

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

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## WYOMING WOMEN

*Nominations being accepted for  
Women of Distinction Award*

The Wyoming Council for Women (WCWI) is accepting nominations for the 2004 Wyoming Woman of Distinction Award.

"Nominees should have had a significant impact on women and families in our state," said WCWI Chairperson Michelle Aldrich. "I am confident there are many women in Wyoming who are deserving of this prestigious award."

Individuals or organizations may request a nomination form and special information at [wyomingbusiness.org](http://wyomingbusiness.org). Honorees will be recognized at a special luncheon in late summer or early fall.

The Wyoming Council for Women (WCWI) presented Cindy Knight of Casper as the 2003 Wyoming Woman of Distinction at the Wyoming Women's Conference on Sept. 13, 2003 in Casper.

*Not on our newsletter  
Mailing List?*

## NATIONAL

### *Enterprising Women Exhibit*

Enterprising Women brings to life the stories of some 40 intriguing women who helped shape the landscape of American business. Artifacts and costumes, diaries and letters, business and legal documents, photographs and paper ephemera, audio recordings, and interactive technology reveal the trials and triumphs of this diverse group of inventors, innovators and trendsetters.

The exhibition tells a saga grand in sweep and rich in details. Organized into five historic sections and enhanced by interactive and evocative settings, such as

upheaval infused the experiences of women in business.

At the opening of the 21st century, American women own more than 7.7 million firms and represent 40 percent of businesses operating in the United States. Enterprising Women tells the story of the women who paved the way for this success. To learn more about the exhibit, which is currently on display at the National Museum of Women in the Arts in Washington, D.C., visit [www.enterprising-womenexhibit.org](http://www.enterprising-womenexhibit.org). The exhibit will travel to Los Angeles and Detroit in 2004.

### *Women's Business Roundtable*

Roundtable discussions, which were

as the challenge of balancing business ownership with family life.

Participants also noted that utilizing personal networks and mentoring relationships has been a constant factor in the success of women business owners over the years.

These discussions then focused on the issues that are most pressing for women business owners today, which tended to include concerns shared by all small business owners, rather than issues that are unique to women. Participants were particularly concerned, for example, with the high and rising costs of health insurance, payroll taxes and other costs associated with doing business, and doing business in the current economy.

2004! Wow! Each year at this time the legislature convenes and legislation is created that will impact the citizens of Wyoming. This year is a budget session and Wyoming is one of the few states fortunate enough to have a large surplus of revenue. There is prudence in putting some away for a rainy day and there is also wisdom in using some of the excess to stimulate more growth. The legislature will have the opportunity to address wage disparity among state employees, which is the state's largest employer. If they choose to help close the gap it will set the standard for private industry to follow. There are many issues that face the women and children of Wyoming including affordable health care, affordable housing, affordable quality childcare and educational opportunities. Be sure that your voice is heard this legislative session!

We need your help in locating outstanding women in your community for the 2004 Wyoming Woman of Distinction award. We are looking for those unsung heroes that have made a difference in the lives of children and women in your community. Please visit our web site to obtain the nomination form and take time to fill it out. We would like to recognize those who are making a difference!

— 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)  
DeNee Koenigs (Judicial District 6)  
Cleo Medina (Judicial District 9)

## Fish Consumption & Pregnant Women

The FDA and EPA recently met to revise their consumer advisory for pregnant women regarding consumption of fish due to presence of methyl mercury. The draft can be found at [www.fda.gov/oc/opacom/mehgadvisory1011.html](http://www.fda.gov/oc/opacom/mehgadvisory1011.html).

The advisory is recommending that pregnant women:

- 1) DO NOT eat shark, swordfish, king mackerel or tilefish because they contain high levels of mercury;
- 2) Eat up to 12 ounces a week of a variety of other PURCHASED fish and shell fish (mixing the types of fish eaten & not eating the same type more than once/week);
- 3) Check local advisories about the safety of fish caught in local rivers and streams, but if no advisory is in place to limit consumption to 6 oz per week of caught fish;
- 4) If you do eat tuna, canned light tuna generally contains less mercury than tuna steaks and albacore tuna (according to the latest data, albacore tuna contains 3 times as much mercury as the cheaper light tuna).

A final version of the new consumer advisory will be published in 2004.

## Improve Your Earning Power Workshops

Wyoming women have an opportunity to learn negotiating skills, their workplace rights, and how to assess the job market through a series of workshops developed with the assistance of the Wyoming Women's Foundation, the League of Women Voters/Wyoming, and the American Association of University Women.

Two workshops are scheduled at Casper College. The first will be two Thursdays, Feb. 26 and March 4, 7-9 p.m. The workshop will be repeated on Saturday, March 20, 9 a.m. to 1 p.m.

To register, contact Casper College at (307) 268-2110 or 800-442-2963. The cost is \$20 per workshop, which is CMSV 0124 Improve Your Earning Power. Scholarships are available, based on need, by contacting Marianne North, workshop organizer, at [marianne.north@yahoo.com](mailto:marianne.north@yahoo.com) or by calling (307) 234-5567 evenings.

Other groups interested in sponsoring these workshops in their towns should contact Marianne North. Funds are available to assist in offering these workshops.

### FEBRUARY-MAY 2004

Individual tickets are now available for the remaining shows of the 2004 Season! The Best of Broadway at the Casper Events Center features the timeless classic SINGING IN THE RAIN, and three new blockbusters, FAME THE MUSICAL, SATURDAY NIGHT FEVER, and, this Wyoming debut, the Tony and Pulitzer Prize winning RENT!

### FEBRUARY 2004

Tuesday, February 17, 2004

If you have ever had an idea for an invention, but didn't know how to turn that invention into a real product, or if you are simply interested in the invention process, you are invited to join Senator Mike Enzi in Gillette for the first annual Invention Workshop: From Your Garage to the Assembly Line.

If you plan on attending, or need more information, please contact Senator Enzi's Gillette Office by phone at (307) 682-6268 or by email at [robin\\_bailey@enzi.senate.gov](mailto:robin_bailey@enzi.senate.gov)

Wednesday & Thursday  
February, 18-19, 2004

Learn to sell your products and services to a multi-billion dollar market at the 2004 GRO-Biz Conference. This conference will take place at the Complex in Gillette, Wyoming. Register toll free in Wyoming by calling 877.733.3618, ext. 1 or register online: [www.gro-biz.com](http://www.gro-biz.com).

### MARCH 2004

March is Women's History Month

Friday & Saturday  
March 19-20, 2004

21st Annual Northwest Jazz Festival