



**Newsblast
March 2023**



**GFWC members
Since 1904**

**Preserve our Past – Protect our Future
Trish Peoples – GFWC Wyoming President**

March 8th is our GFWC Women's History Celebration. Take a moment on that day to appreciate your GFWC sisters and your place in this wonderful organization. Also in March, our hard-working chairmen are sending reports to GFWC. These reports are consolidated and used by our HQ to let the world know the impact of our clubs and clubwomen. Many thanks to everyone in the entire process, from finding the worthwhile projects to writing the reports and everything in between.

The Call to Conference will be distributed in the next few days. Our Conference in Torrington is just around the corner. I hope you will join us as we share our experiences over the past year and recognize our achievements.

Karen Bard – President-elect

It has been a busy month of February going through all of the clubs end-of-year reports. Wow, what amazing work we do for our communities. It is inspiring to see the areas that our clubs focus on, how much hard work is put in, and I am sure the development of close club ties as our members work together to accomplish everything. This year, the clubs reported on **204** projects with **15,691** hours reported. And I know that there are many more hours of volunteerism that is either under reported or not reported at all within these reports. Our clubs donated over **\$127,000** dollars and over **\$28,000** in like-in-kind donations to our communities.

Sincerely, **Thank You!** For all that you have accomplished! What an amazing group of women. I hope many of you decide to come to the State Convention at the end of April in Torrington, to find out which of these projects earn the creativity awards in each of their categories. Every club deserves recognition of some sort of another and I encourage all of the clubs, at their very next meeting to give themselves a hand. Stand up and applaud your accomplishments. You deserve it.



I believe that our end-of year reports have demonstrated that we have learned the 7 life lessons of Leadership.

The 7 Life and Leadership Lessons we can Learn from Geese

1. Geese fly together, they share a common goal and direction

Geese fly in a perfect V formation. Studies have shown that flying in this way and using this kind of “teamwork” adds 71% more flying range for the geese than if they flew on their own. This is because as each bird flaps its wings, it creates an ‘uplift’ that reduces air friction for the birds that follow.

The lesson – people who share a common goal and direction can get where they are going much faster and much more efficiently, because they benefit from the momentum of the group.

2. Geese stay in formation

Whenever a goose falls out of formation it suddenly feels the drag and resistance of trying to fly alone, and quickly tries to get back in formation. The formation not only makes it easier for the birds to fly, but it increases a flock's overall visibility too as well as their power to be seen.

The lesson – once you've established a good team, stay together and work together. Synergy cannot be created by a single person working in isolation, so it is important to stick together. A sense of community emerges from a willingness to work together as a team. Not only is it more efficient – but together you have better visibility of your surroundings and common goals.

3. Geese rotate roles, they encourage the leader and empower others to lead

For the lead goose in the formation, ‘drag’ is high. When the lead goose in the formation tires, it rotates back into the formation and another goose takes its place. The lead goose then immediately feels the advantage of lifting power from the bird immediately in front of it.

The lesson – it is important to share the load amongst team members. We should not only be able to admit when help is needed, but we should also work to empower those around us to take the lead too. Everyone has different skills and capabilities and sharing the load gives others a chance to shine. Expecting one person to take on all the work is unrealistic, people work better when interdependent with one another.

4. Geese are noisy birds, they recognize and support each other

There are a number of theories as to why geese honk between them, one is that they honk to encourage each other. Another theory is that the honking is used to communicate where each goose is in the formation.

The lesson – In groups where there is encouragement, the productivity is greater. In a fast-paced working environment, remembering to provide recognition and encouragement towards each other (including the leaders) is vital to keep teams motivated and achieving their goals.



5. Leave no Goose behind, they stand by their flock in good times and bad

When a goose gets sick or wounded, two other geese drop out of formation and then follow it down to help and protect it. They stay with the goose until it dies or is able to fly again. Then they launch back up with another formation or catch up with their flock.

The lesson – stand by each other in difficult times. It's easy to always be part of winning teams, but when things get difficult and people are facing challenges, that is when your relevance as a teammate comes to the fore.

6. Geese maintain priorities, they stay committed to the team, their core values and purpose

The geese migration routes do not vary. They use the same route year after year, even when flock members change.

The lesson – stay true to your teams core values and purpose. Strategies, tactics and products may change in order for the organization to remain agile, but great teams always stick to their core values and preserve them with pride.

7. Geese are disruptive

Geese often seem unflustered as they meander along the side of a busy road, however, they are most likely uncomfortable about being surrounded by large and noisy vehicles.

The lesson – disruption means getting a bit uncomfortable. Those who disrupt challenge themselves by setting and achieving goals, they come out of their comfort zone and stretch themselves to think differently.

Karen Kent – Vice President/Membership Chairman

I recently read a book entitled IKIGAI. Ikigai is a combination of two Japanese words: 'iki', meaning life and 'gai', meaning value. Ikigai, then, put simply is the reason you get up in the morning. Knowing that I am needed and being involved is part of my personal Ikigai. Membership in GFWC is a huge part of my "life value". I know it is the same for many of you. Sometimes we need someone else to point it out to us. This is where membership recruiting comes into play. Some women might be looking for purpose or direction and just don't know what that is.

So, why do we volunteer? According to an article written by Stacey Buttell, a career facilitator with Goodwill, and Amber Kosel, an editor, and volunteer in a non-profit animal welfare organization, volunteerism:

- Creates a sense of purpose, becoming something greater than yourself.
- Connects you with others, allowing you to learn other perspectives.
- Sharpens social skills, which benefits both personal and business relationships
- Improves self-esteem and self-confidence; when you do something worthwhile and valuable for your community, it gives you a sense of accomplishment that is very fulfilling.
- Teaches you valuable skills and builds on ones you already have; for example, when

you advocate, raise funds, and raise awareness in any of the GFWC Program areas, you gain communication, public speaking, and marketing skills. You can use these skills to move into a leadership position within your club, district, state, GFWC levels, work, and personal life.

- Gets you out of your comfort zone – a personal challenge for almost everyone.
- Brings fun and happiness to your life – you can pursue your hobbies while making a difference in others' lives.

Each one of us fits into one or more of these categories. If each of us has 1 friend that fits into one of these categories, imagine what GFWC Wyoming's membership could become!

Flo Beville – Scholarship Chairman



Greetings.

Not too much to report this month. I have updated the spreadsheets for the counselors at the WY high schools, community colleges, and University of Wyoming. I have sent our current Scholarship information to them. So hopefully we will be receiving applications soon. The deadline is April 1.

To view the information, go to gfwc.wyoming.org. our Web Site. Click on More, scroll down to Scholarships and you will see the three that we offer: Mary N. Brooks, Paulena Hays, and Ruth Clare Yonkee. There are not enough funds this year to award Paulena Hays.

Any questions, please contact me. Thank You

Lucy Russell – Spiritual Advisor

I recently heard a story on the news that I wanted to share with all of you. There was a young man who was abandoned by his mother when he and his sister were very young. They were then put into the foster care system. The young man was very angry and was only living for the day he could be on his own. They were adopted by a very good family. The mom was having a conversation with the young man trying to get him to look outside of himself. She was giving him ideas about things he could do for others, she named well over 100 ideas, and he kept saying no. Then finally she said, “could you just hold a door for someone”? He finally said yes, I could do that. The next day he held the door for some class mates, then for his whole church congregation and it went on from there. This story made me think about the doors that we all open as member of GFWC-W. We have opened doors to education, with scholarships, volunteering in the schools and collecting books to donate. We have opened doors to the homeless, by knitting scarves, making blankets, delivering food, and making food for the homeless. We have opened doors for the veterans in our community when we make cookies and deliver them, when we donate food to those veterans in need and collect coats. There are so many doors that we open which benefits so many people in our communities. I

encourage all of you that if the only thing you can do is to hold a door for someone then do that and if you are able to do more, hold doors for all the organizations that you are passionate about and continue to bless our communities with your giving hearts. I wish all of you a happy March.

Deb McCann-ESO Chairman
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(Photo by Deb McCann)

Members of the Women's Civic League of Cheyenne ESO Book Club
L-R: Susan Reagan, Vickie Smith, Lucy Russell (Chair), Jo Anne Bassett, Bev Dowling, Carol Fagan, Marianne Gatti, & Brenda Hart
WCLC has 18 members that participate in the ESO reading program.

The members suggest books to read and ultimately, together, select one for the monthly review/discussion. February's selection was the dystopian fiction, *Our Missing Hearts*, by Celeste Ng. The discussion was lively, thought-provoking, expressive, and fun. *Mad Honey* by Jennifer Finney Boylan and Jodi Picoult is the selection for March.

REQUEST

Please email photos of your book club and/or individual readers participating in ESO along with names, the book selection, and a short description of your club to Deb McCann for inclusion in the Newsblast.

10 AMAZING BENEFITS OF READING BOOKS

Strengthens your writing skills	Stimulates your brain
Improves your memory and focus	Boosts your mood
Enhances your imagination	Deepens empathy
Increases your vocabulary	Helps you relax
Expands your knowledge	Lowers stress

(GFWC ESO Book Club FB)

Phyllis Salzburg - Environment Community Service Program Chairman

Since 1961 Youth Art Month has been celebrated in March. Clubs can participate in the celebration this month by working with a youth organization such as the Boys and Girls Club, a school classroom, or Scout troop to combine this celebration with a community beautification program, perhaps a poster contest to promote protecting the environment or recycling. This activity would not only promote the arts and Youth Art Month but also help bring awareness to protecting the environment.

On another note, summer is coming – eventually! Let’s do our part to reduce the number of plastic bottles in our environment by promoting the use of reusable water bottles when traveling or enjoying the great outdoors. Consider a fund raiser for your club by selling such bottles with your club or GFWC logo or an environmental message. A win/win opportunity!

Bev Campbell - Advocates for Children Chairman

Our club Women can be advocates by working to:

*Ensure That children are protected from harmful situations.

*Encourage healthy physical and emotional lifestyles.

*Impact policy to improve children’s lives.

If you are someone who likes being around children, every class has a child who struggles to be at the level they should be. Teachers are very thankful when someone volunteers to help those children while she teaches the rest of the class. Teachers are extremely thankful for help. It can be just an hour once a week or as often as you have time to help a child. Believe me it is very rewarding to know you may have helped a child learn something new.



Starla Sexton – LEADS Chairman

Leads Candidate 2023

I am excited to announce that Kristen Riley is the GFWC Wyoming LEADS candidate for

2023, she is being sponsored by Women’s Civic League of Cheyenne. She is apart of several clubs in Wyoming and is very active in all. She has an interest in leadership within the GFWC community; she always takes on tasks with excellence and follows through with her commitments. It will be exciting to see where the LEADS training takes her next. Congrats Kristin!!



Leslie Jo Gatti - Arts & Culture Chairman

Now is the time to be getting ready for your Club’s submissions for the Youth Art Contest for the State Conference in Torrington in April. The following 6 Clubs are eligible to submit Youth Art: Casper Active Service Club, Laramie Woman’s Club, Women’s Club of Sweetwater County, Yoder Woman’s Club, Women’s Civic League of Cheyenne, and XJWC. The instructions are listed on the GFWC Wyoming website under Contest Forms. The art **will be** judged in Torrington. It is the Club’s responsibility to get the art to the convention hotel. If you have any questions, please, contact me.

Leslie Jo Gatti

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Linda Stowers - Signature Program: Domestic and Sexual Violence Awareness and Prevention

March is Women's History Month.

March 5-11 is International Woman's Week – (celebrating the 10th Anniversary of National Woman's Day).

April is Child Abuse and Prevention Awareness and Sexual Assault Awareness Month. We can start planning for April and here are ideas:

Teach our club members how to recognize abuse and then how to report it.

Volunteer our time with other agencies in our community to provide the needed services. Examine our very own behaviors as parents and grandparents.

Be nurturing by showing how words and actions can settle conflict without hitting and yelling.

Work with an after-school activities program, a parenting class or even provide respite care to give a new mother a much-needed nap.

Child abuse awareness is represented by the **color blue**. Promotional blue products or favors are readily available, like the **blue pinwheels**, lapel pins or buttons, and informational flyers. Even better, create your own but whatever you do, do something to stop child abuse in America. Choose a theme, set up a display or organize an educational event. Order your pinwheels now.

Pam Crochet - Wyoming State WHRC Chairman

A reminder that State President Trish's first challenge to us was to Preserve our Past.

In 2004, for the 100th Anniversary of GFWC Wyoming, President Patty Benskin had the clubs write their histories, and she sent those precious documents to the Women's History and Resource Center (WHRC) at GFWC International Headquarters.

As we approach the 120th Anniversary in 2024 (it's getting closer!), we are again requesting our clubs write their histories for the past 20 years (2022-2024).

Wyoming clubs do so much good in our communities and our world. Let's not let that information disappear.

Please let me know I can work with your clubs to make that happen. The information will be sent both to WHRC and be placed on our award-winning GFWC Wyoming website.

Let's preserve our past!

Deanna Frey - Casper Active Service Club President

Our Club started off the new year with a new member, Shelby Johnsen and a new president, Deanna Frey. At our February meeting we agreed to make our project the Life Steps Campus in Casper. We will be meeting with the program managers to determine their needs before we are able to narrow down a project for this year. We are also gathering food to support Wyoming Food for Thought for children to take home over spring break.

Claudia Wilen – WCLC 1st Vice President

While the wintery weather of the past several weeks has thrown us a few curve balls, the members of WCLC have been determined to live up to the challenges and continue with their many projects.

The Community Grant Committee held their initial meeting in February to consider grant applications for the dispersal of proceeds from the 2022 Christmas House fund raising event. They will meet again in early March to hear presentations from selected applicants before making their final allocations.

The Bylaws committee has been meeting to review any changes necessary. Key issues for this session focus on membership meeting requirements and viability/necessity of associate membership status.

The slate of officers for the upcoming club year has been developed with the election process to take place this Spring.

The Military Outreach committee is participating in the Warren Spouses Club Boots and Baubles scholarship auction on March 11. They are providing a fly-fishing themed basket as well as a basket of homemade food products.

The Senior Services committee is once again busy at their sewing machines creating fidget mats for dementia patients at several of the local dementia care facilities.

The Environment Committee is looking into an in-depth project seeking to secure community business cooperation in banning the use of plastic bags. This stemmed from a presentation in January where we were encouraged not to just recycle, but first refuse the use of materials detrimental to our environment.

Bev Yeik - Yoder Woman's Club President

The Yoder woman's Club had a meeting on February 15th. We had 10 members present. All the members wore red for Heart Health Month. Our program was about Human Trafficking Awareness. Our next meeting will be March 15th.

Karen Bard – Laramie Woman's Club President

This month our guest speaker is from the Foster Grandparents program. We are looking forward to it. This month is also our international cuisine month. As many of you know we do a potluck format for our lunches, and this is the month that many of us look forward to. We have some great cooks in our membership and this is the month they get to really show off their stuff.

We are happy to welcome Mary Mountain as our new Treasurer, Cheryl Fleener as our new 3rd Vice President in charge of fundraising and Claire Angele as our new Department Chair for Health & Wellness. We are very appreciative of these women stepping forward to fill some of our club needs. Cheryl will be taking on our last major fundraiser for this club year and that is our Flamingo a Friend campaign that will run the month of May. We are in the process now of deciding who in our community this fundraiser will support.

Devon Kellerhall – Fremont county Ladies President

The Fremont County Ladies had a very successful bake sale! We would like to thank everyone near and far who helped us raise funds! We were able to prepare two totes for the high school and middle school that included deodorant, shampoo, body wash, feminine products, hairbrushes, and some other items that are commonly needed by students. The schools were extremely grateful and have already put some of the supplies to use! Once the weather breaks we are excited to get started raising funds for other causes that are close to everyone's hearts!

Patty Benskin – GFWC Meadowlarks President



(Submitted by Karen Kent)

We may be small but we are mighty. For third year the Meadowlarks got together for a fun day of cookie decorating and socializing. Karen Kent baked 26 dozen sugar cookies, while Flo Beville, Nancy Kaufman, Patty Benskin, Carol Horam, Trudy Clark, Julie Gleim, Zach Kaufman did the special frosting and decorating. Special guest Kathleen Peterson, East District Liaison, join in the fun “work”. The cookies were donated to the "6th annual Valentine's Day Cookie Drive for the Airmen in the Dorms."



Lucy Russell - XJWC President

I want to share information about what XJWC is involved with during March. We continue to meet on the 1st Tuesday of each month. If anyone is interested in visiting our club, then please reach out to me and I would be thrilled to have you attend one of our luncheons. This last month at our luncheon we heard from Habitat for Humanity. They shared information about their program and their plans for building a couple of homes in Cheyenne in the next year. They also shared a little information about the Re-Store which takes many items and then sells them to the public. Nancy Krois brought blankets

to the meeting for members to take home and tie for organization Blankets for Laramie County Children. We have donated over 20 blankets this last year to this program. We are also gearing up for our fund raiser on March 25th from 11-3. It will be a Bunko party and will be held at the Moose Lodge. If anyone is interested in taking part in this fun event, please contact Karen Lee at 307-640-5804. We will be announcing our slate of officers for the 2023-2024 club year at our March membership meeting on the 7th. I continue to collect money for trees and I will be deciding where to send the money at the end of the club year. Our club continues to stay busy with service and activities. I very much love being the president of such a wonderful club of women. We are proud to be members of GFWC-X-JWC.

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GFWC-Wyoming website: www.gfwcwyoming.org

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