



## Hotline

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

### Note from President Lucy Russell

Our board had a very productive meeting last week. I am thankful for our hard working board and all that they do to support our club. On the 16<sup>th</sup> of September, thanks to Karen Schroeder and Chris Ryan, we met at the UP Depot for a trolley ride to see the bronze statues on Capitol Avenue. We all had a great time and we learned a lot about the history of the statues and the project. On September 18<sup>th</sup> some of our members participated in the National Day of Service project with other GFWC-Wyoming members to package over 10,600 meals in 1 hour and 45 minutes for Meals of Hope. It was fun and very rewarding; thanks to our members who helped.

The speaker at our October meeting will be Cindy Stockdale from Veterans' Rock. At our meeting we will be collecting used crayons for the Crayon Initiative project that Phyllis Salzburg, Environment Committee, is heading up. There will also be jars on the tables for you to donate your dollars or change to my project for this year to help with unpaid lunches by LCSD #1 students.

Karen Kent will have Texas Roadhouse sign-up sheets available at the meeting and We will have a chance to sign up for the Texas Roadhouse fundraiser Trish Peoples is helping with the Meadowlark Market on October 28 and so she will have sign-up sheet for that event.

Katherine Van Dell would like to run for Vice President for GFWC Wyoming. The club will be asked to endorse her candidacy at the October meeting for the election in April at State Convention. We are proud to have her as a member of our club and that she wants to move up in the State organization. We will also be voting on a recommendation from the board which is as follows: Add a line in the Standing Rules that the 50/50 raffle will be the responsibility of the Vice President.



I look forward to seeing you all at the meeting on Tuesday. Please let me know if there is anything that I can do to make your club experience better or if you have suggestions for club activities. Also, please feel free to attend our board meetings. We meet at Pointe Frontier, second floor, on the last Tuesday of each month at 9:00.

**27 GFWC-W members  
from 6 clubs at National  
Day of Service event,  
packaging meals  
for Meals of Hope.**



**GFWC X-JWC GENERAL MEMBERSHIP LUNCHEON MEETING**  
**Toni Greene, Vice President**

**IMPORTANT:** *If a member makes a reservation for lunch and does not attend, she is required to pay for her meal. X-JWC IS CHARGED FOR THE NUMBER OF RESERVED MEALS* so members will need to reimburse the club for their missed meals. Send check to Treasurer Phyllis Salzburg.

**Be sure to make a reservation with your caller, or VP Toni Greene, if you plan to have lunch.** The Red Lion only makes enough lunches to serve those who have made a reservation.

**Menu** for the October 4 meeting, 11:30 a.m. at the Red Lion Inn Shoshone Room, will be Beef Brisket with BBQ sauce on the side, Funeral Potatoes, Green Beans, Peach Cobbler, rolls, coffee, tea and water, or the option of a Cobb or Chef Salad. Cost of lunch is \$15.00. If paying by check, **make check payable to X-JWC.**



**OCTOBER IS**

**BREAST CANCER AWARENESS MONTH**

**and**

**DOMESTIC VIOLENCE AWARENESS MONTH**



**ARTS COMMITTEE**

**Karen Schroeder and Chris Ryan, Co-chairmen**

24 members enjoyed the **guided trolley tour of the bronzes on Capitol and Carey Avenues** on September 16. Our guides were Nathaniel Trelease and Karen Emerich. Nathaniel has worked



with Harvey Deselms on the project since its inception. He shared information on the artists, the donors, why donors chose the subjects of the bronze statues as well as Cheyenne and Wyoming history. Karen is one of the bronze project committee members and also shared a wealth of historic information. It was a beautiful day and wonderful tour! Thank you Karen and Chris!

**CIVIC ENGAGEMENT AND OUTREACH**  
**Trish Peoples, Chairman**

Fund raiser for Veterans' Rock will be October 13 which will be the sale of excess thrift store items. More information will be presented at meeting Tuesday, October 3.

**EDUCATION AND LIBRARIES COMMUNITY SERVICE PROGRAM**  
**Joanne Bassett, Chairman**

October 3, Tuesday 2-4 pm, at Laramie County Library, artist and poet Nancy Arbuthnot will teach a class on creating a book memoir using prose and poetry! RSVP at [lclsonline.org/calendar](http://lclsonline.org/calendar). Laramie County Library 634-3561.

**ENVIRONMENT COMMUNITY SERVICE PROGRAM**  
**Jenny Mullin and Phyllis Salzburg, Co-Chairman**

**BRING OLD CRAYONS TO OUR MEETING!**



**THE CRAYON INITIATIVE Collection Drive** – The organization collects used and unwanted crayons then melts them down and remanufactures them in bright, clean, paper-free form, reducing environmental waste. They have a unique design – large and three-sided -- not round so they're easy for kids to grip and can't roll off hospital trays. The "new" crayons are distributed to child life programs at children's hospitals in all 50 states and distributed free to the children to brighten their days during their hospital stay.

Can you help distribute some boxes to places in town such as schools, churches, restaurants that give crayons to children, with information on the project?

**Batteries** -- We continue to collect used household and other batteries. Please separate them by type of battery when turning them in to Jenny. Used batteries will be taken to the Household Hazardous Waste facility at the Transfer Station for disposal. Jenny recently received 75 pounds of donated batteries!

## ENJOYING THE GREAT OUTDOORS and ARTISTIC INSPIRATION AT VEDAUVOO

From WyoFile, September 8, 2023



Visitors to the Reynolds' Hill and Nautilus restrooms at Vedauvoo recreation area will enjoy these new murals by Laramie artists Rhiannon Jakopak and Olivia Ewing who were commissioned to spruce up the interiors to inspire visitors. The U.S. Forest Service Office reached out to the Laramie Public Art Coalition concerning this project. Road trip anyone??



### HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM, Nancy Krois, Chairman

**Small Ways to Contribute to Health and Happiness in a BIG WAY.**

- **LAUGHTER** is an inexpensive way to improve health as supported by numerous studies.
- **Keep Strong social connections** by nurturing your friendships and making new friends of all ages.
- **Move your Body** as recommended about every hour while you are awake. This helps your body circulates oxygen and nutrients in your blood to your brain and muscles. It also carries body's wastes such as old cells, carbon dioxide and used food away out of the body.
- **Maintain your Positive Self-Care and regular Health care** including vaccinations, wellness health visits and Positive Self-Talk.
- **Nurture your BRAIN** by growing new Brain cells with learning new and challenging interests and activities. I was surprised that in learning, the mistakes help trigger the growth of new neural connections.

**Remember to jiggle that master VAGUS Nerve with humming, maybe 2 songs a day!!  
Smiles to all.**

**MEMBERSHIP**  
**Cindy Hardesty, Chairman**

**October Birthdays**

Connie Hein, October 3

Betsy Hartman, October 30

**YEARBOOK CHANGES:**

**ADDRESS:** Norine Samuelson, Primrose Retirement Community, 1530 Dorothy Lane, Apt. 238, Cheyenne, WY 82009

**EMAIL ADD/CHANGE:**

Barbara Price, [bpricewy@gmail.com](mailto:bpricewy@gmail.com)

Karen Schroeder, [klikoffice46@gmail.com](mailto:klikoffice46@gmail.com)

**TEXAS ROADHOUSE LUNCH FUND RAISER!**

Karen Kent, chairman

Thursday, November 9, 11:00 a.m. – 1:00 p.m.

**MONIES AND RESERVATIONS must be received by October 31.**



Members should have received their tickets and information envelopes in the mail for the Texas Roadhouse Fund Raiser. Details are included on an info sheet in the envelope along with a flyer to use to promote the event. Information has been provided to all local GFWC Wyoming clubs.

Each member receives 5 tickets. Cost is \$20.00 each. **More tickets are available to sell.** X-JWC receives \$10.00 from each ticket sold which helps support our Community Improvement Program project – Canines 4 Mobility.

**DETAILS:** When turning in money for ticket sales, fill out the form included with your tickets, being sure to indicate how many are dining in, picking up to go, or delivery.

Please read information on meals to be delivered included with tickets.

This is always a fun and very successful fund raiser that people are happy to support so don't be shy – sell tickets! Be sure to talk to places where you do business. We'll deliver to a location with 5 or more orders.

Members will be asked to sign up for server, greeter/seater, drink pourer, hostess, busser, or delivery drivers. Husbands, adult children, boyfriends are needed to help with deliveries.

## MEADOWLARKS MARKET

The club will participate in the Meadowlarks Market fund raiser on Saturday October 28 at Blue Federal Credit Union World Headquarters from 9:00 – 3:00. Members are asked to provide items for sale (primarily food, but crafts also welcome) at the market and work at our booth. Sign up sheets to list items for sale, help set up and work at the booth will be available at the October meeting.

### COURTESY REPORT – September 28, 2023

Pam Nelson, Carolyn Turbiville

**Illnses/Surgeries** – Karen and Doc Schroeder recently had a bout of Covid, but are now doing fine. Fran Fooks is out of the hospital and at home recovering from back surgery.

**Travels** – Nancy Krois spent three weeks during September in Vermont visiting her son and family. She shared some special time with her granddaughter, Mia, while the parents went to Las Vegas during part of that time.

Karen Lee and her husband made a trip to visit relatives in Kentucky and then on to Pennsylvania to pick up a stove for her husband’s shop. Cindy Hardesty and her husband traveled to the State of Washington to visit San Juan Island in search of orca whales. Bev and Roger Campbell went on a Mississippi River cruise from St. Louis, MO to St. Paul, MN. They arrived home with Covid but are doing better now.

Karen and Doc Schroeder will be going to Grand Forks, North Dakota the first week of October to attend homecoming at the University of North Dakota and to celebrate the 100<sup>th</sup> anniversary of Doc’s ATO Fraternity. Pam and Roger Nelson will drive to Albuquerque, NM for the annual balloon festival, which begins October 7.

Please notify the Courtesy Committee if you know of anyone that is sick, having a surgery, has had a death in the family or is going through a tough time. We want to let our members know we are thinking of them and giving support by sending them a card. It is also appreciated when we are informed of members having special occasions to celebrate. We will include these items in our section of the newsletter.

### GFWC Wyoming

Fall workshop was held Saturday, September 30, in Riverton, Wyoming at the County Library. Lots of information was shared and a Leadership Workshop was conducted by members of the GFWC-W Leading Ladies Club. They presented information and insight into club and state leadership.

Katherine Van Dell, X-JWC Past President, has indicated she would like to run for GFWC Wyoming Vice President. X-JWC club members will be asked to endorse her candidacy at the October meeting.

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GFWC X-JWC, P. O. Box 2053, Cheyenne, WY 82003

<https://www.gfwcxjwccheyenne.org/>