

LARAMIE WOMAN'S CLUB

VOLUME 12 ISSUE 8

Karen Bard, LWC Editor 2023

April, 2023



GENERAL FEDERATION of WOMEN'S CLUBS

Living the Volunteer Spirit

www.gfwc.org



I made a trip back home to visit my parents in March. I had a great trip and was able to stop into a national wildlife reserve and to the Kearney Nebraska area to do some photography. I think it will always amaze me the pure number of birds that migrate through that area. Not just the Sandhill Cranes. But I was able to get better pictures of their mating rituals this year.

On my way there, I got to Westphalia Missouri before I saw signs of spring. Saw the first flowering trees. When I got to my parents I was greeted by a huge garden of daffodils. Today, it is cold and breezy here in Laramie, but I went out to my lilacs in the back yard and yes, the buds are swelling. April, a derivative of Aprillis, which means to open, is starting to open to bring us the colors of spring.

Also, while I was home I learned that my mother is being inducted into the Missouri Quilting Guild's Hall of Fame. She will be the 2nd person inducted. So proud of her. She does such lovely work and has one so many awards for her work and has passed on her knowledge

through teaching classes across the state and at national conferences.

Annie and I had been talking about crafting prior to my leaving on my trip. In that conversation we spoke of quilting and I shared with her the Hawaiian quilt that my mother made me when I graduated high school. She in turn told me about a book by Jennifer Chiaverini, *the Aloha Quilt*. Little did she know that this is how my mother learned how to quilt. She learned to quilt while we were living in Hawaii when I was a little girl. Annie gave me the book, and my mother started reading it that very evening and was half way done by the time I left. She was familiar with the author and said she was enjoying the book very much and promised to pass it on to a member of her quilter's guild when she was done.

It is amazing how much we learn and share about each other through unhurried conversation. Annie had no idea that my mother was a quilter when she mentioned the book. How and why it popped up in our conversation, I can't even remember.

So this is another reason, if you are considering attending the State Conference in Torrington. You don't have to go up and spend the night. Annie Nelson and Ina Buckner are driving up in the morning and back that evening. A perfect opportunity for you to attend, meet new people and learn more about people you know. And of course an opportunity to learn more about GFWC at the state level.

Board Activity

The board spent their time discussing the April and May meetings. In April we will be electing our officers and our new Board of Directors members. If you are interested in sitting on the Board of Directors there is still one slot open.

We discussed the draft budget, which will be attached to this newsletter for your review. Also, we caught up on how many of our members have turned their information sheets in so that we can double check our membership book and ensure the best information possible is there for our members. That is also attached to this newsletter. You can turn it in however you like, email, a phone call, hardcopy at a meeting or through a friend who will be there.

We also started discussing our menu for the May meeting and the inauguration of our new officers and new members.

Election Time

We will be electing our new officers and our new Board of Directors at the April meeting.

I wish to thank the nomination committee; Helen Sussenguth, Janine Kropf, and Lynda Hidalgo for their work in putting this slate of officers together.

President – Linda Simpson
Co 1st Vice Presidents (In charge of Programs and the Booklet) – Lynda Hidalgo and Lynn Prichard
2nd Vice President (Membership) – Adrienne Polis
Co 3rd Vice Presidents (Fundraising) – Ina Buckner and Cheryl Fleener

Recording Secretary – Mary Guenzel

Treasurer – Mary Mountain

Corresponding Secretary – Janine Kropf

For the Board of Directors we have Karen Bard and Linda Cavalli

March Meeting Program

Our guest speaker was from the Foster Grandparents program. I learned a lot. All this time I thought the program, in spite of its name, was focusing on the needs of the children when it really focuses on the needs of the older individual providing the care as well as the needs for the children.

It sounded like an amazing program that Luella, one of our long time members was active in. Given different situations this program provides a meaningful way to contribute your time and give your life structure.

April Meeting

**MEETING—Thursday,
April 13th, AHSC**

Lunch starts at noon
Program starts at 1 pm
Business meeting starts at 1:45

Guest speaker is Linda Dunning from Feeding Laramie Valley.

Hostesses: Annie Nelson, Cheryl Fleener, Kathy Mead – Two other volunteers would be helpful.

Additional Parking: Our grateful thanks to Trinity Lutheran Church for allowing us to park in the church parking lot. One reminder: should there be a funeral on the second Thursday of the month we would need to seek parking elsewhere, but those times should be rare. Feel free to park there—first come, first served.

Parking at Alice Hardie Stevens Center: During the months that we have ice and snow, please leave the parking spaces at AHSC for our members who use canes or use oxygen canisters? Thank-you!

Things to Remember

DONATIONS NEEDED:

Interfaith - Sam, the pantry manager at Interfaith has asked if LWC would please do a donation to the Food Pantry. Because Interfaith can buy groceries from the Rocky Mountain Food Bank, Interfaith can get cases of food for half price or even more off the price of cases from our local grocery stores.

LWC will be taking donations for this purpose at our April meeting. If 60 of us give \$2.00 that will equal \$120 dollars which would allow Interfaith to purchase at least \$240 to \$300 worth of groceries.

Please give what you feel comfortable with, all donations are appreciated. When we all give a little we can do great things.

Interfaith is also looking for plastic bags this month.

Thank-you.

Student Support Services (Homeless Students)

Bring your unwanted household items to our meeting in April! Kitchen items, home décor, it is all welcome! Lisa Theis our Student Support Team Liaison will use them to help homeless families. Also, regular size shampoo/conditioner, and travel size deodorants are helpful items for homeless students. Sorry, we can't take large furniture, electronics, large sports equipment – like exercise bikes, etc. Thank-you! Questions, please see Annie Nelson.

NU2U

While you're clearing out your closets please remember that Ina Buckner will be happy to take any gently worn clothing items for the LWC account at the store. Those donated items are making our group money so please let Ina know or bring your items to a meeting. The income from NU2U is supporting the

projects from our various departments. Thank-you!

Pop-top Tabs:

Please save those little metal tabs on soups, sodas, etc. and drop them off at a meeting. Ronald McDonald house will take them (in big batches) and it supports a family's one-night stay.

Interesting Factoids for the Month

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from the 16th – 26th of April. Another one is the Eta Equariids meteor shower from the 21st onwards.

April 14th, 1912 is when the Titanic was sunk on her maiden voyage.

George Washington was inaugurated on April 30, 1789.

April is sacred to the goddess Venus.

On April 11, 1970 Apollo 13 was launched. The famous quote, often misquoted was "Houston, we've had a problem here."

After a 1500 year hiatus, the first Olympics of the modern age took place on April 6, 1896.

Ford unveiled their first mustang on April 17th 1964 for \$2368.



Earth Month
Humor Month – So Laugh it Up!
National Parks Week
Day of Silence April 2nd
Earth Day April 22nd
Arbor Day Last Friday
Independent Bookstore Day Last Saturday

Craft Group

Craft Group needs YOUR help!
Even if you aren't crafty we could use your help
to glue and cut! We will meet at the Alice
Hardie Stevens Center:
Thursday, April 6, working on small, wooden
boxes
Monday, April 17
Thursday, April 20
Monday, April 24

All are welcome even if you can only come a
short time. See you soon!

Wyoming History

April 1st 1915 the Wyoming's workers'
compensation act went into effect. This was a
landmark in Wyoming's history. This was a
much-maligned compensation system but is
highly unique and Wyoming was an early
adopter.

This is a completely state-administered system
that was modeled after the German workers
compensation system. Like the German
system, Wyoming's compensation system
makes the state the insurer of covered workers
rather than requiring employers to purchase
private workers' compensation insurance. The
system is also quasi-judicial in that it has a
adjudicatory system for contested claims with a
right to appeal to the court system. The system
also directly impacts the civil litigation in
Wyoming, as it prohibits employees from suits
against their employers if they have received
compensation under this act.

April 1, 1951 – The Wyoming Air National
Guard's 87th Fighter Squadron is activated for
service in Korea. Wyoming pilots would fly
1800 missions in the Korean War.

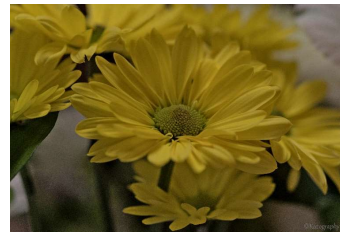
April 2nd 1948 – A fire destroys 30 Laramie
businesses.

April 6th – The first pony express arrives in
Fort Laramie.

April 8th 1903 – President Theodore Roosevelt
starts a 19 day trip to Wyoming. Thirteen of
them spent in Yellowstone.

What's Your Flower?

Are daisies your favorite flower? Did you know
that their name comes from an Old English
word that means 'day's eye'? These flowers
represent innocence, hope and purity.



If this is your
favorite flower then
you are probably an
optimist who can
find the good in any
bad situation. You
are also a morning
person and always know what to say to make
someone smile.

Dues Time

It is time to pay for our dues. Dues is still \$40
and is due no later than June 15th in order to
have your information included in the booklet
for next year.

On that note please fill out the included contact
information sheet at the back of the newsletter.
We want to make sure that all the errors are
corrected and that all changes are
incorporated. So fill this form out or email
Linda Cavalli to get this information updated.
Even if nothing has changed, please do this or
you will get a call from a committee member to
get it double checked.

Volunteerism

November Volunteer Hours - 325
December Volunteer Hours – 424
January Volunteer Hours – 331
February Volunteer Hours - 331
March Volunteer Hours - 700

New Members

Please welcome our newest member to our club.

Sandy Hubert
[1063 Colina Drive 82072](mailto:sazhubert@gmail.com)
(307) 742-2203
sazhubert@gmail.com

Maria Dillon
120 E. Harney Street 82072
(612) 239-8953
mariapdillon@gmail.com

Roz Callahan
[854 N. Cedar 82072](mailto:rozwyo@bresnan.net)
(307) 742-0070
rozwyo@bresnan.net

Ina Buckner

Flamingo A Friend

Flamingo a Friend will run from May 1st to May 30th. If you can assist in setting out and picking up the flocks please contact Ina. Also included in the back of this newsletter is the order form for you to use.

At our March meeting we voted to support Laramie Cares and their need to redesign their website to provide valuable and easily located information for those in need of their services.



Ina Buckner & Cheryl Fleener

Committee Reports

Environment



Laramie Waste & Recycling (📱)
City of Laramie
Designed for iPad
★★★★★ 4.9 + 60 Ratings
Free

Happy Earth Day this month! We have been donated some “Green Products” to use and test out! Attend the April meeting, if your name is called, you get to pick a FREE product to keep and test it this month, then come back and tell us about it – good or not so good – in May! All kinds of products available! Also, these products are available in Laramie.

Things you can do as individual for earth day abound. Hopefully, the weather will be fine and you can get outdoors on the 22nd and enjoy our great big world. This year it falls on a Saturday so it is a perfect opportunity for make your contribution.

You can download the Laramie Waste & Recycling app to your phone so that you can learn and stay in touch on how to do your best for Laramie.

If you can, think about spreading some seeds that will attract pollinators. If you are feeling a bit more energetic you can clean up the plastic in your neighborhood or local park.

Check out *if you care* website. Here you can find environmentally friendly household and kitchen products to replace those that you buy in plastic containers. Order a tree from Rooted in Laramie, or think about helping them out on their planting day.

If you garden think about reduce, reuse and recycling there. Buy in bulk to cut down in plastic waste. Use biodegradable pots when you start your garden in doors. (I do, I started my garden a few weeks ago.) You can also look into organic solutions for pesticides in your garden as well as fertilizers.

A simple challenge for all of us on earth day is to turn out lights and use less water. Try it for a day and see if you can make it a habit.

A big area of waste in the US is food waste. Think about reducing the amount of food that gets thrown out. Again, if you are a gardener, think about composting to feed your garden next year.

Want more ideas on what you can do take a look here

<https://www.signupgenius.com/groups/earth-day-activities-ideas.cfm>

Karen Bard



*Summer, fall, winter, spring,
The seasons rotate as each brings
Its special beauty to this Earth of ours.
Winter's snow and summer's flowers;
Frozen rivers will flow come spring,
There is a renewal of everything.
—Edna Frohock (1906–97)*

Education & Libraries

Please don't forget that the deadline for our scholarship is April 15th. We have very few applications. So if you gave one to someone, get them to get it turned in. If you have been working with someone or passing the word, then please check up on them and encourage them to get their application in.

Here is the link to the scholarship application.

www.gfwcwyoming.org/scholarships.html

Health and Wellness

Our Health and Wellness Committee has received two \$250 grants to purchase sack bags and food for the ACSD #1 Laramie Backpack Program.

We have purchased 400 bags and with the balance of the money we will purchase food items to put in the bags. 140 bags are needed each Friday to provide food for just one weekend of student meals. Each bag covers Friday – dinner, Saturday – breakfast, lunch, snack and dinner w/a side and Sunday – breakfast, lunch, snack and dinner w/a side.

Cassandra Bushman, the one in charge of the program, gave us a list of needed foods for the bags. Please consider contributing a few dollars at our April meeting to help us buy enough food to fill 140 bags for one weekend.

Once all the food is purchased and sorted, we will need a group of members to fill the bags with food and deliver the bags to the school district. You can see this is an extensive time consuming project for the LWC to complete. We hope you will be able to donate your time or a few dollars to meet this need.

Correspondence and Birthdays

Happy Birthday!

Mary Fick Monteith (16)

Correspondence

Three get well/thinking of you cards were sent to members. Flowers were sent to Mary Alice.

Mary Alice is recovering well from her surgery. Cards are still welcome. We are coordinating closely with her and her family in giving the support she wants/needs. She is a member of a PEO Service Organization here in Laramie

which is also supporting her as well. We all want to do what we can for her, but it can be overwhelming for her. We need to take the lead from Mary Alice and her family to help meet her needs coordinating with everyone else who wishes to do the same.

We are very happy to hear of her progress in her recovery and continue to send our best wishes to her. So please send her cards as you wish to let her know we are all thinking of her.

Future Events

ARK Casino Night – April 22nd 5:30 pm

Take Back Day – April 22nd – Take your old and expired, or no longer needed medications to Pole Mountain Pharmacy, on the corner of 4th and Harney St (close to Safeway). This is a place to safely take your medications to have them properly disposed of.

State Conference – April 29th, 2023,
Torrington

Flamingo A Friend – May 1st – 30th

International Convention – June 10th-13th,
2023– Louisville, Kentucky Registration is
open

Summer Lawn Party at Ivinson Mansion – June
22nd 1:00 pm

Art on the Lawn – July 16th

Western States Regional Meeting – August 26-
27, 2023 – Oregon

Karen C Bard, President
307.343.6919
kcbard@charter.net

PLEASE Print Your Responses

Date_____

HELP! Even if you don't have any changes to the current information in our membership directory we need this form from each member to make sure we have current information from everyone for our new LWC Directory for 2023-2024. As soon as you have a change for any of the information you submit, please call or email Linda Cavalli – 307-742-7336, Irene Peach - 512-663-1237 or Sharon Yovich – 307-742-4880 as soon as possible. Thank you for taking time to update your information either on this form at a meeting or by sending an email to Linda at jimcavalli1@msn.com.

Name _____ Year became member of LWC (if known) _____

Your month and day of birth _____ Email address _____

Phone number(s) _____

Address with zip code _____

Name of person who brought you into the LWC club? _____



FLAMINGO a Friend!

Laramie Woman's Club is FUNraising with Flamingo a friend for **Laramie Cares**, a non-profit organization dedicated to Suicide Prevention. Each flock is \$20 to deliver. The recipient of the flock then calls 307-272-3562 to arrange removal/or they will be picked up the following day (A suggested minimum donation of \$10, if you wish) But, passing them forward is a donation of just \$15!. Make your check out to Laramie Woman's Club (or LWC), place this sheet and your donation in the envelope, and tape it to your door when the flamingos are picked up the next day. The Laramie Woman's Club appreciates your generosity and the good humor shared!

Name (s) Phone # Person's address Donation total