

Wyoming News Blast

January 2022



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

**Proud GFWC
members
Since 1904**



Be the Light



Happy New Year! I hope your holidays were relaxing and regenerating. I hope your resolutions are being successful! As I reflect on the past year, I would like to remember all those clubwomen we lost –they were far too many and we will miss them. They will be memorialized at our GFWCW Convention in Thermopolis April 29th and 30th.

It is now time to begin reviewing our Club's accomplishments and writing those dreaded reports. But really, we should see these as celebrating our successes. As we continue our journey to return to normal, we have continued to achieve quite a bit. These are our history and it is important that it be documented. Several times during my tenure as State President I have received calls from a researcher looking for information from the past. Because we take the time now, we will still have material to refer to in one hundred years. Thank you in advance for your conscientious efforts. Remember, if you need ANY help – Trish and I are here.

Congratulations are in order for clubwomen who have been recognized as Unsung Heroes by their communities. Trish Peoples (X-JWC, Meadowlarks) was acknowledged on the front page of the paper. Lorraine Saulino-Klein (Laramie) and Maureen Hurley (former X-JWC) were shown appreciation in their papers as well in recent weeks. Congratulations Ladies! We are so proud of you.

The GFWC Clubwoman magazine is now free and available in the member portal. Check it out – it is chock full of information. And winning soup recipes now that winter has arrived! Please contact Headquarters if you are having any trouble logging in – they are great help.

I continue to be heartened by the efforts of our Wyoming clubwomen to support their communities in ways, big and small. We never truly know what a difference we may be making. So please, remember random acts of kindness, both given and received, can make a profound impact. 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

I have to admit that last year was a bit of a blur. It was like 10 years packed into one. I took some time to reflect (and look at all the pictures on my phone), and I saw the large number of volunteer projects, meetings, and life-changing family events I was part of in 2021. What a year! One of my favorite pictures is this one that my husband took. It reminds me that even when things get tough, we can still count on the sun finding its way through the clouds. I hope it gives you some inspiration.



And speaking of inspiration, the Club Presidents have received emails from me about their reports due on February 1st. I encourage every clubwoman to help their presidents with this report. If you know of something done in the club, send a quick note to your president to remind her. All the clubs do great things, so why not let the world know? I am more than happy to answer questions any of you may have, whether you are a club president or not. Email me at tlapples@yahoo.com, or call/text me at 805-757-2125.

News from our Chairmen

Legislative Action Chairman

Kathleen Petersen

As promised at this year's October Fall Workshop—Here is how to access pending legislation the National GFWC supports and asks for support from its membership. If you want to add your voice to their identified causes, just follow the steps below, it's pretty simple:

Go to [http://www.gfwc.org/ Home Page](http://www.gfwc.org/Home Page), the website for the General Federation of Women's Club

Then click on the upper bar—"What We Do"—then a drop box will appear--click "Legislation/Public Policy"

On that page, scroll down to the Legislative Action Center. On the second line in the body of the text. Click on "Take Action"(it's in blue).

Scroll down to GFWC Engagements—Currently they have listed 10 engagements listed in blue with a description under the title. Click on the one(s) you want to support and fill in the blanks (some computers will automatically fill in your name and address. Make sure all the lines are completed. Click submit. On the next page, follow through to the bottom where you "sign" and then click submit. It will say "thank you" at the end so you will know it was successfully submitted.

You can support any or all of the 10 engagements. Once you click on send message, it will be sent to the President, Vice President and/or Wyoming Senators Barasso and Lummis and sometimes Representative Cheney.

If you want your voice to be heard on important national issues, speak out now!

Kathleen Petersen Legislation and Policy Chairman

P.S. The Wyoming State Legislature will begin it's Budget session on February 14th (Happy Valentine's Day). The Session typically lasts 20 legislative days. Except for the budget bill, all other bills require a two-thirds vote from the Senate or House for introduction during a Budget Session. Be sure to keep an eye on what they are proposing and keep in touch with your representatives. I'll add more in February Newsblast issue.

Leadership

Claudia Wilen

It's time for our clubs to be thinking of nominees to be considered as our state LEADS candidate. The candidate will attend the LEADS workshop during the GFWC convention to be held in New Orleans June 25-28.

However, the application form has not yet been approved by GFWC. With this delay, the deadline for submission of our state candidate has been reset to April 15th, giving us a bit more time to consider our nominees. With this new deadline I will be asking that all clubs submit their applications to me by March 31.

I will email the approved application to all club presidents as soon as I have received it. In the meantime, feel free to look over last year's form to get an idea of what is involved in the application process. This can be accessed through the GFWC Portal. Go to Resources/Digital Library/L/LEADS. If you have any questions, please contact me @ claudia@wilen.us

Claudia Wilen, Leadership

Membership Chairman

Membership Co-Chairs Lynn McLaughlin & Deb McCann

January 2022
Happy New Year



Sunflower Seeds & Oil in 2022

When you need a healthy snack, you can't go wrong with sunflower seeds. These seeds are a nutrient-packed superfood that contain a ton of healthy fats, fiber, vitamins, and minerals needed by the human body. But, due to production issues, droughts, and consumer demand for sunflower oil, the snack might be that much harder to come by in 2022. Experts believe that market prices for sunflower seeds should see a significant increase in the near future. (Internet)

GFWC MONDAY

Extend a hand, whether in-person or remotely, to work toward common goals in your community. Build connections with clubwomen you may not know as well, but also invite member prospects and the general public to participate in your next community service project. What are some ways you're reaching out to your community this month?
(GFWC.org)

NEW & SEASONED MEMBERS

To retain members, everyone must be excited about the club and its opportunities for personal growth and friendships. Pairing experienced and new members to meet and share ideas and expectations is a good way to accomplish this task. Below are sample questions for a strategic “getting to know you” exercise, but think creatively and adjust them for your needs. Choose thought-provoking questions that will offer new ideas and goal-setting opportunities for the club.

Create groups of equal numbers of seasoned and new members and ask:

SEASONED MEMBERS:

- If you could do last year again, what would you do differently?
- What advice do you have for new members?
- What club accomplishment(s) are you most proud of?
- What has GFWC membership added to your life?

NEW MEMBERS:

- What would you like this club to mean to you a year from now?
- What ideas do you have for community service projects?
- What personal or professional accomplishment are you most proud of?
- What talents or interests do you want to share with the club?

Allow 15 minutes or more for small group discussions and then gather the groups together to share highlights. Typically, it is more effective for seasoned members to report first, followed by new members.

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

CELEBRATE CLUB MEMBERS' RECRUITMENT SUCCESSES

Star Recruitment Pins and Circles are incentive rewards for successful recruiters. The first five awards, recognizing those who have recruited five to 29 new members, are small star-shaped pins with a butterfly clasp and small chain that attaches to the stem of the GFWC Member Pin. Members who have recruited 30 or more members will be awarded a color circle to wear behind their star pins. **Awards are cumulative and can cross Administrations.** There are 10 levels. Please send the names of your club's successful recruiters and the names and contact information of the new, active, dues-paying members to Deb McCann by email to debmccann841@gmail.com. Only the State Membership Chairman can order Star Recruitment Pins and Circles.

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

GFWC Fun Facts

Did You Know?

- GFWC's latest membership benefit is the **GFWC credit card**. This Visa Platinum Rewards Card allows you to earn points for purchases, balance transfers, and interest payments. You can redeem your points for gift cards, travel options with no blackout dates, event tickets, merchandise, and more. **There is no annual fee.** Even better—you'll be supporting the Federation each time you make a purchase. In addition, for each new credit card that is used to make a purchase within 90 days, GFWC will receive \$50. Open your account today to start accumulating points now.

[Apply for the card today](#), or contact GFWC@GFWC.org for a mail-in application. Be sure to put 'Affinity Card Application' in the subject field of your email so GFWC can expedite getting an application back to you.

- GFWC is pleased to participate in [Amazon.com's Smile program](#), which enables members to purchase items through one of the world's largest online retailers and direct up to 0.05 percent of their total purchase to the Federation

REPORT DUE MARCH 1, 2022

"Hats Off to Membership" Recruitment Campaign Report "BUILDING THE CONNECTION" for December, January, and February. **(See attached)**

(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. 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** –
- Fall** –
- Winter** –
- Spring** –

- (June, July, August; Report due **September 1**)
- (September, October, November; report due **December 1**)
- (December, January, February; report due **March 1**)
- (March, April, May; report due **June 1**)

ClubName _____

City _____ State Federation _____

Club President'sName _____

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:

Women's History

Robin Broumley

The WHRC Messenger

Volume 2, Issue 2, Page 2

The New Year brings with it the **100th Anniversary of GFWC's purchase of 1734 N Street**. In 1901 the United States Congress granted GFWC a Federal Charter requiring the organization maintain its Headquarters in Washington, D.C. Finding an appropriate location was a concern for several years, but in 1920 newly-elected President Alice Ames Winter took responsibility for locating a permanent Headquarters building. By 1922, the mansion on N Street had been identified and the GFWC Board of Directors authorized the purchase. At the 1922 Biennial Convention in Chautauqua, New York Club women pledged over \$100,000 to purchase and furnish their new Headquarters.



It's time to invest in ourselves again. It's time to invest in our future and the future of the communities that need GFWC and the clubwomen who serve them.

Why not celebrate the anniversary with a club contribution to the Capital Campaign?

2021 Award Entries

Please encourage your Chairmen to share the WHRC Award Entry "hints" below with their clubs. They may be surprised at what can be submitted on the WHRC Award Entry!

Recording club **minutes** documents club history. The club's **budget** inspires the future through financial support and provides **community/club awareness**. Does the club have a **Historian**, club **scrapbook** or even fun **photographs** from meetings and projects? Did you write or update your **club history** or use **newsletters** or **club programs** to share community/club history? Did the club recognize and celebrate **member achievements** on **social media** and in **local media**?

Did the club **honor members** for years of service with GFWC **membership service pins**?

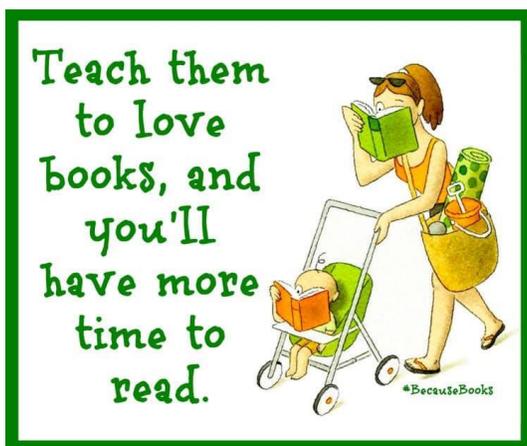
Did the club honor a club/district/State Federation/Region leader with a **donation to the WHRC**?

Talk about having faith!

Education and Libraries

Carolyn Turbiville

Happy New Year! Let's see what new ideas we can come up with in 2022! I am anxiously waiting for the chairman's report of what you have done in the past year.



X-JWC has just completed a challenge that I gave the members as Education and Library chairman of our club. I challenged the members to give a book to someone or some place by Christmas. We had 20 members participate and 121 books were distributed. Husbands, children, grandchildren, great grandchildren, great nieces and nephews, X-JWC sisters, PEO sister, "Give a book, take a book", school, Family Promise and other places not mentioned received a book or books.

Did you know? The UN reports statics on their website at UN.org.

Worldwide, nearly ONE in FOUR girls, ages 15 to 19 years old are unemployed nor in education or training compared to one in 10 boys of the same age. By 2021, around 435 million women and girls will be living on less than \$1.90 per day (including 47 million pushed into poverty as a result of COVID).

One in three women worldwide have experienced physical or sexual violence. Emerging data shows since the outbreak of COVID, violence against women and girls (particularly domestic violence) has increased.

At least 60% of countries still discriminate against daughter's rights to inherit land and non-land assets in either law or practice.

CIVIC OUTREACH AND ENGAGEMENT

Flo Beville, Chair

Martin Luther King Day: A Day of remembrance and civic engagement.

January 17, 2022

MLK Jr. Day is considered a “Day On, Not a Day Off”. It’s the only federal holiday designated as a National Day of Service to encourage all Americans to volunteer to improve their communities. AmeriCorps, which has been leading the MLK “Day of Service” for the last 25 years, encourages all Americans to pitch in. Go to AmeriCorps web site to find opportunities to serve, including elder care, veteran assistance, food pantries, community clean-ups, grant writing, curriculum building and even web design. Dr. King said, “Everybody can be great...because anybody can serve.” “You only need a heart full of grace. A soul generated by love.” (Detroit Economic Growth Corporation – Newsroom)

Junior’s Special Program - Michelle Smith

The state is still collecting dimes for March of Dimes. In Rock Springs we were able to participate in the GFWC Blanket Challenge for March of Dimes sending in both baby blankets and hats for premature babies. As we look into the new year and advocating for children remember there are still needs, we can creatively and compassionately fulfill. So be on the lookout for ways to continue supporting our Wyoming youth.

Happy New Year!



Health and Wellness

Mary Ann Kamala Chairman

A REFLECTION FOR 2022

How am I going to use my time this year? What new goals do I want to set to set to better myself? What are my priorities? What fun things do I want to do this year? Do I need to spend more time with family and extended family? What plans do I have for the future? How do I prioritize my time? Do I need to pay more attention to my physical and mental health? Do I want to travel this year? What are my priorities? What makes me happy? How do I want to remember this year?

Much to think about and much to plan.

HAPPY AND HEALTHY 2022 TO YOU!!

Mary Ann

CIP Chairman

Karen Brannon

Completed reports on your CIP project must be post-marked by March 1, 2022.

Art Chairman

Ina Buckner

Info to all Art Chairman's:

The new art form is shown below.

This should be a form with info all on one page! I hope to see everyone at our next state conference that is in late April!

Remember: no more the 12 Art pieces for the conference! I've been the Art Chairman for 4 years with Laramie Woman's Club, I collect anywhere 50 to 100 pictures and I have the membership of the club to

choose the pictures that would go to state! I really enjoyed getting to the know various art instructors at elementary to High school!

Hints:

1. I get email addresses & names of the art instructors and prepare one main email to all with specific date of the state conference and when it is needed.
2. Along with this email, I attach the form that needs to be completed to enter the state conference.

Any questions, please don't hesitate to contact me!

Ina Buckner
State Art chairman
(307) 272-3562
buckner_ina@yahoo.com

Note from editor: This form is also available on the GFWCW website.



Winners in 2021

GFWC-Wyoming Exceptional/Youth Art Rules

Eligibility: School children in grades 3 through 12. One entry per student, per club. Artwork (painting or drawing) should be original and created by the student during the current school year. Special needs students will only compete with other exceptional art students for awards.

- Size: Maximum of 16 x 16, including matting
 - No heavy frames or glass
 - Please title the artwork
- Artist’s signature permissible

Youth Art/Exception Art Entry Form

Student Name: _____
 School or Organization: _____
 Sponsoring Club: _____
 Club Chairman: _____
 Club Chairman’s contact #: _____
 Grade Level or age of participant: _____

*Please paper clip or lightly tape a completed entry form to the back of each piece of artwork.
Categories:

- Level I: Grades 3 & 4
- Level II: Grades 5 & 6
- Level III: Grades 7 & 8
- Level IV: Grades 9-12

*All entries will be judged and winners will receive ribbons for 1st, 2nd, 3rd, and “Best of Grade Level” or “Best of Category.”

*No more than 12 entries from any one club will be accepted.

*GFWC Wyoming is not responsible for any loss or damage to artwork.

*No hobby or craft art submitted (such as papier mâché, weaving, sculpting)

Next State Convention: _____
 Location: _____

Domestic & Sexual Violence Awareness & Prevention

Linda Stowers, Chair

With the new year upon us many are caring for an Elder Parent. Here are some things to look at:

10 Questions to Ask Before Hiring a Health Aide. No one with a need for a home health aide should be afraid to seek necessary care. But how do you ensure that your loved one is in safe hands?

1. How do you recruit home health aides, and what are your hiring requirements?
2. Do you do criminal background checks on prospective aides? How about drug screening?
3. Are health aides certified in CPR, or do they have any health-related training?
4. Are the aides insured and bonded through your agency?
5. What competencies are expected of the aide? Lifting and transfers? Personal care skills (bathing, dressing, toileting)? Training in behavioral management, cognitive support?
6. How do you assess what the aide is capable of doing?
7. What is your policy on providing a substitute home health-care aide in the event a regular care provider cannot perform the services in your contract?
8. If there is dissatisfaction with a particular home-care provider, can he or she be replaced "without cause"?
9. Does the agency provide a supervisor who is responsible for regularly evaluating the quality of home care?
10. Does supervision occur over the telephone, through progress reports or in person at the home of the older adult?

Thoroughly checkout any agency, care center or individual before you hire someone to take care of our precious adults.

Use government agencies to help such as

<https://www.seniorliving.org/research/government-aid>

<https://www.agingcare.com/articles/10-government-programs-caregivers-can-access-for-their-elderly-parents-120513.htm>

Club News



GFWC Wyoming Leading Ladies

President – Starla Sexton

Hi! I wanted to introduce myself. I was one of the LEADS Graduates this year at The GFWC Convention in Atlanta. While there, Nancy Kaufman and I discussed expanding on what the LEADS program does and how the knowledge learned could help the clubs throughout Wyoming. That's when the GFWC Leading Ladies were born!! We are the newest GFWC club in Wyoming.

Who can join us?

We are open for LEADS Graduates and Past Presidents to join us. We are a virtual club which means it doesn't matter where you reside in the State you can join us.

We will be doing a mini-LEADS in April at the Spring Convention in Thermopolis. If this is intriguing & you want to help out let me know!

Starla Sexton

President

GFWC Leading Ladies

307-214-3340

Added Note from Treasurer of GFWC Wyoming Leading Ladies

I wanted to let people know they can send their dues to me at:

Marcia Volner

3421 Monterey Dr.

Rock Springs, Wyoming 82901

Checks should be made out to GFWC Wyoming Leading Ladies for \$30.

Please remember this is a new club. I only know if you are sending dues if you let me know. I will then let Katherine VanDell know how many members we have. She wants my list by January 14. Thanks.

I will be home in February to deposit any checks that arrive this



GFWC Meadowlarks Cheyenne

President-Barb Robertson
December-Month in Review

Happy New Year to all the Clubs!

During the month of December, the Meadowlarks partnered with Safe Harbor to provide gifts of PJ's, Books & Goodies for the children that are part of the abused and neglected children advocacy program at Safe Harbor in Cheyenne. In addition to the 23 bags of gifts from the Meadowlarks, the Volunteer Crisis Fund Board from Cheyenne Frontier Days donated a stuffed toy to each child as well as part our combined partnership to surprise the children.



The Meadowlarks spent a great evening out organized by Mary Lee Dixon at Rib and Chop on December 8th to celebrate the season together. We enjoyed an entertaining story from Mary Lee and it was a great way to end our year of friendship and celebration of our year of service.



Next, on December 11, the Meadowlarks and XJWC Members attended the unveiling of a mural painted by 10-Year-Old Rosie Weiss at the Coalition for the Homeless. Trish, Darlyn and Mary Lee spent countless hours at the Coalition with Rosie and her mother Amy while she sketched, designed and painted the gift of the mural for the building that previously was a blank wall. Lowe's partnered with Rosie to provide the paint for the mural, and it took over 2 months to complete. Rosie has plans to partner with the Coalition again to add another wall to this amazing project. The Meadowlarks presented Rosie with a special gift for her many hours of hard work and the contribution this young lady made to the community and Cheyenne. Rosie is a student at Hobbs elementary and is only in the

5th Grade, her talent will only grow, and our two GFWC teams were thrilled to work on this project together.



Finally, Trish Peoples and Mary Lee Dixon ran a food drive for Veterans' Rock, a nonprofit dedicated for the support of veterans. Trish and Mary Lee advertised the "Remember our Veterans on Pearl Harbor Day," and worked to find partnerships. The partnerships included a quilting club, two GFWC sister clubs, Central High School JROTC, Cheyenne Evangelical Free Church, and North Platte Physical Therapy. Central JROTC paid the raised \$3,125 and 4,088 pounds of food. The food drive collected over 5,690 pounds of food.

GFWC X-JWC Happenings

Katherine Van Dell, President

December was a busy month for the club as there were many activities taking place around Christmas. First of all, Club members assisted their Civic League sisters by helping during their Christmas House fundraiser the first weekend of the month.

December 11, the club was invited to attend the open house at the Wyoming Coalition for the Homeless. With its improvements made recently, the Welcome Mat is warm and inviting. The club donated \$300 for the purchase of 20 comfortable chairs for the Welcome Mat.

The club held a Christmas party for the two families housed within the Family Promise program. On December 13, shopping took place for the gifts to be given to the children and mothers. On December 20 eight club members arrived at the doorstep of the house where Family Promise families are housed. We had lots of brightly wrapped presents, cookies, fudge, and punch. The members and children enjoyed singing Christmas carols followed by partaking of the refreshments. The children, rambunctious little boys, kept the activity fun and loud. We were definitely in the Christmas spirit when we left the home.

At the December membership luncheon meeting, members donated funds, which were used to purchase 10 \$25 gift cards for the East High Care Foundation that is managed by two educators. This foundation helps those less fortunate students with many items they may need. The foundation maintains a pantry with non-perishables, hygiene items, and gift cards. Currently, there are 35 families in need at just the East High School.

Beginning in September club members graciously donated to the President's Project during the luncheon meetings, which is the St. Jude Children's Research Hospital. This is an on-going project to the end of the club year.

It was also a sad month for the club as a beloved member, Thelma Harrell passed away. She was a delightful woman and very loved by the members. Thelma also loved the members and the club. The club provided the reception following Thelma's funeral.

Happy New Year

New is the year,

new are the hopes,

new is the resolution,

new are the spirits,

and new are

my warm wishes

just for you.

Have a promising and fulfilling New Year!

QuotesSquare.com



Follow us on Facebook: GFWC of Wyoming
GFWC-Wyoming website: www.gfwcwyoming.org

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