

# LARAMIE WOMAN'S CLUB

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Karen Bard, LWC Editor 2022-23

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**GENERAL FEDERATION of WOMEN'S CLUBS**

*Living the Volunteer Spirit*

[www.gfwc.org](http://www.gfwc.org)



## January

Happy New Year to everyone. I know that I am happy this day then the same day last year. Last year my husband was in Gillette for Christmas, New Year's and his birthday at the end of January. Didn't come home till just before Valentine's Day. This year he was home and so was extended family. A great start to the year.

I hope all of you had a great start to your new year as well.

*Karen Bard*

*"Tomorrow is the first blank page of a 365-page book. Write a good one."*

*Brad Paisley*

## Board Activity

Our board meeting was pretty much focused on managing events and the time it is taking for our board and our usual volunteers to make these things happen.

We have been trying new things this year and then there are events such as celebrating our Barts ladies that just need to happen.

So planning for the Barts Ladies Celebration was discussed and we will be having that celebration on Monday February 13<sup>th</sup> from 1 – 3 pm. It will be a dessert bar event, so everyone coming (except our Barts Ladies) should bring desserts that can be **eaten with your fingers**. We would like cupcakes, cookies and bars. Something that doesn't require a utensil to eat with and isn't too messy.

The second decision is to not have our 307 Day event. We were looking to have an evening to celebrate Wyoming on March 7<sup>th</sup> (307). But the board felt that it would be too much to ask to get that put together at this point in time. Perhaps next year.

The discussion then turned to a less positive discussion. Board members shared various incidents that they either were part of or had relayed to them. These had to do with negative interactions that left bad feelings or bad impressions. Both within the club and from out in the community about our club.

I know that I have been guilty of saying something without thought being distracted or just stressed out. I know that I have also taken great care to think about my words and still not communicated in a positive manner. Someone may not remember exactly what was said or why, but they will always remember the way they felt.

The board will take this issue on, but in the mean time I would like to ask you to reflect on our Collect as you say it. Don't just recite it out of habit and perhaps then we will improve the

relationships within the club as well as the perspective of the community about our club.

### January Program

We had the Laramie Plainsmen Choir from the Laramie High School come and sing Christmas Carols to us. Their program was wonderful. It was great to have the Charlie Brown Carols sung and loved that the other carols they sang were not the traditional ones you hear all the time. The entrance with the African Carol was mesmerizing.



The luncheon was ham with traditional sides provided by the board members but we had our members bring desserts for a dessert contest. Members voted and Lynda Simpson won best dessert. She was crowned with a tiara and given bragging rights for the next year. Here is the recipe.

### **Raspberry Vanilla Salad**

1 box 5.1 oz instant vanilla pudding  
32 oz container vanilla yogurt  
8 oz container Cool Whip thawed  
1 pkg (12 oz) frozen raspberries

In a large bowl combine the pudding mix and the vanilla yogurt, stirring until well mixed. Fold Cool Whip into the mixture. Lastly fold in the raspberries. If you don't serve the salad immediately, the raspberries will thaw more and the juices will add flavor to the entire mixture. You can also use blackberries, blueberries, or mixed berries.

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Karen Bard designed and put together a Holiday Bingo game. We gave away a dozen bingo prizes as well as a grand *black out* prize at the end.

### January Meeting

Thursday January 12<sup>th</sup>  
Noon Lunch  
1:00 Program – Kin from  
911 Emergency System  
1:45 – Business meeting



### Christmas Bazaar

The Christmas Bazaar was a great success this year. Don't have final numbers yet but it will be about \$2800. Many items were then passed onto Cathedral home.

The woman's club now has the ability to take credit cards and that made a big difference.

Thanks to all the helpers for set up, cashiers, tear down etc. It couldn't be done without everyone pitching in to make it happen.

*Annie Nelson*

### Things to Remember

- Spices for Interfaith (They have seen a 30% increase in people utilizing their services.)
- Turn in your reading to Bernie Horst for ESO.
- Dimes for the March of Dimes
- Donation Jar – for new members it is our custom that you make a donation the month of your birthday, but anyone can contribute to this jar at any time.

### Interesting Factoids for the Month



## What's happening In Wyoming

This month was named after the Roman god Janus, who fittingly represented new beginnings. The months of January and also February were not originally in the ancient Roman calendar as the winter months were considered dormant, both in terms of agriculture but also in terms of making war. This was a time of peace. Until 450 BCE, the Roman calendar was 10 months.

**January 1** is **New Year's Day**. While you're still recuperating from the prior night's parties, read about some other [new year's traditions](#) you might not know about and celebrate with some [Hoppin' John](#) for good luck. (This is a southern traditional dish of black eyed peas.)

**January 5** brings **Twelfth Night**, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day [winter solstice](#) celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the [wassail bowl](#).

**January 6** is **Epiphany**. According to the New Testament's Gospels, on this date the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus. Bake a beautiful [Epiphany Tart](#) or a [King Cake](#) with a lucky bean inside!

**January 16** is **Martin Luther King Jr. Day** (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.

**January 17** is **Benjamin Franklin's birthday**. He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture. At the *Old Farmer's Almanac*, they consider him the father of almanacs!

**January 22** is the **Lunar New Year**. Celebrated widely throughout East Asia, this holiday begins with the first new Moon after the Winter Solstice and is associated with the Chinese Zodiac.

This month I wanted to highlight something that is happening now in Wyoming and chose to The Heart Mountain WWII American Japanese Confinement Camp.

*The Heart Mountain Wyoming Foundation praises Congress for passing the 2023 spending bill that includes the Norman Y. Mineta Japanese American Confinement Education Act and the Japanese American History Network Act, which together will further education about one of the nation's civil rights abuses.*

*Named after the late Norman Mineta, who was incarcerated at Heart Mountain as a child, the Norman Y. Mineta Japanese American Confinement Education Act dedicates \$80 million in future funding for the preservation of sites where Japanese Americans were held without legal due process, and education about their unjust incarceration.*

*The Japanese American History Network Act, introduced in the Senate by Wyoming Sen. John Barrasso, authorizes the National Park Service to "coordinate federal and nonfederal activities that commemorate, honor, and interpret the history of Japanese Americans during World War II," according to the Senate report on the bill.*

*The Mineta act also provides \$10 million in grants to qualifying institutions for educational programs about the Japanese American incarceration in which more than 120,000 people, two-thirds of them U.S. citizens, were imprisoned in a series of concentration camps around the country, including at Heart Mountain, Wyo.*

*Heart Mountain appreciates Sen. Barrasso's efforts getting the language of the two bills included in the overall spending bill and in renaming the education bill after Mineta, who later served as a U.S. representative and secretary of Commerce and Transportation*

*Karen Bard*

for Presidents Bill Clinton and George W. Bush.

*“Along with our partners at other institutions and incarceration sites, Heart Mountain works tirelessly to educate the public about the ongoing legacy of this historic wrong,” said Aura Sunada Newlin, interim executive director of the Heart Mountain Wyoming Foundation. “This legislation strengthens the future of American democracy by enabling us to reach new audiences in new ways.”*

<https://www.heartmountain.org/hmwf-praises-passage-of-bills-about-the-japanese-american-incarceration/>

### What's Your Flower?

The Dandelion is probably nobody's favorite flower. Here in the states we consider it a weed. It is chock full of vitamins A, B, C, and D, as well as minerals, such as iron, potassium, and zinc. Dandelion leaves are used to add flavor to salads, sandwiches, and teas. The roots are used in some coffee substitutes, and the flowers are used to make wines.

Dandelions have been a vital element in the field of traditional Chinese medicine for around a thousand years. Considered as a native to Mediterranean, dandelion plants were known quite well by ancient Egyptians, Romans, and Greeks. The leaves and roots of the plant were medicinally used as a tonic for removing toxins from bloodstream, as they serve as a mild diuretic to improve the digestive system functioning.

Ancient physicians were not much aware of vitamin and nutrition deficiencies. However, they found that dandelions were beneficial in many problems, including fevers, toothaches, constipation, anemia, arthritis, diabetes, gall bladder problems, and heartburn, skin irritations, and liver, stomach and kidney disorders. Modern herbalists now realize that growing dandelions are enriched with Vitamins A, E, and C, as well as iron, zinc, and calcium.

The beauty of the plants was also appreciated. Making dye was a common application of the plants – pale yellow dye was made from the yellow dandelion flower and a purplish hue was derived from inner ribs of dandelion leaves.

Botanists state that some dandelion species are originally from North America. However, according to historians, early European settlers had introduced the plant's two most familiar species to the New World owing to their medicinal and nutritional benefits. Both of these dandelion types have naturalized and are found abundantly across the country.

Dandelion makes the only flower representing three celestial bodies during different phases of its life cycle – sun, moon, stars. The yellow flower of the plant resembles the sun, the dispersing seeds of the plant resemble stars, and the puff ball of dandelion plant resembles the moon.

The dandelion plant's every part is useful – roots, leaves, flower. Its uses include dye for coloring, food, and medicine.

Dandelion seeds can be carried away to up to 5 miles from their place of origin.

For generations, adults have taught children that if you wish for something while blowing, and manage to blow all of the seeds away, then the wish will come true. The hope of wishes coming true becomes a lifelong association with this flower.

But what are we to take away from this flower? Well it has a very deep tap root. So it is deeply rooted to place. It is hardy and persistent. But it is also very beneficial in so many way. It is also very recognizable. It is very interesting to see how the dandelion is used in branding and design. There are even light fixtures designed based on the white seed pods of the dandelion.

### Volunteerism

Please send your volunteer hours and what you do in the communittee to Karen Bard so that it can be included in our end of the year reports.

These reports are created to honor and record what we do as members and a club as a whole. I find it inspiring to read about what this club has done and how it got done in the past.

But it is also important as a record for us to maintain our not-for-profit status. So please consider dropping Karen a line to have it included.

### Committee Reports

#### ESO

##### IMPORTANT NOTICE

Please report your reading! It is not too late to get your reading into me so that it can be included in the end of the year report.

Please get your reading into me via email or at the meeting so that it can be included in our reporting.

*Bernie Horst*

#### Correspondence and Birthdays

Happy Birthday to: Billie Hofferber, Margaret Arth and Jackie Gonzales

Card was received from Laramie Plains Museum for our donation from the October Bunco.

Card was sent to the Polis family to send our condolences for Adrienne's daughter Karen's passing.

*Linda Cavalli*

#### Future Events

Jan 12<sup>th</sup> – 10:30 am. All welcome to have a lesson in hostessing lunches. Lynda Hidalgo will take you through everything.

February 13<sup>th</sup> – 1 pm celebration of all the Barts ladies and a closing of an era. Please bring finger dessert (cookies and bars and such; nothing requiring a utensil or too messy). We want to recognize and celebrate all that these ladies have done over the years.

April 29<sup>th</sup>, 2023, Torrington –Spring State Conference  
International Convention – June 10<sup>th</sup>-13<sup>th</sup>, 2023– Louisville, Kentucky

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

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