

LARAMIE WOMAN'S CLUB

VOLUME 11 ISSUE 7

Karen Bard, LWC Interim Editor 2021-22

March, 2022



GENERAL FEDERATION of WOMEN'S CLUBS

Graceful Fair Wonderful CHARMing

www.gfwc.org



The Luck of the Irish

Why do the Irish get special dibs on Luck? It seems the Catholic Church is the one to take the credit.

The March 17th celebration started in 1631, just 11 centuries after he died in the 5th century. He was the Patron Saint of Ireland but little is known as to who he really was. It is known that he was a Roman Citizen, born Maewyn Succat. He somehow was enslaved and taken to Ireland where he either escaped or was released.

After this he became a priest and returned to Ireland where he seemed to have a lot of *luck* converting the Druid culture into Christians. It was when he became a priest that he changed his name to Patricius (Patrick) which derives from the Latin term for 'father figure'. This luck in converting the Druids is the basis for everything to follow.

In the 18th century is where many of the modern day traditions started. Since this holiday falls during lent, the Catholics used it as an easy way to get a one day break from the abstinence required during lent. It was around the 1720's that the Catholics thought this was

getting a little out of control and they wanted to remind everyone that this was actually a church holiday, not a party. This is when the church first associated a botanical item to St Patrick. It is a custom to do this for the Saints. The symbol chosen was the lucky shamrock.

St Patrick is also the Patron Saint of Engineers. When I was in high school I played the clarinet and saxophone. Band was the one class I allowed myself that was not strictly college prep. Thus I was in the marching band. We lived not far from where I would go to college (unbeknownst to me at the time), the Missouri School of Mines. Being an engineering school they celebrated St Pat's day very seriously.

While in high school we participated as a marching band in the St Pat's Day Parade. Rolla painted the parade route green and a good time was had by all.

When I attended the University of Missouri Rolla (UMR) School of Mines, I took a very different attitude towards the day. My oldest son also attended the School of Mines when he was old enough and asked me about '*how it was in my day*'. I told him I really had no idea because when the animals got drunk I left town'. Basically, I went home to visit my parents as they lived just 20 miles away.

The School of Mines during my time was about 9% women. Just a couple of years before I entered school they had stopped the practice of busing college students from the all girl's

schools in Columbia down for the St Pat's celebrations.

We started the term one day early in the spring because we got St Patrick's Day off from classes. There was a St Pat's Board, committees, Queen and of course St Patrick himself; you name it. If you belonged to a fraternity you had to grow a beard and build your own shillelaghs (cudgels) that had to be so heavy and so tall based on your own weight and height. You had to carry this around with you all week long so that when a Knight of the St Pat's Board came by and thru a rubber snake on the ground, you had to kill it with your shillelagh until the Knight declared it dead. How the snake was connected to St Patrick, who knows since there were no snakes on the Emerald Isle. (The grounds keeper for the University also had a big job repairing the lawns each spring.) There was also kissing the blarney stone and being dunked (an honor) in a giant pool of green slime.

If you were a freshman male, you had to grow a beard and for those who could not, a Knight painted a green beard on you your face every day.

Festivities were abound. Green garters for the women and a contest to see who could get the most garters on one leg. Of course a knight got the privilege of removing them and counting. For the guys, who could put the most St Pat's sweatshirts on (My son bought me my first, and only one, when he attended school there). Then there were the chug a beer put your head on a bat with the other end on the ground, go round it three times, run to the other end and do it again relays. The guys (and girls) were drunk all week.

So again, since back then I was a bit more reserved than now, I went home.

The countdown to 2022 celebrations started last year for my Alma mater. They consume a huge amount of beer during the week. The only three years since 1908 that St Pats was not celebrated was during World War II. Planning

and fundraising for 2023 will start on March 18th 2022 (yes the day after).

The fundraising is mostly through the traditional Green Sweatshirt that has a new design on it every year. Many graduates collect them every year for life. They are seen all over the world. My oldest son (who followed me to my Alma Mater) was very active in the St Pats tradition. After graduation and getting a job, he had a presentation to give to the executive team on St Pat's Day. He walked in with his full beard (which he grows only for this day) and his hair dyed green. The only comment from the CEO was, *'oh yeah, you're the one we hired from UMR.'*

On a final note. The first female to be knighted as St Pat was in 1911. She would remain the only woman until 1997, though other women were made Honorary Knights over the years. This year is the 110th year of celebrations at UMR.

[March Meeting](#)

Thursday March 11th

Noon Lunch

1 pm Presentation – Laurie Heath from the Meredith and Jeannie Ray Cancer Center speaking about the Brest Boutique.

1:30 Business Meeting

We will be bringing the Luck of the Irish to our meeting. We will be drawing numbers for table seating to mix things up a bit and get people to intermingle and get to know other members. If you are bringing a guest, they of course will get the same table as you. So please make sure to sign in and draw your table number for seating.

As always, it is a pot luck format, but you can bring your own lunch if that is what you prefer. If you don't bring a dish for the pot luck but partake anyway, it is \$8 donation to the club. Or if you prefer you can come at 1 pm for our program and the following business meeting.

In Recognition of International Women's Day

Women belong in all places where decisions are being made. It shouldn't be that women are the exception.

Ruth Bader Ginsburg

I can promise you that women working together – linked, informed and educated – can bring peace and prosperity to this forsaken planet.

Isabel Allende

It struck me when I came back to the United States after being overseas for so many years the difference in how Women's Day was celebrated. In the States the speeches and activities were all about celebrating the wonderful accomplishments of women while overseas the day was focused on stopping the abuses of women's suffering, discrimination, domestic violence and sex slavery etc.

Women's History Month Hedy Lamarr

Hedy Lamar was an Austrian-American actress and inventor who pioneered the technology that formed the basis for today's Wi-Fi, GPS and Bluetooth communications.

She was born Hedwig Eva Kiesler in Vienna, Austria. Her father was a bank director and encouraged her to look at the world and would take her on walks to discuss the inner workings of various machinery. By 5 she was taking her jewelry music box apart to figure out how it worked.

She was indeed a genius and at the beginning of WWII she met George Antheil another clever, quirky mind. The two of them came up with an extra-ordinary communication system with the intent of it being used to guide torpedoes. Although they did receive a patent for their idea, the Navy never implemented it.

The idea was 'frequency hopping' of radio waves, with both the transmitter and the receiver hopping to new frequencies together. This prevented the interception of those radio waves, thus allowing the torpedo to find its intended target.

The patent expired before she ever could receive a single penny for her work. It wasn't until her later years that she was recognized for her work and started receiving awards for her invention. The Electronic Frontier Foundation jointly awarded Lamarr and Antheil with their Pioneer Award in 1997. Lamarr became the first woman to receive the Invention Convention's Bulbie Gnass Spirit of Achievement Award. Although she died in 2000, she was inducted into the National Inventors Hall of Fame for the development of her frequency hopping technology in 2014. This achievement has led Lamarr to be dubbed 'the mother of Wi-Fi' and other wireless communications such as GPS and Bluetooth.

We may know her for her beauty and films, but she was so much more.

Things to Remember

- Spices for Interfaith
- Turn in your reading to Bernie Horst for ESO.
- Report your volunteer time for February
- 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.



Interesting Factoids for the Month

- 2nd – Dr Seuss Day
- 3rd – Word Wildlife Day
- 4th – World Book Day
- 8th – International Woman's Day
- 20th – Equinox Day
- 22nd – Earth Day
- 30th – I am in Control Day

Welcome to New Members

Please welcome our newest members and add this information to your membership booklets.

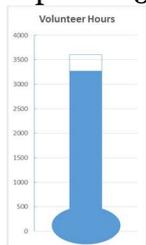
Alison (Alie) Mears
2068 Polk St.
Laramie, WY 82070
(307) 721-2016
aliebmeas@centurylink.net
Bday 2-16



Shelly Bissell
1736 Fetterman
Laramie, WY
(307) 755-3330
sbissell@laramieboomerang.com
Bday 12-28

Volunteerism

For the month of January our members reported 551 hours of volunteer time.



That brings our total up to 3277 for this year. I am going to have to increase the range on our *Thermometer*. Thank you for all that you do.

Our club does so much to make a difference in our community as you can read in our Correspondence section.

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

On Raising Children

Rarely criticize your children, but instead, give them quality attention, and judicious praise.

Ignore what they cannot do and, with firm wisdom and understanding, applaud their achievements.

A mother's nurturing can foster a sense of worth and self-confidence in her child that

neither sorrow, not time, nor adversity can erode, much less erase.

Special Exhibit at the Laramie Plains Museum

Konnie Cronk, the curator of the Laramie Plains Museum, has put together a special exhibit for the Laramie Woman's Club in the sewing room on the second floor. In the exhibit she has 4 dresses that were owned/worn by early members of our club; namely Anne Miller, Mrs. J.P. Markley, Celia Nelson (of the University Club) and Emma Howell Knight. She also has a hat worn by Eva Floy Wheeler.

Also in the exhibit are some personal papers of Mrs. Kate (Warner) Holmes, one of the clubs earlies members.

Konnie is showcasing the collection that our club started in 1934. The women of our club started collecting pieces of historical significance and stored them until the Laramie Plains Museum was able to take possession of them in 1966. Thus began the 'Old Museum Collection' for the museum.

For all of you who are not aware, as members of our club you are entitled to free admission to the museum. So please take the opportunity to see the exhibit and learn more about the history of your club.

Irish Soda Bread



Soak overnight, 1 c raisins in 1/2 c whiskey. Drain raisins, reserving the whiskey.

Preheat oven to 350 degrees. Grease a 2 quart casserole dish. In a large bowl, combine:
3 c flour
1/3 c sugar
1 Tbsp. baking powder
1 tsp salt
1/2 tsp baking soda

Stir in drained raisins, 1 Tbsp. grated orange peel and 1 Tbsp. caraway seeds. Mix and beat in 1 1/3 c buttermilk (you can also use unflavored yogurt) and 1/4 c melted butter.

Transfer to greased casserole dish. Bake approx. 1 hour, brush top with egg white and bake approx. 10 min. or until a toothpick comes out clean. Serve with butter.

Optional: while soda bread is baking, beat 1/2 c softened butter until fluffy. Gradually add the reserved whiskey, 1 tsp at a time, to taste.

Senior Olympics

Kudos to Sr. Olympics Pool Timers!!!



On February 16th, the following members added “stopwatch connoisseurs” to their resumes; Linda Simpson, Germaine St. John, Irene peach, (Dave Nelson, like a good LWC husband, sat in for Annie who was off in Rawlings playing

grandma to her new grandchild), Betty L. Wills and Lynda Hidalgo.

Due to inclement weather and last minute unforeseen events, other volunteers— Rita Clark, Karen Bard, Annie Nelson Billie Hofferber, and Linda Cavalli were not called on to serve.

Although the humidity at the pool destroyed my hair, we had a great time and when our photo was taken at the end of the day, all the athletes gathered and gave us a rousing cheer!!!

Lynda Hidalgo

Committee Reports

Environment

A number of articles have been catching my eye over the past few months; all of them centered on the environment. So I thought I would bring them together in an article for this month.



The first thing that caught my eye were articles on Nuclear coming to Wyoming. In Kemmerer the coal units are scheduled to close in 2025. Wyoming does produce more coal than any other state. Terrapower, a nuclear reactor company, is looking to Kemmerer for a ‘next generation’ nuclear reactor. Why? Because of the retired coal plants infrastructure. The University of Wyoming is doing research in solutions for waste carbon dioxide emissions and is already a leader in the space.

Wyoming is proud of its position as one of the largest, if not the largest, energy provider for our country.

Other articles that caught my attention is the focus on *green* energy. President Biden has signed his executive order requiring the 600,000 federal vehicle fleet to be zero emission by 2035. Our governor is looking toward wind energy to make up the loss in revenues from the diminishing coal and oil revenue. But how ‘*green*’ is ‘*green energy*’? Yes, *green energy*, solar and wind, does not emit carbon dioxide. However, what goes into making those solar panels and turbines? Are we just switching one type of pollution for another?

What I learned from other articles that caught my attention is the following. The shift to green energy for electric cars is going to increase the demand for ‘*green rocks*’. These *green rocks* are also used in the production of wind turbines and solar panels and the batteries to power those hybrid and electric cars. But more often, the extraction of these ‘*green rocks*’ is anything but green. What are these green rocks? Lithium, cobalt, copper,

nickel and rare earth elements. Most of these are sourced from China, Democratic Republic of Congo and Indonesia.

Mining of copper is usually from open pits that leave scars visible from space and facilitate chemical reactions that causes acid mine drainage leading to water contamination. Cobalt mining can release radioactive and carcinogenic particles, while lithium extraction sucks billions of gallons of water from the ground and the wastewater disposal can contaminate drinking water aquifers.

Yes, work is moving forward to minimize environmental impacts, but we aren't there yet. Some of this work is being done right here at the University of Wyoming. In the meantime, it is estimated that the demand for lithium is going to go up by 51 times. Cobalt is mined in the Democratic Republic of Congo, where human rights violations and environment impact are of serious concern. Cobalt is pricey with its current price around \$70,000 per ton. An EV battery pack will contain as much as 40 lbs for every car manufactured. That will be 600,000 just for the government fleet. There are alternatives such as phosphorous

For another comparison of a required metal, a typical conventional car using 18-49 lbs of copper but a hybrid electric car uses around 85 lbs and an electric vehicle uses 183 lbs. You want to have an electric bus you need 814 lbs.

Most of these green rocks can be found in the western states like Idaho, Nevada California, Oregon, Arizona, Alaska, Utah and yes Wyoming. But the amount and quality is yet to be determined. Thus we will be dependent on foreign sources. To do the math, in 2020 we had 1.1 million all electric cars in the US. It is projected to have 8.1 million by 2030. Multiply that by 85 lbs per vehicle.

My conclusion after reading all of these articles that caught my eye is that there isn't such a thing as *green energy*. All energy pollutes in some way, be it our air or our ground and water. The other conclusion I drew was that the only way to truly have a positive impact on

our planet is to start minimizing the use of energy.

When my boys were younger I used to harp on them all the time to turn things on. If they turned the lights on going into the room, why couldn't they turn them off when they left? I will admit that my harping was focused on our budget. Electricity in Australia was very expensive as compare to here. I was not harping to save our planet, I was harping to save money.

So perhaps in this month of St Patrick's Day with its brilliant green, and coincidental with Earth Day we can all take a moment and evaluate our behavior in using energy, whether you consider it green or not. Bottom line in my research is that none of it is really green.

According to the ACEEE (American Council for and Energy Efficient Economy) Wyoming ranked 51st in the nation for energy efficiency in 2020. 51st because Washington DC is included. The same rank it held in 2019 with a loss of 4 points. Not going in the right direction. Is there something that we can do to influence our states use of energy? This report focuses on government buildings and uses of energy.

Here is a link to the information regarding the state of Wyoming on energy efficiency.
https://www.aceee.org/sites/default/files/pdfs/ACEEE_ScrSht20_Wyoming.pdf

It was also included as an attachment in the email circulating this newsletter.

Karen Bard

[Health & Wellness](#)

Bonnie Braisted and Janine Kropf are busy sewing baby quilts again! We are going our 2nd year of making these for the expecting mothers in the W.I.C. (Women, Infant and Children) program.

The newborn babies at Ivinson Memorial Hospital will be blessed with hats made by Jo Carol Ropp and Janine. Janine has perfected

the crocheted preemie octopi; if you ever wanted to try making one, see her! Meanwhile, Irene Peach shared 5 knit chemo hats and continues to make 3 prayer shawls/month for church members, persons in assisted living and Hospice.

Sharon Hand is sharing her knack of crocheting by teaching Lorraine Saulino-Klein how. Lorraine is the person to see if your feet have been hurting you. She is the Snowy Range Foot Nurse, seeing folks at the Eppson Center for Seniors.

Lorraine Saulino-Klein is training to be a QPR trainer for Laramie Cares, Laramie's suicide prevention and hotline provider. She's already scheduled herself to provide QPR training to Whiting High School and Laramie's Junior High this spring.

Bonnie Braisted and Mary Fick Monteith are making clover-print bags for each set of dice to be used at the Bunco Party. The committee lead by Lynda Hidalgo and Linda Simpson determined that sharing dice as has been done in past Bunco parties could expose attendees to unnecessary germ transmission. Bonnie and Mary are sewing 130 bags to hold the dice that each attendee will play with.

Bring a new idea, join the fun! These activities benefit our health and well-being as well as our community...this is "sew" important!

Mary Fick Monteith

Barts

Barts is looking for new donations. Donations have been light recently, so if you are looking to do some winter consolidation, keep Barts in mind.

You can bring lightly used clothes either to our meetings or to Barts as well. These will be

collected and passed on by the Barts Ladies to NU2U.

Correspondence and Birthdays

Happy Birthday to; Rita Clark (5), Sue McDonald(15), Polly Wade (23), Jana Clark (23), Mary Guenzel (24), Jeannie Mahaffey (28)



Thinking of you – Louise McGrew, Jennifer Clark, Karen Polis, Wanda DeCora, Luella Flores, Adrienne's Husband, Marge Reis' husband, Sharon Hand's Daughter, Lynda Hidalgo

Thank you letters were received from the following organizations.

Eppson Center - Wow – we are so impressed and touched by your generous donation of 110 handcrafted placemats for our Home Delivered Meal clients. What a wonderful gift for those who receive our meals – they will brighten up their Holiday and surround them with the feeling of love that was put into each and every one of those beautiful placemats. We are so grateful!

Your group is always so generous with the Eppson Center and we very much enjoy our collaboration we have with you throughout the year! We are totally looking forward to BUNCO again this year and can't wait to see more of your group!

Thank you for keeping our community's older adults in your hearts! We are lucky to have a group like you!

*Gratefully yours,
Tammy Comer*

Hospice of Laramie - On behalf of everyone at the Hospice of Laramie, thank you for your donation of Holiday placemats. Their

beautiful designs have brought delight to the patients. Please know your support allows Hospice to continue to serve Albany County patients and families with our service.

*In Service
Jessica Stalder*

A great big Thank You for this very beautiful Placemat you made for me. I will so enjoy it! It's so Christmassy looking!

I wish you all a very Merry Christmas

Elisabeth Robinson

Linda Cavalli

Future Events

Bunco – March 20th – The Eppson Center Doors open at 1 pm. Play starts at 1:30. At St Pat's Day Theme will be used so wear your green.



April 24th – GFWC National Federation Day

April – 28-30 GFWC-W State Conference in Thermopolis. Registration will be \$45. Further information will be provided as it is received. This is an election year so please think about attending.

June 25-28 – GFWC Convention – New Orleans

August 26-28th – Western States Regional Conference – Anchorage Alaska

October 23rd – Bunco Fundraiser for the LPM.

Diners, Drive-Ins and Dives

Watch to see Laramie highlighted in this show on the Food Network. March 11th is the 'From Appetizers to Dessert' episode and then Laramie is featured again the following Friday, March 18th with 'Gettin' Funky in Flavortown'.

Fundraising Corner

Cookbooks are now available for \$10 each. They are gorgeous. They will also be available at Bunco on March 20th. Limited supply to get yours early. The proceeds from this project will go towards the new Scholarship program that our club will be supporting thanks to our Executive Board and the Endowment Fund.

Lynda Hidalgo

Bunco – October 23rd – 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.

Ina Buckner

Karen C. Bard, President
307.343.6919
kcbard@charter.net