

Wyoming News Blast

February 2021



**GFWC Wyoming President's
Message – Nancy Kaufman**

**Proud GFWC
members
Since 1904**



Be the Light



Punxsutawney Phil reports we are in for six more weeks of winter. Phil does NOT live in Wyoming. But that's okay because we are Wyoming Strong and rise in the face of adversity. As I read through all the club reports that have been submitted by the Club Presidents, the accomplishments are nothing short of remarkable. Wyoming clubwomen have answered the call in their communities and Trish and I are hard pressed to see where this never-ending pandemic even slowed us down. Sincere thanks to each and every one of you – I am incredibly proud to be a Wyoming Clubwoman.

So, let's get together in April to share and applaud our successes! GFWC Wyoming is planning a Spring Conference and LEADS Workshop in Laramie April 23rd and 24th. It will be in person with appropriate safety measures in place. Wendy Carriker, GFWC International Vice President, will be attending and she is looking forward to participating with us as both a speaker and attendee. The Laramie Women's Club is working hard to make this a fabulous event. Watch for the Call to Convention with complete info and registration forms coming out next month!

For my President's Project, I plan to begin working in earnest on the Buddy Bench program with the goal of getting one of these friendship benches in as many elementary schools as we can. Thank you to the Rock Springs club for already getting the first one in! These benches are placed in school playgrounds to be a safe place for children to go if they are feeling in need a friend that day and the other children recognize this. The goal is to reduce bullying and promote acceptance. This program has been successful in many places around the country and Cheyenne has had several in place a few years now. I will be sharing specifics in the coming months if anybody wants more information. As we give tirelessly of ourselves, let's not forget to watch out for each other as well. Let us celebrate healthy mental states this month – a little kindness cannot be underestimated. I am still collecting dimes for our Mile of Dimes for March of Dimes project.

News from Headquarters! Unfortunately, the International Convention will not be in Toronto this June, much to everyone's disappointment. They are diligently looking for a new venue and I will pass that info an as soon as we get it. Remember, GFWCW is soliciting applications for a LEADS 2021 candidate to join Heather Dodson as LEADS 2020 participant and I encourage each club to identify a potential woman to fill this roll. This is a wonderful opportunity to learn more about how GFWC works

beyond the confines of our Wyoming borders. The Run For The Roses campaign is the last 2-year effort to raise money for renovations of the beautiful Victorian home that houses our Headquarters in Washington D.C. GFWCW has fully participated in the last two campaigns and this administration will be no exception. Trish has arranged a Terry Lynn Nuts fundraiser to achieve this goal – details are later in this Newsblast and through your Club Presidents. Terry Lynn is a GFWC sponsored fundraiser and all proceeds we earn will go to the capital fund. Eat healthy and often!!

Until we can meet together and share long-anticipated hugs, we need to work together and recognize those around us who are struggling. I know that there is so much need at this time that it can be overwhelming for those of us striving to make a difference. Remember to show appreciation and take care of each other and those around you. Remember to smile. Remember to Be the Light.

Yours in Federation – Nancy

“We are more alike my friends than we are unlike” – Maya Anjelou

Dean of Chairmen

Trish Peoples

As you know, it's the time for report writing and letting the world know about the wonderful things we do. The chairmen should all have received their information. As always, let me know if I can help. I do want to remind everyone of some deadlines between now and the Ides of March.

March 1 - The State Rating Guide is due to Bev Campbell

March 1 - A list of your members who passed away in 2020 is due to Karen Kent and Nancy Kaufman

March 15 - Program Chairmen must have their reports to the National Program Chairmen

March 15 - Club Presidents must have their Anniversary Scroll Recipients to Trish Peoples

March 15 - If a club increased by two or more members, please send that information to Deb McCann

March 15 - If you want to submit your Club's Newsletter for a National Award, please do so. The information is in the Club Manual.

March 15 - If you want to submit your Club's Website for a National Award, please do so. This information is also in the Club Manual.

Thanks for all you do!

Trish Peoples
Dean of Chairmen

Club News

Laramie Woman's Club

Lynda Hidalgo

LWC has been busy in spite of COVID-19 -- we sewed 45 "Comfort Bags" for the Laramie Police Department to be placed in their vehicles and given to children in crisis due to car accidents, domestic violence, etc. Each bag was made of fabric with a shoelace draw string. Contents included a story book, color book/crayons, pad/pencil, eraser and other miscellaneous items that a child might enjoy. This project was completed totally through club volunteer seamstresses, and volunteers who purchased the contents.

LARAMIE WOMAN'S CLUB

Adrienne Polis

The 2020 Laramie Woman's Club year end reports are completed and sent off. Looking back over the last year, we have a lot to be proud of. Over 1,200 protective masks for the ACSD#1 students and close to 1,000 donated all over the community. We made life easier for many people with chemo hats, baby quilts and prayer shawls and delivered food with Laramie Interfaith to families who needed some help. We used our imagination to restructure our booths at Bart's Flea Market and found ways to use unsold items there to help homeless students through the School Success program. And all of this during a pandemic that has made life so different for us all.

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It makes us smile to think that we welcomed ten new members in 2020 and two community women have contacted us about joining already this year. It is our friendships that are the heart and soul of the Laramie Woman's Club.

What's coming up? Pete Gosar from the Downtown Clinic will be at our February zoom club meeting on February 12th to talk about COVID in Laramie. Many of our members have already received their first dose of the vaccine or have appointments to do so. We will have a Scrapbook Day February 25th to work on keeping our scrapbook and historical record up to date. This event will follow social distancing protocols and masks will be worn. Flamingo a Friend, our COVID-19 friendly fund raiser for this spring is moving into the planning stage and we have volunteers signed up to help with this project.

Seven reflections on 2020 the Year of COVID-19 were included in our newsletter. Hopefully they will inspire some more members to send in their thoughts about last year.



Submitted by Adrienne Polis



GFWC Meadowlarks Cheyenne

President-Barb Robertson

Month in Review

In January, many of our members attended the Winter State Board Meeting via Zoom, we certainly miss meeting in person. Brighter days are ahead! Each of us is staying busy individually, and we hope that the days of zooming from home will end soon.

The Meadowlarks continued to fill the pantry at Faith United Methodist. Members signed up in January to “adopt” the pantry for one month during 2021. During our adopted month, we provide a myriad of food items for the pantry. The neighborhood surrounding the stand-alone cupboard off 6th and Maxwell in Cheyenne, has been difficult to keep filled during the pandemic. The Meadowlarks will continue to support each month, and Trish Peoples is working diligently to apply for grants to assist in the cost for the food provided. Walmart was very generous in donating a \$50 gift card to go towards the pantry in January.

The Meadowlarks gave a \$250 donation to the National Veterans Business Development Scholarship Fund for an inspiring young lady that Trish Peoples has been assisting in achieving her college dreams. Trish Peoples also gave \$100 donation to Heifer International on behalf of the Meadowlarks.

During January, Trish Peoples attending the Martin Luther King event at the Cheyenne Capitol to listen to a speaker and represent the Meadowlarks. Since we are unable to meet in group settings, we are each at home making fleece-tied blankets for Laramie County teens. This is a great project, being home-bound still and gives us all something to do in our spare time.

GFWC X-JWC President Kathleen Petersen
Month in Review

GFWC X-JWC President's February Update

Happy Valentine's Day to everyone! Hope everyone is well and happy. Our Club had an in-person meeting at the Red Lion on February 2nd under strict guidelines which everyone followed. We had 23 members attend, a little less than half our membership. It was good to see those in attendance. As I completed and filed the President's Report with GFWC-W, I was so impressed with all we accomplished over the past year. Kudos!! We are still collecting old used tennis shoes, old Christmas lights, used batteries, and keeping track of our recycling. Our Education and Libraries Chairman Carolyn Turbiville is asking those members who are able, to put together a goodie basket for our Laramie County teachers to show our support and our thanks. Carolyn can let you know which schools are still available. We are now doing a fundraiser for GFWC International, buying candy and/or nuts, see Trish Peoples, she has the list and will collect the money and order the goodies. A blanket tying event is being put together by Bev Campbell.

The GFWC X-JWC Board voted to not have another Club fundraiser for our CIP recipients for the rest of this Club year. We had already raised over \$6000 which was distributed to Family Promise and Friday Food Bag equally. We will start a new fundraising year in the fall.

We are in the process nominating individuals to serve on the Board next year, 2021/2022. We are asking members to please step up either by offering to be a Board Member, an Officer and/or to be on the Nominating Committee. WE NEED YOU!!! Our members make our Club the great Club that it is. And of course, we will always welcome new members to join our Club!

Take care of yourself, your family, your friends, and your community. Hope to see you sometime soon.

Kathy Petersen

Women's Civic League of Cheyenne

Linda Stowers, President

Women's Civic League of Cheyenne has been busy this past month. The Special Needs, Women's Issues and Youth and Family, have pooled money to help Cheyenne South build a greenhouse. This project will include the building trades and special needs classrooms.

We are again contributing cookies to the FE Warren Airmen. Dozens of cookies will be delivered to the Airmen in the Dorms, this is the 4th Annual Cookie Caper.

Our Community Grant Program reviewed 11 community applications for money from Christmas House. Three groups will be making a presentation on February 18th and money will be disbursed on that day. We love giving out money.

We are happy to be meeting in person this month. Sue Ann Schaffer and Pam Hendricks have put together a great program on February 10th. Our speaker will be our Historian Joyce Bailey which should be a great entertainment and inspirational. A rose will be the prize for all who can attend. We also continue to provide Zoom access to those who can't attend.



News from our Chairmen

Education and Library

Carolyn Turbiville Chairman

Happy Valentine's Day

Hard to believe it is February. What has your club been doing for Education and Library? Let's pass the word around.



XJ-WC Cheyenne, members are taking goodies to elementary schools to put in lounges to show our support of their dedication during the Pandemic. We are hoping to cheer up the teachers and staff. All items need to be individually wrapped. Also, we are leaving a small tri-fold about our organization and a personal note.

Cracker Crunch (pictured here), Valentine candy in a red bowl and a relish tray have been delivered to three different schools in Cheyenne.

*You can lead a human to knowledge, but you can't make it think.

*Anyone who does anything to help a child in his life is a hero to me. Fred Rogers

*When a child tells you they don't feel comfortable around someone, pay attention.

*Slow progress is better than no progress. Stay positive and don't give up. Ashu Savi

*Did you know> The center of a donut is 100% fat free.

Community Impact Program

Karen Brannon Chairman

"Entries must be sent to me, Karen Brannon, CIP Award Chairman by March 20, 2022. Each club may enter up to three projects."



Women's History Resource Center

Robin Broumley

Dear Clubwomen,

Please try to come up with as much information as you can for your Women's History Report! It has been a difficult year for all of us!

Our club made plans that we were unable to carry out because of closures and yours probably did, too. Please include those plans in your reports so we can recognize your efforts and, perhaps, have ideas for next year.

For more information on the information below, use one of the following links:

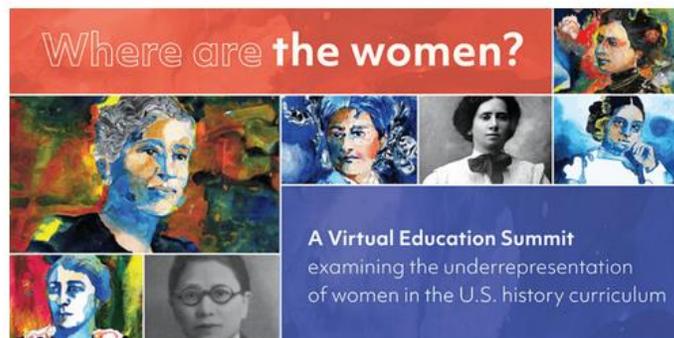
unladylike2020.com & www.unladylike2020.com/where-are-the-women

pbs.org/unladylike2020

<http://youtube.com/AmericanMastersPBS>



Don't miss Unladylike2020: Where are the women? on Saturday, February 13th from 1pm - 3pm ET!



This *free* virtual event will feature authors, educators, artists, youth leaders, and activists who will dig deep into how U.S. history can be transformed and expanded to be more inclusive and equitable. Get FREE resources and lesson plans when you join us to learn, discuss, and discover during Black History Month on 2/13.

[Learn more and RSVP here →](#)

We hope to be able to get together with some of you before long! Take care!

Love,
Robin Broumley
Women's History Chair

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Mary Ann Kamala

February is HEART HEALTH MONTH. Heart disease is the number 1 killer of women and causes 1 in 3 women's deaths each year. It is even more important to maintain good heart health as we deal with the Covid-19 pandemic. It can often be prevented by making healthy choices. Participating in the following heart healthy tips can help to protect your heart:

Be physically active

Maintain a healthy weight

Eat a nutritious diet

Quit smoking

Reduce stress

Get 7-8 hours of quality sleep

Keeping track of your goals will help you stay on track with the goals you have made.

It is important that you keep in mind the symptoms of possible heart problems. The following are some of the symptoms:

Shortness of breath, chest pain, sweating, nausea or being light headed

Swelling of feet, legs and ankles

Nagging cough

Confusion or memory loss

Sudden weight gain

Feeling tired and fatigued

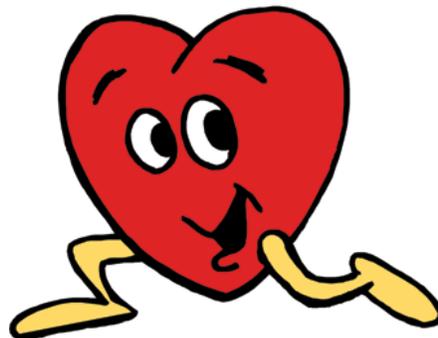
Consult with your doctor if any of the above symptoms persist.

February is also NATIONAL BIRD FEEDING MONTH. Feeding birds is not only good for them but good for you. Watching birds can relieve both stress and anxiety and it is a very inexpensive pastime.

In addition, February is AGE-RELATED MACULAR DEGENERATION AWARENESS MONTH. Learn how you can protect your vision at: brightfocus.org/MDR

HAPPY VALENTINES DAY!!!!

Healthy Heart



Healthy You

Junior Special Programs

Michelle Smith Chairman

Juniors' Special Program

Michelle Smith Chairman

"Nothing you do for children is ever wasted." by Garrison Keillor

We continue to make a difference in the lives of children in our communities by being their advocates and voices. We never know what impact we are having on our children's lives so let's continue to be a positive force.

As we look forward to the next season and upcoming month of March, the children's awareness days are:

- World Teen Mental Wellness Day is March 2nd.
- World Birth Defects Day is March 3rd.
- National Women and Girls HIV/AIDS awareness day is March 10th.
- Absolutely Incredible Kid Day is the third Thursday in March.
- National Teenager day is March 21st.
- International Day of the Unborn Child Day is March 25th.

For the month of March, we celebrate Child Life Month as well as Colic Awareness Month.



ENVIRONMENT COMMUNITY SERVICE PROGRAM

Phyllis Salzburg, GFWC-W Chairman

CHRISTMAS LIGHTS RECYCLING -- 44 strings of lights (3 large boxes) went to the Ft. Collins Recycling Center – Hard to Recycle section. All kinds and lengths were collected and will stay out of local landfills. Thanks to all who participated!



The **"Protect Wildlife and Domestic Animals"** section of the **Environment CSP** includes projects assisting local animal shelters. Shelters always need financial donations to support their operations but there are also other ways to help. Donations of pet food and cat food may be needed, as well as bedding, cleaning supplies.

Volunteers are often needed and welcome – check with your local shelter to see if there is a project for your club!



STATE PHOTOGRAPHY CONTEST

There will be a contest this year at our State Conference! Check gfwcyoming.org website for contest rules and entry forms. Contact Phyllis Salzburg, psalzburg@bresnan.net with questions. Deadline for entries is April 1.



LEADS Chairman

Claudia Wilen

Hello ladies,

It's time to be thinking of your club nominee for the LEADS candidate for the year 2021. I have attached the application form which also includes information about the position as well as an explanation of expenses that will be covered for the candidate. **Please use this updated form**, which I just received, rather than what you may find in the state directory as there have apparently been formatting issues with the older version. Be sure to include a bio and photo of your nominee as well as the letters of support from your club. The bio and photo will be used in a directory of all the candidates. Please submit all applications to me at claudia@wilen.us by March 15th, as we must submit our selected candidate application by April 1st. The date change is due to the change in where the international convention will be held.

Dates for the GFWC convention are June 26-28, 2021 in Toronto, Canada. Due to continued Covid concerns and closed borders, there is a possibility of a change in venue for the event, bringing the meeting in-country. We expect to receive notification of any changes/ finalized plans by the end of February. In the event it remains in Canada please note that our candidate will have to possess a passport as well as any other travel Covid related documents that may be required at the time.

I look forward to hearing from you soon,

Claudia Wilen

Leadership Chairman

Form at end of newsletter

Domestic Violence and Sexual Assault Awareness and Prevention

Pat Stenback and Shelley Herr

UNICEF Human Trafficking Awareness Month

Looking for more tools to raise awareness about Human Trafficking Awareness Month? Here are two must-read articles from UNICEF before January ends:

- Helping Survivors of Child Trafficking Get Their Lives Back
- Not an Object: On Sexualization and Exploitation of Women and Girls

These resources include information about how to protect women and children against trafficking and exploitation. Your club can play an important role in raising awareness about this critical issue.



Membership

Co-Chairs Lynn McLaughlin & Deb McCann



Giant sunflowers can grow to reach amazing heights.

Reach out to potential members to recruit and grow your club, and to current members providing mentoring and recognition that will in turn grow member retention.

Please mark your calendars for the following reporting dates:

- **Due March 1: Mentoring “Building the Connection” - December, January & February**

Please submit to:

GFWC Recruitment Campaign

1734 N Street NW

Washington, DC 20036-2990

Also, please submit to Deb McCann at debmccann841@gmail.com.

- **Membership Increase postmarked no later than March 15.**

Increase of club membership of two or more members for the 2020 reporting year to be sent to Membership Co-Chair Deb McCann for the purpose of State Monetary Awards. Awards will be presented at the April state convention. Thanks to those who have already responded.

Please submit to Deb McCann.

CIVIC OUTREACH AND ENGAGEMENT

Flo Beville, Chair

In the spirit of Civic Outreach, February 17, 2021 is Random Acts of Kindness Day.

Here are 10 suggestions that I have selected for you to “pay it forward” and be kind to those in your community.

1. Leave Money on a Vending Machine
2. Bake Cookies for the Elderly
3. Serve at a Homeless Shelter
4. Do a 5K for a Good Cause
5. Help at a Veterinarian Office
6. Pick up Litter on the Beach (yes Wyoming does have some beaches)
7. Let Someone go in Front of you in Line
8. Give a Stranger a Compliment
9. Make Dinner for a Family in Need
10. Insert coins into Someone’s Parking Meter



I hope you are all staying safe and healthy.

Document Section on Next Pages:

GENERAL FEDERATION
of WOMEN'S CLUBS



GFWC Leadership Education and Development Seminar (LEADS)

The GFWC Leadership, Education, and Development Seminar identifies GFWC members at the local level who have the potential and desire to assume leadership positions in their State Federations and/or GFWC on the national level. Participation in GFWC LEADS can help up-and-coming leaders gain the capabilities, confidence, and commitment necessary to pursue and achieve higher offices and serve with distinction.

GFWC LEADS is typically held annually on the day prior to the official opening of the GFWC Annual Convention. The program may include the following:

- Overview of public speaking, time management, vision casting, and conflict resolution.
- Explanation of GFWC resources, materials, and assistance.
- Outline of GFWC policies, parliamentary procedure, and protocol.
- Discussion of tips and techniques for pursuing personal growth and developing leadership opportunities.

Application Process and Deadline

Each State Federation and International Affiliate may select one LEADS attendee annually.

LEADS Candidate: Return this form, along with two letters of support from active GFWC club members, to your State Federation by the state application deadline. If your state has a form, use that instead.

State or International Affiliate Leadership Chairman or President: Your chosen LEADS Candidate's bio and photo is due to GFWC Leadership Chairman Shannon Bailey (bongabailey@yahoo.com) by March 15, 2021 & 2022. Thank you!

State and District LEADS Programs

States and Districts are encouraged to hold a LEADS program to identify and develop strong potential leaders prepared to assume club, District, and State Federations leadership positions. By implementing a well-designed LEADS event, the leadership gap of some experience will be addressed, and the talent and enthusiasm of a trained, confident group of volunteers will be more effectively used. The individual member, as well as our organization and communities, will benefit. The leadership can determine when the State Federation or District LEADS program is best conducted. Several sample agendas are available in the Leadership Toolkit for creating half- and full-day events using materials available in the toolkit. States may choose to select one participant from their own LEADS program to attend GFWC LEADS.



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