

Wyoming Council for Women's Issues
c/o Wyoming Business Council
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Cheyenne, WY 82002

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WCWI NEWS

WCWI WYOMING COUNCIL FOR WOMEN'S ISSUES www.wyomingbusiness.org/women
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Women of Distinction Awards

The Wyoming Woman of Distinction award will be presented at the 4th Annual Wyoming Women's Conference in Casper on September 13th during the luncheon. This year's nominees are: Marcia Dale (Cheyenne), Jeanne M. Haakinson (Gillette), Sharon M. Humberson (Lingle), Ann Patricia Gapen (Cheyenne), Cindy Knight (Jackson), April Brimmer Kunz (Cheyenne), Linda M. Melcher (Laramie), Lisa M. Velker (Cody), Julie Lehman (Laramie), Kathy Wright (Cheyenne).

Past winners include: 2001-Mary K. Schwoppe (Cheyenne), 2002-Denice Wheeler (Evanston). Nominations remain current for three years.

Deadline Approaching for 2003 ATHENA Award Nominations

Nominations for the 2003 ATHENA Award are still being accepted by the Greater Cheyenne Chamber of Commerce's ATHENA Committee. This award is given to one man or woman in Laramie County who has helped women reach their full leadership potential while finding their own success in business and community efforts. The Award will be presented at the Chamber's November luncheon on Friday, November 7, 2003.

For more information, or to make a nomination, call Angi Harper at 307.778.1404. Deadline for submissions is September 17.

HEALTH

Tobacco Cessation Training Workshop

In Wyoming, 22.2% people smoke cigarettes. The cost to Wyoming is over 106 million dollars including healthcare costs and loss of productivity due to sickness and extra smoke breaks.

The Wyoming Department of Health, Substance Abuse Division with money from the Tobacco Settlement Trust Funds is offering a statewide tobacco cessation training workshop for all healthcare and allied professionals. This workshop will be provided by the Mayo Clinic Nicotine Dependence Center Education Program. For more information, visit: <http://wy.quitnet.com>

Perinatal Health Care Conference in Laramie

The 26th Annual L. Joseph Butterfield Perinatal Conference will be held October 3, 2003 at the Laramie Country Club. This year's conference is titled "Perinatal Care: 2003 Updates and Controversies." The purpose of the conference is to provide a forum for perinatal health care professionals that will enhance and broaden knowledge of current and future perinatal practice. Issues to be addressed include aspects related to antenatal, intrapartum and neonatal care. This conference is intended for healthcare providers.

For more information, contact: Lois Pine; Phone: 307.742.2142 ext. 3726 or Email: loisp@ivinsonhospital.org.

Wyoming Race for a Breast Cancer Cure in Cheyenne

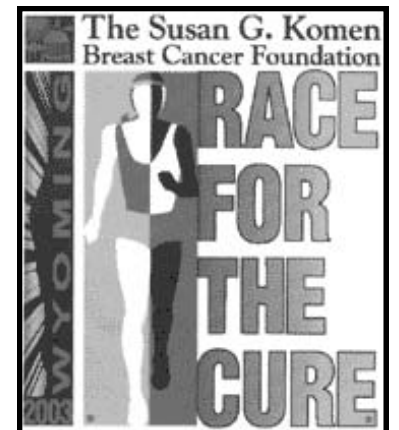
Sign up to walk or run to raise funds for breast cancer research.

The WCWI will once again organize a team for the Saturday August 16th Komen Wyoming "Race for the Cure." You can participate as a runner, walker or as a phantom participant.

Starting Times

6:30 am: Race Day Registration
7:00 am: Breast Cancer Survivor Breakfast
7:00 am: Team Pictures
7:30 am: Deadline for Registration for Racers wishing to be timed.
7:45 am: Survivors' Pictures
8:00 am: Aerobic Warm-up
8:10 am: Phantom Runners
8:25 am: 1 Mile Walk Begins
9:30 am: Awards Ceremony

For more information on the Komen Wyoming "Race for the Cure," visit the new web site at <http://komenwyoming.org> or call 800.204.1332.



5-A-Day the Gardening Way

People who eat at least five servings of fruits and vegetables per day are healthier. Here are some tasty ideas to jumpstart your fruit and vegetable consumption.

- Keep a platter of cool, sliced melons in your refrigerator.
- Cut leftover corn off the cob and use for salads and salsa.
- Grill vegetables as a side dish while you are grilling your main dishes.
- Add vegetables to your favorite pizza.
- Add lettuce, green pepper, tomato, or onion to your favorite sandwich.
- Add fresh fruits and berries to your cereal, pancakes, or French toast.
- Pour 100% fruit or vegetable juice into an ice cube tray to make juice cubes.
- Grill fruit or vegetable skewers for a flavorful BBQ treat.
- Toss fruit into your green salad. Slices of orange, grapefruit, nectarine or apple add extra flavor.

Tips from www.foodandhealth.com.

NATIONAL

Reports from International Women's Policy Research Conference

IWPR held its Seventh International Women's Policy Research Conference, Women Working to Make a Difference, on June 22 through 24 in Washington DC. Here are a few reports that were presented at the conference.

1. Before & After Welfare Reform: The Work and Well-Being of Low-Income Single Parent Families, June 2003; Institute for Women's Policy Research - Avis Jones-DeWeever, Janice Peterson, and Xue Song

This report examines the economic well-being of low-income single parent families before and after the 1996 implementation of welfare reform. The authors find that, following welfare reform, welfare recipients are less likely to have health insurance and be in college. While more recipients are working, they are primarily employed in low-wage occupations. With the Senate poised to take up the issue of welfare reauthorization in the coming months, this report is especially critical.

Go to www.iwpr.org/pdf/D454.pdf.
2. Gender and Economic Security in Retirement, June 2003; Institute for Women's Policy Research - Sunhwa Lee and Lois Shaw

This report explores the major sources of income, including Social Security, earnings, and pensions, for older American men and women. Older women, who generally live longer than men and are more likely to live alone, are more likely to live in poverty and rely more heavily on Social Security than older men. In fact, without Social Security, more than two-thirds of unmarried women living alone would fall into poverty.

Go to www.iwpr.org/pdf/D456.pdf.

Status of Women in Wyoming

The Institute for Women's Policy Research provides an IWPR fact sheet giving national rankings for each state and letter grades on five composite indices: political participation, employment and earnings, economic autonomy, reproductive rights, and health and well-being. Rankings for Wyoming can be viewed at:

www.iwpr.org/states2002/pdfs/FactSheet/WyomingFS.pdf

Get added to the WCWI electronic mailing list!

If you'd like to be added to our email list to receive occasional emails with news briefs and other timely notices pertaining to women, please email info@wyomingbusiness.org and put WCWI LIST in the Subject.

Not on our newsletter Mailing List?

Email your mailing address to info@wyomingbusiness.org or call 307.777.2800 and ask for MARKETING. The WCWI News is a quarterly print publication focused on news and information of value to women in Wyoming.

Chair's Column

Whew---- summer is flying by! Summer is a time of fireworks, bar-b-ques, vacation and the Race for the Cure. As you are planning your summer activities I would encourage you to save Saturday, August 16th to participate in the Race for the Cure in Cheyenne.

While at the Race a couple years ago I ran into friends of ours from high school who were helping to promote the Race because their mother is a breast cancer survivor. I was amazed at the number of people who come from all over Wyoming to walk as a family or to support a fellow co-worker, or in memory of a loved one who died from breast cancer.

According to the Susan G. Komen Breast Cancer Foundation over 12,000 people have gathered in Cheyenne each August to raise awareness and money for breast cancer research. Through these efforts over \$1 million has been raised of which 75% stays in Wyoming! Mammography, screening, community outreach and education are all vital to this effort.

Bring a friend, a sister, a spouse, your mother or even your grandmother. If you are not a runner you can walk or even join in on the festivities and support this effort as a phantom walker. The Wyoming Council for Women's Issues has a team and would like to encourage you to join us. When we all work together we can make a difference for the women and children in Wyoming!

-- Michelle Aldrich, Chair

WCWI Members

Michelle Aldrich (Judicial District 2)
Marty Coe (Judicial District 5)
Teresa de Groh (At-large)
Mary England (At-large)
Sherrill Helzer (Judicial District 8)
Cynthia Chavez Kelly (At-large)
DaNece Koenigs (Judicial District 6)
Cleo Medina (Judicial District 9)
Dr. Margaret Pilch (Judicial District 4)
Merna Rierson (Judicial District 7)
Nina Romero-Caron (At-large)
Safa Suleiman (Judicial District 1)
Jan Torres (Judicial District 3)

Wyoming Business Council Liaison:
Diane Moser 307.777.2800
www.wyomingbusiness.org/women
WCWI13@state.wy.us

Call for Entries

Women artists and innovators are encouraged to submit to the following.

Sculptors Wanted

Who: Outward Westward

What: Invites sculptors to submit proposals for the yearly-juried outdoor sculpture exhibition.

When: Deadline for entries is Nov. 3rd.

Contact: nkehoe@cwcc.edu or go to:
<http://cwcc.edu/departments/art/index.htm>

Social Justice

Who: Shepard Symposium for Social Justice

What: Call for entries that address issues of social justice and specifically address this year's conference theme: "Promoting Justice: Living with Difference."

When: Deadline is December 1st.

Contact: Go to the web site:
<http://outreach.uwyo.edu/conferences/justice>

Western Artists Wanted

Who: Old West Museum

What: Call for entries for the 22nd Annual Western Spirit Art Show and Sale, which is open to anyone submitting Western themed art.

When: Deadline is December 6th.

Where: Old West Museum in Cheyenne

Contact: 307.778.1416

Inventors and Innovators

Who: WYNOT, Wyoming's assistive technology project

What: Accepting proposals from residents of Wyoming who have ideas for new assistive technology designs that would help people with disabilities

Submitted proposals will be considered by UW College of Engineering Students, who will design prototypes from selected proposals.

Contact: 1.800.861.4312.

New Anthology of Wyoming Writing

Deep West: A Literary Tour of Wyoming, is a sampler of contemporary writing from the state. Writers, in their essays and accompanying excerpts from their poetry and fiction, bring new understanding to the American West. Order a copy from your local bookstore, the Wyoming Center for the Book, or from Pronghorn Press at:
www.pronghornpress.org.

UPCOMING

Coming Together For Kids in Cheyenne

The Wyoming Children's Society, in collaboration with Nicholson, Spencer & Associates and the University of Wyoming, is sponsoring two training workshops in Cheyenne, WY, on Friday, October 24th and Saturday, October 25th, 2003, at Little America Resort.

The first - "Community Cross-Systems Training" - is designed to bring together various agencies in the community to address and confront some of the barriers that prevent diverse agencies from working together effectively on behalf of children at risk. This workshop is targeted to child welfare professionals, mental health professionals, therapists, counselors, substance abuse programs, domestic violence, law enforcement, attorneys, judges, juvenile justice, educators, nurses, and other medical professionals, daycare providers, parents, and child advocates.

The second - "Positive Parenting" - is a dynamic training experience for parents, foster parents, guardians and other caregivers, including daycare providers. Examines techniques for parenting children of all ages including non-corporal disciplinary techniques, esteem-building and accountability, among others.

Registration Fee is \$95 per workshop OR special registration rate of \$175 for both workshops. Early registration deadline is September 1st. After Sept. 1st, the fee is \$125 per workshop. Fee includes continental breakfast, lunch and all workshop materials. Register online at: www.nsatraininginstitute.org or contact: Patricia McDaniel, "Coming Together For Kids" Planning Committee, Cheyenne; 307.634.6954 or patricia.mcdaniel@bresnan.net.

EVENTS

August 2003

8/8-10 - No Woodstock, Ten Sleep. Three day music festival featuring some female musicians including Sonia Canteberry and band Betty Dylan. More info at www.nowoodstock.com.

8/16 Saturday - Komen Wyoming "Race for the Cure," Cheyenne. For more information, call 800.204.1332 or go to <http://komenwyoming.org>.

September 2003

Note: Women Business Roundtables resume in September. See www.wyomingwomen.org for details.

9/13 Saturday - 4th Annual WY Women's Conference, Casper. Holiday Inn, call 307.766.3084.

October 2003

10/3 Saturday - "6th Annual L. Joseph Butterfield Perinatal Conference," Laramie Country Club, Laramie. Call 307.742.2142 ext. 3726 or email loisp@ivinsonhospital.org.

10/24 & 10/25 - Workshops: "Community Cross-Systems Training" and "Positive Parenting," Little America Resort, Cheyenne. Call 307.634.6954 or go to www.nsatraininginstitute.org.

MARK YOUR CALENDAR!

January 24 -31, 2004 - National Cowboy Poetry Gathering, Elko, Nevada. Appearance by Wyoming-based female cowboy poet Georgie Sicking. More info at westernfolklife.org/gathering.html

March is Women's History Month!

March 2004 - Wyoming Women's Fair at Western Wyoming Community College. Watch for information about the Women's Fair 2004 on the WWCC web site at www.wycc.cc.wy.us

COMMUNITY

Annual Wyoming Women's Conference in Casper

The Wyoming Women's Business Center (WWBC) is organizing the next annual conference for women in Wyoming to be held Saturday, September 13 at the Holiday Inn in Casper. Conference highlights include workshops throughout the day on four tracks: Business & Personal Finances; Starting and Strengthening Your Business; Health & Wellness; and Planning for Your Future. Sample workshop topics include "Nutrition and Exercise," "PowerTools for Women," "Wage Disparity Roundtable," and "Starting Your Own Business."

Conference fee is \$20 and includes continental breakfast, lunch and snacks. The invited opening speaker is First Lady Nancy Freudenthal along with WWBC director Rosemary Bratton.

To register: See registration form to the right, clip and mail with your payment.

A limited number of booths are available for vendors to showcase and sell their products or services. If you would like a booth, check the box on the registration form and enclose the booth fee of \$35 or \$50 if you plan to partake of conference food. WWBC staff will be available to watch booths during lunch.

This event is co-sponsored by: U.S. Small Business Administration; Wyoming Small Business Development Centers; U.S. Department of Labor, Women's Bureau; Wyoming Council for Women's Issues; First Interstate Bank; Wells Fargo Bank; and Hilltop National Bank. For more information, contact 888.524.1947 or 307.766.3084.



REGISTER!

Registration Form for 4th Annual Wyoming Women's Conference

You must pre-register by September 5
Please clip and Return with Payment to:

Wyoming Women's Business Center
4th Annual Wyoming Women's Conference
PO Box 3661
Laramie, WY 82071

Name _____

Company _____

Address _____

Phone _____

Email _____

4th Annual Wyoming Women's Conference
Saturday, September 13, 2003

Conference Fee: \$20 (incl. continental breakfast, lunch, snacks)

Vendor Booth Fee: \$35

Vendor Booth Fee + Food: \$50

Total Payment Enclosed: _____

Checks payable to WWBC.

Remember:
The WWBC must receive your Pre-Registration by September 5!