

Wyoming News Blast

March 2022



**Proud GFWC
members
Since 1904**

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



Be the Light

March seems to be coming in like a lion - a whirlwind month as we prepare for reports, conventions, and spring. The infamous Wyoming weather appears to agree as we went from snow, to 60+ degrees, and back to snow – in a week!

A huge thank you and note of appreciation goes out to Club President's, State Committee Chairmen, and our GFWCW Dean of Chairmen for all their efforts compiling, sorting, and writing this history of GFWC Wyoming. This will be our legacy for 2021. This will be how we are remembered for the amazing commitments and improvements we have made to our communities. We may never know who may require the information in the future and we may not receive recognition at the International Convention but we, the Wyoming Clubwomen, know we have made a difference and stand proud. March is Women's History Month and as we remember the significant contributions women have made in the past we need also to remember the changes we are making today – and celebrate our accomplishments.

Its time for the GFWC Wyoming State Convention! It will be held April 29th & 30 at the Hot Springs Hotel & Spa in Thermopolis, Wyoming! Mary Beth Williams, GFWC Treasurer will be our special guest. Friday will be a QPR training session and mini-LEADs workshop followed by a Pajama Party! Saturday we will elect and install the new GFWC officers for the 2022-2024 Administration. Watch for the Call to Convention coming out on March 15th – more info and the registration form will be there. In early April there will also be a pre-convention jewelry fundraiser that should be a lot of fun – details TBA.

Just as CPR and the Heimlich maneuver training save thousands of lives each year, people trained in QPR learn to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone who needs help. It is yet another tool we have as lay women to help combat this insidious issue. Wyoming and Montana have the highest rates of suicide in the country and we need to bring a complete arsenal of skills to bear. The silence about mental illness and suicide needs to be broken and this short training is a good first step to helping

The GFWC International Convention will be held in New Orleans June 24th-28th. Registration can be done through the member portal at the GFWC website. Wyoming is has been well represented in

recent years and I anticipate this year being no different. Any GFWC clubwoman can attend. There also we will be electing and installing new officers. It will be an exciting convention, made even more so by the location. Laissez les bons temps rouler!

Thank you to everyone who donated to the Run For The Roses campaign the last two years on behalf of GFWC Wyoming – we made our goal of at least \$1000. Anyone wishing to still donate can send your contribution to Katherine Van Dell before the end of May. Thank you.

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 your dimes for March of Dimes. Remember that the history we make today will be celebrated during Women’s History Month in the future. 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

Dean of Chairmen

Trish Peoples

I love my front-row seat to all the great work we do in Wyoming! Thank you all so much for what you do and for helping create our reports for GFWC International. After seeing our incredible project and donation numbers, I decided to capture the information on a GFWC Wyoming card, which I've attached for you. I'll have loads of them for distribution at the 2022 Annual Convention in Thermopolis. The cards fit nicely into the GFWC International pamphlet, and I'll have those too. Please use them to find new members or motivate the members you already have. Use them in your "elevator speeches" to spread the word about GFWC and our importance to our communities.

Dedicated to community improvement by enhancing the lives of others.

Living The Volunteer Spirit

WHY JOIN THE GFWC?
Interact with over 400 women across the state, volunteering to make our communities a better place. Discover a treasure trove of ideas on making community connections, partnerships and projects. We are stronger together!

2021 Statistics

- 260 projects
- 19,177 hours
- \$70,480 donated
- \$36,818 in-kind donated

GFWC Clubs:

- GFWC Twentyst Century Club
- GFWC Casper Active Service Club
- GFWC Woman's Club of Rock Springs
- GFWC Yodel Women's Club
- GFWC Laramie Woman's Club
- GFWC Women's Civic League of Cheyenne
- GFWC X-WC of Cheyenne
- GFWC Meadowlarks of Cheyenne
- GFWC Wyoming Leading Ladies

Contact Us
GFWCWYOMING.ORG
Trish Peoples | trishpe@yahoo.com | 805.757.2125

News from our Chairmen

GFWC WY State Convention

Karen Kent

Ladies!! Mark your calendars and plan to attend the 117th annual GFWC Wyoming state convention. This year is an election/ installation of new officers' year; hence it will be a full blown convention. In addition to some important issues to be discussed, we will hear about what our clubs around the state have been doing while recovering from the pandemic. We will have informative and fun workshops, QPR training, a pajama party, a jewelry fundraiser and some unique and fun surprises. For our service project, I ask that everyone bring snacks or large bags of cereal (no nuts please) for the school children. Everyone is invited to join in the fun of a pajama party/ game night on Friday. Finger food/heavy hors-d'oeuvres will be provided courtesy your state board. For the pajama party/game night you can bring your favorite snack mix, sweet or savory, plus recipe. Everyone in attendance will vote for their favorite!

Nancy has desperately tried to allow time on the agenda for us all to enjoy a dip or two in the hot springs! Mary Lee Dixon and Starla Sexton will be presenting a mini-LEADS workshop at the Museum and Cultural Center.

AND! There will be lots of chocolate!! If you've never been to a state conference/convention, there is no better time than the present and Thermopolis is a unique community in the heart of the state.

ENVIRONMENT

Phyllis Salzburg

ENVIRONMENT COMMUNITY SERVICE PROGRAM

Phyllis Salzburg, chairman



What's a Tree City? Started in 1976, Tree City USA is one of the Arbor Day Foundation's oldest programs. With a vision for a greener, healthier American the founders hoped this initiative would inspire change on a nationwide level.

The first Tree City USA cohort was comprised of 42 communities in 16 states. Today the program includes more than 3,600 communities from all 50 states, Washington D.C. and Puerto Rico.

How does a community become recognized as a Tree City? There are 4 standards:

1. Maintaining a tree board or department
2. Having a community tree ordinance
3. Spending at least \$2 per capita on urban forestry
4. Celebrating Arbor Day (Celebrated the last Monday in April in Wyo – 25th in 2022.)

37 communities in Wyoming, including F. E. Warren AFB, are designated Tree Cities, all of our GFWC-W club cities. As of 2020, Cheyenne for 39 years, Casper 24 years, Laramie 23 years, Rock Springs 27 years, Torrington 37 years (close to Yoder!).

Why do we need trees? According to the Arbor Day Foundation,

They help absorb the sounds of traffic in urban areas by 40%.

Neighborhoods with trees are seven to nine degrees cooler than those without.

Trees reduce energy costs up to 25% by shading buildings and protecting them from winter winds.

Homes with trees have higher property values.

Planting and maintaining trees absorbs carbon dioxide in the atmosphere, mitigating the effects of climate change.

Green space plays a major role in improving mental and physical health.

Lots more great information and resources at the Wyoming State Forestry Division and Arbor Day Foundation. Check out <https://wsfd.wyo.gov/> and <https://www.arborday.org/>

Leadership

Claudia Wilen

Leadership

I am pleased to announce we have selected a LEADS candidate from among a field of three applicants representing different locales across the state. It was gratifying to receive this degree of interest from our clubs wishing to develop more leadership qualities. While the designated candidate has been notified, her name will not be announced until the State Convention in April, so stay tuned.

As we near the end of the current administration and welcome a slate of new officers, here are some excerpts taken from the Leadership Toolkit to consider from the club level upward about building and strengthening leadership within our organization.

WHAT CAN YOU DO TO BUILD LEADERSHIP?

As leaders, we must be aware of the challenges involved in identifying and developing prospective leaders and create an action plan to ensure strong, competent leadership for the future. Members will be more likely to understand and accept leadership positions if they have a good idea of what is expected and know that you and other leaders will nurture and support them along the journey. The leader—whether it is the president, director, or chairman—may consider the following strategies for growing new leaders:

- Consider officers and their responsibilities and prepare a detailed handout for each. Hold a team planning meeting for the new officers, share the responsibilities for each office, discuss the status of activities, and develop a preliminary plan for future projects. By engaging these leaders in understanding their duties and in developing plans, you will help build their understanding and skills.
- Periodically, meet to reflect on progress and needs and to consider next steps or necessary changes to accomplish goals.
- Conduct mini-leadership presentations to help members learn and develop new skills.
- Step back and allow new leaders to work and grow. While mistakes may be made, if you nurture your new leaders, they will grow in skill and confidence. Praise new leaders for the job they are doing.
- Encourage new members to participate in various activities where their fresh ideas will be helpful.
- Incorporate reports on GFWC activities at club meetings to connect members with the Federation and other GFWC clubs.
- Take advantage of member diversity. Each individual member brings unique skills to the club.
- Mentor new leaders. Support them with suggestions. Encourage participation in all GFWC activities. Travel with them and help with expenses when possible. Provide them with GFWC resource materials. This is an investment that will pay off!
- Share the work. Allow members to help plan meetings, participate in projects, and write award entries.
- Be generous with your appreciation.
- Cultivate and prepare successors for their work. Leaders should be supportive.

IDENTIFY NEW LEADERS

Club Member: She is not an officer but will accept responsibility and take initiative. She motivates others by her enthusiasm and may recognize that her interests lie in planning and implementing projects. She may have been a member for a while, but she is creative and energetic when doing her job

Former Club Officer: She has served the club in several positions and may presently serve on your District or State Board of Directors. She is the voice of experience who knows members and their skills. Seek her input, as she can offer valuable suggestions. She should be given opportunities to continue her service.

Current Club Officer: She has accepted responsibilities that require attendance at additional meetings and good organizational skills. The club members have voiced their confidence by electing her. She may need to learn her job to do it well. She will ask questions when she is unsure and will seek the advice of respected mentors.

New Member: She has only been a member for a short time, but she is eager to become involved. She may not volunteer, but she may accept responsibility when asked by a club leader. She is not limited by preconceived ideas of how things are usually done, and she may require assistance along the way. She may be a much-needed breath of fresh air! As the leader it is essential you equip your officers and committee chairmen to function effectively. Together you will help your club make a real difference in your community. To do that, regular training will be extremely helpful to ensure that club leaders handle their duties and are growing in their leadership abilities. Reviewing and discussing the guidelines for the various officers and brainstorming ways your leadership team can grow beyond expectations will help to build strong leadership.

DELEGATING AND SHAPING NEW LEADERS

Sharing responsibilities keeps members interested and enthusiastic about your club. You might be reluctant to delegate because you want to make sure the job is done “right.” However, your way is generally only one of a variety of ways that a job can be done well. If club members are not asked to take on responsibility, they may feel unimportant and become apathetic.

When leaders delegate responsibilities, members:

- Become more enthusiastic, involved, and dedicated.
- Share tasks, allowing the club to undertake more projects and activities.
- Complete club projects quickly and efficiently.
- Develop skills and gain experiences that allow them to step into club leadership roles.
- Grow a club that runs smoothly and effectively.
- Benefits to Leaders
- Maintain calm by not spreading yourself too thin and “burning out.”
- Gain satisfaction from watching members grow and develop.
- Acquire more experience in executive and administrative functions.
- Ways to Delegate -- After thoroughly explaining the requirements and deadlines:
- Ask for volunteers by a show of hands or sign-up sheet.
- Appoint or suggest someone for the task. This shows confidence in ability and potential.
- Assign the task to a committee to take the pressure off the individual or new leader.
- Guidelines for Effective Delegation
- Support members by sharing resources, information, knowledge, and plans with them. Delegate meaningful segments or portions of tasks.
- Discuss the assigned task and set mutual goals and objectives. Clearly define the responsibilities, expectations, and bounds of authority for each delegated task. Emphasize the end goal, rather than the steps, to encourage creativity and innovation, while retaining focus.
- Give accurate, honest, and tactful feedback to encourage growth.
- Delegate! As a leader, it can be hard to let go because you like being the “doer,” but let your appointees have ownership of their assigned jobs.

Juniors’ Special Program

Michelle Smith

Wow Wyoming! I have received all of the club entries for the projects and all I can say is we have been busy! It is refreshing to see the variety and creativity and volunteering that has gone into supporting children across our state. These projects included providing

baby quilts and positioning pillows to support newborn babies in a baby carrier or car seat. Various March of Dimes fundraisers were done. Fleece/cotton quilt blankets to provide comfort to children in times of need were done as well. Stuffed animals for toys for tots were collected. Members also fundraised money for caps, gowns and yearbooks for high school students, provided \$25 gift cards for Christmas bags for children, crocheted and knitted baby hats/preemie octopus to support newborns and provided Halloween candy to provide children a safe Halloween at a museum. Members purchased Eureka's activity guides and toolkits for the boys and girls club of Cheyenne to expand the STEM and learning based programming, collection of necessities including envelopes, used books and printer cartridges to the Child Developmental Centers of Sweetwater County, and 20 pairs of mittens to Head Start children in Laramie. Again, it makes my heart happy to see all of the worthwhile time, effort and collaboration that goes into supporting our youth in the wonderful state of Wyoming.

Membership Chairman

Membership Co-Chairs Lynn McLaughlin & Deb McCann

Happy St. Patrick's Day



Sunflowers in March

Sunflowers (with a shamrock center) placed in a glass beer stein filled with green peas make a cheery arrangement.

(Jac o'lyn Murphy: Pinterest: Sunflowers and Shamrocks)

DEMYSTIFYING THE CHALLENGE OF MEMBERSHIP

Below are just a few of the suggestions listed in the Membership Newsletter that were compiled from the Interactive Regional Workshops – by our members for our members!

Looking to rejuvenate current members or re-engage former members?

- ❖ Plan “out of the ordinary” meetings. Good speakers and programs make it a learning event.
- ❖ Offer cause-related fun socials or happy hour meet and greet.
- ❖ Plan a meeting in an open space (around a local food truck) or outside picnic and include a Done in a Day Project. The atmosphere will also be conducive for recruitment.
- ❖ Choose new and exciting topics for program meetings – having programs make a difference to many.
- ❖ Insert your upcoming club activity schedule or information on a new project in a handwritten card and send it to former members, encouraging them to rejoin the activities!
- ❖ Host a Friendshipgiving potluck and play games.
- ❖ Host a reunion for past members or a Revival Tea.

- ❖ Show an interest in each member/create a “buddy” system for those not so involved, purposely engage a new member at an event.
- ❖ Change the name of “Committee” to “Team” to make it seem more fun!
- ❖ Mail club minutes to members (or former members) in care facilities, even consider holding a meeting at that location.

So how do we get them to stay? Looking for ways to increase retention of both new and seasoned members?

- ❖ A well-informed member is more likely to “buy in.”
- ❖ Give everyone a job – make them feel helpful to have a purpose in the club. Pick projects that matter to your members. Listen! Listen! Listen!
- ❖ Make sure members know what’s going on with the club.
- ❖ Use multiple forms of communication to keep members engaged.
- ❖ Streamline meetings. Have a greeter at each meeting. Keep discussions short and fun.
- ❖ Tell another member, “I really want to work with you on _____!”
- ❖ Acknowledge members at meetings who participated in projects.
- ❖ If you offer to help members, be prepared to give it!
- ❖ Practice inclusion. Invite all members to work on all projects but don’t throw new members into the fire.
- ❖ Encourage members to do what they can, when they can – don’t make them feel guilty if they can’t do as much as others.

Looking for suggestions on how to prepare incoming leaders?

- ❖ Establish a mentoring program. Appoint “Team Coaches” or “Co-Chairs” to assist incoming leaders.
- ❖ Have incoming leaders shadow the current leader for a few months to understand the job better.
- ❖ Allow them to do things their way, staying within the bylaws, putting a personal spin on their leadership and ideas.
- ❖ Current leaders need to be available to help in any way.
- ❖ Make sure you cultivate an atmosphere that is comfortable to ask questions.
- ❖ Give realistic job descriptions. List expectations.
- ❖ Hold summer workshops to prepare new officers for their positions.

(GFWC Membership Newsletter February 2022)

GFWC Fun Facts

Did You Know?

- The GFWC International motto is “**Unity in Diversity.**”

REPORT DUE June 1, 2022

“HATS OFF TO MEMBERSHIP” Recruitment Campaign Report March, April, and May
 RECOGNITION “Celebrating the Victories.” **(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 –

(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

Women's History

Robin Broumley

The WHRC Messenger

Volume 2, Issue 3, Page 1

GFWC Women's History and Resource Center Committee

Hope Royer, Chairman

700 Hermitage Road

Manakin Sabot, Virginia 23103

19963

804-784-0820

hoperoyer@aol.com

Mary Baird

11 Quail Hollow Circle

Sandwich, Massachusetts 02563

508-566-0398

bairdmaryc@gmail.com

Carolyn Forbes

1591 Autumn Moon Lane

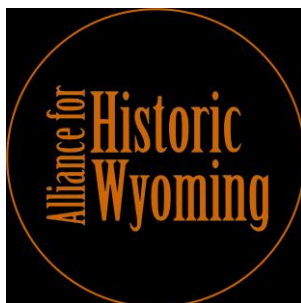
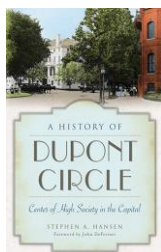
Magnolia, Delaware

302-222-6468

mrschefdjf@aol.com

The national observance of **Women's History Month** is credited to a 1978 "Women's History Week" celebration in Santa Rosa, California. Members of the Sonoma County (California) Commission on the Status of Women chose the week of March 8 to correspond with the celebration of International Women's Day. Enthusiasm for the movement spread. Women's groups successfully lobbied for national recognition. In 1980 President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 8 as National Women's History Week. Subsequent Presidents continued to recognize a National Women's History Week in March until 1987 when Congress passed a Public Law (100-9) designating March as Women's History Month.

GFWC's Annual Women's History Month Event is scheduled for **Wednesday, March 9 from 2-4 p.m.** at GFWC Headquarters. This year's event features Stephen A. Hansen, architectural historian, historic preservation specialist and author of *A History of Dupont Circle: Center of High Society in the Capital*. Hansen will share the fascinating history of the Dupont Circle neighborhood where our Federation home was built in 1875. **Register** for the event **now until March 7** through the [GFWC Member Portal](#). Hansen's account of Dupont Circle's Gilded Age is intriguing.



Celebrating Wyoming Women

This March, in celebration of women’s history month, the Alliance for Historic Wyoming is featuring historic buildings and landscapes that reflect women’s contributions to our state. As noted in a [Public News Service article](#) this week, we’re focusing on the women who contributed in large and small ways to the development of the state, by starting schools, libraries, community halls and hospitals, by homesteading and ranching, by building homes and running businesses. As the [National Trust for Historic Preservation](#) writes, “Only a small fraction of our cultural heritage recognizes women’s ever-present role in history, and far too often women's struggles and achievements have been lost, forgotten, or deliberately obscured.”



Former Douglas Hospital, now a private residence (photo by Barbara Bogart).

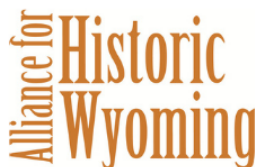
Early hospitals and maternity homes are one of the places where women provided an important community service. The Douglas Hospital (pictured above) was founded in 1903 by registered nurse Elizabeth Dickson. This was the first hospital in Douglas and the only hospital in Converse County until after World War II. Included in the home-like hospital building was a small medical ward, three patient rooms, and an operating room. The building also served as a residence for Dickson and her staff of nurses.

What other places in Wyoming help tell the story of women's contributions to our state? [Share your stories with us](#), and we'll share them in future newsletters.

During the month of May, communities throughout Wyoming sponsor tours, workshops and other events to highlight the historic buildings and landscapes that make each community special. As coordinator of Historic Preservation Month, the Alliance will share those events statewide through a calendar, social media posts, radio spots and more. And this year we are also featuring historic places that bring back memories for *you*.

[Nominate](#) a building you would like to see highlighted during the celebration.

Are you a historic preservation organization wanting to host an event during Preservation Month this year? Contact us at address below.



Protecting Wyoming's Historic Places and Spaces

Julia Stuble (Lander) Andrea Graham (Laramie) Thom Tisthammer (Bellvue, CO)

Lorre Hoffman (Lander) Mary Humstone (Ft. Collins, CO) Austin Moon (Evanston)

Joe Chenchar (Cheyenne)

PO Box 123 | Laramie, WY 82073 | 307.333.3508 | ExecDirector@HistoricWyoming.org | www.HistoricWyoming.org

Education and Libraries

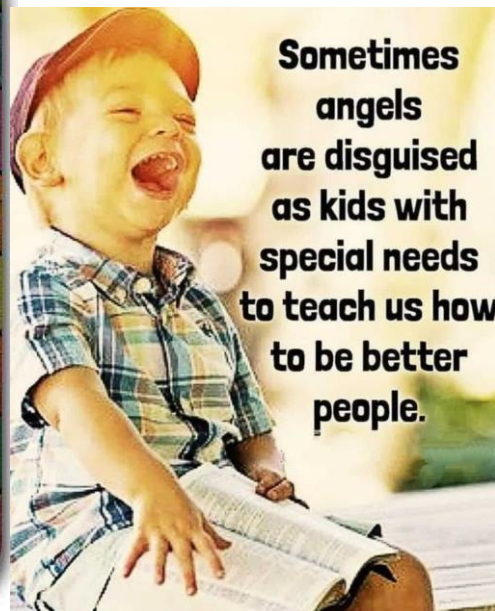
Carolyn Turbiville

Education and Library Carolyn Turbiville Chairman

What a SUPER year for Education and Library projects! I was absolutely amazed at all the projects reported for Wyoming. Seven out of eight clubs reported about Education and Library. There were 22 projects reported and I could only report 10 to International, so I really had my work cut out for me. I was able to combine some of the projects. I asked a couple of members (Thanks to Marcia Volner and Bev Campbell) to help select the Creativity award. It will be announced at state convention. Congratulations and thanks for all your great work and reports!

Continue to be involved in your community promoting Education and Library.

You don't improve education by demoralizing the people who have to do the work every day. Diane Ravivin



CIVIC OUTREACH AND ENGAGEMENT

Flo Beville, Chair

CIVIC ENGAGEMENT AND OUTREACH
FLO BEVILLE



WELCOME MARCH

In Cheyenne, our March came in like a lamb. We are experiencing nice temperatures.

Last month I reintroduced WYOBELLE, our cow bank for Heifer International. Wyobelle will be making an appearance at the convention in Thermopolis in April. If you want to drop some loose change into her, that would be great. But I want everyone to know that you are under no obligation to do so.

Since March presents opportunities to get outdoors more, (not discounting our spring blizzard possibilities) consider making visits to nursing and assisted living homes. Some of those residents may not be able to get outside. However, some home-grown pots of flowers would be a welcome sight, or perhaps baskets of goodies.

It's also Women's History Month. Clubs can organize activities around honoring women in their communities. National History Day started in New York. National History Month became a permanent fixture on the national stage in 1987. A guest speaker at your meetings could be planned to give a talk on the history and importance of Women's History Month. Wyoming holds a special significance to these events.

Happy Spring, and stay healthy.

Community Improvement

Karren Brannon

Thanks to all the Clubs who sent in C.I.P. applications post marked before March 1!

Scholarship Committee Chairman

Karen Bard

Thank you to two club ladies who donated \$100 each to the Mary N Brooks Scholarship in honor of Bess Stevenson, GFWC W State President 2008-2010. She was a member of the Rock Springs Club. With these donations the Mary N Brooks Scholarship will be increased to \$1200 this year as per their requests.

Thanks again and our thoughts go out to the Rock Springs Club and all that new Bess.

We are also still hoping to have more ladies join our committee. It is still our goal to have every club represented on the evaluation committee. If you are interested please reach out; kcbard@charter.net.

Karen Bard

Club News



GFWC Meadowlarks Cheyenne
 President-Barb Robertson
 December-Month in Review

The Meadowlarks have been individually busy with projects, attempting to stay warm until we are all back together. The group was able to gather early in February, Karen Kent put her amazing baking skills to work to bake 675 cookies for the Annual Cookie Drive for the Airman in the Dorms. Mary Lee and her VFW post generously paid for ALL of the ingredients and decorating supplies. The group did an amazing job, Mary Lee, Sue, Carol, Deb, Karen, and special guests Tandie and Connie were creative and shared in laughter and friendship!



Laramie Woman’s Club

Karen Bard

Bunco party March 20th. If you still wish to attend, you can contact Lynda Hidalgo regarding tickets. We have great prizes, and a fun time will be had by everyone. Lynda is offering a refund for anyone who doesn’t have a good time. It will be at the Eppson Center in Laramie starting at noon. lhidalgo1303@gmail.com or 307-760-7260

Selling a cookbook full of yummy recipes from members of the club for only \$10.00. Proceeds go towards the establishment of our first scholarship. Details are in process as we speak. I love the “Creamy Sausage and Tortellini Soup” (could be because it is mine and have had rave reviews!),,,Lynda Hidalgo



Diners, Drive-Ins and Dives

Watch to see Laramie highlighted in this show on the Food Network. March 11th is the ‘From Appetizers to Dessert’ episode and then Laramie is featured again the following Friday, March 18th with ‘Gettin’ Funky in Flavortown’.

News from Ukraine submitted by Karen Bard:



The Women's Club of Ukraine has been busy teaching first aid and doing what it can to give people hope during these precarious times. GFWC applauds the club for continuing to help its community and is keeping all members in its thoughts' This was in the GFWC News and Notes on March 3rd.

I sent a message to the group through instant messenger letting them know that they were in our prayers and thoughts. I just received a message back and here it is. It does ramble, but I typed it as is. I can't believe that it is so long, it looks like they probably copy and paste for anyone reaching out to them.

Hey Karen,

Thanks for the prayers. Kyiv in the ring is surrounded by aggressors. Shops are closed, there is no food, all pharmacies are closed. Bombs are flying every minute. Many civilians died, bombs fell on a children's hospital and children died. All bridges around Kiev were blown up. Destroyed all military airports. There are checkpoints around Kiev, it is not possible to drive out of Kiev. Several schools and orphanages were shelled. They killed all the defenders, the border guards of the Snake Island on the boarder. There are fights on the outskirts of Kiev, the enemies break into the city center to seize the government. We are waiting for a full strike by rockets and artillery from Kiev.

People donated blood for wounded soldiers and civilians. Children died. All shops are closed, pharmacies are closed. Hospitals have stopped all operations and hospitalization of people. They only accept wounded soldiers and civilians. Many people live in fear. Men sign up for the people's army to defend their cities. Many people left for the west of Ukraine. We stayed in Kiev, we serve the people who need help. Keep praying, we need spiritual support and other help. We also need finance to buy medicines, food and pay for gasoline in order to deliver everything to people. Thanks for your open heart. Our internet is not working well, so I can't answer right away. And may God bless you with his love. Now they have reported about a new bombardment of Kyiv, sirens are buzzing. Near us, shells have already exploded several times. Kyiv in the ring of blockade. The shops are open today. People stood to buy food for 3 – 4 hours. The shops have only basic products and they quickly ran out. Several cities in Ukraine have been completely destroyed, they no longer exist.

Around Kyiv, the cities were also destroyed by the fire of hail and tornadoes. Civilians are leaving and they are shooting only at civilian houses in order to completely destroy the people of Ukraine, many dead children. Even if we are all killed, Ukraine won. Pray for us We Love God and we are peaceful people. Now they are hitting with hail, everything is collapsing around. We hear screams. The attack is over. WE are waiting for a new attack. They beat us near our house. Enemies break through from our side to Kyiv. Destroyed small towns that are located 20 kilometers from Kyiv. They are simply erased from the earth. They collect civilians and put them on buses and put them in front of military columns in order to protect their troops. The aggressors are killing Ukrainian Children. They say that they do not touch peaceful people, they deceive. All they do is death and evil. The Russians are planning to wipe Kyiv off the face of the earth. We stay in Kyiv until the end. Love you Lora.

Lynda Hidalgo

Laramie

Kudos to Sr. Olympics Pool Timers!!!

On February 16th, the following members added “stopwatch connoisseurs” to their resumes,,,,,Linda Simpson, Germaine St. John, Irene peach, (Dave Nelson, like a good LWC husband, sat in for Annie who was off in Rawlings playing grandma to her new grandchild), Betty L. Wills and Lynda Hidalgo.

Due to inclement weather and last minute unforeseen events, other volunteers— Rita Clark, Karen Bard, Annie Nelson Billie Hofferber, and Linda Cavalli were not called on to serve.

Although the humidity at the pool destroyed my hair, we had a great time and when our photo was taken at the end of the day, all the athletes gathered and gave us a rousing cheer!!!,,,Lynda Hidalgo



News from GFWC X-JWC

Katherine VanDell

X-JWC participated in the Valentine Cookie Drive for the F. E. Warren airmen in the dorms this year and it was our first time donating to this worthy cause. Over 100 dozen cookies were baked, decorated and donated by various groups in Cheyenne including the three GFWC Wyoming clubs. In some cases, the young airmen in the dorms are away from home for the first time and so appreciated the love and caring they received through the cookies.

Another Valentine project completed was sending cards to our members who have been unable to regularly attend the monthly meetings or participate in any of the club activities. Large Valentine cards were also signed and delivered to the VA for placement in the nursing home and rehabilitation center.

Members donated and delivered individual wrapped candy along with a Valentine card and a flier regarding our club, to the area schools to show appreciation for all the teachers and school staff do for our children and grandchildren. Educators work hard and need to know that they are appreciated.

February 26 club members participated in the Make a Blanket Day: Blankets for Laramie County Kids. The club has participated in this program for years and many children have received these bright warm fleece blankets.

Phyllis Black, club member since 1977, celebrated her 101st Birthday on March 6. Again, Happy Birthday, Phyllis!

The club's last big fundraiser for the year is being held Saturday, March 12. The Big Bunco Game is being held at the Moose Club, 1:00 – 4:00 p.m. Our CIPs are Friday Food Bag and Family Promise. Members are looking forward to presenting these two very worthy community projects donations that will help them in their mission.

From the club's Environment Community Service Program: Go Green on St Patrick's Day! Plant something Green: A tree, flowers or perhaps a shamrock plant. Enjoy a (green) beer, skip the bottle or can and have a draft beer to avoid the containers. Wear green clothing – beads and jewelry purchased at a recycle or secondhand store. An Environmental Easter Idea – rather than using plastic grass for your Easter basket, shred construction paper through a shredder and make your own!



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