



General Federation of Women's Clubs



W Y O M I N G

**Newsblast
February 2023**

**GFWC members
Since 1904**



Preserve our Past – Protect our Future Trish Peoples – GFWC Wyoming President

As we welcome February, I would like to acknowledge the hard work all of you do to make our communities a better place. We are in a busy time, and I want you to know how much I appreciate you! Speaking of busy, there is a Special Board Meeting on February 25 at 9:00. This meeting is only to approve the work of the Bylaws Committee, which must happen before printing the bylaws in the Call to Conference.

The Photography Contest entry date has been moved from January 31 to February 28. If you were considering entering a photo that you took in 2022, please do so. All entries go to Barb Robertson.

As you all know, GFWC International Past President Ernie Shriner passed away in December. She was the only Wyoming woman to serve in this role. The GFWC Wyoming Board of Directors has voted to donate \$200 in her memory to the 1734 Society, which is the agency dedicated to maintaining the GFWC International Headquarters at 1734 N Street NW in Washington, DC. This was Ernie's home for 2 years during her presidency. The Board is also asking any clubs or individuals interested in adding to our donation to do so at the GFWC Wyoming Conference in Torrington, April 28-29. Alternatively, you can send a donation to the GFWC Wyoming Treasurer, Katherine Van Dell.



As we write reports and enter contests, there will be a great deal of email communication. Please remember to 1) **recognize** the time it takes to craft an email, 2) **appreciate** the sender's efforts, and 3) **acknowledge** their time and effort by responding! It's simple **respect** and kindness. Thank you!

Karen Bard – President Elect

First off, I want to thank all the club presidents and club members who have participated in getting their end of the year reports into us. These reports are testaments to everyone now and into the future of all the amazing work that our clubs do within our communities. They also are documentation for our not-for-profit status. As I work through these and pass them on to state committee chairs, you may receive communication to clarify or enrich your reports as we work to pull all of them together.

Second, we all know that February has Valentine's Day. For everyone who has that special someone in their lives go out and celebrate. I just learned about Galentine's Day. (Gal-entines). 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 is February 13th and was coined by fictional character Leslie Knope (Amy Poehler) on a 2010 episode of NBC's *Parks and Recreation*. Galentine's Day has grown into a cultural phenomenon and an unofficial holiday. Knope, known for her cheerful personality and unmatched work ethic, describes it best: "Every February 13, my lady friends and I leave our husbands and our boyfriends at home, and we just come and kick it, breakfast-style. Ladies celebrating ladies. It's like Lilith Fair, minus the angst, plus frittatas."

Simply put, Galentine's Day empowers women to embrace their own company and partake in fun, bonding activities. We all have great friends and strong bonds with women in and out of our clubs. I encourage all our members to do something special on Galentine's Day.

On the continued subject of what we can learn from birds, I was recently home in Missouri to celebrate my father's 90th birthday. While there a winter storm came through. My dad keeps bird feeders in front of the kitchen windows, and we all noticed the increased activity of the birds coming in to feed prior to the storm front. It is amazing how animals in general know when there is a change coming. But the birds were filling their bellies to prepare for a cold and wet period where they wouldn't be able to scratch through the snow to find food. (We received about 6 inches).

This made me pause and think about how well women pick up on changes as well. We tend to be more in tune with changes in behavior, more empathetic, and can pick up on the more subtle body language of others. Although we tend to be good at it, I think we face the sometimes troubling challenge of what to do with that knowledge. Do we probe and stick our noses into someone else's business, or do we keep quiet for a while and see if it gets worse or better? Both choices can have negative outcomes. I believe that part of our decision making is based on how well we know the individual.

I think this came together for me because I recently experienced this for myself. I noted someone's body language. At first, I did nothing, then something else occurred and 2 and 2 did add up to 4 in this case. That is when I decided to take action. In this case, I was thanked for being courageous. The outcome has yet to be seen, but I hope it will be positive for all involved. A value of pain will have to be traversed by some. In today's world much is being said and done regarding mental health. Isolation has contributed to

this. Again, I encourage all our members to reach out and do something with your Gal Pals for Galentine's Day. Have a gathering, make a party of it, or just have a quiet coffee with someone you haven't seen in a while. Reach out and reconnect.

Karen Kent – Vice President/ Membership

I am very excited about his new year. I know that everyone is super busy writing reports. I appreciate the time you take to send me articles and pictures. Don't forget the Club Activity Guide. Did you know that under pen name Jennie June, Jane Cunningham Croly wrote a women's column called "Parlor and Side-walk Gossip"? Times have changed dramatically since 1854 and this newsletter is much more than just side-walk gossip. I hope you and your clubs benefit from the wealth of information provided by our state chairmen and club presidents.

I am excited to report that as of January 16, 2023, Wyoming's report to GFWC showed, 11 federated clubs with 431 dues paying members. This is an increase of 2 over last year. This may not seem like a whole lot, but if you take into consideration the number of our members who have passed away, this is significant! Let's keep the momentum going.

Marcia Volner - West District Liaison



I am reaching out to our members to see if anyone knows of people who live in the western area of the state who might be interested in being part of a GFWC club. I am looking into Evanston, Kemmerer and Pinedale currently and would appreciate any ideas for people to contact. I would also be willing to visit with others in this area. Wyoming needs more volunteers helping in their communities! I currently am liaison for clubs in the counties of Fremont, Sweetwater, Albany and Natrona and would be willing to help out with anything you might need in these clubs. Thanks in advance, Marcia

Phyllis Salzburg – Environment Community Service Program

WATER – Let's stop wasting it! According to the EPA, gardening gobbles up more than



30 percent of household water usage on average, and up to 60 percent in arid regions. As much as half is lost due to wind, evaporation, and runoff caused by inefficient irrigation systems. The most effective way to stop wasting water is to grow plants suited to the conditions on your property and the amount of precipitation in your region. Hand watering is the most climate-friendly way to hydrate them when necessary. From Audubon.org.

For instructions on how to make this cute bird feeder from milk or juice cartons and other recycled materials, visit: <https://www.audubon.org/news/how-make-diy-bird-feeder-recycled-materials>

Deb McCann – ESO

For the Love of Reading - How to become an ESO Member:



Contact the **state** ESO chairman to receive ESO guidelines. Interested GFWC members must first pass through the ESO pledge stage before they can become ESO members. The completion of an ESO pledge application is needed before a pledge can begin working toward membership status. The pledge application must be sent to the **state** ESO chairman. A pledge qualifies for membership at her own pace, finishing in a few weeks or working slowly throughout a longer period of time. After proper completion of 16 books, the pledge receives a certificate verifying her ESO membership from her club and/or state. (Epsilon Sigma Omicron Handbook (revised June 2022))

The following are the goals of ESO:

- To encourage clubwomen's pursuit of higher education
- To create an additional means to unite women in volunteerism
- To develop a support network for women returning to school
 - To improve current and develop new study skills
- To stimulate systematic home reading and study with minimum supervision
 - To encourage the establishment of home libraries and
- To encourage the formation of reading/study/discussion groups
(Epsilon Sigma Omicron Handbook (revised June 2022))

Please email me the photos of book club members and/or individuals who participate in ESO so that they may be shared in future



Newsblasts! Happy Valentine's Day, debmccann841@gmail.com

Linda Stowers – Signature Program: Signature Domestic and Sexual Violence Awareness and Prevention

February: Teen Dating Violence Awareness Month

Enjoy this article and let me know if you have used any of the suggested campaigns.

By Trisha Schafer, Signature Program: Domestic and Sexual Violence Awareness and Prevention Committee Chairman

The GFWC Signature Program's public awareness spotlight for February is Teen Dating Violence Awareness Month (TDVAM). This year's theme is "*Be About It.*" This year's campaign highlights the following:

1) **Be About Education:** Learning is an ongoing experience. It can be tough to know how to navigate relationships, let alone know what makes a relationship healthy or unhealthy.

2) **Be About Engagement:** In-person classes on campus after years of virtual school

or work may be challenging. Students might be in a situation where they or someone else needs help. Think and practice ways on how you would safely engage in different scenarios relating to dating and campus life.

3) **Be About Online Safety:** It can be hard to find a balance between online and offline safety. *Avoid connecting with suspicious profiles.* If the person you matched with has no bio, linked social media accounts, and has only posted one picture, it may be a fake account. Read “[Online Dating and Dating App Safety Tips](#),” created by the Rape, Abuse & Incest National Network (RAINN).

4) **Be About Empowerment:** Empowerment means you have power and control over your own life. When you seek out ways to empower one another, everyone benefits. You are actively participating in your own life by creating a better sense of community for yourself and others.

The following are key action dates for your club to help:

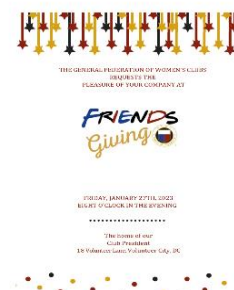
Feb. 1-28: Use #TDVAM23 on all your social media posts and follow **Love is Respect’s Instagram Live** events.

Feb 6-10: **Respect Week**

Feb 7: “**Wear Orange Day**,” show your support for teens and young adults in your community.

Marianne Gatti - Civic Engagement and Outreach

Now that the holiday rush has calmed down and clubs looks to distribute the funds brought in from fundraisers, have you considered throwing a Friendsgiving thank you for your local donors and sponsors? Friendsgiving is a GFWC initiative that offers a way to thank our local supporters for their help throughout the year. We could not do what we do without their support. You can find more information, as well as sample invites, thank yous, checklists and more in your member portal under F.



Bev Campbell - Advocates for Children



Does your club want children to feel they are cared about when they are having a hard time? You might want to consider asking club members to visit the children in the hospital. Consider taking them a fun get well card and you might want to take a child’s book and read them a story while you are there.

Your club might also consider having a speaker attend a meeting and talk about Wyoming Human Trafficking. Wyoming is not exempt from this issue. Contact

your Police Department and ask if there is someone who can talk about the issue at a meeting and what we, as club members, can do to help and learn what to watch for.

Carolyn Turbiville – Education and Libraries

X-JWC member and volunteer presents books at Alta Vista School in Cheyenne.

Books were presented to the Second Grade Class and School Library.

Jane Cunningham Croly formed the General Federation of Women’s Clubs in 1890, to support clubs throughout the nation and further their efforts at providing education, improved working conditions, health care, scholarships, and other reforms.



Marcia Volner – Women’s Club of Sweetwater County Acting President



GFWC Women’s Club of Sweetwater County gave out three \$250 grants to students attending the Spring semester at Western Wyoming College in January. We will also be giving \$303 to the Hospice of Sweetwater County. This money comes from our Holiday House Raffle. We let the hostess for holiday house select a charity of their choice and then give 10% of the raffle to that organization. This year Hospice was selected. The raffle consisted of 22 “baskets” donated by the community and members of the club. One raffle item was done separately with the tickets at a higher price as it was an entire Campbell’s Christmas Village donated by Maggie Choat.



Starla Sexton -- GFWC Wyoming Leading Ladies President

The Spring Conference is coming up and the Leading Ladies will be having another Mini LEADS session. What topics would you like to see us present on? Is there something you feel your club needs more training or information on? Or is there something you would like to learn more about

pertaining to your position or committee? Send your topics via email and I will add them to our list – Starlasexton@gmail.com.

If you are a past president or LEADS graduate, would you have an interest in being a part of the Leading Ladies? We are a virtual club so we keep it easy. Let me know if you want more information about us or just want to join!

Karen Bard - Laramie Woman's Club President

Our club is celebrating our Bart's Ladies this month. Ironically, the day chosen was February 13th, Galentine's Day, before I knew the day existed. It is fitting. As reported back in September, Barts closed and this ends an era of our ladies working hard at the flea market to raise money for the Laramie Plains Museum. We are having a tea at 1 pm at the Alice Harding Stephens Center to celebrate ALL the women who have made that project a success over so many years. Everyone is welcome to come if they wish. Please RSVP to me at kcbard@charter.net. This is a major event for us and the closing of a chapter within our club.

Bev Yeik - Yoder Woman's Club President

The Yoder Woman's Club was unable to have a meeting in January because of the bad weather. Our rescheduled meeting was even canceled. We had planned to hang our Youth Art pictures in the hall at the Southeast school on January 29th, so that the parents and friends could see the student's artwork. Southeast school has had so many snow days and late start days that the students have not been able to finish their art projects. Snow, snow go away come again as rain late in May.

Just because I can...

XJWC is celebrating Phyllis Duncan's 90th birthday. She has been a member for 36 years. There is an open party at Aspen Winds Assistance Living Feb 20th, 2:00 to 4:00. No gifts, hope others will stop by and wish her a happy 90th.

A note from Linda Stowers –

Trish asked me to share how my solar panels have planted trees. I receive updates on my app with my solar company which shows me the equivalency of planting trees. I have planted 25 trees since I installed my panels in October. Can't wait to see how many I save when the sun is really shining.

Follow us on Facebook: GFWC of Wyoming
GFWC-Wyoming website: www.gfwcwyoming.org

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There will be a test...