



2021



GFWC X-JWC

Hotline



Message from President Katherine Van Dell

At our last Board meeting, reports were given on our Texas Roadhouse fundraiser. Karen Lee reported that 91.3 % of our membership participated. I cannot thank you enough; what an outstanding job our members did in making this fundraiser extremely profitable! I especially want to thank Karen Lee, Carolyn Turbiville, and Joanne Bassett for their hard work. I would be remiss if I did not thank the husbands and/or male family members that delivered meals. It is wonderful that they are willing to support their wives, mothers, women in their lives to ensure the success of this fundraiser.

This month the Board is planning to provide Christmas presents to the children in the Family Promise program. At this writing, there are eight children ages 2 to 16 years. The membership agreed to the expenditure of up to \$300 to provide presents. The committee for this project, headed by Joanne Bassett, is planning a party the evening of December 20. Club members attending will sing Christmas carols, cookies will be provided, and then presents distributed. Do you need to get into the spirit of the season? If so, this activity certainly will help with that. There is nothing in the world more wonderful than seeing a child's eyes light up when they receive a present. If you would like to participate in this activity, please contact Joanne.

Another project for those that wish to participate is to donate \$25 gift cards, or donations in any amount, for the East Cares Foundation at Cheyenne's East High School. Information follows on this worthwhile program.

Staff members have been raising money and collecting items for about the last 19 years for students at the school who, without outside sources, would not have a Christmas. This year, due to the COVID-19 pandemic, the program will give students \$25 gift cards or cash. In addition, the program operates a pantry at the school, which collects nonperishable food, personal hygiene items, socks, etc. year-round for students in need.

I truly hope that you will be able to help with this activity. I will deliver the donations to the school. Thank you for your support of this project. Special Optimist Club friends Charlie and Gunar Neumann from Aurora, CO came to Cheyenne to go through

Christmas House and in visiting with them about our on-going projects, Charlie donated \$25 to purchase a gift card for the East Cares Foundation. I am proud to be a member of the Optimist International Foundation. *The OI Mission Statement is – By providing hope and positive vision, Optimists bring out the best in youth, our communities and ourselves.*

December started out with a bang like so many previous years. Besides being a member of our wonderful club, I am also a member of the GFWC Women's Civic League, as are Lucy Russell, Joanne Bassett, Patty Benskin, Phyllis Salzburg, Wendy Owen, and Connie Hein. The first weekend of every December is dedicated to Christmas House, the club's one annual fundraiser, which is a very busy time. This year WCLC needed additional help. Thanks to Trish Peoples, Karen Lee, Bev Campbell and Kathleen Petersen for volunteering. Your help was greatly appreciated. If there is anyone else that I missed please let me know so I can also thank you.

My sincere wish for each of you is to have a wonderful holiday season with your family and friends. Merry Christmas!!

WAYS & MEANS – Karen Lee, Chairman

X-JWC had yet another successful Texas Roadhouse Fundraiser for 2021! 91.3% of the 47 members participated either by selling tickets, working on the day of the fundraiser or making a monetary donation! Way to go ladies, I am so proud of this group.

Now for the numbers:

Total this year donations, \$1,440

Total last year, \$1,467

Top Donations:

Carolyn Turbiville: \$362

Phyllis Duncan: \$250

Karen Schroeder: \$145

Top money/tickets:

Carolyn Turbiville: \$1,000/53

Phyllis Duncan: \$682/36

Karen Schroeder: \$481/28

Grand total: \$5655

Paid to TRH: \$1950

Total net 2021: \$3705

Total net 2020: \$3041





EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM Carolyn Turbiville, Chairperson

Have you been thinking who you might give a book to by December 26, 2021. My challenge, as Education chairman, is that each X-JWC member give a book to someone or someplace. At the general meeting, there will be sheet for you to find your name and write down what you have done or intend to do. If you are not going to be at the meeting, please call me or email your response. So far, 9 members have responded.



It's called **reading**.
It's how people install new software into their brains.

ADHD is not a learned behavior.
ADHD is not a discipline problem
ADHD is not a spoiled child.
ADHD is not a temper tantrum.
ADHD is not a choice.
ADHD is not "the easy way out".

ADHD is a medical condition.
ADHD is a chemical imbalance
ADHD is a big deal.
ADHD is a battle for self confidence.
ADHD is a fight to maintain focus.
ADHD is a war between brain & body.
ADHD is real.

#TRUTHABOUT ADHD

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM, Nancy Krois, Chairperson

Thank you to everyone who has given coats and socks the last 2 months. So far, we collected 1 child's coat and 9 women's coats. Those were added to the many coats collected last month by the First Interstate Bank downtown Coat Drive. They distributed them through the various community helping organizations. This month I will again be collecting **Coats and Socks**. December provides more opportunities to give thanks and to circulate our blessings in our own way. This month we are faced with festive meals and snacks, so **Balance and Moderation** help us minimize the sugars and fats that overload our livers, kidneys and brains. We only have this one body and it is our **Choice** how we treat it.

Give **yourself** the **gift** of:

- Some time to recharge yourself
- Enjoyment of an old friend
- Permission to turn your phone off and turn up the music
- NO Falling: careful Outside and Inside

Get ready for the New Year by thinking of small activities we can start towards **Positive Health.** Remember to HUM and SING to tickle that Vagus Nerve.
HAPPY HOLIDAYS AND NEW YEAR.

ESO – Norine Samuelson, Chairman

PLEASE turn in your book lists. Time is running out! Send to Norine by December 31.

GFWC ENVIRONMENT COMMUNITY SERVICE PROGRAM, Phyllis Salzburg



Christmas lights! It's that time of year – checking those strings of lights before putting them on the tree! If you find you're going to get rid of some and buy new, bring the old ones to the meeting or give Phyllis Salzburg a call at 634-0623, to take them off your hands!. Working or not working, with or without bulbs – bring them!

There are a lot of materials inside a set of Christmas lights that contribute to making the season bright. Holiday light strings contain plastic, glass, copper, even lead and other materials which can harm the environment. When disposing of holiday lights in the trash, they will sit in the landfill for years. Electronic products like Christmas lights are not bio-degradable and will not decompose into the earth's soil. And they are dangerous to animals.

MEMBERSHIP – Happy December birthdays to Phyllis Michaud Dec 5, Nancy Krois Dec 7, Norine Samuelson Dec 18, and Melody Nielsen Dec 21.

New Members' information:

Connie Hein, 5241 Atlantic Dr. Cheyenne 82001 connielesterhein@yahoo.com,
970-581-9239 Birthday October 3

Karen Kent, 2904 Central Ave. Cheyenne 82001 wyokents@msn.com 307-631-2235
Birthday August 8

***MERRY CHRISTMAS AND HAPPY NEW YEAR TO
ONE AND ALL!***

