



Meadowlark Newsletter

June 2021



Happy (almost) Summer Larks!

June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.

Its birthstone is the pearl, the Moonstone and the Alexandrite. Alexandrite is said to represent longevity and health. Moonstones on the other hand are said to bring good luck and are associated with love and passion. pearls represent purity and faith. June's flowers are the Rose and the Honeysuckle.



Have you heard of the Nike Grind?

This is the used athletic shoe drive that the Meadowlarks are participating in. The shoes are repurposed as playground material. We have collected 362 pairs of shoes so far, and we have until June 30th to collect more. Got shoes you no longer wear? This is an excellent place to donate them to. Get those closets cleaned out girls!

Contact Trish Peoples for drop off locations.



Free the Girls –

Free the Girls is a campaign that exists to help women rescued from sex trafficking to live a life of true freedom.

So, how are Meadowlarks involved in this campaign? We are collecting gently used bras & have collected 240 so far, that will be donated to survivors to sell in the second-hand marketplace. By receiving a starting inventory from Free the Girls, the women are able to begin their own business and become an entrepreneur in their own communities. When we donate just 4 bras, we are providing a living wage for a woman in the El Salvador Program. When we donate 200 bras that is a half month's inventory for a woman in Mozambique. How cool is that? Who has bras you want to donate? Contact Trish or Flo as to where to drop off! If you want to read more info about this campaign go to freethegirls.org.

USI The Burn Event Thursday 6/11/21-



The “Feel the 277 Burn” free family fun night will be hosted by the Unaccompanied Student Initiative from 5:30 to 9 p.m. June 11 at the Cheyenne Frontier Days Garden Amphitheater. Creek City Band will provide fabulous music, and there will be food, drinks, games, booths, raffles, and a silent auction. Sounds like a super fun event and as usual for a

fabulous cause!

This is the wonderful Meadowlarks basket of Wyoming items we put together for the silent auction. Awesome job ladies!!!



Local Pantries-

We have been contributing to several pantries in town. This year we signed up to collect and deliver items for Faith United Methodist for a particular month individually. Below are listed the remaining months and those who have committed.

June - Mary Lee

July- Nancy

August-Carol

September-Starla

October- Flo

November-Market

December – Julie

If you haven't had a chance to participate and want to, you can drop items off at these locations whenever you can-

Ascension Lutheran - 712 Storey Avenue

Amvets - 3839 E Lincolnway

Faith United Methodist - 522 E 6th St.

we will start to contribute to Veterans Rock located at 605 S Greeley Hwy Ste.1 very soon.

As always there are lots of opportunities to give in our own back yard.

When gathering items think of things that won't freeze so they are easy to store. They have a need for items like these:

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



GFWC -

GFWC Annual Convention will be in Atlanta GA August 28- 30th this year at the Atlanta Marriott Marquis. During the event there will be a Board of Directors meeting, 2021-2022 Leads training, 2020-2022 Installation, and a Celebration Banquet “Gateway to the World” will be held Friday 8/28/21. It’s guaranteed to be a fun filled informative event. For more information contact Nancy Kaufman.

GFWC Western States Region Convention will be hosted in Colorado Springs September 9-12, 2021. Colorado is having an opportunity raffle selling tickets for \$10 a piece or 3 for \$20. The prize is having your hotel stay for the convention covered up to \$359! Nancy Kaufman has tickets available you can call or email her for purchase. More info about this event will be out in the July Newsblast – keep your eyes peeled.

June means Summer is here!! Here’s a fun salad recipe that may just be the next favorite to take to get togethers or just enjoy at home.

Fiesta Mango Black Bean Quinoa Salad-

PREP TIME- 10 MINUTES SERVES - 4

COOKTIME -15 MINUTES TOTAL TIME-25 MINUTES

For the quinoa:

$\frac{3}{4}$ cup uncooked quinoa 1 $\frac{1}{2}$ cups water

For the salad-

1 - (15 ounce) can black beans	1 large mango, diced (about 1 heaping cup diced mango)
red bell pepper, diced	1 avocado, diced
$\frac{1}{2}$ cup diced Cilantro	$\frac{1}{4}$ cup finely diced red onion
1 jalapeno, seeded and diced	



For the honey lime chipotle dressing-

2 tablespoons olive oil 2 tablespoons freshly squeezed lime juice
1 tablespoon honey 1 teaspoon Dijon mustard
½ teaspoon chipotle chili powder, plus more if you like things a little spicy
1 clove garlic, minced ½ teaspoon salt
Freshly ground black pepper

To garnish- Extra cilantro Pepitas

1. Add water and quinoa to a medium pot and place over high heat; bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove pot from heat and fluff quinoa with a fork.
2. While the quinoa is cooking, chop all your fruits & veggies. Once done, add them to a large bowl along with your cooked quinoa.
3. In a separate small bowl, whisk together the ingredients for the dressing: olive oil, fresh lime juice, honey, Dijon, chipotle chili powder, garlic, salt and pepper.
4. Pour dressing all over the quinoa salad and toss to combine. Garnish with extra cilantro and pepitas if you'd like. Serve at room temp or cold. Salad will stay good for 4-5 days in the fridge. Serves 4.



Peach Rosé Sangria



Peach Rosé Sangria-

- 1 bottle rosé wine
- 1/4 cup brandy or peach brandy
- 1 cup peach juice or nectar
- 3 peaches, pitted and sliced thin
- 1/2-pint raspberries, washed
- Sparkling water

- Add the sliced peaches and raspberries to a pitcher. Pour the rosé, brandy and peach juice over the fruit. Stir to combine. Refrigerate for at least an hour or longer.

- Pour the sangria along with some of the fruit into glasses. Top with sparkling water and garnish with a fresh peach slice.

Meadowlark Survey -

Have you filled out your survey? We want to know more about you, so if you haven't please return it to Barb. If you need the survey form here it is on the next page.

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?