



Meadowlark Newsletter

October 2020

Since we are a new club, we thought it would be fun to feature one of our members each month to get to know each other a little more.

Let's get to know our Lark Nancy Kaufman!

Nancy is married to Steve and they have 2 wonderful children Alex (32) & Zach (30). Alex & Richelle have a beautiful baby girl Kinslee, her first grandbaby!!! EEEKS! Her family is complete with Bella the Boxer.

Nancy grew up in California but has been in Cheyenne since 1987. She loves traveling! Her most favorite visits were to New Zealand & Australia. If you have known her for a hot second it's no surprise one of her favorite hobbies is quilting, and she's fabulous at it! The other hobbies she enjoys are cooking and reading.

She also loves the Meadowlarks because we are all such awesome support and great "uppers".

Need for Faith United Methodist

This is one of the locations where we fill their food pantry. When gathering items think of ones that won't freeze so they are easy to store. They have a need for these items:

- Dry pasta
- Bottled water
- Individual cereal
- Cup-o-Soup
- Mac and Cheese
- Cuties
- Potatoes
- Some Canned goods like tuna, beans, or soup

Meadowlark Market

Aren't you just so excited for our 1st Annual Market???? Here's a few things we need.

Do you have any Halloween items that can be used for the Market coming up on the 31st? If you are out and about and see decorative Halloween items you wanna purchase for the Market, let Barb know.

Have you been working on craft items to sell? Send photos to Barb so she can have an idea of what items we will have. We are hoping to have access to the building the Friday evening before, an email will be sent out letting us know when to bring our items and info on getting decorations up. We will have a zoom call soon to discuss logistics and what yet needs to be done so we can be ready for the Market. Of course, if you have time to help with set up or on the 31st or/and can work the day of the Market, let her know as well.

I have included our awesome flyer, Thanks Nancy!!!

Have you filled out your survey? We want to know more about you, so if you haven't please return it to Barb. As you can see, we are featuring a member a month in this newsletter. The survey form is also included with this new letter as well is here below.

SURVEY – GFWC MEADOWLARKS

As we start another year of membership, some of us may know a lot about each other. Some of us may not. I thought we could fill out this survey and highlight a couple of us each month in our new newsletter.

Therefore, I would appreciate you giving this information. Please return to Barb.

If Applicable:

Spouse's Name _____

Kids' Names and ages _____

Grandkids _____

Pets – Kind and Names _____

Where did you grow up? _____

How long have you lived in Cheyenne if not from here? _____

Two favorite places you've traveled _____

Two favorite hobbies. _____

Anything else you want to share?

"JUST FOR FUN" DAYS IN OCTOBER

Oct. 4: International Ships-in-Bottles Day

Oct. 6: National Noodle Day

Oct. 16: National Fossil Day

Oct: 24–Nov. 11: World Origami Days

Oct. 25: Frankenstein Friday

How did October get its name?

October got its name from the Latin "octo", meaning "eight". If this seems odd to you, considering it's the tenth month in the modern-day calendar (Gregorian), that actually used to not be the case. It was once the eighth month (in the Roman Calendar) and the name simply carried over.

Fun Facts~



The Week of October 24th is Prevent Child Abuse Week. October 24th is wear purple day.

The Month of October is also Breast Cancer Awareness Month and Prevent Bullying Month.

Famous Women born in October

MAHALIA JACKSON: OCTOBER 26, 1911



Getty Images

The "Queen of Gospel" began singing when she was just four years old, at the Mount Moriah Baptist Church in New Orleans. Later on in Chicago, she sang with the Greater Salem Baptist Church choir and the Johnson Gospel Singers, and worked as a beautician, laundry worker, and florist before her recording career took off in 1947. She went on to perform at Carnegie Hall, tour Europe, and sing at President John F. Kennedy's inauguration. Jackson was also a noted Civil Rights activist, and performed at the March on Washington in 1963, just before Dr. Martin Luther King, Jr. gave his legendary "I Have a Dream" speech.

Autumn Recipes-

Fall Sangria

Makes 4 servings



- 2 Red Delicious Apples (cored then finely sliced)
- 1 Anjou Pear (cored then finely sliced)
- ½ Large Orange (sliced)
- 2 Cinnamon Sticks
- 2 tablespoons Honey
- ¼ Cup Apple Brandy
- 1 750-milliliter bottle White Wine (I used pinot grigio)
- add Club Soda (for serving)

Fall sangria is comprised of one bottle of white wine, some apple brandy (not expensive!), a couple of cinnamon sticks, apple slices, pear slices, and oranges. Finish it with a dollop of honey, let it sit for a couple of days (if you can), and that's it! Fall sangria is ready to drink!

Creamy Tuscan Sausage Gnocchi

This creamy Tuscan sausage gnocchi is the ultimate comfort food! Italian sausage, sun-dried tomatoes, spinach, garlic, cream, and fresh basil make the most amazing sauce.

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Servings 4

Ingredients

- 8.8 ounces Italian sausages crumbled
- 3 cloves garlic minced
- 1/2 cup chicken broth
- 1 cup heavy/whipping cream
- 1 teaspoon lemon juice
- 1/4 cup sun-dried tomatoes
- 1 pound potato gnocchi
- 1.5 cups (packed) fresh baby spinach
- 1/2 cup freshly grated parmesan cheese
- Fresh basil (optional) to taste
- Salt & pepper to taste



Instructions

1. Take the sausage meat out of the casings and crumble it into a deep skillet. Sauté the sausage over medium-high heat, breaking it up as you go along, until browned (about 5-7 minutes).
2. Stir in the garlic and cook for about 30 seconds.
3. Add the chicken broth, cream, lemon juice, sun-dried tomatoes, and gnocchi to the pan. Give it a good stir.
4. Reduce the heat to medium and cover the pan. Cook for 5 minutes.
5. Give the gnocchi a stir and then add in the spinach. Cover the pan again for 1-2 minutes until the spinach has wilted.
6. Stir in the parmesan and basil (if using). Ensure the gnocchi is cooked through and the sauce is thickened to your liking (cook for another minute or two if necessary). Season with salt & pepper to taste and serve immediately.