

# LARAMIE WOMAN'S CLUB

VOLUME 12 ISSUE 1

Karen Bard, LWC Editor 2022-23

September, 2022



**GENERAL FEDERATION of WOMEN'S CLUBS**

*Living the Volunteer Spirit*

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

## September

Welcome back to everyone. I apologize for not being at the first meeting of the year again! This year it is because I have made a long vacation (anniversary celebration) out of my trip to Anchorage, Alaska for the Western States Conference. I am currently in Homer Alaska finishing up the newsletter. After here we are off to Whittier then we will head north to come back home through the Yukon. The trip has been wonderful so far.

Other GFWC business I attended during the summer was the attendance of the International Conference in June in New Orleans. I also attended the LEADS program, as the Wyoming Candidate. It was my first convention and it was full of information and fun. I also, of course, was able to meet the other LEADS candidates and other state president elects that I will be working with over the coming years.

I wish to thank everyone who donated socks for the woman's shelter in Anchorage. I was the last one to turn in our donation so we got the honor of pushing the donation over 500. We donated 50 pairs of socks for a total of 546 pairs donated. They were very grateful for the socks.

Both the International President and the President Elect, Suellen Brazil, were at the WSR Conference. Suellen gave a talk on membership which I found very interesting. Probably because it hit home for me on how to

energize and excite our members to participate and take on leadership roles within the club. I feel, to some extent, that I have let our club down as president given that we have several positions open that aren't being filled. I am either not inspiring our members to participate and step up or I haven't talked with the right members yet. You will see in the newsletter later that we still have several positions that need filling.

In order to keep those who are filling roles from burning out, we need others to take on the roles unfilled so that those leading aren't doing multiple roles.

If you think you can fill one of these roles either full time or part time, please reach out for a conversation and we can see what we can make it work for you and the club.

*Karen Bard*

*"If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader."*

*Dolly Parton*

## Board Activity

We had our first board meeting and we made great progress in putting our plans for the year together.

One of the key things is putting a committee together to meet one of the objectives of our State President, Trish Peoples. Trish's slogan

for her term is *Preserving the Past – Protecting the Future*. With respect to the past she wants to update our historical records for the past 20 years. So if you would like to be part of the committee to review, consolidate and document the past 20 years of our club, please reach out.

The second half of her slogan is all about planting trees to help the environment. A challenge went out at the State Conference for each club to plant a tree. But it goes further than that.

Our club has already planted our tree when we donated a tree in honor of Mary Mountain's retiring from the Laramie Plains Museum. A lovely buckeye was planted at the Wyoming Woman's History House as per her request. But we all can plant trees and I will be tracking these planted trees over the next two years for our club. I have planted 2 trees of my own already. If you live in an apartment or a home in which you can't plant a tree, think about switching your search engine from Google to Ecosia. Go to [Ecosia.org](https://www.ecosia.org). As you search, advertisements pay for being on the Ecosia platform. Those funds are turned into trees planted in over 35 countries around the world. I have switched to Ecosia on my phone and I already have 1 tree planted. If you need help with it, let me know.

In November we are having a special meeting. It will be a fundraiser for Wreaths Across America. For members it will be the usual. But we will be selling tickets for \$15 each for the public to attend and hear our honored guest Sergeant Shane Vincent talk about his experience in being the only Wyomingite to serve as a guard at the Tomb of the Unknown Soldier. So reservations to our November meeting will be essential. More information will be forthcoming.

As most of us know Bart's has closed. This is the end of an era for us and especially ALL the Bart's Ladies over the years. We want to have a special celebration for them. If you would like to be part of the planning committee for this celebration, please contact Ina.

## September Meeting

Thursday September 8<sup>th</sup>  
Noon Lunch  
No Program just socializing  
1:00 Business Meeting

**The Usual Pot Luck Lunch is on the schedule. Also, every September we collect school supply donations to give to school kids in need. Please consider bringing school supplies to the meeting.**

## Things to Remember

- Spices for Interfaith
- Turn in your reading to Bernie Horst for ESO.
- Dimes for the March of Dimes
- Operation Smile – for new members it is our custom that you contribute to Operation Smile during the month of your birthday, but anyone can contribute to this project at any time they wish.
- Turn in all your volunteer hours from May – August.

## Interesting Factoids for the Month

The name "September" comes from an old Roman word, "septem," which actually means 7. That's right – September was the seventh month of the year on the Roman calendar – It did not become the ninth month until the advent of the Gregorian calendar. The Romans believed that September was looked after by the god of fire.

Labor Day is the most well-known holiday in September. It is observed every year on the first Monday in September.

Native American Day is always celebrated on the 4th Friday of September.

Grandparent's Day is observed in the United States on the first Sunday after Labor Day.

Constitution Week is September 18 – 24 with the official day being Monday the 18<sup>th</sup>.

*Members are not dependent on us - we are dependent on them.*

### Club Needs

The club is in need of the following positions to be filled.

Officer - Treasurer  
Department Chair – Environment and Health & Wellness  
Other – Publicity

Past committee chairs are willing to assist or co-chair with you. Or find someone else who is will to co-chair with you. This is not as much of a burden as you may think. Monthly and annual reporting are your primary duties. As chair, you have the ability to 'keep things the same' or change them up with new ideas'. Reach out to one of us and enquire about any of the above and see if it is something that you can do to serve your club.

We also need the following roles filled:  
Publicity – notification of meetings to the Boomerang and small articles on special events such as Art on the Lawn and Bunco etc.  
Historian – Archiving all the papers. (hint this is a onetime end of the year project.)

These are special appointments so please contact Karen Bard if you have an interest in assisting.

We have several positions that are being shared, so if you are interested but concerned about taking on all of the responsibility, please feel free to express your interest. We can find a Co-Chair to share, or perhaps you have someone you would like to work with to share the role.

Please consider stepping forward no matter how you choose to help serve your club. We need to get these positions filled.

Consider teaming up a more experienced member with a new member. Consider taking a fulltime member with a snowbird.

Interested, but not sure, give one of your officers a call to discuss.

### This Year's Newsletter Theme

This year I am going to highlight a flower in each newsletter. What does your favorite flower say about you? Or perhaps you have several favorites.

The point is that each of us is unique and thus has something special to offer in their own way. A beautiful bouquet of flowers is made up of different individual flowers as they come together to make a thing of beauty.

That is the same with our club. Each of us has our unique personality, skills, gifts, etc. to offer in support of our club, its community projects and each other. So I will highlight a different flower each month and you can decide if your favorite flower reflects your personality.

And I apologize in advance if I don't highlight your favorite. There is after all only 9 months to our meeting year.

### What's Your Flower?

Do you love sunflowers? Then you may be optimistic. As per the name, a sunflower lover has an infectious radiant and warm disposition. You are a glass half full type of person, always turning your attention to the bright side of things. Nothing can keep you low, and if free to thrive you'll set your sights unbelievably high – after all the tallest sunflower was over 30 ft high.



### Volunteerism

Report your volunteer time for the ENTIRE SUMMER. (May, June, July and August)

Remember if you aren't at the meeting to report your volunteer time, please send an email to [kcbard@charter.net](mailto:kcbard@charter.net) so that we can include your time in our reporting.

## Committee Reports

### Environment

In one of last year's newsletters I wrote about how much water is used by the data storage industry, credit card transactions and the bitcoin industry. To continue along the theme of water usage I thought I would investigate something more basic like the milk we drink.

I drink both cow's milk and almond milk. Usually cow's milk on my cereal and almond milk in my protein shakes. So I thought it would be interesting to discover which milk is best when it comes to water conservation.

Water is everywhere and can be found in practically everything. However, what many people don't know is just how much water is used to make some of our everyday essentials. In fact, a lot of water goes into making one of the most common household essentials – milk. Milk, for example, is often thought to be just milk. In reality, milk is 87% water, and cows consume 30-50 gallons of water every day to make it, which is almost 415 pounds of water per day. While that may seem like a lot of water, it takes roughly 4.5 pounds of water to make just 1 pound of milk. That translates to roughly 1/2 of a gallon of water for every 1/8 of a gallon of milk.

However, milk from the cow is no longer our only option as vegan and lactose-free alternatives have become more popular. Because these milk alternatives are not found naturally, but must instead be made, they require water to make them into a milk-like beverage.

Almond milk and oat milk are two popular examples of milk alternatives. It takes about 1.1 gallons of water to make a single almond, and 92 almonds make up about 1 cup. With almond milk, there is generally a ratio of 1:3 or 1:4 cups of almonds to water. This means that

it can take up to 101 gallons of water to make just 1 cup of almonds, plus an additional 3 or 4 cups of water to make a small serving of almond milk. In fact, many store brand almond milks only have about 2% of almonds actually in them – the rest is water!

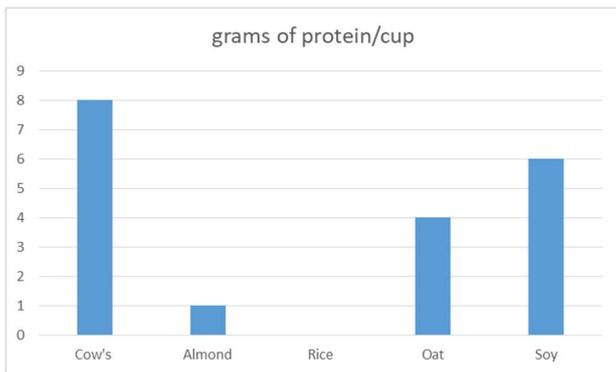
Oats generally require about 6 times less water than almonds to make. Different types of oats require slightly different amounts of water to make, but rolled oats are most common in oat milks. Rolled oats take about 145 gallons of water to grow 1/2 pound of oats, or about 1 cup. Like almond milk, oat milk generally has a ratio of 1:4 cups of oats to water, sometimes with an additional cup or two to soak the oats in beforehand. In the end, oat milk takes about 145 gallons and an additional 4-6 cups of water to make from beginning to end.

As you can see, all kinds of milk require a lot of water to turn into the delicious beverages many of us love to enjoy. But with communities needing more and more water every day, it can be hard to accept the fact that so much water is used in so many foods and drinks when it could be going towards individuals who need it most.

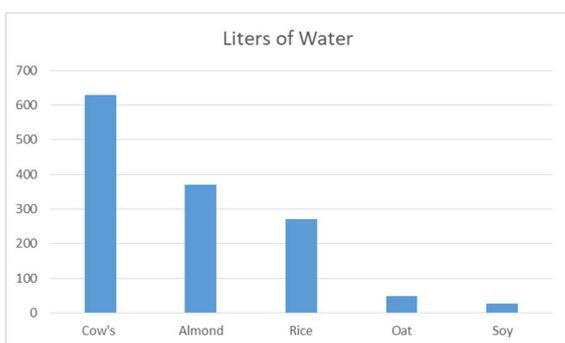
Another environmental impact of milk products is their contribution to global warming. In the case of cow's milk, its global warming potential – measured as kilogram of carbon dioxide equivalent per litre of milk – varies between 1.14 in Australia and New Zealand to 2.50 in Africa. Compare this to the global warming potential of plant-based milks, which, on average, is just 0.42 for almond and coconut milk and 0.75 for soy milk.

What's more, dairy generally requires nine times more land than any of the plant-based alternatives. Every litre of cow's milk uses 8.9 square metres per year, compared to 0.8 for oat, 0.7 for soy, 0.5 for almond and 0.3 for rice milk. (Sorry about the metric system but you just need to compare the numbers).

Nutritional value of milk with respect to protein content. Cow's milk has the most. Soy comes in next, but I don't like the taste. So for me to get my protein I will need to change to Oat milk.



Amount of Water used to make various milks. Here again, to reduce my use of water I will change to Oat milk. So for me Oat milk is the winner. And aren't oats supposed to be good for your heart and reduce cholesterol.



*Karen Bard*

### Education & Libraries

Everything is set for our project on September 21<sup>st</sup> for Casey Rislov to have a reading of one of her books, Rowdy Randy, to the Harmony and Centennial children. Thanks to a generous donation we also have enough funds to buy a different book for the older children.

*Janice Pelton*

### Health & Wellness

Health & Wellness members, Lorraine. and Audri, completed 8 prayer shawls. Members, Susan, Audri, and Janine K knit or crocheted a total of 12 chemo hats. All of these items will be donated to Jeannie's Boutique for patients at the Meredith and Jeannie Rae Cancer Center.

We have collected and will be delivering the last of its 2021-2022 items made by Health & Wellness members. 18 baby quilts made by Janine will go to W.I.C. for distribution to their expectant and new mothers. 28 baby hats and 1 preemie octopus were knit or crocheted by Sharon Yovich, Audri, Sharon Hand and Janine. These will bless babies born at Ivinson Memorial Hospital. 20 hat and mitten sets knit by JoCarol were previously delivered to Head Start children. There aren't enough words to thank each of these women for sharing their creations with our community!

*Mary Fick Monteith*

**Importantly** We need one or two of our members to step up and take over as Department Chair for Health & Wellness. Mary is stepping down and focusing her attentions on Laramie Cares and suicide awareness. She has done an amazing job with this department over the past years. Don't let this scare you to step forward and take this department on. The ladies and Mary will let you know how it all gets done. You will also have the freedom of putting your own personal touch to this area of volunteerism for our community. We do NEED someone or a co-team to step up and take this on.

*Karen Bard*

### ESO

#### IMPORTANT NOTICE

Please report your reading! We know you are reading; your books, magazines, newspapers all summer long. Make sure you are ready to report it all at the meeting.

You don't have to use the form, you can send me an email. You can write a note and give it to a friend to turn in for you. Doesn't matter how it is reported, but please send the information in so that we can track our clubs reading! Thank you.

*Bernie Horst*

## Barts



The Close of an Era for us. Bart's has closed as of the end of August and our hardworking Bart's Ladies did a fantastic job in closing our

booths by the 15<sup>th</sup>. These ladies rose to the occasion when notification was given that Bart's was going to close. They put a great plan in place and executed with precision.

Many items sold and many were donated to some of the charities in our community.

We will be planning a celebration for all the Bart's ladies over the almost 30 years. If you would like to be part of the planning committee please contact Ina.

*Ina Buckner*

## Correspondence and Birthdays

Belated Happy Birthday to:

June: Janine Kropf (1), Anlyn Reader (1), Lynda Hidalgo (8), Audri McCurdy (22), Mary Alice Bruce (27)

July: Antoinette Denison (5), Betty S Wills (18), Florence Duffek (26), Karen Bard (29), Julie Schmidt (29)

August: Linda Cavalli (11) (did she send herself a birthday card?); Carol Lane (12), Annie Nelson (15), Sharon Yovich (15).

September: Margie Reis (3), Karol Corbin (5), Bonnie Chavez (9), Hildegard Ray (9), Ann Rebka (12), Amanda Marney (13), Patricia Cavicchioni (20), Adrienne Polis (22), Helen Sussenguth (24), Bonnie Braisted (28)

*Linda Cavalli*

## Future Events

August 26-28<sup>th</sup> – Western States Regional Conference – Anchorage Alaska

October 23<sup>rd</sup> – Bunco Fundraiser for the LPM.

December 17<sup>th</sup> – 11 am Wreaths Across America at the Greenhill Cemetery

Fall Workshop September 8<sup>th</sup> 2023 – Cheyenne

Spring Conference in Torrington – April 29<sup>th</sup>, 2023

## Fundraising Corner

Bunco – October 23<sup>rd</sup> – We are having a second Bunco event that will be in support of the **Laramie Plains Museum**. So think about playing again in the fall and/or being on the committee to give the others a break.

Sign up sheets will be circulated at the September meeting.

*Ina Buckner*

Wreaths Across America will be bringing their Mobile Education Exhibit to Laramie on October 6<sup>th</sup>. It will be at the Penitentiary from 10 – 4 pm. We will have a table there for taking donations and handing out information about our club and GFWC in general. Please consider signing up and doing an hour or two.

In addition, the ambassadors of the exhibit will be doing Welcome Home Ceremonies for Vietnam Veterans. So if you know anyone in the military that served during that time period, please pass the word on. We would love to welcome them home.

If you would like to be part of the Wreaths Across America committee, please contact Karen Bard as she has been involved with this program for 4 years now and will be leading the fundraising efforts for this project.

*Karen Bard*

WHO WOULD LIKE A GIFT CARD WORTH  
\$400 IN GAS?

At our September meeting each of us will be given TWO raffle tickets and asked to sell them. Net Proceeds will go to the charity of our guest speaker, Sergeant Shane Vincent's, choice. This Charity is the Olivia Caldwell Foundation out of Casper where he lives. This Foundation does Pediatric Cancer Research. Sergeant Vincent is the only Wyomingite that has ever made the grade for guarding the Tomb of the Unknown Soldier and is our special guest speaker for our November meeting.

Raffle tickets will be \$5 each or 5 for \$20.

This is a worthwhile project and I truly hope each of you will participate and spread the work to your family and friends. If you need additional tickets you know where to find me.

*Lynda Hidalgo*

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