

LARAMIE WOMAN'S CLUB

VOLUME 11 ISSUE 8

Karen Bard, LWC Interim Editor 2021-22

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GENERAL FEDERATION of WOMEN'S CLUBS
Grand Formidable Working Communitye
www.gfwc.org

April



I had fun in March going on Spring Break to Florida with my youngest son. Got a dose of warm weather and sun as well as a week of great experiences and creating new memories. I also went to the Rowe Sanctuary in Nebraska the day after I got back to have an amazing experience photographing the Sandhill Crane migration. Hundreds of Thousands of Sandhill Cranes in the area. It challenged my photography skills as it was at sunset and sunrise and overcast decreasing the light even further. But it was an amazing experience just the same.

I then went on to Missouri to visit with my parents. Spring was unfolding. The crab apple trees were blossoming, the jonquils and daffodils were blooming and the yellow wisteria was in full flame. On the way back home I saw fields of purple that I assume were grape hyacinths. So I am back home and know that soon we will be enjoying the colors of spring as well.

Karen Bard

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along." You must do the thing you think you cannot do."
Eleanor Roosevelt

April Meeting

DUES TIME - \$40 due no later than June 15th to be in booklet.

Voting for our school art participants to go to State Convention.

Thursday April 14th
Noon Lunch
1 pm Presentation – B J Bender from Taste of Wind Sustainable Living.
1:30 Business Meeting

As always, it is a pot luck format, but you can bring your own lunch if that is what you prefer. If you don't bring a dish for the pot luck but partake anyway, it is \$8 donation to the club. Or if you prefer you can come at 1 pm for our program and the following business meeting.

State Convention

As most of you know, through the email invitation to attend, the State Conference is being held April 29-30th in Thermopolis. There are a few of us going, so if you are interested and want to car pool contact me (Karen Bard)

and I will try and hook you up with another attendee.

At the State Convention they are still collecting dimes to meet their goal. So we will be taking our dimes up with us.

Also, we are taking up a collection of snacks and large bags of cereal as a Thank You to the Town of Thermopolis (no nuts) in support of their School Children program. If you would like to contribute to this effort, bring your snacks and cereal to the April meeting and we will make sure they are taken up to the convention.

Things to Remember

- Spices for Interfaith
- Turn in your reading to Bernie Horst for ESO.
- Report your volunteer time for February
- Dimes for the March of Dimes
- Operation Smile – for new members it is our custom that you contribute to Operation Smile during the month of your birthday, but anyone can contribute to this project at any time they wish.

April Fool's Day



It isn't clear just where, when and how April Fool's Day got started. The History Channel states the historians speculate that it started in 1582.

During this year France

switched from the Julian calendar to the Gregorian calendar. In the Julian calendar the New Year began with the Spring Equinox which falls near April 1st. With the switch to the Gregorian calendar, the New Year started on January 1st. People who were slow to get the news are failed to recognize the change continued to celebrate during the last week of March through to April 1st. They became the butt of jokes and hoaxes and were called 'April Fools'. The most common prank was to put a paper fish on the person's back and came to symbolize a young easily caught fish and a gullible person.

But other historians have linked the day to festivals such as Hilaria (Latin for joyful) which was celebrated in ancient Rome at the end of March. It involved people dressing up in disguises and mocking fellow citizens and even magistrates and is said to be inspired by the Egyptian legend of Isis, Osiris and Seth.

But then there is speculation that is tied to the vernal equinox or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

Wikipedia has references to The Canterbury Tales or the Nun's Priest's Tale that references to April 1st were made and started the April Fool's tradition.

No matter its origins, April Fool's Day had spread across Britain during the 18th century. Scotland had a two-day event starting with 'hunting the gowk' in which people were sent on phony errands. The second day was Tailie Day, which involved pranks on people's derrieres, such as pinning fake tails or 'kick me' signs on them.

Today, pranks of all kinds are pulled. Some people really get into it. In 1857, the BBC reported Swiss farmers harvesting a record spaghetti crop. In 1992, the National Public Radio ran a spot with former President Richard Nixon saying he was running for president again. In 1995, Taco bell, duped people when it had agreed to purchase Philadelphia's Liberty Bell and in 1998 burger King advertised the 'Left-Handed Whopper'.

No matter how you treat April Fool's Day, just take care and don't go too far.

Interesting Factoids for the Month

Looked up interesting dates for April and was surprised to see that the month of April is claimed by so many different organizations and initiatives.

7th – World Health Day

10th – Sibling Day

14th – Moment of Laughter Day

15th – DARE – Drug Abuse Resistance Day

24th – Federation Day
27th Morse Code Day

Support for the Women and Children of Ukraine

At the March meeting it was decided by the membership present to donate \$200 to Cares USA who is raising money specifically to address the impact of the conflict on the women and Children of Ukraine. Members donated an additional \$300 to total a \$500 donation to date. If you wish to donate through LWC you can get your checks or money to Sharon Hand our Treasurer.



Care USA was chosen for several reasons; they are set up to 'A' rated charity by Charity Watchdog. All of the money raised will go to Ukraine and not be redirected elsewhere regardless of how long this conflict continues.

If the conflict were to stop soon, the donated money would continue to go toward women and children to get them back home and provide their necessities until they can get their lives back in order.

The specific objectives of the funds raised are going to multi-purpose cash and food security, water, sanitation and hygiene requirements, establishment of safe spaces/shelter in the communities being affected by the influx of refugees out of Ukraine as well as collective centers and reception areas for the refugees, and finally financial support to the local first responders who are providing assistance to these women and children.

The GFWC does have a club in Ukraine and the information we have is that some of the members have stayed in Ukraine and are teaching first aid.

Welcome to New Members

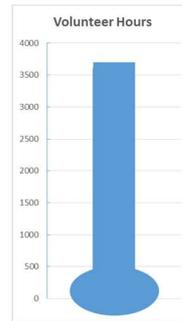


New Member Orientation –
April 21st – 2 pm at 530 Beaufort
St #34. RSVP with me
buckner_ina@yahoo.com or
272-3562.

Ina Buckner

Volunteerism

For the month of March our members reported 420 hours of volunteer time.



That brings our total up to 3697 for this year. I increased the range on our *Thermometer*. Thank you for all that you do.

Our club does so much to make a difference in our community as you can read in our Correspondence section.

Remember if you aren't at the meeting to report your volunteer time, please send an email to kcbard@charter.net so that we can include your time in our reporting.

Who Was Mary Stewart?

While I was doing research in our archives, I came across information as to who was Mary Stewart, the author of our collect. What I read was surprising and I shared it at March's meeting.

Mary Stewart was born in 1876 in Ohio, but spent her childhood in Georgetown, Colorado, high in the Rockies. As the principal of a high school in Longmont, Colorado, and a member of the Fort Nightly Club, she was described as a little bundle of energy, dignity and personal charm. She wrote the collect while she was the principal and it has been used ever since by the Women's Institutes and other organizations around the world as their club creed. She wrote it in 1904 when she was only 28 years old.

It was written as a prayer for the day "*I called it a 'Collect for Club Women' because I felt that women working together, with wide interests in large ends, which was a new thing under the sun and that, perhaps they had need for a special petition and meditation of their own*"

Mary Stewart continued to work with women's groups and was active in the woman's suffrage movement. She held several special teaching posts in Colorado and Montana, and in 1921

she became a guidance and placement officer for the new government employment services. And, she went on writing for newspapers and magazines.

In 1927, Mary Stewart's alma mater, the University of Colorado, gave her an honorary degree to recognize her distinguished work in education, social and civic service. She kept active in women's clubs until her death in Ohio in 1943 at the age of 67.

The first women's organization to use the Collect was the General Federation of Women's Clubs. The Collect spread nationwide, and it was adopted by the National Federation of Business and Professional Women's Clubs in 1920. Soon it was being used by women's groups throughout the world. It was read into the Congressional Record in 1949, and it has even been set to music by ??????. I have provided this music to Lynda Hidalgo and hopefully we will attempt to sing it at one of our meetings soon.

A Collect is a short prayer. The word comes from the Latin *collecta*, which means "the gathering together of the people." In Roman times, people would say a short prayer while they gathered to go to church.

[Federation Day](#)

On April 24th, 1890, 130 years ago, the GFWC constitution was ratified. Sixty-three clubs from across the US met in New York and officially formed the GRWCs under the leadership of Jane Cunningham Croly. Today there are ~3200 clubs and 80,000 members worldwide. Croly was a professional journalist and when she attempted to attend a dinner at an all-male press club honoring a British novelist Charles Dickens, Croly was denied admittance based on her gender. Her response was to form a woman's club – Sorosis.

A Federation Prayer

Gathered here are women, Lord

A sisterhood by plan

Pledged to do our very best

In every way we can.

Some have within us, God

The means to promote zeal.

'Others have a heart that's touched

By what the others feel.

All here feel the need to serve

And bring about Thy way

Of understanding, truth and love.

This is the way we pray.

By action toward the things in life

That need our care and love.

So, look with favor on us Lord

And help to guide our ways

Let us see there is need

With love please fill our days.

[Committee Reports](#)

[Environment](#)



Have you ever given thought about what it takes to save your data to the cloud? I hadn't really. I know that there are huge data storage warehouses out there with huge memory banks to store our every photograph, email, document etc. that we wish to save to the cloud so that we can recall it any time. But then there are all the

phone calls, credit card transactions that also get sent and recorded somewhere.

Until recently, I never thought about bitcoin either. What exactly is a bitcoin? It doesn't have a physical existence? So how do you invest in it? Well I figured that out, don't want to *invest* in them but I was shocked as to what it took to create one.

In the end, this story is all about water. With Covid we have had a dramatic shift that may, or may not, stick, from traveling to and from work with our gas-guzzling, CO2 emitting commutes, to on line meetings. We work in cyberspace and store all of our data and transactions there too. But it doesn't stay in cyberspace.

Every email, every story and like on social media, every credit card transaction and telecommuter call is processed by a physical computer. These are real machines, using real energy and water, thus having a real impact on our environment.



In the western states, there are massive warehouses stacked with servers and storage units and everything else required to process all of our data and transactions. Even here in Wyoming on Aspen Mountain near Evanston we have Wyoming Hyperscale White Box building a liquid-cooled 'hyperscale' data center. It is supposed to be powered by a nearby wind farm. The firm also promises to use zero water and run no HVAC or CRAC units and the waste heat will be used at an associated indoor farm. All of that sounds good until you remember last month's article on the non-green portion of wind farms. But on a whole, this project, when completed to the above specifications will be a large step in the right direction.

To put the use of water by these warehouses into perspective the annual water use of a golf course is 50 million gallons, an almond orchard uses 115 million gallons, a hospital uses 130 million gallons. A data center uses the same

amount as a hospital ~130 million gallons. But the estimated usage of a Facebook data center in Arizona will use 1.25 million gallons EVERY DAY. If you combine the data centers in the US it is estimated that the direct and indirect water usage is 135.5 billion gallons in 1 YEAR

If these numbers are mind boggling, let's talk about cryptocurrency. Investing in something that doesn't exist. These have to be mined. How does that happen? That happens by doing lots and lots of computations to guess at a random 64 digit number. He who as the greatest computational power can work to mine the bit coin. (That doesn't really exist.) With fewer and fewer coins that haven't been mined, it is more and more difficult, requiring more and more computational power.

So how much power is this really? Well 1.45 million credit card transactions is equivalent to 1 bitcoin. Just 1. 1 Bitcoin consumes enough energy to power 13 homes for a full year.

'Water water everywhere and nor a drop to drink.' Maybe this will come to pass because of the vast amounts we use to power our use of technology and transactions. Not quite the picture of the Jetsons I watched as a kid. But then they didn't show what was happening behind the curtain,



Karen Bard

Education & Libraries

We are busy organizing an in-person reading by Casey Rislov of one of her children's books for the school children in Harmony and Centennial elementary schools. This reading will be in September when the kids start the new school year. This project will be a joint project between the LWC and the Daughters of the American Revolution (DAR). We may also get support from the Centennial Social Club. This will be a great project to kick off the new school year and inspire the students. We may also be lucky to have the illustrator for Casey's books at the schools as well. We can only hope.

A big Thank You to Jo-Carol Ropp and Bernie Horst for joining this committee. The help is much appreciated.

Janice Pelton

Health & Wellness

Health & Wellness department members have been bursting with projects. Bonnie Braisted and Mary Fick Monteith sewed 132 clover-patterned bags for each set of Bunco dice needed for the Bunco party in March! It was decided that each participant should have their own set of dice in order to reduce the spread of germs that would've occurred had they shared dice during Bunco play.

Lorraine Saulino-Klein completed the training to become a certified QPR Trainer for the Laramie Cares Foundation. QPR (Question, Persuade, Refer) is an evidence-based training not intended to make trainers or counselors of those attending, rather it's to increase the community recognition of warning signs of a person contemplating suicide. She seeks to destigmatize mental health supports, and instill a sense of hope, resiliency, and empowerment to families impacted by suicide. Laramie Cares focuses on suicide prevention and has a talk & text hotline, 307-977-7777. Lorraine and Mary F.M. are volunteering to set up trainings in the Whiting H.S., and have a presence at WyoTech, UW and community events this spring.

Beautiful, beneficial items flourished in the first quarter of 2022, thanks to Sharon Hand, Janine Kropf, Sharon Yovich, Audri McCurdy, Jo-Carol Ropp, Irene Peach and Lorraine S.K.. The following items were completed: 22 baby hats were knit or crocheted, 1 preemie octopus, plus a baby hat and diaper cover set for Ivinson Hospital's maternity ward patients. Five child and/or chemo hats were knit for the Cancer Center, 20 pairs of mittens were knit for Headstart children, 5 baby quilts were sewn for W.I.C., and 16 prayer shawls donated to the Cancer Center or community persons in need.

With the outbreak of Russia's war upon Ukraine, we've all been disheartened by news of the families fleeing the bombing of their

homes. It's so tragic for the children who fled leaving behind everything they've known as well as their fathers and older brothers who remained in Ukraine to fight. Many refugee children are now in Germany; Claudia Pfeil, an internationally known quilt designer living in Berlin, set up the Piece for Peace Quilt Project. This Facebook link will take you to her page with photos of the work they are doing.

<https://www.facebook.com/photo?fbid=10223837833548268&set=pcb.10223837835988329>



Claudia, a friend of Mary's cousins who are avid quilters initially shared their involvement in the project. Mary brought the idea of sewing 8

1/2", yellow & blue quilt blocks to LWC's/Health & Wellness members. Mary Guenzel, Janine Kropf, Mary F. M. and Linda Cavalli were all in agreement that this was something we wanted to do. Linda C. and Claire Angele (a friend of our club who donated so much fabric and elastic for the face masks we made) both donated fabrics. Fabric cutting and the sewing of blocks has begun. The photo shows 4 blocks one member has made so far. We'll be seeing more in the coming weeks.

Members Lynda H. and Mary F.M. are reaching out to local credit unions for financial support to cover the cost of shipping; should there be any residual dollars, they will be used to purchase batting and backing for the quilts.

If you'd like information on joining in any of these activities, contact Mary at 307-721-2970 or peak2pub@msn.com.

Mary Fick Monteith

ESO

The Longevity Bible

8 Essential Strategies for Keeping Your Mind Sharp and Your Body Young

By Gary Small, M.D.



The desire for a long, healthy and happy life is a universal one, yet society has a deep fear of ageing. The Longevity Bible offers an all-encompassing, holistic look at

how the body ages – and what we can all do to age better.

Discover:

- How the ageing process works – and what you can do to enjoy a better quality of life as you grow older
- What history, biology, Eastern philosophy, Western science and the findings of top medical experts and researchers can teach us about maintaining optimal health as we move through our lives
- The important role that sleep, moderation, diet, a sense of purpose, connection, love and curiosity have in helping us to live well and live happily
- That a longer life blessed with health and happiness is within reach!

This is a book to read by going to the table of contents and researching the topics that fit your situation!! As mentioned above, we are all ageing, but we want to slow it down as much as possible. It is an easy and sensible read. One to keep handy to remind each of us no matter how old we are, we can be healthy, look good and make a difference.

IMPORTANT NOTICE

Please report your reading! We know you are reading; your books, magazines, newspapers. But few are reporting.

You don't have to use the form, you can send me an email. You can write a note and give it to a friend to turn in for you. Doesn't matter how it is reported, but please send the information in so that we can track our clubs reading! Thank you.

Bernie Horst

Barts

Barts is looking for new donations. Donations have been light recently, so if you are looking to do some winter consolidation, keep Barts in mind.

You can bring lightly used clothes either to our meetings or to Barts as well. These will be collected and passed on by the Barts Ladies to NU2U.

Correspondence and Birthdays

Happy Birthday to; Mary Fick Monteith (16), Linda Biles (23), Leann Amen (30)



6 birthday cards (names were sent in a previous email) and 9 other cards were sent out to members in March. At your table at the April meeting please sign the card to wish Mary Mountain well as she retires from her position as the Executive Director of the Laramie Plains Museum. We will honor her at the May meeting and wish her well at the Wyoming Women's History House.

Correspondence – From Eppson Center

Dear Ladies of the Laramie Woman's Club,

Thank you so much for the donation fo the \$349.00 from the 50/50 raffle proceeds! Such a fun event with great outcomes! We appreciate your use of the building as well as your donation of the funds. We are really looking forward to the October version as well!

Thank you for keeping our community's older adults in your hearts! We are lucky to have a group like you to support our mission!

Tammy J. Comer
Executive Director

Linda Cavalli

Future Events

April 24th – GFWC National Federation Day

April – 29-30 GFWC-W State Conference in Thermopolis. Registration will be \$45. Further information will be provided as it is received. This is an election year so please think about attending.



June 23rd – Garden Party – LWC social. 12:30 pm RSVPs required. \$5 charge – choice of Sugar Mouse muffin or fresh fruit.

June 25-28 – GFWC National Convention – New Orleans

August 26-28th – Western States Regional Conference – Anchorage Alaska

October 23rd – Bunco Fundraiser for the LPM.

December 17th – 11 am Wreaths Across America at the Greenhill Cemetery

Fundraising Corner



A great time was had by all at the Bunco Party. We believe that we set a record! That is the most men attending. We had over 10 men playing and one of them won a prize (a bracelet – will have to fix that in the future!).



The food was great, with very little left over and we were very successful in raising funds for The Laramie Connections – transportation program. I will be presenting the check for \$2000 at this meeting.

Thank you to everyone who helped make this a big success. Our Bunco Beauties and Queens, people who prepared food, set up cleaned up, donated prizes, etc.

We also sold ~13 cookbooks at the event. We still have some left, if you haven't purchased yours yet for either yourself, family or friends, please get in touch with me soon. They will be available at both the April and the May lunches.



Lynda Hidalgo

Bunco – October 23rd – We are having a second Bunco event that will be in support of the Laramie Plains Museum. So think about playing again in the fall and/or being on the committee to give the others a break.

Ina Buckner

Wreaths Across America

At the March meeting the Board of Management put forward a proposal to participate in the Wreaths Across America program in support of honoring our Veterans by Remembering, Teaching, and Honoring them. The Honoring and Remembering is accomplished by selling wreaths to be placed on veterans graves at our Greenhill Cemetery where over 1700 veterans have been interred.

The Teaching will be accomplished through our outreach in our community raise their awareness, sell wreaths and sponsorships and invite them to join us on Wreaths Across

America Day (December 17th 11 am) to lay those wreaths on veterans graves.

The proposal was accepted. What does this mean? First off it means that we need to put a committee together to come up with Fundraising ideas and to organize direct sales of wreaths. Secondly, it means income to our club. Each wreath costs \$15. For each wreath sold our club will receive \$5. This income will be used to support our Club Department work as we move to reduce and ultimately eliminate our dependence on the income from our Endowment Fund. Why? Because the Executive Board has voted to use that income to sponsor a scholarship for a student from Albany County to continue their education. Work on this scholarship is still in progress. As soon as the Executive Board has its final vote it will be reported to you.

Information about Wreaths Across America was sent out in the meeting papers last month. So if you missed it, check that email for the details about this organization.

If you would like to be on this committee, please contact Karen Bard as she has been involved with this program for 4 years now and will be leading the fundraising efforts for this project.

Karen Bard

Karen C. Bard, President

307.343.6919

kcbard@charter.net