



Meadowlark Newsletter

January 2021



Happy January!

Did you know January is the first month of the year in the Georgian calendar, the calendar that most of the world uses, and one of seven months with the length of 31 days?

– It is the coldest month in the northern half of the world, nature is quiet and the birds travel less. Also, the bears and woodchucks go into hibernation. However, in southern half of the world, January is the warmest month. During this time, unlike the northern half of the world, animals are active and plants are growing.

– The name January came from a Roman god Janus. According to the Roman legend, in 700 B.C., the ruler Numa Pompilius added January to the end of the 10-month Roman calendar. When it was added, Pompilius gave 30 days to January. However, Romans later made January the first month of the year. Moreover, in 46 B.C. Julius Caesar added one more day to January and that's why there are 31 in January today.

January is National Hobby Month (yay!), National Blood Donor Month (who's gonna run over and give some blood?), National Black Diamond Month (Ooooo), and National Slow Cooker Month (yum!).

The Flowers of January are the Snowdrop and Carnation and the gem is garnet.

Let's get to know two of our Larks Patty Benskin & Flo Beville!

Patty is married to Bill and they have two wonderful children Erin (40) & John (38). She & Bill have their dog Chico and 4 grand dogs.

Patty grew up in Sheridan Wyoming and has lived in Cheyenne 43 years. She loves traveling! Her most favorite visits were to Vancouver BC, Boston, Jackson WY, and Vermont. When she isn't traveling, she loves to read and cook.

Flo is married to Norm and they have two fabulous grandchildren Annalise (22) & Braxton (7), and they have a German shepherd named Gunner.

Flo grew up in Milford NJ and has lived in Cheyenne 40 years. She actually grew up in NJ not far from where Barb Costa grew up – the fun things you find out when you hang out with other Meadowlarks huh?? Her favorite places to travel have been the Grand Canyon, Alaska Inside Passage Cruise, and Nova Scotia. Her hobbies are reading and she always loves to sit down with a jigsaw puzzle.

Local Pantries-

We have been contributing to several pantries in town. We have all signed up to collect and deliver items for Faith United Methodist for a particular month individually. Below are listed the months and those who have committed. Looks like December is the only month left available. Let Barb know if you want to take that month or you could even help someone with one of the other months if taking on a whole month seems too much. We will welcome anyone who wants to get involved!

January - Trish

February - Barb

March - Flo

April - Sue

May - Karen

June - Mary Lee

July- Nancy

August-Carol

September-Starla

October-Market

November-Julie

December

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

Reuse-A-Shoe Project -

As we go through the final months of COVID, we have kicked off a collaborative program (XJWC, WCLC and the Meadowlarks) that falls under the Environment Community Service Project. Nike's Reuse-A-Shoe project keeps us socially distant, but environmentally conscious. We will gather old sneakers that will be ground up for use as playground material. They accept any brand of athletic sneakers, but can't accept sandals, dress shoes, boots or shoes with metal (like cleats or spikes). If you don't wear sneakers, I'm guessing you have family members who do. And since we are running this program from now until the end of June, you and they have time to wear out some shoes.

Trish Peoples spearheaded this project and we will collect athletic shoes for the Environment Community Service Project. If you can share this on your social media, with your friends and family, we can gather shoes for this great cause! We will post on the Meadowlarks Facebook page that can be shared as well. Keep an eye out for that to share.

She will have a box in Barb's lobby off the Ticket Office located at 1210 West 8th Avenue (not the building we had for Market) . It is a small red brick building with a white roof. You may drop off the shoes in the box in the lobby, you don't have to call or even talk to anyone! Hours are 8am-5pm (typically closed for lunch around noon). You can stop, drop and leave your athletic shoes until the end of June!

4th Annual Valentine Day Cookie Drive for Airmen in Warren AFB Dorms-

We are signed up for 45 dozen (yes dozen!!) cookies this year. We will be meeting at Karen Kent's house to bake and decorate cookies on Sunday Feb 7th. Knowing Karen, she will have those cookies baked and all we need to do is show up and decorate. If you weren't there for last year it was a ton of fun. Flo will be bringing Wyobell II, please bring any spare change you have laying around. The funds will be sent to Heifer International, they help lift families out of poverty and is one of GFWC partnerships. Flo will be providing our break"feast"!! Gonna be yummy for sure. come on out and get your creative on!

When: Sunday, Feb 7th at 9am

Where: 2904 Central Ave

Since it is National slow Cooker Month, I think it's fitting to share a recipe. I have tried this one and love it, enjoy!



CREAMY
Slow Cooker
WHITE CHICKEN CHILI



HOW TO MAKE WHITE CHICKEN CHILI

1. Add chicken to slow cooker
2. Top with seasonings
3. Add onion, garlic, beans, chiles, corn, cilantro and chicken broth
4. Cover and cook on low for 8 hours
5. Remove chicken to a plate and shred, then return to slow cooker
6. Add cream cheese and half and half
7. Cover and cook on high 15 minutes
8. Serve and enjoy!

Ingredients-

- 1lb boneless skinless chicken breasts - trimmed of excess fat
- 1 yellow onion - diced
- 1 cloves garlic - minced
- 24oz. chicken broth - (low sodium)
- 2- 15oz Cans great Northern beans - drained and rinsed
- 2- 4oz Cans diced green chiles - (I do one hot, one mild)
- 15oz Can whole kernel corn - drained

1 tsp salt
1/2 tsp black pepper
1-tsp cumin
3/4 tsp oregano
1/2 tsp chili powder
1/4 cup half and half

1/2 tsp Chili Powder
1/4 tsp Cayenne Pepper
Small handful fresh cilantro - chopped
4 oz reduced fat cream cheese - softened

Those of you who were on our Christmas Zoom call remember Flo's whiskey tea? Here's the recipe if ya wanna give it a try! (it's actually Mary Lee's recipe)

Ginger Whiskey Tea~



1 Black Tea Bag
3 oz. Whiskey
2 TBsp maple syrup
1-1/2 slice fresh ginger
2 slices fresh lemon
1 Cinnamon stick

Put in pan or tea pot, pour 16 oz hot water over. Steep 5 mins. Adjust to taste

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. As you can see, we are featuring 2 members in each quarterly newsletter. 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?