

Wyoming News Blast

March 2019



Proud GFWC members

Since 1904

GFWC Wyoming President's Message - Mary Lee Dixon



Be Silly—Be Honest—Be Kind

Welcome to March! As we here in Wyoming march towards spring (in the snow, of course) it's time to think about renewal in our projects, our friendships and simply in our efforts towards our communities.

Reports have been flowing into the Dean of Chairman with all the wonderful projects and successes our clubs have been involved in the past year. Thank you to the respective chairman for taking time to rate and compile club reports for the state entry and club creativity awards. A number of clubs were nominated for creativity awards at the GF International level, so here's best of luck to those clubs!

The nominating committee still needs additional members for the next administration so please consider being a part of that. If not enough volunteers sign up, I will have to appoint folks to the committee. Most, if not all, of those meetings will be held via e-mail.

Calling All Clubwomen!! The April annual conference is fast approaching. The Call will be out in about 2 weeks so please watch for it. Included will be agendas, responsibilities, reservation information and other pertinent info. Dates are April 26 for board meeting for executive board and chairmen and April 27 for the daylong conference. Plan to attend at the Saratoga Spa and Resort. Swim in the hot springs, renew friendships, make new ones, laugh and learn some new things to take back to your clubs.

Silly Calendar Day for March (Women's History Month)

Saturday, Mar 2 – Hedgehog Day (Darn they are cute and everywhere in patterns!)

Monday, Mar 4 – Sweater Day (Needed one for our crazy weather this month!)

Tuesday, Mar 5 - Nutella Day (Found a new vice for myself-toast, fruit, spoon)

Thursday, Mar 7 – Send a card to a friend Day (recharge those friendships!)

- Sleep soundly tonight as all missile alert facilities in the US will be staffed with women missileers!

Thursday, Mar 14 – International Book Giving Day (clean out your bookcases)

Wednesday, Mar 20 – World Human Spirit Day (see ideas below)

- Wonder at our achievements
- Gaze at the universe

Wednesday, Mar 27 – Strawberry Day (In season and beautiful-eat them up!)

Quirky Fundraiser for the month:

Guess the number of jelly beans, Hershey's kisses or K-Cup pods in a jar

Collect \$1 a guess and put it towards Raising Readers fund

Have fun! Be Silly! Enjoy your club members.

In Federation,
Mary Lee Dixon
GFWC Wyoming President



There's nothing fishy about our desire to help children through March of Dimes. In fact, it's quite American to do so. We are asking for dimes at the April Conference in Saratoga. Start gathering now!

What's Happening Next?

Calling All Artists!

As many of you know, GFWC Wyoming is hosting GFWC Western Conference in Cheyenne in 2020. As part of this effort, we would like to sell "Wyoming Cards." These cards would be created by Wyoming artists, depicting Wyoming scenes. We would like YOU to draw, paint, and photograph these scenes. Ideas include (but certainly not limited to) lupine, Indian Paintbrush, aspen, Grand Tetons, split rail fences, and jackalopes. Your art should fit on a card, 4.25" by 5.5" and must be received by April 1st, 2019. Send your art to Mary Lee Dixon.

Club and District News

West District Liaison Leslie Jo Gatti

The Woman's Club of Rock Springs is staying busy. The ladies finished their Martin Luther King, Jr. Day of Service by hosting a blood drive in Rock Springs. They also participated in a Community Awareness Day at White Mountain Mall along with other non-profit groups in Rock Springs. They are revising their by-laws and getting ready for summer projects.

The Farson Eden Progress Club now has an active Facebook page. It is Farson Eden Progress Women's Club. Please, look it up and like their page. They are hosting Crafts Nights for their community. March includes glass etching.

The Bridger Valley group is very involved in school activities. Traveling along I-80 has been a challenge.

All of the Clubwomen in Western Wyoming are hard at work and looking forward to learning about the State Conference in Saratoga. Hopefully, winter will be winding down by then!

Laramie Club Bunco Party

The Laramie Woman's Club held its 5th annual Bunco party in February with a Valentine Theme. Over 120 women came and had a great time. Among the players we were honored to have our State President Mary Lee Dixon and the Vice President Trish Peoples with us. The organizers did a fantastic job with door prizes, drinks and nibbles, decorations--you name it! The Club raised \$3000 for the local School Success program, a kind and gentle way of labeling 40-50 students in Laramie Jr. High/Laramie Sr. High and Whiting High Schools who are homeless. Homeless, in this case, means these young people are not living with their parents. They may be living with relatives, friends, couch-surfing, in cars or motels and yet have the strength of character to get up from wherever and attend school.

School Success is now our CIP project which began last summer with the purchase (due to the generosity of an anonymous member) of two refrigerators for the homeless in the two high schools. Our \$3,000 will be presented to Lisa Theis, Liaison for School Success, at our March

meeting to purchase school supplies, pay for doctor appointments, vouchers for laundry-mats, shoes required for sports, clothing and other basic needs of these children.

Through the 50/50 raffle an additional \$800 was raised and half of that was given to the Eppson Center in gratitude for letting us use their facilities. In addition, the club had a membership table at the event. As a result, we have a new member with several others showing interest to attend future meetings to find out more about our Club.

One of the door prizes won was a huge teddy bear. It has a bit of a story as it was won by one individual, traded with another door prize winner and then found another home the following day. Bonnie, one of our members took the huge teddy bear to the Iverson Hospital and took it to the children's ward where it found a young man who had been in the hospital for a bit with pneumonia. He was delighted to receive the bear. He has a couple of sisters and the bear being nearly 5 ft tall standing up is definitely large enough to be shared around. Bonnie got to see all three of them cuddling and laying on the bear. I think it has found a very good home and it shows that the things we do have a tendency to reach out and touch lives in the community in ways we just can't imagine.



Bunco Chairman Linda Hidalgo would like to express how gratifying and heart-warming it is to be a part of an organization with such generosity of spirit and energy and my thanks go out to the following

Annie Nelson for her calm leadership
Margaret Arth for her bartending skills, generosity and putting up with me
Roxanne Rector for keeping track of Bunco Sales
Adrienne Polis & Sharon Hand for manning the ticket tables
Irene Peach for creating a lovely Valentine's atmosphere
Helen Sussenguth for coming up with wonderful door prizes
Crystal Griffis for gathering tons of appetizers – no one went away hungry
Bonnie Braisted for coordinating signage, Bunco Queens, Bunco Equipment and so much more.

Rock Springs Woman's Club President Marcia Volner

The snow, ice and frigid temperatures have not kept us inactive. While our 88 pairs of shoes were not able to be delivered due to road conditions, the club was able to mail them. The board voted to give a \$100 to White Mountain Library in Rock Springs to help them buy Dr. Seuss books to be given away during their Dr. Seuss party March 1st. Members also helped by

working at the Dr. Seuss party at the Rock Springs Library on March 1st. We were able to do our blood drive for our Martin Luther King Day of Service Project on February 25th. We are donating money to Waldner House which is a house in Rock Springs where families of people getting cancer treatments that are from out of town may stay. We also donated to the Scottish Rite Language Center in Rock Springs. Upcoming events include a community event at our local mall where we will be able to have a booth and talk to people about our club and sign them up if they would like to be contacted. See the State Website for a copy of our Club Newsletter.



GFWC X-JWC President Trish Peoples

The XJWC Sprinkle with Love Quilt raffle will end soon. The drawing will be held at the Sock Hop Fundraiser April 13. Contact Bev Campbell at bevrogercampbell@gmail.com or call [634-4483](tel:634-4483) to purchase tickets for the raffle.

Notes from the Board

Photography Contest Chairman Robin Broumley

Hopefully, you have been using the recent miserably cold and windy days to peruse your photographs from 2018! Then, to tell me you are entering, fill out the attached application to submit to me by April 1 for the State Contest in Saratoga on April 26-27. You will then bring (or send with someone else) the actual photographs to Saratoga! **Please note: If you aren't going to be there to pick up your entries at the end, you must have someone else pick them up!** You can reach me at the number (307)259-4174 (which is on the application form) if you have any questions.

I'm looking forward to your entries and meeting you in Saratoga!

Community Improvement Program Chairman Karen Brannon

Looking back through information from the 70's and 80's I found that one Wyoming Club completely furnished a County Group Home, one Club raised money to purchase and install a tree wind break where needed and another Club planted several hundred trees to beautify the grounds of a Senior housing project.

Fundraising Chairman Karen Kent

**State wide raffle.
Bargello quilt!**

**Approximately 100
inches square**

**Tickets are \$20
apiece. Only 300
tickets sold!**

**Drawing will April
2019 at the State
conference in
Saratoga.**

**Contact Karen at
wyokents@msn.com**



Membership Chairman, Katherine Van Dell



- Develop an “elevator speech,” a brief personal statement about something that is meaningful to you, which can be presented in about 30 seconds. Chance encounters at grocery stores, coffee shops, community events, and social gatherings are often great opportunities to share your enthusiasm for GFWC with a potential member. But you have to be prepared. If your club has a brochure/flier that lists the information about your club have some so those can be handed out to potential members.
- Encourage member input through a suggestion box, formal interviews and surveys, or by just striking up an informal conversation at a club meeting.
- Establish and maintain an effective system of communicating with your members. Institute a telephone tree or email list to remind members of regular meetings or alert them to special events.
- Create a club newsletter.
- Encourage a class of new members to conduct their own service project(s) with an experienced member to provide guidance.
- Plan and execute a recruitment event.

Home Life Chairman Phyllis Salzburg

American Diabetes Association Diabetes Alert Day, observed annually on the **4th Tuesday in March (March 25, 2019)**, is a 1-day wake-up call to inform the American public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated.

- Diabetes affects about 30.3 million Americans or about 9.4 percent of the U.S. population.
- Nearly 1 in 4 adults with diabetes, or 7.2 million Americans, are unaware that they have the disease.
- Another 84.1 million Americans have prediabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes.
- Nine out of 10 adults with prediabetes don't know they have it.

Having a family history of diabetes gives one a greater chance of developing type 2 diabetes. Risk increases to those over age 45, to those who are overweight, or are not physically active.

There are more than 50 ways to prevent type 2 diabetes listed on the website below. Here are just a few:

Put less on your plate, Nate.

1. Drink a large glass of water 10 minutes before your meal so you feel less hungry.
2. Keep meat, chicken, turkey, and fish portions to about 3 ounces.
3. Share one dessert.

Eat a small meal, Lucille.

4. Use teaspoons, salad forks, or child-size forks, spoons, and knives to help you take smaller bites and eat less.
5. Make less food look like more by serving your meal on a salad or breakfast plate.
6. Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you are full.
7. Listen to music while you eat instead of watching TV (people tend to eat more while watching TV).

Visit the link below to develop a game plan to prevent type 2 diabetes.

<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/game-plan>

Advocates for Children Chairman Karen Bard

I have received everyone's reports and want to thank you for all they have done over the past year. Seven of the eight clubs had projects in this area with some clubs doing two or more. A total of 10 projects with 785 volunteer hours and a total of \$23,954 raised with an additional \$1205 in like-in-kind donations. Fantastic work was done and many lives were impacted in a positive manner because of your efforts. Congratulations to all and Thank you.

The GFWC Annual Service Project is looking to create 1000 Self-Care Packages for parents with a baby in the Neonatal Intensive Care Unit (NICU). This is a partnership with March of Dimes and they report that a baby's NICU stay is often unexpected, leaving families alone in an unfamiliar world. The stress of having a baby in the NICU can go on for weeks and months. It



can be tiring to learn so much about your baby's medical conditions and make care and treatment decisions. No parent is fully prepared. The self-care packages for parents is one step to help them focus on the needs of their new born.

My sister is a nurse that has taken care of these types of children all of her career. Just listening to her stories on the challenges and emotions that parents are facing during the challenging times, for whatever reason the baby has been admitted to the NICU, is over whelming. I can't imagine going through it myself and I am thankful that I have not.

Each region is being challenged to donate one specific item that will go into these packages. The Western States Region is being challenged to donate travel-sized conditioners. I would like to challenge all 10 clubs here in Wyoming to participate. We can do that by each member donating \$1.00 to the club or 2 travel-size bottles of conditioner. If the presidents can communicate with me via email on how you are progressing, or what assistance you need we can achieve this goal by working together. We would like to have 100% participation of the clubs and would like to shoot for 98% participation of members within the clubs. The deadline will be May 15, 2019. We need to get checks for the donations to Mary Lee so that she can meet her deadline of checks to National by June 1st.

We need to get the bottles of conditioner to people who will be attending the convention. Mary Lee Dixon has indicated that several are attending from the Cheyenne clubs. If everyone will let Mary Lee and myself know who is planning on attending the conference in Austin, I can coordinate getting the donations to the right place. For instance, I will probably make a trip to Gillette in April and I could coordinate with clubs to pick up donations during that trip. I am sure that others will be traveling and that we can handle the logistics of getting the donations to where they need to be for this worthwhile project. I know that the President of the Laramie chapter makes trips to Rawlins to visit her daughter, who works in Rock Springs, and is willing to coordinate the relay of donations back to Cheyenne or others who will be attending the convention. I am confident we can find other innovative ways to set up a relay to get donations into the right hands.

But if you think all of that is too complicated etc. then take the easier route. Reach out to your members and have them each donate \$1 (or more if they wish) and simply send a check to Mary Lee so that she can turn around and write a check before June 1st. That is why we want you to get your checks out to her no later than May 15th if at all possible.

Please consider making this happen for your clubs and for our state. It is a worthwhile cause. We may not be able to compete with states in our region who have larger club sizes but we CAN complete on a level playing field of % participation. Please send pictures, participation rates and progress to me so that I can keep everyone informed of our progress through the NewsBlast. In addition, we want to provide Mary Lee with lots of pictures and participation data so that she can represent Wyoming well in this campaign at the conference. We can do this!

Let us all get on board to help in a small way to assist parents who are focused on their babies needs during these very stressful times. I know personally that sometimes it is the small things that make such a big difference in your ability to face problems in life.

Use any or all of this information to inform your members about the project and to create info sheets for your members, your local newspaper, Facebook, posters, or radio spots. If you want, you can use a large outline of a baby bottle to mark your participation goal for your club. It would make a great picture of your club with your members around the picture! (Yoder needs only 8 marks compared to LWC needing 66.) Have fun with it but let's all get on board and make this happen.

Communications and Public Relations Chairman Pat Stenback

This is an article from GFWC Club Manual--**Celebrate Federation Day**

Celebrate Federation Day on April 24 and Volunteers in Action Week (the week that includes April 24) with a publicity activity. Each year, GFWC clubs celebrate this important day in their local communities, states and across the nation. Projects and activities focus on publicizing GFWC clubs and the work that members do in their communities, recruiting new members by raising awareness about the benefits of belonging to GFWC; supporting volunteer activities with new members by raising awareness about the benefits of belonging to GFWC; supporting volunteer activities with collaborating organizations; and fulfilling GFWC's mission to enhance the lives of others through volunteer service.

History of Casper Club

Casper Active Service Club was founded in 1955 with Harriet Clendenen as President. Member Florence Wolfgang joined in 1960. We met in private homes. We supported many charities over the years by hosting bridge tournaments and rummage sales. We participated in the MOW Arts and Crafts show, Wyoming Girl Scouts, Children's Home the NIC Museum, Boy's Club, United Way, Children's Chorale and Ski Swap.

We provided birthday cakes for residents at Natrona Lodge Nursing Home, bought them a scale and transported a musician to play there once a month. We purchased a portable baby scale for Natrona County Wellness Children's Clinic and donated money to the Casper Day Care Center.

The Club was asked renovate a home to be turned into the Youth Crisis Center. Members and other volunteers had the home rewired, repainted, cleaned, solicited bedding, dishes, furniture, supplies and gave them a Christmas party.

Birthday cakes were provided for out-of-town students at Casper College. The members have volunteered at many of the above mentioned places. Good Work Casper.

Facebook Page Chairman Marcia Volner

I am asking that if any clubs have something they would like to put on the Facebook page for the State, they send it to me at mvwycoff@gmail.com or tag me in it on your own club pages and I will share it on the State one. This can be events you have had, upcoming events or other information you feel you would like to have on the page. Please go to the GFWC of Wyoming Page on Facebook and click like so that you will be able to get new posts as they are added. Scroll down to Invite Friends to Like This Page and click the box that says invite friends. There will be a list of your friends that appears with a box beside their picture and name that says invite. By clicking this box a message will be sent from you to your friends asking them to like the page. Please invite people who may be interested in joining and knowing more about us as well as friends who are already members. We currently have 93 people who like this page.

Western States Region Jennie Award Chairman Ann Norwood

As the Western State Region Jennie Award Chairman, I wanted to provide a little information and a gentle reminder to our state clubs. All of us know several incredible woman who make phenomenal contributions to their clubs and communities and who as members of their families make similar sacrifices and contributions. It is time to recognize these outstanding individuals. Consider identifying these special ladies in your clubs and nominate one of them for the GFWC Jennie Award.

Each club may nominate one member who has demonstrated the qualities outlined under the judging criteria for this award. (Go to the GFWC Website and read all of the detailed information regarding the Jennie Award in the online club manual). Clubs must complete and submit the official GFWC Jennie Award Nomination Form along with a 500-word written narrative, as well as supporting documentation. (The form is also available online at the GFWC website.) The nomination form and supporting materials, including photographs must be submitted to our Wyoming State President, Mary Lee Dixon postmarked by **June 1, 2019** for state-level judging.

State Presidents must submit nominations materials (one per state) to their respective GFWC Region Presidents postmarked by August 1, 2019 for region level judging. Each GFWC Region then submits nomination materials (two per region) to GFWC Headquarters. The 16 Region Finalists are announced and featured in the Spring 2020 issue of the GFWC Clubwoman Magazine. One clubwoman from each of the eight GFWC Regions will be selected for national recognition as a GFWC Jennie Award honoree. All eight national GFWC Jennie Award honorees will be awarded:

Roundtrip transportation to attend the 2020 GFWC Annual Convention in Atlanta, Georgia.

A remembrance and a special certificate will be presented by the GFWC International President and GFWC Jennie Award Chairman at the 2020 GFWC Annual Convention.

The time for submission is rapidly approaching so please take action regarding this award. Should you have any questions, you can contact the Wyoming State Jennie Award Chairman,

Lynda Hidalgo. You may also contact me as I am more than happy to assist and surely would love for Wyoming to honor some of the very special women who are members of our clubs.

Let's take all the necessary action to get the ball rolling and highlight the lives of some unique and incredible women with who we have worked and who well deserve to be recognized.

Seven Grand Initiatives' Tally

1. Number of trees planted by clubs/members on Arbor Day – 6 pending
2. Number of projects done for Women in the Military - 2
3. Pairs of Shoes donated for Soles 4 Souls - 252
4. Dr. Seuss books donated to city programs or GFWC HQs – 68
5. Number of projects done on MLK day – 2 (3 clubs participating)
6. Legislative Action Center sign ups – 13
7. Million Dollar Club (Capital Campaign – DC) - 0

GFWC Wyoming Initiatives' Tally

March of Dimes (90,000 needed for a mile)

We received 6,541 dimes--only need 83,459 more!



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GFWC-Wyoming website: www.gfwcwyoming.org

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