



GFWC X-JWC

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



HOT LINE FEBRUARY 2024

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

FROM THE PRESIDENT Lucy Russell

I want to first off thank all my board members for their hard work this past year. I enjoyed reading the project reports that were sent to me. We did a lot of good work during the 2023 year. Here are a few highlights of that year.

I want to share with you all some of the statistics from our 2023 club year. We had a total of 2,161 hours of volunteer service reported. Members reported reading 144 books for ESO. We had 31 projects reported and \$3729.00 was donated to different projects in Cheyenne. I really appreciate all the work that our club women have done during 2023.

This week we will be having our general membership meeting. We will **be collecting sheets and blankets** for the homeless. Karen Lee is still **collecting scarves** to be taken around Cheyenne. Jennie and Phyllis and Jenny continue to **collect batteries and printer cartridges**. There will be jars on the tables that I am **collecting money for the children's lunch program** for Laramie County School District #1, any amount you donate is much appreciated. Our speaker will be Carla Thurin, Director of Safehouse. Safehouse is one of our CIP projects for the next club year. See their **wish list below**.

I appreciate all the work that my board does and hope that many of you will be attending our meeting next week. If I can do anything to improve your experience with X-JWC please reach out to me. I look forward to seeing you all on Tuesday.

Safehouse wish list: BBQ sauce; I Phone charging cords; forks; tampons; crackers (Ritz, Saltine, Club); Ranch dressing, trash bags; hair brushes & hair ties; chapsticks

2nd VICE PRESIDENT, Toni Greene

MENU for the **February 6TH** 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 Toni Greene 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.

GFWC SIGNATURE PROJECT DOMESTIC AND SEXUAL VIOLENCE AWARENESS AND PREVENTION,

February is Teen Dating Violence Awareness month. Dating violence is more common than we may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors.

Teen dating violence (TDV) — also called intimate relationship violence or intimate partner violence among adolescents or adolescent relationship abuse — includes physical, psychological, or sexual abuse; harassment; or stalking of any person ages 12 to 18 in the context of a past or present romantic or consensual relationship.

“**Love Like That,**” the 2024 theme for Teen Dating Violence Awareness month, illuminates what “that” means regarding healthy and unhealthy relationships. “Love Like That” calls on us all to create a world of positive actions to express and show healthy love in various ways.

Check out activities at the following: www.loveisrespect.org/resources/the-what-why-and-how-of-tdvam and wear orange for Teen Dating Violence Awareness month!

EDUCATION AND LIBRARIES Community Service Program, Joanne Bassett, chairman

Clean out your unwanted books, CDs, DVDs, puzzles and games by donating them for the annual **Delta Kappa Gamma Sale** at the old Big Lots in Cheyenne Plaza (next to Sportsman's Warehouse) on **March 2-3 and March 9-10**. Collection boxes are located at both Albertsons, Safeway, Jax, YMCA and Gold's Gym. If you have a large quantity, call 630-2036, 630-3682 or 632-8867 for help. You may donate through February 26th

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.



HEALTH AND WELLNESS Community Service Program, Nancy Krois,
Chairman



How to observe American Heart Month:

February is Heart Disease Month. There are handouts on your table for heart attacks and cardiac arrest, Strokes and Essential Eight. Look for events during February and information to keep our hearts and bodies working well for those things we like to do. Please remember to keep your body moving through exercise through television, computer or time at the gym or other venue. The AARP has mall walking on Tuesdays and Thursdays from 8 to 9 am and coffee at JAX. Grace Methodist Church has free chair exercises on Tuesdays at 10: am. You can even move by getting up and do laps in your home or chair or floor exercises. And check out the Senior Center for great activities.

February 24th, Saturday, from 10:00 am – 2:00 pm is **Make a Blanket Day to benefit the Laramie County Blankets for Laramie County Kids** where you tie fleece blankets together. You can come for some or all of the time.

The volunteers for the Wyoming Coalition for the Homeless (907 Campbell Avenue) continue to **need blankets, comforters, sheets and neck ties** to make sleeping bags for the homeless population of Cheyenne.

Breathe deeply, hum and sing to keep our lungs functioning well during these crazy winter weather days.

NOMINATING COMMITTEE, Joanne Bassett, Chairman

The slate of officers for the 2024 – 2025 club year will be announced in March, voted on in April and officers installed in May

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.

FEBRUARY BIRTHDAYS Happy Birthday to Fran Fooks Feb 10 Phyllis Duncan Feb 20

SCHOLARSHIPS AVAILABLE

Do you know someone getting ready to head off to pursue their dream of higher education and looking for financial help? Or maybe a student currently enrolled in a Wyoming higher education institution.

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 student. GFWC Wyoming scholarship is also available to students already enrolled in a higher education institution.

Links to GFWC Wyoming and GFWC Women's Civic League of Cheyenne scholarships are 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/uploads/1/3/3/1/133117490/mnb_rcy.pdf

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