



2023



GFWC X-JWC HOTLINE

Editor: Phyllis Salzburg, psalzburg@bresnan.net

December membership meeting Tuesday, December 5, 2023, 11:30, Red Lion Inn. Lunch \$15.00. If you are unable to cancel your lunch reservation by the deadline please send your \$15.00 check to treasurer Phyllis Salzburg. The club must pay for all lunch reservations. Thank you.

Message from President Lucy Russell

I hope that you all had a great Thanksgiving with friends and family. We continue to collect money for the Laramie County School District #1 lunch program. I went with Nancy Krois to Prairie Wind Elementary School and helped 22 girls tie blankets as their service project. These blankets were given to Nancy for the Children of Laramie County project. They were able to complete 11 blankets. This was a collaboration between our club and the Just Serve community program which donates the material.

At our Texas Roadhouse fundraiser in November we made \$3586. We had 17 members work on the day of the fund raiser and 24 members sold tickets. Karen Lee continues to collect scarves for the homeless so please make some for her to take around Cheyenne. We will be collecting gently used Christmas and other holiday decorations for Veterans Rock at our meeting this month. So go through your closets and bring some items for them to sell at their event on December 9th. Trish Peoples will deliver our donations.

We will be having our last meeting of 2023 on December 5th, and will enjoy the music of Bob Matthews and family. Bob is a very talented violin player and has been blessing us with his presence in recent years. He will be playing Christmas music helping us all get into the holiday spirit. I look forward to seeing you at our meeting on the 5th. Please let me know if there is anything you need me to do to make your membership in our club easier or more enjoyable. I am proud to be a member of X-JWC. I hope that everyone has a Merry Christmas and a Happy New Year.

HEALTH AND WELLNESS, Nancy Krois, chairperson



Ready or NOT the Holidays and Winter are HERE. As we gather with friends and family during the holidays, pace yourself in the social events so that you can truly enjoy them. What you eat affects your day more than you may realize. A balanced diet and hydration increase your energy, strength, concentration, and your ability to ward off

illnesses. Remember humming and singing also benefits your lungs and increases immunity as well as vibrate your master vagus nerve.

I will have a handout on “Winter Slips, Trips and Falls Safety Tips”. As you are on your computer, I recommend the “Guide To Fall Prevention” at the official Medical Guardian website. (www.medicalguardian.com) This is great for ALL Ages anytime and you can find near the end of the home page under Featured Content – Art of Aging Well. This is FREE to all and you do not need to purchase anything. I will also have some fleece blankets to tie if you would like to stay a bit after the meeting.

Your challenge for the rest of the year is to enjoy moments, stay healthy and make some good memories, even the very small ones. You are worth every bit of it. Miles of Smiles and Happy Holidays.



Tying blankets with Girls on the Run at Prairie Wind Elementary



CIVIC ENGAGEMENT AND OUTREACH, Trish Peoples, chairman

Veterans Rock -- Holiday Ornament Sale, December 9, 10:00 - 2:00, Forum 619 (619 S. Greeley)

You can support in two ways. You can clean out your closets and bring your no-longer-wanted holiday decorations to the General Membership meeting on Tuesday, December 5th. I'll take them to the sale. Any holiday decorations accepted, not just Christmas! AND you can come by to shop the sale on December 9!

ENVIRONMENT, Jenny Mullin and Phyllis Salzburg. Co-chairmen

Our GFWC Wyoming State President Trish Peoples has been encouraging us to plant trees as her President's Project since she took office last year and X-JWC has contributed and supported her project. During this Christmas season many people purchase a permit from the US Forest Service or BLM to go out into the forests and cut a live tree for the Christmas season. Hmm... is this a good thing?? Those in the know, like the US Forest Service, say cutting Christmas trees in designated areas actually improves the health of forests by thinning densely populated stands of trees which can help other trees grow larger and open areas that provide food for wildlife. So it's actually a good thing to continue that family tradition of cutting your own Christmas tree.... With a permit and in a designated area! Merry Christmas....tree!

MEMBERSHIP – Happy December birthdays to Phyllis Michaud December 5, Nancy Krois and Barbara Price December 7, and Norine Samuelson December 18.

From Bev Campbell: I just want to share with our members what a fun and rewarding day I had at Christmas House, sponsored by Women's Civic League. Like many clubs, Civic League could use help to support their huge Christmas House project. The reason I am writing this is because I volunteered last year and this year to take shoe booties off the customers as they leave the house. Everyone wears hospital booties covering their street shoes as they tour the home and volunteers like me help take them off as they leave.

It is truly a good feeling and uplifting. Everyone is happy, having fun. The kids come through with the treasures they purchased and want you to see them. The adults, especially the older people, love the fact that they can sit down and have someone take the booties off as they sit there holding the beautiful items they purchased. If you want a feeling of making a bunch of people happy and lifting YOUR SPIRIT sign up next year. Our members are good people and give a lot. I promise you won't regret helping. ALL THE MONEY THEY MAKE GOES TO ORGANIZATIONS AND PROJECTS IN LARAMIE COUNTY AND PROVIDE SCHOLARSHIPS TO LOCAL STUDENTS.
MERRY CHRISTMAS TO MY CLUB FRIENDS!

COURTESY

New Address: Caroline Turbiville recently moved to Whispering Chase Senior Living. Her new address is: 4350 E. Lincolnway, #401, Cheyenne, WY 82001. Her phone number remains the same: 640-1457.

Judy Kallal - will be moving to Parklane Apartments.

Illnesses/Surgeries – **Connie Hein** had heart ablation in November and is convalescing at home.

Kathleen Petersen had knee replacement last month, and she was even at the board meeting on November 28.

In Memory – The funeral for former member **Shirley Hardsocg**, was Tuesday, November 28 at St. Christopher's Church in Cheyenne. Several members of X-JWC attended. She passed away November 14 at home; she was 81 years old.

Visit to Members – **Karen Lee, Carolyn Turbiville** and **Mary Ann Kamla** visited **Noreen Samuelson** in November at Primrose Retirement Community.

***MERRY CHRISTMAS AND HAPPY NEW YEAR TO
ONE AND ALL!***

