

**GFWC**  
**X-JWC**  
2020



## **Hotline**

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

### **GFWC X-JWC GENERAL MEMBERSHIP LUNCHEON MEETING**

#### **2<sup>nd</sup> Vice President Karen Lee**

Menu for the October 6 meeting, 11:30 a.m. at the Red Lion Inn Shoshone Room, will be Salad, Beef Stew in a Bread Bowl, and Carrot Cake, **OR** Chef Salad. Your caller should have contacted you asking if you will be attending, and your menu selection. If you have not received a call please contact Karen at 630-5804.

**1<sup>st</sup> Vice President Katharine Van Dell** Guest speakers at the October meeting will be Nicole George and Laura Fowler who will speak on the Parent Engagement and Education Partnership organization.

### **EDUCATION COMMUNITY SERVICE PROGRAM**

**Carolyn Turbiville, Chairman**



Just a few of the approximately \$278 worth of school supplies we donated to Laramie County School District #1. 18 boxes of pencils, 50 glue sticks, 18 boxes of 24 crayons, 13 boxes of colored pencils, just to mention a few of the items donated by X-JWC members.

The new Carey Junior High received 24 water bottles when they let it be known they were in need. 20 more bottles were purchased at \$1.00 each, making a total of 44 bottles delivered to Carey.



***School supplies will be collected at the October meeting. Bring them to the meeting or call Carolyn (632-8244) for pick up. Cash donations also appreciated.***

Remember to consider taking a tray of goodies for staff to your local school, day care, or library just to show your appreciation. Be sure to let Carolyn know if you do this so we can include it in yearly report. Also, we are still collecting Box Tops for Education.

**SCHOLARSHIPS** – Karen Schroeder, chairman, hopes to have X-JWC scholarship recipients at the November meeting to speak on their educational plans.

## ENVIRONMENT COMMUNITY SERVICE PROGRAM

Phyllis Salzburg, Chairman



**Batteries** -- We continue to collect used household and other batteries. Much information says such batteries can be disposed of in the trash. However according to Cheyenne Sanitation Department, batteries contain hazardous chemicals and pose a threat to the groundwater when placed in the landfill, and to sanitation workers when collecting the garbage that contains any HHW materials. Used batteries we collect will be taken to the Household Hazardous Waste facility at the Transfer Station for disposal.



### **7 Rules to Live by to be a Better Recycler** (From Cheyenne Sanitation Dept.)

#### *Empty and Clean if You Want to be Green*

Don't contaminate other recycling materials with food particles and liquids. This can damage containers and make them unfit to be recycled.

#### *Don't Bag Recyclables*

Only put loose items into recycling. The recycling facility does not have time to untie bags so they will be sent to the landfill.

#### *Coated Paper Causes Problems*

Waxy paper cups and shiny or sparkly gift bags are examples of coated paper. If they have been treated or coated, they cannot be recycled.

#### *Grease is Gross*

Oil and water don't mix; when the grease from recyclables transfers to other paper goods, it can spoil the batch of mulch at the paper mill. Parts soiled by grease should be cut out of paper materials. Toss only clean cardboard into recycling (not greasy pizza boxes!)

#### *If It Tangles, Then it Mangles*

Tanglers are items that can get stuck in the equipment at a recycling facility. Don't recycle ropes, strapping, zip-ties, hoses, wires, chains, cords.

#### *Don't Be a Dangerous Dumper*

Certain items can be dangerous when mixed with recycling: batteries, light bulbs, medications and lighter fluids are examples of unsafe items.

#### *If in Doubt, Throw it Out*

Do not add to the financial and environmental cost of trucking garbage from recycling facilities to landfills. Instead, "Ask Milo! The Recycle Coach"

<https://www.cheyennecity.org/Your-Government/Departments/Public-Works/Sanitation-Division-Transfer-Station/Recycle-Coach>



## HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

### Sue Tardif, Chairman

**Veterans Rock**, a new organization in Cheyenne, plans to provide support for homeless veterans, veterans in need and their families, providing substance and nourishment. They are located at 605 South Greeley Highway, Suite 1, and because they are new, they are in need of monetary donations and volunteers to help in many ways.

Just some of the items on their Needs List includes items for their building (shelving, clothing racks, washer/dryer, office desks/chairs) and items for veterans (very gently used and clean clothing, small household furniture and appliances, personal care items) and much more. Phone number for information or donations is 307-514-0035.

We will be collecting socks for veterans at our November membership meeting

**Stroke** -- Know these signs of stroke! (See Carolyn Turbiville's message below.) Information from [https://www.cdc.gov/stroke/signs\\_symptoms.htm](https://www.cdc.gov/stroke/signs_symptoms.htm)

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden **confusion**, trouble speaking, or difficulty understanding speech.
- Sudden **trouble seeing** in one or both eyes.
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination.
- Sudden **severe headache** with no known cause.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

- **F—Face:** Ask the person to smile. Does one side of the face droop?
- **A—Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T—Time:** If you see any of these signs, call 9-1-1 right away.
- **Note the time when any symptoms first appear.** This information helps health care providers determine the best treatment for each person. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.

**Day of Giving** -- September 25 Phyllis took approximately 80 pounds in donations, filling the back of her car that morning to the Community House. A \$25 cash donation was also made directly to Day of Giving. Making a difference in our community in a big way!!

**MEMBERSHIP**  
**Joanne Bassett, Chairman**  
**Yearbook Update**

**Add: Iris Trospen**, DOB: 5-18 joined 1980

Presently at Life Care Center of Cheyenne, 1330 Prairie Ave. #402, Cheyenne, WY 82009 until she returns to 1406 Prairie Avenue, #304.  
307-432-2220

**Rebecca (Becky) Hart**, DOB: 8-9 joined 2020 **(New member!)**

1505 W. Reiner Pl., Cheyenne, WY 82007

307-635-5702      307-256-4273      [beckyhart@hotmail.com](mailto:beckyhart@hotmail.com)

Becky Hart became a new member of X-JWC in September of 2020. Becky's favorite interests include cooking, reading and spending quality time with her grandchildren! Becky is recently retired as Director of Religious Education for St Mary's church of Cheyenne. She is looking forward to meeting women of similar interest and serving the community of Cheyenne. Becky was encouraged and sponsored by Jo Anne Bassett to join X-JWC!

**WELCOME BECKY!**

New member Becky Hart and returning member Carol Ash welcomed at September meeting by Joanne Bassett and Bev Campbell.

Certificate presented to Iris Trospen at her Life Care window on September 21 for 40 years of membership in X-JWC!



**October Birthday:** Betsy Hartman October 3

**Hooray!** We are so happy Carolyn Turbiville is back on her feet and making steady progress back to her former self! She gave us quite a scare but can't keep a good GFWC X-JWC member down!

***Pay Attention! From Carolyn Turbiville***

*A very special THANK YOU to dear friend Mary Ann Kamla! Because of her I am doing fine. She recognized one of the signs of a stroke (speech) and got me to the hospital in time to be treated! I did have a reaction to the medicine used to break*

*up the clot. My throat started to close up but they got a breathing tube in me in time, which I had for 5 days. I have no side effects, just weak in the legs from laying around for 5 days. Will start some physical therapy next week. I want to thank everyone for your thoughts and prayers via email, card or phone call. All really met a lot to me.*

**Congratulations Judy Kallal!** Her American Eskimo Miko won Second Place in the Cutest Dog of Summer 2020!!

***IT'S COMING, ONCE AGAIN!***

***TEXAS ROADHOUSE LUNCH FUNDRAISER!*** Karen Lee and her Amazing Committee (Carolyn Turbiville, Karen Schroeder, Joanne Bassett, Becky Hart)



Thursday, November 12, 2020, 11:00 a.m. – 1:00 p.m.

Each member buys at least 5 tickets at \$12.00 each and may resell or give away. ***More tickets are available to sell.*** X-JWC receives \$6.00 from each ticket sold which helps support our Community Improvement Program projects – the Family Promise and Friday Food Bags. More details are included in your ticket envelope. Money is due at November 3 general meeting/luncheon. If unable to attend, please take money to Carolyn Turbiville.

More information with details is available in your ticket packet or from Karen or committee members. This is always a fun and very successful fund raiser that people are happy to support so don't be shy – sell tickets! Members will be asked to help at Texas Roadhouse seating customers, taking orders, serving food, bussing tables, and more.

### **GFWC MEADOWLARKS MARKET, Trish Peoples**

Another fun, fund raising opportunity for X-JWC members is the GFWC Meadowlarks Market October 31 at the Cheyenne Frontier Days Headquarters/Events Center, 1230 W. 8<sup>th</sup> Avenue, 9:00 a.m. – 5:00 p.m. X-JWC will have a table at the market to offer craft items for sale. Admission is free however local food pantry donations are appreciated from those who come to shop. Other organizations and vendors will also be there for your shopping pleasure!

I'm sure many of you are busy making items for our table. I can't wait to see them! Joanne Bassett has offered to be at the table to sell items, as well as to recruit members. It would be nice if she could get some help. Due to COVID 19 restrictions, we only want two people at a time at the table. There will be a sign-up sheet at the general membership meeting, asking for help in 2-hour increments. Please do not sign up if there is already a name filled in. Thanks so much.

**If you have items ready, you can bring them to the October membership meeting, and I'll get them to the market. Otherwise, set up for the market begins at 7:00 am on the 31st. We will have someone there to bring your items into the CFD building. PLEASE have your items priced. We may change them based on how things are selling, but we'd like you to give us a place to start.**

## **GFWC WESTERN STATES REGION CONFERENCE**



GFWC Wyoming was scheduled to host the annual 11-state conference in September this year but because of the COVID pandemic, a virtual conference was held September 26, led by WSR President Kate LeMere from Colorado. The all new format proved to be interesting and informative with over 100 people from throughout the Region “in attendance” including eleven from Wyoming clubs. GFWC international and Region officers, state presidents, and committee members made presentations during the four hour webinar. Kate’s theme is Everyday Heroes which is an exciting and appropriate theme in today’s world. The link follows for those interested in tuning in. The conference next year is scheduled for early September in Colorado Springs – we hope!

<https://www.bigmarker.com/general-federation-of-women-/GFWC-Western-States-Region-Conference3-2020-09-26-11-00-am?bmid=35f640fe18e8>

## **GFWC-WYOMING FALL WORKSHOP**

Fall workshop will be held virtually this year, **Saturday October 10, 2020**, beginning at 10:00 via Zoom. There will be good information on the new Community Service and other GFWC Programs and contests. Below is information on connecting to the Zoom meeting.

Topic: Nancy Kaufman's Zoom Meeting

Time: Oct 10, 2020 10:00 AM Mountain Time (US and Canada)

Join Zoom Meeting

<https://us04web.zoom.us/j/7388187749?pwd=TzEvTndMMHRyQmZtbW1ScFJCSW0vQT09&from=addon>

[Meeting ID: 738 818 7749](#)

[Passcode: 5x7Jip](#)

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

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