



*Annual Meeting: The GFWCW Annual Meeting was held in Laramie April 25-27. Larks in attendance were Patty Benskin, Mary Lee Dixon, Trish Peoples, Karen Kent, Flo Beville, Barb Robertson, Kristin Riley, Starla Sexton and Deb McCann. A lot of solid business was conducted and it was a very fun time (A few of us learned to Line Dance) The new Officers were installed. They are: Karen Bard, President (Laramie Women's Club); Karen Kent, President Elect (Meadowlarks), Katherine Van Dell, Vice President (X-JWC), Devon Kellerhall, Secretary, (Fremont County), and Susan Arguella, Treasurer (Sweetwater County). It's nice to have different clubs across the State represented.*



*May's Birthday Girl is Starla on the 27<sup>th</sup>. HB!!*

*Which One Are You? - Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed. Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire.*

*Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter.*

*The daughter moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.*

*Turning to her, he asked. "Daughter, what do you see?" "Potatoes, eggs and coffee," she hastily replied. "Look closer" he said, "and touch the potatoes." She did and noted that they were soft.*

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*He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.*

*“Father, what does this mean?” she asked.*

*He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity-the boiling water. However, each one reacted differently. The potato went in strong, hard and unrelenting, but in boiling water, it became soft and weak.*

*The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.*

*However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.*

*“Which one are you?” he asked his daughter.*

*“When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?”*

### ***Moral of the story:***

*In life, things happen around us, things happen to us, but the only thing that truly matters is how you choose to react to it and what you make out of it. Life is all about learning, adapting and converting all the struggles that we experience into something positive.*

***DID YOU KNOW? Hummingbirds*** - *Years ago Norm told me he never had Hummingbirds come to visit his property. Oh I said, if you hang the feeders they will come. So I began hanging feeders, and eventually, they came. I hang the feeders at the end of May, and they return. They usually travel alone or in small groups.*

*There are 360+ species and 15 in the US. They are the smallest bird in the world and weigh less than a dime. They are very tuned in meaning they have outstanding spatial memory remembering feeders years later. Hummers can remember what flowers they visited and can visit a hundred in a day. New species have been discovered as recent as 2017. The Calliope is the smallest in North America. One year I actually saw one perched outside my window but have never seen one since. Calliopes have purple stripes on their throat.*

*Hummers' heart beats can range from 500 to 900 beats per minute, compared to 60-90 for humans.*

*Hummers' migration is incredible. For example, the Ruby Red Throat will fly non-stop 500 miles across the Gulf of Mexico in less than a day. They migrate twice a year and are known to fly over 5,000 miles a year. Hummingbirds cannot walk. They can only perch or scoot sideways. They can also fly backwards, the only bird able to do so.*

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*And they can also beat their wings 50 times per second. Hummingbirds existed in Europe 30*



*million years ago.*

*Source: Internet, American Bird Conservancy*

*Speaking of birds, a little birdie told me that our own Sue Tardif was nominated and won the Blue Federal Credit Union Blue It Forward Award. This is recognition for doing good in the community. And another birdie told me that Laurie Pessetto won an ESO award at the Annual Meeting in Laramie for number of books read for 2023. CONGRATS LADIES!!!!*



*Ladies Line Dancing. Left Starla and Kristin, Right you can just see Karen's head popping up*



*Trish displaying her parting gift. Trish served two years as the GFWCW President.*



*Karen Kent after being Sworn in as President Elect of GFWCW. Karen served two years as the GFWCW Vice President and now has been elected as the President Elect.*

*Stay Safe and “See You” Next Month!*