

Wyoming News Blast

January 2021



**GFWC Wyoming President's
Message – Nancy Kaufman**

**Proud GFWC
members
Since 1904**



Be the Light



Happy New Year to each of you! I hope you all enjoyed the holiday season and I look forward to seeing each other in person soon. I believe kindness and caring are more important than ever as we negotiate through this pandemic and challenging political climate. We need to work together and recognize those around us who are struggling. I know that our Wyoming clubwomen have answered the call in their communities and I salute you! There is so much need at this time that it can be overwhelming for those of us striving to make a difference. As we give tirelessly of ourselves, let's not forget to watch out for each other as well.

This is a busy time of year for GFWC as we prepare to report on what we have accomplished in the last year. Club Presidents – End of year reports are due by February 1st to Patricia Peoples and myself. The fillable statistical report form is in this Newsblast but also on the website. It's time to toot your horns and tell us of the wonderful things your clubwomen achieved during this taxing year. ESO reporting needs to go to Irene Peach (peachirene@yahoo.com) by the end of the month and Membership numbers need to be reported to Deb McCann or Lynn McLaughlin by the end of the month. Thank you! Trish and I are here to help if necessary.

GFWC Wyoming received notification and a certificate from the Turning Point Suffragist Memorial foundation that our name WILL be on the wall and they hope to open this spring! Thank you for your contributions. In December GFWC Wyoming sent \$267.20 to March of Dimes that was collected for our Mile of Dimes campaign. Way to go Ladies and keep saving those dimes! We will make a difference ten cents at a time. The GFWCW Board of Directors will meet by Zoom on January 23rd. Meetings are open and if you would like an invitation, please let me know. If one good thing came out of 2020 it was the ability to effectively meet remotely. I don't care if it snows!

Finally, GFWC Wyoming is planning a Spring Conference and LEADS Workshop in Laramie April 23rd and 24th. It is planned to be in person with appropriate safety measures in place. Wendy Carriker, GFWC International Vice President, will be attending. She is very excited to come to Wyoming (but she already knows what Rocky Mountain oysters are!) and we look forward to having her. Thank you to the Laramie Women's Club for assisting in this effort. Lots more information to follow.

I wish you peace and camaraderie and I am looking forward to hugs again. Remember to appreciate that many around us may be experiencing tough circumstances in silence, especially now. Remember to take care of each other and those around you. Remember to Be the Light. And please remember to be kind!

Yours in Federation – Nancy “We are more alike my friends than we are unlike” – Maya Anjelou

Club Statistical Form. Fillable copy is on State Website. [Click here for the fillable copy of the Statistical Form on the State Website.](#) Click on underlined sentence.

Dean of Chairmen Trish Peoples is spotlighting the Health and Wellness Community Service Program in January

Wyoming Chairman is Mary Ann Kamla from GFWC X-JWC of Cheyenne

That's right, my friends, I brought back the dimes. One of GFWC's partners in the Health and Wellness Community Service Program is the March of Dimes. GFWC Wyoming has been a big supporter of the March of Dimes, and we are continuing that support throughout Nancy's administration. If you can, send



some dimes' money along with your Presidents' reports at the end of the month. Also, please make sure you capture all the things your club did with respect to Health and Wellness during this past difficult year. Did you reach out to other club members to check on their physical and mental health? Put that in your report! Did you find a way to feed community members? Let us know that as well. I am truly looking forward to getting all your reports. Let me know if you need any help!

President-Elect Trish Peoples

Beverly Campbell – Club Rating Guide

Rating Guide.

Please remember to submit your rating guide before March 1, 2021. Mail them to Bev Campbell at 2700 Summit, Cheyenne, 82009 or Email to bevrogercampbell@gmail.com. If you have questions give me a call at 634-4483.

Thank you and here is hoping we can have our convention this year! Bev

Club News

Woman's Club of Rock Springs

President: Edna Larsen

RSGFWC HAPPINGS

Our plans are to resume meeting this month after months of uncertainty.

Our CIP rescue dog has the new vest which we are extremely proud of. Now it is time to begin a new project which will be

discussed at our January board meeting.

We feel that our Rally Up on internet was a success considering the circumstances. Hopefully Holiday House can resume this year.

We are excited to plan our club's 100th birthday. The Woman's Club of Rock Springs held its first meeting on November 11, 1922 with 56 members on the club roll. Our plans are to hold a celebration as near to November 11, 2022 as possible.

As club president, I wish each of you a safe and blessed 2021.



Laramie Woman's Club

Adrienne Polis

Our December club meeting was zoomed and had 17 members participating. It was fun to see happy faces on my computer screen that I hadn't seen in person for months. The January 8th meeting was also in the zoom format and there were 19 members participating. We had a new member take part in the meeting and it looks like she is a zoom expert. She has offered to conduct an online class to give us tips and hints to make the most of this format. Since we cannot hold our traditional Bunco fund raiser in February due to COVID-19 restrictions, we are planning to Flamingo a Friend in the spring. People pay us a fee to put 5 to 10 plastic flamingos on someone's lawn for a week. A committee to organize this fund raiser will have its first meeting in February. Karol Corbin was busy getting the newest club yearbook out to members. The Bart's crew was super busy in December getting all the collected Christmas items sorted and displayed to be sold. Next chore is to get the holiday things out and new items in. Other members enjoyed reading and sent their reading lists to Irene Peach. Our crafty members created masks, and items for the hospital like chemo hats and infant items. We continued to give masks to ASCD#1 in adult and children's sizes. Last month we began our Year of COVID writing project. To help put 2020 behind us, club members will write a short (or long) remembrance of how they coped and adapted with the demands of keeping safe from the virus and still lived a full life. Members are asked to include a photo. Some ideas to consider are the following: what was different, what was the same, how did you deal with the stress, and what did you learn about yourself this year. We have three articles already.



GFWC Meadowlarks
Cheyenne
President-Barb Robertson
Month in Review

Happy New Year! The Meadowlarks are ready for 2021! After a very long and challenging 2020, the group has selected 2 groups to embrace and adopt for 2021. Safe Harbor and Faith United Pantry were selected as our focus this year, and our efforts to support, partner, and raise awareness for needs that we can assist with both immediately and long-term.

Even though the holidays were quiet, the Meadowlarks continued to support the Food Pantries at Faith United and St.



Joseph's with donations of non-perishables. We gathered for a "zoom" Christmas Party and shared stories and enjoyed trading some recipe's and sharing laughter. Nancy Kaufman, Karen Kent, & Barb Robertson delivered gifts for children in Foster Care to Safe Harbor during December to Lynn Storey-Huylar. The Meadowlarks individually purchased gifts for over 27 children. Each child received pajamas, books, and goodies all gift wrapped and ready for delivery. Safe

Harbor, a Children's Justice Center serves children of Cheyenne that experience abuse.

GFWC X-JWC President Kathleen Petersen Month in Review

GFWC/X-JWC January Report from President Kathy

Well by now everyone has probably picked up all the paper, packages and decorations and put them away for the next time. (though I do know some who still have their tree up 😊) Now it's time to celebrate the New Year—2021! Let's hope for a safe, happy, healthy, caring, sharing and fun new year for everyone.

At our Board meeting on December 29th, we voted to cancel the January 5th face to face luncheon at the Red Lion. Maybe we can get together in February—March??

In spite of everything, December was a busy month for our Club. We played Santa Claus to some families in Family Promise care. We collected snow boots for school children sent cards to some of members. We delivered checks to Family Promise and Friday Food Bag.



We are still collecting Christmas lights to be recycled, contact Phyllis Salzburg if you have some. And we're not done yet! The Club started a campaign to collect used tennis shoes to be made into playground flooring. Please get those to either Trish Peoples or Phyllis Salzburg. And I just put out a call for material donations to Family Promise to help them set up a temporary home for some of their clients.

I am confident our members, as they were able, contributed to various causes over the holiday season in support of our community. Collectively, we made a difference for many children and families this year and we look forward to doing the same in this coming year.

Happy New Year! Kathy

Women's Civic League of Cheyenne

Linda Stowers, President

Happy New Year GFWC-Wyoming members. The Cheyenne Club just finished a busy December. Our Christmas House fundraiser this year was different with an online venture. We were able to have a Bake Sale and sell items in an auction. We also had a Pop-up Workshop. We did make around \$18,000 which is less than our usual but will be helpful to community projects. The Club also gave 82 gifts to Special Needs clients for Christmas and made 32 stockings and 32 bags for the VA Intensive Health Unit Clients. The Conservation group gave Gutter Bags to the city as well.

This month we will have our usual Community Grant Committee meeting to review grants and award Christmas House money. Members are also looking forward to making cookies for the 4th Annual Valentines Cookies for Servicemen. Life continues to be busy even without our regular meetings. We are all getting adept with Zoom.

News from our Chairmen

Education and Library Committee

Carolyn Turbiville State Chairman

Children and teachers (and all staff) are back to school. Hopefully most of them are in the classroom. Maybe things will be getting back to normal in not too far off future. I hope that each club is doing something for Education and Library in the New Year.

In case you need to hear it: Students are not falling behind. They are surviving a pandemic. Educators: You are not behind. You are also surviving a pandemic! And THANK YOU for every ounce you give! (Facebook)

These words have never been more true

"So often, children are punished for being human. They are not allowed to have grumpy moods, bad days, disrespectful tones, or bad attitudes. Yet, we adults have them all the time. None of us are perfect. We must stop holding our children to a higher standard of perfection than we can attain ourselves."
Rebecca Eanes



Two little guys showing respect for our country! (fb)

Facts about mentoring from mentoring .org (Tina Daniel National Education and Library newsletter)

Young adults with a mentor are:

55% less likely than their peers to skip a day of school

78% more likely to volunteer regularly

90% are interested in becoming a mentor

130% more likely to hold leadership positions

37% less likely to skip a class

5% more likely to enroll in college and have better attitudes about school

Writing Chairman – Edna Larsen

Stories and poems have been submitted, but please more! If you have one and have not sent email or snail mail do so now. I will give these to the judges on January 12. Thank you to those who have sent yours.

Community Impact Program

Karen Brannon

For all CIP projects be sure to include any collaborating partners or individuals who are helping with the project such as family members, friends - prospective members? Karen Brannon, CIP Chairman

Karen Brannon, CIP Chairman



Women's History Resource Center

Robin Broumley

Dear Club members,

Since we are just starting a new year, it is a good time to record history for this year!

When we realized we would be staying home early last year, at first, I thought I couldn't handle having no structure in my life! I was so used to being very busy!

I decided to try to write SOMETHING on my calendar every day, just so I would have a record that I did SOMETHING every day! It has come in handy, since time seems so different now. Some things seem like they happened months ago that might have been weeks; others seem like years ago!

Starting a folder of events that were so unusual or that I wanted to be able to associate with this strange time seemed like a good idea, too. It might come in handy for my kids or grandkids in the future - or end up at the Western History Center at Casper College someday. It might be a fun program for a club meeting in the future!

Happy New Year! (I am happy to file that folder away now.)

Robin Broumley

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

Mary Ann Kamala

There is no way to forget or wish away the challenges we have all faced this past year. There is no forgetting. But what we can do is look at the previous year and learn from those events as opportunities to do better as an individual. To help you think about developing a better mindset, consider the following:

“I choose to make the rest of my life the best of my life.” Louise Hay

“There are far better things ahead than any we leave behind.” C.S. Lewis

“The road ahead is not some predetermined path that I am forced to trod, but it is a rich byway that I can help create.” Craig D. Lounsbrough

“Nothing is impossible, the word itself says, I’m possible.” Audrey Hepburn

“I like the dreams of the future better than the history of the past.” Thomas Jefferson

“Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” Carl Bard

Let’s think about how to make major changes this year, can we change sadness for happiness, depression for motivation, failure for success and bad vibes for good ones that allow us to think in positive ways. What will the New Year bring, or what will you bring to the New Year.

Health and Well Being to you in the New Year!!

Mary Ann

P.S. The Department of Health website, Wyo.gov.covid19, has information concerning phase 1a and 1b for vaccination priorities.

ENVIRONMENT COMMUNITY SERVICE PROGRAM
Phyllis Salzburg, GFWC-W Chairman

WATER WATER EVERYWHERE...?

Water conservation is the practice of using water efficiently to reduce unnecessary water usage. We know that, right? Clean fresh water IS a limited resource, and a costly one. We're lucky in this country to turn on the faucet and water comes out. But we read more often these days about shortages and how critical it is to our environment as well as our wallets. America's population has doubled over the last half century and demand for water has tripled. The world is looking for ways to conserve water; there are some simple things we can do to reduce our "water use imprint." In our arid climate it is in our best interest to conserve water now before mandatory rationing is necessary.



Turn off the water. Teach your household to turn off the faucet while brushing teeth and shaving. As much as 160 gallons a month can be conserved by turning the water off.

Water the lawn early in the morning or late in the evening, not in the heat of the day when water evaporates and doesn't have time to soak into the ground.

Xeriscape your yard. A low-water usage landscape design is ecological, sustainable and beautiful. Use drought-resistant flowers, shrubs, and trees well suited for our arid climate.

Use the right amount of water for each load of laundry. 15 – 20 percent of indoor home water use comes from doing laundry. Adjust the settings on your machine for proper load size.

Use a dishwasher. Dishwashing accounts for less than 2 percent of indoor water use but using a machine is actually more water efficient than hand washing, especially if running full loads. ENERGY STAR dishwashers save about 1,600 gallons of water over its lifetime.

Take showers rather than baths. On average it takes 78 gallons of water to fill a bath tub. Showers have the largest impact on water conservation in the home.

Select water-efficient products such as faucets, toilets, and shower heads to help your wallet and the environment.

Harvest rainwater; use it to water house plants.

Find and fix leaks. A dripping faucet is annoying and costly!



Scholarship Chairman

Karen Bard

Ladies, I sent out an invitation for people to volunteer to be on the Scholarship committee. So far no one has responded. I would like to achieve at least one member from each of our clubs to work with me on this very important committee. The responsibilities will include, getting the information out to the schools in Wyoming about our scholarships, judging the applications, monitoring the funds and of course the care of the funds that allow these scholarships to happen. Safe guarding these funds is a primary goal of this committee and in 2021 there are several CDs that expire. I anticipate that the committee will review how these funds are managed and the banks at which we hold them.

So please consider joining this committee. I would greatly appreciate everyone's assistance. If you are interested in serving on this committee, please don't hesitate to contact me at kbard@charter.net or calling at 307-343-6919. Thank you for all of the service you do within your clubs and at the State level. I hope that some of you will consider that this committee is a worthy cause for your valuable time.

Karen Bard

Domestic Violence and Sexual Assault

Pat Stenback and Shelley Herr

Shelley and I hope you will send us what you are doing about Domestic Violence. Thanks.

Join Our Grassroots Effort to Prevent Domestic Violence

By Trisha Schafer, Signature Program Committee Teen Dating Violence Adviso

Outreach to 12-18 year-olds is critical for domestic violence prevention! Knowing the danger signs of an abusive relationship will reduce the risk of young people becoming involved in an abusive relationship or becoming an abuser themselves.

That's why I'm asking you to add organizing a Teen Dating and Education Awareness Challenge Project to your 2021 task list right now. Young people need a forum to seek help when coping with anxiety, bullying, anger, and other issues that today's adolescents face.

Start a conversation in your club about Healthy Teen Relationships. What does a healthy relationship look like? What resources are available for teens in your area? Where can we find subject matter experts (certified teen counselors or those focused on domestic violence, rape crisis, or sexual assault)?

Contact GFWC's Affiliate Organization Prevent Child Abuse American (PCAA), as well as the National Coalition Against Domestic Violence (NCADV), National Sexual Violence Resource Center (NSVRC), National Center on Domestic and Sexual Violence (NCDSV), and Teen Dating – Break the Silence, Futures Without Violence, to order Healthy Teen Relationship materials.

Together, we can make a difference! Start planning a Healthy Teen Relationships Forum and give teens and their parents the resources they need. Go to your local middle and high schools ... but don't stop there. Reach out to youth groups, Girl and Boy Scout troops, and community centers as well!

February is Teen Violence Awareness Month, and I look forward to reading some great success stories on the [GFWC Blog](#). Email PR@GFWC.org a summary of your project and how it made a difference. To be considered for publication, all photos of people under age 18 must include an email from a parent or legal guardian granting you permission to publish it in a public communication.

Membership Co-Chairs Lynn McLaughlin & Deb McCann

Happy New Year 2021



Welcoming and Mentoring New Members

Young sunflower plants welcome the sun at dawn and follow the sun's movement as it moves across the sky. The internal clock of their circadian rhythm reverses their movement after the sun goes down, and they once again face the eastern sky and will welcome the sunrise the following morning.

Engage new members by:

- Offering a ride to club and committee meetings and project sites.
- Organizing a seating plan, such as grouping by favorite color, to mix new and seasoned members.

- Conducting an icebreaker at the beginning of each meeting or several times a year.
- Inviting them to travel with you to a District or State Federation meeting.

Consider these suggestions for integrating new members into the club:

- Hold a special initiation or induction ceremony for new members and present them with a GFWC pin (GFWC Marketplace offers pins and a GFWC Ceremonies Guide.)
- Encourage a class of new members to plan and execute their own service project under the guidance of an experienced member.
- Find out what skills, talents, and abilities each new member offers and is willing to share.
- Teach new members about the club and GFWC. Host new member orientations, set up Big Sis/Little Sis or other mentoring programs, and welcome them to each meeting and encourage their participation in discussions and project activities.

2020-2022 GFWC Club Manual

- *We realize that these suggestions do not always apply during this time of COVID, but a Zoom meeting (s) with new members may provide the opportunity for icebreakers; discussing their own service project; finding out what skills, talents and abilities each new member offers; and teaching them about the club and GFWC. A smaller group on Zoom may also provide a greater comfort zone for new members to ask questions.*

Please mark your calendars for the following reporting dates:

- **Due March 1: Mentoring “Building the Connection” - December, January & February**

Please submit to:

GFWC Recruitment Campaign

1734 N Street NW

Washington, DC 20036-2990

Also, please submit to Deb McCann at debmccann841@gmail.com.

- **Membership Increase postmarked no later than March 15.**

Increase of club membership of two or more members for the 2020 reporting year to be sent to Membership Co-Chair Deb McCann for the purpose of State Monetary Awards. Awards will be presented at the April state convention.

Please submit to Deb McCann.



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

Marcia Volner, Editor
Phone: 307-389-8388
mwycoff@gmail.com