

**Wyoming News Blast**

**January 2020**



**Proud GFWC members**

**Since 1904**

### **GFWC Wyoming President's Message - Mary Lee Dixon**



**Be Silly—Be Honest—Be Kind**

Happy New Year! I hope everyone had marvelous holidays and got a chance to reconnect and recharge. We have turned the corner on a new year and decade so here's hoping you are energized to make things happen for your clubs and communities!

I'd like to fill your "dance card" for the upcoming year with some dates for GFWC-W and GFWC. We hope you'll attend, participate and come away with new ideas, new friends and a renewed energy to make a difference.

#### **Upcoming Events:**

January 25, 2020--Winter Board Meeting (to be held via e-mail)

February 1, 2020--Club Presidents' Reports due to GFWC-W President and Dean of Chairmen

February 15, 2020—Newsletter Contest entries due to GFWC-W Vice President Trish Peoples, [tlapples@yahoo.com](mailto:tlapples@yahoo.com) or 7534 Robin Drive, Cheyenne, 82009—send your best 2019 edition!

March 1, 2020--LEADS candidate is due to GFWC Leadership Chairman

April 24, 25 2020--GFWC-W Annual Convention (Cheyenne, Little America Hotel)

June 25 – 30, 2020--GFWC Annual Convention (Atlanta, Georgia)

September 24–27--WSR Annual Convention (Cheyenne, Little America Hotel)

#### **My recruitment pitch for an interim Photography Chairman:**

Needed: Photography Chairman – due to health challenges in her family, Robin Broumley cannot continue with her chairmanship. I am asking for a volunteer to see it through until July 2020. It entails notices in the news blast for the upcoming state convention submittals, rules, etc. Then at the convention, you would oversee the entries, arrange judges and display winning ribbons. Need a volunteer by February of 2020 so notices can go out for participation/rules in

the contest. If no one volunteers, we will just suspend the contest for next year. Thank you for considering doing this important job.

**January (Snow Appreciation Month)**

Sunday, Jan 5 – Bird watching Day (Hope you did!)

Saturday, Jan 11 – Kick a fluffy snowdrift Day (we had some to kick!)

Monday, Jan 13 – Sticker Day (more and wonderful to choose from than ever)

Wednesday, Jan 15 – Hat Day (really, here it’s all about warm hats)

Tuesday, Jan 21 – Hugging Day (don’t be shy, give one or two away)

Thursday, Jan 23 – Celebration of Life Day (be grateful)

Friday, Jan 31 – Inspire Your Heart with Art Day (let your imagination soar)

**Fundraising for March of Dimes and clean out your closets for the New Year!**

Have members set up an Art Auction--Everyone has gently used pictures, vases, etc. they are tired of, set up a table, price everything and put the proceeds towards a selected fundraiser.

**And finally,**

Did you know that 15 feet of dimes equals \$25.50?

Have fun! Be Silly! Be Kind!!  
In Federation,  
Mary Lee Dixon  
GFWC-W President



**Club News**

**GFWC X-JWC President Trish Peoples**



Please join GFWC X-JWC for their upcoming Luncheon/Bunco! Our event is Saturday March 28, at the Moose Lodge, 1019 S Greeley Hwy in Cheyenne. Lunch will start at 11:00 and bunco will follow. Prizes will be offered for most buncos, high score and low score. There will be door prizes, and raffles for a blanket, a quilted wall hanging, and (of course) 50/50.

Cost is \$15 for lunch and bunco. Proceeds will go to our CIP projects, the Cheyenne Animal Shelter and the Unaccompanied Students Initiative. If you are interested contact Carolyn Turbiville 632-8244 or

640-1457. Send your money to Carolyn at 2010 Rayor Ave. Cheyenne, WY 82001. Hope to see you March 28<sup>th</sup>!

## GFWC Woman's Club of Rock Springs President Marcia Volner

We had a wonderful holiday house. Our best grossing ever! We look forward to deciding where to donate in our community to help others. Our first donation is to give \$500 each to our 4



grant applicants for the upcoming semester at Western Wyoming Community College. We have completed the move of all our many years of storage from the Rock Springs Library. They requested on December 4th that we have everything moved by January 1st. This was a difficult time of year for this to be accomplished, especially on such short notice, but we got it done. We were able to move more historical information to the Rock Springs Historical Museum which was a blessing. If you are in Rock Springs before the end of January stop in at the museum and see the wonderful display of Woman's Club of Rock Springs history (pictured).



## GFWC Meadowlarks President Flo Beville

The Meadowlarks had a "Little Free Pantry" donated to it from St. Mark's Church. Many of these boxes sit outside churches throughout



Cheyenne to enable community and church members to fill them with non-perishable goods, toiletries, and other items. Community members in need can



take from these boxes for their families. The box the Meadowlarks received was placed in the local AMVETS Post 10 building, with whom the Larks are partnering. AMVETS painted the pantry, and we filled it with goods for community

members. AMVETS is sponsoring a pantry drive during its annual Superbowl party. It's great to collaborate! Flo Beville is pictured with Jennifer McWalters from AMVETS Post 10.

## News from our Chairmen

### GFWC-Wyoming Dean of Chairmen Nancy Kaufman

Happy New Year! This is just a reminder that we at GFWC Wyoming really would like to hear what your amazing clubs have done in the past year! Last year we received reports of activities from every club in the state, for the first time in a while.

Club President reports are due to Mary Lee Dixon (GFWC President) and me by January 31, 2020. They should include any (all is great!) activities your club has done, the number of participation hours for each activity, and any moneys donated (actual and/or in-kind). There is a Statistical Report form on the GFWC Wyoming website that can be filled out electronically, but I will also be sending one to each Club President. Reports can be submitted in written form or electronically. I will also take oral reports from any club that prefers to do that or transcribe one for you! Sometimes clubs can win monetary prizes for their endeavors at the International level!

Committee Chairwomen, please review your guidelines in the GFWC Club Manual. I will be sending you all the individual club reports for your area along with instructions and forms – they have not made changes since last year.

Whew! I know that's a lot of information but please, call me or e-mail me with any questions. We GFWC women do so much for our communities and our state that I would love to tell the world what we have accomplished. GFWC is 80,000 strong, making a difference one club at a time!

Happy New Year!  
[npkauf@comcast.net](mailto:npkauf@comcast.net) (307)630-3003

### GFWC-Wyoming Writing Chairman Edna Larsen

I am ready to get all of your short story and poetry entries for the state writing contest. Please e-mail to [emlnkl@yahoo.com](mailto:emlnkl@yahoo.com) or mail to:

Edna Larsen  
1108 10th St  
Rock Springs, WY 82901

Please make sure to send an art waiver form. Information on the writing contest may be found on national website [GFWC.org](http://GFWC.org). Entries are due February 1, 2020. Following their arrival, they will be sent to judges and results will be announced at state convention.



## Community Improvement Project Chairman Karen Brannon

Hope your CIP projects are going well, remember to take lots of pictures. The entry form must be postmarked by March 1, 2020, 1 copy, please, along with accompanying materials and keep one copy for your club files. Every club should have the form I sent earlier.

## Membership Chairman Katherine Van Dell



### Magic of the Dance

The following are suggestions that a club can use to grow their club.

Have a special guest day	Don't take age into consideration
Invite the media to cover well known speakers	Use word of mouth
Have members give talks at other organizations	Participate in community events
Share your club experience with others	Make it fun
Repeatedly invite prospective members	Send newsletter to potential members
Look for members in ethnic groups not represented in your club	
Write letters to the newspaper about the campaign your club is working on	
Make direct contact with women's business associations	

Please mark your calendar with this important reporting date:

❖ Winter Mentoring

Dec, Jan, Feb; report due March 1



Increases to club membership of two or more members for the 2019 reporting year to be sent to Membership Chair Katherine Van Dell for the purpose of State Monetary Awards. Postmarked no later than March 15, 2020. Awards are presented at the April state convention.

Send reports to GFWC Recruitment Campaign, 1734 N Street NW, Washington, DC 20036-2990 and to Katherine Van Dell, GFWCW Membership Chair, 1732 Oxford Dr., Cheyenne, 82001-1663. Questions, please call 307-630-5058, or email [kvandell1732@gmail.com](mailto:kvandell1732@gmail.com).

## Fundraising Chairmen Flo Beville and Karen Kent



Contact Flo at [robi53@msn.com](mailto:robi53@msn.com) or Karen Kent at [wyokents@msn.com](mailto:wyokents@msn.com) for tickets for this cozy cabinet!

**\$5 or 5 for \$20**

Proceeds go to GFWC-Wyoming

**Communications and Public Relations Chairman Pat Stenback**  
**Article from the GFWC International - Spread The Joy - Post Your Pictures**  
**Vicky Ann Trimmer**  
**2018-2020 GFWC Communications and Public Relations Committee**

A great way to communicate with your club members and the community is to use social media. Posting pictures of your club doing activities tells your story for you. The photos show the great work your club is doing. Almost as important, from a membership perspective, they show how much fun your clubwomen are having while working in your community.

The same rules for good print pictures apply to good social media pictures:

1. Know how you intend to use the image - if posting horizontally - take the photo that way. Resizing to go from horizontal to vertical often results in distorted photos.
2. Set your camera resolution to its highest possible setting.
3. Consider the composition of the photo. What is the message you are trying to convey? Who and what needs to be in the image to get your message across?
4. Consider the audience's perspective. What will the photo say to them? Action shots are good but sometimes the posed one gets the message across better. Not all negative space in a photo is bad. It can force attention to the important part of the image.
5. Frame the photos. Is the background good? Is the space too cluttered? There is nothing worse than taking a "great" photo and then realizing there is a telephone pole coming out of someone's head!
6. Take lots of photos. Use the automatic button and just keep shooting. It may be the 33<sup>rd</sup> photo in a series that is the "perfect" one. In the digital age, we can delete them if we don't like them.

Be a little cautious, however, when posting photos because not everyone wants their photo on the internet. Keep in mind these "rules" to live by:

1. If you are having an event, ask attendees to sign a waiver permitting use of their image. This is extremely important if there are minors in attendance. If someone indicates they do not want to give permission, simply give them a slightly different name tag so you know to remove them from a photo before posting it. For example - all name tags could have a yellow rose and those who don't want photographed would have a pink rose.
2. Never "tag" a person in a picture unless you have their permission.
3. Use strict privacy settings.
4. Turn off your phone's GPS.
5. Remove all "metadata" from your photo before you post it. On most phones and digital cameras, you can change the settings so "metadata" is not collected with the photo. If you have not done that make sure you delete it from the photo file itself before posting to social media.
6. Don't include any personally identifiable information, such as residential addresses, signs, etc.
7. Wait until after the event is over to post your photos. This avoids revealing that someone is not at home.
8. Understand that once the photo is posted - You lose control! Others can "grab" it, alter it and use it without you knowing it. The photo never leaves the internet. Even if you delete it from your page, if I have copied it to my page, it is still on my page! Those "cute" pictures today may not be so cute in 10 years.

## Home Life Chairman Phyllis Salzburg

A recent GFWC News and Notes article provided information on the Kentucky State President's project -- Raising Awareness and Removing Barriers- Organ, Eye, and Tissue Donation. GFWC-W clubs could follow her lead and begin planning some activities supporting **Donate Life Month** in **April**, encouraging donor registration.

Some statistics to think about:

- Someone is added to the organ donation waiting list every 10 minutes.
- Approximately 20 people die every day waiting for an organ.
- More than 115,000 people are waiting for a life-saving transplant.
- There is no defined cutoff age for donating organs. The decision to use a donor's organs is based on strict medical criteria, not age.
- Most Americans say they support organ donation, but only a small number know how to register. (In Wyoming, those renewing their driver's licenses can register to be organ donors at that time.)



A registered organ donor has the potential to save or improve more than 50 lives. One donor can provide:

Kidneys	Pancreas	Liver
Lungs	Heart	Intestinal organs

**Donate Life Month** – celebrated in April each year, features an entire month of local regional and national activities to help encourage Americans to register as organ, eye, and tissue donors and celebrate those that have saved lives through the gift of donation.

The National Donate Life Month 2020 theme: Garden of Life is inspired by the springtime scene of a garden and the insects within it serving as symbols of hope, courage and transformed life – themes repeatedly found within the donation and transplant journey.

Downloadable poster, suggested activities and information on Donate Life Month in April are available at the following website:

<https://www.donatelife.net/ndlm/612225>

National Pediatric Transplant Week takes place the last full week of National Donate Life Month and focuses on the powerful message of ending the pediatric transplant waiting list.



Follow us on Facebook: GFWC of Wyoming  
GFWC-Wyoming website: [www.gfwcwyoming.org](http://www.gfwcwyoming.org)

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