

## NEWSBLAST

FEBRUARY 2024



GFWC MEMBERS  
SINCE 1904

### Preserve our Past – Protect our Future

#### Trish Peoples – GFWC Wyoming President

Twenty board members were able to attend the virtual board meeting on January 20<sup>th</sup>. We discussed reports, changes in bylaws and the upcoming 2024 Annual Meeting in Laramie. I'm excited to read the reports to find out what the clubs accomplished this year! The Scholarship and Endowment Bylaw changes will be published in the Call, which will be sent to everyone around March 1<sup>st</sup>. The Annual Meeting in Laramie will be April 25-27. Our GFWC guest will be 2<sup>nd</sup> Vice President Jolie Frankfurth. We are planning some fun events and finding great guest speakers. Mark your calendars! As a reminder, here are upcoming deadlines.



Community Impact Program – Denise Lathrop – March 1

Photography Contest – Barb Robertson – March 1

Writing Contest – Barb Robertson – March 1

Website Contest – Jen Nowak (GFWC) – March 15

Newsletter Contest – Jen Nowak (GFWC) – March 15

**Membership Alert** – As of last month, we were down 12 members from last year. We are now only 5 below last year's total. Even better, we recently received word that there is some interest in starting a club in Washakie County. Cross your fingers that we can bring more motivated volunteers into our sisterhood!

#### Karen Bard – President elect

First, I wish to give my best wishes and condolences to the Storey Family and all the members of the Women's Civic League of Cheyenne for the loss of Ruth Storey, a lifetime member of their club.



January was a whirlwind for me. But what is relevant to GFWCW is that I attended the incoming administration training in Washington DC. I learned a lot, as I should, but I also had a wonderful time. Visiting GFWC Headquarters was a delight and they still had their Christmas Decorations up. Another added bonus for me was rooming with Pam Crochet and Nancy Kaufman, getting to know them better was a blessing but we also discussed state business and bounced ideas around as well.



I learned just as much however from our guest speakers as I did from the National Officers' presentations. Our first speaker was Lisa Gable, Former US Ambassador and Corporate Executive. Her talk focused on driving organizations forward. She was also generous in giving us each a copy of her book Turnaround. I have browsed it and I am looking forward to the read. Our other guest speaker was Lynn Rosenthal, Director of Sexual and Gender-based Violence, US Department of Health and Human Services. Her talk focused on what the government is doing in this area and why

it isn't as simple as it seems. It was eye opening for her to point out the interconnection of issues and how if you are not very careful you risk having very negative unintended consequences. The powerful message I took away from her presentation was to LISTEN. She told a story of an abused wife wanting help. The story highlighted that she knew how to get out of her situation, she just needed someone to listen to her needs and to help her. Lynn's message was that many women in bad situations have the knowledge of their abuser and if listened to they can tell you what, when and how they can be extracted safely. She juxtaposed this against service workers thinking they had all the knowledge and knew (better) what needed to be done because they deal with it day in and day out. This message of listen can be used everywhere in our daily lives, but also in critical situations like, self-harm or suicide. I am going to try hard to keep this lesson in the front of my mind. To listen first and speak last.



End of the Year Reports have already started coming in and I thank all our Presidents for being so prompt in getting these to me.

### **Karen Kent – Vice President/Membership Chairman**

As Trish mentioned above, the Newsletter contest entry is due by March 15. I am asking all of you to give me some feedback on which Newsblast is “contest” worthy. If you read one that you were particularly impressed with, please let me know which month and why. I may be a bit biased, but I think they were all noteworthy 😊

Do you make New Year's resolutions? Why? Do you keep them for a full year, or do you complete them before the year is out? I used to but then I realized that I didn't have to wait until the new year to set new goals. Every time the sun rises it is a new opportunity. When setting goals, try to make them STAR goals. S = Specific. What exactly do you want to achieve? T= Timely. When do you want to achieve this goal? A = Action. How exactly will you go about achieving this goal? R= Realistic. Is this goal truly realistic? If your New Year's resolutions are not “STAR”, try to modify them so that on December 31 you can look back with pride knowing that those resolutions didn't fall by the wayside. I would like to challenge each club to add 2 new women to your rosters by July 1. Goals can always be changed or modified. To borrow the tag line from NIKE, “Just do it”. Let's continue to build the GFWC Wyoming Federation!

**Linda Stowers – Domestic and Sexual Violence Awareness and Prevention**

February is Teen Dating Violence Awareness Month (TDVAM). Dating violence is more common than you 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. Nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors. Each February, young adults and their loved ones nationwide raise awareness about teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This annual, month-long effort focuses on advocacy and education to stop dating abuse before it starts.

The 2024 theme for TDVAM is “Love Like That.” Selected by the love is respect Youth Council, “Love Like That,” illuminates what “that” means regarding healthy and unhealthy relationships.

Check out activities at the following: [www.loveisrespect.org/resources/the-what-why-and-how-of-tdvam](http://www.loveisrespect.org/resources/the-what-why-and-how-of-tdvam)

**Flo Beville – Scholarship Custodian/Chairman**

Patty Benskin presented the new Bylaw and Standing Rules rewrites to the January Executive Board and the Board of Directors. The Bylaws and Standing Rules were passed and now will move on to the general body at the April Annual Meeting in Laramie.

I want to thank the Scholarship Committee – Karen Bard, Mary Lee Dixon, and Phyllis Salzburg for all their hard work in working with the Bylaws Committee in getting this done. We did important work and future Scholarship Custodians will benefit.

The last scholarship checks for \$500 for years 2023-2024 were sent January 10 to University of Wyoming and Casper College. The two recipients did re-enroll for the Spring Semester. Now I am gearing up to send information to the counselors across the State for 2024-2025.

I am attaching the new document for the Scholarships to give everyone a refresher on them. This is an updated document as a result of the committees' work. It will go out to the counselors in Wyoming.

**Denise Lathrop – CIP Chairman**

It's that time again to choose your best project entry for the CIP contest. Mail your winning project to me the State CIP chairman, Denise Lathrop.

These entries must be e-mailed or mailed postmarked by March 1, 2024. Remember only the State winner will be sent on to GFWC for a monetary prize. You may email me at: [millironspear@gmail.com](mailto:millironspear@gmail.com) or snail mail me at:

909 Teresa Circle  
Cheyenne, WY 82009  
307-286-7661

## **Barb Robertson – Photography and Writing Contests Chairman**

Last Call for the Photography Contest and Writing Contest!

Deadline: March 1, 2024 (postmarked by this date via snail mail)

Mailing Address:

GFWC Writing/Photo Contest  
C/O Barb Robertson  
1536 Scenic Ridge Drive  
Cheyenne, WY 82009

In-Person Delivery:

Cheyenne Frontier Days Ticket Office  
1210 West 8th Avenue  
Cheyenne, WY 82003  
ATTN: Barb Robertson

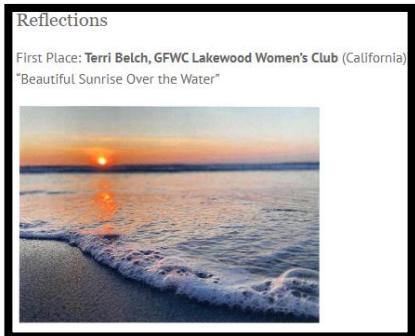
Questions or Directions: 980-245-1258 text preferred during business hours or [ncrobertsons@gmail.com](mailto:ncrobertsons@gmail.com) The GFWC Photography Contests encourage our members' artistic expression and recognize and support members' achievements in photography.

**THE WORLD IN PICTURES CONTEST** These photographs showcase the people, places, and things at home and around the world that impact our lives in a meaningful way, as expressed in these three categories:

**Our World Up Close**—Create a visual that offers a novel viewpoint or a macro image that takes the viewer into a whole new, tiny world. Macro photography creates photos of small items that are larger than life. Some common examples are bugs or parts of flowers.

**Natural Wonders**—Use wide angles and panoramas, or changeable landscape images, to showcase mountains, meadows, sandhills, rivers, waterfalls, oceans, deserts, or any other magnificent vista.

**Reflections**—Feature a setting, situation, or landmark that brings back poignant memories, or capture a fleeting image reflected in glass, water, or another mirrored surface.



Examples from the National Winners in 2023:

**GFWC LIVING THE VOLUNTEER SPIRIT CONTEST** These photographs capture the special moments in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer, or celebrate, in groups or one-on-one.

The GFWC Writing Contests seeks to provide an avenue for GFWC members and community members of all ages to freely express themselves, as well as draw upon their experiences through writing. These submissions illustrate the talent of GFWC members and are a reflection of our communities. There are four categories for entries:

- GFWC Member Short Story Writing Contest
- GFWC Member Poetry Writing Contest
- Youth Short Story Writing Contest
- Youth Poetry Writing Contest

**Phyllis Salzburg - Environment Community Service Program Chairman**

The National Audubon Society protects birds and the places they need, today and tomorrow, throughout the Americas using science, advocacy, education and on-the-ground conservation.

As with many efforts to conserve nature, women led the way. The first Audubon Society was organized by two Boston environmentalists, Harriet Hemenway and Minna B. Hall, in response to the widespread slaughter of water birds, the gorgeous feathers of which were used to make women's hats. In 1896 they organized a series of afternoon teas to convince Boston society ladies to stop the practice of wearing such hats. Their efforts in Massachusetts soon helped inspire similar organizations across the country.

The Rachel Carson Award is part of a broader Audubon initiative called Women in Conservation Project. Their mission statement is "To recognize outstanding women leaders in today's conservation movement; to support environmental opportunities for girls and young women; and to educate women on important issues related to conservation and the environment."

The NAS today is an influential organization, with conservation efforts across the country, protecting birds and the places they need.

**Leslie Jo Gatti - Arts & Culture Chairman**

I hope everyone has recovered from the Holidays and gotten into a routine once again. Rock Springs' residents and visitors have been going around town looking for 15 Snowmen placed by the URA for our Snowman Stroll. Various artists have painted and designed snowmen to coordinate with their locations.

As Clubwomen, we need to start preparing for the Youth Art Contest which takes place at the State Convention in Laramie in April. The following five Clubs made donations to Dollars for Art and are eligible to enter items in the Youth Art Contest: Women's Club of Sweetwater County, Laramie Woman's Club, Yoder Woman's Club, X-JWC, and the Women's Civic League of Cheyenne. The rules and necessary paperwork are listed under forms on the State website.

On February 3, Memorial Hospital of Sweetwater County will be hosting their annual Red Tie Gala dinner and Fundraiser. For more information, contact the Hospital.

On February 23, 2024 the Wyoming Arts Council will present the Governor's Arts Awards in Cheyenne. Tickets begin at \$65. For more information, contact the Wyoming Arts Council or Eventbrite.com.

If you have any local cultural events, you would like to tell everyone about, let me know. If you have any questions about the Youth Art Contest, contact me.

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(307)350-0709

**Claudia Wilen - WCLC President**

With the arctic freeze and snow we experienced in January, our club activities took a bit of a hit with members wishing to remain indoors. However, a few committees met to plan projects for the upcoming months to prudently spend their allocated funds by the end of this club year.

We received 25 CGC grant applications, indicating the ongoing needs and wishes of our community. The first meeting of the CGC committee was held January 25, open to all members to begin the review of these applications. These requests were sorted and either dismissed or retained for consideration or forwarded to the appropriate service committee for possible funding. The next meeting will be held in early February to form the final roster of confirmed grants to be presented to the March BOD meeting for approval.

One committee hoping to receive funding is our Arts and Culture group as they continue their pursuit to sponsor a bronze sculpture in downtown Cheyenne as a lasting legacy for WCLC. Groundwork is beginning to take shape with the selection of a 36-inch bronze work depicting Louisa Swain, to be created by artist John Baker and placed by the Federal Building.

Christmas House 2024 chairs were announced at the January meeting. Melissa Theriault and Shelley Toll have agreed to undertake this coming year's event and they have already jumped into the planning process with the theme "I'll be Home for Christmas".

### **Marcia Volner –Women’s Club of Sweetwater County PresidentW**

January is the month we give our spring grant to students from Western Wyoming Community College. We were happy to present a check to our winner at our January general meeting. Our busy hands group helped out the library seed catalog by counting and packaging seeds. Our fundraising for a bench to be placed near the columbarium for veterans in the Rock Springs cemetery was completed and given to the city at a city council meeting.



### **Lynn Prichard – Laramie Women’s Club President**

At the beginning of January our current president, Linda Simpson, submitted her resignation due to personal issues. We wish her and her family well. As a result, I became the new president. I am honored to be the president and continue the great work of the Laramie Woman's Club. Polly Wade has been a longtime member of our club and has made countless contributions not only to our club but our community. She is the Western Region's Jennie Award candidate. We are very proud of Polly and hope she will be honored with the National Jennie Award. Sunday, February 25, 2024, will be our Bunco Game Fundraiser. It will be held at the Eppson Center, 1560 N. Third Street, Laramie. The doors open at 12:30 pm, fun begins at 1:30pm. Come early to enjoy some wine and appetizers. Cost is \$20. Oh, and there are door prizes too!

Follow us on Facebook: GFWC of Wyoming

Editor: Karen Kent

GFWC-Wyoming website: [www.gfwcwyoming.org](http://www.gfwcwyoming.org)

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