

Wyoming News Blast

May 2019



Proud GFWC members

Since 1904

GFWC Wyoming President's Message - Mary Lee Dixon



Be Silly—Be Honest—Be Kind

May has arrived and usually spring is here also. Not in Wyoming with another round of wet/snowy weather this week predicted but sunny skies are ahead! In more ways than one, I might add. This is the end of most clubs' year. However, we federated a new club at the state conference which is a summer only club. They are single purpose and meet only from May through September. Here is their Federation Narrative.

During the summer of 2018, the Laramie Women's Club along with Women's Civic League of Cheyenne collaborated on a project at the Cheyenne VA facility. They were planting flowers and putting in a horseshoe pit for the clients of the Residential Rehabilitation Treatment Program. Being as Civic League was on summer break, and monies were needed to complete the project, the Veterans of Foreign Wars contributed money to get the project completed. During the backbreaking work in 90-degree heat, the discussion turned to filling the gap with a club that would do projects in summer and meet to accommodate those women who wanted to remain engaged in their community but only came back to Cheyenne during the better weather months.

As time went on, I received a call from Trish Peoples on how to write bylaws for a new club and things necessary to be in it. I got the draft document from her in January or February of 2019 and sent it to the GFWC parliamentarian for review. The bylaws came back with suggestions, and the bylaws were created. Discussion continued with a core group of women (as per GFWC bylaws 6 members were needed to start a new club) to create this club. The target date for federating was 2020.

In March of 2019, a group of interested women got together to see if the interest was there to organize and federate earlier. The group decided they didn't want to wait so laid ground rules for membership and fees for dues. Dues were collected and forwarded to GFWC International along with new club application. GFWC-W bylaws stated the bylaws and club roster be forwarded to the state membership chairman who in then forwards it to the state President Elect.

The executive board met and was presented the new club application for federation. It was voted on and passed. It is my pleasure as Wyoming State President to introduce you to the newest club in the state – GFWC Meadowlarks. Their President is Flo Beville, shown below (left) during the ceremony performed by Ann Norwood (right).



Recently I served on the committee to choose the GFWC-W scholarship winners. Chairman Wendy Owen did a marvelous job in contacting every high school in the state to get the word out and get applicants. I guess it ebbs and flows but this year there were 40 applicants for the three scholarships given. Thank you, Wendy for your hard work and time.

Speaking of hard work and time, I would like to thank all the members who helped with the state conference. The chairmen of the various committees, the board of directors and the “behind the scenes” members who made everything run smoothly. The conference was a different format this year, simplified and sleeker. Still many awards were given, laughter was heard throughout the day, issues were clarified, and new friendships were formed. We collected 136 items of food for a Saratoga church and 80 Dr. Seuss books for children on the Wind River Reservation,

Please mark your calendars for NEXT years’ convention in Cheyenne, April 23 – 26, 2020. Our international President, Mary Ellen Brock, will be our honored guest. Additionally, the GFWC-W Fall Workshop will be September 21, 2019, with the Yoder Women’s Club hosting the workshop at their community center.

Reminder: I have tickets for an opportunity to get \$200 towards the Western States Region Convention this September in Idaho. They are \$10/each or \$20 for 3. The deadline for buying them is June 10, 2019. Please contact me if you are interested.

March of Dimes

Fund received 1,577 dimes from a couple of private donations both at the conference and afterwards. We aren’t there yet but keep plugging away at our target of 90,000 dimes. Thanks to all the individuals and clubs who are taking part in this effort. Your club challenge is if you collect \$500 in dimes, I’ll come pick them up and you do not have to convert them to a check!

Silly Calendar Day for May (Candy Month)

Monday, May 6 - No Diet Day (hopefully you indulged!)

Tuesday, May 14 – Chicken Dance Day (still popular in Germany!)

Wednesday, May 15 – Straw Hat Day (Do you even own one?)

Thursday, May 23 – Lucky Penny Day (...or how about dimes?!)

Friday, May 24 – Tiara Day (every club woman should have one!)

Monday, May 27 – Sunscreen Day (Use it – Use it – Use it!!)

Wednesday, May 29 – Put a Pillow on your fridge Day to bring Good Luck Day (sounds weird but give it a try – can't hurt)

Quirky Fundraiser for the month: Mini Yard/White elephant sale

Set up a table for “collectables” with a suggested price; someone’s trash may be your treasure! Donate proceeds to the March of Dimes initiative.

Have fun! Be Silly! Be kind to your fellow club members.

In Federation,
Mary Lee Dixon
GFWC Wyoming President



The Laramie Woman’s Club took “The March of Dimes” to a whole new level!

Club and District News

West District Liaison Leslie Jo Gatti

The Farson-Eden Progress Club will be hosting their annual Fruit Basket Luncheon next week for their community seniors. One of many examples of how they are truly a community Club. The Bridger Valley group has hit a motivational stumbling block with the impending move of one of the committee members. For now, it is just a little bit of a slowdown. The Woman's Club of Rock Springs is planning for the installation of their 2019-2020 officers. Their summer will be busy with a yard sale, International Day, a monthly readers' social gathering, and a weekly Farmers' Market booth. A few of their members will be in Austin for the GFWC Convention. All of the Western Wyoming women have been enjoying the warmer weather. No one has had to shovel snow for a couple weeks.

Rock Springs Woman's Club President Marcia Volner

We welcome our new club in Cheyenne: the Meadowlarks!

As for us, we have our installation of officers coming up on May 21st. Our summer is busy with several activities. Please feel free to join us! On May 21, we participate in Rock Springs City Wide Cleanup Day by meeting in the parking lot near exit 107. There is a free luncheon and prizes given by the city following. June 15 will be the first of two planned yard sales. The second will be in September. July 13 brings International Day. We will have a booth and be recruiting new members as well as working to earn money for our club projects. Every Thursday from 4-7 PM, starting July 12th and ending August 29th, we have a booth at Farmer's Market in Downtown Rock Springs.

It was so great to see everyone at the State Convention in Saratoga. Hope everyone has a wonderful summer.

Laramie Woman's Club President Annie Nelson

Women of Wyoming Book

The Laramie Woman's Club is working on a book to celebrate the Women of Wyoming. They would like to have every woman in Wyoming to have the opportunity to participate by submitting a story of their own or something they have read (written by a woman, for women, about women) that has inspired you. They need our help to get the work out. A flyer that you can circulate to your members is attached to the News Blast. Print them out, and put them in the hospital, the library, the civic center. Send them on to other women's groups that you are aware of, you church, the woman's voting league. Put it in the VFW, we have women veterans and those that are men, usually have wives.

The objective this year is to get the word out and to start collecting stories. We will be updating you on the project throughout the year. But we are working hard to have the book available by September 2020. So please share the flyer anyway you can. We can read about the women

who have gone before us. It is time to capture new things of the women of Wyoming to share with the women of today and the women of tomorrow. Have questions, need help? Contact Karen Bard by email at SpiritProject@charter.net. The more women we get to participate, the greater this book will be.

Year of the Western Woman Calendar

As some of you may know who attended the State Conference in Saratoga, the Laramie Woman's Club would like to invite all clubs to participate in a **Year of the Western Woman** Calendar Fundraiser.

The Laramie Club is putting a 15-month Calendar together to run from November 2019 – January 2021. We are asking each club to participate by researching a Woman of History from your area, if she was a member of your club at one time, all the better.

We are asking you to do the following;

- Provide an historical picture of your Chosen Woman (Pre 1923 for copyright purposes)
- Provide a re-enactment picture of your Chosen Woman with one of your current Club members
- Provide some bullet points as to what your Chosen Woman contributed to the State, to your Community etc.
- Provide any events that are occurring in your community to commemorate the Year of the Woman during the calendar dates.
- Provide bullet points of contributions your Club has made to your Community or to Wyoming to be included on the back page of the calendar. We want to toot our own horns to let everyone know the contributions over the years of the Federation of Women's Clubs.

In return, we are going to give you 25% the net profits of any calendar that is bought or sold by women of your chapter. Attached to the News Blast is a flyer with project deadlines and guidelines. If you have any questions you can contact the Calendar Coordinator, Karen Bard, at kcbard@charter.net.

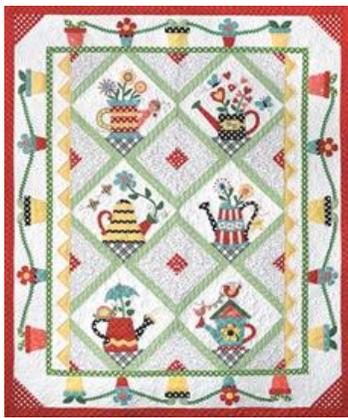
In order to do our planning, we need to know by May 15th if you wish to participate in this fundraiser. All information would need to be provided by September 1st so that the calendar can be available for sale at the Fall Workshop which is scheduled for September 21st. We want to celebrate not only the clubs but historical women throughout the year. We hope you will join us in our project.

Whether you decide to participate or not, we would also like all club members to help us win a donation from Toyota Cares during the month of June. Everyone in the state can help us by voting either by text and/or Facebook. Again, a flyer explaining how to do that is attached. If we could ask that this is circulated to all your members it would help us underwrite the costs of the calendar, thereby increasing the net profit for your club if you are participating.

We wish you all the best as you complete another year of helping in your communities, and hello to our newest sister club in Cheyenne, The Meadowlarks Club, with Flo Beville, President.

GFWC Meadowlarks President Flo Beville

As the newly elected President of the “Larks” we are excited to start our selected project for this summer. We had a meeting in May, and we will be painting two rooms at the local COMEA House (Homeless Shelter). We have many other project ideas for the future and are currently planning a garage sale. We are a small but mighty club, and we hope to make a positive footprint in our community.



GFWC X-JWC President Trish Peoples

Our club wants to thank all the GFWC members who bought tickets for the X-JWC quilt raffle. The quilt brought in \$1,800 to add to our fundraisers for CIP. The drawing was held at our Board meeting on April 30, 2019. When Bev Campbell called the number on the ticket, a man answered the phone and when asked to speak with "Becky," he said she didn't live there. Bev mentioned that Becky had the winning Quilt raffle ticket. He then told her that his mother Becky lives in New York and she was here visiting when they were at First Interstate bank, and they both bought tickets. His mother told him that if she won, he had to give it to her. He said the timing was perfect, as he was going to New York to visit her for Mother's Day, and he would take it to her. Bev was thankful she didn't have to mail it and that someone won who really wanted it! Great job, Bev!

GFWC X-JWC celebrated the 100th Birthday of one of our members, Beth Schieck. Also in attendance (and celebrated) were Phyllis Black (98), Iris Trosper (98) and Darlene Evans (93). X-JWC keeps us young!



GFWC X-JWC will have a booth at Cheyenne’s Superday on June 22nd. Stop by if you can!

Notes from the Board

Dean of Chairmen Nancy Kaufman

Congratulations to all the Club Merit Award winners!! At the Wyoming State Conference in Saratoga last month, it was my pleasure to present 51 Merit Awards for Service Projects and Advancement Areas to the clubs in Wyoming! A special award was presented to the Twenty-First Century Club for their support of the Carnegie Library in Newcastle. This remarkable club initiated the original grant of \$12,500 in 1909 to get the library built in their community. Since then, they have continued to support it through donations of books, computers, volunteer support, and baking countless dozens of cookies for receptions and events held there. Congratulations, Ladies!

At the same conference, Anniversary scrolls were awarded to 30 women who have served their GFWC Club for ten to seventy years! Thank you all so very much for your commitment to GFWC and our State.

A complete list of all recipients is attached to this News Blast. I would also like to sincerely thank, again, the Club presidents for their timely reports and the State Committee Chairmen who compiled the data and wrote the reports for GFWC International! You Ladies rock!

Membership Chairman Katherine Van Dell



United by Our Diversity: A few reminders as many of you are wrapping up your club year. This is a great time to recognize members, both seasoned and new, for contributions they have made to your club. You can further show appreciation by holding a summer social or picnic. A “Spring Fling” is also a great way to recognize new members, and to introduce your club to prospective members.

April 2019 State Convention: I thoroughly enjoyed seeing so many of my GFWC sisters in Saratoga. The conference was informative and fun. Hopefully you plan on using the membership survey that I presented. Truly appreciate those of you who completed it and returned it to me. I will email club presidents the instrument with the hopes you’ll use it and that the information retrieved will be beneficial to you and your members.

The GFWC Seasonal Recruitment for Recognition during the spring months of March, April, and May are due to GFWC by June 1. Please submit this report because every member will count towards our goal of 20% by 2020! Club presidents please remind your membership chairs of this important reporting date. Thank you!

Spring Recognition

Mar, Apr, May; report due June 1

Send reports to GFWC Recruitment Campaign, 1734 N Street NW, Washington, DC 20036-2990 and also to me, Katherine Van Dell, GFWC-W Membership Chair, 1732 Oxford Dr., Cheyenne, 82001-1663. Thank you!

Community Improvement Program Chairman Karen Brannon

In 1972, a Club in central Wyoming helped the Lion's Club with a Christmas lighting contest, and then put on a play. Another Club collected many pounds of cookies, books and magazines for distribution.

Home Life Chairman Phyllis Salzburg

There are at least two Home Life-related groups promoting awareness during May. The following is reprinted from the May 9, 2019 GFWC News and Notes concerning **Mental Health Awareness Month**. In a given year in the United States, approximately 1 in 5 adults experience mental illness, according to the National Alliance on Mental Illness. Despite that prevalence, mental illness is still stigmatized. Mental Health Awareness Month, observed in May, aims to end discrimination through education, support, and advocacy. Change starts with you this month!

- Invite a professional to discuss mental health at a club meeting.
- Support an organization that supports mental health.
- Volunteer at your local crisis center.
- Learn about signs and symptoms of depression and anxiety.
- Encourage your community to attend health screening events.

Use this month as an opportunity to start a dialogue about mental health with your friends, family, and neighbors.

National Skin Cancer Awareness Month: May is also the month to raise awareness about the most common cancer in the United States: skin cancer. While it is the most common, it is also the most preventable! That means with proper education, it can be avoided. How to Protect Your Skin:

- Put on broad-spectrum sunscreen half an hour before you plan to be outside, even if the day is cloudy. Remember to reapply every two hours.
- Stay in the shade when you can, especially between 10am and 4pm when the sun is strongest.
- Cover up with hats and UV protective sunglasses.
- Don't go to tanning salons. It's prom season, which means many of the young women in your life might be considering a trip to the tanning salon to get some color before the big night. Even one session increases the risk of skin cancer.
- Practice routine self-examinations. You can learn how to perform them and what to look for through the Skin Cancer Foundation.

This month, take time to protect your skin, and raise awareness in your communities so that everyone else will too. *(Also reprinted from a previous edition of GFWC News and Notes.)*

Seven Grand Initiatives' Tally

1. Number of trees planted by clubs/members on Arbor Day – 6 pending
2. Number of projects done for Women in the Military - 2
3. Pairs of Shoes donated for Soles 4 Souls - 252
4. Dr. Seuss books donated to city programs or GFWC HQs – 148
5. Number of projects done on MLK day – 2 (3 clubs participating)
6. Legislative Action Center sign ups – 13
7. Million Dollar Club (Capital Campaign – DC) - 0

GFWC Wyoming Initiatives' Tally

March of Dimes - We received 9,998 dimes--only need 80,702 more for a mile!

Marcia Volner wants to send out another reminder that she welcomes people sending her information to post on the State Facebook page. Then she can post pictures like this of our leader! Her email is mvwycoff@gmail.com. Also please invite your friends to like our page as the more people we have seeing it the more publicity we get. Hopefully this will lead us to getting new members as well.



One last thing. The winner of this fabulous quilt was Annie Nelson from Laramie Woman's Club.



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GFWC-Wyoming website: www.gfwcwyoming.org

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