THE 7TH ANNUAL Access LOCAL FUNDRAISER

# & BEER TASTING

hosted by Kari's Access Awards and the Sweetwater One Foundation

WIDE VARIETY OF WINES • BEER SELECTION
LIVE ENTERTAINMENT • AUCTION ITEMS • APPETIZERS

SWEETWATER EVENTS COMPLEX JANUARY 17, 2020 - 6PM to 9PM

Sponsored by:







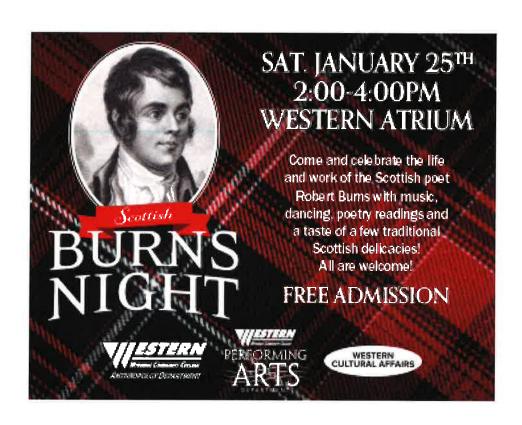
Marty's

**PURCHASE TICKETS** 

\$60 PER COUPLE prior to event

\$35 AT THE DOOR

VIP TABLES AVAILABLE CALE 307-350-5267



# Green River Christian Academy's



# & Silent Dessert Auction January 25th, 11am - 2pm

Green River Christian Academy 800 Homestead Dr. Green River

Call Julie Chappell to Register your best Chili or dessert donation. 307-871-8272

\$5 per Person OR \$25 per Family {includes samples & Cup of Chili, Cornbread, a Cookie or Brownie, and a Drink}

\$20 Per Chili Entrance Fee {Prizes for 1st, 2nd, & 3rd places!}

Bring your dessert donation covered / wrapped

{All proceeds go to GRCA} www.GreenRiverChristian.weebly.com



Spring 2020



Green River
Golden Hour Senior Center
MONDAYS & FRIDAYS
9:15 to 10:15am

Session 1- \$80
January 6th thru March 6th
Session 2- \$75
March 9th thru May 8th

Rock Springs
Young at Heart
MONDAYS
10:45 to 11:45am

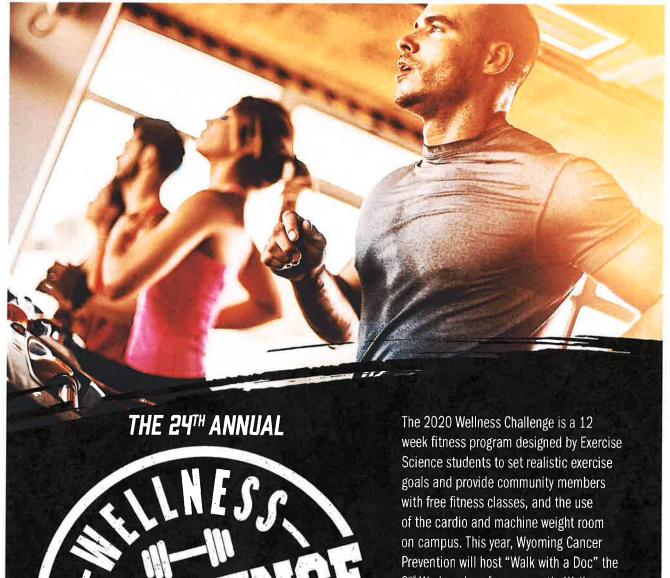
Sesssion 1-\$75 January 6th thru May 4th

To register please call Community Ed @ 307-872-1310

Ask About our Senior Waiver!



Western Wyoming Community College is an Equal Opportunity Institution and as such, prohibits discrimination and harassment based on race, color, religion, gender identity, gender expression, veteran status or political belief in admission, employment, access to and treatment in College programs, classes, services and activities.



2<sup>nd</sup> Wednesday of every month. Wellness challenge entry is \$5 per individual or \$15 per family. Win raffle prizes at pre and post testing, and cash prizes for men, women, and group category winners. Visit westernwyoming.edu/wellnesschallenge to learn more!

Participants of the Wellness Challenge get an extra raffle ticket for the Homecoming Chili Cook-Off to win cash prizes!

# JANUARY 30TH - APRIL 18TH

PRE TESTING: JANUARY 30TH & 31ST 5-7PM, AND FEBRUARY 2ND 10AM-1PM WESTERN WYOMING COMMUNITY COLLEGE FITNESS CENTER

westernwyoming.edu/wellnesschallenge











#### For Immediate Release

#### 24th Annual Wellness Challenge

#### Get fit for life – and win great prizes!

ROCK SPRINGS, WYOMING – December 16th, 2019

Western Wyoming Community College's Exercise Science students will host the 24<sup>th</sup> annual Wellness Challenge from January 30<sup>th</sup> through April 18<sup>th</sup>.

The 12-week fitness program is designed to help community members achieve their fitness and wellness goals – hopefully, for life. Participants of the Wellness Challenge can attend free workout nights hosted by the Exercise Science students, every Tuesday and Thursday from 5:30-7:30PM in Western's Fitness Center. Western is partnering with "Walk with a Doc" again, during which attendees can walk with a doctor, and talk about health while getting some exercise the second Wednesday of every month.

Community members can participate as an individual or a family. The Challenge is open to anyone ages six and older. Children ages 6-14 can participate in fitness classes during the free workout nights under the supervision of their parent/guardian. Children 14 and older will be allowed to use the equipment in the Fitness Center under parent/guardian supervision.

Pre-testing will take place in the Fitness Center Activity Room 1662:

- January 30<sup>th</sup> from 5-7PM
- January 31st from 5-7PM
- February 1st from 10AM-1PM

Post-testing will take place in the Fitness Center Activity Room 1662:

- April 16th from 5-7PM
- April 17th from 5-7PM
- April 18<sup>th</sup> from 10AM-1PM

"The annual Wellness Challenge is an excellent way for people to learn to set and achieve personal fitness goals regardless of their age or physical ability. The goal is to

get individuals and families to develop good habits that lead to a healthier lifestyle. The variety of free workout nights our Exercise Science students offer community members a chance to explore the many ways there are to stay active, whether that's walking around campus, taking a yoga class, lifting, or all three," stated Dorothy Harton, Division Chair for Health Sciences at Western.

Participants are asked to come prepared with a physician's release for physical activity if they have any cardio, pulmonary, metabolic, or joint issues. Pretesting cannot begin until this is provided.

Prizes at pre-testing, post-testing, and throughout the Challenge are provided by Sweetwater Memorial Hospital, Western Wyoming Community College, and Wyoming Cancer Resource Services.

This event is sponsored by Western, Western's Exercise Science Program, Memorial Hospital of Rock Springs, the Wyoming Department of Health, and Wyoming Cancer Resource Center.

Participants of the Wellness Challenge will receive an extra raffle ticket for Western's Homecoming Chili Cook-Off on February 8th, 2020.

The registration fee is \$5 for each individual (whether participating on their own or with a group). The fee for a Family is \$15 (\$5 for each parent and \$5 for their children). The fee is collected at the time of registration at the beginning of the Challenge.

For more information on the Wellness Challenge, visit <a href="https://www.westernwyoming.edu/wellnesschallenge">www.westernwyoming.edu/wellnesschallenge</a>. Or email <a href="mailto:wellnesschallenge@westernwyoming.edu">wellnesschallenge@westernwyoming.edu</a>.

#### **Media Contact:**

Audrey Harton
Public Relations Specialist

P: (307) 382-1858

E: marketing@westernwyoming.edu

W: www.westernwyoming.edu

A: 2500 College Drive

Rock Springs, Wyoming 82901

Please share as a post with your audience: LINK

If article is picked up, please provide press clip for our records.

# QUILTING ON THE GREEN PRESENTS

# QUILT, JUNK & TRUNK CLEANSE YOUR CLUTTER

# SATURDAY, FEBRUARY 8

#### **EXPEDITION ISLAND**

Rent a table for \$35 (includes dinner) and sell all your unwanted craft items; general sewing supplies, quilting, tole painting, scrapbooking, knitting, crocheting 9 a.m. to 4 p.m.

Bring an item or basket for the Silent Auction

DINNER 5 P.M.
ITALIAN PASTA BAR, SALAD, BREAD AND
DESSERT
\$15

TRUNK SHOW 6 P.M.
Nancy McConnell, Linda Travis, Barb Walker

Contact Susie Hermansen (307) 870-6587 quiltingonthegreenwyoming@gmail.com for information or tickets

# HOMECOMING

Western is teaming up with Downtown Rock Springs for the second annual Homecoming Chili Cook-Off, Saturday, February 8th from 10:30AM - 1:30PM! It's free to the public and chili will be served in Bunning Hall as well as businesses downtown.

Have a winning Chili recipe? Businesses and individuals in Sweetwater County are invited to enter the contest to win cash prizes! It's FREE to enter! Western will be accepting submissions until January 24th for red and green chili. For details, visit westernwyoming.edu/homecoming.

SATURDAY, FEB. 8<sup>TH</sup> 10:30AM - 1:30PM **DOWNTOWN BUNNING HALL AND LOCAL BUSINESSES** 



#### THURSDAY, FEBRUARY 6<sup>TH</sup>: Wrestling Match at 6PM

Men's Basketball Game at 7:30PM

Western Night Out 6-9PM

- SATURDAY, FEBRUARY 8<sup>TH</sup>:
  Chili Cook-Off from 10:30AM-1:30PM
- Alumni Day and Family Weekend Women's Basketball Game at 2PM
- Men's Basketball Game at 4PM



**SPONSORED BY** 





#### For Immediate Release

# Calling all Chefs!

# Submit your chili to Western's second annual Homecoming Chili Cook-Off in Downtown Rock Springs.

ROCK SPRINGS, WYOMING - December 10th, 2019

Western Wyoming Community College will host the second annual Homecoming Chili Cook-Off in Downtown Rock Springs on Saturday, February 8<sup>th</sup> from 10:30AM-1:30PM. Western will accept red or green chili registration forms until January 24<sup>th</sup>, 2020.

Both businesses and individuals in Sweetwater County are invited to enter the Chili Cook-Off to win cash prizes. The contest is free to enter. Chili must be prepared and cooked in a licensed kitchen, so Western's dining hall, Mitchell's, will open their doors to contestants. To schedule time to cook in Western's kitchen, email Audrey Harton, Western's Public Relations Specialist at aharton@westernwyoming.edu.

"Last year's Homecoming Chili Cook-Off was a great success, and Western is always excited to partner with local businesses. It was such a great way for community members, businesses, and the College to work together for a fun day out on the town. We are looking forward to this year's event and trying more delicious chili," said Kimberly Emerson, Director of Student Marketing and Communications at Western.

Western encourages community members to sample chili and stroll around Downtown and stop in and support local businesses. There will be a raffle for community members to win prizes as well. The Homecoming basketball games will take place in the Rushmore Gym immediately following the event.

For more information on the Homecoming Chili Cook-Off, registration forms, and guidelines visit <a href="www.westernwyoming.edu/homecoming">www.westernwyoming.edu/homecoming</a>, or email Audrey Harton at <a href="mailto:aharton@westernwyoming.edu">aharton@westernwyoming.edu</a>.

**Media Contact:** 

Audrey Harton Public Relations Specialist

**P:** (307) 382-1858

E: marketing@westernwyoming.edu

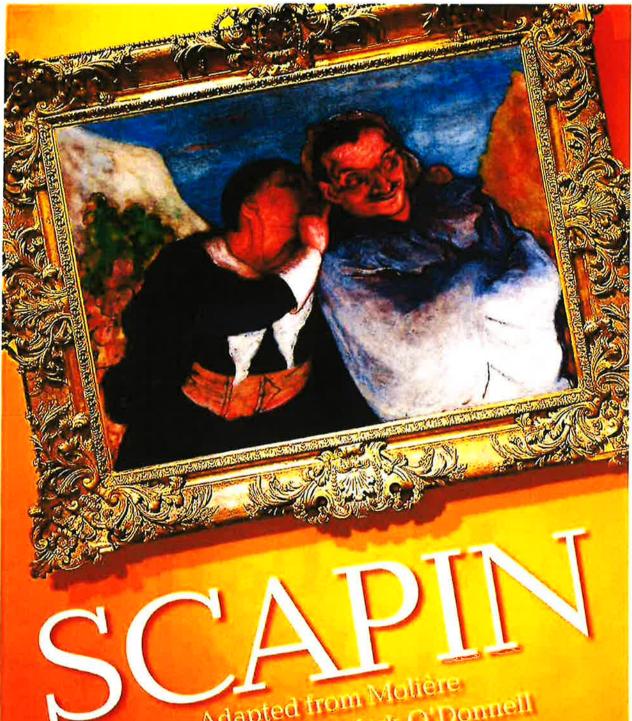
W: www.westernwyoming.edu

A: 2500 College Drive

Rock Springs, Wyoming 82901

Please share as a post with your audience: <u>LINK</u>

If article is picked up, please provide press clip for our records.



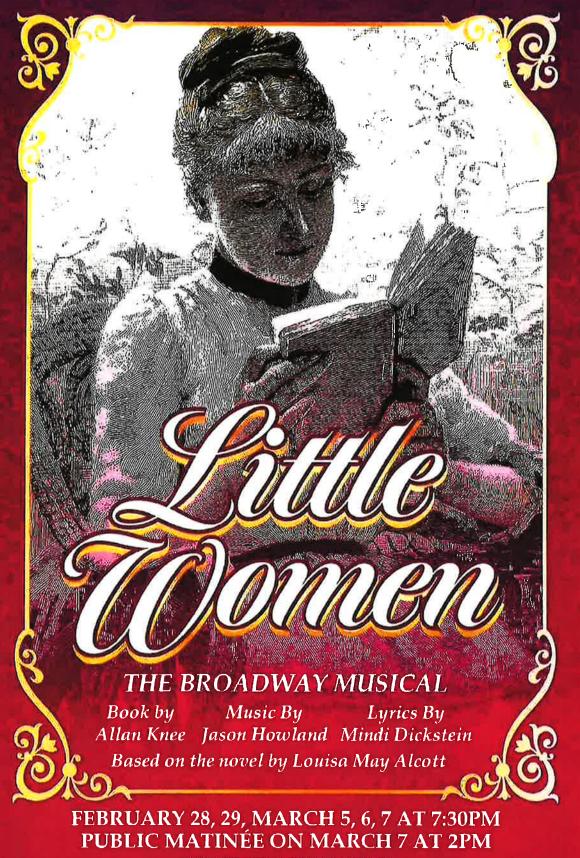
Adapted from Molière By Bill Irwin and Mark O'Donnell

**APRIL 16, 17, 18 AT 7:30PM** PUBLIC MATINÉE ON APRIL 18 AT 2PM **WESTERN THEATRE** 



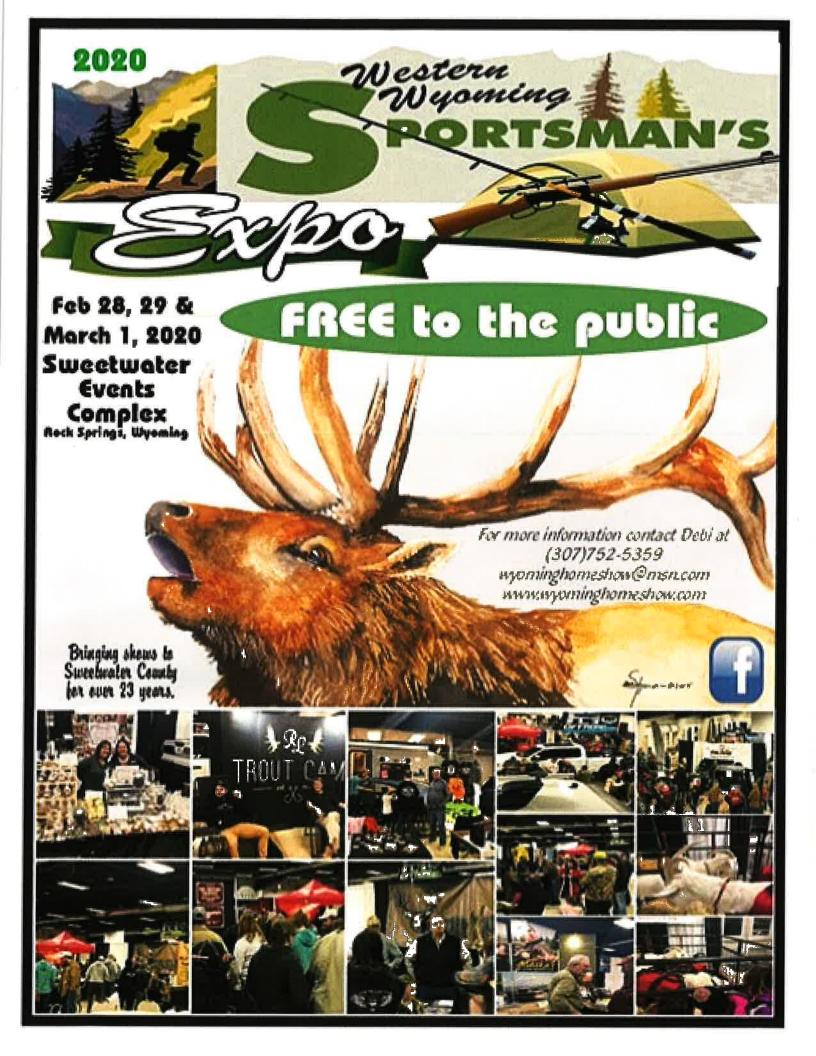
TICKETS: ADULT \$13, SENIORS \$8, YOUTH \$8.

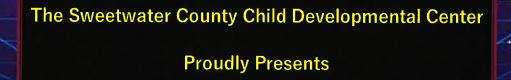




WESTERN THEATRE







The 3rd Annual Art Gala Benefit Dinner and Auction!



Prom Night!!

Saturday March 7, 2020

Holiday Inn Ballroom Rock Springs WY

**Auctions, Raffles, Entertainment** 

307-872-3290 cdckids.org

Call YWCA NOW to book your

# PAINTING PARTY!

307-352-6635



# BOWLS of CARING

March 26th 2020





eliminating racism empowering women **VVCa** 

# Sweetwater County Concert Association

PO Box 3261, Rock Springs, WY 82902

# 2019-2020 CONCERT SEASON



#### Popovich Comedy Pet Theater

Sunday, October 13, 2019 The Broadway Theater 7:30 p.m.

The World Famous Popovich Comedy Pet Theater is a family-oriented blend of the unique comedy and juggling skills of Gregory Popovich and the talents of his furry costars. There are more than 30 pets in the show, each one has been rescued from animal shelters and given a new *leash* on life!



# Double Double

Tuesday, November 12, 2019 Green River High School 7:30 p.m.

Each member of Double-Double Duo is a 'double threat' on two instruments: Kornel Wolak (clarinet / piano) and Michael Bridge (accordions / piano). Classically trained international soloists, they use comedy, virtuosity, and musical sensitivity to bring their broad repertoire to life. Their show fuses showstoppers from classical to rock to jazz to world music.



Tony DeSare

I Love a Piano Sunday, March 22, 2020 WWCC Theater 7:30 p.m.

"I Love a Piano" features a trio led by pianist/singer Tony DeSare plus guitar and bass. Named a Rising Star Male Vocalist in Downbeat magazine, Tony has headlined Carnegie Hall, many orchestras, clubs and Prairie Home Companion and performs with infectious joy, wry playfulness and robust musicality.



#### Sundae & Mr. Goessl

Tuesday, April 21, 2020 Broadway Theater 7:30 p.m.

This husband and wife duo puts on a vintage inspired show that blends blues, swing, country and Latin sounds, performing hits from the roaring 20's to modern classics and originals. Mr. Goessl's mesmerizing finger-style guitar and Sundae's sultry vocals deliver a show packed with wit, charm, and nostalgia.

Membership tickets will be available at the first concert. Doors open 45 minutes before concert begins. Memberships and individual concert tickets available at the RS & GR Chambers & online at www.squareup.com/store/SweetwaterCCA

ROCKY MOUNTAIN





#### 2020 Education Calendar



#### January 16<sup>th</sup> 20/20 Vision Check

Strategic Planning, Mission/Vision Statements Top 10 HR To-Do's for 2020

Speakers: HDHRA Board Members

11:30 a.m. - 1:00 p.m. WWCC Room #1309

#### April 16<sup>th</sup> Spring Cleaning

Time Management Work-Life Balance Employee Wellness Programs

Speakers: HDHRA Board Members

11:30 am - 1:00 pm WWCC Room #1309

#### July 16<sup>th</sup> Show Me the Money

Setting Wages
Pay Progression Programs
Exempt/Non-Exempt

Speaker: Tina Harkness, Esq. SPHR Employers Council

11:00 am - 1:30 pm Simplot (515 So. Hwy 430, RS) Tour of Plant Included

# October 15th Risk Management

Salety Programs
Accident Reporting
Worker's Compensation Discounts

Speaker: TBA

11:30 am - 1:00 pm WWCC Room #1309

# February 20<sup>th</sup> Conscientious Communication

Strategies for Combating Workplace Negativity & Conflict Resolution

> Speaker: Amanda Monk Cavaz Coach, Consultant, Owner Find Your Rising

11:30 am - 1:00 pm Hampton Inn, Green River

# May 13<sup>th</sup> Understanding Accommodations & Disability Inclusion

Building au Inclusive Workforce

Speakers: JAN, SHRM National, & Phillips Law Offices

9:00 am - 3:30 pm Roundhouse (Evanston, WY)

# August 20<sup>th</sup> Becoming an Employer of Choice

Nontraditional Benefits Selling Your Company Job Posts

Speakers: Tiffany Monk, Alexie Cilensek & HDHRA Board

11:30 am - 1:00 pm Hampton Inn, Green River

#### November 19th HR for Non-HR Folks

HR Do's & Don'ts for: Non-Profits, Volunteer Groups, & Government Agencies

Speakers: HDHRA Board Members

7:30 a.m. - 9:00 a.m. Young at Heart Sr. Center, RS

# March 19<sup>th</sup> How to Weather the Storm of an Ethical Collapse

Creating a Trusted Network of Professionals

> Speaker: Kara Beech Beech Creative Group

11:30 am - 1:00 p.m. Memorial Hospital Classrooms

June
No Local Meeting

annual.shrm.org/convince-your-boss



#### September

No Local Meeting



#### December

No Local Meeting





High Desert Human Resources Association

Visit our website for more information or to register to attend a monthly meeting at <a href="http://highdeserthr.shrm.org/">http://highdeserthr.shrm.org/</a>
We welcome any and all ideas for meeting topics! If your company would like to sponsor lunch, please speak with Kelly Brink at <a href="https://ksbrink.gov/ksbrink-4@msn.com">ksbrink 4@msn.com</a> or (307) 871-9516.

# South Pass City 2020

Friends of South Pass



# Tours

# Carissa Tours

Memorial Day to Labor Day Thursday through Sunday 2 pm Reservations

HIGHLY recommended

southpasscity.com/tours for reservations or 307-332-3684

# **English Tunnel Tour**

Saturdays
June through August
Il am—l mile hike & candle tour
of a real mine!
RESERVATIONS REQUIRED

southpasscity.com/tours for reservations or 307-332-3684

Lots more information at southpasscity.com



# **Events**

# First Day Hike

January 1st, 2020 @ 11 am
Be prepared for a winter hike,
bring a good coat, hat, gloves,

snow-shoes or ski's.

The hike is two miles long & strenuous.

The Friends of South Pass will serve lunch along the trail.

# Gold Rush Days July 11th & 12th

South Pass City's
Annual Celebration of All things
South Pass City
Events will include
Vintage Base Ball
Living History
Gold Panning
& Much More!



South Pass City

Friends of South Pass

# SWEETWATER COUNTY HISTORICAL MUSEUM QUARTERLY NEWSLETTER:

January-March 2020

### WELCOME TO OUR NEW QUARTERLY NEWSLETTER!

This is our first quarterly newsletter. We will release a new newsletter every quarter. If you would like to be removed from this list please let us know at programs@sweetwatermuseum.org or call us at 307-872-6435.

#### Volunteer Role Spotlight:

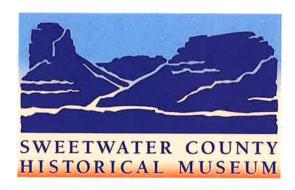
#### Indexing Volunteer

Our archives is full of paper documents, and it is much harder to search a paper document than a digital one, especially if you are looking for a single name. Indexing these documents, making searchable databases of information, helps with this task. Indexing takes minimal training and is perfect for someone looking for a simple data entry task, and for people who like to see progress as they complete projects.

We have many other volunteer roles besides the one mentioned here. If you are interested in volunteering in this or any other role, please feel free to contact us at 307-872-6435 or programs@sweetwatermuseum.org.

#### Volunteer hours

Our volunteers and interns worked over 50 hours last quarter, including helping to index our archives and researching some Civil War era letters. Every hour volunteers contribute helps us improve our other offerings and is an hour they graciously gave to our needs. Thank you and great job volunteers!



#### Preschool and school programs

Our staff has been working hard to improve our outreach offerings. We have recently produced a new preschool program called "Animals Inside/Outside" focusing on animal parts and the ideas of "Big/Little", "Hard/Soft", and "Inside/Outside". This program brings our staff to present to preschool classes. We have also developed a new program for school groups which brings the museum to them, in more ways than one. This overview of Sweetwater County history has the students develop their own "museum exhibits" on a series of topics, much like the exhibits on display at our museum. This program brings our staff to school classes and is well suited for elementary school classrooms. If you would like to see any of these projects in YOUR classroom. or be trained as a volunteer to present them. please contact us at 307-872-6435 or programs@sweetwatermuseum.org.

#### **County History Corner**

Esther Hobart Morris was the first female
Justice of the Peace in the United States. She served
nearly 9 months in 1870, presiding over South Pass
City, which was at the time within Sweetwater County.
Her sons Robert and Edward became important
members of the Green River/Rock Springs community.
Their houses can still be seen in downtown Green
River. A biography on Esther Hobart Morris' life is
available in the museum bookstore. The author will be
joining us for a special Historic Book Club on April 21st.

#### We had a successful year of outreach!

Our staff interacted with more than 7,300 people in 2019. Including more than 4,000 adults and over 2,500 children. We started our new monthly Family Fun Saturdays, gave several tours, and continued favorite events like our 3<sup>rd</sup> Grade History Fair. Keep up to date with our great events and history on our social media and at <a href="mailto:sweetwatermuseum.org">sweetwatermuseum.org</a>.



# March 10th: Chapter Meeting @ 6:30 pm, Park Hotel Banquet Room. Guest Speakers: Luke Shultz & Darren Rhea with Pinedale Wyoming Game and Fish Department.

Luke Shultz and Darren Rhea with Wyoming Game and Fish Department in Pinedale, WY will join us to present there work on the New Fork River and the Upper Green River above Fontenelle Dam.

Luke Schultz, Aquatic Habitat Biologist for WYGFD Pinedale, primary duties involve developing river restoration projects that improve fisheries in the Upper Green and Lower Bear Rivers watershed.

Darren Rhea's, Fisheries Biologist for WYGFD Pinedale, primary responsibilities is the management of native and sport fisheries in the Green River drainage above Fontenelle Reservoir. Darren is a native to Western Wyoming and grew up enjoying the resources that he now spends his career conserving.

Don't be afraid to bring a friend or two! Everyone can order dinner from Fiesta Guadalajara and drinks from the hotel to enjoy during the presentation.

Meeting will be held in the Park Hotel's Banquet Room @ 6:30 pm.

Be sure to stick around afterwards to hear updates for the chapter's latest happenings.

# April 14th: Chapter Meeting @ 6:30 pm, Park Hotel Banquet Room. Guest Speakers: Diana Miller with Jackson Wyoming Game and Fish Department & Leslie Steen with Trout Unlimited.

Diana Miller with Wyoming Game and Fish Department and Leslie Steen with Trout Unlimited will be presenting their work with the Adopt-A-Trout Program in Jackson.

Diana Miller, Fisheries Biologist for Upper Snake River Drainage of WYGFD, She began as a fisheries biologist for WYGFD in Jackson in 2008 and has remained in the same position since. Diana says she is lucky enough to work in the Upper Snake River drainage with an intact community of native fish. Most of her days are spent monitoring native and sport fish populations in the area. This means Diana is on a river or lake for most of her work. The two species that she spends most of her time working with are Snake River Cutthroat Trout and Bluehead Suckers.

Leslie Steen, Snake River Headwaters Project Manager for Trout Unlimited, joined TU in 2016 where she works collaboratively with a broad suite of partners and the JHTU chapter on stream restoration and reconnection projects for native trout in the upper Snake and Salt River watersheds. She pends a mi of her time in the field and in the office putting together the moving parts of projects. Leslie brings to her role at TU past experience in fisheries, nonprofits, partnerships, and outreach and education.

Don't be afraid to bring a friend or two! Everyone can order dinner from Fiesta Guadalajara and drinks from the hotel to enjoy during the presentation.

Meeting will be held in the Park Hotel's Banquet Room @ 6:30 pm.

Be sure to stick around afterwards to hear updates for the chapter's latest happenings.

Adopt-A-Trout Program: <a href="https://www.tu.org/conservation/outreach-education/headwaters-youth-program/explore-watersheds/adopt-a-trout/">https://www.tu.org/conservation/outreach-education/headwaters-youth-program/explore-watersheds/adopt-a-trout/</a>

Sadie St.Clair-Valdez

#### (406)425-1338

Seedskadee Chapter #533 of Trout Unlimited, Chapter President