

**Wyoming News Blast**

**February 2022**



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

**Proud GFWC  
members  
Since 1904**



**Be the Light**



Happy

Valentine's Day! February is a month for roses so GFWC Wyoming is making its last big push for donations to the Run For The Roses Campaign for funds to renovate GFWC Headquarters. We are over three quarters of the way to our goal of raising \$1000! This is the 10<sup>th</sup> year of the effort to make repairs and upgrades to our beautiful house in Washington DC which is truly a treasure for all GFWC members. Please send donations to Katherine Van Dell if you would like to help.

If you missed the virtual Christmas Tour of Headquarters – it is being re-run in February. You can register on the member portal until 2/15/22 and view the tour at your leisure until the end of the month. Our own Evie Randall and Karen Bard made two of the ornaments for GFWCW! There will also be an event at Headquarters on March 9<sup>th</sup> to commemorate Women's History Month and if you think you might attend registration is also through the member portal. The latest edition of The Clubwoman is also available on the portal and the Rock Springs Ladies are recognized!

According to NAMI, 64% of people report being affected by holiday and post-holiday depression. Now is the time to put extra emphasis on physical and mental well-being. Remember to focus on quality sleep, physical activity, and good nutrition (notice I am NOT using the "D" word- that makes ME depressed!). Reaching out to clubwomen and friends for social re-vitalization and camaraderie is a way to keep depression at bay. And get involved! Our clubs are doing such wonderful things in our communities – get back into the swing!

A very special thank you to each and every club in Wyoming for submitting your annual reports! Almost all of you were able to utilize the new project report forms and we hope that made your life easier. Trish is busy at work sorting and compiling them for our State Committee Chairmen. Given that this is our second year of pandemic and our activities have been more restricted, Wyoming women once again rose to the occasion and truly made a difference!

For all things GFWC Wyoming related – check out the website ([gfwcwyoming.org](http://gfwcwyoming.org)) that has been newly updated with forms, dates, newsletters, etc. Save the date for the Annual Convention in Thermopolis April 29<sup>th</sup> and 30<sup>th</sup> – we plan to have a fun time while taking care of business!

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 that each one of us makes a difference. 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

## **Dean of Chairmen**

### **Trish Peoples**

As you know, we are in the middle of report writing to let the world know about the wonderful things we do. The chairmen should all have received their information. As always, let me know if I can help. I do want to remind everyone of some deadlines.

March 1 - The State Activity Guide is due to Bev Campbell

March 1 - A list of your members who passed away in 2021 is due to Karen Kent and Nancy Kaufman

March 1 – Your Community Improvement Project package is due to Karen Brannon

March 15 - Program Chairmen must have their reports to the National Program Chairmen

March 15 - Club Presidents must have their Anniversary Scroll Recipients to Trish Peoples

March 15 - If a club increased by two or more members, please send that information to Deb McCann

March 15 - If you want to submit your Club's Newsletter for a National Award, it's due on this date. The information is in the Club Manual.

March 15 - If you want to submit your Club's Website for a National Award, it's also due on this date. Check the Club Manual.

Thanks for all you do!

## **News from our Chairmen**

### **ENVIRONMENT**

Phyllis Salzburg

### **RECYCLING.... Again**

**Packing material** – those annoying peanuts, clinging to everything as you unpack a box! Check with your local pack and ship stores to see if they'll take them. That is, if you can get them into a bag or box to get them there. These stores will also, sometimes, take other packing materials you find in your packages. You can, of course, find a safe haven for those peanuts in your home and reuse them when you ship packages where they'll annoy whoever is on the receiving end of your package!

Peanuts are made from expanded polystyrene (EPS), not Styrofoam, which is a Dow Chemical branded name. All Styrofoam is considered EPS, but not all EPS is Styrofoam. (Like all grizzlies are brown bears but not all brown bears are grizzlies.☺) Peanuts can actually be recycled. If you receive a package with green peanuts, they have up to 70 percent recycled content! Earth911.com has some great information on recycling, including peanuts! Checkout <https://earth911.com/recycling-guide/how-to-recycle-packing-peanuts/> and other interesting topics on their website.

**Paper** – Paper makes up over 25 percent of municipal solid waste (trash) generated each year, more than any other material. Americans recycled almost 66 percent of the paper they used in 2017 which is used to make new paper products, saving trees and other natural resources. Look for products made of recycled paper. Keep a tray by your printer for paper that still has a good side to use for drafts when the other side didn't turn out quite right!

### **2022 GWC-W PHOTOGRAPHY CONTEST**

Phyllis Salzburg

Deadline for entries to chairman Phyllis Salzburg is April 1. Photographs must be taken between January and December 2021. See Rules and Entry form.

### **GFWC-W PHOTOGRAPHY CONTESTS**

Entry postmark Deadline: **April 1**

Send entry forms to Phyllis Salzburg, 5021 King Arthur Way, Cheyenne, WY 82009 OR  
[psalzburg@bresnan.net](mailto:psalzburg@bresnan.net)

Questions: 307-421-1516

Photographers are responsible for delivering their entries to State Conference or to State Chairman prior to conference.

#### **Contest 1**

**THE WORLD IN PICTURES CONTEST** – Showcases the people, places, and things at home and around the world that impact our lives in a meaningful way, as expressed in these three categories:

**Our World Up Close** – Create a visual that offers a novel viewpoint or a macro image that takes the viewer into a whole new, tiny world.

**Natural Wonders** – Use wide angles and panoramas, or moody landscape images, to showcase mountains, meadows, sand hills, rivers, waterfalls, oceans, deserts, or any other magnificent vista.

**Reflections** – Features a setting, situation, or landmark that brings back poignant memories, or capture a fleeting image reflected in glass, water, or another mirrored surface.

## Contest 2

**GFWC LIVING THE VOLUNTEER SPIRIT CONTEST** – Capture the special moments in the lives of GFWC clubwomen as they meet, plan, advocate, volunteer, or celebrate, in groups or one-on-one.

### RULES FOR BOTH PHOTOGRAPHY CONTESTS

- Photographs must be the original work of the member submitting photograph.
- All contest photographers must be dues paying members of an active GFWC-W club.
- **2022 Photography Contest** entries must be taken between January 1, 2021 and December 31, 2021.
- Photographers may enter more than one photograph in all contests. Separate entry form is required for each entry.
- Contestants must be considered amateur photographers.

### GUIDELINES

- Photographs may be vertical/portrait or horizontal/landscape.
- Must be the original work of the member submitting the photo.
- Each photograph must be an 8 x 10-inch print. Digital submissions alone will not be considered, but a high-resolution digital copy of the submission is encouraged for winners sent to GFWC.
- All photographs must be mounted on a rigid 8 x 10-inch board and overall thickness may not exceed 3/8 inch. **NO** mattes, frames or hangers.
- Judges will look at overall creativity of subject and quality of photograph.
- Photographs may be taken using film or with digital cameras and may be color or black and white.
- Winning photographs sent to GFWC for national contest will **not** be returned.
- Each photograph must have a label affixed to the back with the following information:
  1. Contest name: The World in Pictures with category, or GFWC Living the Volunteer Spirit.
  2. Photographer’s Name, Email Address, Mailing Address, and Phone Number.
  3. Name and State of sponsoring club.
  4. Title and brief caption giving location, date, and other pertinent info about photograph.
  5. Arrow indicating top of photograph.
- State chairman will send one winner for each contest and category by May 15 to GFWC to be entered into the national contest. Winning photographers will be required to sign a GFWC Creative Arts Waiver, provided by chairman, which will be included with the entry when sent to GFWC.
- National contest entries will not be returned.

\*\*\*\*\*

**GFWC-W PHOTOGRAPHY CONTEST ENTRY FORM**

**One completed entry form required for each photograph. Please print clearly.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

GFWC-Wyoming Club \_\_\_\_\_

Indicate contest.:

**Contest 1 THE WORLD IN PICTURES** - Title and brief caption giving location, date, and other pertinent info about photograph.

Our World Up Close – title/info \_\_\_\_\_

Natural Wonders – title/info \_\_\_\_\_

Reflections – title/info \_\_\_\_\_

**Contest 2 GFWC LIVING THE VOLUNTEER SPIRIT** Description of activity

\_\_\_\_\_  
\_\_\_\_\_

## **Legislative Action Chairman**

Kathleen Petersen

Report for the GFWC News blast from Kathleen Petersen, GFWC Legislation and Public Policy Chairman

After I described the lengthy and detailed directions on how to access the GFWC Legislative Action Center in the last News blast, GFWC came out with **a simple, direct, easy to assess link!** It is <https://cgrcengage.com/gfwc> and it really works!! It will take you directly to the Legislative Action Center. GFWC says the Western Region has the lowest percentage of individuals who access the LAC at 9.0%. So, let's get on there and make some noise and raise our numbers of those who speak out for different legislation at the Federal level.

At the state level, the Wyoming State Legislature is about to start, opening day is February 14<sup>th</sup>, (bring chocolates 😊)

Seriously though, on Monday the 14<sup>th</sup> at 12:30 PM - 01:30 PM there will be a Medicaid Expansion Rally and Press Conference in front of the Capitol. For more information contact Rebecca Berry at 307-314-9299 or [rebecca@healthywyoming.org](mailto:rebecca@healthywyoming.org). If at all possible, be there and spread the word!! Maybe this is the year to finally get Medicaid expansion!!

Some other important dates are:

Feb. 16 Deadline for bill filing at noon, Feb. 18 Last day for bill introductions, Feb. 24 Last day for Committee votes in the first body, Feb. 25 Last day for Committee of the Whole First reading, March 1 Last day for third and final votes in the first body. March 7, Last day for Committee Votes in the 2<sup>nd</sup> body, March 9 last day for Committee of the Whole, March 10 Last day for final votes, March 11, Last Day of Legislature.

This "should be" a fast-acting Legislature because this is a Budget Session and they should be taking time to approve the budget and spend some time figuring out how to spend the millions of dollars (maybe billion) that are coming from the Federal Government, from the American Rescue Plan Act (ARPA bill). To introduce a non-budget bill of which there over 200 waiting in the wings, it takes 2/3 majority to introduce it for consideration. An extremely important bill to be considered is the one for redistricting. That is done every ten years after the census is taken.

Another activity that all can attend if you are interested is on Thursday, February the 17<sup>th</sup> at 08:30 AM - 09:30 AM there will be a Boys & Girls Club Youth of the Year Proclamation at the Capitol Rotunda. For more information contact Justin Pendleton at 307-778-6674 or [jpendleton@bgcchey.org](mailto:jpendleton@bgcchey.org)

I'll do my best to keep in touch with issues that may be of importance to us such as Medicaid Expansion but realize things can change drastically in one day and may be hard to keep up with.

A good place for you to start looking at what is happening in the Legislature is go to <https://www.wyoleg.gov> Contact your representatives on any issues you find important and want to have input on. You can also attend sessions in person and on-line. Let's get involved!

## **Leadership**

**Claudia Wilen**

The LEADS class of 2022 will be held June 24 in New Orleans. This workshop is designed for club members who have the potential and desire to assume leadership roles in their state federations or at the national level. Please generate interest within your clubs and submit applications for your nominee(s) to me [claudia@wilen.us](mailto:claudia@wilen.us) by Feb. 28<sup>th</sup>. I have forwarded the new application to all club presidents and it may be accessed through the GFWC Member Portal/ digital library/L/LEADS as well.

I will be reviewing applications and forwarding our chosen candidate to national by the March 15 deadline.

As an additional source of leadership information, please remember the Facebook group,

GFWC Advancements and Programs Forum, is open to all GFWC members. This group offers resources in the areas of leadership as well as membership, communications and public relations and much more. Check it out.

If you wonder just what makes a good leadership project, the answer simply is one that not only promotes leadership development but also allows and encourages leaders to advance and grow their skills. Here are 2 examples from the 2020 top ten list:

### **Past Presidents Committee**

GFWC of Holden Beach (NC) values the experience, knowledge, and passion of members who have served as club president or State President. They created a Past Presidents Committee, which provides leadership ideas to the club and works with and supports the current club leadership. They make personal phone calls to club members and also help coordinate the State President's special project efforts in their own club.

### **Leadership Academy**

GFWC Atlanta Woman's Club (GA) invests in the training of its future leaders through a 10-month Leadership Academy providing structured training in diversity, time management, board position training, GFWC history, and more. Graduates are more deeply invested in the club and encouraged to join other local nonprofit boards, spreading the word about the club and building their own career and networking opportunities. The first class will graduate in 2021!

You can follow the growing list in the member portal/digital library/ T.

**A parting thought:** The best leaders are passionate about developing emerging leaders because true leaders don't create more followers...they create more leaders.

### **Membership Chairman**

Membership Co-Chairs Lynn McLaughlin & Deb McCann

### **Membership Co-Chairs Lynn McLaughlin & Deb McCann**

*February 2022*

***Happy Valentine's Day***



#### **Sunflowers on Valentine's Day**

Sunflowers are the perfect symbol of adoration, loyalty and longevity. They are known for being “happy” flowers making them the perfect gift to bring joy to someone's day.

#### **MENTORING**

Mentoring is an effective way to encourage the involvement of new members. Clubs can designate mentors as “Federation Buddies” or “Big Sisters.” To find mentors within the club, find enthusiastic, committed members who are interested in helping and supporting new members. Mentors can be assigned before or after a new member is welcomed into the club. Establish some guidelines, such as when the mentoring period begins, what it consists of, and how long it extends.

(2020-22 GFWC Club Manual, Membership Advancement Plan)

#### **THE MANY BENEFITS OF BELONGING TO GFWC**

**Strength in Unity\***GFWC members strengthen their voice in shaping public issue and policy through the combined efforts of women serving in their clubs, District, State Federation, Region, or at the national level.

**Support and Encouragement\***GFWC offers members a network of women with similar interests and concerns. Fun, fellowship, and lasting friendships are a large part of the GFWC experience.

**Leadership Training and Professional Development\***Knowledge and experience acquired through GFWC volunteer training and community service can enhance a personal resume and open the door to new careers or personal opportunities. Or, also prompt new academic pursuits and success in a wide variety of fields.

**A Varied Volunteer Menu\***GFWC offers many national resources to help clubs plan and create community service projects in the diverse area of Arts and Culture, Civic Engagement and Outreach, Education and Libraries, Environment, and Health and Wellness. GFWC also supports Special Programs that advance Domestic and Sexual Violence Awareness and Prevention and encourage members to become advocates for children.

**Health and Happiness\*** Studies show that the personal satisfaction that comes from making a positive difference helps volunteers live longer, function better, suffer fewer ills, and enjoy life to the fullest.

(2020-22 GFWC Club Manual, Membership Advancement Plan)

### **GFWC Fun Facts** *Did You Know?*

**Mediators Program: Do you work well with others? Are you calm in the face of emotionally charged issues? If you answered ‘yes’ to either of these questions, we’re looking for you to become a GFWC Mediator! Every few years, current Mediators step down to allow for new members to join the team and receive training to help hone their skills in active listening and conflict management.**

Through our Mediators Program, GFWC offers confidential assistance to all levels of the Federation in working through membership concerns. Since 2002, when GFWC introduced its first class of “Mentors,” individual GFWC members, clubs, and State Federations have had the benefit of a group of experienced and passionate GFWC members to assist with a variety of issues. The work of this team complements, supports, and reinforces that of GFWC officers, committees, and staff.

**How Mediators Help Members, Clubs, and State Federations:** GFWC encourages its members to take advantage of the many resources it provides for building and sustaining strong, healthy clubs. The valuable experience of State Federation, committee chairmen, and national officers plus informative publications, such as *GFWC Clubwoman Magazine*, the *GFWC Club Manual*, and GFWC’s weekly newsletter *News & Notes*, are all available to GFWC clubwomen. However, sometimes issues arise that require a more considered approach. For these cases, GFWC Mediators can serve as an impartial listener, and provide thoughtful feedback and assistance in developing a resolution strategy. All interaction with a GFWC Mediator is kept confidential.

It is important to note that GFWC Mediators are not able to provide legal advice and cannot legally negotiate between parties, nor is any participant bound by the recommendations of a GFWC Mediator.

**How to Request a Mediator:** Requests for assistance from a GFWC Mediator should be sent to Director of Membership Services & Programs Melanie Gisler at 202-347-3168 or [MGisler@GFWC.org](mailto:MGisler@GFWC.org). Please provide a brief description of the issue for which assistance is requested, and a Mediator will be assigned. Mediators are asked to solicit feedback from participants and provide general reports keeping identities anonymous to GFWC Headquarters for program assessment.

(GFWC.org)

### MEMBERSHIP GRANTS

Funding is available to help underwrite membership recruiting efforts at the club level. GFWC is offering \$50 for club member recruitment activities in conjunction with seasonal recruitment campaign activities. These grants are distributed four times annually in advance of the season during which the funded activities will take place. The deadline date for the spring season is March 1, 2022, and the summer season June 1, 2022. Please complete the application form located in the GFWC Member portal and return it to GFWC Headquarters or you may contact [GFWC@GFWC.org](mailto:GFWC@GFWC.org) or call 202-347-3168 to receive an application. **(form is attached)**  
(2020-22 GFWC Club Manual, Membership Advancement Plan)

### REPORT DUE MARCH 1, 2022

“Hats Off to Membership” Recruitment Campaign Report “BUILDING THE CONNECTION” for December, January, and February. **(See form 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 [debmcann841@gmail.com](mailto:debmcann841@gmail.com).  
Thank you!**





## 2021-2022 GFWC Membership Grant Application Form

Funding is available to help underwrite membership recruiting efforts at the club level. GFWC is offering \$50 for club member recruitment activities in conjunction with seasonal recruitment campaign activities. These grants will be distributed four times annually in advance of the season during which the funded activities will take place. Applications are accepted on a rolling basis but will be reviewed four times a year.

Applications must be received by the following dates for membership events occurring in the designated seasonal recruitment cycle:

- Fall seasonal recruitment membership grants application deadline **September 1, 2021**
- Winter seasonal recruitment membership grants application deadline **December 1, 2021**
- Spring seasonal recruitment membership grants application deadline **March 1, 2022**
- Summer seasonal recruitment membership grants application deadline **June 1, 2022**

Grant awardees will be notified on the following dates:

- Notify fall winners and distribute grant funds **September 2 – 7, 2021**
- Notify winter winners and distribute grant funds **December 2 – 7, 2021**
- Notify spring winners and distribute grant funds **March 2 – 7, 2022**
- Notify summer winners and distribute grant funds **June 2 – 7, 2022**

Please complete the following application form and return it to GFWC Headquarters by the appointed deadline.

Name of Club: \_\_\_\_\_

State Federation: \_\_\_\_\_

First Name of Applicant\*: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I am a Club President

I am a Club Membership Chairman

*\*Only a member holding one of the above positions may apply for the GFWC Membership Grants.*

**PART ONE**

Please provide a brief description of the need for the grant. Include the goals as well as the strategies and activities you will use to achieve your recruitment goal:

How many GFWC dues-paying members does your club currently have: \_\_\_\_\_

Goal (How many members are you trying to recruit): \_\_\_\_\_

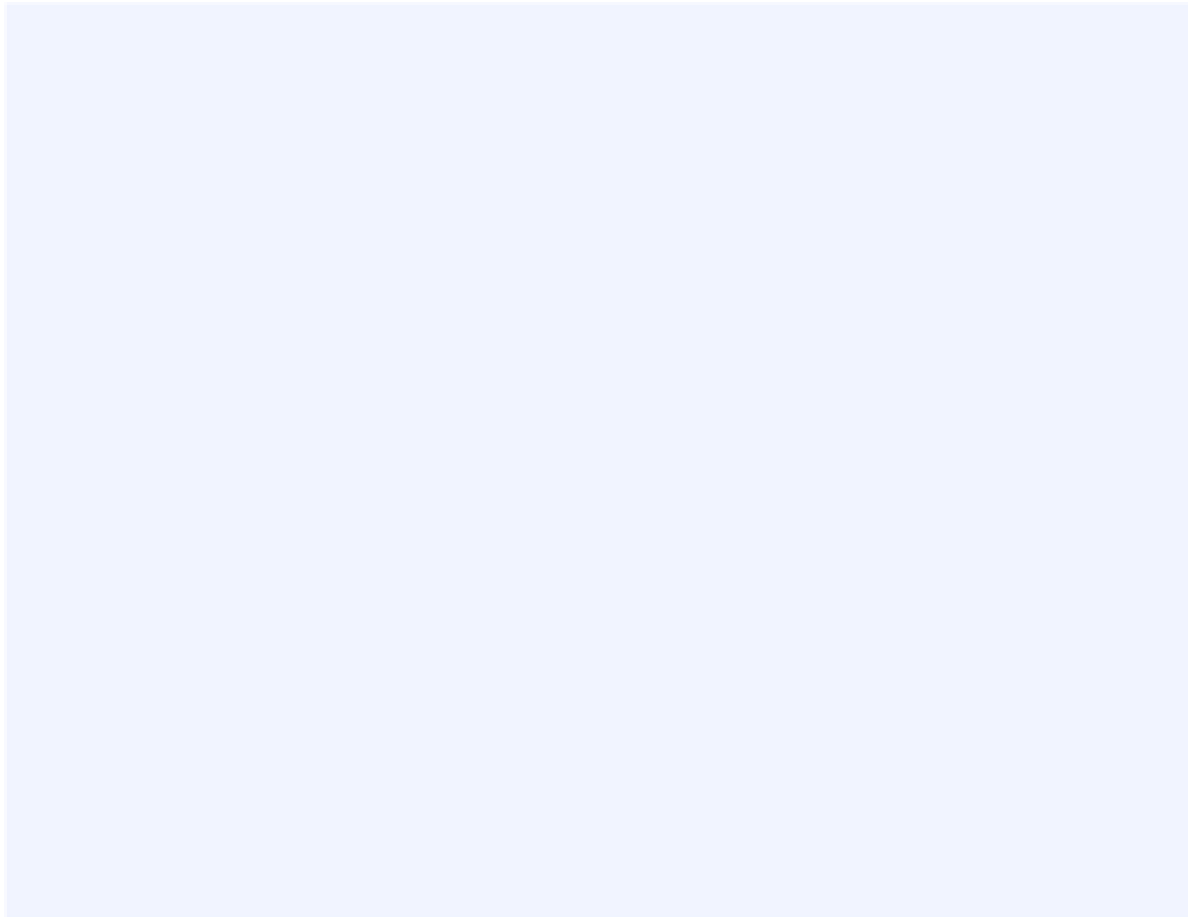
Target Population (State the groups or communities that you intend to target):  
\_\_\_\_\_

Action Plan (Bullet point three to five activities you have planned as actives and strategies for your recruitment project):

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**PART TWO**

Provide an outline of your event budget (e.g., food and beverage, marketing materials, supplies, etc.)



**SUBMIT YOUR GRANT APPLICATION TO**

General Federation of Women's Clubs  
Membership Grant Program  
1734 N Street NW  
Washington, DC 20036-2990  
ATTN: Membership Grants  
E-mail: [GFWC@GFWC.org](mailto:GFWC@GFWC.org)

**QUESTIONS:**

Please contact Membership Services.

# 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'sName \_\_\_\_\_  
 Club MailingAddress \_\_\_\_\_  
 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:

## Women's History

Robin Broumley

On this day in 1930, William Taft resigns his position as Chief Justice of the United States. He remains the only person to serve both on the Supreme Court and as President of the United States.

He preferred the Court and thought that appointment his greatest honor. "I don't remember that I ever was President," he wrote. Indeed, Taft might never have been President but for his choice of a spouse.

Helen ("Nellie") Herron was the daughter of an attorney who just happened to be friends with two future U.S. Presidents. As a teenager, Nellie was thus afforded a unique opportunity to visit the White House. She later claimed that the visit sparked a desire to marry a man "destined to be President." She really wanted to be the First Lady!

Presumably, she thought she'd found this guy in Taft. Unfortunately, Taft simply wanted to be a judge, preferably on the U.S. Supreme Court.

Nellie was not to be deterred. She was a strong-willed woman, and she directed Taft's career path. She encouraged him to accept a position as U.S. Solicitor General. She coached him on the art of public speaking. She even persuaded him to decline the much-coveted nomination to the U.S. Supreme Court once he received it. Eventually, Taft became Secretary of War under Teddy Roosevelt.

Toward the end of that term, Roosevelt wanted to offer Taft a place on the Supreme Court (again). Roosevelt arranged a meeting with Nellie, thinking that Nellie could push Taft to accept the nomination. Instead, Roosevelt soon found that Nellie wanted HIM to support Taft as his successor during the next presidential election cycle. For many months afterwards, Nellie lobbied to gain and keep Roosevelt's support for her husband's candidacy.

Maybe you won't be surprised to hear that Nellie got her way? Between Roosevelt's support and Nellie's behind-the-scenes help, Taft was elected in 1908. Nellie became the first First Lady to ride next to her husband in the procession from the Capitol to the White House on Inauguration Day.

Unfortunately, Nellie ran into problems nearly as soon as she achieved her much-desired status as First Lady. She had a stroke in 1909 and suffered partial paralysis afterwards. She literally could not talk at first. Being the determined woman that she was, she worked her way back over time and left her mark anyway.

Did you know that she brought the cherry blossom trees to D.C.? The trees were shipped from Japan. She also became the first First Lady to have her memoirs written.

She may have left one other, unexpected legacy: Would Woodrow Wilson have been elected without Nellie's intervention into presidential politics? Consider that Nellie worked hard to gain Roosevelt's support: She convinced him that Taft would be a good steward of the presidency. Unfortunately, Roosevelt did not think that Taft lived up to these expectations. He was unhappy with Taft's presidency and wished that he had not supported Taft in the first place. As a consequence, Roosevelt decided to throw his hat into the ring again, during the presidential election of 1912. That election ultimately turned into a three-way race among Roosevelt, Taft, and Wilson. In all likelihood, a unified Republican Party could have defeated Wilson that year. But a fractured Republican Party could not. Wilson won the Electoral College handily, 435 electors to Roosevelt's 88 electors. Taft obtained only 8 electors.

Perhaps many of you are now blaming Nellie for the progressive presidency of Woodrow Wilson!?

As for Taft, he probably felt that the story had a happy ending. In 1921, Warren G. Harding finally nominated Taft to the Supreme Court. He held the position for more than 8 years.

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If you enjoy these history posts, please see my note below. :)

Gentle reminder: History posts are copyright © 2013-2022 by Tara Ross. I appreciate it when you use the share feature instead of cutting/pasting.

#TDIH #OTD #History #USHistory #liberty #freedom #ShareTheHistory

## Education and Libraries

Carolyn Turbiville

**Happy Valentine's Day!**

Hope all is going good for everyone and you are doing education projects. I am really enjoying my volunteering in the classroom. This month, X-JWC members took bowls of wrapped candy to schools to show our appreciation of the hard work of the staff. What are you doing in your club? Let's share our ideas.

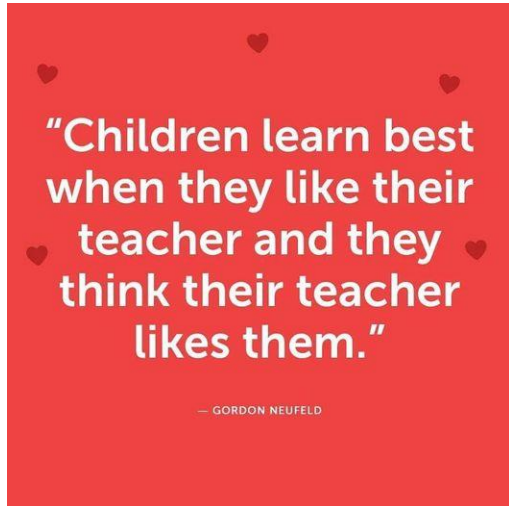
*“The greatest gift is the passion for reading. It is cheap, it consoles, it distracts, it excites. It gives you knowledge of the world and experience of a wide kind. It is a moral illumination.”*

Elizabeth Hardwick

The library is the temple of learning and learning had liberated more people THAN ALL THE WARS IN HISTORY.

Carl T Rowan

A book a day keeps STIPIDITY away.



I had comments about this from former first grade students. One student I had over forty years ago



**CIVIC OUTREACH AND ENGAGEMENT**

**Flo Beville, Chair**

CIVIC ENGAGEMENT AND OUTREACH

By Flo Beville

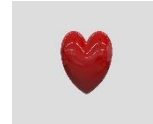


There is certainly a lot going on this month to make plans for your Civic Outreach activities.

To reiterate GFWC’s focus Civic Engagement and Outreach stresses work in four areas: First is Citizenship. Next is Crime Prevention, Safety and Disaster Preparedness; Needy, Hungry and Homelessness; and finally Military Personnel and Veterans. Much can be accomplished here.

A few of February’s activities are American Heart Month, and America Saves Week. It’s also African American Month and Library Lovers Month. I didn’t know what America Saves week is so I googled. It’s from Feb 21-25, is a celebration and calls to action for Americans to save successfully.

And don't forget our International Partnerships. I am going to introduce Wyobell II again. She is a cow bank and she travels to our meetings to throw your loose change into. Because of COVID and Zoom meetings she hasn't traveled that much. But any funds collected are given to Katherine Van Dell and she sends a check to Heifer International. We have donated \$144 so far this year. Some members at our Fall Workshop did not know about Heifer International. I chose this as our International Partner for 2020 to 2022. The funds help to fight hunger; therefore, it fits in with GFWC's Needy, Hungry and Homelessness theme. It supplies animals, tools and training throughout the year to help families around the world transform their lives (taken directly from Heifer Site). For more information go to [www.Heifer.org](http://www.Heifer.org).



Happy February, Happy Valentine's Day. I hope everyone stays Heart Healthy.

## **Health and Wellness**

### **Mary Ann Kamala Chairman**

February is American Heart Month and a good time to be thinking about our heart-healthy habits. Some of the familiar and sometimes overlooked habits include getting your Flavonoids which include the heart healthy benefits of tea. Drinking unsweetened black or green teas contains from 150 to 170 mg of Flavonoids, which goes along with just staying hydrated. These fluids help your heart pump more blood through your blood vessels which promotes good circulation. This then brings us to how we should be getting moderate exercise every day doing some kind of aerobic activity such as walking, biking, dancing or gardening. Or a more vigorous activity might be running, tennis or swimming. This is also a good time of the year to be thinking about your annual checkups. Getting screened on a regular basis for blood pressure, cholesterol, body weight and other cardiovascular markers will help with prevention of any kind of heart disease.

It is also important that you keep in mind the symptoms of possible heart problems. The following are some of the symptoms:

**Shortness of breath, chest pain, sweating, nausea or being light head headed**

**Swelling of feet, legs and ankles**

**Nagging cough**

**Confusion or memory loss**

**Sudden weight gain**

**Feeling tired and fatigued**

**Consult your doctor if any of the above symptoms persist.**

**It is hard to not mention, just staying healthy in today's world of Covid and all that includes. If you feel you might have been exposed or are having Covid-19 symptoms it is recommended that you take an at-home test. These tests are available to order at [COVIDtest.gov](https://www.covidtest.gov). You may also call 1-800-232-0233 to order and all tests are free.**

**Hoping this Heart-full month brings you a month of heart happy experiences and a Happy Valentines Day!!**

**Mary Ann**

**Community Improvement**

Karren Brannon

You have about three weeks to send your Community Improvement Program paperwork to me. Entries must be postmarked no later than March 1, 2022. Karen Brannon, 2220 Mariposa Blvd. Casper, WY 82604.

**Scholarship Committee Chairman**

Karen Bard

It was presented and approved at the January State Board Meeting that one scholarship from each of our funds, Mary Brooks, Paulina Hayes, and Ruth Clare Yonkee, will be awarded in the value of \$1000 each. You will find the forms on the state website at this link. <https://www.gfwcwyoming.org/scholarships.html> . If anyone, wishes to join this committee, we would appreciate your assistance. It is my desire to have one member from each of the clubs on this committee. The bulk of the work is in the first two weeks of May when the deadline for applications has passed and it is time for us to read and evaluate them. Everything is done via Zoom so no travel is required. Just a few computer skills.

Scholarship Custodian

Karen Bard

**Rating Guide Chairman**

Beverly Campbell

A reminder the Rating Guide is due prior to March 1, 2022. Please send it to Bev Campbell, email [bevrogercampbell@gmail.com](mailto:bevrogercampbell@gmail.com) or mail to 2700 Summit Drive, Cheyenne, Wy 82009. Thank you and hope to hear from you soon!

**Writing Chairman**

Edna Larsen

Edna sadly reports there were no writing entries by the February 1<sup>st</sup> deadline.

**NOMINATION COMMITTEE**

Flo Beville, Chair

Ladies, we will elect new officers for GFWC-WY at the convention in Thermopolis in April.

It's a process that I am honored to have been involved in. A Thank You to Nancy Kaufman for asking me to chair the committee. The committee members are Mary Lee Dixon, representing Women's Civic League of Cheyenne; Bev Campbell, representing X-JWC in Cheyenne; Michelle Smith representing Rock Springs Club, and Rita Clark representing Laramie Woman's Club. Thanks to them for stepping up and volunteering.

GFWC WY Clubs have nominated and endorsed Candidates. The Slate of Officers was forwarded to the Board in January. I gave a report to the Board at the winter board meeting via Zoom. The Board has approved the slate, and now it will be presented to the governing body at the convention in April for approval. If approved, a vote will be taken.

The Slate is as follows: Karen Bard from Laramie, President-Elect; Karen Kent of Meadowlarks, Vice President; Lucy Russell of Women's Civic League, Vice President; Katherine Van Dell of X-JWC, Treasurer; and Elsie Gray of Yoder, Secretary.

Trish Peoples is the current President Elect, and per the Bylaws, she will automatically move into the President position.

We will have a run off election for Vice President as there are two candidates. Voting will be by ballot and you must be present at the convention to vote. Also nominations for the other positions may be taken from the floor but the candidate must be endorsed and approved by her club.

Thank You to the Candidates for stepping up and volunteering to run for office. Installation will take place on Saturday night of the convention at the banquet.

If anyone has any questions, please be sure to contact me. [Robi53@msn.com](mailto:Robi53@msn.com) or 307-421-3011.



HOPE TO SEE YOU IN APRIL AT THE CONVENTION!!

## Club News

### Laramie Woman's Club

**Karen Bard**

We are so proud of two of our members. First Lorraine Saulino-Klein who was an Un Sung Hero nomination here in Laramie. She does so much for the community and she, along with Mary Fick Monteith were instrumental on putting on three (3) QP/Suicide Awareness Training sessions. We are also proud of Mary Alice Bruce who has been appointed to the Albany County School District #1 Board. We have so many volunteers in our community, and it is wonderful to recognize these women for their efforts to fill the needs of our community.

It is time for BUNCO at the Laramie Woman's Club. We postponed our normal February/Valentines event till March. So it will be a St Patrick's Day themed event on March 20<sup>th</sup> at the Eppson Center. Doors will open at 1 with game beginning at 1:30. Appetizers and wine will be provided and the cost is still only \$20. If you want to attend please contact Lynda Hidalgo at [lhidalgo1303@gmail.com](mailto:lhidalgo1303@gmail.com) or 307-760-7260. We have space for only 132 players so get your requests in early.

This year we are raising money for Laramie Connections who provides gap services for the community. We are specifically raising funds for their transportation services which are at financial risk. They provide 5 – 7 roundtrip services per week usually to Cheyenne, Ft Collins or Loveland. Nearly all of these trips are for medical purposes. They also provide transportation needs for local meal delivery, Interfaith, church attendance. Temporary transportation services are also provided when cars are in for maintenance or there is a conflict between needs for a single vehicle family.

So if you are going to be in the area, consider coming to the party. It will be fun as it always is. Perhaps you might even consider making a special trip to our lovely town just to come and have fun. We will be abiding by the Eppson center guidelines, so masks will be required.



Laramie Woman's Club – Lynda Hidalgo

Save the date!,,,our annual Bunco Party is Sunday March 20th,,,for only \$20.00 you get food, wine and door prizes. Seating is limited and we always sell out so give me a call for a ticket(s) ASAP.

You can also peruse and buy one of our LWC cookbooks. Some of the recipes will be on the appetizer table,,,call Lynda Hidalgo @ (307)760-7260.

### Laramie Woman's Clubs, Presidential Reminiscences

When I first joined LWC in 2008 and became President in 2011, I still remembered as a new member, how I didn't know, among other things, club acronyms, i.e. what the hell was ESO?, GFWC?,,,it also took me forever to understand that, while most organizational years are, according to the calendar we are all familiar with, that, GFWC,,,has a year that begins July 1 thru June 30th and you hope those who preceded you in the previous year turned in a project report so you can show what a go-getter president you are although you had nothing to do with the previous year.

I decided to institute an annual New Member Orientation event (NMO) for new members to explain, among many other things, the acronyms, how to be a hostess, what is expected of a committee chair and so forth. We still do this today.

When I tried to institute other new ideas, I was reminded that this organization had been getting along since 1899 without my "new" ideas so I just smiled, went home, mixed a couple of stiff martinis, sat down and did a lot of pondering.

What I came up with is this,,,,your new club executives shouldn't throw out the baby with the bath water,,,,look carefully at what has been done before you and remember that, as volunteers, leadership is all about trial and error. We don't pop out of the womb knowing how to lead. You may not get from A to B the same way they did but, as long as you achieve the goal, so what?

The differences in each of us is what makes us unique,,,after all, if we were all alike,,,how boring would life be?

Lynda Hidalgo  
Past President  
Laramie Woman's Club



Follow us on Facebook: GFWC of Wyoming  
GFWC-Wyoming website: [www.gfwcwyoming.org](http://www.gfwcwyoming.org)

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