

GFWC  
X-JWC  
2022



## Hotline

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

### Note from President Lucy Russell

I love the fall. We have crisp mornings and warm afternoons. This past week we even had some rain. I know that snow and cold will be coming but I really love the fall as it moves into winter.

I am excited about all the great things that are happening with X-JWC. Debra Lee, Laramie County Clerk, will be our speaker this month, I am looking forward to hearing from her about the upcoming election.

My President's Project this year is to support GFWC-W President Trish Peoples' project, Protect Our Future, by planting trees. She has challenged each club to plant trees over the next two years of her administration. Jars will be on lunch tables for donations. We hope to plant at least 4 trees somewhere in Cheyenne.

I am excited about the Trolley ride in December to look at the Christmas lights. I hope many of you will sign up to take part in this activity. We will also be conducting our Texas Roadhouse fund raiser again this year to support our Community Improvement Project. Look for sign ups at this coming meeting.

We also will have a few motions for the club to consider. The first one is a board recommendation to raise the luncheon cost to \$15.00. The second motion is a board recommendation to allow Trish Peoples to purchase a digital recorder to assist the secretary with taking minutes during our meetings. The last motion is a board recommendation to spend \$150 from the King Soopers fund on school supplies for Laramie County School District #1.

I am here to serve you and so if you have any questions or concerns, please reach out to me. I am looking forward to a fabulous year. Also, if you have any projects you would like us to take part in please let me know and I will take those ideas to the board. Happy Fall to all of you!

### GFWC X-JWC GENERAL MEMBERSHIP LUNCHEON MEETING

Karen Lee, 2<sup>nd</sup> 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 MEALS** so members will need to reimburse the club for their missed meals.

**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, potato

salad, coffee, tea and water, or the option of a Cobb or Chef Salad. Cost of lunch is \$13.50. If paying by check, make check payable to X-JWC.

### ARTS COMMITTEE

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

**Christmas lights Trolley tour!** Exciting information to come!

### CIVIC ENGAGEMENT AND OUTREACH

**Trish Peoples, Chairman**

Reminder: Next month we will be collecting beef jerky for Veterans Rock.

### EDUCATION COMMUNITY SERVICE PROGRAM

**Carolyn Turbiville, Mentor**

We collected approximately \$400 worth of school supplies for PEEPS (Laramie County School District # 1 contact). They were very appreciative of our donations!

**School supplies**



**Backpacks**



### ENVIRONMENT COMMUNITY SERVICE PROGRAM

**Jenny Mullin and Phyllis Salzburg, Co-Chairman**



**Collections – Bring to meeting, drop off at Phyllis’s or call her for pick up.**

Used athletic shoes for **Nike Grind** which makes playground base; new or gently used bras for **Free the Girls** for businesses run by women rescued from human trafficking situations; and any color, material, condition, singles, pairs of **socks**. **Smartwool** partners with a company that uses old socks to make dog beds.

**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.

**Christmas Tree Lights** - Give your old, unwanted lights to Phyllis. They will be taken to a hazardous materials collection center rather than ending up in the land fill!



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

**We have started our new XJWC Year. Hopefully you have signed up for XJWC Committees and Activities. There is something for everyone to enjoy and nurture your social selves.**

**BREATHE:** As we move into fall and winter, NOW is the time to strengthen our Breathing muscles and lungs, long before we have respiratory illnesses. Unless your doctor says no, each day, take time to sit, relax your body and deep breathe – slowly in and slowly out. When watching TV, make those commercial breaks your Breathing Breaks. These breaks also de-stress our body.

**Coat-Hats-Gloves-Warm Socks:** I will be **collecting at the October, November and December meetings** to share with the appropriate community organizations, such as Needs, school closets, Welcome Mat, Safehouse, and others. I am glad to pick them up at your house. This would save carrying them to and from the meeting.

**Wyoming Coalition for the Homeless:** The following are needed to make sleeping bags for Cheyenne’s Homeless: Blankets, Comforters and sheets of all sizes. Neckties are also used to tie the bags together. Please deliver donated items to the **Welcome Mat** at 907 Campbell Ave. For more information, please call (307) 634-8499. Or I will be glad to pick them up at your house.

**Remember to Hum, SMILE and get some fresh air to jiggle that master VAGUS Nerve!!**



### **TRICK OR TREAT FOR UNICEF - from GFWC News and Notes**

Add some meaning to your “Halloween-ing” this year by participating in GFWC Affiliate Organization UNICEF USA’s Trick-or-Treat for UNICEF. This year, the organization is bringing their iconic little orange box into the 21st century by transforming the campaign into a new digital experience, inspiring a new generation of change makers to make a difference for children.

Starting on **October 1**, you will be able to positively impact children everywhere. Children need help today whether facing war in Ukraine, drought across the Horn of Africa or uncertainty as refugees. When you use Halloween as a chance to do good, you help UNICEF deliver health care and immunizations, nutrition, safe water and emergency relief and you join the fight to give every child the future they deserve. To participate, scan the QR code above with your phone using the camera app and click on the link that appears. Any amount can be donated.

## **MEMBERSHIP**

**Cindy Hardesty, Chairman**

### **WELCOME NEW MEMBER!**

Barbara Price, 3419 Hynds Blvd, Cheyenne, WY 82001. H 632-4262 C 256-2180.  
[bpricewy@gmail.com](mailto:bpricewy@gmail.com) Birthday 12/7.

**ADDRESS CHANGES:**

Norine and Sam Samuelson, Primrose, 1530 Dorothy Lane, Room 205, Cheyenne, WY 82009  
Phyllis Duncan, Whispering Chase, 4350 E Lincolnway, Room 306, Cheyenne, WY 82001  
Julia Ortner, 8101 Stagecoach Road, Cheyenne, WY 82009

**EMAIL CHANGE:**

Patty Benskin – pbenskin54@gmail.com

**Courtesy and Member Contact,** Carolyn Turbiville and Toni Greene

**All About Our Members:**

Bev Rogers recently spent some time in the hospital, but is now recuperating at home. Take care, Bev.

**Visits:**

Karen Lee and I recently visited Phyllis Duncan and Darlene Evans, delivering their member directories. We had a very pleasant visit with both ladies and they were very happy to have us visit.

Also, Phyllis Salzburg had a very nice visit with Carol Pralle and delivered her Hot Line.

Plan to stop by and visit with these ladies and others who cannot attend meetings. They would enjoy your visit!

**Congratulations:**

Karen Schroeder’s husband, Doc, was recently inducted into the Hall of Fame for Frontier Days.

Karen Lee’s husband, Steve, received an award for 15 years of volunteer labor restoring a Western Pacific steam engine. He and Karen traveled to Hartford, Connecticut to receive the award. They took in some sights in their travels, visiting Boston, Cape Cod, Plymouth Rock, Niagara Falls and more.

The secret of being happy is accepting where you are in life and make the most out of every day.

**Happy October Birthday to Betsy Hartman October 30**

***IT’S COMING, ONCE AGAIN!***

**TEXAS ROADHOUSE LUNCH FUND RAISER!** Karen Lee and her Amazing Committee

**Thursday, November 17, 2022, 11:00 a.m. – 1:00 p.m.**



Members will receive their ticket envelopes for the Texas Roadhouse Fund Raiser at the luncheon. Please make sure to pick up your envelope at the table as you come. Details will be included on an info sheet in the envelope.

Each member buys at least 5 tickets at \$16.00 each and may resell or give away. **More tickets are available to sell.** X-JWC receives \$8.00 from each ticket sold which helps support our Community Improvement Program project – Canines 4 Mobility.

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. Ticket holders may dine in or pick up orders at the outside window. Members will be asked to sign up for server, greeter/seater, drink pourer, hostess, busser, or delivery drivers. Husbands and boyfriends are needed to help with deliveries.

**KING SOOPERS REWARDS PROGRAM, Phyllis Salzburg**



We often use our King Soopers funds to support club programs and projects when we do not have money in the club budget for such expenditures. Do you have a King Soopers Shoppers Card? If you do you can support X-JWC programs and projects by creating an account on your card, linking your card to X-JWC and then scan your card when you check out after shopping.

X-JWC receives funds from the King Soopers Community Rewards Program quarterly based on purchases by club members whose cards are linked to X-JWC. See Phyllis if you would like a Shopper's Card and/or how to enroll in the program. You do not have to do anything other than scan your registered card when you shop. Gas purchases receive credit as well as groceries. Friends and family members can also designate X-JWC as their Rewards program beneficiary.

Over the last year our club received approximately \$280 from the program. X-JWC benefits and therefore our community benefits through the Community Rewards Program when we shop at King Soopers!

**BUNCO, Karen Schroeder**

Wednesday, October 12, 12:00 lunch (bring your own), 12:30 play begins. Moose Lodge, 1019 South Greeley Highway.

**GFWC Wyoming**

Fall workshop will be held this Saturday, October 8, 10:00 a.m. – 3:00 p.m. at the Laramie County Library. Special guest will be Wendy Carriker, GFWC First Vice President. Lots of information including a Leadership Workshop will be shared and led by officers and chairmen. If interested in attending and you haven't done so let Trish Peoples know, contact her asap – there may still be room!

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