



# General Federation of Women's Clubs



W Y O M I N G

Preserve our Past



Protect our Future

## **Preserve our Past – Protect our Future Trish Peoples – GFWC Wyoming President**

It's annual meeting time! Attached to this email please find the information on the Western States Region Conference in Redmond, Oregon, in August. This conference is always a lot of fun and more laid-back than GFWC International. Speaking of GFWC International, please go to [gfwc.org](http://gfwc.org) to get more information on the Annual Convention in Louisville, Kentucky, in June. This is where you learn how GFWC works across the world. It's an experience I highly recommend.

Closer to home, I hope to see you at the GFWC Wyoming Conference in Torrington, April 28-29. The full board meeting will be on Friday at 1:00, and we'll have an Art, Cheese & Wine Evening with Silent Auction on Friday at 5:00. Local artists will be highlighted, and the Torrington community will be invited, which means the event will be both a fundraiser and a membership drive for GFWCW. Saturday will start with a mini-LEADS session at 8:00 before our Conference at 10:00. Bring your bras for *Save the Girls*, your used socks for *Smartwool* recycling, and your dimes for our mile of dimes for *March of Dimes*.

Finally, but most importantly, thanks to all of you for your hard work this year. The reports illustrate how invested we are in serving our communities and GFWC Wyoming. I'm proud to be serving with all of you.

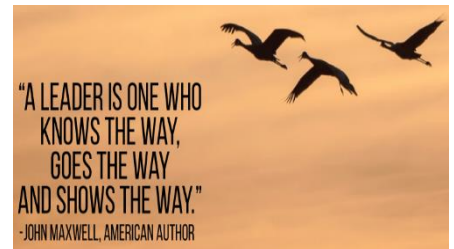
## **Karen Bard – GFWC Wyoming President-elect**



I am so looking forward to our state gathering in Torrington later this month. It is always a good thing to catch up with old friends, learn new things and have shared experiences. I recently went to visit my parents in Missouri, and I enjoy going during this time of year because I get to experience the bird migration through Nebraska. It is amazing the 100s of thousands of Sandhill cranes, snow geese, Canadian geese, red winged black birds etc. There are just so many that go through the central portion of

that state. The Sandhill cranes, in particular, attract my attention as they communicate through a cacophony of noise that has so much purpose. I am sure many men think the same of a room full of women all gathered together, seemingly talking all at the same time, sharing with one another. But like so many other birds there are important leadership lessons to be taken from how they behave. The flock as leaders and followers, they communicate with purpose, they are habitually goal oriented and have much resiliency to survive the toughest of times and maybe most important they foster an environment for future generations to flourish.

So as we prepare to gather at our state conference let us not forget to know when to demonstrate leadership and when we should be a follower. Let us be visionary as we plan for the future of our state and of our clubs. Let us communicate with the purpose to support one another and share lessons learned. Let us always be goal oriented so that we not only thrive as clubs, but as a state while we meet the many needs of our communities. Let us show our resiliency through these changing times, to adapt our ways of working together and within our communities to stay relevant to the times we live in. And finally, may we continue to nourish our clubs and the environment that we meet in to be supportive of one another, to attract new members and to lay the groundwork to continue to flourish into the future.



I am so looking forward to all everyone has to share together in this annual gathering of our clubs. Hope to see as many of you as possible there.

### **Karen Kent – GFWC Wyoming Vice President/Membership Chairman**



March, April and May membership focus is recognition. Are your new members engaged? Are they participating in club activities? Do you have a particular new member that has gone over and above expectations? This is the time to publicly recognize those women. Let them know that their hard work and commitment to the club has not gone unnoticed. When someone feels they are of value, they will continue to contribute. Conversely, if someone is not made to feel valued, they often look elsewhere for gratification. By building up another woman, we ourselves become stronger in our commitments. This is how we help others realize their

potential. This is the only way our clubs will not only survive but thrive.

### **Lucy Russell – Spiritual Advisor**

I wanted to just share a little bit this month. I researched what the month of April celebrates. There were 19 different things listed. I celebrate Easter but I know that not everyone does. April is the beginning of spring and the watching of the earth coming alive with flowers and trees budding. It makes sense that we should have National Garden month. Our President Trish has as her project to plant trees. This is the perfect time to plant trees. Another recognition is World Autism Awareness Month. I know

many individuals who must live with this issue. Maybe we could see about helping any organization who helps people with disabilities in remembrance of World Autism Awareness Month. The last one I want to bring to your attention is Stress Awareness Month. We are all under stress, some can handle everyday stress, but others succumb to it and injure themselves or others. I encourage everyone to take time for yourselves. Do something that you love. Take a vacation, read a book, plant a garden, exercise. Do whatever makes you happy and work on reducing the stresses in your lives. I wish everyone a happy April and I am so looking forward to Spring.

### **Marcia Volner – West District Liaison**



I am excited about the possibility of getting a Junior Club started at a private school here in Rock Springs called Sundance Academy. I continue to follow any leads I am given and provide any help I am asked for. Please let me know if you have leads or needs. Happy Easter

### **Bev Campbell – Advocates for Children**

X-JWC has some members who volunteer at schools. The intent is to be there for the teachers to provide help to the children who need extra help. For Valentine's Day, a gift of play dough was wrapped in fabric and a card tied on with a ribbon. The way their eyes lit up made the hours of volunteering worth getting up early and going to school! I hope all our Wyoming clubs will be creative and share information about what activities your club does to support and help our next generation.



### **Pam Hendricks - Health and Wellness Chairman**

Global Vaccinations is one of GFWC's Federal Legislative Priorities. Read the full text at: <https://www.gfwc.org/wp-content/uploads/2022/08/GFWC-2022-2024-Legislative-Priorities-July-December-2022.pdf>

Updates on the "Vax Scene"

Shot@Life is a U.S. grassroots advocacy campaign of the United Nations Foundation whose goal is to give more of the world's people access to lifesaving vaccinations. GFWC has established a strong working relationship with Shot@Life, by participating in advocacy, education, and fundraising projects. The March 9 issue of News & Notes highlights the presence of GFWC at the Shot@Life Summit in Washington DC.

The COVID-19 Pandemic and global conflict have caused a staggering drop in childhood immunization coverage around the world. 25 million children missed out on routine immunizations in 2021 – the single largest decline in 30 years. Did you know that 1 in 5 children in the world does not have access to lifesaving immunizations (UNICEF)? And, around the world, a child dies every 20 seconds from a disease that can be prevented with a vaccine (CDC). This is unfortunate because vaccines are one of the safest and most cost-effective ways to save lives, improve health and ensure long-term economic prosperity. In fact, every \$1 invested in immunizations produces approximately \$50 in economic savings in health care costs, lost wages, and productivity due to illness. Measles, Polio, Pneumonia, and Diarrheal Disease are the top priority diseases addressed in their programs. Vaccines for these diseases save more than 4 million lives

each year. We need your help in regaining previous progress and reaching more children. World Immunization Week is April 24 – 30. Ask members to participate by signing the Shot@Life petition ( <https://act.shotatlife.org/a/petition-shotatlife>) by writing letters to the editors of your local newspapers. Make this a Federation Day (April 24) project. Serve refreshments in shot glasses, challenge members to “take a shot” (basketball hoops), or have a photo contest (snapshot) using kids as the subject. Utilize social media to educate your community and garner support for a club fundraiser for the cause. Smallpox has been eradicated and polio is very close to being eradicated. Help us, join the call. Vaccines for All! #vaccinesforall. “The biggest threat is complacency, not disease.” ~Ambassador John Lange (retired), Senior Fellow, Global Health, Diplomacy UN Foundation

**Phyllis Salzburg – Environment Community Service Program  
APRIL IS EARTH MONTH!**

**Earth Day, April 22, 2023.** This year’s theme: Invest in Our Planet.

Plan an event, host a community cleanup and register the information at the website <https://www.earthday.org/earth-day-2023/> Great information there in the Earth Day Tool Kit.

**Earth Day** kicks off **NATIONAL PARK WEEK** April 22 – 30. More than 400 national parks!

Entrance fees are waived April 22; National Junior Ranger Day April 29.  
<https://www.nps.gov/subjects/npscelebrates/national-park-week.htm>

**ARBOR DAY APRIL 28.** Rooted in Cheyenne will be hosting an event at Holliday Park, 1:00 – 2:30. 12 trees will be planted, activities, demonstration, informational booth, and more. Additional information at Wyoming State Forestry <https://wsfd.wyo.gov/forestry-assistance-programs/community-forestry/arborday> More on how to celebrate the day at <https://www.arborday.org/celebrate/>



**SmartWool**, Second Cut Project, collecting old socks to be recycled. Cheyenne locations Browns Shoes and Jax Outdoor Gear are scheduled to have collections boxes. “Giving each and every sock a second chance at life beyond the landfill.” Do not buy new socks for this project! You can bring your **clean** old socks – singles, pairs, any color, style, material, size – to **GFWC-W State Conference in Torrington.** OR send to: **Material Return**, Attn: Smartwool Second Cut, 647 Hopewell Rd. Morganton, NC, 28655

Cheyenne clubwomen at Jax in 2022, dropping off socks to be recycled.

**Julie Gliem – Legislation and Public Policy Chairman**

Just recently we have learned that when non-profits put their heads together they can do great things. We have almost 300 families in Cheyenne that will be losing their housing in a three-month period. Some local non-profits came together to help host a resource fair. There were resources for housing, medical and legal. Work Force Services, Department of Family Services and many other charitable organizations stepped up to

help these families out. This housing crisis is reflected in nearly every other community across our state. The Woman's Civic League and the Meadowlarks are 2 of the groups in Cheyenne that helped. Without groups such as GFWC, these families are left without hope that their future isn't bleak. How can your club help locally?

**Linda Stowers – Signature Program**  
**Domestic and Sexual Violence Awareness and Prevention**

In April, National Child Abuse Prevention Month encourages communities to educate and increase awareness about the importance of child and family well-being. Let's work together to commit to effective strategies that support families and prevent child abuse and neglect.

<https://www.childwelfare.gov/topics/preventing/preventionmonth/about/>

The single most important thing we can do is support families all year long in ways that promote and build upon their strengths and enable them to care for their children safely before maltreatment is even a possibility. #ChildAbusePreventionMonth

#ThrivingFamilies

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/>

The more adverse childhood experiences a person has, the greater the risk for negative outcomes later in life. Learn how you can build resilience in the families you serve to mitigate the effects of child maltreatment. #ChildAbusePreventionMonth

#ThrivingFamilies

<https://www.childwelfare.gov/topics/preventing/preventionmonth/about/protective-factors-aces/>

Don't forget to wear blue and buy your pinwheels!

**Leslie Jo Gatti – Arts and Culture**

Now is the time to get ready for your Club's submissions for the Youth Art Contest for the State Conference in Torrington in April. The following 6 Clubs are eligible to submit Youth Art: Casper Active Service Club, Laramie Woman's Club, Women's Club of Sweetwater County, Yoder Woman's Club, Women's Civic League of Cheyenne, and XJWC. The instructions are listed on the GFWC Wyoming website under Contest Forms. The art **will be** judged in Torrington on the morning of Saturday, April 29. It is each Club's responsibility to get the art to the convention hotel. Please, try to have the art at the hotel Friday so everything can be set up for judging during the morning portion of the Conference. Prizes will be announced at lunch. If you have any questions, please, contact me.

Leslie Jo Gatti

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(307)350-0709

**Patty Benskin – Parliamentary Advisor/By-laws Chairman**

I want to remind everyone that there have been some revisions to our bi-laws, standing rules and conference rules. The revisions went out with the Call To Convention. Please review as the changes will be voted on at the conference.

### **Karen Bard – President Laramie Woman’s Club**

We are gearing up for our Flamingo a Friend fundraiser, our last major fundraiser of the year. We have chosen to support Laramie Cares and its need for funding for their website. Our goal is to raise \$3000 to allow them to develop a more user friendly and informative interface for their site to give the assistance needed to those in need of their services. Two of our members, Lorraine Saulino-Klein and Mary Fick Monteith, continue to work in this organization providing much needed leadership and training for suicide prevention.

At this meeting we will also be electing our new board members and board of director members. We serve a two-year term at LWC and so this will be a transition to a new leadership team. Installation will be in May. We are also planning for our June Garden Party. If you would like to come spend the afternoon on the lawn of the Laramie Plains Museum on June 15<sup>th</sup> at 1 pm please get in contact with us. We traditionally have sugar mouse cupcakes and fresh fruit for those who can’t tolerate the sugar in the muffins. RSVP is required.

### **Denise Lathrop – President WCLC**

These past few months WCLC has been busy reviewing our Bylaws and Standing Rules. During our March meeting we had the first reading of the proposed changes and during our April meeting we will vote on their acceptance. Our program last month was on mental health. It was presented by Pennie Hunt. She was very informative in a pleasant and entertaining way. Also, this past month we remembered our dear member Shirley McLelland, who suddenly passed. Our CGC committee met and brought to the meeting the proposed grant allocations from the Christmas House income. This is always a fulfilling moment after all the hard work of Christmas House. We at WCLC wish everyone a Happy Easter!

### **Bev Yeik – Yoder Woman’s Club**

The Yoder Woman's Club met on March 15th. We had nine members and one guest present. One of our new members presented a program of her life while living in Africa for six years as a child.

Elsie Gray reported that the new outside motion detector lights that the club bought for the Community Center were finally installed, after being back ordered.

We are planning a membership in June 2023 that coincides with the Yoder Garage Sale Day/Clean Up Day. We plan on serving food and drinks at the Community Center. We also talked about Yoder Days the second weekend in August and the Goshen Hole and Yoder Class Reunion. It sounds like we will have a very busy summer.

### **Lucy Russell – President XJWC**

At the March general membership meeting we heard from Cheyenne authors, Mike Kassel and Starley Talbott, who co-wrote a book about the first school for flight attendants which was started in Cheyenne. This was enjoyed by our members and many purchased books. I am also proud to say we are finally up and running with an ESO book group thanks to Mary Ann Kamla and Bev Campbell. They meet monthly and

discuss books of their choice. I continue to collect money at our meetings for my tree project. I believe that the money will be sent to Rooted in Cheyenne so that many trees can be purchased and planted in Cheyenne. We have been revamping our By-Laws and will be voting on the changes at the April meeting. We also have a new slate of officers which will be voted on in April. We also stayed a little late after the last meeting and tied blankets for our health and wellness committee. Blankets are to be given to Blankets for Laramie County Kids (formerly Project Linus). Our club members are staying busy and are involved in many community activities.

### **Marcia Volner - Women's Club of Sweetwater County**

We have been very busy in March. The YWCA in Rock Springs gives away gas cards and



shopping cards to people in need. Our club donated 6 cards worth \$25 each to this cause. We also purchased a table at a fundraiser dinner for the McKenzie Home for single mothers. This project will allow single mothers from across the state a place to live and learn skills to help them be successful on their own. We also donated a Bee themed raffle basket to this cause which brought in \$375. Our recruitment efforts continue to bring in wonderful new people with 6 so far this year. Community Day at the



Mall was a recruitment effort and also a bake sale to collect money for new equipment for our Lending Closet of Medical Equipment.

We were honored in March for Women's History Month by the Rock Springs City Council.



### **Deanna Frey – President Casper Active Service Club**

In March the club donated approximately \$150.00 of non-perishable food to Food for Thought to provide for children during spring break. Plans are being made to support programs located on the Life Steps in Casper. The program manager will be making a presentation at our April 21st meeting.

## **Starla Sexton – President, Leading Ladies**



The Leading Ladies will have a Mini LEADS Session at the upcoming Wyoming Conference in Torrington Wyoming, April 29<sup>th</sup>. This will be our 3<sup>rd</sup> event, If you have attended one our presentations and you would like for us speak at your next meeting or event just let us know. It is also possible to send the presentation electronically and you could present to your audience.

We want to provide valuable information that you can use within your clubs and various events. If there is a topic you would like us to explore and create a presentation, just let us know. Our members are throughout the State in various Wyoming Clubs; we would be willing to appear in person or via a Zoom call if anyone has the need.

If you would like to be part of the Leading Ladies and are a past president or a LEADS graduate shoot me an email or give me a call, I will get you the information to be a Leading Lady. ([starlasexton@gmail.com](mailto:starlasexton@gmail.com), 307-214-3340) Can't wait to see your beautiful faces in April!

Follow us on Facebook: GFWC of Wyoming  
GFWC-Wyoming website: [www.gfwcwyoming.org](http://www.gfwcwyoming.org)

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