



General Federation of Women's Clubs



W O M I N G

**Newsblast
May 2023**



**GFWC members
Since 1904**

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

I'm happy to report the GFWC Wyoming Conference was a great success! The Leading Ladies provided LEADS training, which was both enlightening and entertaining. We gave away a huge assortment of plants as door prizes and “talked trash” at lunchtime, while learning about our carbon footprint. GFWC Wyoming finished our new bylaws and standing rules, which will be on the GFWC Wyoming website by the end of May. We held a Youth Art Contest and a members' Photography Contest. Nine of our 11 clubs were represented, with our amazing club presidents reporting on club activities throughout the year. GFWC Wyoming gave out Club Creativity Awards in the following 11 categories.

Arts & Culture--Yoder Woman's Club--Art in High School
Civic Engagement & Outreach--Women's Civic League--Assisted Living Tea Parties
Education & Libraries--Laramie Woman's Club--Children's Author Visit
Environment--Women's Civic League--Sock Project
Health & Wellness--Woman's Club of Rock Spring--Walking Trails
Advocacy for Children--Woman's Club of Rock Springs--Stuff the Bus
Communication & Public Outreach--Woman's Club of Rock Springs--100th Anniversary
Fundraising--Laramie Woman's Club--Christmas at the Mansion
Leadership--Meadowlarks--Support of Veteran's Rock
Membership--Yoder Woman's Club--Coffee Time
WHRC--Laramie Woman's Club--Finding Archived Treasures

We gathered socks to turn into dog beds, bras to help the survivors of human trafficking and dimes for March of Dimes. We heard how the GFWC Wyoming chairmen are working to improve our organization and did some fundraising which involved beautiful works of art and a lot of fruit and cheese. Thanks to all who attended and assisted in making our time in Torrington worthwhile and fun!



The beauty of Wyoming was on full display as my traveling companions and I visited the clubs in Casper, Fremont County and Newcastle. During our trip to Fremont County, we were also on a mission to find the perfect place to hold our Fall Workshop. Although we haven't yet selected the hotel, we know the Fall Board Meeting will be September 29 and the Fall Workshop will be September 30 in Riverton. Mark your calendars!

In addition to the Fall Workshop, September 30 is the date of GFWC International's first Day of Service. Please read more at GFWC.org and sign up your club!

MARK YOUR CALENDARS FOR THE INAUGURAL

 **National Day of Service**

SATURDAY, SEPTEMBER 30, 2023

Living the Volunteer Spirit | www.GFWC.org | #GFWC23NDS

Help Us to End Hunger in the United States By
Volunteering, Donating, or Organizing a Community Service Project

Karen Bard – President elect

Trish sent me a link to an article in one of the bird apps that mentioned that in the 1920s the GFWC started the campaign to have the states select a State Bird. I did not know this when I selected my article theme of *What we can learn from birds!* My intent was to have our members consider that it takes all kinds of members with many different skills and personalities to make a club function well. I thought it was great that our very own GFWC was very involved in having the State Birds specified. All 50 states, the District of Columbia and the 13 provinces and territories of Canada have official birds. Only 20 of the 50 states have unique state birds. Wyoming shares the Western Meadowlark with 5 other states.

Digging a little deeper I read that we should probably nominate our state bird based on local wildlife. If you go by the prevalence of a bird in a specific location, the pink-tinged

Black Rosy-Finch is a great candidate instead of the western meadowlark to be our state bird. It is an incredibly hardy, high-elevation species. (That probably would describe many of our members as we also survive the long cold winters here) and Wyoming is where 63% of the global population breeds. Of course, comments on other webpages like the Birdist: State Birds, think our state bird should be the Greater Sage-grouse. I personally like the Western Meadowlark. I like the sound it makes, and its bright yellow breast makes it a wonderful bird to photograph.

But to (winding down) business. I do look forward to the summer months and having plenty of time to do my own thing. I do miss not getting together and seeing fellow club members once a month, if not more for projects and things, during the summer. So, I wish to leave you with best wishes for the next three months. It will be great to hear all the wonderful adventures that all our members have when we are back in September.



For all the new officers that are being installed in May, you do have some planning work to do during these three months. Programs to confirm, booklets to write, fun fundraisers to plan. If anyone needs any help with planning during the summer months we will be here. It just might take a little longer to respond.

I have at least two adventures with GFWC planned. They of course are the international conference in Louisville Kentucky in June and the Western States Region conference in Oregon in August. Hiking, camping, photography, visiting parents, seeing my grandkids in July (they are coming from Australia) and my youngest graduation from UniWyo with his double degree are also on my activities list. (Can't wait to see where he gets his first job.) Lots of excitement in store for me in the next few months. I hope it is the same for you!

Karen Kent – Vice President/Membership Chair

It is difficult for me to realize that I have been doing this newsletter for a year now. It has been truly enjoyable to see what all of our clubs have been doing and interesting to read the articles from our state chairmen. Many of our clubs are finishing up their “formal” year, however I intend to continue throughout the summer asking for articles and informing you of club and state happenings. I wish you all a warm and fun summer. Take lots of pictures to share with us in the fall. As we draw to the close of another club year for many of you I would like to report that at the end of 2022 the total membership for the state of Wyoming was 431. Only 4 months into 2023 the state membership has risen to 438. Keep up the great work of growing your clubs. If you need GFWC trifolds or any other kind of information that you can pass along to potential members, please let me know and I will send those to you. The GFWC Marketplace has been closed for awhile but it is now reopened and they have updated their member recruitment materials (I have not seen them yet)

Bev Campbell – Advocates for Children

In December I was asked to read a book to one of the classes at Buffalo Ridge. I was very impressed with the teacher and the 5-year-old children in her kindergarten class. I kept

thinking about that half hour and how good I felt while being there. After some serious thought I contacted the teacher and asked if she would allow me to volunteer. She was very glad to have me help with twenty-one kindergarteners! I strongly recommend giving some time to the schools at the grade level you are comfortable with. When I walk into the classroom, there are big smiles and I get a lot of hugs. There are several in the class that need special attention and help. When I am working with them, the teacher can help the other 15-19 kids who do not need extra help. After just 5 months of my few hours, those needing help are showing improvement and beginning to enjoy working on their lessons. Our Club members do a lot for the community with providing money, items when needed and working the fundraisers. That is needed and necessary, but there are individuals out there who need a person to care. Not everyone has someone to support and encourage them. Single Moms/Dads, older people, young teens, etc. It does not have to take a lot of your time, but what time you do give, I feel certain you will have an awesome feeling about what you did. The best example of someone who did this every day was our dedicated Carol Steinhour. She never failed to help someone or get help for them if she couldn't.

Leslie Jo Gatti - Arts & Culture Chairman

The 2023 GFWC Wyoming State Conference was held in Torrington on April 29. At this Conference the Arts and Culture Creativity Award was awarded to the Yoder Woman's Club. Before their last home basketball game, the Club members hung 128 pieces of Youth Art in the high school halls so the attendees could view the pieces. Each artist received a pencil and candy. At the Conference the State Board voted to continue Youth Art. All Clubs who contribute to GFWC Wyoming's Dollars for Art are authorized to enter the State contest for youth art for grades 3 through high school. In 2022, 6 Clubs contributed \$165. Three of the Clubs entered Art: Laramie Woman's Club, Women's Club of Sweetwater County, and Yoder Woman's Club. They displayed 33 pieces in four categories: grades 3-4, grades 5-6, grades 7-8, and high school. The 12 winners shared the \$165. I want to thank all the clubs for your donations. The Youth Art Program holds a prominent place with GFWC. I want to thank the judges who gave up their Saturday morning to judge the works. They are Jane Dorn from Lingle and Danielle Closs from Torrington. They took their assignment seriously, writing on each ribbon the best qualities of the piece. I want to thank all the Clubs who sent in reports in the area of Arts & Culture.



Barb Robertson – Photography Contest Chairman

The 2023 Wyoming State Photography Contest awards were presented at the GFWCW State Convention. The contest entries were due on February 28, 2023, and the judging took place



during the month of March. Two professional photographers, based out of Cheyenne and Boulder judged each photograph in each category based on the overall creativity of the subject and the quality of the photograph. In the event of a tie for 1st Place or Best in Show, a third photographer would have been requested to determine the winner. All 1st

Place winners will move on to the International Photo Contest! Congratulations to all our Winners and Many Thanks for all the beautiful submissions!

With 50 entries in the four (4) different categories, the judges had many amazing photos to select from! We would love to increase the entries for 2024, start snapping photos now!

THE WORLD IN PICTURES CONTEST

OUR WORLD UP CLOSE

1st Place and Best In Show: Karen Bard - Late Autumn Sweetness

2nd Place: Marianne Gatti-Fountain Dew Grass

2nd Place: Karen Bard-Skyline Cactus

NATURAL WONDERS

1st Place: Karen Kent – I am the Master of All that I See

2nd Place: Phyllis Salzburg-Low Tide

2nd Place: Marianne Gatti-Tree Rings

3rd Place: Karen Kent-Alaskan Native

REFLECTIONS

1st Place: Karen Bard – A Perfect Day

2nd Place: Marianne Gatti-Bear Lake

3rd Place: Karen Bard-Grandpa's Things

GFWC LIVING THE VOLUNTEER SPIRIT CONTEST

1st Place: Trish Peoples-Shoes, Socks & Bras

2nd Place: Joyce Bailey-Recycling Socks

3rd Place: Phyllis Salzburg-Tree Huggers



Phyllis Salzburg - Environment Community Service Program Chairman
2023 recognizes the 50th anniversary of the enactment of the Endangered Species Act of 1973. “A landmark piece of legislation that institutionalized our national commitment to conservation and the protection of imperiled fish, plants and wildlife and the places they call home.”

There are numerous success stories attributed to the ESA, one being the bald eagle. On the original endangered species list, important protections from hunting and loss of habitat were implemented. Long a symbol of our nation’s pride, the bald eagle came to the brink of extinction throughout much of its range in the 1960s. A reduction in its prey species and the introduction of the eggshell thinning pesticide DDT began a long-term decline which nearly wiped out bald eagles from the lower 48 states. As of 2021, the bald eagle population climbed to an estimated 316,700 individuals! Endangered Species Day

is celebrated the 3rd Friday in May – May 19, 2023. Visit <https://esa50.org/about-us/> for more information on the Endangered Species Act and the year-long celebration!

Flo Beville – Scholarship Chairman

We received about 30 applications for Scholarships. This year for 2023-2024 we awarded \$1,000 to the Mary N. Brooks scholarship and \$1,000 to the Ruth Clare Yonkee Scholarship. The committee met on April 25 and selected two recipients, and letters will go out the first week of May. We received many deserving and high-quality applications and it's amazing what some of our youth across Wyoming are doing.



Pam Hendricks – Health and Wellness

Representing GFWC Wyoming, WCLC and XJWC partnered and went to celebrate the Governor's signing of the Proclamation declaring April, Child Abuse Awareness Month. We participated in the signing and planted pinwheels in honor of Child Abuse Awareness.



Meredith Dexter - Fundraising Chairman

What a great weekend we had up in Torrington! A special thanks to Jan Hodgson and Jane Dorn for helping me work with the Southeast Wyoming Artists Association in getting artwork, blown glass and quilts to sell at our Art, Cheese and Wine Event on Friday evening. Thank you, also, to those who donated items for our Silent Auction. What great talent we have among our members. The staff at the Cobblestone Inn were so gracious and accommodating to us as well. To round things out we had some delicious goodies from the Bread Doctor to help satisfy our sweet tooth. Thank you to all who helped support our fundraising event, it was a great success.

Deb McCann – ESO Chairman



ESO “alive and well” at the GFWC-W State Conference in Torrington:
Back row: Laurie Pessetto, Nancy Kaufman, Beverly Yeik, Pam Crochet, Lucy Russell, Kathleen Peterson and Elsie Gray. Front row: Leslie Jo Gatti, Marianne Gatti, Bev Campbell, Judy Deyoung, Barbara Petersen, Phyllis

Salzburg, Jan Hodgson and Deb McCann. Not pictured: Karen Kent, Meredith Dexter, Barb Kuzma, & Denise Lathrop)



A shoutout to all members who participate in ESO, the GFWC reading program that exists specifically for the benefit of clubwomen! It was great fun to see many of you at the recent GFWC-W State Conference. Drawings were held for ESO items – book bags, bookmarks, books, and t-shirts - pictured on the left. Lucy Russell won the “grand prize” – one bag, one book, one t-shirt, one bookmark, and a mug (not pictured)!

*Happy Reading, until we meet again!
ESO State Chair*



Starla Sexton - Leading Ladies President

We had a marvelous Spring Conference!

Thank you to Nancy Kaufman, Trish Peoples, Phyllis Salzburg, & Mary Lee Dixon for speaking at the Mini LEADS this round. We spoke on Advocacy, the GFWC Website, and the Legislative Action center; the GFWC Day of Service that is coming up on September 30th and how to get involved and Friendsgiving; and the History of GFWC and how this ties into the Clubs. We had a discussion on reports and the challenges each club faces. So, we focused on solutions that may work for many. A couple of options could be that you have a report writing party to tackle the tasks and, of course, include some wine and yummy food. Wouldn't that be a fun event?! Another option would be for the President of each club to acquire an admin person whose sole purpose is to help each committee with writing and getting reports submitted each year. This admin could prompt committee chairs to keep up on project forms as each is completed and help schedule different events or parties to help the committees who want or need assistance. This could be a fun way to report what our Clubs are doing and remember what we have done throughout the year, which is very important to preserving history. Mary Lee and I had a little fun in a talk show format about the Top 10 Projects of each category submitted to GFWC International. Have you read though them recently? It is flat out amazing to see what is being accomplished throughout our organization. So many ideas can be sparked as we read through the various projects completed. By having our own reporting parties and sending up this valuable information we may spark another club across the Nation to do something great that impacts their community.

I am always in awe what we women accomplish when we come together and get our hands busy. It was a joy to hang out with all my sisters this weekend, thank you for the fabulous inspirations of what you are doing and the ongoing friendships. Hopefully you can utilize the ideas that came out of this wonderful weekend.

Karen Bard - Laramie Woman's Club President



In April our Library and Education Chair had another guest author (and Illustrator) come and read to the young children at Linford Elementary School. Jamie Cannon and her father Gene Schrader, the illustrator, came and the kids had a great time. The Pesky Pickle Saves the West was a big hit. I bought all three of her books for my

grandkids coming this summer. First thing I will be doing is buying them a cowboy hat to be just like Pesky. Jamie did an excellent job engaging the children and even asked them for their advice on future books. It seems that Pesky Pickle may be going to space. All the children got a signed and personally addressed copy of the book. Thank you, Janice, for the wonderful work you do.



We are having the induction of our new officers at our May meeting. This officer would like to say what an honor it has been to serve my club and to have such great support thought out my two-year term, not only from the officers and board members but all of the membership. It was hard work, but the fun we had made it all worth it. My heart felt thank you to everyone, and a huge welcome to all of our incoming officers and department chairs.

On June 22nd at 12:30 we will have a garden party on the Lawn of the Iverson Mansion. It is the closing of the club year, but we will also be celebrating the Barts Ladies and the closing of that era for our club. We are having fresh fruit and cupcakes from Sugar Mouse so if you would like to come, please RSVP to kcbard@charter.net



Deanna Frey- Casper Active Service Club President

The Casper Club met on April 21st and were happy to welcome President Trish Peoples and Vice President Karen Kent to hear a presentation by Ivonne Chavez, Family Self Sufficiency Manager for the Casper Housing Authority (CHA). Ivonne explained the programs available on the Life Steps Campus.

(Karen Kent, Deanna Frey, Trish Peoples)

The programs managed by CHA are a commercial kitchen that provides food for their childcare Kids Kampus, Casper Housing Authority Transitions (CHAT), and Transitions for women who have been in institutional Care. Programs managed by other organizations include the Unaccompanied Students Initiative, Health Care for the Homeless, and a day program for individuals with disabilities. As a bonus Ivonne provided a tour for us on Saturday to the CHAT program that provides housing and support to families who have been homeless and to the Unaccompanied Student Initiative program. We can't wait to start planning projects!



(USI house pictured with Ivonne Chavez, Deanna Frey and Trish Peoples)

Denise Lathrop – WCLC President

We here in Cheyenne have had a busy month. In April we reviewed and had a second reading of the revised By Laws and Standing Rules. The new rules will take effect June first. We also elected our new executive board members:

President - Claudia Wilen

President Elect - Kristin Riley

Vice President - Shelley Toll

Treasurer - Deb Fairchild

Recording Secretary - Lynn McLaughlin

Corresponding Secretary - Kristie Ackerson

Congratulations to our new officers.

X-JWC - Lucy Russell, President

Our club has been very busy in the Cheyenne area. We have plans this month to collect items for the Cheyenne Day of Giving. We continue to collect bras and socks for Free the Girls and Smart Wool. Last month we collected 15 bras and 58 pairs of socks.

The meeting in May will have the installation of officers. I will be continuing as president of the club, and I look forward to another year of leadership and working with my fellow officers and my board. Our CIP project for 2022 and 2023 is K9's for Mobility. We will be having Michelle from K9's for Mobility attending our meeting in May and we will be presenting her with a check in the amount of \$6,675. I am thankful for Karen Lee who has served as the fund-raising chairman for 7 years. This amount is 1 years' worth of fundraising. Nancy Krois through a suggestion from Karen Shroeder has met with the Pediatrics Ward at Cheyenne Regional Medical Center and will be donating blankets to be given to children when they are in the hospital. We have some activities planned for this summer. Bunko will continue during the summer. We will also be having a picnic in August. There may be some other activities this summer. I am looking forward to better weather and hope everyone has a great May and a great summer.

Marcia Volner -Women's Club of Sweetwater County President

We are starting to give out our holiday house money. Donations to Project Hope in the form of \$350 and \$520 in-kind donations was one we felt strongly about. We found out that there are 150 homeless children in Sweetwater School District #1 with 35 of these being unaccompanied minors. The members collected hygiene supplies, clothing and more at our April general meeting. Another donation went to the art box project that puts artwork wraps on power boxes around the town. We also donated \$300 to St. Christopher's Highway a program that helps stranded travelers in our area. A basket of

sewing supplies was donated to Young at Heart for their upcoming Casino Night Fundraiser.



2023 Spring Conference Highlights– Torrington



In keeping with the theme of Reuse, Repurpose, Recycle, door prizes were an assortment of house plants, herb and flowers in an assortment of glass and ceramic, cups bowls and serving pieces (creamer and sugar bowl). All of the plants were either grown by Karen Kent or donated by Cindy at Veteran's Rock. All "pots" were purchased at Veteran's Rock. There was a door prize for everyone in attendance.



Jan Hodgson from the Yoder Woman's Club was presented a special certificate acknowledging her service to the Yoder Woman's Club and Goshen County for 59 years.



Mini LEADS workshop with Starla Sexton and Mary Lee Dixon



Art, Cheese and Wine Fundraiser

I would like to thank everyone for the compliments and enthusiasm for the lunch I served. Below per popular request is my recipe. Bon Apetito

Creamy Chicken Tortilla Soup

- 1 Rotisserie Chicken
- 1 Bell Pepper
- 1 medium Onion
- 2 cans creamed soup (i.e. mushroom, onion, potato...)
- 2 cans milk
- 1 can chili beans
- 1 can black beans
- 1 can kernel corn
- 1 can hominy
- 16 oz. salsa verde
- 1 can chopped chilies

Chop pepper and onion. Saute until hot. Chop chicken and add to pot. Add all other ingredients (do not drain) to pot. Simmer for 30 minutes. Serve with your favorite accompaniments -- sour cream, cheese, tortilla chips, chopped avocado... This recipe makes a large pot of soup but it freezes well.

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GFWC-Wyoming website: www.gfwcwyoming.org

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