



JANUARY 2024

Woohoo a New Year. New Beginnings? New Resolutions?

The Larks held their Christmas Dinner on Monday Dec 11th at the Rib and Chop House. There were 13 members in attendance (14 counting Zach our honorary member). It was a nice gathering, everyone seemed to enjoy themselves and we had lots of fun with the gift exchange led by Reindeer Mary Lee.

Social Event: *Tarot Reading? Flo announced that there are a couple of stores in Cheyenne who are “metaphysical” in nature. They have meditation classes, conduct Tarot readings, sell crystals and stones. One store is Twinkle Twinkle Little Store in the Tivoli building. They attended our Market this year as a vendor. I visited the store a couple of months ago and thought that in spring we could arrange for a “class”, have Tarot readings, etc., for a social activity. I will get more information and publish in a future Newsletter.*

Newsletter Backstory. *This Newsletter started a couple of years ago, with Starla writing it. Then I think there came a time when she was asking to pass it along and I volunteered. It started out as a quarterly Newsletter. Then in June I was remiss and forgot to send it out. So Patty told me in August that she would like a Newsletter. I was like, oh, that’s me I am supposed to be writing it and I’ve been remiss. Patty stated that she would like to get to know the members a little better, so I told her I would send a survey out. And I told her ok, I will put out a monthly Newsletter and highlight a couple of members a month. That way everyone could get to know each member a bit better. And I began to start thinking of creative ways to make it a sweet and short, and hopefully fun read. I try to keep it to two pages but sometimes it bleeds over to Page 3. And I’ve had some great feedback from some members who do enjoy it. However, it’s not my Newsletter but yours. If you have announcements to make whether important or fun, if you have interesting and fun tidbits to share by all means send to me. When we get together we connect, we have fun. But we don’t get together every month and the Newsletter is a tool we can use to connect and share. So please send me your surveys, send me your book reviews. I feel it’s important for you to have input too. And yes, I’m having a lot of fun writing it.*

This Month's Story: A farmer had a dog who used to sit by the roadside waiting for vehicles to come around. As soon as one came he would run down the road, barking and trying to overtake it. One day a neighbor asked the farmer "Do you think your dog is ever going to catch a car?" The farmer replied, "That is not what bothers me. What bothers me is what he would do if he ever caught one."

Moral of the Story: Do you know anyone who, just like the dog in the story, is pursuing meaningless goals in life? Life is too short to chase after things that don't make an impact on our lives. Live each day as if it's your last, pursue your goals with passion! Source: 10 Short Stories with Positive Message

I love the passion shown by the Larks to help others in the community. In fact, we gathered 100 hats for the Coalition. We've got this.



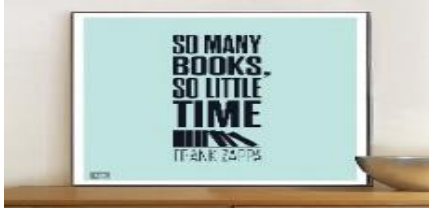
*Trish Jan 19 and Mary Lee Jan 26. Birthstone: Garnet;
Zodiac Signs Capricorn and Aquarius*

MEMBERS

This month we are featuring Nancy Kaufman and Starla Sexton.

Nancy is originally a California Girl. She loves to read, quilt, and travel. Nancy has been married to Steve for 38 years and has two children and two grandchildren. Her favorite book is Atlas Shrugged by Ayn Rand. Flo adds if you want to see enthusiasm up close, watch Nancy.

Starla was born in Cody Wy and grew up there. She is a busy girl with quilting, sewing/machine embroidery, gardening, caring for her birds – chickens, ducks and peacocks. She enjoys spending time with family and friends and likes to travel. Her favorite book genre is a good romance or mystery. She is married to Wayne and has three children and three grandchildren. Flo adds Starla has an infectious laugh and has a knack for making others laugh and feel good. The first time my husband met her he enjoyed talking to her very much.



Our book review this month is from Oprah’s Book Club. Wellness by Nathan Hill which is described as a hilarious and tender exploration of love, marriage, life hacks, technology, and how to reconcile the people we once were with the strangers we inevitably, eventually, become. Jack and Elizabeth meet as starry-eyed college students deeply enmeshed in the '90s Chicago grunge scene and—quickly—in a whirlwind romance. Two decades later, their world and their relationship have transformed; their lives are now governed by the responsibilities of parenthood, the tyranny of self-optimization, and the planning of their suburban “forever home.” Traversing time and geography, we follow Jack and Elizabeth as they confront the mind-warping power of Facebook algorithms, the legacy of childhood trauma, the marital law of a vindictive HOA, and some all-too-relatable marital strife.

As Oprah insists, this book will take you for “an incredible ride.” Buckle up!

Did You Know? *The Kestrel - smallest and most common Falcon in North America- can see ultra violet light – light that the human eye cannot detect. The bird’s favorite food is a small rodent called a Vole. As it moves about the Vole constantly dribbles pee which reflects ultra violet light. Flying overhead, the Kestrel can simply follow a glowing trail to its prey. (Norm and I had the pleasure of having a Kestrel visit our yard this summer)*



Source: The Animal Book by Steve Jenkins

Stay warm and safe this winter!! “See You” next month!

