



2024



GFWC X-JWC HOTLINE

Editor: Phyllis Salzburg, westernbps@gmail.com

December membership meeting Tuesday, December 3, 2024, 11:30, Red Lion Inn. Lunch \$15.00. If you are unable to cancel your lunch reservation by the deadline please send your \$15.00 check to treasurer Phyllis Salzburg. The club must pay for all lunch reservations. Thank you.

From Karen Kent, President Elect

Let's make our final general membership meeting of 2024 one we will remember for a long time to come. We will have some musical entertainment and a gift exchange. In short, we're going to have a **Christmas party!**

The gentleman that is providing our entertainment is waiving his normal fee just for us. He will accept tips if you are so inclined. Bring a gift (anything you wish) and we will play a game for the exchange. I am looking forward to a lighthearted, laid-back time.

Message from President Patty Benskin

HAPPY HOLIDAYS!

It's hard to believe that Thanksgiving is behind us, and Christmas is approaching! This is the season of celebration and I want to celebrate each and every one of you! Thank you for all you do for XJWC and our community.

I especially want to thank all who helped with the Texas Roadhouse fundraiser. Whether you sold tickets, greeted, bussed tables, or served meals, you contributed to the project. Our funds this year will benefit Safehouse and the Animal Shelter. Thank you for your hard work and contributions.

The Christmas Party this year will see a new activity with a fun gift exchange. I hope you will all enjoy it.

I hope your Holidays are Merry and Bright and the New Year is especially good to all of you!

ADVOCATES FOR CHILDREN, Nancy Krois, Chairperson

Thank you to all of you who brought hygiene items to our October and November meetings for the emergency closet at South High School. You all donated an estimated \$250 worth of hygiene items. A big thank you from the students for your contributions. Please include children in your Christmas prayers, time and giving. They are our future.

If there is any community project related to children that you would like be involved in 2025, please let me know. The Children's Museum was supported by XJWC from its beginning and has materialized in our community. The ground has been broken for the multiple duplexes built by Habitat for Humanity for Cheyenne children and their families. Happy Holidays and see you in 2025.



Cheyenne Children's Museum opened its doors to specially invited children and friends for a peek at what will be a welcome addition to our community!



COURTESY -- Pam Nelson and Carolyn Turbiville, Chairmen

Welcome new member **Carolyn Thieman**! Carolyn joined X-JWC in October 2024. She began playing bunco last spring with X-JWC member Jane Davidson and met some of our other members there. She lived in Lincoln, NE before moving to Cheyenne and has lived here for 9 years. She has been an administrative assistant and is currently helping her daughter and husband with their business. She also has two sons, 11 grandchildren and 21 great grandchildren. She enjoys playing games such as Bunco, Yahtzee, Farkle and card games with her friends.

Her contact information: 3629 Woodhaven, Cheyenne, WY 82001
402-817-9192 Cstman1213@gmail.com
Birthday: December 13.

Illnesses/Surgeries – Judy Kallal returned home from her recent visit to CRMC and is doing well.

60th Wedding Anniversary – Congratulations goes to Bobbi Earnshaw and her husband, Jay, on their 60th anniversary November 26!

December Birthdays: Phyllis Michaud 5 December; Nancy Krois 7 December; Carolyn Thieman 13 December; AND

Darlene Evans will celebrate her 99th birthday on December 20! Help make it a special day for her -- send her a card to help her celebrate!

5 Tips To Manage Holiday Stress

1  **Keep It Simple**

- Do Less and Enjoy More
- Establish a Budget for Gift Giving
- Make Homemade Gifts
- Start a Family Gift Exchange

2  **Forget About Perfection**

- Stick to Your Daily Routine as Much as Possible
- Plan Ahead
- Make Lists of Tasks and Errands
- Prioritize What You Want to Accomplish
- Keep Old Holiday Traditions That You Enjoy
- Add New Holiday Traditions to the Old Ones
- Slow Down and Enjoy the Season
- Don't Fret If You Can't Do It All!

3  **Attend to Your Self-Care**

- Don't Overindulge on Food and Alcohol
- Maintain a Healthy Diet
- Exercise - Even a Short Walk is Helpful
- Take 10 Minutes for Quiet Time When Needed
- Get Enough Sleep
- It's Okay to Say "No" to Requests
- Ask for Help When You Need It

4  **Acknowledge Emotions & Feelings**

- Holiday Time Can Make You Happy
- Holiday Time Can Make You Sad
- Holiday Time Can Bring Frustration
- Holiday Time Can Be Lonely
- Ride the Wave of Holiday Emotions
- Reach Out To Friends, Family, or a Counselor For Support
- ALL EMOTIONS ARE VALID

5  **Focus on Kindness and Gratitude**

- Enjoy Time With Family and Friends
- Pick Your Battles When Tensions Are High
- Donate Money or Time to Charity
- Practice Acceptance, Forgiveness, & Gratitude

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Members and friends toured the Wyoming Capitol November 18 after being greeted by Wyoming Secretary of State Chuck Gray.



DON'T FORGET – Holiday Street Trolley Tour, December 12, 2024!



Call Karen Schroeder 307.630.1602 or Chris Ryan 307.631.0123 for information.

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

