



GFWC X-JWC

Member of the General Federation of Women's Clubs



HOTLINE

Phyllis Salzburg, Editor



MARCH 2022

FROM PRESIDENT KATHERINE VAN DELL

Time is flying by for me! It's hard to believe that the day of our next meeting is March 1. Spring begins March 20 and in Wyoming we just don't know for sure how our March will begin or end. Will it come in like a lamb and exit like a lion or vice versus? I have always loved spring, seeing the spring flowers rising up out of the ground and the leaves budding on the trees. It can also be heart-breaking, however, when we get a cold spring blizzard and the buds freeze. But it's the Rocky Mountain region we live in so, we should be accustomed to it. No matter how and when it arrive, we will rejoice.

Our February was busy with all the state reports to be compiled and submitted. In reviewing our club's reports, I'm proud to say we were very busy and accomplished many very worthwhile projects. March 1 and 15 are the last dates for various reports to be submitted. I want to thank each of you for all you do to make our club successful.

On behalf of X-JWC, four of us donated 15 dozen cookies to the Valentine's Day Cookie drive for the airmen in the dorms at Warren AFB. Coordinator Carolyn Ritschard was very appreciative of our efforts, as it helped them reach their goal. Thank you, Karen Lee, Phyllis Salzburg, and Joanne Bassett!

On February 26 a fundraiser for the Unaccompanied Students Initiative was held at Dillinger's. Numerous GFWC members attended. The evening featured comedians, silent auction items, and snacks. Hoping it was very successful!

Looking forward to having our GFWC W State President Nancy Kaufman join us for our luncheon meeting. I'm sure she'll have some words of inspiration for us.

March 17 we celebrate St. Patrick's Day so I hope to see a lot of green at our meeting. I'll have my green on!

GENERAL MEMBERSHIP MEETING

Lucy Russell, 1st Vice President. Our speaker for the March meeting is our own Kathleen Petersen. Kathy is a world traveler and will be sharing some of her knowledge of other cultures and hopefully some of her adventures!

Karen Lee, 2nd Vice President. Luncheon menu: Baked ham, au gratin potatoes, chef's choice of vegetable, pecan pie, rolls, garden salad, drinks. Option for chef or cobb salad.

REMINDER: PLEASE BRING YOUR BIG BUNCO GAME FUNDRAISER MONEY!

Education and Libraries Community Service Program

Carolyn Turbiville Chairman

“Saying Thank You” to teachers and staff was accomplished with wrapped candy, a note of thanks (Valentine card), flier about X-JWC and info on the upcoming Bunco fundraiser being delivered to 7 elementary schools and 1 high school. The thought was appreciated by all. Thanks to all who participated. Candy can still be delivered. Please let me know where you take your donation so we spread it around to different schools.



Phyllis Salzburg's donation.



You don't improve education by demoralizing the people who have to do the work every day. Diane Ravitvh

A truly great library contains something in it to offend everyone.

Two things I don't like: A disrespectful child a parent who thinks it's funny. *Manners are very important.*

March 2 – Read Across America By Tina Neese, GFMC Education and Libraries Community Service Program Chairman



Read Across America is a day set aside each year not only to celebrate one of the most well-known children book authors, Doctor Seuss, but it is also a great opportunity to promote the love of reading to children in your community. The value of reading is an important message to communicate to children.

Make sure places in your community that children frequent have Read Across America on the calendar. Host readings and provide families with books to read together and take home for their family libraries. If you are hosting a community event, feature books about the people or places in your community, or make your event a big reveal of a Little Free Library.

At your community's school, or library event, offer live storytelling. Club members, local authors, or high school drama students could present traditional books for a great "storypalooza." You could even add music and singing to the event! "Book tastings" are another fun way to celebrate. Transform a space in the library, cafeteria, or classroom for students to browse a variety of books and a menu of titles. As they read, provide little snacks related to titles on display.

Developing a reading garden is another exciting option for a Read Across America Day project. Work with libraries, schools, and communities to find a reflective reading space and help children learn about nature with books such as [We are Water Protectors](#) or [All Around Us](#).

However your club plans to participate in Read Across America Day, consider purchasing books and other project supplies from smile.amazon.com so that Amazon donates .5 percent of the purchase price to GFWC. [Learn more](#) about this program.

Environment Community Service Program

Jenny Mullin and Phyllis Salzburg, Chairmen



Go Green on St. Patrick's Day! Plant something Green: A tree, flowers or perhaps a shamrock plant. Enjoy a (green) beer, skip the bottle or can and have a draft beer to avoid the containers. Wear green clothing -- beads and jewelry purchased at a recycle or secondhand store.

An Environmental Easter Idea – rather than using plastic grass for your Easter basket, shred construction paper through a shredder and make your own!



Health and Wellness Community Service Program

Nancy Krois, Chairman

Thank You to ALL who helped the XJWC Team at the **MAKE A BLANKET DAY: Blankets for Laramie Co. Kids** on February 26. The volunteers were very

appreciative and the Kids thank you! X-JWC helpers who cut and tied 11 blankets were Mary Ann Kamla, Bev Campbell, Joanne Bassett, Karen Lee and grandkids, Lucy and Richard Russell.



Other activities coming up:

DELTA KAPPA GAMMA Used Book Sale: March 5th & 6th at Former Big Lots in Cheyenne Plaza, 3741 E. Lincolnway

JUMP INTO JEWELS: HABITAT FOR HUMANITY: Shop April 22-23, 2022. Gently used and some new jewelry, scarves, purses, and accessories.

Please be careful of Ice when Walking outside even if it simply to grab the newspaper.

4 Common Moves that could Lead to Injury:

- Lifting Heavy Objects by bending over to lift or underestimating the object’s weight and overestimating how much you can lift safely. This strains muscles and back muscles. Get help and think lighter loads.
- Putting on a jacket or shirt by over-reaching back and at an unnatural angle. This strains your tendon in your rotator cuff. Take your time and keep your arm below chest level to prevent over-reaching.
- Overusing you neck in daily activities such as gardening, poor posture when reading or at the computer or performing hobbies. Remember to slowly move your neck to get out “kinks” and use cold and/or heat to relax taxed muscles.
- Navigating the stairs contributes to over 3,000 injuries a day according to a study in *The American Journal of Emergency Medicine*. To avert mishaps, hold the railing going up and down and avoid carrying any objects that block your vision of the steps. Enlist help from others if needed. Don’t wear nonslip shoes and baggy pants or skirts that may make you slip.

[Taken from August 1, 2020 Bottom Line Personal – wellness]



Happy St. Patrick’s Day and May March Be Good to You All.

MEMBERSHIP

Cindy Hardesty, Director of Membership

Dues -- \$38 are payable at the March, April, or May meeting for the next club year. Cindy will be accepting your dues payments. Checks payable to X-JWC.



MARCH 6 HAPPY 101st TO PHYLLIS BLACK!



2014 Memorial Day Ceremony



MORE MARCH BIRTHDAYS!

Jane Davidson, March 10	Donna Newland, March 12
Julia Ortner, March 19	Judy Kallal, March 25
Katherine Van Dell, March 25	Jenny Mullin, March 28



GFWC WYOMING NEWS

REMINDER! State convention April 29 and 30, 2022, Thermopolis, Wyoming. A block of rooms is reserved at the Comfort Inn. There will be election and installation of officers. Trish Peoples will be installed as President. Other candidates for offices are Elsie Gray from Yoder for Secretary, Katherine Van Dell for Treasure, Karen Kent and Lucy Russell are running for 2nd President, and Karen Bard from Laramie for President Elect,

The State Photography Contest deadline is April 1. Contest rules and entry form is available on the GFWC Wyoming website, gfwcwyoming.org under Newsletter/Forms, or contact Phyllis Salzburg for information.