



2022



## **GFWC X-JWC HOTLINE**

Message from President Lucy Russell

I am so proud of our club and all that we have accomplished. Thanks to Karen Lee and her committee for their work on our major fundraiser at the Texas Roadhouse which was very successful. We were supported well by the Cheyenne community. I had a lot of fun working in the back, preparing drinks for our customers. I hope all of you who volunteered also had a good time. We made a nice sum which will be donated to K9s for Mobility.

At the December meeting we will be entertained by Bob and Debbie Mathews and some of their students. They performed for us last year and were a big hit!

Nancy Krois continues to collect coats, scarves, and hats for the homeless and needy in Cheyenne. She is also collecting old sheets and blankets to make sleeping bags for the homeless. The book collection for Meals on Wheels clients generated over 500 books provided by our members and my church. Thanks to everyone who donated to this project.

Many members assisted Women’s Civic League of Cheyenne at their Christmas House. They truly appreciated all the assistance of our members.

Karen Lee is continuing to collect scarves for her project. Bev Campbell made 30 adult and 15 children’s scarves, which represents 20 hours of her time. This is so much appreciated. I am sure many others have been at work and will be giving items to Karen.

At the December meeting we will be signing Christmas cards for veterans and folks in nursing homes. If you have cards you would like to donate to this project, please bring them to our meeting. I am looking forward to the Christmas season and hope everyone is happy and healthy. Thanks for all you do for the Cheyenne community. See you on Tuesday.

\*\*\*\*\*

Trish Peoples – The **Veterans’ Rock** Pantry is in need of the following items:

Vienna Sausages, small packages of applesauce, pancake mix, and canned chicken.

**If you would like to donate**, bring them to the general membership meeting on December 6th.



**HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM, Nancy Krois, Chairperson**

The **Welcome Mat with the Wyoming Coalition for the Homeless** thanks you all for **our November donations of:** 1 pairs of warm socks, 4 warm women's coats and 1 warm man's coat. 5 lighter coats went to Needs. And a big thank you for 12 sheets given to the Sleeping Bag Sewers for sleeping bags for the homeless.

It is **December and the SNOW AND Cold Wind** scream **WINTER**.  
SO.....remember... **Winterize:**

**Home:** Check ALL Smoke and Carbon Monoxide Detectors to be sure they are in good working order and consider replacing the batteries. Have a clean Furnace Filter making sur it meets Safety Standards. Have good warm shoes and coat handy to use to "just run outside" since many falls happen near the house to grab a paper or quickly shovel some snow. **NO FALLING!!!!**

Be ready for emergencies with candles, batteries, emergency radio, at least one to two weeks of extra of medications, bottled water, warm blankets, clothing and ready to eat foods. Keep your cell phones and any other chargeable necessary equipment charged. Remember to have your emergency phone numbers close at hand. Clean up melted snow/ice on your floors ASAP to prevent slipping.

**Car:** Have GOOD battery (get tested if needed), great windshield wipers, windshield wiper no-freeze fluid, great scraper, spare warm gloves, flash light and Good (winter) Tires for traveling even around town. Have your vehicle insurance and emergency numbers handy in cars. Recommend having a blanket in the back seat so that if there is an emergency, you will be warm while waiting for help. To stay safe, remove as much snow and ice off your windshield, lights, back and side windows BEFORE you drive. It may save you from accidents especially in parking lots. Remember to dress for winter weather including warm shoes, hats, gloves and coat to keep you safe going in and out places. **Enjoy your Breathing Breaks! Sing and Hum to all those December Tunes and SMILE. All this fresh air will invigorate your master VAGUS Nerve!! Blessings!**

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

**COURTESY** Carolyn Turbiville  
**Happy New Year!**

Bev Rogers is home and doing much better.

Judy Kallal and Norine Samuelson are at home and improving.

Ellen Sevall and Katherine Van Dell had cataract surgery this fall.



Benita Thompson is spending a few winter months at Virginia Beach with her grandson and family.

Carolyn's great-nephew, Dodge Weishaar, is in the play The Trial of Ebenezer Scrooge at the Atlas Theater.

## **IN MEMORIUM**

Sadly we were advised that GFWC International Past President Ernie Shriner passed away Friday December 2. She began her almost 60 years of dedicated GFWC volunteer service in 1964 as a member of Cheyenne Town and Country League. She left a legacy of outstanding leadership at the club, state, Region and National levels serving as president of Town and Country, Women's Civic League which she joined in 1980, GFWC- Wyoming (president 1978 – 1980), Western States Region offices, in appointments to numerous national committees, and all elected offices of GFWC International. She served as GFWC International President 2004 – 2006. Ernie was very proud to be the only Wyoming clubwoman to serve as GFWC International President and so were we.

X-JWC member Carol Pralle served as one of Ernie's honorary aides during her two years as International President.

In addition to GFWC Ernie was very involved in the Cheyenne community, serving on the CRMC Trustees, Hospital Auxiliary, PEO, Job's Daughters and Order of Eastern Star. She was president of Action Ads and, with her husband Bob, owned and operated Pioneer Printing for many years. She was an outstanding leader, wonderful mentor to many and a gracious and generous friend. We will miss her.

Ernie at 2004 Western States Region meeting in Seattle, WA. Shopping for the grandkids at Pike Place Market.



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

