

LARAMIE WOMAN'S CLUB

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Karen Bard, LWC Editor 2023

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GENERAL FEDERATION of WOMEN'S CLUBS

Living the Volunteer Spirit

www.gfwc.org



For the uninitiated, February 13 is designated as a day to celebrate female friendship and platonic love shared between gal pals — fittingly called Galentine's Day. It's the perfect opportunity to let your best friend and other special women in your life know how much they mean to you.

Galentine's Day empowers women to embrace their own company and partake in fun, bonding activities. Whether you're throwing a Galentine's Day party, watching feel good movies together, or spending quality time with your girl pals is all that matters.

For us we have the opportunity to spend time together celebrating our Barts Ladies over the years. I am sure the bonds they have developed for one another are long lasting and powerful.

I have not put my time into Barts since joining the club, but I have worked with a number of you on special projects and consider many of you close friends.

But I do have a long time (40+ year) girlfriend that I know will be at my side for any reason

that I need her. I consider her more a sister than a friend. I will be calling her on February 13th to wish her a Happy Galentine's Day! Hopefully, I will see most of you on Galentine's Day at the Alice Harding Stevens Center to honor and celebrate our Barts Ladies. Details are in the events section of this newsletter.

Black History Month
Humpback Whale Awareness Month
National Cancer Prevention Month
American Heart Month
Jewish Disability Awareness and Inclusion Month

Board Activity

Much time was spent at the board meeting discussing money and projects. Not too surprising as we begin to look forward to planning and preparing our budget for next year. The budget will be presented to the members at the May meeting.

In the spring we will be doing a Flamingo a Friend fundraiser. As usual the board will be presenting three ideas to the membership to vote on who we wish to raise money for within our community. If you have ideas, please get them to a member of the board for consideration. One request that we have received is from Laramie Cares for assistance in helping them optimize their webpage. They have a cost estimate of ~\$3000 to get this done. Ina Buckner is looking at either April 17th – May 12th or May 1st to May 26th for this. If you have been a volunteer for Flamingo a Friend in the past perhaps you can get with her

and let her know what dates work better for you. She will need volunteers for this fundraiser.

In October the membership voted to have the board bring forth some ideas for changing where our Smile Jar Donations go. We will be bringing two ideas to the membership at the February meeting. The first is to Laramie Connections, specifically to help the transportation services and help offset the cost of gas for that program. The second is for Laramie Cares. Lorraine, in her talk to us a few months ago let us know that they were in need of general donations that they could use to buy pizzas or other needed items for their programs with the school aged children.

Please give thought to these two ideas and be prepared to vote at the meeting.

We also discussed our large cash reserves that we have accumulated over the past few years. We have not done a Community Improvement Project (CIP) in some time. The CIP is a two year program and it would be good timing for us to discuss having a CIP project since the new officers will be coming in and they can focus on that for their two year term.

One of the items brought forward thus far is the Unaccompanied Student Initiative. It is in early stages at this point, but there will be a home for homeless high school students (ages 16-20) established in Laramie. There is one in Cheyenne which was supported by the clubs in Cheyenne and they most recently established one in Casper. Initial meetings are being held here in Laramie. I will be attending a meeting on February 14th to learn more.

But be thinking about a CIP. It could be with the elderly who are struggling with their needs at this time, or support with Laramie Cares and the suicide prevention programs they run. But bring your ideas forward for the board to research and bring forward to our membership.

Also discussed was our pot luck lunches. Recently we have had issues with too many desserts and not enough entrees and vice versa. Also discussed was the cost of our luncheons.

There was a preliminary discussion about raising the *donation* to the club if you do not bring a dish.

One of the thoughts for solving the distribution of the dishes was to go by your last name. So for instance in March A – H would bring entrees, I – P would bring side dishes and Q – Z would bring dessert. Just an idea, but can discuss the pros and cons of this at the meeting as well as a possible increase to the members for lunch if they don't bring a dish.

Another topic of discussion was the serving of our dishes. Are we ready to go back to everyone serving themselves and taking what they want with respect to serving size rather than the hostesses serving you.

Please be prepared to make these decisions at the February meeting.

January Meeting

Sorry I didn't make the January meeting, but I understand that it all went well and was very well attended. I was also told that it was very informative and that those who attended had lots of questions.

I was also very glad to hear that our new *Hello Program* for welcoming everyone to the meeting and making sure everyone had a welcoming table to sit and have great conversations had a great start. Thank you to those who greeted our guests and were hosts at the table.

LWC Hello Program:

Remember what it was like when you first joined? Sometimes bewildered, unsure? And then you found out the cool things we do and how much fun it became? Please consider being a door greeter or a table host at a meeting this spring.

As a door greeter you get to meet folks one-on-one, take guests or new members to a table and introduce them to the table host. You come

about 25 minutes early to the meeting and be at a door, 11:35am-11:55am.

As a table host, you just be your welcoming self, asking the new person how they came to Laramie, what they like to do in their free time, explain how the meeting works and answer questions, if needed.

LWC is an amazing organization and it takes all of us helping, to move forward and benefit our community - we need you! Remember to add your time to our monthly Volunteer Log.

We'd like to have a total of 4 door greeters, 2 for each entry door (the porch doors) and 5-6 table hosts at each meeting.

Thank-you Karen Bard and Lynda Hidalgo for the creation of this idea and making it possible!

Please contact Annie Nelson via email, (anniegowyo@aol.com), to sign up for the month you'd like, first come, first served. See you at a meeting!

February Meeting

**MEETING—Thursday,
February 9th, AHSC**

Lunch starts at noon
Program starts at 1 pm
Business meeting starts at 1:45

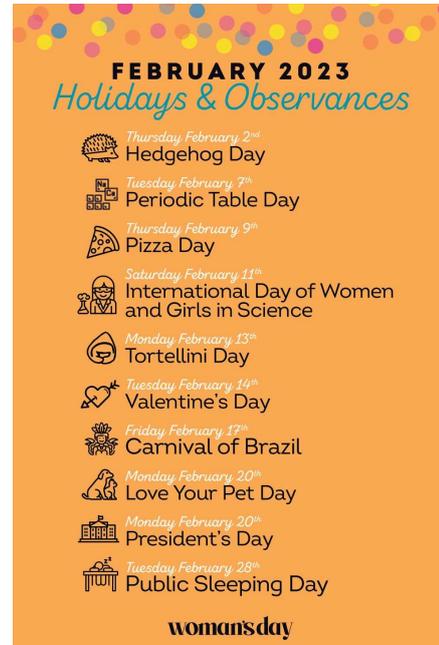
Hostesses: Betty L and Betty S Wills, Adrienne Polis – two more needed if you can help contact one of the Bettys.

Our guest Speaker for February is Dr Shawn Palmer on Pain Management from the Aspen Creek Naturopathic Clinic. If you would like to look into the clinic here is their website. <https://www.wyomingnaturedoctor.com/>

Additional Parking: Our grateful thanks to Trinity Lutheran Church for allowing us to park in the church parking lot. One reminder: should there be a funeral on the second Thursday of the month we would need to seek parking

elsewhere, but those times should be rare. Feel free to park there—first come, first served.

Parking at Alice Hardie Stevens Center: During the months that we have ice and snow, please leave the parking spaces at AHSC for our members who use canes or use oxygen canisters? Thank-you!



March Meeting

March is down a couple of volunteers for hostessing. Please contact Bonnie Braised if you can help.

March is traditionally our International Cuisine Month. So please be thinking about what international dish to bring for the delight of all our members attending.

Things to Remember

DONATIONS NEEDED:

Interfaith has appreciated all our donated items and right now they are really needing: SPICES, egg cartons, travel size hygiene items. Individual cans of fruit are much needed as well as cans of chicken noodle soup (Progresso brand much loved but Campbell's will do) and cans of Chili.

No thanks, for now, on plastic shopping bags, possibly needed in March. We'll keep you posted. But read the Environment section for another idea on what to do with your plastic bags.

Lisa Theis, Homeless Liaison Coordinator for Albany School District #1 could use: gently used hats and gloves. The knit gloves are especially helpful as they fit a variety of hands and are easy to wash. Regular size bottles of shampoo or conditioner, new socks, underwear - any size, any color for both girls and boys and travel size deodorants for either boys or girls. Travel size deodorants fit easily into pockets in hoodies or pants and can be quickly pulled out in a restroom and put to use multiple times in a day (remember those times??). Growing up is hard to do, so thank-you for making it a little easier for our Albany County kids!

Interesting Factoids for the Month

January and February were the last months to be added to the Roman calendar since the Romans considered winter a monthless period. They were added about 713 BC and originally February was the last month of the year and then got rotated to the second month around 450 BC.

The number of days in February has varied with time and been as low as 23. So you can see that February has been an interesting month with all of its changes through the years.

February is one of the most commonly misspelled word. Even the White House has misprint the word in an official press release.

February is the only month you can go the entire month and not have a full moon.

The odds of being born on February 29th is 1 in 1,461. February March and November always start on the same day of the week except in the leap year.

February 2nd, 1848 is when the Treaty of Guadalupe Hidalgo was signed ending the war.

The US paid \$15 million in exchange for California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming and Texas.

So the month isn't all about Valentine's Day. It is also about purification as we in the northern hemisphere start preparing for spring and the longer days.

Wyoming

Wyoming was just named as one of the states with the best schools. Ranked in the top 10.

So what are the reasons supporting this outcome? Community involvement and a low student teacher ratio are two good places to start. A reason that we have such great schools is that Wyoming earmarks more money than most other states to go toward public schools. Only three other states spend more of their budgets on their public school system than Wyoming does.

Non-financial community support is another reason why our schools are so good. Entire towns turn out to support their local school initiatives.

Wyoming has an 80% graduation statistic with the overall average reaching 83% recently. But many are sticking with their education and going on to earn at least a bachelor's degree and earning at or above the nation median income.

Proficiency is superior as well. We all remember those proficiency tests we had to take. The national average for math and reading proficiency is 32.1% and 34.8% respectively. In our Cowboy State 35.3% ace their math exams and 41.2% excel in reading. So congratulations to all our teachers and students for doing so well.

And who says that the environment doesn't play a part in it as well. Big Horn High School was named best in the entire state.

So how does our Laramie High School rank? Well we should be proud that it is ranked 3rd in the state. It has a national overall score of

84.94 out of 100. It is ranked #2687 in the nation out of 17,843 schools. That ranks it in the top 15% of the nation.

Club Needs

A new craft group has started up and we would love to have as many of our members join in and help. For new members this would be a wonderful way to ease yourself into supporting club activities. It would also provide an opportunity to meet and get to know other club members in a smaller group. You don't need to be a crafter to join. Worker bees will be greatly appreciated as well. Just come and have some fun. Or come and keep us entertained.

The next meeting of the group will be Monday February 6th from 1 – 3pm 3225 Mesquite Lane (Karen Bard's Home). If you have any of these please bring them with you; glue gun, dark brown or gold yarn, a large eyed yarn needle. Finally, your lovely smile, able hands and sense of humor.

Scrapbooks! We have two years of memories and achievements to put into scrapbooks. Ina will be coordinating this in the Month of March, most likely on a Monday. Need members to sign up and help with the preparation of the scrapbooks. Fun for all and the more the merrier. Ina will have a sign-up sheet at the meeting in February. If you are not at the meeting contact her with your interest to help.

How to Support our Club with Ridley's Points

There is a very easy way to support the club financially if you shop at Ridley's.

For our computer users please follow these instructions. Go to the Ridley's web page.

<https://shopridleys.com/home.php>

The page should come up with a map of the western states asking you to choose your store. We are store **Y**, but it is easily found on the map. Click on the Y and then select choose.

If you have already created an account then login. If you haven't then create an account with your personal email. Just click the login button and then the *register* button under the login email and password.

Once you have logged in you will see this page and on the right side midway you have Donate Points. If you don't see Laramie Woman's Club in the three selections, then click on more organizations. You will find many great organizations to donate your points to. But scroll down to find our club and click on it.



You will have the option of donating all of your points, *all of my points now and at the end of the next 4 quarters*. And a selection to specify how many of your points you want to donate. This option allows you to support more than one.

Click I am not a robot and submit. You are done. I have clicked all my points for next 4 quarters so I don't have to do anything till next year.

For those of you not comfortable with computers, you can go to the service desk. They have a form to fill out with the same options for you and the person at the service desk should be able to help you with the form.

Funds get distributed once a quarter.

What's Your Flower?



Spring will be approaching soon, well sooner in other states, but it will get here. Are you preferential to tulips? This flower is particularly

known for the signal that spring is coming. They come in so many different colors and are happy, perky flowers that love the light. Similarly those people who like tulips are also very bright and perky, fun loving and extraverts. They are also adaptable and upbeat.

So if you like tulips were are happy to have you as part of our club bringing light and fun wherever you go.

Volunteerism

November Volunteer Hours - 325
December Volunteer Hours – 424

New Members

There will be a new member orientation on February 23rd at 1 pm at the home of Ina Buckner, 530 Beaufort St #34. All new members or any old member who has not had the opportunity to attend one of these are welcome. Please RSVP to Ina buckner_ina@yahoo.com or 307-272-3562

If you bring your club books to the February meeting, Ina will have stickers for you to be able to add the following new members to your book.

Loretta Matheson
1518 Shetland Drive
Laramie WY 82070

(307) 760-2729
Lellen39@aol.com

Jean DeGennaro
3845 Canyon Court
Laramie WY. 82070
(203) 218-3936
Dege2@yahoo.com

Juanita Wyatt
455 Wild Horse Ranch Road
Laramie WY 82070
(760) 310-4098
Juanitajeyatt@gmail.com
Changes to Booklet

Karen Bard email – kcbard@charter.net
Janine Kropf phone: 317-439-2250
Mary Mountain email -
marygracemountain62@gmail.com

Leap into Leadership Conference

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 22-23 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 \$95.

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

<https://wyowlc.org/2023-leap-into-leadership-conference-registration-now-open/>

State Photography Contest

For our photographers in our group, the state contest is open. The deadline was January 31st but it has been extended until February 28th. The photo contest form was included in your email with this newsletter. Or you can find the form information on the gfwcwyoming.org website under Newsletters and forms.

Committee Reports

Environment

When we think of Wyoming, wetlands may not be the first thing that comes to mind. These are the places that connect land and water. Wyoming has 9 priority wetland complexes in the state. The Laramie Plains complex is of course the one closest to us and covers much of Albany County.

Within that we have the Hutton Lake National Wildlife Refuge (NWR), the Mortenson Lake NWR, the Saratoga Wetlands Viewing Area and the Laramie Peak Wildlife Management Area. I especially love these places because they provide ample opportunity for me to do my wildlife photography.

WORLD
WETLANDS
DAY
2nd February

GraphicsKit

On the way home from Missouri I stopped in on the Loess Bluff NWR. There were thousands of trumpeter swans, snow geese, Canadian geese and other ducks to be found. I also got some good shots of some bald eagles and other smaller hawks were there but elusive.

On another environmental note, plastic shopping bags are seen everywhere floating along on the wind and getting caught in fences. Bernie Horst did some research on how to make Plarn (*yarn* made from plastic bags). From this you can make mats for the homeless.

So if you need something to beat the Winter Doldrums you can take plastic bags, make some plarn and then create a sleeping mat.

These mats are great for the homeless because it keeps them off the wet ground, provides some insolation from the ground but very importantly it is light weight.

You'll need:

1. A good supply of plastic shopping bags... and Walmart has already given us permission to take bags out of the recycle bins located at each entrance. We don't even have to check in with the manager, just take the bags you want.
2. A large crochet hook - sold at Laramie Walmart in the craft yarn aisle for about \$6.

That's it! Google the word plarn or sleeping mats for the homeless for directions or talk to Bernie Horst. It just takes some time to cut the bags, single crochet the 'loops' into plarn and the plarn into a mat! Bernie will get one started and bring it to a meeting so everyone can take a look!

A good winter project while we're spending more time at home. If you're interested, see Bernie at a meeting. We could also use some folks to cut bags so even if you can't crochet you can still help with this worthwhile project! Talk to Bernie at a meeting to get the correct size needed for cutting. Mats will be donated to the homeless.

Annie Nelson & Bernie Horst

Education & Libraries

This is an exciting time as we have opened applications for awarding our very first Mary Godat Bellamy Scholarship to a deserving non-traditional student.

Non-traditional simply means they didn't go immediately from high school to higher education or are returning to higher education after a break for whatever reason.

The application is available on line at the GFWC Wyoming web site, but was circulated with this newsletter in the email.

Feel free to spread the word but ~65 emails were sent out to various organizations and

education institutions in Albany County to notify them of this scholarship.

We are very excited and are looking forward to receiving applications.

Health and Wellness

As part of American Heart Month all of us could benefit from a little checkup. Risk factors for heart attack include, smoking, high blood pressure, high blood cholesterol, high blood sugar, obesity and stress.

So during Heart Week let’s have a call to action to have our blood pressure, cholesterol and blood sugar checked. Women are more likely to suffer a heart attack after the age of 55. Listen to your body. While a heart attack can be sudden, your body can be giving you signs hours, days or even weeks beforehand. The earliest sign from your body is chest pain or angina that occurs repeatedly because of exertion and then eased by rest.



Know the difference between heart attack symptoms between men and women. Most information in circulation focuses on the symptoms for men not women.

Heart Attacks: Men vs. Women
 The warning signs for heart attacks can differ among men and women. Here's a rundown of the different symptoms that are common for each:

Heart Attack Symptoms	Men	Women
Chest pain	♂	♂
Chest pressure	♂	♂
Pain in arms, neck, or jaw	♂	♂
Irregular heartbeat	♂	♂
Discomfort between shoulder blades	♂	♀
Shortness of breath	♂	♀
Heartburn or indigestion	♂	♀
Gas-like abdominal pain	♂	♀
Sweating	♂	♀
Cold sweat	♂	♀
Dizziness or light-headedness	♂	♀
Nausea	♂	♀
Fatigue	♂	♀
Sleep problems	♂	♀
Anxiety	♂	♀

PRODUCED BY THE DISTRICT HEALTH AGENCY

Project. Claudia Pfeil thought she would get enough squares to make 5 quilts. Little did she know the very large ripple effect of her *dropping a stone* in the water with her idea of making quilts for the Ukrainian Refugee Children. Her web site states that they have collected 22,850 blocks – enough to make 1000 quilts. Our women, this year, sent over 429 squares. Enough for about 20 quilts plus funding for helping with the costs of backing, filling and thread.



Please see the article attached in your email regarding *The Revolutionary Power of a Skein of Yarn* that was published recently in the New York Times.

ESO



Curl up with a good book and some chocolate. But then don't forget to report it!

Bernie Horst

Here is a picture of some of the beautiful quilts that have been made by the Piece for Peace

Correspondence and Birthdays



Happy Birthday!

Judy Thompson (3), Gina Gibson (4), Roxanne Rector (6), Jennifer Clark (6), Linda Simpson (15), Alie Mears (16), Gena Munari (25)

We received 43 heartfelt thank you notes from the recipients of the fall placemats made by our members. With one of the placemats we received a \$25 donation for our Health and Wellness account. Many thanks to Sandy Brome and Bonnie Braisted for collecting the cards for us. We received a thank you note from the Laramie Plains Museum for the money from our fall bunco event. The money will be used for the Carriage House Renovation.

The Eppson Center sent a thank you note for our donation to the center for using the site for bunco.

Future Events

February 6th – Craft working bee session 1 – 3pm at 3225 Mesquite Lane

February 13th – Galentine's Day and the Celebration of our Barts Ladies at the AHSC from 1 – 3 pm. Finger desserts, coffee and tea will be provided. Come celebrate all they have done over the decades.

State Conference – April 29th, 2023,
Torrington

International Convention – June 10th-13th,
2023– Louisville, Kentucky Registration opens
on February 2nd

Summer Lawn Party at Ivinson Mansion – June
22nd 12:30 pm

Art on the Lawn – July 16th

Western States Regional Meeting – August 26-
27, 2023 – Oregon

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