently challenging groups to form a team of 20. The teams can consist of runners and walkers. The team that raises the most money will receive the grand prize trophy. The top three teams will receive recognition trophies.

Race for the Cure's mission is, "To eradicate breast cancer as a life threatening disease by advancing research, education, screening and treatment." To fulfill this mission, the Wyoming Affiliate of the Susan G. Komen Breast Cancer Foundation was established in 1996. Last year the organization granted over \$230,000 throughout the state of Wyoming to fight this disease. Proceeds are raised through the annual Komen Wyoming Race for the Cure® and other events and donations.

Donations granted on behalf of the organization fund breast cancer awareness, education and detection programs. Seventy-five percent of net proceeds raised stay in Wyoming. The remaining twenty-five percent supports national breast cancer research.

The public can register for the Race for the Cure online at, http://komenwyoming.org/race_for_the_cure.html. Participants can also register for the race by returning the completed paperwork together with the entry fees and donations in one envelope to Komen Wyoming Race for the Cure®, P.O. Box 20594, Cheyenne, Wyoming or drop off at Foot of the Rockies, 1740 Dell Range Blvd. in Cheyenne. The deadline for team registration is August 1.

Team Bundles, which include t-shirts and bibs, may be picked up prior to the Race at Foot of the Rockies, 1740 Dell Range Blvd. in Cheyenne August 9-15 during store hours or on Race Day at the Registration Booth.

All breast cancer survivors are invited to a special breakfast on Race Day at 7:00 am in the Survivor Area of the race.

The Susan G. Komen Breast Cancer Foundation was founded in 1982 in Dallas by Nancy Brinker in memory of her sister, Susan G. Komen, who died in 1980 at the age of 36 after a three-year struggle with breast cancer. The foundation is an international organization with a network of volunteers working through local affiliates to fulfill the mission of the foundation.

The Susan G. Komen Breast Cancer Foundation is one of the nation's largest private funding sources dedicated solely to breast cancer. It offers a National Toll-Free Breast Care Helpline, 1-800-I'M AWARE®, (462-9273) that is staffed by trained, caring volunteers. The primary focus of the Helpline is to educate women about breast care and to assist those whose lives have been touched by breast cancer.