

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

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## WCWI Sends Delegates to National Convention

The Wyoming Council for Women's Issues (WCWI) represented the state at the National Association of Commissions for Women (NACW) 35th annual convention held at the Westin Pasadena in Pasadena, California July 14-18, 2004.

The convention brought together women's commissions from across the country to focus on the theme, "Many Voices, Many Choices." Delegates from the WCWI included: Michelle Aldrich of Cheyenne; Virginia Romero-Caron of Rock Springs; Cynthia Chavez Kelly of Laramie and Jan Torres of Rock Springs.

Romero-Caron of the WCWI was a presenter at the convention.

## WCWI member elected to national board of directors

Cynthia Chavez Kelly, a member of the Wyoming Council for Women's Issues has been appointed to the board of directors for the National Association of Commissions for Women (NACW). Congratulations, you'll make Wyoming proud!

## 2004 WYOMING GENERAL ELECTION INFORMATION

Wyoming's General Election will be November 2, 2004. Don't forget to vote!

For details on the 2004 Election including dates, ballot issues and campaign guide, visit <http://sos.wy.state.wy.us/election/04elect.htm>

In order to vote in the state of Wyoming, you must be a: citizen of the United States, resident of the State of Wyoming, at least 18 years of age on election day, non-felon, and not adjudicated mentally incompetent.

You are already a registered voter if you voted in the 2002 general election. Notify your County Clerk if you moved to a different precinct or changed your name, re-register if you moved to a different county. Registration can be done online or on election day.

For absentee voting, remember to return your absentee ballot immediately to assure it will be delivered to the County Clerk's office not later than 7 p.m. on election day.

If you require assistance to vote by reason of disability or inability to read or write, you may be given assistance by a person of your choice.



### New Report on Women's and Minority Health online

The Office on Women's Health Region VIII Women's and Minority Health Database 2003-2004 is available on the WCWI Web page at [www.wyomingbusiness.org/women/publications](http://www.wyomingbusiness.org/women/publications).

The project was sponsored by the Office on Women's Health and the Department of Health and Human Services.

Region VIII includes Wyoming, Montana, North Dakota, South Dakota, Utah and Colorado.

### WCWI MEMBERS

Michelle Aldrich - Judicial District 1  
Cynthia Chavez Kelly - Judicial District 2  
Jan Torres - Judicial District 3  
Vacant - Judicial District 4  
Marty Coe - Judicial District 5  
DaNece Day - Judicial District 6  
Merna Rierson - Judicial District 7  
Sherrill Helzer - Judicial District 8  
Teresa de Groh - Judicial District 9  
Liz Quealy - At-large  
Jenny Ingram - At-large  
Nina Romero-Caron - At-large  
Mary England - At-large  
Diane Moser, Wyoming Business Council - Liaison 307.777.2800  
[www.wyomingbusiness.org/women](http://www.wyomingbusiness.org/women)  
E-mail: [WCWI13@state.wy.us](mailto:WCWI13@state.wy.us)

To be added to the WCWI mailing list, submit your mailing address to [info@wyomingbusiness.org](mailto:info@wyomingbusiness.org) or call 307-777-2800

WCWI News is a quarterly print publication focused on news and information of value to women in Wyoming.

## SURVEY FINDS MAIN ISSUES AFFECTING WYOMING WOMEN

The WCWI and the University of Wyoming Survey Research Center conducted a statewide telephone survey on issues concerning Wyoming women April 28-May 27, 2004.

The specific purpose of the survey was to identify the issues that affect most Wyoming women. A total of 1011 adult women were surveyed. Researchers interviewed female household members, 18 years or older who agreed to participate in the survey.

Respondents were asked general questions about whether they see various issues as a problem for women in their community. They were then asked a series of specific questions about whether

er they personally experience problems with the same issues.

Substance abuse and employment were selected as the top issues Wyoming women see as problems affecting other females in their communities. When asked if they personally experience any of the issues within the survey, the majority of respondents faced problems with health care, followed by the family, employment and childcare.

The complete Wyoming Women's Issues Survey and Executive Summary are available on the Web site at [www.wyomingbusiness.org/women/publications](http://www.wyomingbusiness.org/women/publications).

### New Reports Demonstrate Progress in Best Practices, Policy Development for Women's Entrepreneurship

From the National Women's Business Council Newsletter "Engage" July/August 2004

The historic growth of women-owned businesses in the United States has generated increased demand for the creation of innovative programs and policies to foster their growth. Today, for the first time, two new reports from the National Women's Business Council document this progress by examining current best practices in support of women's entrepreneurship and by recording the history of policies that have resulted in today's unprecedented 10.6 million U.S. businesses in which women are equal or majority owners.

The first report, "Best Practices in Supporting Women's Entrepreneurship: A Compendium of Public and Private Sector Organizations and Initiatives," profiles 24 selected organizations or initiatives that provide outstanding support for women-owned businesses and that have widespread impact throughout the United States.

"Policy and Progress: Supporting the Growth of Women's Business Enterprise" is the second report recently published by the NWBC. The report documents the legal and policy changes that have had an impact on the growth of women's business enterprises over the past several decades and serves to benchmark the progress that has been made from a policy standpoint, including key programs, legislation and necessary precursors to entry. Both reports may be obtained at the Council's web site, [www.nwbc.gov](http://www.nwbc.gov).

## CHAIR'S COLUMN

Nina Romero, Jan Torres, Cynthia Chavez Kelly, and I spent several days in Pasadena during July representing Wyoming at the National Association of Councils for Women. The Wyoming delegation definitely made their presence known. Cynthia Chavez Kelley was elected to serve on the National Board of Directors. Wyoming is also bidding to host this national conference in 2007 in Jackson, Wyoming. We would love to show our beautiful home state to women from all over the United States.

We attended multiple workshops and gathered great ideas that we feel can be replicated and adapted in Wyoming. The bookmark that is enclosed in this newsletter was one of these ideas. Nebraska had created business card sized handouts to be distributed in an effort to get out the vote. With the help of the Wyoming Business Council's marketing department and Nina Romero the business card was adapted for Wyoming in the form of a bookmark in our colors and will be distributed throughout the state of Wyoming before the general election.

As we move into Wyoming's beautiful autumn, the Wyoming Council for Women's Issues will be meeting in Casper to do some strategic planning for the upcoming year. As we study the recent survey that we commissioned about women's issues in Wyoming we will be making an effort to address what the women across Wyoming told us mattered most to them. With this information in hand, we now hope to diligently work on the issues that were identified as the most pressing. We recognize that as a volunteer council with no paid staff, we will need to collaborate with local agencies, state agencies, legislators, and concerned groups across Wyoming to make sure that these issues are addressed. We hope to keep everyone posted as we make progress on each of these issues.

Sincerely,  
Michelle Aldrich - Judicial District 1

## MULTIPLE SCLEROSIS: Women more than twice as likely to develop than men

From MSN Health with Web MD August 2004

Multiple sclerosis or MS is a disease that affects the brain and spinal cord resulting in loss of muscle control, vision, balance, sensation (such as numbness) or thinking ability.

With MS, the nerves of the brain and spinal cord are damaged by one's own immune system. Thus, the condition is called an autoimmune disease.

Autoimmune diseases are those whereby the body's immune system, which normally targets and destroys substances foreign to the body such as bacteria, mistakenly attacks normal tissues. In MS, the immune system attacks the brain and spinal cord, the two components of the central nervous system. Other autoimmune diseases include lupus and rheumatoid arthritis.

The central nervous system is made up of nerves that act as the body's messenger system. Each nerve is covered by a fatty substance called myelin, which insulates the nerves and helps in the transmission of nerve

impulses, or messages, between the brain and other parts of the body. These messages control muscle movements, such as walking and talking.

There is growing evidence suggesting that hormones, including sex hormones, can affect and be affected by the immune system. For example, both estrogen and progesterone, two important female sex hormones, may suppress some immune activity. Testosterone, the primary male hormone, may also act as an immune response suppressor. During pregnancy, estrogen and progesterone levels are very high, which may help explain why pregnant women with MS usually have less disease activity. The higher levels of testosterone in men may partially account for the fact that women with MS outnumber men with MS by 2-3 to 1.

For more information on MS, visit MSN Health with Web MD at [http://content.health.msn.com/condition\\_center/multiple\\_sclerosis](http://content.health.msn.com/condition_center/multiple_sclerosis) or the National Multiple Sclerosis Society at [www.nmss.org/](http://www.nmss.org/)

## Recognizing Multiple Sclerosis

Multiple sclerosis symptoms generally appear between the ages of 20 and 40.

The onset of MS may be dramatic or so mild that a person doesn't even notice any symptoms until far later in the course of the disease.

### The most common early symptoms of MS include:

- Tingling
- Numbness
- Loss of balance
- Weakness in one or more limbs
- Blurred or double vision

### Less common symptoms of MS may include:

- Slurred speech
- Sudden onset of paralysis
- Lack of coordination

As the disease progresses, other symptoms may include muscle spasms, sensitivity to heat, fatigue, changes in thinking or perception, and sexual disturbances.

Information from MSN Health with Web MD

## UPCOMING EVENTS

### September 2004

**Saturday, September 18, 2004**  
The 5th Annual Wyoming Women's Business Center Conference in Douglas, WY. Call 888-524-1947 or visit [www.wyomingwomen.org](http://www.wyomingwomen.org).

**Tuesday, September 21, 2004**  
Entrepreneurship Day with Business Start-up Workshops statewide. Call your local Small Business Development Center for location and times.

**Wednesday, September 22, 2004**  
Positioning and Branding Workshop by Web Consultant Aliza Sherman from 2:00 p.m. to 4:00 p.m. at the Northwest College Tech Center in Powell. Contact Robbi Welch to register at 307-754-2139.

**Thursday, September 23, 2004**  
Positioning and Branding Workshop by Web Consultant Aliza Sherman from 11:00 a.m. to 1:00 p.m. at the Washakie County Fairgrounds Conference Room in Worland. Contact Robbi Welch to register at 307-754-2139.

### October 2004

**Thursday, October 7, 2004**  
Health Decisions: 2004 Consumer Issues Conference will be in Laramie. Visit [www.uwyo.edu/consumerconference](http://www.uwyo.edu/consumerconference) for more information.

**Thurs.-Friday, Oct. 14-15, 2004**  
Annual State Diabetes Conference will be in Cody. Call the Wyoming Diabetes Prevention and Control Program at (307) 777-3579 for more information.

**Thursday, October 28, 2004**  
Sustainable Entrepreneurial Economy, SEE Your Future conference from 9:00 a.m. to 5:00 p.m. at the University of Wyoming Union Ballroom in Laramie, WY. For complete conference details, visit [www.uwyo.edu/sbdc](http://www.uwyo.edu/sbdc).



## Love Your Body Day

October 20, 2004

This year's annual Love Your Body Day will be Wednesday, October 20, 2004.

celebrate our curves.

The National Organization for Women Foundation's Women's Health Project launched the Love Your Body Campaign in Sept. 1998. As part of an ongoing information campaign, a national day of action, Love Your Body Day was designated as a day to speak out against advertisements and images of women that are harmful, offensive, disrespectful and demeaning. Love Your Body Day is also a day of celebration; a day to stop internalizing all the negative images that bombard us and focus on positive ideas – to love our bodies, to nourish our minds, and

To facilitate actions, a Love Your Body Day kit is provided by National Organization for Women Foundation.

This kit includes fact sheets on women's health, tips for planning an action, a Love Your Body Day poster and petitions. The Foundation has produced two videos that complement the kit and can be viewed as part of the Love Your Body Day activities.

You will find updates on the Love Your Body Campaign and Love Your Body Day on the NOW Foundation Web site, [www.nowfoundation.org](http://www.nowfoundation.org).



## "Ignite Your Creative Fire"

Immerse yourself in a day of inspirational speakers and educational fun at the Fifth Annual Wyoming Women's Conference from 9:00 a.m. to 5:00 p.m. on Saturday, September 18, 2004 in the Ft. Reno Building at the State Fairgrounds in Douglas, WY.

The theme of the conference is "Ignite Your Creative Fire" and includes a whole day of speakers and a networking reception to follow. The agenda includes: speaker Anne Neal on "Centering;" a Go Goddess! Keynote Seminar; Lunch and YinSITE Graduation Ceremony; speaker Kim Vincent on "Market Research Made Easy;" speaker Laurie Sain on "Between Floors: Selling Yourself and Your Business in 30 Seconds or Less;" and a concluding speech by Cynthia Lummis on "Closing the Wage Gap in Wyoming."

The networking reception will include food, music by harpist Alice Freeman and a wide variety of Wyoming small business products for sale, featuring the YinSITE graduates' products!

Registration for the event is \$30 and includes continental breakfast, lunch and snacks.

For more information on the event, call the Wyoming Women's Business Center at 888-524-1947 or 307-766-3084. Visit [www.wyomingwomen.org](http://www.wyomingwomen.org) for complete conference details.