



Meadowlark Newsletter

October 2021



Happy Fall Larks!

Can you believe October is here already? As we end 2021, we can look back on what we have done and it is amazing for how small we are. I guess it's true big things can happen no matter your size!!

October is seen by many to be a time of real seasonal change, both in the northern and southern hemispheres. Its birthstone is the Opal; which is a symbol of faithfulness, purity and hope. October has 2 flowers the Cosmos which is representative of the joy one finds in peace and love, as well as representing peace. The second is the Marigold and is a symbol of tranquility, grace, and grief.



Welcome to our New Members!!

We would like to introduce our new members.

Laurie Pessetto, Trudy Clarke, & Kristen Riley we are so happy to have you apart of the Larks!

Laurie was born in Idaho and grew up in Nevada. She has lived in Denmark, Idaho, Utah, Vermont, Colorado, and now Texas. She likes to garden, sew, paint, read, travel, play games, and hike with friends. She has 3 adult children. Her daughter is a 2-year resident in Austin TX, one of her sons lives in Denver Colorado, and her other son lives in Plano Texas who does IT & has 1.5 boys!

Trudy and her husband George have three kids; Timothy, Tyler, and Kara. They also have three grandsons and one granddaughter. She is originally from Illinois and has lived in Cheyenne since 1982. In her spare time, she enjoys quilting and making gnomes, and just a little bit of gardening.

Kristen is a Cheyenne native; she received her RN in 2006 and is currently working at Babson & Associates. Her husband's name is Courtney. They have 2 children; Jackson 15 and Evelyn 10. In her spare time, she enjoys baking, painting, and watching UW Cowboys basketball. Being from Cheyenne she wants to give back to the community that helped raise her. She looks forward to the volunteer work and outreach she can do with the Meadowlarks.

Meadowlark Market

The biggest event we have this month is the Meadowlark Market on October 30th from 9am-3pm. We have over 30 vendors and 3 food trucks. We can set up during the day Friday 10/29 from 10-4. Karen and Starla will assign time frames for the vendors to set up on Friday. We will also have access to the building at 7am on the 30th. We will need to be out of Blue FCU by 5pm on the 30th. The flyer is available for anyone to drop off in any places you think would be good to advertise the event. It has also been posted on our Meadowlark Facebook page and can be shared, it has been posted to multiple garage sale sites and vendors & food trucks have been tagged to the postings in hopes they will share to posts too. We have an event on our Facebook page and an Eventbrite link that can be shared as well.

Facebook Event link - [2nd Annual Meadowlark Market | Facebook](#)

Eventbrite link - www.eventbrite.com/e/meadowlark-market-tickets-185363566417

Keep an eye out for emails with more communication on how you can be involved in the Market.

Upcoming Events in October-



October 16 - We filled the standdown bags at Julie's office at 10:00am

October 23 – Final Meadowlark Market Zoom meeting at 9:30am

October 26 - Veterans Standdown at 10:00am at Elks Lodge 100 E 17th St, Flo will gather the bags we filled on the 16th and take them to the Elks on the 26th. At the homeless event we will be distributing these bags stuffed with various items to non-veterans who cannot attend the event inside. The bags will be stuffed with socks, lip balm, hard candies and various other items. Any left-over bags will be taken inside for veterans to pick up.

October 27 - Providing lunch for Habitat for Humanity at 603 E 7th St

Here's the food sign up list –

NAME	FOOD ITEM		
Flo	Meat Cheese Trays	Mayo Mustard	S&P
Nancy	Drinks/Cups		
Karen	Cookies		
Karen	Paper Products		
Barb	Chips and Fruit		
Trish	Cole Slaw		
Carol	Deviled Eggs		
Julie	Rolls		

Food drop-off will be at 11:15 – 11:30am, lunch will be served at 11:45 am

October 30 - Meadowlark Market at Blue Federal Credit Union World Headquarters Cheyenne from 9am – 3pm

The last week in October 24-31 –

We decided it would be a good project to give trikes to kids this fall. We will ask Safehouse or find another recipient to give them to. Sue Tardiff has 5 two wheelers, which she replaced the girl's seat on one and a plain black seat on the other, broken bells have been removed. Also, she has 4 scooters, 2 four wheelers, and 3 trikes. All are washed and ready to go when we decide their new destination! If you have a trike, bike, scooter or something of the sort laying around or come across one or 2 save them for the last week in October we will be donating.

Also we are donating snacks to the youth at Safe Harbor! We are still collecting and items can be dropped off at Barb Robertson's office at 1210 West 8th Avenue M-F from 9-5.

Local Pantry's-



We have been providing food to the **Faith United Methodist Church** at 522 E 6th Street. Many of us had committed to provide food for a particular month through this year. The church board recently met and decided they did not want the pantry any longer. It has been removed and returned to the builder to repurpose. They thanked the Meadowlarks for their support. Thank you for those who contributed to this pantry during our time, we know it made a difference.

The Little Free Pantry at Veterans' Rock located at 605 S Greeley Hwy Ste 1 was permanently placed and went live on September 28th. Veterans' Rock was ready to have this in their front yard because they have a lot of food to put in it for people in need. They made sure it will withstand the wind, which seems stronger there than almost anywhere else in Cheyenne.

Our partners at VFW Post 11453 made decisions on how much concrete to use, which way to face the door, what bolts were best and what additional structural supports were necessary. On the day it was placed, Meadowlarks added the weatherizing top coat. This couldn't be done while it was inside Veterans' Rock due to the toxic fumes. Barb added this pantry's location to the First Lady's Hunger Initiative website, <http://www.nohungerwyo.org/laramie-county>.

The **AmVets Pantry** is currently at Flo's place and has been weatherized so it can be placed outside of its new location at 1820 Ridge Road. We are anticipating that to be in December. There are currently plenty of food items for this pantry.

Barb is making sure the Hunger Initiative website is updated with any new information.

As a reminder 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

Project Reporting-

At the end of every year, we are asked how much time we spent and what projects we completed. Last year Flo created our volunteer tracking form that will make the annual report easier when we are required to submit it after the 1st of the year to GFWC Wyoming. Trish also created a spreadsheet to assist with our reporting.

These are included with this newsletter for you to open and fill out accordingly, if we stay in front of our reporting it is easier when it is time! You can send as we go along, please update and track your time, treasure, and talents!

March of Dimes Blanket Call!!



Calling for more blankets for the March of Dimes! To date we have sent out 28! Blankets can be any size or color. They can be handmade or purchased. They can be tied, quilted, knitted or crocheted. In short anything you would wrap a baby in. These blankets will be directed primarily towards military families. GFWC has challenged clubs nationwide to provide 2020 blankets by Dec 31, 2021. Karen Kent sends out a box at the end of every month. Let's help the MOD reach their goal!!

GFWC -

GFWC Annual Convention was in Atlanta GA August 28- 30th this year at the Atlanta Marriott Marquis. Many of us attended. It was a neat event full of new information and learning opportunities. It was interesting to see what all the Clubs across the Nation and Internationally are doing. There were over 600 attendees.



The Meadowlarks won the Club Engagement Award and Stick Your Neck Out Award. Yay go us!



GFWC Western States Region Convention was hosted in Colorado Springs September 9-12, 2021. There were 130 in attendance including many Larks as well. It was a great opportunity to meet with the clubs in our Region and see old & meet new friends. It was really neat see what they are accomplishing as well as the opportunity to learn and gather new ideas. Next year the convention will be in Alaska! What a fun trip to plan for! Who's on board to go???

GFWC Wyoming Fall Workshop was October 9th at Table Mountain Winery in Torrington. There were 30 women in attendance, it was a great time of learning and fellowship.

A new season always brings new recipes. Here's a few that caught my eye and sounded quite yummy~

Better Homes & Gardens

Pumpkin Spice Latte Bundt Cake with Whipped Cream

Hands-On: 30 mins

Total: 1 hr 20 mins

Servings: 12



If you love a good bundt cake recipe and a PSL from your favorite coffee shop (and who doesn't?!), you'll love this fall dessert recipe. Flavors of pumpkin, espresso, and cocoa shine and entice.

Ingredients

2 tablespoons instant espresso coffee powder
¼ cup evaporated milk
2 ½ cups cake flour
2 teaspoons baking powder
2 teaspoons pumpkin pie spice
½ teaspoon salt
1 ¼ cups sugar
½ cup butter, softened
1 ¼ cups canned pumpkin
½ cup vegetable oil
2 eggs
2 egg whites
1 teaspoon vanilla
3 tablespoons dark unsweetened cocoa powder
Sweetened whipped cream

Directions

Step 1

Heat oven to 350°F. Lightly coat 10-inch fluted tube pan with nonstick baking spray

Step 2

In a small bowl combine espresso coffee powder and 1 Tbsp. of the evaporated milk; stir until dissolved.

Step 3

In a medium bowl stir together flour, baking powder, pumpkin pie spice, and 1/2 tsp. kosher salt. In a large bowl beat the sugar and butter with a mixer on medium to high 1 minute or until light and fluffy. Add pumpkin, eggs, egg whites, vanilla, and 1/3 cup vegetable oil; beat on low to combine. Alternately beat in flour mixture and remaining evaporated milk.

Step 4

Transfer half of the batter to a medium bowl. Add espresso mixture and cocoa powder; fold together.

Step 5

Place each batter in separate piping bags; pipe stripes into bottom of prepared pan. (Or using a cookie scoop, place a scoop of pumpkin batter into prepared pan; let it spread slightly. Place scoop of espresso batter directly on top of pumpkin batter. Alternate batters, allowing each to spread between scoops; batters will flow to fill bottom of pan.)

Step 6

Bake 40 minutes or until a wooden skewer comes out clean. Cool cake in pan on a wire rack 10 minutes. Remove cake from pan; cool completely.

Step 7

Serve cake with whipped cream and sprinkle with additional pumpkin pie spice. Serves 12.

Nutrition Facts

Per Serving: 373 calories; fat 18g; cholesterol 60mg; saturated fat 8g; carbohydrates 49g; mono fat 4g; poly fat 5g; insoluble fiber 2g; sugars 23g; protein 6g; vitamin a 4394.6IU; vitamin c 3.7mg; thiamin 0.3mg; riboflavin 0.3mg; niacin equivalents 2.2mg; vitamin b6 0.1mg; folate 59mcg; vitamin b12 0.1mcg; sodium 281mg; potassium 227mg; calcium 115mg; iron 2.9mg.



Fall Gnocchi with Butternut Squash, Brown Butter, Pancetta & Sage

It is warm and inviting with flavors of roasted and slightly caramelized butternut squash, pancetta, and is topped with brown butter sauce and sage.

Course pasta

Cuisine Italian

Keyword brown butter, butternut squash, fall, gnocchi, pancetta, sage

Prep Time 5 minutes

Cook Time 40 minutes

Servings 4

Ingredients

- 2 cups diced butternut squash
- 1 tablespoon extra virgin olive oil
- Kosher salt as needed
- Freshly ground black pepper as needed
- 4 ounces diced pancetta
- 1 pound potato gnocchi
- 5 tablespoons unsalted butter
- 1/3 packed cup sage leaves
- 1 teaspoon freshly squeezed lemon juice

Instructions

1. Preheat oven to 425°F. In a large mixing bowl toss the butternut squash with the olive oil and season with salt and pepper. Spread evenly on an aluminum-foil-lined baking sheet. Roast until tender and lightly browned, about 25 to 30 minutes.
2. In a medium sauté pan over medium heat, cook the pancetta until most of the fat has rendered and the pancetta is brown and crisp, about 10 minutes. Remove from the pan and drain on a paper towel-lined plate.
3. Bring a large pot of water to the boil; add the salt and bring back to the boil. Pour in the gnocchi and cook, until they rise to the top, about 3 minutes. Drain the gnocchi and return to the pot.
4. Return the medium sauté pan to the heat over medium. Add the butter and allow to melt. Once melted add the sage then continue to cook the butter, swirling it around the pan occasionally, until the butter is toasty-brown color and has a nutty aroma. Once this happens immediately remove the brown butter to a small bowl. Set the sage aside on a plate.
5. Pour the brown butter over the gnocchi, stirring to combine. Add the butternut squash and pancetta and stir again, then season with salt and pepper. Top with the sage and finish with a squeeze of the lemon juice. Serve in warmed pasta bowls.

Meadowlark Survey -

Would you please fill out a survey even if you have filled one out before? We will be featuring each of the Larks in newsletters going forward just so we can know more about each other. If you have filled it out before please do it again, a computer glitch has caused them to all go into no mans land. The survey is on the next page, send to it Starla Sexton at starlasexton@gmail.com once completed. Thank you!

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 newsletter.

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

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?