



GFWC X-JWC
 Member of the General Federation of Women's Clubs
 GFWC.ORG



HOTLINE

MAY 2025

HAPPY 85TH BIRTHDAY X-JWC!



***Celebrate, recognizing X-JWC's 85 years! Flash from the past program!
 Don't forget your hat!***

President Patty Benskin

Happy 85th Anniversary XJWC!

I am looking forward to our May 6 meeting, as we will be celebrating our past and looking to our future. We will have a birthday cake and are encouraging everyone to wear a hat! We will be installing officers for the 2025-26 club year. It should be a fun time!

We also be presenting checks to the Cheyenne Animal Shelter and Safehouse.

The club will take a bit of the break over the summer but will get together in August for our annual summer picnic. Stay tuned for further information.

Please let me know if you have ideas for service projects or social activities.

During the summer, we will meet at some point and discuss club fundraising projects for the next year.

I hope to see all of you at the meeting!

MAY GENERAL MEMBERSHIP MEETING, Tuesday, May 6, 11:30, Red Lion Inn. Menu: Salad, Meat Loaf, Mashed Potatoes, Corn, Rolls, Cobb or Chef Salad. \$15.00 Enjoy BIRTHDAY CAKE AND ICE CREAM!

OUR HISTORY – Bev Campbell has arranged a fun, short history of X-JWC.

DONATIONS REQUESTED: If you would like to donate we will be collecting new or gently used toys for Safe Harbor, children's justice center.

PRESENTATION OF CHECKS to our CIP projects recipients, the Cheyenne Animal Shelter and Safehouse Services. Each will receive \$2324 from our 3 fundraisers – Meadowlarks Market, Texas Roadhouse, and Big Bunco Party. Great work X-JWC members!

INSTALLATION OF 2025 – 2026 OFFICERS. President Patty Benskin, President Elect Karen Kent, Vice President Pam Nelson, Secretary Nancy Krois, Treasurer Phyllis Salzburg.

PRESIDENT’S PROJECT - During 2024-2025 club year you have donated \$208 to date for Friends of Foster Families, **President Patty Benskin’s special project**, from the spare change you put in the jars on the meeting tables. What a generous group!



ENVIRONMENT COMMUNITY SERVICE PROGRAM, Phyllis Salzburg, Jenny Mullin, Co-Chairman.

SOCKS from X-JWC – 17 pounds of old, unwanted socks -- were delivered to Jax Outdoor Gear in Ft. Collins for Smart Wool’s 2nd Cut Earth Day project! **Many thanks to club members from Jax shoe/sock department manager.** Smart Wool provides collection boxes to participating retailers for this project. Companywide, JAX seeks ways to make positive contributions toward resource conservation and environmental protection, prioritizing brands which value conservation and minimize their negative ecological impacts. JAX has recycled millions of pounds of material.



PLANT SALE - Arboretum Plant Sale – June 7, Cheyenne Botanic Gardens. CBG members 10:00 – noon; open to public 12:30 – 2:00 pm. Trees, shrubs, and fruits that have been tested in the High Plains Arboretum will be available for purchase. Proceeds will benefit the Aboretum.



Take some time to visit the Cheyenne Botanic Gardens. It’s beautiful this time of year!



HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM, Katherine Van Dell, chairman

Oh, the sun feels wonderful! It warms our skin and right down to our bones. Yes, the sun feels wonderful after we’ve endured the cold winter months and the spring and summer months move into our lives. However, that sun can also be our enemy especially the older we become. So...

Tips that can help keep your skin healthy:

- Limit time in the sun. Try to avoid being in the sun during times when the sun’s rays are strongest.
- Use sunscreen. Look for sunscreen with an SPF (sun protection factor) of 15 or higher.
- Wear protective clothing and sunglasses.
- Avoid tanning.

What is the best skin care routine for summer? An ideal summer skincare routine includes using a lightweight, non-greasy sunscreen, hydrating with an oil-free moisturizer, and cleansing twice daily to remove sweat and excess oil. Exfoliation should be done 1-2 times a week to prevent clogged pores.

ADVOCATES FOR CHILDREN, Nancy Krois, chairman. [Happy May and Celebration of GFWC X-JWC's 85th Anniversary](#). Thank you to all of you who took blue pinwheels to plant around your part of Cheyenne. Big thanks to Karen S who let me hand them out at Bunco. On April 7th I attended the ceremony at the Capitol where Governor Gordon signed the Child Abuse Prevention Month Proclamation and planted [blue pinwheels](#) on the Capitol grounds. It was fun to hear Bev Rogers and Toni Greene talk about when they planted pinwheels with their kids at the Capital. I also put pinwheels at Youth Alternatives.

If you are out and about this summer with young children, don't forget about the Children's Museum or the Depot Museum. Paul Smith Children's Village at the Botanic Gardens, County Library and the WY State Museum are big hits with the kids at no cost. Have a great summer.



WAYS AND MEANS, Big Bunco Party was held April 12, 2025 at the Moose Lodge. 64 players showed up and enjoyed rolling the dice for the Cheyenne Animal Shelter and Safehouse Services. The club cleared \$1251 for our CIP projects. Thanks Karen Schroeder, Chris Ryan, Cindy Hardesty, Karen Lee and Susan Reagan for heading up the event and all our generous members who donated, attended and recruited to help make it a success!

MEMBERSHIP

May birthdays: Chris Ryan 5/1; Joanne Bassett 5/8

Summer birthdays: July: Phyllis Salzburg 7/1; Karen Lee 7/16; Loretta Humphrey 7/18

August: Toni Greene 8/4; Karen Kent 8/8; Becky Hart 8/9; Janice Torrance 8/12; Cindy Hardesty 8/14; Carolyn Turbiville 8/23; Bev Campbell 8/31

COURTESY, Bev Campbell for Pam Nelson. Pam had a bad fall, Donna Newland had a heart attack and had a stint put in, and Karen Schroeder had serious hand surgery.

BUNCO. Wednesday May 14, Moose Lodge. Lunch 11:30 (bring your own), bunco 12:30.

X-JWC SUMMER PICNIC!

Please come and join the club at our annual picnic on **August 5th** from 11:00 am to 1:00 pm. We will be meeting at Mylar Park. Please bring a dish to share, a salad,



main dish or dessert. We will eat lunch and play a rousing game of BINGO. I hope you all will be able to make this event. If you have questions call Lucy Russell-307-631-3611.

GFWC WYOMING 2025 STATE CONFERENCE

The conference was held April 26 and 27 in Rock Springs, Wyoming. On Friday prior to the start of the conference, many attendees enjoyed a fabulous tour of Flaming Gorge. Friday evening members of the Women's Club of Sweetwater County arranged a public event, Authors and Artists, which included hors d'oeuvres, wine and fun shopping at the tables of many very creative vendors, and visits with authors who were there in person! A very nice introduction to the Sweetwater County community.

X-JWC received a number of awards during the conference for work well done in 2024.

A new **Resolution** was passed at State Conference concerning banning or reducing the use of smart devices in schools and increasing the age that children are permitted to download apps from 13 to 16 years old. The resolution will be forwarded to the GFWC Resolutions Committee to be considered for incorporation into our national GFWC resolutions.

GFWC-W President Karen Bard is working on a retreat June 18, 2025 to the **Heart Mountain Interpretive Center**, WWII Japanese American Confinement Site, Powell, Wyoming. Trip may also include trip to Buffalo Bill Center of the West in Cody. More information to come.



Wonderful tour of Flaming Gorge prior to State Conference arranged by Women's Club of Sweetwater County. See any familiar faces?



Left: A short hike by touring club members.

Right: Flaming Gorge.

