

Wyoming News Blast

April 2022



**GFWC Wyoming President's  
Message – Nancy Kaufman**

Proud GFWC  
members  
Since 1904



Be the Light



Kudos to GFWC Wyoming! And many thanks to the State Committee Chairwomen who completed and submitted their reports to GFWC International! Amazed is the only word I can think of as I read them. What Wyoming clubwomen were able to accomplish, while still in the midst of a pandemic, was astounding and yet I don't know why I should be surprised. I am so proud to be a member of this incredible group.

More fantastic news is the announcement of the Jennie Awards. Our own Pam Crochet was named WSR 2022 Jennie Award winner and she will be honored at the International Convention in New Orleans. Congratulations Pam for a well-deserved recognition! She joins Patty Benskin as a previous recipient from Wyoming and Phyllis Salzburg as a runner-up. This is an extraordinary accomplishment.

GFWC Wyoming Convention 2022 is just around the corner and is not to be missed. We will convene in Thermopolis on the 29<sup>th</sup> and 30<sup>th</sup> to handle business, soak in the hot springs, have a pajama party, and generally reconnect with our GFWCW sisters. There will be a reception following Installation to mingle with your 2022-2024 Officers and GFWC International Treasurer Mary Beth Williams. Please note the addition of By-Law revisions to clean up the working practice of GFWCW that will be addressed at convention. Bring your **snacks (no nuts) for the Thermopolis school children**, your dimes and your smiles – hope to see you there!

Finally, I have challenged GFWC Wyoming clubs and clubwomen to donate to UNICEF for Ukraine on behalf of GFWCW by sending money to GFWCW Treasurer Katherine Van Dell. UNICEF is a GFWC Partner and there has been a portal set up so that **all** funds received go directly to Ukraine and will not be used for anything else. My challenge extended to all the other State Presidents and the response has been terrific. I heard GFWC Delaware raised \$10,000 the first week! I certainly do not expect us to be able to do that but please help as you are able. In the future, there may be other organizations to consider helping, especially as the GFWC clubs in Ukraine are reestablished after evacuating. Please note the opportunity to make quilt blocks for children in Ukraine later in this post.

Remember random acts of kindness, both given and received, can make a profound impact. Remember that mental health also refers to a positive state of mind. Remember to pray for Ukraine. Remember to lift up your sisters by celebrating their accomplishments. Remember to take care of yourselves and those around you. Remember to Be the Light.

Yours in Federation – Nancy

“We are more alike my friends than we are unlike” – Maya Anjelou

### How to Help! From the Laramie Women's Club

With the outbreak of Russia's war upon Ukraine, we've all been disheartened by news of the families fleeing the bombing of their homes. It's so tragic for the children who fled leaving behind everything they've known as well as their fathers and older brothers who remained in Ukraine to fight. Many refugee children are now in Germany; Claudia Pfeil, an Internationally known quilt designer living in Berlin, set up the Piece for Peace Quilt Project. This Facebook link will take you to her page with photos of the work they are doing. <https://www.facebook.com/photo?fbid=10223837833548268&set=pcb.10223837835988329>

Claudia, a friend of Mary's cousins who are avid quilters initially shared their involvement in the project. Mary brought the idea of sewing 8 1/2", yellow & blue quilt blocks to LWC's/Health & Wellness members. Mary Guenzel, Janine Kropf, Mary F. M. and Linda Cavalli were all in agreement that this was something we wanted to do. Linda C. and Claire Angele (a friend of our club who donated so much fabric and elastic for the face masks we made) both donated fabrics. Fabric cutting and the sewing of blocks has begun. The photo shows 4 blocks one member has made so far. We'll be seeing more in the coming weeks.

If you'd like information on joining in any of these activities, contact Mary at 307-721-2970 or [peak2pub@msn.com](mailto:peak2pub@msn.com).

#### **Sew quilt blocks in blues and yellows 8 1/2" squares.**

Here is some additional information for shipping or you can get them to Nancy Kaufman or Karen Kent in Cheyenne and we will ship them from here.

Claudia Pfeil/Piece for Peace Quilt Project (Donation for Ukraine)  
Quilt-Studio and Galerie Alte Brotfabrik  
Ritterstrasse 183  
47805 Krefeld/German

When shipping declare the value of \$1.00 so they don't have to pay any customs tax on the shipment.



Below are the proposed by-law revisions we will consider at Convention. The changes are being requested to reflect the actual practice of GFWC Wyoming.

## BYLAWS

# ARTICLE I

## DUTIES OF OFFICERS

### SECTION 3. VICE PRESIDENT:

The Vice President shall preside at meetings of the GFWCW or of the Executive Board when called upon to do so. She shall be the editor, business, and circulation manager of GFWC Wyoming publications. Such publications may include but are not limited to electronic and/or printed newsletters, electronic and/or printed directories, or email blasts. Type and frequency of publication shall be determined by the officer and the GFWC Wyoming President with approval of the Board of Directors. She may serve as membership chairman at the Executive board's discretion. **She shall administer the Club Activity Guide.**

**RATIONAL: Consistency for the current practice and the change from Club Rating Guide to Club Activity Guide.**

### ~~SECTION 7. DIRECTOR OF CLUB RATING:~~

~~The Director of Club Rating shall be elected at the special meeting of the incoming and outgoing club presidents held at the annual convention in the even numbered years of the GFWCW. Her term of office shall be for two years and she may be elected to succeed herself only once. Only past club presidents are eligible for election as Director of Club Rating. In case of vacancy, the office shall be filled by appointment of the Executive Board.~~

**RATIONAL: To conform to the change in Article 1, Section 3. This duty is reassigned to the Vice President.**

**ARTICLE VI**

**ANNUAL MEETINGS**

SECTION 6. Voting body of annual meetings:

The voting body shall consist of the members of the executive Board, Past State Presidents, District Liaisons, ~~Director of Club Rating,~~ Chairmen and members of standing committees, incoming and outgoing

presidents of clubs in good standing, general chairmen of arrangements for the convention, and members in good standing.

**RATIONAL:** Consistency with the other changes regarding Club Activity Guide replacing Club Rating Guide.

**ARTICLE VIII**

**REPORTS**

~~SECTION 3. — Each club shall send to the GFWCW Treasurer, together with the annual membership report and per capita dues postmarked not later than November 30 of each year, annual assessment for fall conference or district meeting expense and an annual assessment for the Convention Fund.~~

**RATIONAL:**

Clean up from the previous bylaw revisions in 2021. This was supposed to be deleted last year for consistency with changes that occurred in 2021.

SECTION 8. Each club shall send its completed ~~rating guide~~ **Club Activity Guide** report to the ~~Director of Club Rating, President,~~ **the Vice President** and President Elect by February 1 of each year in the format prescribed by the GFWCW. This report may be submitted electronically.

**RATIONAL:** For consistency with the other changes to the Director of Club Rating/Club Activity Guide.

## **Dean of Chairmen**

I hope to see many of you in Thermopolis for our state convention. Let's gather to celebrate the great things we clubwomen have done in the past year. And let's thank Nancy for her outstanding presidency!



## **Katherine Van Dell**

Treasurer

Comments from GFWC W Treasurer  
Katherine Van Dell

As registrant for the 2022 GFWC Wyoming Convention in Thermopolis on April 29-30, I am happy to report that all but one club will be represented and that 33 members will attend. Registrations have been received in a timely manner, which helps me in keeping records up-to-date. Thank you all!

President Nancy Kaufman has asked the clubs and members to support donating to UNICEF for Ukraine. She sent an email to GFWC to see what they were recommending and they suggested donations to UNICEF because that group is on the ground helping children in Ukraine and in countries where they have sought refuge. This is a growing effort amongst GFWC. On behalf of GFWC W, she asked that each club have a voluntary donation request at their April meeting to collect money for UNICEF. These donations are being sent to me, as your treasurer and I am submitting to UNICEF on behalf of the state, so GFWC W will receive credit for our endeavors. UNICEF is a GFWC Partner. There have been notices in the News & Notes that I hope each of you receive.

The Laramie Women's Club had reached out to a women's club in Ukraine and sent that club a donation directly. Those club women have since evacuated out of Ukraine to safety.

X-JWC took up a collection at its April general membership meeting and raised \$420. Needless to say, I am proud of my club.

I have been notified donations are coming from other clubs, which will be received this month. If members wish to donate themselves, please send me the donation which will be added to the amounts that will be submitted to UNICEF for Ukraine.

At the state convention registration table, there will be a basket with yellow and blue bracelets that I made. For a donation, you may take a bracelet. That's my way of thanking you for the donation and your support in this endeavor.

I am looking forward to seeing my GFWC Wyoming sisters at convention. The agenda is filled with outstanding information, plus an election of officers who will be installed at Saturday night's banquet. See you soon!

## News from our Chairmen

### GFWC WY State Convention

Karen Kent

#### **COUNTDOWN TO CONVENTION!!**

We are just a wee bit longer than 3 weeks until convention. If you haven't gotten your registration to Katherine Van Dell yet, you still have time to do so. There is a great deal of fun planned and a whole lot of information to be presented. Our International Treasurer, Mary Beth Williams from our neighbor state of Colorado will be our special guest. We will have certified QPR training and a mini-LEADS workshop on Friday. Friday evening, we will get silly and have a pajama party!! We would like to continue with our "recipe exchange" so bring your favorite homemade snack mix with the recipe. There is no fee this year.

Our service project this year will be directed toward the local school children. Please bring school appropriate snacks, no nuts please. It was suggested that large bags of cereal that the teachers will then disperse, but you are welcome to bring whatever you desire.

Saturday we will hear from our state chairmen and our club presidents. For lunch on Saturday, we will have 2 local authors and Saturday afternoon will be time to elect your officers for the coming term. Saturday evening will be installation of your new officers with a very special reception to follow. If you've never been to a convention before, there's no time like the present.

As your state fundraising chairman, I would like to request that each club donate a piece/piece of jewelry. Any individual member who wishes to donate may do so as well.

Some of this jewelry will be silent auction, some will be a “surprise” purchase. Bring your jewelry and your favorite pajamas with you. See you in Thermopolis!!



### **Health And Wellness**

Mary Ann Kamala

HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

I am going to end this year with some important reminders on how we can remain healthy.

Some of these may have been covered in previous articles but are important enough to remind you of something you may have forgotten or need to think about doing.

Drink tea to your health. Pu-erh is a dark tea that research suggests it may help lower cholesterol and reduce heart disease risk. Black tea like Darjeeling and Earl Grey may help lower the risk of heart disease and fight colon cancer. Studies regarding green tea show that it may help prevent a host of cancers, lower cholesterol and inflammation.

Annual checkups are extremely important as we age. Keeping up now with the Covid inoculations and boosters as well as just annual checkups for possible changes in our bodies that require attention.

Taking care of our heart by being physically active, maintaining a healthy weight, eating a nutritious diet, reducing stress in our lives and getting good quality sleep.

Managing your oral health by having regular dental checkups and by stopping tobacco use, drinking alcohol in moderation and checking your mouth for swelling and any kind of lesions.

For a sharper mind, exercise. Any kind of exercise is better than none. As we age, we need to think about what kind of exercise for our aging bodies. But any kind of exercise such as walking, running and aerobics

is beneficial. However, I did recently read an article about a how dancing is the most beneficial because it combines physical fitness, socializing and mental challenges all in one.

Kindness changes us, being kind matters for your body and your future. Research shows that as individuals our bodies work better when our lives are filled with empathy and kindness but that does not make us immune to stress but it helps us do better mentally and physically. Studies show that kindness given and received is linked to having fewer health problems.

Three things in human life are important.

The first is to be kind. The second is to

be kind. And the third is to be kind.

Henry James

Have and Happy and Healthy Spring and Summer.

Mary Ann

### **Leadership**

Claudia Wilens

Don't forget our 2022 LEADS candidate will be introduced at the State Convention this month. With additional impetus from our newly formed Leading Ladies of Wyoming and increasing interest in leadership among the membership of our state clubs, I foresee a greater focus on leadership and its potential within our state organization---something GFWC has been working hard to promote from the national level to state level.

Here is an interesting article about leadership succession from the latest GFWC Leadership Link:

### **Leadership Succession Planning**

**Nancy Ames**

**GFWC Leadership Committee Member**

“If your actions create a legacy that inspires others to dream more, learn more, do more, and become more, then you are an excellent leader.”

Dolly Parton

Succession planning is about preparing your Club, District, State, Region and GFWC for the future. Taking on a leadership role in a new administration can be exciting, yet overwhelming at the same time. Creating a solid succession plan, especially in these uncertain times, will ensure your legacy will remain after you leave and will help prepare the incoming administration with a clear path to follow.

An orderly transition of officers is the glue that holds our organization together. The flow of information from one administration to another needs to be structured in a way to insure leadership continuity with the knowledge and resources from past leaders, yet the skills to provide new officers the ability to find their own voice. This can begin by preparing a “job description” to supply a complete explanation of the role and responsibilities of each officer or chairperson. The Member Portal on the GFWC website provides a transition checklist for *Outgoing Officers* as well as one for *Incoming Officers* including information about the office, officer's roles, and a variety of printed materials, along with information for the preparation of and goal setting for new officers. Having a checklist will also help current leaders “let go” of the ownership of the office through the sharing of information.

Mentoring is the best practice for creating a smooth transition. New leaders need to know the “how” as well as the “why” in decision making. It is important to support and invest in another's growth for you both to be successful. Avoid micromanaging new officers. Give them the opportunity to do their job but assist when asked to do so. Passing on documentation of agendas, scripts, programs, and other information from meetings, conferences, and conventions in the form of a notebook or a flash drive is a valuable tool for new leaders to follow. This will help build confidence and help with proper protocol when leading their own meetings.

Succession Planning is at the core of GFWC's leadership structure, designed to foster effective implementation of the organization's strategic vision and continuity in leadership, along with insuring the development of future leaders. Consider your Succession Plan as an “insurance policy,” which will help your Club, District, State, and GFWC flourish in the future.

And below is an excerpt from GFWC Honorary Leadership Chair Kristen Martinez article “Empathy as your Leadership Superpower”:

### **Empathic Listening**

When we try to work with leaders to improve their ability to empathize with their teams, we focus on the interactions around listening. Listening not for your turn to speak next, but really honing in on what the other person is feeling, thinking and most concerned about. This is especially important in high pressure negotiations, but the steps listed below can help anyone listen to another human being in a more sincere, caring and authentic way. Conveying that you are there for the other person and really seeking to understand helps clarify issues that the listener probably was unaware of in the first place.

- 1) Listen to understand – “Hey, you seem distracted/worried/concerned. Are you okay?”
- 2) Avoid interrupting – Nod and keep eye contact while allowing for silence.
- 3) Use open-ended questions – “What worked well?” “Can you tell me more?” “Can you help me understand why you think XYZ is occurring?”
- 4) Paraphrase what you hear – “I am sorry to hear that you are experiencing ABC and that it is impacting your family life this way.” Paraphrasing using some of the other person’s words saves time and validates the person’s experience.
- 5) Come from a mindset of abundance, not scarcity. Know that the opposite of trust is fear.
- 6) Be okay with not having the last word. Many times, people experiencing stress just need to talk, not for you to solve their problems for you.

**Membership Chairman**

Membership Co-Chairs Lynn McLaughlin & Deb McCann

***Happy Easter***



**Sowing Sunflowers in April**

Bees love sunflower nectar and birds the seed-heads. April is the time to start sunflowers in individual pots on a sunny windowsill indoors. If the sunflowers are destined for pots when they are moved outside, choose dwarf varieties such as Big Smile or Micro Sun. Giant sunflowers such as Kong and Giraffe will need a sheltered spot in the ground and strong staking. Keep plants indoors until the risk of frost has passed.

([theguardian.com](http://theguardian.com))

## **Referrals from Headquarters and Facilitating Transfers**

The GFWC website is often visited by women interested in joining a volunteer community service organization. Typically, an email is received by GFWC Membership Services. These potential members have already taken the first step in learning more about GFWC; they are already interested in information about clubs near their home. The hard part is done! Here is what happens next:

- When Membership Services receives an email inquiry, a return email is immediately sent, and the original email is forwarded to the State Membership Chairman.
- The State Membership Chairman (or Junior Membership Chairman, if appropriate) contacts the local club president and provides her with the prospective member's contact information.
- If your club is contacted, do not let this promising lead slip away. A quick phone call or email is all it takes to acknowledge the person's interest and provide an invitation to a club meeting or event.

Likewise, when a loyal member is relocating to a new community and must leave your club, help her contact GFWC Membership Services so she can connect with a GFWC club near her new location. It can be easy to put aside an effort to find a new club during a move, and once she becomes busy with new activities and commitments, a valued member could be lost. (2020-22 GFWC Club Manual, Membership Advancement Plan)

## **Recognize Our Volunteers**

Please take the time to recognize your club's volunteers. Remember to use our #IamGFWC in your posts to emphasize that our volunteers are members of the world's BEST volunteer organization for women!

(Becky Wright, GFWC Membership Committee Chairman, FB post)

## **GFWC Virtual Tour**

For the past 100 years, GFWC has called 1734 N St. NW in Washington, DC, home and now invites you to join in celebrating this monumental occasion! Help commemorate this exciting milestone by enjoying the GFWC 100<sup>th</sup> Anniversary Virtual Tour, hosted by International President Marian St. Clair. Registration is now open through the Member Portal, and starting on April 24, those registered will receive a link to view the virtual tour.

<https://gfwc.users.membersite.com/auth/portal-login>

(Becky Wright, GFWC Membership Committee Chairman, FB Post)

## **GFWC Fun Facts**

### ***Did You Know?***

The General Federation of Women's Clubs is one of the world's oldest and largest women's volunteer service organizations. We are dedicated to community improvement by enhancing the lives of others through volunteer service. GFWC is a vibrant and connected sisterhood of women who are creating better communities, expanding their own possibilities, and extending friendship and support to women all over the world. GFWC encourages lifelong learning for members, challenging them to identify and explore their personal passions, and provides leadership training and support to women to achieve positions of power in their clubs, communities, and careers. GFWC connects and directs the energy, ideas, and outreach of clubs

to create a strong network of national influence. From women's health and equality to global poverty and international rights of women and children, GFWC members' talents and interests are used to enhance the lives of their neighbors and friends.

(gfwcwyoming.org)

**Report Due June 1, 2022**

“HATS OFF TO MEMBERSHIP” Recruitment Campaign Report March, April, and May  
“Celebrating the Victories.” (See below)

(GFWC 2020-2022 Recruitment Campaign Report)

**Please submit to:**

GFWC Recruitment Campaign

1734 N Street NW

Washington, DC 20036-2990

**Also, please submit a copy of the GFWC Recruitment Campaign Report to  
Deb McCann at [debmccann841@gmail.com](mailto:debmccann841@gmail.com).**

**Thank you.**



# GENERAL FEDERATION of WOMEN'S CLUBS



## GFWC 2020-2022 RECRUITMENT CAMPAIGN REPORT

*"A Proud Past and a Promising Future with Friends"*

To submit the names of those successfully recruited during your membership campaigns, please complete the form below and return it to GFWC Headquarters by the deadlines noted:

Check which recruitment season you are reporting:

**Summer** –

(June, July, August; Report due **September 1**)

**Fall** –

(September, October, November; report due **December 1**)

**Winter** –

(December, January, February; report due **March 1**)

**Spring** –

(March, April, May; report due **June 1**)

ClubName \_\_\_\_\_

City \_\_\_\_\_ State Federation \_\_\_\_\_

Club President's Name \_\_\_\_\_

Club Mailing Address \_\_\_\_\_

E-mail \_\_\_\_\_ Phone (day) \_\_\_\_\_

Listed below are names and contact information of new members recruited this season:

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Please use additional sheets if necessary. Submit to:

GFWC Recruitment Campaign  
1734 N Street NW | Washington, DC 20036-2990  
202-835-0246 | [GFWC@GFWC.org](mailto:GFWC@GFWC.org)

## Women’s History

Robin Broumley

A theme is selected annually by the members of the National Women’s History Alliance. The 2022 theme is: ***“Women Providing Healing, Promoting Hope”***. Its goal is to encourage organizations, institutions, and agencies throughout the country to honor women in their own groups. The theme is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic, but is, also, a recognition of thousands of ways that women of all cultures have provided both healing and hope throughout history. Take the opportunity to

### The WHRC Messenger

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recognize clubwomen who, through a history of GFWC programs and projects, have provided healing and promoted hope. Celebrate Women’s History Month by highlighting members of your State Federation who have, through career and lifestyle choices, especially during the ongoing pandemic, provided healing and promoted hope to the community.

\*\*\*\*\*

There’s no better time than now to celebrate the 100<sup>th</sup> anniversary of GFWC’s April 21, 1922 purchase of our Federation home at 1734 N Street. Encourage members to visit “THIS OLD HOUSE” for an “armchair tour” of our magnificent, historic home at 1734 N Street NW. The Power-Point slide presentation and historical narrative document are available in the Member Portal’s Digital Library, filed within the “W” folder with all other WHRC Resources.



\*\*\*\*\*

Many GFWC clubs and State Federations own and maintain historic, landmark buildings that provide space for club meetings and events and also serve as community event locations. Opening your club or State Federation home to public events provides income and helps foster community relations, while at the same time, promoting the important role the Federation plays in community history. The Armstrong - Mauldin House owned by the Woman’s Club of Rock Hill, GFWC South Carolina, is featured in the winter issue of GFWC’s *WHRC Newsletter*. If you or your state Federation President, would like to share information about a club or State Federation historic home, please contact WHRC Committee Chairman Hope Royer.



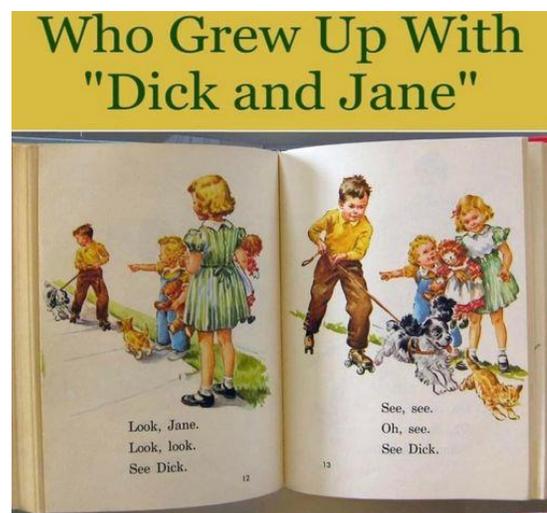
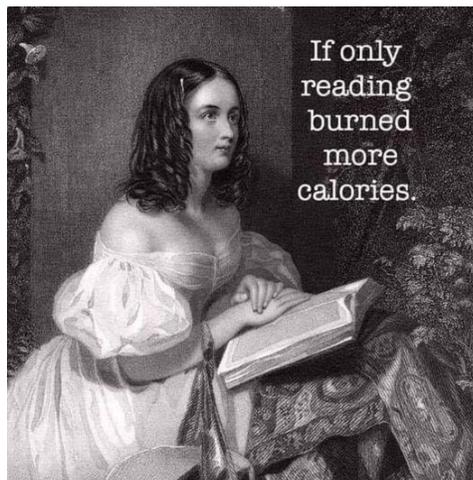
## Education and Libraries

Carolyn Turbiville

**“Children need to be Taught How to Think, not what to think.” Margaret Mead**

**My Library Poem** by Verda One

It's only a room with shelves and books,  
 but it's far more magical than it looks  
 It's a jet on which I soar  
 to lands that exist no more.  
 Or a key with which I find  
 the answers to questions crowding my mind.  
 Building my habit of learning and growing,  
 asking and researching until I reach knowing.  
 Here, I've been a mermaid and an elf  
 I've even learned to be more myself,  
 I think that I shall never see  
 a place that's been more useful to me.



2.5K <sup>4382</sup> 653 Comments 431 Shares  
 Baby Boomer Fun Events Online

**CIVIC OUTREACH AND ENGAGEMENT**

Flo Beville, Chair



I can't believe it's April already. And that means Convention in Thermopolis. Hope to see many, many of you there.

And April this year means Easter. There are many projects that can be accomplished.

Host an Easter Egg Hunt in your backyard, neighborhood park or club. Don't forget Easter baskets to the elderly in nursing homes. Personal hygiene items can be included. Your club could host a family movie night. And because we think of April as Spring Cleaning, arrange to visit a home of an elderly person or a veteran, and clean their home and free of any clutter. This would be an excellent project to get the kids involved.

Your club could also sponsor a free hotdog lunch at your club or in a park. This could be a perfect recruiting event.

Have a great month. Stay safe and healthy.

**Community Improvement**

Karren Brannon

The Community Improvement Project has done great things over the years by publicizing great needs and finding a way to accomplish a solution for them! Karen Brannon

**Club News**

**Laramie Woman's Club**

Karen Bard

Our club has been busy selling cookbooks to support our new Scholarship that will be launched for next year. We also had our Bunco Party which raised ~\$2000 for the Laramie Connect Program, specifically

to support their transportation services. A great time was had by all! Our Health & Wellness ladies sewed individual dice bags to hold the dice purchased for each player so that we could minimize the handling of the dice between players. Thank you very much to those ladies who did that for us. We had a St Pat's theme for the party, and as stated, everyone had a good time. Most importantly though I think we set a *personal best record* in male attendance at the Party. We had at least 10 males play this time and they reported that they had a great time and put their names on the list to be informed of the next party which will be October 23<sup>rd</sup> when we raise funds for the Laramie Plains Museum. This of course will have a Halloween Theme.

Our Health & Wellness Department also saw Lorraine, Saulino-Klein, our unsung hero, complete her training to become a certified QPR Trainer for the Laramie Cares Foundation. Congratulations to her and thank-you from our community to have this wonderful resource. The quilters of the group are sewing yellow and blue quilt blocks to be sent to the Piece for Peace Quilt Project. Claudia Pfeil, an Internationally known quilt designer, now living in Berlin set up this project. Many refugee children are now in Germany and the squares provided by our women will be put together there in Germany for the benefit of these children. The Credit Union that we bank at is donating the funds to ship the quilt blocks to Germany.

Our Education & Library Department is busy organizing an in-person reading by Casey Rislov of one of her children's books for the school children in Harmony and Centennial elementary schools. This reading will be in September when the kids start the new school year. This project will be a joint project between the LWC and the Daughters of the American Revolution (DAR). We may also get support from the Centennial Social Club. This will be a great project to kick off the new school year and inspire the students. We may also be lucky to have the illustrator for Casey's books at the schools as well. We can only hope.\

Our Club donated \$200 of its funds and raised an additional \$325 (to-date) for the women and children of Ukraine. Unfortunately, we raised our funds and voted on the organization to receive them before getting the information from our State President on the Unicef program. But our donation is going to Ukraine via the Cares USA organization which is a Grade A not-for-profit based on the Charity Watch organization.

Karen Bard

### **News from GFWC X-JWC**

Katherine VanDell

Update from GFWC X-JWC  
Katherine Van Dell, President

The club's monthly meeting was busy with electing officers for the upcoming club year. Lucy Russell, current 1<sup>st</sup> Vice President moves automatically up to Club President; Kathleen Petersen will serve as 1<sup>st</sup> Vice President;

Karen Lee will serve an additional term; and Carol Ash will serve for a one-year term as secretary with the resignation of Mary Ann Kamla. Congratulations to these members.

Club members have chosen K-9 for Mobility as their CIP for two years. During the May general membership meeting representatives from Family Promise and Friday Food Bag will receive the last of their share of fundraising conducted during the club year.

The club raised \$420 for UNICEF for Ukraine during its April 5 general membership meeting. These funds will be sent to GFWC Wyoming, then forwarded with other funds raised to UNICEF. Very proud of my club for their caring and willingness to help the children of Ukraine.

On April 16, club members will gather at the Children's Village at the Botanic Gardens to "plant" 50 pinwheels in recognition of April being Prevent Child Abuse Month.

Club members were very generous in donating jewelry and other accessories to the Habitat for Humanity fundraiser "Jump into Jewels" scheduled for April 22 and 23 in Cheyenne. During the 22<sup>nd</sup> and 23<sup>rd</sup> many members will be seen shopping at this event.

Eight club members will attend the state convention. We are looking forward to all the presentations, reports, and fun that will take place.



For the opportunity to be your Vice President for the past two years. Marcia



Follow us on Facebook: GFWC of Wyoming  
GFWC-Wyoming website: [www.gfwcwyoming.org](http://www.gfwcwyoming.org)  
**Marcia Volner, Editor**  
**Phone: 307-389-8388**  
**[mvwycoff@gmail.com](mailto:mvwycoff@gmail.com)**