



2022



## GFWC X-JWC

Member of the General Federation of Women's Clubs GFWC.org

### Hotline

Editor: Phyllis Salzburg, [psalzburg@bresnan.net](mailto:psalzburg@bresnan.net)

#### **From President Lucy Russell**

The X-JWC Board met on Tuesday October 25<sup>th</sup>. We had a great meeting with plans for many activities the next few months. The club will be having our fund raiser at **Texas Roadhouse** on November 17<sup>th</sup>, with Karen Lee heading up the event. Many members have already volunteered to help. Karen and her team are doing a great job.

Karen Lee is also heading up a new project: **knitting or crocheting scarves** for the **Community Scarf Program** and leaving them around town for the homeless. Please let her know if you are able to help her with this project. Many of our members have extra yarn so please reach out if you need yarn and we can get some to you for this project.

We also had a motion at the Board meeting to support my **book collection project** for **Meals on Wheels** clients. If you have books that you would like to donate, please bring them to the meeting on Tuesday.

Karen Schroeder is working on having the **Heritage Map plaque** repaired which is located on the corner of 16<sup>th</sup> and Capitol at the Depot Plaza. She is also heading up the **Holiday Street Trolley ride** on December 16 for members to see the Christmas lights around town. More information on page 4.

I am looking forward to seeing you all at this Tuesday's meeting. Please contact me if you have any issues or concerns with our club. Thanks for all you do for the club and for our community.

#### **NOVEMBER 1 MEMBERSHIP MEETING 11:30 a.m. Red Lion Inn, South Fork Room.**

**Luncheon cost is now \$15.00.** Make checks payable to X-JWC.

The Red Lion requires payment for all reservations. If you are unable to cancel prior to the meeting and do not attend payment will be required.

Guest speaker will be Dr. Margaret Crespo, Superintendent of LCSD#1.

#### **CIVIC ENGAGEMENT AND OUTREACH, Trish Peoples, Chairperson**



**VETERANS DAY -- November 11, 2022.** Remember to fly your flag!

**VOTE NOVEMBER 8!** Early voting is now in progress at the Laramie County Court House through November 7. Or vote at any one of the six Vote Centers in Laramie County on November 8. Be sure to bring photo i.d.!

**WAYS AND MEANS** – Karen Lee, Chairperson



**Texas Roadhouse – Thursday, November 17, 2022,**

11:00 a.m. – 1:00 p.m. X-JWC receives \$8.00 from each \$16 ticket sold which will support our Community Improvement

Program project – K9s4 Mobility. **PLEASE BRING MONEY to this meeting AND completed INFORMATION slip with meals information!**



**HEALTH AND WELLNESS Community Service Program,** Nancy Krois, Chairperson

The **Welcome Mat with the Wyoming Coalition for the Homeless** thanks you all for your October donations of: 3 pairs of warm socks, 4 warm headbands, 6 pairs of light gloves and 7 pairs of warm gloves, 8 warm hats and 1 women’s raincoat. A pair of shoes went to Needs. I am still **collecting Coats-Hats-Gloves-Warm Socks at the November and December meetings** to share with the appropriate community organizations, such as Needs, school closets, Welcome Mat, Safe House, and others.

**Blankets, comforters and sheets of all sizes are needed to make sleeping bags for Cheyenne’s Coalition for the Homeless. Neckties** are also needed, used to tie the bags together. I am glad to pick them up at your house. This would save carrying them to and from the meeting.

**MOVE and BREATHE:** The cooler weather seems to keep us inside. Remember that your body works best is it moves periodically, preferably once an hour. Movement doesn’t have to be fancy, but can simply mean getting up from your chair or couch and walking around, or stay seated and do some head, shoulder or arm movements if it is okay with your doctor. Seated leg movements or ankle and foot stretches also get your blood circulating. Your doctor or other health professional can suggest some appropriate movements. Check out DVDs at the Library, the YMCA or other fitness club for Silver Sneakers or stretching exercises, or even on television. **Remember your Breathing Breaks!! November is a great month to Hum, SMILE and get some fresh air to jiggle that master VAGUS Nerve!!**



**ENVIRONMENT Community Service Program** – Jenny Mullin and Phyllis Salzburg

**NOVEMBER 15 – AMERICA RECYCLES DAY! How to Improve the Recycling Rate:**

Empty and flatten cardboard boxes before recycling them.

Keep food and liquids out of recycling bins.

When in doubt, throw it out!

Keep plastic bags and wraps out of your recycling bin.

Turn in **old batteries** to Jenny. Please be sure to separate them by type so she won’t have to! Please fill out Recycling Tally Forms which are on the lunch tables. Phyllis is collecting old **Christmas lights** to be taken to hazardous materials collection site. Bring to meeting or call her for pick up.



### ROOTED IN CHEYENNE

Trish Peoples and Phyllis Salzburg attended the Rooted in Cheyenne appreciation picnic for sponsors and those who helped with their fall tree planting. Phyllis won a crab apple tree in a raffle AND got the t-shirt (left). Right -- the tree planted in her back yard. What a great program! For information on Rooted in Cheyenne visit with Phyllis or Trish.



### EDUCATION AND LIBRARIES Community Service Program – Joanne Bassett, Chairperson



Joanne shopping for school supplies which were donated by X-JWC to the Laramie County School District #1 PEEPS program.

### COMMUNITY IMPROVEMENT PROJECT 2020 - 2022

Kathleen Petersen (left) and Karen Lee (right) present check to Peaches Tyrell (center) of Friday Food Bag. Two years of fund raising by X-JWC netted over \$6000 each to Friday Food Bag and Family Promise of Cheyenne.



Our check on display at Friday Food Bag site.

**ESO READING PROGRAM, Mary Ann Kamla, Chairperson**

ESO provides clubwomen with a structured reading program that is both educational and stimulates a desire for self-improvement. Worksheets will be available at the Membership Meeting for members to pick up and report what they have read to Mary Ann for ESO. If you cannot attend, let Mary Ann know and she will send you the forms. If you need information on the program contact Mary Ann. Thank you for your participation!

**THE ARTS AND CULTURE COMMUNITY SERVICE PROGRAM presents the HOLIDAY STREET TROLLEY TOUR, Friday, December 16, 2022.**



Sign up for the tour at the X-JWC meeting, Tuesday, November 1, 2022. Reservations are on a first-come, first-serve basis with payment of **\$7/per person** in hand. Due to limited seating (26 seats available), ticket purchase priority will be given to X-JWC members. If there are extra seats available, members may purchase extra tickets.

Arrive at 6 p.m. at the Trolley stop at the Depot Plaza. The tour lasts a little over an hour. If you have questions, please call Karen Schroeder 307.630.1602 or Chris Ryan 307.631.0123.

**CHEYENNE CHILDREN’S MUSEUM HAS BROKEN GROUND! Hooray!!**





**Courtesy** Carolyn Turbiville

Karen Schroeder is recovering fine from recent surgery on her wrist and Judy Kallal and Bev Rogers are also recovering fine from their recent surgeries. Judy is recovering in the hospital and Bev is at home.

Norine Samuelson broke her hip and is in the hospital.

All would be happy to receive a phone call, visit or card.

Mary Ann Kamla had a mirror fall on her leg at work and is recovering from the cut. She is still working.

The GFWC Woman's Club of Rock Springs celebrated their 100<sup>th</sup> Anniversary in October. A card was sent to them from X-JWC. Some of our members were there to help them celebrate.

Doc (Dean) Schroeder, Karen's husband, received the "White Hat" award given by the University of Wyoming Cowboy Joe Club for service to the club for over 30 years.

Hope everyone else is doing fine! Be sure to let me know if anything is happening, good or bad.

## **OCTOBER WAS DOMESTIC VIOLENCE AWARENESS MONTH**

**From GFWC News and Notes October 27:**

### **Family Violence Prevention and Services Act Reauthorization**

In recognition of Domestic Violence Awareness Month, GFWC launched a Legislative Action Alert urging Congress to pass the Family Violence Prevention and Services Improvement Act (FVPSA), which provides resources and funding for local domestic violence shelters, state coalitions, hotlines, and prevention programs. The Senate must consider S. 1275, while the House of Representatives passed H.R. 2119 in 2021.

GFWC joins the National Network to End Domestic Violence, the National Coalition Against Domestic Violence, and the National Domestic Violence Hotline, among others, to urge Congress to approve reauthorization.

