



GFWC X-JWC

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



HOT LINE FEBRUARY 2022



FROM THE PRESIDENT
Katherine Van Dell

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

February is a busy month and my report this month covers many events hopefully of interest to you. First of all, I want to thank the committee chairs for completing their project reports. In reviewing these reports, it confirmed my belief that our club accomplished so many projects that we can certainly be very proud of. These reports have been forwarded to Trish Peoples, GFWC W President-elect/Dean of Chairmen, as required. I submitted the blanket project for the "Stick Your Neck Out" award to GFWC, and asked Phyllis Salzburg to submit the Hot Line newsletter to GFWC for recognition. Phyllis does an outstanding job producing this informational newsletter, which I hope all members take time to read.

Our club has been asked to partner with our Cheyenne sister clubs, GFWC Women's Civic League and Meadowlarks, to participate in the **5th Annual Valentine's Day Cookie Drive** for the airmen in the dorms. Carolyn Ritschard, WCLC Military Outreach Committee chair, has been a key coordinator for this event, working with the Warren Spouses Club. For 4 years on Valentine's Day homemade cookies have been assembled and delivered to the young airmen living at FE Warren AFB showing them the community's appreciation for their service. I am asking that X-JWC club members join in this effort. I will deliver cookies to Carolyn on February 9. Please notify me if you plan to participate, with the number and variety of cookies you will make. I need this information as soon as possible so I can advise the committee. I will be happy to pick up your cookies or you can drop them off at my home between February 6 and 8. Let's show these young airmen some love from GFWC X-JWC club women.

Let's also show our appreciation to the educators and staff in our LCSD #1. They have had a difficult couple of years due to COVID. I hope that you'll be able to deliver individually wrapped candy to a school or schools of your choice on Friday February 11 or Monday February 14. Let's show them some love and thank them for all they do for our children and grandchildren. Please let Carolyn Turbiville know which school(s) you have delivered candy to so she can keep track of this activity.

After our meeting Tuesday we will be writing **Valentine cards** to members who have been unable to attend many of our meetings. I will also have cards for the VA. Hope you'll stay after the meeting and help with the project.

At this month's luncheon meeting, we will hear presentations from the three organizations selected for consideration for our **Community Impact Project**. I am looking forward to hearing from all of them.

GFWC-W State Convention will be April 29-30 at the Days Inn in Thermopolis. Please let me know if you are planning to attend so the convention committee will have an idea of the number attending. During the meeting, state officers will be elected and installed during Saturday night's banquet. Our Trish Peoples will be installed as state president.

Should you have any questions and/or concerns, please don't hesitate to contact me.

2nd VICE PRESIDENT, Karen Lee

MENU for the February 1st luncheon at the Red Lion:



Cranberry apple stuffed pork chop
Garlic mashed potatoes
Chef's choice vegetables
Chocolate cake
Garden salad & rolls
Usual drinks

Option for Chef or Cobb salad instead of the offered meal.

Cost: \$13.00 Please make check payable to X-JWC

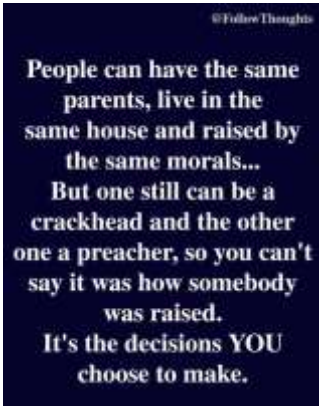
EDUCATION AND LIBRARIES Community Service Program

Carolyn Turbiville Chairman

Hope you are curling up with a good book on these long, cold, snowy winter days.

Schools are now open for volunteers to come in. Some schools are welcoming volunteers with open arms. The teachers can certainly use the help. If you are interested, contact a school or I would be glad to help you get started. I have made it one day, and it made me feel so good helping the children and teachers. It was so good to see the smiling faces of the little ones. I am doing 2nd grade at Alta Vista and I know they would love to have more volunteers, as other schools would. Also, Kathy Petersen is volunteering at the County Library. Go Kathy! Let's get some more X-JWC members volunteering in the education field. It is so important!

We are also taking bowls of candy to schools to thank the staff for their great work with our young people. So far, we have candy going to Alta Vista, Hebard and Pioneer Park. Please let me know what school you might be interested in taking candy to, so we don't have duplicates.



A book a day keeps Stupidity away!

A library is not a luxury but is one of the necessities of life. Henry Ward Beecher

ENVIRONMENT Community Service Program, Jenny Mullin, Chairman and Phyllis Salzburg, State Chairman



The count is in! X-JWC members came up with 25 strings of **holiday lights** to send to a recycling/disposal location! Thank you for keeping them out of the landfill where they threaten birds and wildlife, contaminate soil and hang around, filling up landfills for years to come!



WATER – turn the faucet and it magically appears to wash our dishes, shower, flush toilets, water the lawn, quench our thirst, boil our eggs and so much more! But where, in our arid climate does the water we rely on come from? According to the Board of Public Utilities: Approximately 70 percent of the water used in Cheyenne comes from mountain streams in the Medicine Bow and Laramie Mountain Ranges. A three part system moves water from one side of a mountain to another, trades water across a valley, and then pipes water across two mountain ranges to Cheyenne. It takes snow in the Sierra Madres, Medicine Bows and Laramie Mountains to supply Cheyenne with water.

The remaining 30 percent of water used in Cheyenne comes from wells. Cheyenne has four well fields to the west and northwest of the City. These well fields contain 35 wells that deliver water to Cheyenne. A very complicated system to get water our homes – we should make sure we conserve and use it wisely so we're not rationing as many other states and communities are!

HEALTH AND WELLNESS Community Service Program, Nancy Krois, Chairman

Thank You to Norine Samuelson who contributed **COATS and GYM Bags**. Between the two of us 15 coats and 6 gym bags were given to the Coalition for the Homeless Welcome Mat and Needs Inc. They were very appreciative.

February is HEART MONTH. The American Heart Association has a great computer web site www.Heart.org that has information about the heart, exercise and diet. Remember to talk with your doctor about your heart and family history. On your table is a one-page handout with typical symptoms of a heart attack and stroke. Remember that women may have symptoms a bit different, so when in doubt contact medical folks right away.



There are a number of **Volunteer and Donation** opportunities coming up.

MAKE A BLANKET DAY: Blankets for Laramie County Kids: February 26, 2022
Saturday 10:00 am to 1:00 PM Cheyenne Evangelical Free Church, 7006 N. College (If you get to 4 Mile Rd, you have gone too far.) Cut and Tie Fleece Blankets Snacks will be provided for all volunteers. All supplies for the blankets will be provided.

DELTA KAPPA GAMMA Used Book Sale: Collections February 1st– February 27th
Sale: March 5th & 6th at Former Big Lots in Cheyenne Plaza, 3741 E. Lincolnway
Paper has announced and copy on our entrance table today.

JUMP INTO JEWELS: HABITAT FOR HUMANITY: Shop April 22-23, 2022
donate jewelry, scarves, purses, and accessories.



HAPPY VALENTINE'S DAY to all of you. May you feel LOVE and Gratitude Overflowing.

FREE AT-HOME COVID-19 TESTS – Every home in the U.S. is eligible to order 4 free tests – completely free. Orders will usually ship in 7-12 days. Go to [COVIDtest.gov](https://www.covidtest.gov) to order. Only name and residential address is needed – no credit card or insurance information required. You can call 1-800-232-0233, 8:00 am to midnight Eastern, 7 days a week if you have difficulty accessing the internet or need additional support placing an order

According to the website:

They are rapid antigen at-home tests, not PCR. They can be taken anywhere. Give results within 30 minutes (no lab drop-off required). Work whether or not you have COVID-19 symptoms. Work whether or not you are up to date on your COVID-19 vaccines. They are also referred to as self-tests or over-the-counter (OTC) tests. All tests distributed as part of this program are FDA-authorized at-home rapid antigen tests. You are not able to choose the brand you order as part of this program.

The Centers for Disease Control and Prevention (CDC) recommends that you take an at-home test:

- If you begin having COVID-19 symptoms like fever, sore throat, runny nose or loss of taste or smell, or
- At least 5 days after you come into close contact with someone with COVID-19, or
- When you're going to gather with a group of people, especially those who are at risk of severe disease or may not be up to date on their COVID-19 vaccines.

WAYS AND MEANS, Karen Lee, Chairman

The committee met on Thursday January 27th to work on the upcoming **Big Bunco Fundraiser** which will take place on Saturday March 12, 2022 from 1:00 pm- 4:00 pm at the Moose Lodge, 1019 S. Greeley Highway.

Ticket envelopes will be given out at the luncheon on February 1st. Each envelope will contain 5 tickets and a cover letter explaining the details of the fundraiser.



A sign-up sheet will be passed around at the luncheon for members to volunteer to provide snacks and desserts and to help with set-up or clean-up.

NOMINATING COMMITTEE, Bev Campbell, Chairman

The Nominating Committee will present a slate of officers to the General Membership in March for the election of 2022 - 2023 officers in April. Committee members are: Chairman Bev Campbell, Board representative Mary Ann Kamla, and club members Betsy Hartman, Bobbi Earnshaw and Joanne Bassett.

The President, 1st Vice President, and 2nd Vice President are elected annually per By-laws, Article VI. Officers and Board of Directors, Section 1 (page19). The Secretary, Treasurer, and Membership Chairman are elected to serve two year terms.

If you are interested in serving and fulfill qualifications described in the above bylaw for President, 1st Vice President, 2nd Vice President or Secretary (for one year due to resignation as secretary of Mary Ann Kamla) or know of someone who may be interested in running for an office please contact any committee member. You must get the approval of the person you plan to nominate before you submit her name.

MEMBERSHIP, Cindy Hardesty, Chairman

January Birthdays –*Trish Peoples January 19 and Rosemary Korte January 31*

According to our membership book, the following members have had the longest continuous membership in X-JWC. Drum roll please!!

Phyllis Black 1977; Carol Pralle 1981; Phyllis Duncan 1987; Darlene Evans 1992.

THANK YOU FOR YOUR LONG STANDING DEDICATION TO X-JWC!!

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 both have a scholarship available to a non-traditional female student.

GFWC Wyoming website, link below, has information on and applications for 3 scholarships, and GFWC Women's Civic League, link below, has scholarship information and applications on their website. 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/newslettersforms.html>

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