

LARAMIE WOMAN'S CLUB

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Karen Bard, LWC Interim Editor 2021-22

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GENERAL FEDERATION of WOMEN'S CLUBS

Great Fun While Celebrating

www.gfwc.org

Be My Valentine



Many of our members have already lost their partners or are single due to other circumstances. So Valentine's Day may not be a great day for them. Or maybe it is as they

remember their loved ones.

I thought I would dedicate the message this month on the importance of hugs. I know I am missing some hugs since my other half has been gone for over a month in Gillette for work.

Hugs are important and they are needed every day. In today's world of the 'Vid', it is harder to get the hugs we need, especially between friends. As many know we lost my mother-in-law in 2020. My father-in-law really feels the lack of hugs in his life.

Hugs have many benefits. They Relieve Stress and Pain. Hugging often creates a feeling of calmness and relaxation. ..They Strengthen Our Immune System. A hug a day may, in fact, may keep the doctor away. .They Make Us Happier. They Help Deepen Our Relationships.

Did you know there are 7 types of hugs? Our club membership could focus on that friends hug.

- Side hug. ...

- Friend hug. ...
- Side hug
- Hugging from behind. ...
- Hugging around the waist. ...
- Bear hug, aka tight hug with a squeeze. ...
- One-sided hug. ...
- Heart-to-heart hug.



Did you know there is a whole science about hugging and it has determined that a hug should last between 5 – 10 seconds? They say that we spend about an hour a month hugging. Given that 5 – 10 second duration, that is a lot of individual hugs.

Neuroeconomist Paul Zak, also known as "Dr. Love," recommends at least eight hugs a day to be happier and enjoy better relationships. Psychotherapist Virginia Satir also famously said:

"We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."

Hugs are especially important to children. They are immediately up lifted, get a feeling of support and connection. For small children who don't get hugs and can negatively impact their development of talking and walking as well.



And maybe just as important hugs are good for both the receiver and the giver. Both receive the positive effects of a hug.

So everyone for themselves on their decision to give hugs during this time period. But I will let you know that I am open to being hugged.

February Meeting

Thursday February 10th
Noon Lunch
1 pm Presentation – Jessica Stalder, Executive Director of Hospice of Laramie -
1:30 Business Meeting



Remember it is a pot luck format, but you can bring your own lunch if that is what you prefer. If you don't bring a dish for the pot luck but partake anyway, it is \$8 donation to the club. Or if you prefer you can come at 1 pm for presentation and the following business meeting.

There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice.

Michelle Obama

The Responsibilities of Membership

Our club is a service club. In our bylaws it states that our club is *an organization dedicated to community improvement by enhancing the lives of members and others through volunteer service.*

Membership comes with responsibilities. Some have served long and dedicated years and deserve to be able to relax and just enjoy the camaraderie that our club offers its members as well. Some members have specific areas of service that they wish to dedicate their time to.

The responsibilities of membership include the following: The advancement of our organization's purpose. Help us to maintain and grow our membership by recruiting *exceptional* new members that wish to serve their community as well.

Another big one is to help with the work by serving on committees, volunteering for projects and fundraisers etc.

I put this article in as we have a couple of roles that need to be filled. I see some new faces volunteering for projects, but more are the same people volunteering time and time again.

I remember when I was a new member trying to find my place in the club. My first role was publicity chair. It seemed easy enough putting the announcement of the meetings in the Boomerang and then writing a small article every month or so to let people know what we are doing. (Lynda let me know that she wanted to see an article in the paper every month). It turned out to be a fairly easy job and not very time consuming. But it gave me a connection to the club that grew from there.

We have a great club, with great women who are busy throughout the community. Please consider that while we love seeing everyone and enjoying the social aspects that our club offers, there is a responsibility that comes with membership. Don't be shy, have a talk with any officer. Find your place and the way you can serve your club while serving your community at the same time.

Things to Remember

- Spices for Interfaith
- Turn in your reading to Bernie Horst for ESO.
- Report your volunteer time for January
- Dimes for the March of Dimes
- Operation Smile

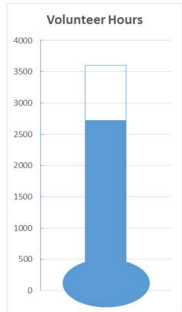
Interesting Factoids for the Month

3rd – Carrot Cake Day
4th – Home Made Soup Day
6th – Pay a compliment Day
14th – Valentine's Day
15th – Susan B Anthony Day
18th – National Drink Wine Day
28th – National Science Day



Welcome to New Members

Volunteerism



For the month of January our members reported 258 hours of volunteer time.



That brings our total up to 2468 for this year.

Remember if you aren't at the meeting to report your volunteer time, please send an email to kcbard@charter.net so that we can include your time in our reporting.

Out of the Mouth of Babes

How do you decide whom to marry?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. Alan, age 10

Is it better to be single or Married?

It's better for girls to be single but not for boys. Boys need someone to clean up after them. Anita, age 9

January Program

Fortunately, we were able to get Al and Betty the Bear to come to our meeting in January. Our scheduled speaker on what Wyoming companies are doing in the area of 'GREEN' was still drilling a DOE sponsored well for the University of Wyoming for their Carbon Safe Program.

Al did a great job telling us about the history of Barts and having a team up to do a trivia game. It was all great fun and entertainment. Plus we

all learned something about Barts and its history.

Thanks to Al for stepping in at the last minute and helping us out with our program.

Solving an LWC Mystery

Germaine St John went to the Courthouse and traced the lineage of Lot 5 Block 179 OT Laramie. This lot was donated to the Laramie Women's Club and later sold. As part of a review of our Endowment Fund she wanted to clearly document the history of this lot and to provide the club with all documents that she was able to find. Karen Bard also did some research into the LWC files and into Mr. Crumrine and his wife.

The story goes as follows.

The Union Pacific Railroad conveyed Lots 5 and 6 in Block 179 to John Meldrum on June 30 1877 for the sum of \$350. Mr. Meldrum had also acquired Lots 7 and 8 earlier under a Warranty Deed.

On December 3, 1886 he and his wife conveyed these lots to Mr. Eli Crumrine, John R Rush and W T Lantz in Block 179 for the sum of \$10,000 to be paid as follows: Crumrine \$4000, Rush \$3000 and Lantz \$3000.

Eli Crumrine died on September 30th 1910 at the age of 67. Eli had taken a trip to Pennsylvania and on his way east was in hospital in Topeka, Kansas. On this return he was very weak and steadily got worse. He officially died of Pneumonia, although he had been dealing with asthma for some years.

He was born in Brownsville, Pennsylvania on September 11, 1843. He met and married his wife Mary in 1870 and they had three children; 2 sons and 1 daughter. Eli worked at the National Bank of Brownsville, Pennsylvania for 20 years after joining in 1866. He served part of his time there as its cashier. In 1886 they moved to Laramie and with the help of the Brownsville bank, organized and established the Albany County National Bank here in Laramie. He was also the cashier of this new

bank for many years. Ten – 15 years prior to his death, the stock in the Albany County National bank passed into local hands but at the time of his death, Mr. Crumrine was vice president of the bank.

Mr. Crumrine also served with the 85th Pennsylvania throughout the Civil war and joined the Custer Post of the GAR out here. He was a member for the Board of trustees of the Carnegie Library for seven years, he had been a member of the state senate for two years and at the time of his death. He was involved in several other organizations as well and was reported to be a man of great force of character and independence of action and one of the most influential business men in the state.

Mr. Crumrine was also reported to be responsible for many acts of kindness and found time and opportunity to help others in a quiet, unassuming way, asking nothing in return. *Few men there are who, after a life of work in banking and finance, will leave behind them so many memories of kindness and helpfulness.*

Subsequent to his death, his interest in the property went into his estate and Charles D Spalding, the Trustee under the Last Will and Testament of Eli Crumrine. Lot 5 was conveyed to the Laramie Woman's Club on October 16, 1923. Thirteen years after his death for the price of \$1. Of note is that Charles D Spalding was Mr Crumrine's son-in-law who had married his only daughter Alice.

The documents in our archive were reviewed and notably the following was found. First off during the entire year of 1923, no mention of receiving this property was found in the minutes. The membership rosters were also reviewed and Mrs. Eli Crumrine was found nowhere on the membership list. So why was the property conveyed to our Club?

The first mention of the lot was found in Executive Board minutes of March 9, 1954. At this time the Building committee of the LWC was fully mentioned and actively looking to higher an architect and a lawyer and looking at incorporating as a separate entity to the LWC.

Drawings of the building were in those minutes as well. At that time the value of the lot was reported as \$4500 by the Treasurer.

What was found in the December 1923 minutes was that Mrs. Belamy donated a \$100 bond to the Club. In March 1924 minutes of the Club a resolution was passed that this \$100 bond would be put into the building fund. *If building is not built in reasonable time, interest is to be used for civic betterment or improvement.* Thus, it seems, the building fund was started and other ladies of like mind also made some donations (not reported who or how much). Along with the specification of the use of the interest.

Discussions with the Trinity Lutheran Church started as early as 1956 when Reverend Adanichip (sp?), Mr. Smith and Mr. Krueger met with the Club executive women.

On May 6, 1965, the then President, Mrs. Garven Herwitz, mentioned to the club the possibility of approaching the Trinity Lutheran Church with the proposal to sell the lot to them for the amount of \$10,000. The Reverend Younquist accepted this proposal on May 14th. This was put before the club on June 25th and approved. And thus the purchase went through that October.

It seemed logical that the lot was donated out of Eli Crumrine's estate because of his wife Mary being involved in the club. But no proof of her membership could be found.

However, proof of her daughter's membership was found. Mrs Charles D (Alice) Spalding. At the January 1924 meeting she *gave a delightful piano solo* as the program for that meeting and was recorded as a member for that year.

So perhaps (solely speculation here) it was her influence and participation in our club that instigated the transfer of the property into our hands. This may be supported by the fact that this transfer did not happen until 3 years after her mother's death in February 1920 at the age of 72-73. She had been ill, but nothing that warranted concern, but she had a stroke and due to her illness, she did not recover. It seems

to me that if the conveyance was in her honor that it would have been done sooner after her death.

Her obituary said little about her specifically but mentions that *one of the city's most respected and beloved women and the circle of friends who are to mourn her death will indeed be exceptionally large.*

I assume that Mrs. Crumrine inherited the land when her husband died, then passed it on to her children when she died. At least, one of the brother's was back in Pennsylvania. The building fund was created in 1923-4, about the same time that this land was given to the club. So my conclusion is that this land donation was made by Mrs. Crumrine's daughter Alice Spalding as her contribution to the building fund.

The documents found supporting this story will be added to our archive.

*Germaine St John
Karen Bard*

State Board Meeting

The State Board had their winter board meeting on Saturday January the 22nd. At that meeting several key decisions were made. One of those had to do with the spring fundraiser for Robbie's House. That will be postponed and not held this year.

Discussion was held on the planning for the upcoming State Conference April 28-30th of April in Thermopolis. It was voted to have registration fees at \$45. Last year when our club hosted the State Conference we provided the benefit of having the meeting at the AHSC at no charge. We don't have that benefit in Thermopolis. Please consider attending. You can pair up to share room costs and travel costs and have a fun time.

Under legislation we were informed of the funding that Wyoming is receiving from the Federal Government in the amount of 54 million. Also mentioned was the Medicaid issue that Mary Fick Monteith brought up at our January meeting asking for those who

wished to contact their representative and voice your support. Here is a web site that can provide you with much information to help understand what this would really mean to Wyoming and their residents that could use this assistance.

<https://healthywyoming.org/faq/>

Also discussed was the American Rescue Act that will be making funds available for suicide prevention for 2022-2026. Legislation on this will be presented during the 2nd week of this session.

The slate of proposed officers at the state level was presented by the Nomination Committee and approved.

LEADS applications need to be in by March 15th. The LEADS program is for women who would like to serve GFWC at levels higher than the State level. We can put as many as 2 candidates forward from our club. From all candidates put forward only one will be selected at the State level to go to New Orleans this year prior to National Convention.

It was also announced that the Run for the Roses fundraiser for capital improvements at national is still \$574 short of our \$1000 goal. If you are interested in supporting this effort, contact Karen Bard for more information.

Member Highlight

Congratulations to Mary Alice Bruce, our own illustrious Secretary, for her appointment to the Albany County School District 1. She is a professor emeritus of counselor education at the University of Wyoming, where she spent more than 30 years teaching in the College of Education according to the article in the Boomerang.

"Making a difference in the community really matters to me," she said.

I know we all wish her well in her new role.

On a lighter note,, Lynda Hidalgo presented our President, Karen Bard, an M&M candy

holder in commemoration of the Members & Membership theme for this year at the latest board meeting. Lynda also had a St Patrick's hat on hand to jump start the March Bunco Fundraiser Theme.



15th Leap into Leadership

To inform, educate and encourage greater participation of women in leadership roles in both the public and private sector, the Wyoming Women's Legislative Caucus (WyoWLC), is hosting the annual Leap into Leadership Conference, February 27-28 in Cheyenne. Registration is now open with info, agenda, and noted speakers found at wyowlc.org/leap-into-leadership/. This is always a very supportive, informative and encouraging event to get all women interested in running for public office or boards. The event is fun and provides excellent networking opportunities with women throughout the state. There will be sessions on preparing candidates and launching a grassroots campaign, hacks for raising campaign money, campaign finance reporting, and the importance of women serving on boards and commissions. The cost for entire program is only \$80 and Legislative dinner and reception is \$35.

For more information, contact Annie Wood at 307-630-8940 or email info@wyowlc.org and go to site as noted above to register.

Committee Reports

Environment

As we heard at our last meeting from one of our guests, Rooted in Laramie needs volunteers to help organize their planting day on June 2nd. They are looking for muscle, they are looking for help with



scheduling and logistics. Something our women are very good at. Also help with food tables on the day to help feed the hard workers planting these trees throughout Laramie.

Their mission is to make our Laramie neighborhoods greener, healthier and more livable. I know you would be proud to assist this organization. Of course you could get your husbands, children, grandsons etc. involved and they could help with the muscle needed with the planting.

There will be a sign-up sheet at the February meeting.

Laramie is one of the Tree Cities named by the National Arborists.

Lynda Hidalgo

Civic Engagement and Outreach

In January 2022, the Civic Engagement and International Outreach committee reached out to Ms. Reinette Tendore, Director and Program Advisor at the Native American Education, Research, and Cultural Center at UWYO. The intention is to embrace these fabulous students and connect their community with our LWC community in meaningful ways. We believe there are endless opportunities to build collaborative relationships, engage with students and support each other's events and fundraisers. They have a beautiful campus space opened since Fall 2017 on Iverson just off 9th street. If you would like to schedule a tour, or have questions please check out their site at uwyo.edu/naercc or contact Ms. Reinette at reinette@uwyo.edu as the center is open 8-5pm daily with extended study hours available. NAERCC builds community, provides support services and resources to meet the unique needs of Native American and Indigenous students all while assisting them in maintaining their cultural identity. Through our committee, LWC donated \$94.00 to celebrate the 35 Native American students returning for their Spring 2022 semester. A Welcome Back Student Meal was held on January 20th and was a wonderful celebration. Please consider continuing to support the NAERCC and our phenomenal Native

American students through their college experience in any way you are guided. Any ideas for collaboration with our other committees and/or LWC members is greatly appreciated. Please contact Rita Clark our committee chair best by phone or text at 307-321-4874. Additional giving opportunities can be made directly to NAERCC through UW or through LWC with personal funds or Ridley's points for example directed specifically to NAERCC.

Another update has the Adopt A Native Elder Program most grateful for LWC's support in 2021 from the LWC November Auction purchases of Elder's authentic Native jewelry and crafts and Ridley's points donation (provided Bluebird flour to 17 elders from Antoinette Denison). We will continue this relationship with ANE in 2022 with your help. ANE is a trusted humanitarian organization for over 30 years assisting indigent Dine' Elders living in remote areas of the Navajo Reservation in AZ and UT. There are many ways to engage, volunteer and contribute as ANE has used an integrated approach to go beyond charity to assist over 3000 people each year who live in poverty in remote locations on the Reservation. Many of our Traditional Elders have passed on these last two years and their community continues to be hit especially hard during the increased challenges of the pandemic. The Spring 2022 Food Run is fast approaching and all in the LWC community and their friends and families are invited to submit a Driver's Application to attend the Food Runs in April and May with applications due by March 15th. Please find further information on opportunities to build relationships with these beautiful Navajo Elders by visiting ANE's site at anelder.org. Jewelry, crafts and rugs available on the site provide a much needed market for the Elders to support themselves. While families help their Elders (and many Elders help raise their grandchildren), conditions exist that make ANE's program assistance essential. Elder adoption commitments and financial donations are greatly needed now to fill significant gaps in Reservation Eldercare. Our chairwoman Rita Clark has had the privilege of participating in the Native "Giveaway Circle" with 3 sets of

adopted grandparents and has joined several Spring or Fall ANE Food Runs over many years since 2009. Please contact her at 307-321-4874 with any questions. May we at LWC and all the Elders Walk in Beauty, take good care of each other and Be Well this winter and moving forward.

Rita Clark

Education & Libraries

Thank you to Janice Pelton, one of newest members for volunteering to take over as Chair for this committee. It is much appreciated and we are still looking for other members to join. We would welcome you whole heartedly.

Louise McGraw

Janice Pelton

Barts

Barts is looking for new donations. Donations have been light recently, so if you are looking to do some winter consolidation, keep Barts in mind.

Also, we are accepting gently used clothes to take to Nu2U for sale. You can take your donations to Barts or bring them to the monthly meetings. The Barts ladies will be happy to organize with you your clothing donations. Nu2U is starting to bring in some consistent income for the museum thanks to yours and other's donations.

ESO

For this year, our club members read 1042 books, magazines and newspapers. Congratulations ladies for all your reading. We still struggle to meet our target of how many of our members are turning in their ESO reading sheets. So please, don't feel shy and it is as easy as a form at the luncheon, or an email sent to me.

Now here is our book review for this month.

Where the Crawdads Sing by Delia Owens

Kya is little girl growing up alone in the lush marshes of the North Carolina coast. As a young woman she falls in love and experiences

the anguish of a broken heart. A promise of marriage. A betrayal that leads to death. In *Where the Crawdads Sing*, Delia Owens reveals these moments along Kya Clark's journey to survive after her family abandons her as a child. Owens's prose is as lush as the environment she describes, making you feel you are with Kya every step of the way. As Kya deals with discrimination and torment by the local townspeople, she must also navigate matters of the heart and decide if opening her heart is worth the risk when all she's known is loss.

Bernie Horst

[Correspondence and Birthdays](#)

Happy Birthday to; Linda Simpson (2), Judy Thompson (3), Gina Gibson (4), Roxanne Rector (6), Jennifer Clark (6), Judith Ely (9), Luella Flores (23), Gena Munari (25)

Linda Cavalli

[Future Events](#)

Bunco – March 20th – The Eppson Center Doors open at 1 pm. Play starts at 1:30. At St Pat's Day Theme will be used so wear your green.



April – 28-30 GFWC-W State Conference in Thermopolis. Registration will be \$45. Further information will be provided as it is received. This is an election year so please think about attending.

[Fundraising Corner](#)

Bunco – March 20th – Bunco Volunteers needed. Want to spend a couple of hours on Saturday, March 19th @ 10 am taking down and setting up tables for our Bunco Party on Sunday March 20th Men will be very welcome. Pizza and Salad will be served as a thank you. If so, see sign-up sheet at February meeting.

Also needed are volunteers to help Sharon Yovich and Linda Cavalli provide appetizers for

this event. Don't worry they have a Plan! Another sign-up sheet for you.

Lynda Hidalgo

Bunco – October 23rd – We are having a second Bunco event that will be in support of the Laramie Plains Museum. So think about playing again in the fall and/or being on the committee to give the others a break.

Ina Buckner

Karen C. Bard, President

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