



GFWC X-JWC

Member of the General Federation of Women's Clubs
GFWC.ORG



HOT LINE FEBRUARY 2023 **MEETING DATE CHANGED TO FEBRUARY 14**

February is American Heart Month. **Go Red for Women! Wear red** to this month's meeting!

FROM THE PRESIDENT Lucy Russell

I hope that everyone successfully got through the multiple storms this past month. Thanks to Carol Ash and Kathleen Petersen for helping contact the board to change the date of the board meeting last week. Due to circumstances beyond our control our club meeting date had to be changed but hope you will still be able to attend. The meeting will be on February 14th at the same place and usual time.

In February there are many areas of awareness that I want us to think about. Some of these are Black History Month, National Cancer Prevention Month and American Heart Month. There are many more but those are some I think would be good to focus on this month.

The annual President's Report is done and was submitted on time! I will bring my book with the reports to the club meeting for you to look over. Thanks to those members of the club who sent me reports. We did a lot this past year as you will see. I sure am glad to be a member of this club of mighty women!

We will be having our Big Bunco fund raiser in March and Karen Lee's committee has been working hard. Plan on picking up your tickets at the February meeting to sell to friends and family. I look forward to seeing you all on the 14th!

PROGRAM at the meeting will be representatives from **Habitat for Humanity** who will tell us about the Habitat ReStore and Jump into Jewels fundraiser.

2nd VICE PRESIDENT, Karen Lee

MENU for the **February 14TH** luncheon at the Red Lion:



Chicken fried chicken, garlic mashed potatoes, green peas with mushrooms, German chocolate cake, rolls, the usual drinks OR Chef or Cobb salad. \$15.00. Make checks payable to X-JWC.

If you are unable to attend and do not cancel with Karen Lee by Friday before the meeting you will need to pay for your lunch. The club is required to pay the Red Lion for all reserved meals.

EDUCATION AND LIBRARIES Community Service Program



Carolyn Turbiville presents books to a second grade class and school library at Alta Vista Elementary School. Carolyn is a volunteer at the school.

ENVIRONMENT Community Service Program, Jenny Mullin and Phyllis Salzburg, co-chairmen

For earth-related Valentines for kids, visit climatekids.nasa.gov/valentines for some really cute Valentine printables. You can also learn more about various climate related topics to show children.



Cheyenne Botanic Gardens News:

The 40th Annual Glass Art Show at the Cheyenne Botanic Gardens has 60 pieces of 2D and 3D pieces by regional artists on display on the second floor now through March.

The 2nd Annual High Plains Arboretum Plant Sale will take place on Saturday, February 25. Learn about and pre-order shrubs, trees, and vegetable seeds cultivated and/or tested at the Arboretum. Orders will be taken February 25th with purchase pickup in late May.

Did you know as a member of the **Cheyenne Botanic Gardens** you can enjoy reciprocal admission to over 300 gardens around the country and in the Caribbean, including the Denver Botanic Gardens?

HEALTH AND WELLNESS Community Service Program, Nancy Krois, Chairman



How to observe **American Heart Month:**

- 1. Take up a heart-healthy habit.** Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like walking regularly or substituting sodas with water and try to stick to it for a whole month.
- 2. Educate yourself.** Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.



3. **Get your cholesterol tested.** If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

WAYS AND MEANS, Karen Lee, Chairman



Arrangements are being made for the next X-JWC fundraiser. The **Big Bunco Game** to benefit K9s 4 Mobility will be held at the Moose Lodge on March 25th from 11:00 am - 3:00 pm. Please pick up your ticket envelope at the check-in table at our luncheon on the 14th.

We will follow last year's plan and have members donate savory and sweet snacks. There will be a sign-up sheet at the February 14th luncheon for those members that want to help by providing food and also setting and cleaning up before and after the event. Let's make this another successful fundraising event for the club!

NOMINATING COMMITTEE, Carolyn Turbiville, Chairman

Committee comprised of Bobbi Earnshaw, Toni Greene, Connie Hein and Nancy Krois has been busy and we have a full slate of officers. The slate will be announced in March, voted on in April and officers installed in May for the 2023 – 2024 club year.

MEMBERSHIP, Cindy Hardesty, Chairman

The club membership stands at 42 members. Pick up some club brochures to share with friends who may be interested in joining our group for fun and service to our community! Reminder that we will begin collecting dues in March for our next club year.

HANDBOOK UPDATES. Please delete the home phone numbers [first number in the club Handbook] for these members: Cindy Hardesty, Becky Hart, Karen Lee, Chris Ryan and Benita Thompson.

Update Judy Kallal's number on page 5 of the Handbook to 630-2026.

COURTESY, Carolyn Turbiville and Toni Greene



Phyllis Duncan's 90th birthday invitation: The celebration will be happening on Monday February 20th, from 2:00 – 4:00 pm at Aspen Winds, 4010 North College Drive, where Phyllis now resides. Please make this occasion a wonderful memory for her by stopping by for some cake, punch and coffee. Let's shower her with birthday cards and lots of laughter!

In other news, everyone seems to be well and at home watching it snow, being a snowbird or traveling. Cindy and Bill Hardesty just returned from a cruise through the Panama Canal and will be going to Florida to spend 10 days with Karen and Doc Schroeder.

SCHOLARSHIPS AVAILABLE

Do you know someone getting ready to head off to pursue their dream of higher education and looking for financial help? GFWC Wyoming and GFWC Women's Civic League of Cheyenne offer

scholarships each year to students in Wyoming planning to attend a Wyoming school. Both have scholarships for Wyoming graduating seniors and a scholarship available to a non-traditional female student.

GFWC Wyoming website, link below, has information and applications for scholarships, and GFWC Women's Civic League has scholarship information and applications on their website. See link below. GFWC Wyoming application deadline is in April; GFWC Women's Civic League's application deadline is in March. Questions? Contact Phyllis Salzburg.

<https://www.gfwcwyoming.org/scholarships.html>

<https://www.womenscivicleaguecheyenne.org/scholarships>



TURNING POINT Suffragist Memorial in Fairfax County Virginia

was dedicated May 16, 2021. A donor wall shows the contributors to the memorial, many of which are **GFWC Clubs, State Federations, and individual members**. In fact, GFWC is credited with a large portion of the funding for the site. We should all be proud of this contribution to assuring that this part of our history is memorialized.



The design of the memorial includes 19 stations that tell the story of the 72-year-long struggle to pass the 19th Amendment, which granted many (though not all) American women the right to vote. A wall commemorates the names of the women who were jailed at the Occoquan Workhouse, near the site of the memorial. They were horribly mistreated, but that did not stop the movement. Rather, this event became the 1917 "turning point" in the suffragist movement and thus the name Turning Point for the memorial. At the entrance to the memorial is a piece of the fence which stood in front of the Wilson White House where the picketers were arrested. Life-size bronze figures honor three suffragist movement leaders: Alice Paul (author of the Equal Rights Amendment); Mary Church Terrell (co-founder of the NAACP); and Carrie Chapman Catt (President of the National American Woman Suffrage Association and founder of the League of Women Voters).

www.gfwcxjwccheyenne.org

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