

LARAMIE WOMAN'S CLUB

VOLUME 12 ISSUE 3

Karen Bard, LWC Editor 2022-23

November, 2022



GENERAL FEDERATION of WOMEN'S CLUBS

Living the Volunteer Spirit

www.gfwc.org

November

Well the temperature has finally started to fall and it is feeling like fall. This is the time for giving thanks and being with family. We have a special combined family gatherings planned and I know I am looking forward to it.

Especially the baking of my father-in-law's favorite pies, pumpkin and my pecan and dark chocolate bourbon pie. Watching him enjoy every bite just brings a smile to my face.

But it also is a time of reflection. I am sorry to say that one of our members, Karen Schertz, passed on September 28th after a long illness. Unfortunately, I just found out. She was such a lovely person and I so enjoyed visiting with her at her place south of town. Sitting on the front porch and talking about history of the area and discovering what we had in common. She had so much energy and a love of life.

We also just learned that Mary Alice lost her husband on November 2nd.

Thanksgiving is a celebration of togetherness. You don't have to be family. Yes, traditionally it is a time for families to gather, more so than Christmas. But everywhere, those who cannot travel or do not have family to gather with, people will open their homes, or join together to cherish their blessings.

It is a time to celebrate everything that life has to offer. Perhaps it is said best as follows.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F Kennedy

I wish everyone the best during this time. The beginning of the Holiday Season. What I find the best about Thanksgiving is that anyone can partake in giving thanks and being thankful. Everyone can lend a helping hand regardless of faith or culture.

Karen Bard



Board Activity

November Board meeting was held. Final preparations for our special November lunch were made. I have learned that there is another event after ours at 6 pm. So if you can, I ask that anyone who is able to help with the clean up after the luncheon. Helping gather the unsold silent auction items and packing them etc. We also could use a **cashier** or two to help Sharon Hand with collecting the silent auction money. That will speed things up quite a bit for people to clear out.

This luncheon is an opportunity to get the word out about our club and hopefully recruit new members just as much as it is a fundraiser for Wreaths Across America. For members it will be the usual. For those not bringing chili, baked potatoes or a dessert the lunch fee is



\$10. The fee for the public to attend and hear our honored guests Sergeant Shane Vincent and Chief Mary Martinez will be

\$15. So reservations to our November meeting will be essential. Please RSVP to kcbard@charter.net.

Planning will start for the Holiday Bazaar that we do every year in conjunction with the Ivinson Mansion Open House. It will be the second weekend in December (10th and 11th). Assistance will be needed for this event. So please let an officer know if you are willing to assist with this weekend fundraiser event for the Laramie Plains Museum.

Next year we will be electing new officers. The nominating committee consists of Helen Sussenguth, Linda Cavalli, Janine Kropf and Lynda Hidalgo. If you are interested in being more involved as a department chair or an officer, please reach out to these ladies. They can also provide you with information as to what the role entails so that you can make a more informed decision.

The board also discussed fundraising activities for next year. We will be doing Flamingo a

Friend, so if you know of a community need, please bring it forward for board and membership consideration.

October Program

Lorraine Saulino-Klein gave the program on Laramie Cares and the work they do for Suicide Prevention. It was a very good talk and let us know in how many different ways help is needed in this area. Wyoming is the least healthy state when it comes to this statistic. We also don't have the resources to deal with mental issues like depression and others.

One of her comments centered on the state's nickname, The Cowboy State where real men are taught to be tough. Although she didn't give any statistics about suicide numbers between the genders, one can imagine that the women in this state are taught to be tough as well.

My key take a ways from her presentation were first to be cognoscente of what is going on with yourself. You can't help others if you yourself are not in a good position to do so. The second is to increase my awareness of what is going on with others around me. Listen more closely, engage more fully so that we can really hear what is going on with others. And finally, don't be afraid to ask for some help. Find a person or place that is in your comfort zone and reach out for help.

November Meeting

Thursday November 10th

Noon Lunch

1:00 Program – Sergeant Shane Vincent, Tomb of the Unknowns and Chief Martinez, University of Wyoming Veterans Programs

No Business Meeting

Chili, loaded baked potatoes and desserts. If you don't bring a dish a \$10 donation is required.

Extra hostesses will be needed, if you can assist please contact **Sharon Yovich**.

SILENT AUCTION & SET-UP

Go thru your closets, look under the bed, out in the shed and find items for our annual silent auction on THURSDAY, NOVEMBER 10th. This is the only fund raiser where the proceeds go to LWC to help pay for expenses used in management of our club.

Bring items for sale on Wednesday, November 9th at 10:00 am to Alice Hardie.

For those of you who volunteered to help set-up, please be there at 10:00 on. I will have lunch at noon for all and thank you for helping with this important event

Lynda Hidalgo

Things to Remember

- Spices for Interfaith (They have seen a 30% increase in people utilizing their services.)
- Turn in your reading to Bernie Horst for ESO.
- Dimes for the March of Dimes
- Donation Jar – for new members it is our custom that you make a donation the month of your birthday, but anyone can contribute to this jar at any time.

Interesting Factoids for the Month



When was the first Thanksgiving? We learn it was the English on the Mayflower that landed at Plymouth Rock in 1621. But the English didn't land at Plymouth Rock, they didn't find an empty land,

it was a three day feast and wasn't proclaimed a holiday until 1777.

So when was the first Thanksgiving? We would be surprised, I think, to learn that it was on September 8th, 1565 when Pedro Menendez de Aviles and 800 Spanish settlers founded the city of St Augustine in Spanish La Florida.

As soon as they were ashore the landing party celebrated the Mass of Thanksgiving. Menendez laid out a meal and invited as guests the native Seloy tribe who occupied the site. The celebrant of the Mass was St Augustine's first pastor, Father Francisco Lopez de Mendoza Grajales. What did the Seloy think of the goings on? Father Lopez wrote that "the Indians imitated all they saw."

What was the first Thanksgiving meal? Probably cocido, a stew made from salted pork and garbonzo beans, laced with garlic seasoning.

This was the first community act of religion and thanksgiving in the first permanent European settlement in North America.

So why do we celebrate Thanksgiving when and the way we do? Simply put, the British forces won out of those from Spain and France in this brave new world. And thus, the British observances, such as the annual reenactment of the Pilgrims' harvest festival in 1621, became a national practice.

Fall Workshop

The Fall Work Shop was held in Cheyenne on October 8th. Annie Nelson, Ina Buckner and myself attended the workshop.

Our national guest was Wendy Carricker who is now the 1st Vice President of GFWC. I was able to be part of the State Officers who showed her around Cheyenne. It was very nice getting to know her better even though I spent time with her taking her shopping in Laramie when the State Conference was hosted here.



One of Wendy's passions is Vincent's Legacy. This project is in honor of Vincent, a young man who took his life too early do to bullying. I was lucky

enough to receive one of her *kindness rocks*.

The new national capital project is fundraising to do



repairs to the entry portico, the little roofed structure that protects you from the rain when at the front door. They are badly in need of repair.

The interesting part of it was to learn more about the house. In 1901 when the US Congress granted GFWC a Federal Charter, it stipulated that GFWC must maintain its headquarters in Washington DC. In 1922 (yes this is the 100th anniversary of us owning the home) Eleanor Roosevelt contacted GFWC and told us that we *must* buy that house. She evidently lived across the street from it. If you want to learn more about our headquarters you can go to the GFWC.org website.

It was also sad to hear that in the past 6 years we have lost over half of our membership nationally.

Headquarters has a new librarian, Joanne Church who used to work at the International Spy Museum. She evidently is very excited about the GFWC library resources.

Another idea that was promoted was a *Friends Giving Event*. This event is designed for us to invite our donors to an event and say thank you for all their sponsorships and donations. I think this is a great idea as so many businesses give to us over and over again.

It was also nice to hear about what others are doing in their departments. Environment – Community Garden Projects; Health & Wellness – mental health for children with education for parents and grandparents to assist with identifying the signs that lead up to problems, such as sadness, anger and extreme mood swings; ESO – Enlighten your own Path, Honorary Education Society, Structured Reading Program, Wyoming Lambda Chapter, Engage Beyond the Page. A recommended book to read was *We are our Mother's Daughters* by Cokie Roberts. This book celebrates in a sensitive and straightforward manner the diversity of choices and perspectives available to women today.

And then there were a lot of other tidbits I picked up for myself, to either to try and

incorporate into LWC or for me to do a better job at.

Karen

The Saturday morning workshop was excellent with several members of the Leading Ladies Club giving short presentations aimed at how to help our own clubs improve. We had a lot of tips and tricks about dealing with difficult people such as where to seat them or how to keep folks from overpowering the meeting. Each speaker did a great job.

A tasty lunch was served by Karen Kent.

The afternoon speaker was the vice president from national GFWC. They are working hard to raise money to fix up headquarters in Washington, DC.

Door prizes spiced up the day as well as meeting new folks and greeting state friends.

Annie

I learned about the discounts that are available to GFWC members. Just need to go to the member's portal to get those. The member's portal also has the top 10 lists of projects in the various departments for department chairs to utilize for ideas.

Also learned more about the Club Tree. International, Western Region, State, Our clubs, Our membership.

A presentation on the Women's History Resource Center was given where we learned that the GFWC works to record the history of the amazing women in our organization.

Wendy talked about her painting rock project.

We also had a lesson in breathing/meditation. The book "Breath" by James Nester was recommended.

The yearly Yoder fundraiser, Pheasant Season Dinner will be held on November 5th and 6th.

Ina

What happened In Wyoming

November 6th 1889, Wyoming's constitution is adopted. What is significant about our constitution other than the fact that it provided for female suffrage? It is unusual in that it is one of few state constitutions to survive the test of time. Yes, it has been amended but most states have *replaced* their original constitutions.

November 29th – Nellie Tayloe Ross Day. It is a state holiday, although not generally noted. It is her birthday. She was born on this day 1876 in Missouri.

November 30th – The Bureau of Reclamation commences construction of an electrical power plant at Buffalo Bill Dam.

A Piece of History



Alice Roosevelt with her dog Leo. She smoked cigarettes in public, chewed gum, placed bets with bookies, rode in cars with men, stayed out late partying and kept a pet named Emily Spinach, which she often wore wrapped around one arm and took to parties.

"I can either run the country or I can attend to Alice, but I cannot possibly do both."

President Theodore Roosevelt 1902

Club Needs



The club is in need of the following positions to be filled.

Department Chair – Environment and Health & Wellness
Publicity

We welcome Lyn Prichard to the Wreaths Across America Committee.

At the International meeting in June that I attended we received a message from Katie Moydell, 2022-2024 GFWC Director of Junior Clubs. Here is her message.

To each and every Clubwoman who is guilty of the following:

- *Dragging me to a meeting*
 - *Voluntelling me for an event*
 - *Offering my name for a position*
 - *Pushing me towards growth*
 - *Encouraging me for more: or*
 - *Supporting me unconditionally...*
- THANK YOU!*

•

To my repeat culprits,....., I extend my appreciation and love. I've gained much more than just friends, I gained sisters and extra mothers.

I could easily reflect this sentiment. Thank you to Margaret Arth who asked me several times when I could be her guest to a meeting. Thank you to Lynda Hidalgo for asking me to take on my first role as publicity chair. Thank you to Annie Nelson who pushed me forward and encouraged me. I always told her that I wasn't qualified or ready for something. Her response was always "Not Yet!"

So I encourage all of our members to be engaged. You will never be alone in your endeavors in the club. There is always another club member to provide support and/or advice, whether needed or wanted. The experience, I think I can promise, will be rewarding and worth the investment of your time.



For our newer members, I encourage you to get involved sooner than later. It will help you learn more about the club, help you to make friends faster and be rewarded with the impact you will have on our community.

Halloween Bunco

Bunco Party Fundraiser for the Laramie Plains Museum Carriage House Renovation. I think everyone had a great time even though numbers were down, probably due to UW homecoming weekend. But fun a laughter were heard throughout the room and finger food was consumed by all.



Thank you to everyone who helped make it happen. Ina coordinated the event but we also had Bunco Queens, Bernie, Lynn and Cheryl. Sharon and Linda made sure the wine was flowing to those who wished to partake. Another big thank you goes out to everyone who baked goodies for the finger food served.



We are still working on all the final numbers but ~\$1200 will be donated to the museum. In addition, our 50/25/25 raffle saw that we raised \$245 for the Eppson center and \$120 for each of our lucky raffle winners.

What's Your Flower?

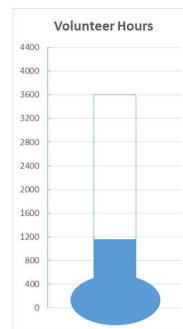


Do you love lilies? Lilies can grow into many colors, some bright as fire and others dark as night and are beautiful year round. It is also tall and proud as it reaches for the sun, looking to share its strength and

beauty with others.

If this is your favorite flower, chances are that you know how to uplift others and always keep your head held high.

Volunteerism



Report your volunteer time for the month of October. Remember we aren't holding a business meeting nor will we have all the sign in sheets etc. So please track your volunteer hours. Hold on to them till December or if you aren't at the meeting to report your volunteer time, please send an

email to kcbard@charter.net so that we can include your time in our reporting.

Why is this important you may ask? The reason why we track and report our volunteer hours and do project reports is because that is how we maintain our NOT FOR PROFIT STATUS. This is very important to us as a club, to the State and to GFWC as a whole. We do not want to lose that status.

Committee Reports

Environment



Old casserole dishes. I came across this great suggestion from a woman who buys them at flea markets every time she has a chance. She uses them for cooking meals for friends and neighbors who are in need of a meal. When she delivers them she lets

them know there is no need to return the dish. She has found that she can normally buy the old casserole dishes for less than it would be to purchase a container to do the same task. In addition, she is keeping the casserole dishes out of a land fill somewhere.

Recycle – Re-use – Re-purpose!

Karen Bard

Education & Libraries

I'm currently doing my counseling internship at the Laramie Middle School and have also been spending my time working with the school liaison for the School Success Program, Lisa Theis. Lisa maintains The Christmas Store that she collects donations for. The students in need can come to that store to shop for their families.

If you wish to support the School Success Program and help the kids who do not have as much as others have a happy holiday here are some ideas to consider or keep in mind as you start looking for items to give: Glassware (vases), Coats, New Lotions, Stuffed Animals, Cups/mugs/bottles, Candles, New clothing items (socks), Toys for younger ages, Blankets, Hats, Hot Chocolate packages, Individually wrapped candy.

Candy canes are welcome BUT not necessary or high demand.

She is looking for new, like new, and even handmade items to gather for the student to pick out for their families.

I, Audri McCurdy, will be working alongside Lisa Theis to help communicate and coordinate with the Laramie Women's Club to meet the various needs of the community we all work to serve. Please reach out with any questions or concerns to me or Leisa at the contact information below. I am happy to collect items at the lunches or assist in getting your items to the Christmas Store.

Audri McCurdy
307-205-4128
Audri.mccurdy@gmail.com

Lisa Theis
ltheis@acsd1.org

Health & Wellness

The ladies continued to do more placemats and receive many thanks for their efforts. Nine place mats to Hospice and 150 to home delivered meals program.

Mary Fick Monteith mailed 120 quilt blocks to the Piece for Peace project. These were sewn by Mary Guenzel, Bonnie Braisted, Claire Angele and Mary. Mary was able to collect donations from friends to pay for the postage.

There is still a balance from our donations earlier in the year, ~\$300. This will be sent to Claudia Pfeil so that her group can have support to purchase the binding, batting, thread and backing to complete the quilts there in Germany.

Karen Bard and Linda Cavalli

ESO

Laramie author, Marjorie Daley, recently published her new book, An Unorthodox War. This is historical fiction about the role of women in World War II. The main character is Honora Ellery-Smythe, known as Elly. Elly's husband had been killed in action in the African campaign. When this happened, Elly felt the call to duty to her country. She enlists in the Women's Auxiliary Air Force to free a man to fight. Her dedication and talents are recognized immediately and she soon begins her advanced training, as a spy. Based on true characters, this page turner takes the reader through the dangers, betrayals and brutality the women faced in their role in World War II. The book is available on Amazon or directly from the author at 307-460-1883.

IMPORTANT NOTICE

Please report your reading! We know you are reading; your books, magazines, newspapers all summer long. Make sure you are ready to report it all at the meeting.

I am developing book marks that you will be able to pick up and use while reading your books. This way you can fill them out when you complete your book and use a new one when you pick up your next book. But please send the information in so that we can track our clubs reading! Thank you.

Bernie Horst

New Member(s)

Please welcome our newest member and put her information into your booklet.

Loretta Matheson
1518 Shetland Dr
Laramie 82070
307-760-2729
Lellen39@aol.com

Also, please change Karen Bard's email to kcbard@charter.net

Ina Buckner

Correspondence and Birthdays

Happy Birthday to: Joyce Stoner (1st), Connie Pliley (7) and Germaine St John (21).

An apology to all you lovely ladies. Since we aren't having a regular meeting we won't get to sing you happy birthday. But you also don't have to tell us something about you either.

There is a lot going on with our members so the following correspondence was sent out

Thinking of You

Mary Alice Bruce's husband is dealing with colon cancer. He passed November 2nd in the morning.

Margie Reis' husband fell.

Get Well

Mary Guenzel fell and broke her knee cap.
Betty Wills was ill

Sympathy Card

Leland Schertz – Karen Schertz a former member passed on September 28th

We received a very special thank you from Mathew Blakeman, the Director of the LPM, for his honorary membership in our club. We also received numerous thank you notes from the recipients of the placemats delivered with the home delivered meals.

Linda Cavalli

Future Events

The Unexpected Company Production – Six Slices of Life – November 4th and 5th at 7 pm and November 6 at 2 pm. Tickets \$15. The proceeds support the Laramie Plains Museum.

Christmas House First weekend in December – Cheyenne. Look for further details

Ivinson Mansion Open House and Christmas Bazaar – 2nd Weekend in December. Volunteers needed, set up, clean up, cashiers day of etc.

December 17th – 11 am Wreaths Across America at the Greenhill Cemetery

Jan 12th – 10:30 am. All welcome to have a lesson in hostessing lunches. Lynda Hidalgo will take you through everything.

Spring State Conference – April 29th, 2023, Torrington

International Convention – June 10th-13th, 2023– Louisville, Kentucky

Western States Regional Meeting – August 26-27, 2023 - Oregon

Karen C. Bard, President

307.343.6919

kcbard@charter.net