

LARAMIE WOMAN'S CLUB

VOLUME 12 ISSUE 9

Karen Bard, LWC Editor 2023

May, 2023



GENERAL FEDERATION of WOMEN'S CLUBS

Living the Volunteer Spirit

www.gfwc.org

Welcome May

May You be happy.
May You be well.
May You be safe.
May You find comfort.
May You have strength.
May You have courage.
May You find healing.
May You have peace.
May You have joy.
May You be filled with
loving kindness.
**MAY YOU BE BLESSED
TODAY
AND ALWAYS**

Smile-creation.com

May is here and it is the end of our club year. It is also the end to my term as your club President. I wish to thank all of the officers that have served with me these past two years. I could not have done this without their support, their advice, and their

timely criticism to keep me on track.

I have enjoyed the time in office and thank the membership for their trust in me to fulfill the job.

As the end of our club year ends, we all look forward to summer in Laramie. My summer will be full of adventures and family. My oldest son and his family (our two grandsons) will be here in July for a few weeks. Hope to see some of you at Freedom has a birthday as we will be introducing our kids and my son's wife to 4th of July! We have not seen our oldest since 2018 and have yet to meet our youngest who is now 3 because he was born March 2020 when covid started. They live in Australia and thus it will be a wonderful, long overdue visit.

I also will be traveling to Louisville Kentucky in June for the International GFWC Conference

and to Redmond Oregon in August the Western States Regional Conference.

In between I will be tending my garden, fishing and getting out and about. I have a new bicycle and plan on putting many miles on it this summer.

I will look forward to September when we meet again so that I can hear about everyone else's summer adventures.

Board Activity

The board received an update from the State Conference. Major items are; 1) the approval of a new set of by-laws and a set of standing rules. When the final version is available they will be posted on the state website gfwcwyoming.org, 2) the state youth art contest will continue, 3) Our club won three Creativity Awards; Fundraising for the Xmas Bazaar fundraiser, Education & Libraries for the Casey Rislov book reading at Harmony Elementary School and Women's History Recourse Center for the finding of three pieces of historic sheet music that relate to the GFWC one being the music to the Collect with plans to start using it and introducing the other two pieces at the State Conference in 2024 to be hosted by us here in Laramie.

Our youth art also did well at state.

This month's board meeting was a joint meeting with the newly elected officers. The budget was approved and will be presented to the membership at the May meeting for approval.

April Meeting Program

Our guest speaker was from Feeding Laramie Valley, Linda Dunning. She gave a lovely talk on the back ground and starting point of the organization, where it is now and where it is going. It is a wonderful program that is looking to be able to expand to provide more rural services.

May Meeting

**MEETING—Thursday,
May 11th, AHSC**

Lunch starts at noon

Menu – Eggs Florentine, Tahini Chicken Salad Lettuce Cups, and Angel food cake

Program starts at 1 pm – Installation of new Executive Board members, new Board of Directors and new club members. Special Honors

Business meeting starts at 1:45 immediately after. Approval of Budget, approval of minutes

Hostesses: Your Board Members

Special Honors

Our Club is putting forth our very own Polly Wade for the Jennie Award. The GFWC Jennie Award is named in honor of GFWC's founder, Jane Cunningham Croly, who wrote for national newspapers under the pseudonym, "Jennie June." The award highlights those extraordinary clubwomen who epitomize her spirit of independence, courage, and persistence in purpose through their roles as volunteers within their clubs, elsewhere in the community, and as members of a family or extended family. Although GFWC has many awards for states and clubs, the GFWC Jennie Award is the only national honor that recognizes individual members for personal excellence. In fact, it is the highest honor bestowed by GFWC.

I wish to thank Annie Nelson who willingly took the lead on getting all the information together for this nomination. From the research I have done in our archives, I believe that Polly will be our club's first nomination to this prestigious recognition. It is well deserved.

Polly has been a member of our club for over 45 years. She has done so much and served so many. For us she started the Flea Market fundraiser, she served as our president from 1984 to 1986. Served as our CIP co-chair for over 20 years. She served two terms on our Board of Directors and two terms on our Finance Committee. She is of course best known for Barts and fundraising for the Laramie Plains Museum.

She also put many of her fundraising efforts into the Laramie Hockey scene. She chaired the efforts for *Roof the Rink* raising \$33,000 worth of equipment and organized the trucking of that equipment to Laramie. For this work she won the Community Service Award in 1991 which was sponsored by the Laramie Lions Club and the Laramie Daily Boomerang.

Polly was a member of Zonta from 1975-1997. There she served as secretary, Chaired and co-chaired Holiday magic.

We are honored to still have Polly as one of our members. She is much deserving of this recognition and we wish her the very best as her nomination will now go from us, to State, to Western Region and on to National.

Things to Remember

DONATIONS NEEDED:

Interfaith has a need for plastic bread loaf tabs and large veggie ties (the kind with a square label in the wire). These are used to help drivers deliver the correct grocery bags for

home- bound clients. Egg cartons and spices are always needed. Thanks for your help!

Thank-you.



Drop off donations at the front desk of the Eppson Center by June 1, 2023

Student Support Services (Homeless Students)

Bring your unwanted household items to our meeting in May! Kitchen items, home décor, it is all welcome! Lisa Theis our Student Support Team Liaison will use them to help homeless families. Also, regular size shampoo/conditioner, and travel size deodorants are helpful items for homeless students. Sorry, we can't take large furniture, electronics, large sports equipment – like exercise bikes, etc. Thank-you! Questions, please see Annie Nelson.

NU2U

Don't forget that you can still contact Ina to get clothing and such donations to NU2U for sale. The money earned through this program is funding our department. This is one way that

you can continue to support LWC through the summer months when we don't meet.

Pop-top Tabs:

Please save those little metal tabs on soups, sodas, etc. and drop them off at a meeting. Ronald McDonald house will take them (in big batches) and it supports a family's one-night stay.

State Conference News

New By-laws and Standing Rules were approved. As soon as the final edits are completed they will be found on our State Website. We had both a Constitution and a set of By-laws that in several cases were at best confusing or at worst contradictory. This was resolved by working through both documents and setting forward the new ones. The possibility of doing away with the State Youth Art Contest was also discussed.

However, it was voted on to continue with this tradition. And on that note our club entries, from our students, were quite successful, with 1 Best in Show, 2 – 1st Places, 2 – 2nd Places and 2 – 3rd Places.

End of the Year Reporting was a major discussion as well. Reasons for why club members don't like writing them and ways in which this could be overcome. These reports are important at the club lives to record club activity for the future. At the State and National level these reports are important for ensuring our not-for-profit status. When audited, the information provided in them provides proof of our service to the community. GFWC is starting their first Annual Day of Service on September 30th. We as the state and each of the clubs is invited to participate. The focus of this day of service is to Solve the Hunger Problem. The state has already registered their participation. Since this day coincides with our Fall Workshop in Riverton, members attending that event will be invited to participate in a project focused on the Riverton Community needs in this area. Our club is encouraged to come up with a project of their own and participate in the Service Day. State Department Chair of ESO, Deb McCahn, was brilliant with highlighting ESO projects.

She had a brilliant idea of buying books from the local library. She had excerpts from the books printed on the wrappings and we were allowed to pick our books based on those excerpts. I think I chose well, as I got a mystery novel and I do enjoy those. The Wine, Cheese and Art event was very nice. I don't have the final figure of the amount of money that was raised, however. All but one item sold and the local reporter came and interviewed us for a large spread in the local paper. All in all it was a very good conference.

Interesting Factoids for the Month

May is the official month of spring in the Northern Hemisphere, and so far it has lived up to it with beautiful days.



May of course has May Day, Cinco de Mayo, Mother's Day and Memorial Day.

In the very recent weeks we have had Sharon Hand's daughter pass and she was suffering with ALS. Janine Kropf's husband has suffered a series of strokes and we all know the struggle our community has with Mental Health issues. So consider your awareness and knowledge of these issues in the coming months and keep our members, as well as Sharon Yovich and her family in your thoughts and prayers as they move through the changes in their lives.

ALS Awareness Month

ALS AWARENESS MONTH

June 2017

<h3 style="margin: 0;">WHAT IS ALS?</h3> <p>ALS IS AMYOTROPHIC LATERAL SCLEROSIS</p> <p>A - absence MYO - muscle TROPIC - nourishment LATERAL - side SCLEROSIS - hardening or scarring</p> <p style="font-size: small;">Source: ALS Canada</p>	<h3 style="margin: 0;">FACTS:</h3> <ul style="list-style-type: none"> ALS is a fatal disease with no effective treatment and no cure. ALS is the most common cause of neurological deaths in Canada. Approximately 2500-3000 Canadians over the age of 18 presently live with ALS.
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Spectrum HEALTH CARE
 Seniors for Seniors
 Spectrum PATIENT SERVICES
 Spectrum EVENT MEDICAL SERVICES

American Stroke Month

STROKE BY THE NUMBERS

Every **40 seconds** someone has a stroke

55,000

About 55,000 more women than men have a stroke each year

1 in 4 strokes are in people who have had a previous stroke

#5

Cause of death in the USA

80% OF ALL STROKES CAN BE PREVENTED

Together to End Stroke™

Mental Health Awareness Month



Be Kind to Animals Month
Historic Preservation Month

The Albany County Historic Preservation Board is sponsoring an event on June 2nd, 4pm – 7pm. You can get your wrist bands/tickets for \$10 at the Cowboy. Your ticket will get you discounts. Experts at the various bars will be telling the history of the buildings and businesses, so even if you don't want to stop and have a drink, it will be a fun and informative evening if you are into history.

Craft Group

Upcoming Meeting Dates at the Alice Hardie Stevens Center

Monday, May 8th 1 – 3 pm
Monday May 15th 1 – 3 pm
Thursday May 18th 1 – 3 pm
May 22nd 1 – 3 pm

All are welcome even if you can only come a short time. See you soon!

AT THE MAY MEETING!

In May the craft group will give you a first opportunity to buy before we sell craft items to the public in July. Come check out our table, we have cool items!

Wyoming History

Typically, state parks are places for relaxation and lighthearted fun. One State Park, however, has the shadow of tragedy darkening its history. You'll find Lake DeSmet in Wyoming near the base of the Big Horn Mountains, and although pioneers and travelers through the area came across it as early as the 1840s, Native Americans have known about it for generations. With a history of eerie incidents, the lake is the setting of an Indian legend that will give you chills.

The lake was named for Father Pierre Jean De Smet, the Jesuit priest who is credited with being the first white man to set eyes on the lake. He was accompanying fur trappers through the area at the time.

Wyoming folklore tells tales of a Loch Ness-type creature that supposedly lives in Lake De Smet, swimmers have been reported to disappear beneath the water never to surface again, animals become frightened and won't go near certain areas of the lake, and it's said that unnatural noises can be heard there at night.

One Native American legend tells the tale of a tribe of Indians that set up camp on the shore of Lake De Smet. Little Moon, a young warrior from the tribe, made plans with his sweetheart, Star Dust, to meet at the edge of the lake under cover of night after everyone else was asleep. Little Moon arrived early and sat looking over the lake as he waited for Star Dust. He noticed an odd bank of mist hovering over the lake and, as he watched, it formed into the face of a beautiful maiden who smiled at the young brave and beckoned to him. Little Moon was so entranced with the beautiful woman in the mist, he barely noticed Star Dust when she walked up beside him. The apparition had Little Moon so spell-bound that he angrily shoved Star Dust Away when she tried to place her arms around him in greeting. When the young man turned back to the lake, the vision of the woman was gone.

When dawn broke the next morning, Star Dust's body was found, drowned in the waters of the lake. It's believed that she plunged

herself into Lake De Smet, overcome by grief from her lover's rejection.

As retribution, Star Dust's father had Little Moon tied to a rock near the place where the girl's body had been found. He was left there at the mercy of the lake, the weather, and wild animals.

It's said that, even today, moaning sounds can be heard at the lake at night, and that they're the anguished keening of Little Moon.

Only in Our State



Dues Time

It is time to pay for our dues. Dues is still \$40 and is due no later than June 15th in order to have your information included in the booklet for next year. If you need to post it, please post it to Mary Mountain

Do you know where your \$40 goes?

LWC – \$ 16

State – \$ 9

National - \$ 15

On that note please fill out the included contact information sheet at the back of the newsletter. We want to make sure that all the errors are corrected and that all changes are incorporated. So fill this form out or email Linda Cavalli to get this information updated. Even if nothing has changed, please do this or you will get a call from a committee member to get it double checked.

Volunteerism

November Volunteer Hours - 325

December Volunteer Hours – 424

January Volunteer Hours – 331

February Volunteer Hours - 331

March Volunteer Hours – 700

April Volunteer Hours – 526

New Members

Please welcome our newest member to our club.

Ina Buckner

Flamingo A Friend



Get your Flamingo orders into Ina so that we can get these Flocks flocking around town.

At our March meeting we voted to support Laramie Cares and their need to redesign their website to provide valuable and easily located information for those in need of their services.

Ina Buckner & Cheryl Fleener

Committee Reports

Environment

Recycling tip: You say you don't have a reason to re-use bread loaf bags, bagel bags, tortilla bags or fresh veggie/fruit bags? Super! If you want, just shake out the crumbs then take them to your nearest park to put them in the dog walker, clean-up box located on a pole in each park. Undine Park, at South 5th St and Park St., has 3 poles around the perimeter and needs your plastic bags if your park is well-stocked.

Thank-you from dog-walkers in Laramie and for giving plastic bags a second use!

Annie Nelson had environmentally friendly products to pass out at our last month's meeting for Earth Day. Some of these products came from the company called Humble Brands and you can find their products at humblebrands.com. She also had products from NatureZway and Dr Tung.

Here is some information on the company's impact on the planet.

In 2020, Humble Brands joined "1% for the Planet", non-profit partnerships such as "charity: water", whose mission is to bring clean, safe water to people around the world, 6 wells funded so far, affecting 1,500 people; supported "Black Outside", a non-profit reconnecting Black youth to the outdoors, through camper sponsorships and donations of Humble Brands products. In 2023, partnered with "One Tree Planted" in areas impacted by forest fires in the southwest, USA, planting 1,771 trees. And, through Beam Impact customers can be part of the giving process by selecting where Humble donates 1% of their order. Headquarters, production and fulfillment facilities are all located in Taos, NM powered by daytime solar energy (hmmmm, guessing no battery storage...) since 2022.

Regarding our test trial of the products Bonnie Chavez, texted about the floss she took, Dr. Tung's Smart Floss, she liked the size of the box (good for traveling) and liked the cardamom flavor.

I have been trying the Dr. Tung's Smart Floss also and really like it. (3 total people took floss.)

On my own, I tried NatureZway Bamboo multipurpose 2 pack sponge: safe for all surfaces, odor free, chlorine free, super absorbent, 100% bamboo, hypoallergenic, pesticide free. Love all those features but the cover wore out within 30 days of daily use and the last week of the cover, small food particles were getting clogged in the cover so it was time consuming to pick out those little chunks of

spices, etc. so I'd not recommend that brand. (Someone took a Kind brand sponge, hope it is better.)

Also, I've tried 3 kinds of Humble aluminum-free deodorant with no alcohol, parabens, dyes or artificial fragrances in them and cruelty free, as well. I liked the smell of the 2 scented kinds (there are 5-6 scented kinds) but my skin didn't do well with scented deodorant so I'm using the Simply Unscented formula and am happy with that. The container is made from 75% post-consumer recycled materials plastic, made in Taos, New Mexico. (I believe whoever took the Humble deodorant had a paperboard container.) I recommend this product.

Annie Nelson

Education & Libraries

Educational Programs: -Children's author Jaimie Cannon visited Linford Elementary on Wednesday, April 12, and read her book, *That Pesky Pickle Saves the West*, to a group of 55 Pre-K and kindergartners in the school library. Jaimie was accompanied by her illustrator and father, Gene Schrader. The students listened intently and contributed enthusiastically when Jaimie asked them questions. Due to the generosity of LWC members, each child received a copy of the Pesky Pickle book. LWC member Irene Peach, who is a library volunteer at Linford, and School Librarian Stefanie Hunt both worked closely with me to help make this event a success.

With the support and approval of Linford Librarian Stefanie Hunt, I am now in the preliminary planning stages for two more educational programs at the school for the upcoming school year:

- The first is a goat program for kindergartners to be provided by J&J Second Chance (This is a Not for Profit business of two of our members Jennifer and Jana Clark). Kindergartners were chosen by Linford since that is the year students learn about farm animals. Irene

Peach spoke with Jennifer Clark about their programs and suggested to me that they might be a good fit for Linford. I've emailed them to learn more about their programs and if they might be willing to bring their baby goats to Linford in the fall. Jennifer and one of her ESA goats *Izzy* were available to attend our Board meeting and everyone was in support of this project. I've ordered a copy of the children's book, *Beatrice's Goat*, which is for ages 5-8. If the book is approved by Stefanie, I'll order a copy for each kindergartner.

The second program I'm working on will be for fifth graders. My son is an archaeologist for the State of Wyoming, and he has indicated that an archaeologist from their office should be available to provide a presentation about Wyoming archaeology and bring a display of artifacts during the winter. I've ordered a copy of the nonfiction book, *Accidental Archaeologists*, which is for ages 8-12. If the book is approved by Stefanie, I will purchase a copy for each of the 5th grade students.

The reason I am interested in focusing on Linford Elementary is because only 57% of the students scored at or above the reading proficiency level. For comparison, 72% of Slade Elementary students and 75% of Harmony students scored at or above the reading proficiency level. 32% of the students are minorities, and 37% of the students are disadvantaged economically. Also, LWC member Irene Peach has been a long-time volunteer at the Linford library, so LWC has been able to develop a cooperative relationship with School Librarian Stefanie Hunt through Irene's efforts.

I recently found a website, BulkBookStore.com, where I can buy bulk quantities of books for 35% to 40% off the Amazon price.

Bellamy Scholarship:

Laramie Woman's Club had three applicants for the Bellamy Scholarship for the 2023-2024 academic year – two females and one male. The review committee (Lynda Hidalgo, Bernie Horst, and Margaret Arth) met last Monday to discuss the three applications. They selected Evan Heck, who is currently a freshman at the University of Wyoming studying accounting and finance; he plans to graduate in May 2026. Evan is a graduate of Laramie High School; he works 40 hrs/week; he also volunteers as a coach for a youth women's hockey team and is a player for the UW men's hockey team. He took a gap year after high school to pursue higher level hockey on the East Coast. We plan to have Evan attend one of our Fall LWC meetings to enjoy lunch and chat with members.

Janice Pelton

Health and Wellness

Our Health and Wellness Committee's backpack project for ACSD#1 is almost complete. We plan to have 155 bags filled with 14 food items in each bag by the end of this week. We will deliver the bags to the school district the next week. Look for a poster at the May meeting that summarizes what our club has done to support the ACSD#1 Laramie backpack Program. The Thrivent Action Grants Bonnie Braisted and Linda Cavalli wrote helped support the project but our members who've donated time, money, food items, and encouragement made the successful completion of this project possible.

Thank you so much. *Linda Cavalli*

Art and Culture

We entered 12 pictures for the various sections and 7 of those pictures received winning prizes.

Best of Show - Hanne Lesley - 6th Grade

1st Place - Kavaya Thapa - 4th Grade and
Reagan Riggs - 8th Grade

2nd Place - Cindy Tiba - 3th Grade and Kauther
Saleh - 7th Grade

3rd Place - Danika Guyer 6th Grade and Chea
Clemence - 12th Grade

Art on the Lawn – July 16th

Western States Regional Meeting – August 26-
27, 2023 – Oregon

GFWC Wyoming Fall Workshop in Riverton –
September 29 - 20

Karen C Bard, President

307.343.6919

kcbard@charter.net

I really enjoyed this project under Art &
Culture. I will be soon meeting with all the 12
students to congratulate them on making the
state art contest and getting their pictures. To
be sent to the Boomerang in their area where
they feature activities section.

Ina Buckner

Correspondence and Birthdays

Happy Birthday!

Barb Hofmann (11), Darlene Olson (18), Jean
DeGennaro (18), Janice Pelton (24)

Correspondence

Cards were sent out to Sharon Hand and
Sharon Yovich regarding the loss in their
family.

A *Thinking of you* card were sent to Janine and
Check Kropf

Linda Cavalli

Future Events

Flamingo A Friend – May 1st – 30th

International Convention – June 10th-13th,
2023– Louisville, Kentucky Registration is
open

Summer Lawn Party at Iverson Mansion – June
22nd 1:00 pm



FLAMINGO a Friend!

Laramie Woman's Club is FUNraising with Flamingo a friend for **Laramie Cares**, a non-profit organization dedicated to Suicide Prevention. Each flock is \$20 to deliver. The recipient of the flock then calls 307-272-3562 to arrange removal/or they will be picked up the following day (A suggested minimum donation of \$10, if you wish) But, passing them forward is a donation of just \$15!. Make your check out to Laramie Woman's Club (or LWC), place this sheet and your donation in the envelope, and tape it to your door when the flamingos are picked up the next day. The Laramie Woman's Club appreciates your generosity and the good humor shared!

Name (s) Phone # Person's address Donation total

2023-24 Budget

Laramie Woman's Club

Opening Balance

	2022-23 Budget	April 2022-23 Actual	2023-24 Budget
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Operating Income

Dividends	\$640.00	\$550.65	\$0.00
Donations	\$0.00	\$1,028.92	\$0.00
Dues	\$2,800.00	\$1,845.00	\$2,800.00
Cash Box	\$60.00	\$100.00	\$120.00
Awards (membership)			
Fundraiser - Operations			
Lunches	\$1,000.00	\$578.00	\$400.00
June Garden Party		\$100.00	\$0.00
Silent Auction	\$650.00	\$603.00	\$650.00
Bank Interest	\$12.00	\$40.54	\$300.00
Other			
Total Income	\$5,162.00	\$4,846.11	\$4,270.00

Operating Expenses

Administration	\$260.00	\$245.14	\$150.00
Bank Fees/bank deposit			
Luncheon Supplies	\$400.00	\$866.78	\$400.00
Cash Box			
Conference Expenses (President)	\$300.00	\$0.00	\$300.00
Dues & Assessments/state report	\$1,960.00	\$1,609.00	\$1,680.00
Dwisher	\$540.00	\$360.00	\$540.00
Guest Speaker Thank you	\$200.00	\$50.00	\$200.00
Fundraiser Expenses		\$277.36	
Membership	\$20.00		\$100.00
Other	\$100.00	\$954.32	\$0.00
Printing/Stationary/postage	\$275.00	\$467.35	\$450.00
Scrapbook	\$50.00	\$58.17	\$50.00
Transition Supplies	\$0.00		
Silent Auction	\$10.00	\$0.00	
Special Projects			
GFWC Endowment Fund	\$25.00	\$25.00	\$25.00
Mary Brook's Ed'n Fund	\$15.00	\$15.00	\$15.00
Paulina Hays Ed'n Fund	\$15.00	\$15.00	\$15.00
Ruth Clare Yonkee Ed'n Fund	\$15.00	\$15.00	\$15.00

Total Expenses	\$4,185.00	\$4,958.12	\$3,940.00
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Projected Surplus for May 31	\$977.00	(\$112.01)	\$330.00
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